

## **The Impact of the Corona Pandemic on Women's Attitudes towards Sports Recreation**

### **-A Field Study of Women Practicing Sports Recreation in the Wilaya of Batna-**

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### **Abstract:**

The Object of the study aims to identify the impact of the Corona pandemic on women's attitudes towards sports recreation through the general question.

- What is the nature of women's attitudes towards practicing sports recreation during the Corona pandemic?

Through the partial following questions:

- What are the women's attitudes towards practicing sports recreation in the halls during the Corona pandemic?

- What are the women's attitudes towards collectively practicing sports recreation during the Corona pandemic?

- What are the women's attitudes towards the psychological and the social importance of practicing sports recreation during the Corona pandemic?

For this purpose, we used the descriptive approach On a sample composed of (114) women practicing sports recreation in the hall Chosen as randomly, and for data collection, we used a questionnaire tool. After collecting the results and having treated them statistically, we conclude Women's attitudes toward practicing sports recreation in light of the Corona pandemic are positive. On this basis, the study recommended the necessity of creating appropriate conditions and providing alternatives for women to practice sports recreation under exceptional circumstances.

**Keywords:** recreation Sports, woman, Corona pandemic (COVID-19).

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## 1- Introduction:

The SARS-CoV-2-caused COVID-19 pandemic has resulted in a devastating threat to human society in terms of health, economy, and lifestyle. A pandemic of this magnitude has never been seen since the Spanish flu during World War I (Woods, et al., 2020, p. 55). Therefore, the virus has become a major threat to the public and health. The World Health Organization (WHO) has advised the national governments to implement preventive measures to slow the spread of the (Mutz & Gerke, 2020, p. 306). Some felt that actions aimed at containing COVID-19 should include isolation, social divergence (social distancing) and quarantine (Füzéki, Groneberg, & Banzer, 2020, p. 1).

To ensure social distancing and to limit population movement, schools, public places and businesses have been closed (Maugeri, et al., 2020, p. 2). Furthermore, sports clubs, sports stadiums, fitness centers, swimming pools and other sports and recreational facilities have been closed. Moreover, the closure of these facilities, although inevitable to face the epidemic, has deprived millions of exercising at leisure. Although, health authorities have reminded people to replace sports activities in social circles with home exercises (Mutz & Gerke, 2020, p. 306), But, actually, a decrease in physical activity resulting from social distancing has been observed in many countries around the world (Kim, Cho, & Park, 2020, p. 2). This is what a study indicated (Mutz & Gerke, 2020). It was found that the levels of leisure time sports have decreased dramatically in Germany. Whereas, approximately 60 % became inactive. The study also indicated that the most important factor in the low levels of participation in exercise activities was the closure of sports infrastructure. Whereas, in such circumstances, it is very important for people of all ages and abilities to be as active as possible to avoid situations that could increase exposure to the epidemic (Woods, et al., 2020, p. 61).

The restrictions on participation in various recreational sports can lead to stress, frustration and despair. In contrast, some researchers have suggested that, in addition to daily preventive measures, there is also a need for regular physical activity to prevent disease (Kim, Cho, & Park, 2020, p. 2). Considering that sports activity has a positive effect on immune efficiency, and it is known that active people are less likely to develop upper respiratory diseases (Dominski & Brandt, 2020, p. 584).

The studies has largely described the positive role of physical activity in improving overall health, with available scientific evidence from other viral infections indicating that physically active people will have less severe symptoms and shorter recovery times (Simpson & Katsanis , 2020, pp. 6-7). In addition, the practice of sport recreational activities helps in psychological adjustment and self-realization and helps to get rid of tension and fatigue, in addition to achieving psychological balance for the individual participating in it (Larbi, Masoude, & Maafi, 2020, p. 337). In addition to the fact that the various recreational sports activities play an important role in ameliorating the deficiencies of individuals. If a person loses his ability to enjoy any aspect of life, these activities compensate him by feeling his potential during practice (Atouti, Msalti , & Hamzawy, 2016, p. 188).

Hence, there is no doubt that there are real justifications for anyone to practice sports, and women have more justifications by virtue of pregnancy and childbirth (Zaabalawi , 2015, p. 69), The participation of women in sports, whether in physical fitness activities or participating in competitive sports, has also become a social phenomenon. It enjoys the attention of women in contemporary human societies (Al-Kilani, 1997, p. 3).

On the other hand, many researchers point out that one of the best ways to understand the behavior of individuals in relation to sport is to identify their attitudes and motives towards participating in sports activity (Zayed, Jebali, & AL-Shoaili, 2004, p. 98).

(Khalladi and others) stated, quoting from (Ben Sayeh) that attitudes towards physical and sporting activity are a type of acquired motivation as well as social motivations that predispose to behavior (Khaladi, Lournik, & Boussag, 2020, p. 318). Positive attitudes towards sporting activity play an important role in promoting this type of human activity because it represents the force that moves the individual and excites him to practice this activity and continue to practice it regularly (Ben Sayah, 2019, p. 207). Besides attitudes generally give meaning and significance to an individual's daily life, as his behavior is consistent with his trends and this behavior is saturated with those trends (Dahaka & Touati, 2019, p. 372).

In this respect, Paul White (pool white) refers to the need to work on forming trends and habits of recreational sport to ensure that individuals engage in sporting activities. And the importance of viewing sports and recreation as being among the things that stand on the same level of importance as work, sleep and nutrition (Bouaziz & Ben Si Kaddour, 2018, p. 24). In this direction, the two researchers mention that there is a group of studies and researches conducted in this context and in the field of sports activities that confirmed that positive trends towards sports activities play an important role in the demand for practicing in these activities of all kinds, especially recreation sports.

Among these studies we mention. Iman Ghazanfar's study (2015). Entitled women's attitudes toward recreation sports, Where the study aimed to identify women's attitudes towards practicing in recreation sports and was based on a sample of (560). The descriptive approach was also adopted by the survey method, while the data collection tools used were (personal interview, a measure of women's attitudes towards recreation sports (designed by the researcher), The most important findings indicated that there are positive trends for women towards practicing recreation sports.

This is in addition to studying the tape of (Ben Sayfia, Cheriet, & Idris, 2019) entitled the reality of trends toward the practice of physical recreational activities under the Influence of some psychosocial factors and cultural variables. In this study, the two researchers dealt with the reality of practicing physical recreational activities in the province of Ghardaia, and the extent of the influence of each of the cultural, psychological and social variables on these trends, The two researchers relied on the descriptive approach, as well as on the questionnaire as a study tool, On the other hand, the study was conducted on a sample of (160) individuals chosen by the deliberate method, Finally, the results showed that the psychological and social variables contributed significantly to building trends towards recreation through physical and sporting activity, On the other hand, the results of the study also revealed that there are some cultural variables that still stand in the way of this practice and do not allow it to take place on a larger scale in the midst of society.

As well as the study of (Jarmoun, Ahmida, Abdul Karim, & Mesbah, 2016).. The nature of women's attitudes towards practicing aerobic sport according to the variables of age and educational level, The researchers aimed through this study to identify women's attitudes towards practicing aerobic sport in some municipalities of the province of Tougret, This depends on some variables such as educational level and age, The study was conducted on a sample consisting of (100) women practicing aerobic sport, and a random method was used in their selection. On the other hand, the researchers used the descriptive approach to achieve the objectives of the study. As for the tool, they relied on the (Keenon) scale for attitudes towards sporting activities, The results indicated the existence of positive trends from the part of women towards practicing aerobic sport, in addition to the existence of differences in the dimensions of the trends towards aerobics due to the educational level and age variables. Finally, the study of (Nadour & Seghir, 2020). which entitled The role of recreational sports activities in getting rid of the psychological pressure caused by home quarantine measures against the Corona Pandemic (Covid-19) in youth environment. A field study in the

municipality of Ouizara, Medea province. The aim of the research was to identify the role of recreational sports activities in getting rid of the psychological pressures resulting from home quarantine against the Corona epidemic (Covid-19) among young people, The study was conducted on a sample of 150 individuals (males and females). The two researchers used the descriptive approach, The study concluded that recreational sports activities have an important role in getting rid of psychological pressures of various dimensions, which were caused by home quarantine.

### **1.1. Objectives of the Study:**

The aim of the study was to shed light on the extent to which the COVID-19 crisis affected the reality of women's practice of recreation sports. To clarify further, this study aims to:

Identifying women's attitudes towards practicing sports recreation in light of the pandemic, and this is through the following points:

- Identifying the reality of women's practice of sports recreation in the halls in light of the pandemic.
- Identifying women's attitudes towards practicing sports recreation collectively in light of the pandemic.
- Identifying women's attitudes towards the psychological importance of sports recreation in light of the pandemic.
- Identifying women's attitudes towards the social importance of sports recreation in light of the pandemic.
- Designing a set of proposals for policy makers and officials in charge of women's sport regarding how to support women's practice of sports recreation during the crisis caused by the Corona epidemic, as well as in all exceptional circumstances.

### **1.2. The Importance of the Study:**

After reviewing the existing studies and literature, we concluded that a comprehensive and large-scale survey was not conducted on women's practice of sports recreation in light of the Corona pandemic, and from this our study makes a new, innovative and modern contribution to the field of knowledge about women and the practice of sports recreation under these exceptional circumstances and under Various pressures, and therefore, the importance of the current study comes from the fact that it aims to reveal the extent of the impact of the Corona pandemic on women's attitudes towards practicing sports recreation in the city of Batna.

## **2. Method:**

**2.1. Method:** The descriptive approach was used in the survey method for its suitability to the nature of the study.

### **2.2. The Research Community:**

The current study is being conducted on the statistical community. It is the group of women practicing sports recreation inside the hall in the city (municipality) of Batna.

### **2.3. The Sample and Methods of its Selection:**

The study sample included some women practicing sports recreation inside the hall in the municipality of Batna, and they were randomly selected from the study community, where the number of the sample was (114) and their ages ranged from 20 to 40.

### **2.4. Search Fields:**

#### **- Spatial Field:**

This study was conducted in the municipality of Batna.

**-Temporal Field:**

This study was carried out from 01/05/2021 to 07/03/2021.

**2.5. Research Procedures:**

**- Identification of the Study Variables:**

**- The Independent Variable:**

it is the variable that affects other variables and is not affected by them, the researcher wants to know its effect, and in this study, the independent variable is the Corona pandemic.

**-The Dependent Variable:**

It is the result that arises as a result of the influence of the independent variable, and in this study the dependent variable is the woman's attitudes towards practicing sports recreation.

**2.6. Study Tools and Scientific Foundations:**

**- Study Tool:**

To achieve the objectives of the study, the two researchers constructed a questionnaire after reviewing the theoretical literature that revolves around in this context, such as the Kenyon scale for attitudes towards sporting activities (1968), as well as, the Muhammad al-Hamahmi scale (2013), in addition to the Ahmed Abd al-Salam scale, and the questionnaire was prepared in a closed manner. Also, it was delivered to the sample through social media to some of its members and to others it was delivered manually, as it included in its final and amended form four dimensions and (35) words, after deleting and amending many questions according to the notes of the arbitrators, with the adoption of a three-way method to answer the tool, namely as follows: (Yes/ I did not view/No).

**- Psychometric Properties of the Tool:**

For the sake of the tool's reliability and validity of its results, the research had to verify its psychometric properties as follows:

**- Test Validity:**

The concept of the validity of the tool indicates that a method of measurement is valid if it measures what it is called (Shehata, 2009, p. 165), To ensure the validity of the tool, the two studies relied on the

**- Honesty of the Arbitrators:**

After building the tool, it was presented to a group of arbitrators in the discipline, as well as in psychology and sociology who expressed their opinion regarding the selected dimensions, as well as the extent of the appropriateness and the relevance of statements with each dimension on the one hand, and on the other hand, The last of the clarity and linguistic soundness of the used phrases. After taking into account the opinion of the arbitrators, the inappropriate and repetitive expressions were deleted and the questionnaire in its last version contains 35 phrases divided into four axes.

**-Validity of the Square Root of Constancy:**

This is in addition to relying on the square root of Test validity that was (0.90).

**Table 1: represents the validity coefficient of the questionnaire axes.**

Variables	Number of Paragraphs (Items)	The Square Root of Reliability
<b>Total Questionnaire Paragraphs</b>	<b>35</b>	<b>0.901</b>

**The source:** (Based on SPSS outputs)

**- Test Reliability:** The concept of stability indicates that a tool or test consistently gives the same results if it is used more than once in similar circumstances ( Al Mahmoudi, 2019, p.

147). It was confirmed by the half-segmentation and by the Cronbach's Coefficient Alpha.

**Table2: represents the reliability coefficient of the questionnaire axes.**

Variables	Number of Paragraphs (Items)	Cronbach's Coefficient Alpha.
Total Questionnaire Paragraphs	35	0.813

The source: (Based on SPSS outputs)

**-Table Discussions:** We note from Table 2 that the study tool has a high stability ratio and thus can be relied upon in the study as it has reached a value of Cronbach's Coefficient Alpha ( 0.813)

## 2.7. Means and Statistical Methods Used:

The arithmetic mean and standard deviation of the most important variables were calculated in addition to Frequencies and percentages, and the statistical treatment was done using the package program Statistics for the social sciences:

SPSS: (IBM SPSS Statistics for Windows, Version 25.0. Armonk, NY: IBM Corp)

## 3. Results:

### 3.1. Presentation of the Hypotheses Results:

**Table 1: represents the results of Women's attitudes towards practicing sports recreation in the halls in light of the Corona pandemic.**

First chapter		No	I didn't form an opinion	Yes	Level
Women's attitudes towards practicing sports recreation in the halls in light of the Corona pandemic	Repetition	11	34	60	Positive attitude
	Percentage %	%9,6	29,8	52,6	

The source: (Prepared by the researcher 2021)

**-Table Discussion:** It is clear from the previous table that the frequencies of the positive attitudes were 60 at a rate of 52,6%, while the frequencies of the negative attitudes were 11, at a rate of 9,6%, Which means a significant difference between the positive attitudes and the negative attitudes, in favor of the greater frequency, which corresponds to the positive attitudes.

**Table 2: represents the results of Women's attitudes towards practicing sports recreation collectively in light of the Corona pandemic.**

Second chapter		No	I didn't form an opinion	Yes	level
Women's attitudes towards practicing sports recreation collectively in light of the Corona pandemic	Repetition	11	35	56	Positive attitude
	Percentage %	9,6	30,7	49,1	

The source: (Prepared by the researcher 2021)

**-Table Discussion:** It is clear from the previous table that the frequencies of the positive attitudes were 56 at a rate of 49,1%, while the frequencies of the negative attitudes were 11, at

a rate of 9,6%, Which means a significant difference between the positive attitudes and the negative attitudes, in favor of the greater frequency, which corresponds to the positive attitudes.

**Table 3: represents the results of Women's attitudes towards the psychological importance of sports recreation in light of the Corona pandemic.**

Third chapter		No	I didn't form an opinion	Yes	Level
Women's attitudes towards the psychological importance of sports recreation in light of the Corona pandemic	Repetition	5	19	77	Positive attitude
	Percentage %	4,4	16,7	67,5	

The source: (Prepared by the researcher 2021)

**-Table Discussion:** It is clear from the previous table that the frequencies of the positive attitudes were 77at a rate of 67,5%, while the frequencies of the negative attitudes were 5, at a rate of 4,4%,Which means a significant difference between the positive attitudes and the negative attitudes, in favor of the greater frequency, which corresponds to the positive attitudes.

**Table 4: represents the results of Women's attitudes towards the social importance of sports recreation in light of the Corona pandemic.**

Fourth chapter		No	I didn't form an opinion	Yes	Level
Women's attitudes towards the social importance of sports recreation in light of the Corona pandemic	Repetition	8	31	75	Positive attitude
	Percentage %	7,0	27,2	65,8	

The source: (Prepared by the researcher 2021)

**-Table Discussion:** It is clear from the previous table that the frequencies of the positive attitudes were 75at a rate of 65,8%, while the frequencies of the negative attitudes were 8, at a rate of 7,0%, Which means a significant difference between the positive attitudes and the negative attitudes, in favor of the greater frequency, which corresponds to the positive attitudes.

## 4. Discussion:

### 4.1. Discussing the Results of the First Partial Question:

After analyzing and interpreting the results, it becomes clear that women's attitudes towards practicing sports recreation inside the hall in light of the Corona pandemic are positive. Positive attitudes towards sports activity play an important role in upgrading this type of human activity because it represents the force that motivates the individual to practice this activity regularly (Ben Sayah, 2019, p. 207). This is despite the fact that many research and studies have indicated that practicing indoor sports activities carries a high risk of infection. The researchers believe that this result may be attributed to the absence of alternative and open places in which women practice sports recreation. In addition, women look at people who maintain physical activity as more immune to disease. Some researchers have suggested that, besides daily preventive measures, regular physical activity is also needed to prevent disease (Kim, Cho, & Park, 2020, p. 2). Considering that sports activity has a positive effect on immune efficiency, and it is known that active people are less likely to

develop upper respiratory diseases (Dominski & Brandt, 2020, p. 584).

Therefore, practicing sports in such circumstances is an important strategy to avoid the dangerous complications of "Covid-19", even if it is inside the hall. This result may also be attributed to the existence of strict rules in the application of the health protocol inside the halls with stricter preventive measures such as sterilization and adequate ventilation of the hall. Therefore, her practice of sports recreation in conditions that can be said to be safe.

#### **4.2. Discussing the Results of the Second Partial Question:**

The results that women's attitudes towards practicing sports recreation collectively in light of the Corona pandemic are positive. Where trends in general give meaning and significance to an individual's daily life, and his behavior is consistent with his (Dahaka & Touati, 2019, p. 372). The researchers believe that this result is because women who practice sports recreation have realized the importance of practicing these activities, which have become one of their daily habits. Therefore, there is no doubt that there are real justifications for women to exercise by virtue of pregnancy and childbirth, because she needs to relieve herself for her commitment to her home and her children (Zaabalawi, 2015, p. 69).

Therefore, she refuses to stop practicing it in such circumstances, even if it is collective. On the other hand, the researchers also see that the educational level of the practitioners and their awareness plays an important role in adhering to the rules of social distancing during practice, as well as the application of the necessary health protocol. Thus, sports recreation can be practiced collectively without problems and no fear of transmission, the social and psychological aspects of sports recreation, then, have helped significantly in maintaining women's motivation to attend and participate collectively.

#### **4.3. Discussing the Results of the Third Partial Question:**

The results indicate that women's attitudes towards the psychological importance of practicing sports recreation in light of the Corona pandemic are positive. Sports recreation is a manifestation of human activity, the practice of which is accompanied by the satisfaction of basic psychological needs. It is an essential strategy for physical and mental health during a period of forced rest such as the current corona virus emergency. Where practicing recreational sports activities helps psychological adjustment and self-realization and helps to get rid of stress and fatigue, In addition to achieving the psychological balance of the individual participating in it (Larbi, Masoude, & Maafi, 2020, p. 337).

There is also a lot of evidence that physical activity can be effective in improving mental state and reducing depression and anxiety. Its practice also provides opportunities to relax and remove stress caused by the pandemic and improves the psychological state affected by sitting at home and lack of movement. Where women practice sports recreation to get rid of the large void imposed by the quarantine thus reducing the chances of depression, anxiety and stress, This is in agreement with the study of (Ben Sayfia, Cheriet, & Idris, 2019). Its results indicated that the psychological and social variables contributed significantly to building trends towards recreation through sports physical activity. This finding is also in agreement with the findings of the (Nadour & Seghir, 2020) Which concluded that recreational sports activities contribute significantly to helping young people to get rid of the psychological pressure associated with the period of home quarantine.

#### **4.4. Discussing the Results of the Fourth Partial Question:**

The results reveal that women's attitudes towards the social importance of practicing sports recreation in light of the Corona pandemic are positive. The researchers believe that this is because women see that, in addition to the benefits of physical and mental health,



sports recreation has a range of social benefits as well. In addition, view it as an area for social communication and mitigating the social distancing imposed by the pandemic and this is by meeting others, inspecting their conditions and exchanging news, especially under the current circumstances. As the various recreational sport activities play an important role in developing the deficiencies of individuals. If a person loses his ability to enjoy any aspect of life, these activities compensate him by feeling his potential during practice (Atouti, Msalti , & Hamzawy, 2016, p. 188).

In addition, practice under the Corona pandemic gives a moral boost to overcome the psychological and social effects of the pandemic. Woman likes to participate with a group of people and meet many people, which is a lot of fun for her and is better than practicing alone. Man is social by nature and cannot be independent of society and its members, just as the desire to communicate with others is considered a characteristic of all human beings. Sports recreation satiates the desire to communicate with others and exchange views and ideas. Thus, the participation of women in sports, whether in practicing physical fitness activities or participating in competitive sports, has become a social phenomenon of interest to women in contemporary human societies (Al-Kilani, 1997, p. 3)

## **5. Conclusion:**

At the end of this study, we can say that most of the women who participated in this study confirmed positive trends towards practicing sports recreation in all circumstances, including the Corona pandemic, despite the danger it poses to human health. They confirmed these positive attitudes at the level of all the axes of the questionnaire, and this was confirmed through the results, as their positive opinions ranged between 52,6 % on the ax of Women's attitudes towards practicing sports recreation in the halls in light of the Corona pandemic, 49,1 % on the ax of Women's attitudes towards practicing sports recreation collectively in light of the Corona pandemic, 67,5 % on the ax of Women's attitudes towards the psychological importance of sports recreation in light of the Corona pandemic, and finally, 65,8 % on the ax of Women's attitudes towards the social importance of sports recreation in light of the Corona pandemic.

As women's practice of sports recreation in light of the Corona pandemic inside the hall and collectively opens the way for them to recreation and enhance a feeling of optimism and relaxation. Thus, strengthening the psychological and social aspect of it and taking advantage of the long free time resulting from the self-imposed or government-imposed home stone, which led to bad lifestyle behaviors and lack of movement, which sports recreation activities work to satisfy.

It provides sports recreation multiple benefits to enhance an individual's health, which may also be beneficial for decreasing the risk of infection. Available scientific evidence from other viral infections suggests that physically active people will have less severe symptoms, shorter recovery times, and may be less likely to become infected. In addition, women who practice sports recreation have become aware that opportunities for entertainment and play through sports recreation make them enjoy a psychological balance that reflects on their physical and mental health. This is what made her search for ways and means to practice sports recreation everywhere and under any circumstances, including the exceptional circumstance of the Corona pandemic. In this regard, (Paul White) points out the need to work on forming recreational sports trends and habits to ensure that individuals engage in sports activities, and the importance of looking at sports and recreation as one of the things that stand on the same level of importance from work, sleep and nutrition (Bouaziz & Ben Si Kaddour, 2018, p. 24).

Therefore, it must:

- 1/ Create appropriate conditions by providing alternatives for women to practice sports recreation under exceptional circumstances.
- 2/ The use of online exercises, and the use of mobile phone technologies, which include home exercises that do not require large areas or equipment while exercising easily at all times of the day.
- 3/ Not to engage in recreational sports activities if symptoms such as: severe sore throat, muscle stiffness, shortness of breath, general fatigue, chest cough, and fever as observed.

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