

The role of educational sports activity in improving the pupil's mental processes

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Abstract

The Object of the study aims to identify the role of educational sports activity in improving mental processes for this purpose, we used the method descriptive On a sample composed of 36 Chosen as random and for data collection, we used a tool Questionnaire After collecting the results and having treated them statistically, we conclude that educational activity has an important role in improving all mental processes (Attention, perception, and remembering On this basis, the study recommended It is necessary to pay attention to these processes because of their important role in learning processes.

1. Introduction

Physical activity is considered a human activity and is one of the activities that public education is interested in. Through it, the individual becomes able to control his body movements and, thanks to it, he can excel in performing the motor skills required of him. Its goal is to develop all psychological, moral, intellectual, mental, social and psychological abilities through the activities practiced in it, which are characterized by fun and pleasure (**Elnil, without year**). Mental processes are a necessary and important element for this type of activity, through neuromuscular coordination during the situations in which the learner finds himself, as teachers are keen to monitor the learners and then correct the errors they may make, as these processes have become necessary for learning, and among these processes are concentration, Mental visualization, and attention.

1.1. Literature Review :

The most important previous studies related to the subject of the study:

The first study: prepared by Khawi Afaf, entitled The Role of Educational Sports Physical Activity in Promoting Health Education Concepts among Secondary School Students. The study aimed to know the extent to which educational sports physical activity contributes to promoting the concept of Health Education. The descriptive analytical approach was used, and the study sample consisted of 30 sample teachers. A comprehensive inventory was used, and the questionnaire tool was used. One of the most important results reached is that educational physical activity has a role in promoting the concepts of health education, as well as including health education as a separate subject from the rest of the subjects in the entire curriculum. (**Afaf, 2021**)

The second study: The effect of educational exercises in developing and increasing mental abilities, intelligence, and memory for pre-school children, prepared by Al-Sahiy Al-Alaa. The aim of the study was to know the effect of educational exercises in developing and developing mental abilities and

intelligence on a sample of 40 children. The descriptive approach was used for this purpose, and a questionnaire tool was used. Results: It is necessary to develop special physical and educational programs and activities that have a positive impact on the child's cognitive development and contribute to the development of his mental skills, and work to expand the spread of kindergartens, provide educational games, and support educational activities with educational physical practice and make the candidate feel movement. (Al-Alaa, 2015)

The third study: Study of the relationship between motor abilities and some cognitive mental processes among primary school students, prepared by Hamza Sayyad and Semesh Al-Din Zawaghi. The aim of the study was to study the relationship between motor abilities and some cognitive mental processes on a sample of 36 male and female children. A test battery was used. Abilities, the questionnaire tool, and the descriptive approach. Among the results reached is that there is a strong relationship between motor and mental abilities (Zawaghi 2020, pp. 241,255)

The fourth study: The effect of physical activity practiced in the physical education and sports class on the attention of final section students during other educational subject classes, prepared by Hatal Samir. The descriptive approach was used, and the study population consisted of 225 students, from whom a sample of 24 individuals was chosen. Some tests were used, such as Akhbar, to measure Attention: The researcher used some statistical methods, such as the Pearson correlation coefficient, the arithmetic mean, and the standard deviation, and he reached the following results: Physical activity has a negative impact on the intensity of students' attention immediately after the end of class. (M. Samir 2021, pp. 12-27)

The fifth study: Samir bin Sayeh's study of students' attitudes towards practicing physical activity outside school hours in light of some variables. The questionnaire tool and the descriptive method were used on a sample of 72 students in a random manner, and the results reached by the researcher were positive attitudes towards practicing physical activity - there were no differences in terms of variables. (Sayeh 2019, pp. 206-227)

Through our review of previous studies, the question, hypothesis and importance can be raised:

Does educational physical activity play a role in improving pupils' mental processes, memory, and perception?

The study aims to determine the role of educational physical sports activity in improving mental processes, by which we mean the processes of attention,

imagination, perception, and visualization, because of their important role in learning processes and achieving the goals for which physical education aims.

Among the concepts mentioned in the research, activity, and the importance of the research, we find the theoretical and applied importance, we find:

It deals with one of the topics that is of great importance in the field of sports and is useful in highlighting the practice of physical and sports activity in improving the mental aspect, which has a role in achieving learning goals. Of practical importance, we mention that the results of this study help to highlight the role of school educational sports activity in improving mental processes in children. the pupils and then benefit from the results of the study to achieve the goals that all parties to the educational process seek to achieve.

Physical: Defined by Amin Anwar Al-Khouli, it is considered one of the finest forms of activities whose aim is to measure all abilities. **(Al-Kholy, 1999, p. 32)**

We conclude that it is the activity practiced within the class with the teacher whose aim is to develop the individual in all aspects.

We also find the concept of mental processes defined by Lazraq Ahmed as all the processes that occur within the mind, such as attention, perception, imagination, perception, and remembering. **(L. Ahmed 2022)**

We conclude that it is the process of preparing the individual learner from the mental and mental aspect to prepare him to perform exercises and situations with skill and mastery.

2. Method and Materials :

1- The sample and its selection methods: It is the part of the population that is being selected. **(Ibrahim, 2000)** The field study was conducted on teachers in a random manner.

2- Research/study procedures: These include:

2-1 - The method used: The method is defined as studying the problem and arriving at solutions or some results

The descriptive method was used to suit the nature of the study topic.

2-2 - Determine the variables:

Independent variable: educational sports activity.

Dependent variable: mental processes.

2-3- The tool used: The questionnaire was used as a tool for collecting data.

2-4 - Statistical tools:

- Calculating the consistency between statements using the correlation coefficient
- Cronbach's alpha coefficient to calculate the reliability of the tool.
- Chi-square-sum
- Percentage

Scientific conditions for the tool:

First: Honesty:

Table 1: shows the correlation coefficient of the score with the total score.

Expressions	Correlation coefficient
It works to increase students' memory	0,88
It improves students' memory perception	0,57
Total marks	0,72

Second: stability

Table 2: shows the reliability coefficient for each axis and the overall reliability of the questionnaire.

The hub	Cronbach's Alpha coefficient
Educational sports activity has a role in improving mental process	0,89
Total	0,89

The stability coefficient is 0.89, which is very high stability.

Results

Table 3: represents the role of educational activity in increasing pupil's memory

Answers	Duplicates	percentages	K2 calculated	K2 scheduled	Degree of freedom	Significance level	Function/ non-function
Always	21	%58.3					
Sometimes	14	%38.9	17.16	5.99	02	0.05	Function
Never	1	%2.8					

From the results shown in Table No. 3, we find that the professors' answers were always 58.3%, 2.8%, never, and sometimes 38.9%. By calculating K-squared, we found the calculated K2 value equal to 17.16, which is greater than the tabulated K2 value of 5.99 at a degree of freedom of 02 and a significance level of 0.05. We say that there are differences.

From this we conclude that educational activity is of great importance in improving the process of remembering information by helping students to calm down and relax. This is due to the quality of recreational activities and their impact on the students' psyche, and thus it has a positive effect on them in remembering information at this difficult stage in the lives of students who are characterized by major changes in all aspects of life.

Table 4: represents the role of educational activity in improving students' mental perception.

Answers	Duplicates	percentages	K2 calculated	K2 scheduled	Degree of freedom	Significance level	Function/ non- function
Always	16	44,4%					
Sometimes	20	55.6%	0.44	3.84	02	0.05	Non- function
Never	/	/					

By analyzing the results shown in the table, we find the percentage of those who answered “always” 44.4% and sometimes 55.6%. Through statistical processing using Ka2, it was found that the calculated Ka2 value is 0.44, which is greater than the tabulated Ka2 value of 3.84 with a degree of freedom of 02 and a significance level of 0.05. Therefore, there are no significant differences. Statistical significance From this, we conclude that educational activity has a major role, as it improves students' mental perception because of the fun and excitement it contains. It helps students recall, analyse, synthesize, and retrieve information stored at the memory level and organize this information in the form of a mental image.

VI – Discussion:

Discussing and interpreting the results. Inferring the results of previous studies. Similarities and contradictions: Through the results obtained, represented by practicing the activity within the class, we concluded that these have a significant impact on improving mental processes, and this is what the tourist Al-Alaa confirmed, that special physical and educational activities have a positive effect on the child's cognitive development and contribute to the development of his mental skills. (Al-Alaa, 2015) The study of Hamza Sayyad, Semesh Al-Din Zawaghi, which confirmed the existence of a strong relationship between motor and mental abilities (Zawaghi 2020, pp. 241,255) Also, Hatal Samir's study showed that physical activity has an impact on students' attention. (M. Samir 2021, pp. 12-27)

V – Conclusion:

The role of educational sports activity in improving students' mental processes

Through our study of educational activity, we have found great importance in improving the mental processes of remembering, paying attention, and anticipating by helping students to calm down and relax. This is due to the effect of the recreational activities practiced in it on their psyche and personality, and thus it benefits them in terms of remembering information at this difficult stage in the lives of students who It is characterized by major changes in all aspects.

Suggestions and recommendations:

- The necessity of paying more attention to physical and sports education because of its great role in shaping the individual's personality, in all aspects of movement, psychological and social.
- Paying attention to mental development because of its important role in the learning process.
- Training pupils to follow the instructions for the activity and move from one step after completing it to a second step.

This study is only a simple attempt and is limited to our available capabilities. However, we wanted to give a starting point for other research in this field with more expansion and depth, which we lack.

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