

Psychological motivations of Algerian women's frameworks towards practicing physical sports activity.

الدوافع النفسية للإطارات النسوية الجزائرية نحو ممارسة النشاط البدني الرياضي.

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Abstract

This study aims to know the nature of the psychological motivations among Algerian women's frameworks toward practicing physical sports activity at the level of sports halls. The research sample included (95) feminist frameworks selected intentionally, while the research method relied on the descriptive approach, while the study tool included Questionnaire from.

The study concluded that the motivations of women towards practicing physical activity tend toward the self-esteem factor, the health and fitness maintenance factor, and the achievement factor job satisfaction

Introduction :

Psychology defines psychological motivations as the driving force behind all an individual's actions, as it considers the individual's needs and desires to be the primary source in directing human performance and behavior, in western heritage, there is a saying that has been known since ancient times:

“That is, you can lead the horse to the river, but you cannot force him to drink “, because he will drink water on his own, when the need for thirst drives him to drink. (Muhammad Hassan Allawi, year 2009, p134).

Motivation is the energy that drives activity and directs behavior. if we take simple look at our daily lives, we will find that behind every behavior we perform is specific motive, or several motives that complement each other, whether these motives stem from internal or external sources. they all participate in performing the behavior. (Ahmed Amin Fawzi, year 2007, p 84).

In this context, sports practice through physical sports activity for working women in general and working women in particular is an outlet for emotional release and energy renewal, achieving a psychological balance between environmental requirements and work, a feeling of happiness and reassurance, and achieving job satisfaction through satisfying needs psychosocial.

This is confirmed by the study of Jabouri Bin Omar (2015) entitled “the impact of sports practice, in developing job satisfaction among working women about the status of sports activity in public life and professional life and the extent of its contribution to raising the level of job satisfaction and developing some psychological characteristics and skills among working women.

In this regard, Butler points out that sports and recreational activities contribute to achieving human happiness, developing physical and mental

health, improving emotions and morals, and contribute to raising morale and a sense of security, in addition, it is considered one of the factors that lead to improving the health and physical level of the individual, giving him good shape, and giving him joy. pleasure, freeing him from fatigue and boredom, and making him able to work and produce (khetab, years 1988, p 21).

Perhaps women going out to work and rising to high political, ministerial, parliamentary and judicial positions, make them an effective force in society, living under the weight of events between their professional role and their family role, marriage and childbirth create psychological pressure on her that leads to her psychological imbalance (Asia Kessour,2014).

Technological development and the widespread of sports culture, especially through social networking sites, have contributed to pushing women, by virtue of their high positions, to pay attention to their appearance in terms of elegance and shape, and pushing them to practice sports in order to maintain their fitness and confront the risks resulting from lack of movement, such as obesity, diabetes, blood pressure, and osteoporosis, the researcher, Amira Shteiwi, confirmed in her study that interest in physical fitness greatly motivates women to exercise, and this has an arithmetic average of 3.77, with a percentage of 83.20%(Amira shetiwi, year 2017).

Physical and sporting activity is sufficient to prepare women in a way that enhances their effective participation in work and their reaching the level of ambition that they have identified through their work and the satisfaction of their material and social needs, as well as their psychological compatibility in terms of their relationship with their family and their relationship with work colleagues (Shaalal Mustafa. Shanouf Khaled,year 2019).

There is no doubt that the interest of Algerian women in the fitness and sports halls, despite the burdens, professional obligations and complex family responsibilities, is provoked by motives that tend towards specific goals that would satisfy the psychosocial needs of women working in high positions.

Based on these data, we decided to raise the following general question:
what are the motivations of feminist frameworks Algerian towards practicing physical sports activity?

It includes the following partial questions :

- 1- Do Algerian women's framework's practice physical sports activity out of positive self-esteem?
- 2- Do Algerian women's framework's practice physical activity for the sake of preserving health and fitness?
- 3- Do Algerian women's framework's practice sports physical activity for the purpose of achieving a job satisfaction?

General hypothesis:

The motivations of Algerian women's frameworks towards practicing sports physical activity are directed toward an estimation variable positive self, maintaining health and fitness, and achieving job satisfaction.

Partial hypotheses:

- 1- Algerian feminist frameworks practice physical activity out of appreciation positive self.
- 2- Algerian feminist frameworks practice physical activity for the sake of maintaining health and fitness physical.
- 3- Algerian feminists frameworks practice sports physical activity for the purpose of achieving job satisfaction.

Objectives of the study:

- 1- Identifying the nature of the motives that direct the behavior of women in Algeria towards engaging in practicing sports activity .
- 2- Identifying the motive of self-esteem in women's practice of sports activity.
- 3- Identify the motivation for maintaining health and physical fitness in women's exercise frame for sports .
- 4- Identifying the motivation for achieving job satisfaction when women practice sports.

The importance of study:

- 1- Women's interest in exercising because of its psychological and social health benefits.
- 2- Motives for women working in senior positions to practice sports.
- 3- Spreading the culture of exercising within fitness halls to maintain health psycho – physical.

4- The contributions of physical sports activity to raising the level of an individual's ability to work, produce and achieve self.

Defining concepts:

Frame concept:

Linguistically: what surrounds something from the outside, the frame of the picture.

Terminologically :

It is a social classification of professional jobs in different sectors, so that it can be considered a framework, a senior employee is invested to fill the position of leadership, control and management as an official under certain conditions such as high training (Plessier.J;Canine,year 1990,p102)

Women's framework's:

Terminologically :

Fatima Muhammad Ali Othman defines it as: "the categories of females who supervise from the head of the first line of workers to the highest authority in organizing the institution, and it depends on two types of administrative authority, positional positions are prestigious professional sociological positions."

Procedurally: those high positions assigned to women within Algerian institutions and organizations .

This requires high scientific qualifications and competencies, and in our current study they represent the study sample.

Sports physical activity:

Terminologically:

It is considered one of the finest forms of the human motor phenomenon, and it is the most accessible and highest. Matt Fife defines it as an activity with a special form.it is an organized competition in order to measure abilities to ensure their maximum determination, what distinguishes it is that it is physical and psychological training to achieve the best possible result, not for the individual only, but for whom, for the sake of activity itself (Al – Khouli, year 1996, p, 32)

It is also defined as: "that movement activity that a person engages in as a positive practice, individually or collectively in accordance with recognized

laws and rules when physical, mental, social and psychological changes occur that enable him to adapt to his peers and the environment surrounding him “(Ramadan Yassin,2008, p,54).

As for the procedural aspect, they are those activities and movement activities practiced by the Algerian women's tire group, whether individually or collectively, inside the sports halls after working hours or holidays weekly.

Motivation:

The language of the verb push, to push, meaning to remove a person or thing, remove it from its place, and make it move forward by means of motivation and motivation is the tendency to do something.

Terminologically: it is a general term that refers to the dynamic relationship between the individual and his environment and includes various innate, acquired, internal and external factors and states, learned and unlearned, emotional directing, and continuing the behavior until it is achieved and the subconscious is working on (Muhammad Hassan Allawi, year 2017, p212) .

As for the procedural aspect, it is the internal and external preparations that provoke the behavior of the tires algerian feminism towards sports practice to achieve a specific goal.

Previous and similar studies:

First study:

Jabouri Bin Omar (2005) study entitled: “the effect of sports practice on developing satisfaction career for working women.”

The study aimed to determine the importance of sports practice and the extent of its contribution to developing and raising the level of jobs satisfaction among working

women. The general question was as follows: does sports practice have a positive impact in raising the level of job satisfaction among working women?

It included the following sub – questions:

Is there a difference in the level of job satisfaction between practicing and non- practicing working women for sports activity?

There a difference in the level of job satisfaction among working women practicing sports activities depending on experience, the number of years of sports practice?

The researcher relied on the descriptive survey method, and as for the sample, it included (20) female professors, they were distributed into two groups:(10) practicing activities and (10) not practicing

The performance of the questionnaire was used, and after conducting statistical analysis, it was concluded that the practice sports have a positive impact on developing and raising the level of job satisfaction.

The second study:

A study by Amira Hamdan Abdel Hadi Shteiwi (2017) entitled: “motives for women exercising in fitness centers in the northern west bank governorate “master’s thesis, An- Najah National, University, Nablus – Palestine .

This study aimed to identify the effect of the variables of age, educational qualification, type of work, martial and place of residence.to achieve the purpose of the study, the researcher relied on a sample of (350) status, income, female trainees of a total population of (850) trainees, and the sample was selected by a stratified random method.

The results of the study concluded that the level of motivation for women to practice physical fitness in centers is due to the variable of marital status, which is the most contributing to the development of women’s motivation towards practice.

The third study:

A study by Moghadam Amal and Masbah Fawzia (2021) entitled:” sports practice and its impact on enhancing the level of self-confidence among working women.

This study aimed to highlight the effect of sports practice in enhancing the level of self-confidence among women female workers in the cities of Ain Defla and Blida, and then the research problem emerged through the following general question:

Does exercise have an effect in enhancing the level of self-confidence among working women?

The following partial questions emerge from it:

What is the level of sports practice for working women?

What is the level of self –confidence among working women?

The two researchers relied on the descriptive analytical method on a sample of (90) working women during the 2019-2020 academic year. They were chosen intentionally, and the researchers used Amira Hamdan Shteiwis measurement of sports practice (2017), which consists of (57) statements. After collecting data and analyzing the results, they concluded that the level of sports practice by working women is low, while their level of self – confidence is high, as the results show that practicing sports for working women does not enhance confidence with the soul .

Field procedures for the study :

The exploratory study: is considered a preliminary stage that must be passed before starting the original study, as it determines the general framework in which the study is conducted in terms of time, place, and sample. They were also able to identify the most important difficulties facing the researcher (Marwan Abdel Majeed, year 2000, p28).

Research methodology:

The nature of the subject is what determines for us the method that was used. The method is a set of rules that are established with the intention of arriving at the truth in science. (Ammar Bouhoush Muhammad Mahmoud Al-Thaniibat, year 1999, p 99).

Since we are dealing with describing a phenomenon in the sports field through collecting data and information, this requires the use of the descriptive method using the survey method, which is the most widely used method in educational research and social psychology.

Study population and sample:

The study population is defined as the total group of elements to which the researcher seeks to generalize Results related to the problem at hand.

The study population included women who train in fitness halls and sports. Their number reached (280) women .as for the sample, it is defined as that part of the whole that contains the same characteristics as the population.

The study sample included (95) women, aged between 35 and 50 years, who were employed Senior positions in various fields: the judiciary, higher education, administration and management, banks, and public institutions. In particular, the sample was chosen intentionally in view of the objectives of the study.

Study variables :

The independent variable: is the variable that is assumed to be the cause of a sample result, and leads to knowing its effect on another variable.

In this study, the independent variable is: psychological motivations.

The dependent variable: is the one whose value depends on the effect of the values of other variables, since whenever they occur adjustments to the values of the independent variable show the results on the dependent variable.

In this study, the dependent variable is: physical activity.

Research areas :

The temporal domain: the applied study was conducted from January 2023 until April 2023.

The spatial domain: included sports and fitness halls at the level of Algiers and its suburbs.

Human field: the category includes women's frameworks between 35-50 years old.

Study tools:

Questionnaire: Questionnaire is defined as a form that includes a set of questions directed to individuals in order to obtain information about a topic, problem, or situation, it is an appropriate tool for descriptive study. (Rachid Zarouati, year 2002, p 132).

Therefore, the researcher designed a questionnaire that includes (21) questions divided into (03) basic axes, regarding the type of questionnaire, it is a closed type (yes) or (no) and the purpose is to obtain accurate information from respondent party.

Validity of the scale :

The researcher presented the questionnaire to a group of experts to ensure the sincerity of the content in terms of the clarity of the questionnaires phrases, their belonging to its axis, and the accuracy of the phrases and

language integrity. Some phrases were deleted and replaced with others, and some questions were modified in light of the directives expressed by the arbitrators.

Stability of these scale:

To ensure the stability of the scale, we passed it on (30) individuals from the sample, and after a short period of time estimated at 15 days, we re-passed it on the same group of women in the same circumstances, the results were similar.

Statistical treatment:

this study relied on the following statistical methods: Percentage, Duplicates ,Test k2

This is done using the statistical software network for the social sciences (SPSS)

Results:

Present, analyze and discuss the results:Regarding the first partial hypothesis, which states that Algerian feminist frameworks are active Physical exercise for self esteem motivation. The results were as follow

Questions	Repeti tion	Perce ntage	Repeti tion	Perce ntage	Degree Of Freedom	K Valu e	Tabula ted Value	Statist ical Signif icanc e
	Yes		No					
Question 1	70	66.5	25	33.5	1	21.31	3.84	D
Question 2	83	78.85	12	21.15	1	53.06	3.84	D
Question 3	74	70.3	21	29.7	1	29.57	3.84	D
Question 4	88	83.6	07	16.4	1	69.06	3.84	D
Question 5	79	75.06	16	24.95	1	41.77	3.84	D
Question 6	61	76.95	34	23.05	1	7.67	3.84	D
Question 7	90	85.5	05	14.5	1	79.05	3.84	D

Table N° (01) : represents the results of the first partial hypothesis

It has been shown from the first table related to the first partial hypothesis that the calculated k values are greater than the tabulated k values of 3.84

and this is at the significance level $\alpha = 0.05$ and the degree of freedom is – 1 due to the presence of significance a statistic in favor of the highest value. It is also clear that the percentage of answers with “Yes” is greater than the percentage of answers with” No”, as the highest percentage reached 85.5%, and this is in the seventh question, which explains the variable of self-esteem is a motivation for Algerian women’s frameworks to practice physical sports activity in sports halls, and it’s one of the important factors for feeling psychological and social harmony and building self-confidence. Working women’s self-esteem is the first step to building an integrated, balanced personality to establish a healthy society, and this is through investing and developing their abilities and feeling their value and effectiveness .as well as the positive perception of its role according to its scientific capabilities and professionalism ,where achieving ambitions leads to scene of accomplishment ,self-satisfaction, and level of high a reaching quality of life, (Khalil Al Sharqawi Mustafa,1999,p 07).

And on this basis, he first partial hypothesis realized.

Regarding the second partial hypothesis, which states that Algerian women practice physical activity in order to maintain health and physical fitness, the results were as follow the next:

Table N ° (02) : represents the results of the second partial hypothesis

Questions	Repet ition	Percen tage	Repet ition	Perce ntage	Degree Of Freedo m	K Valu e	Tabula ted Value	Statistical significanc e
	Yes		No					
Question 1	87	82.65	08	17.35	1	65.69	3.84	D
Question 2	90	85.5	05	14.50	1	76.05	3.84	D
Question 3	81	76.55	14	23.05	1	47.05	3.84	D
Question 4	89	84.55	06	15.65	1	72.51	3.84	D
Question 5	84	79.80	11	20.20	1	56.09	3.84	D
Question 6	93	88.35	02	11.65	1	87.17	3.84	D
Question	75	71.25	20	28.75	1	31.84	3.84	D

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Regarding the results of the second table related to the second partial hypothesis, it was found that the calculated k values exceeded the tabulated k values, which are estimated at 3.84.

This is because there is statistical significance in favor of the highest value. also, the percentage of “Yes” answers to the questions was greater than the percentage of “No” answers, “no” as the highest percentage in the tables in the sixth question was 88.35%.

The majority of feminist frameworks confirmed through questionnaire questions that the motive is to maintain health and fitness physical fitness is among the goals that one seeks to achieve through practicing physical activity, as working women seek to maintain their appearance by trying to lose weight and make the body fit, agile, and moderate in shape to appear in its best image, as well as to prevent occupational diseases, as experts and scholars have confirmed, regular exercise gives the heart and internal organs high efficiency in performing daily tasks with accuracy and regularity and resistance to some diseases such as high cholesterol, diabetes, blood pressure, and cardiovascular diseases.

This is consistent with the study of “Amira Hamdan Shewa”, which concluded that the level of psychological motivations for women working in fitness centers is high towards physical fitness, and aesthetic motivations.

Bases on these data, the second partial hypothesis is fulfilled.

Regarding the third partial hypothesis, which states that Algerian women practice physical activity in order to achieve job satisfaction, the results were as follows:

Table N° (03) represents the results of the third partial hypothesis

Questions	Rep eti on	Perce ntage	Repet ition	Perce ntage	Deg ree Of Free dom	K Valu e	Tabulate d Value	Statistical Significa nce
	Yes		No					
Question 1	70	66.5	25	33.5	1	21.31	3.84	D
Question 2	75	71.25	20	28.75	1	31.84	3.84	D
Question 3	69	65.55	26	34.45	1	19.46	3.84	D
Question 4	81	76.95	14	23.05	1	47.25	3.84	D
Question 5	78	74.1	21	5.90	1	33.77	3.84	D
Question 6	82	77.9	13	22.1	1	50.11	3.84	D
Question 7	81	76.65	14	23.05	1	47.25	3.84	D

It is clearly evident from the results of table N °03 of the third partial hypothesis that the calculated k² values are greater than the tabulated k values, which are estimated at 3.84.

This is due to the presence of statistical significance in favor of the highest value.

At the significance level of 0.05, there the highest percentage was 77.9% and this was in the sixth question, and the answer was “Yes” versus 22.1% said “No”, and this explains the trend of feminist frameworks towards practicing physical activity for exercise is an emotional feeling of comfort and happiness, raising morale and developing positive feelings towards work.

Scientific studies have proven that a fit, obese person can complete his tasks with less effort and more efficiently and continue to work with the same effectiveness for a long time without feeling bored, tired or stressed.

We noticed through the answers that in order for a working woman to be able to accomplish her tasks to the fullest extent and with high effectiveness, it has become necessary for her to allocate time and space to exercise, and this is consistent with the study of Dr Djalal Muhammad Ibrahim (1984), where she concluded that physical exercise has a positive effect on increasing the production rates of female workers and developing some personal traits, which leads to a psychological feeling of contentment, satisfaction, and happiness to satisfy needs, desires, and expectations with the work environment, trust, belonging, and ability, on creativity and innovation, and therefore the third partial hypothesis is fulfilled.

General summary:

From this study the following results can be drawn:

- Algerian feminists practice physical activity for the sake of self-esteem positive.
- Algerian women's frameworks practice physical activity in order to maintain health and physical fitness.
- Algerian women's frameworks practice physical sports activity to achieve job satisfaction at work.
- Physical activity allows working women to relieve themselves emotionally and feel comfortable getting rid of negative energy and satisfying psychological and social needs.
- Sports physical activity develops working women's self-esteem and social value and professional.
- Awareness and culture of feminist frameworks that physical activity is an effective way to maintain physical fitness and mental and physical health in the professional environment.

Conclusion :

Through this study, we show the importance and place of physical sports activity for working women through the motivations that direct them towards practicing sports .

A women's self-esteem, her achievement of job satisfaction, and her enjoyment of health and physical fitness are sufficient motives to prepare

her in way that enhances her effective participation in society, meets her psychological and social needs, and also achieves her psychological compatibility. With family and surrounding in order to invest human resources towards creativity and excellence.

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