

**The role of entertaining sports activities in the disposal of psychological stress caused by the measures of domestic quarantine against the Corona (COVID-19) epidemic in the youth environment.
- field study in Ouezra municipality-Wilaya of Medea-**

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Abstract

The study aimed to discover the role of entertaining sports activities in the disposal of the psychological pressures resulting from the domestic quarantine against the corona epidemic (COVID-19) among the youth environment in Ouezra municipality- Wilaya of Medea. As the study was conducted on purposive sample included 150 individuals (males and females). The researchers relied on the descriptive method through distributing electronic questionnaires via internet on sample individuals through social media after arbitration. To process the results statistically, percentage and the chi² test have been used. The main result that was deduced is: entertaining sports activities have an important role to play in disposing the various dimensions of psychological pressures caused by house quarantine. One of the most important recommendations the researchers can propose is to raise awareness of the importance of this type of activity due to its essential roles such as addressing various psychological problems inflicted upon individuals.

I. Introduction:

Unexpectedly, the world found itself in quarantine with the terrible spread of the Corona virus (COVID-19), the thing that made the people subjected to quarantine as the primary alternative and the only choice. People were not used to it in their usual lives, especially they were not familiar to stay at home for long periods and lockdown themselves even with the appearance of slight symptoms such as coughing, headache, slight fever according to World Health Organization slogan “protect yourself and others from covid-19 (World Health Organization, 2019). The situation today forces us to be prudent and precautions, and all individuals of society must be more aware than ever, as this epidemic is one of the most dangerous epidemics that humankind encountered. (Bahri, 2020).

This virus appeared for the first time in the Chinese city Wuhan at the beginning of December 2019, in which the World Health Organization declared the spread of the virus and emergency state on 30 January. This virus is known to be associated with the family of viruses that cause severe acute syndrome (SARS) and some common flue, it is also known as the virus of severe acute psychological syndrome Corona 2 (Younes, 2020), it belongs to the family of the Corona virus 2019. One of the most important characteristics of this virus is non-microscopic and characterizes with rapid transition feature from one person to another. The affected person does not show any symptoms until after 15 days, causing increase in the number of deaths and infected cases day after day. According to the World Health Organization report, the number of infected people around the world in April 2020 has reached over two millions and two hundred thousand persons and more than 150 thousand death cases (World Health Organization, 2020). This is what made scholars and researchers especially specialized doctors in epidemiology confused and under severe pressure to identify the nature and the composition of this virus, and how to give the exact diagnosis to it. This in turn made the majority of people under great pressure, troubled psychological state and great fear due to high prevalence of this virus, especially among youth and women. What made things more dangerous on the citizens psychological state is the amplification of media to the false and confusing information, in addition to not utilizing the official national and international websites to get the right information. It is what the World Health Organization attracted attention to through minimize following the false news about covid-19 that caused permanent stress and anxiety as mental pressures, added to the pressure of total or partial lockdown according to the degree of

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the virus prevalence, the tight restrictions imposed on communication and the ability of many people to work, employment, livelihood, income and personal debts (Pierce, and al; 2020). This may result economic collapse and increase the risk of having psychological and mental health problems, and worsening health disparities. As there are harmful effects on people concerning the mental health and more harmful effects on people already suffer from psychological disorder (Moreno, and al; 2020).

Although, it is hard for people to endure these imposed procedures for longer periods, it is a natural feeling. Stress and psychological pressure feelings related to it does not mean in any case that you cannot do your job and that you are weak (World Health Organization, 2020). It is necessary for individuals and societies, despite the diversity of psychological pressures that they are suffer from and the diversity of health systems in all around the world, to coexist with this epidemic through beneficial coping, and following the World Health Organization instructions by changing bad lifestyle habits and some behaviors that can contribute in reducing the prevalence of covid-19 between individuals, relaxation during work time and between the shifts, eating sufficient healthy food and practicing physical activity and sports. (World Health Organization, 2020).

Regarding the specialization of the researchers in the field of sports, the two researchers will try to present an important element that helps the individual to enhance his mental health and relieve him of the pressures that accompanies him during the period of home quarantine, which is practicing sports activities generally and entertaining activities in specific, the severe ones and the less severe due to its great role in guiding, caring for individuals and improving their psychological-emotional state comparing to individuals of different gender and age categories that are not engaged in sports activity (Qin, and al; 2020).

Given the targeted guiding programs it provides, that meet the needs of society categories and express their feelings. This type of approach gives depth and originality, especially at our current stage, as working in various entertaining sports provides a good environment for them to improve their mental health in a good manner (Belaidouni, 2019). This type of activity gained considerable attention from individuals due to their high level of awareness about its importance and benefits, especially in the psychological field; Dr. Mohamed Al Hamahmi (1988) defines entertaining sports activities “as a kind of entertainment that includes many sports programs that are

practiced by individuals, whether individually or collectively”, and are also more practiced by the youth (Cherrit, 2019). Dr. Abdessalem also defines it as “a set of entertaining sports activities subjectively chosen by individual, it may be organized or not, practiced anywhere (homes, stadiums, halls)”, its main objective is exploiting leisure time, pursuit happiness, have fun, relax and eliminate different kind of stress such as psychological stress (Belaidouni, and al, 2016). In this regard, the two researchers believe that there are many studies and researches in the field of sports proved that practicing sports in different kinds and activities plays a great role in helping the individual to develop his different abilities, especially those psychological ones, to face different pressures; among which the study of Jabouri Ben Omar (2014) entitled “ The effect of physical and sports activities on the general psychological compatibility among secondary school students”. It was conducted on a sample comprising 110 pupils, and the psychological compatibility standard was used as a tool for collecting information and data according to the survey descriptive method. The most prominent results of the study indicated that the practice of sports activities has an effective and positive effect on the development and improvement of the psychological compatibility level among pupils, and the pupils who practice sports activities are always distinguished from others for psychological compatibility. There is also another study by Mohammed and Habib (2017) entitled “Contributions of recreational sports activities in easing psychological stress among middle-school teachers”. The sample study comprised (304) teachers, the psychological pressure measure was used as a tool for collecting information and data according to the analytical descriptive approach. The results of the study indicated that the teachers practicing these entertaining activities are characterized by low psychological pressure, the non-practicing ones are characterized by a high level of psychological pressure, and there are statistically significant differences in the level of psychological pressures between practitioners and non-practitioners of recreational sports activities in favor of practitioners. There is also another study conducted by Yahyaoui Mohammed. (2014) entitled “The role of physical and sports education in the development of some psychological skills and psychological compatibility among secondary school pupils”. The sample consisted of 40 male pupils and 30 female pupils that practice physical and sports education, and 50 pupils (male and female) who were exempt from physical and sports education. The psychological compatibility measure and psychological skills measurement were used as a tool for collecting information and data according to the

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descriptive approach with survey method. The most prominent results of the study indicate that there are statistically significant differences in the degree of some psychological skills between sports practitioners (male and female) pupils and non-practicing pupils in favor of the practitioners in the following psychological skills: facing anxiety, facing psychological tension, self-confidence, relaxation).

In the light of the above, the following question can be asked:

Do entertaining sports activities play a role in disposing the psychological stress caused by the domestic quarantine measures against the corona epidemic (COVID-19) among young people?

II. Method and Tools:

The method: The analytic descriptive method has been used due to the adequacy of this method with the nature of the study.

The Research Community: The research community is the young people who practice entertaining sports activities in Ouezra municipality-Wilaya of Medea-.

1—The Sample and methods of its selection: The sample study included a group of young people practicing entertaining sports activities in Ouezra municipality – The Wilaya of Medea, where the total sample was 150 (100 males, 50 female), their ages varied from 18 to 25. This sample was chosen in a nonrandom manner (Purposive).

Search fields:

Spatial field: The study was carried out in Ouezra municipality – Wilaya of Medea-.

Temporal field: The study was conducted in the period from 01 to 05 June 2020.

2-Search procedures:

2.1. Identification of the variables:

The independent variable: Which is entertaining sports activities; it is the variable that has an impact on the psychological stress (cause).

The dependant variable: Psychological stress, which is the variable that is affected by the entertaining sports activities.

Study Tools and Scientific foundations:

Study Tool: In order to achieve the objectives of the study, the two researchers used the electronic questionnaire form technique distributed via

social media platforms (internet) with high click level such as Facebook, Twitter and Instagram. This is due to special health condition we are living with concerning covid-19 that forbid the researchers from distributing paper-based questionnaires on the interviewees after consulting a series of books, previous studies and tools used in it, such as the study of (Nasr Din, 2016), the study of (Attalah, 2014) and the scale of (Zermani, 2011). The form of the subject of our study was built and submitted to a group of arbitrators in order to adjust it (proposal to delete and amend some of the expressions). The questionnaire was based on 12 questions. For the purpose of obtaining accurate results, a closed type of questionnaire was adopted, it means that the answer is whether yes or no, each paragraph expressed only one idea without interpretation.

Scientific foundations of the tool:

In order for the questionnaire to be credible and produce accurate results, the two researchers had to consider the following scientific conditions:

Questionnaire form honesty:

" Baroumek Gee states that honesty is the role that allows the tool to achieve its objective, it is also meant to be the suitability of the tool to measure what it has been set up to measure) «Dahmani , 2020).

The arbitrators' honesty (apparent honesty):

After preparing the questionnaire in its initial form, the researchers should have made sure of its content with the prior opinion of the specialists over its suitability for what it was established to measure. In order to establish the tool's honesty, an arbitrators' opinion survey method was used and the tool was presented to a group of university professors among educational, psychological and sports specialists who gave their remarks on the relevance of the questionnaire's paragraphs, its degree of relationship and the clarity of its language. In the light of this, some paragraphs were adjusted and some were deleted.

The stability calculation for the index (internal coherence):

" Stability is what produces proximate results, since it is applied more than once in similar conditions". (Atallah and al; 2020).

Stability has been verified through the Cronbach's Coefficient Alpha, and the following table shows the Cronbach's Coefficient Alpha relative to the questionnaire stability measurement.

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Table 1 represents the stability coefficient of each questionnaire axis and the sum of the axes.

Variables	Number of paragraphs	Cronbach's Coefficient Alpha
Total questionnaire paragraphs Psychological pressures	12	0.855

Source : Based on SPSS outputs

We note from Table 1 that the Cronbach's Coefficient Alpha of all the questionnaire axis ranges reached (0.855), which prove the high stability value and shows that the stability value is high and indicates that the search tool is highly stable, making us fully confident that our questionnaire is correct and appropriate for the study and the hypotheses testing.

2.9. Means and statistical methods used:

- The SPSS program has been used.
- The Cronbach's Coefficient Alpha: We used it to calculate the stability of the study tool.
- Tabulated χ^2 test: A constant value that we compared with χ^2 calculated in order to adopt the statistical decision.
 - Degree of freedom: This is calculated as (N-1) and N is the number of answers suggested in the questionnaire.
- Percentage: We use it to find out the percentage of the sample responses.-
- χ^2 test: The two researchers used it to find out the statistical significance of the questionnaire's responses.
- Level of significance: In most research they use either 0.05 or 0.01.

III. Results:

–Presentation of the hypothesis results:

Table 2: The table represents statistical operations

The expressions	The answers	The Percentage %	The answers	The Percentage %	Chi ² calculated	Chi ² tabulated	Degree of freedom	Significance level
01	Yes	82	No	18	12.137	3.841	01	0.05
02	Yes	10	No	90	17.989	3.841	01	0.05
03	Yes	56	No	44	40.98	3.841	01	0.05
04	Yes	75	No	25	23.40	3.841	01	0.05
05	Yes	80	No	20	25	3.841	01	0.05
06	Yes	60	No	40	14.77	3.841	01	0.05
07	Yes	81	No	19	11.58	3.841	01	0.05
08	Yes	89	No	11	10	3.841	01	0.05
09	Yes	77	No	13	7.66	3.841	01	0.05
10	Yes	66	No	34	23.87	3.841	01	0.05
11	Yes	51	No	49	5.11	3.841	01	0.05
12	Yes	12	No	92	43.31	3.841	01	0.05

Source : Based on SPSS outputs

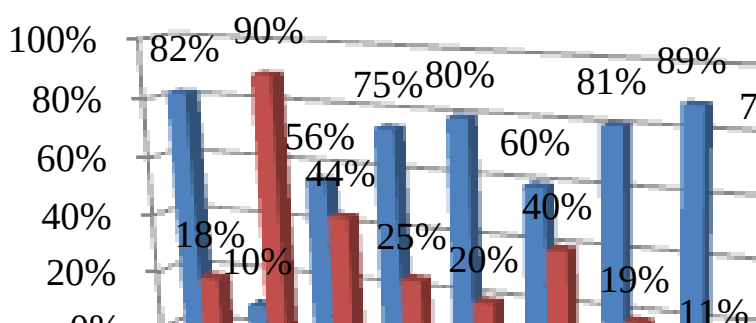


Figure 1 : Graphs that represent sample answers in percentage

The answers in the table and figure above are also shown.

We note from the answers of the first question that 82% of the total sample sees that when entertaining sports activities are practiced, their mood improves, while 18% answered the opposite. This difference in results confirms the chi² test, which had the calculated value (12.137). It is

greater than the tabulate value (3.841) that means that there are differences in the results statistically significant.

Concerning the second question, 90% of the total sample considered that when entertaining sports activities were conducted they had no feeling of fear, meanwhile 10% answered the opposite, and this difference in results was confirmed for the χ^2 test, which the calculated value was (17.989) it was greater than the tabulated value (3.841). That means that there are differences in the results statistically significant.

For the third question, 56% of the total sample said that when they were engaged in entertaining sports activities they were more focused and less distracted, while 44% said the opposite, and this confirmed the difference in results of χ^2 test which the calculated value was (40.98) and was greater than the tabulated value (3.841). That means that there are differences in the results statistically significant.

Regarding the fourth question, 75% of the total sample believed that when they were engaged in entertaining sports activities they were optimistic and good, however 35% believed the opposite, and this confirmed the difference in results of χ^2 test which the calculated value was (23.40) and was greater than the tabulated value (3.841). That means there are differences in the results statistically significant.

For the fifth question, 80% of the sample considered that entertaining sports activities are the best means to dispose of anxiety. Whereas 20% believe the opposite; and this is confirmed by the differences in results of χ^2 test which the calculated value was (25), greater than the tabulated value (3.841). That means there are differences in the results statistically significant.

Answering sixth question, 60% of the total sample believes that their entertaining sports activities helped them to eliminate disorders and negative thoughts and to occupy their time positively, while 40% believes the opposite, and this confirmed the difference in results of χ^2 test which the calculated value was (14.77) and was greater than the tabulated value (3.841). This means that there are differences in the results statistically significant.

Concerning the seventh question, 81% of the total sample said that their exercise of entertaining sports helps them to reduce stress and 19% answered the opposite, and this confirmed the difference in results of χ^2 test which the calculated value was (11.58) and was greater than the

tabulated value (3.841). That means there are differences in the results statistically significant.

As for the eighth question, 89% of the total sample said that entertaining sports activities make them happy and enjoyable and 11% thought the opposite, and this confirmed the difference in results of χ^2 test which the calculated value was (10) and was greater than the tabulated value (3.841). That means there are differences in the results statistically significant.

Answering the ninth question, 77% of the total sample believed that entertaining sports activities helping them gain psychological satisfaction, while 13% see the opposite, and this confirmed the difference in results of χ^2 test which the calculated value was (7.66) and was greater than the tabulated value (3.841). That means there are differences in the results statistically significant.

Regarding the tenth question, 66% of the total sample considered that entertaining sports activities help them gain confidence on themselves, and 34% considered the opposite, and this confirmed the difference in results of χ^2 test, which the calculated value was (23.87) and that was greater than the tabulated value (3.841). It means that differences in results are statistically significant.

Concerning question 11, 51% of the total sample believes that there was a close relationship between entertaining sports and their mental health, and 49% view the opposite, and this confirmed the difference in results of χ^2 test, which the calculated value was (5.11) and that was greater than the tabulated value (3.841). It means that differences in results are statistically significant.

Answering the twelve question, 92% of the total sample consider that entertaining sports activities did not disturb their mood but make them rest and comfortable, meanwhile 12% believe the opposite, this difference in results confirms the χ^2 test, which its calculated value was (40.875) it is greater than the tabulated value (3.841), which means that there are a statistically significant differences in the results.

IV. Discussion:

The results of the table indicate that entertaining sports activities contribute greatly in helping young people to eliminate the psychological stress associated with the home quarantine period, as these kinds of activities help to improve their mood since it is one of the means on which youth rely on for entertainment and self-pleasure. These activities also

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work to help individuals eliminate the various fears caused by conflicting news, spread on the internet or through media channels about this epidemic, its risks and horrible prevalence. Furthermore, the sports activities of an entertainment nature contribute in fill in the gaps of much free time resulted of total or partial quarantine procedures. It has been also concluded that practicing these activities help young people to eliminate various disturbances and negative ideas as a result of long time of leisure during the home quarantine period, mismanagement of daily times, sitting for long periods to follow the channels and social media, in addition to the effective role that practicing entertaining sports activity by youth plays in generating psychological comfort, mental and physical relaxation. This is confirmed by Dr. Gervais, who said that entertaining sports activities are only aimed at relaxation, renewal and elimination of pressures resulting from leisure and are not intended for practical or scientific purposes (Gervais, 2007). It has been also noted that these activities help the individual to eliminate the aspects of anxiety at a good rate, because if an individual found something that benefits him and occupies his time, and help him to eliminate his negative energy, he will be completely away from emotions that result negative behaviors. Young people are constantly on the move and active, and do not like to sit at home for long periods per day. In this context, Dr. Mohamed El-Afandi (1965) emphasizes that entertaining sports activities help the individual to reduce the various tensions and enable individual to control his temper (El-Afandi, 1965). It was also deduced that these sports activities are helping the youth to positively support their confidence by themselves and make the right decisions. This is one of the main goals of sports recreation (Ghouli, 2001). Hence, the results of this study agreed with each of the (Jabouri, 2014) study, which concluded that the exercise of sports activities has a positive and effective influence in raising the level of psychological compatibility among pupils. And the study of Mohamed and Habib (2017) which found that there were statistically significant differences between recreational sports practitioners and non- practitioners in the level of psychological stress as practitioners experienced low psychological pressures compared to non-practitioners. As well as the study of (Yahyaoui, 2014) which found that there are statistically significant differences in the degree of some psychological skills between male and female pupils, practitioners and non-sports practitioners in favor of psychosocial practitioners (facing

anxiety, facing stress, self-confidence, relaxation). On this basis, it can be said that our hypothesis has been fulfilled to an acceptable level, that is “practicing entertaining sports activities has a positive role in the disposal of psychological pressures caused by the procedures of home confinement against corona epidemic (covid-19) among young people.

V. Conclusions:

To sum up, the majority of the questioned young people have positive opinions about the contribution of entertaining sports activities in relieving the accompanied manifestations of psychological pressures. In which, their opinions were from average to good ranging between 51% to 92% about the role of this type of sports activities in reducing negative aspects of psychological pressures such as fear, stress, anxiety and negative thoughts accompanied to it. Moreover, it increases certain positive aspects of behavior such as improving the mood, self-confidence, enhancing concentration and the feeling of optimism and relaxation. This was confirmed by the differences results of statistically significant to the Chi² test, as these activities open the way to individual for self-expression with extreme confidence and help him in the disposal of extra energy and exploiting the free time resulted of the imposed home quarantine which lead to enjoyment and happiness, increase their concentration on important issues on their daily life, stay away from everything that worries them and ruins their mood including negative thoughts caused by following false news on the internet or via media channels. In this context, Dr. Abdessalam confirms that the individual whom has opportunities of entertainment and playing characterizes with good health and balance; health here with its vast meaning that includes psychological, physical, mental and emotional health, and not only the absence of weakness and disease. (Ben Abdessalam, 2001)

- Attention should be given to entertaining sports activities.
- To promote awareness and correct the view of all the society categories toward sports activities in general and in particular entertaining one.
- Find ways and means to practice entertaining sports activities everywhere under any circumstances (e.g. corona pandemic and home quarantine).
- The family must provide a dedicated space for entertaining sports activities at home.
- To explain how entertaining sports activities are important and effective on the individual's psychological aspect.

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- To raise the level of interest in entertaining sports activities through family encouragement.
- Supporting scientific studies on entertaining sports activities.

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