

Impact of sport activity on adolescents' reducing violence

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ABSTRACT

Aim: The aim of this research was discovering the role that sports activities play in reducing the adolescents' violence and aggressive behavior. **Methods:** The researcher used the experimental method with two groups; each on is made of thirty players (30 players of experimental sample, 30 players of control sample) Belonging in psychological counseling Municipal Association Mostaganem. Tested based on Scale designed by Eman Gamal El-Din 2008.^[1] Its validity in the present study was calculated by Cronbach Alpha, which recorded a significant value of 0.80 more desirable in psychometric tests. **Results:** Based on the independent t-test, the results obtained show the fact that the players show an immense desire in practicing sport which in its turn inculcates in them values such patience and strong will. Furthermore, they manage to have control over themselves when they are angry for instance. **Conclusions:** No room is left to deny the positive impact on diminishing the vehement or violent attitudes of teenagers.

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Introduction of the Research

It is not strange that nowadays most developed countries over the world concern themselves with the examination of the violence phenomenon. Such a concern is not but the person inaction of values adopted by the United Nations and expressed through universal treatises and laws. The latter defend man's rights and aim at protecting him from all sorts of violence that they are exposed to.^[2]

Unfortunately, violence is widespread. One can witness violent behaviors in different domains and come to be called differently. To mention some examples, according to Mohamed Al Aissaoui, there is domestic violence; the one exercised at home, political violence, school violence, stadium violence to name only few.^[3]

Stadium violence is what concerns us most for this present research. Especially this phenomenon is gaining

momentum and becoming manifest in our society day after day. It is getting more and more violent and finds different forms of being done publicly. According to Ban, violence is the result of accumulated negativity and aggressively from others. In our country, in particular, violence is well noticed among the youth. Therefore, as specialists in sports education, we try through this research to highlight the importance of physical education in encouraging teenagers to act positively with their mates and teachers as well. Common sports activities will undoubtedly enhance group spirit, mutual understanding, and respect. According to Lin,^[4] the teachers of sport activities is the best sponsor to promote a healthy relationship between a teenager and his society.^[5] It is hoped that sports with its different domains will participate in providing a solution for this phenomenon.

With the spread of media, channels, and movies of action and explicit violence, our society witnessed the

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proliferation of violent behavior.^[6] In addition to that, reporting wars taking place in different Arab countries with vivid images of murders of children and women reinforces the violent behaviors already acquired.^[7] Playing video games is another factor that contributes in increasing teenagers' violence.^[8] Especially those games where players are invited to fight, beat, fire, and kill each other. The lack of entertainment is of paramount importance one should never underestimate. Consequently, adolescents express their accumulated feelings and emotion through unhealthy and most often violent ways.^[9] With that being said, it is a duty to examine thoroughly this phenomenon and work very hard to find an educated way through which adolescents can express themselves without hurting others. Bearing in mind, adolescents' lives are full of adventures and excitement as a result it is necessary to find for them alternatives.^[10] Education gives nowadays great importances to physical education that helps correct violent behaviors.^[11] Developed countries are aware of that and therefore, they focus and sports activities.

The aims of the research

1. Emphasizing the importance of playing sports and its role in reducing violence among adolescents
2. Recognizing the important relationship established between the physical education and constructing social positions and status
3. Recognizing the role that sports education play in building healthy personality for adolescents.

Methods

The researcher used as a method an experiment because it suits the nature of the topic.

Sample of the research

In our research, we relied on a sample of sixty adolescents.

Tools of the research

Observation is one tool used in this experiment. It is a method used to establish a strategy to work with the sample. Training the helping team that will supervise the practical work.

Measuring the violent behaviors according to the Algerian society.

The appropriate statement for physical violence: 1, 2, 3, 4, 10, 11, 13, 15, 16, 20, 21, 23, 24, 27, 31, 33, 34.

The appropriate statement for verbal violence: 5, 6, 7, 8, 12, 14, 17, 18, 19, 22, 25, 26, 28, 29, 30, 32, 35, 36.

How to measure

When measuring the following criteria should be respected.

The symbol (x) should be put near the adequate answer. Each answer is valued with one point for yes responses and zero point for no answers. Half a point is for seldom answers. Finally, all the points should be counted and compared to the measuring prototype set for either physical or verbal violence.

More than one answer is not taken into account, and incomplete responses are not counted too.

The following results indicate the degree of violence:

1. Less than five points - Reduced level of violence
2. From 5.5 to 10 points -Medium level of violence
3. From 10.5 to 15.5 points - High level of violence
4. More than 16 points - Aggressive and dangerous level of violence.

The main experiment

The researcher prepared sessions of physical training and activities for entertainment to reduce the adolescents' violence. Such a preparation relied first and foremost on the researcher's long years of experience. A group of teachers and specialists in the field of sports education and psychology chose with close secreting the activities suggested for the adolescents.

After doing the pretests, the experiment took place a week and during 3 months. Each session lasted for 70 min and after that posttests were done.

Results

As shown in Table 1, the presence of significant differences between the pre- and post-measurement in favor of telemetric in the physical violence and verbal violence test with the experimental sample where the estimated calculated T is, respectively, 15.58 and 17.17. It is the largest of the estimated tabular by 1.25 at the level of 0.05 and the degree of freedom 29.

From the above researchers find that a programmed of physical activity and sports has positive impact on physical violence and verbal violence with the experimental sample, and this is what we found in testing remote.

As shown in Table 2, the presence of no significant differences between the pre- and post-measurement in favor of telemetric in the physical violence and verbal violence test with the control sample where the estimated calculated T is, respectively, 0.68 and 0.42. It is the largest

Table 1: Illustrates the significance of differences between the averages of the results of tests and tribal posteriori the experimental sample

Violence test	Statistical measurements				t calculated	Statistical significance
	Pretest		Posttest			
	X1	Y1	X2	Y2		
Physical violence	15.30	0.48	9.90	0.99	15.88	Significant
Verbal violence	14.70	0.67	9.80	1.13	17.17	Significant

0.05 level of significance, the degree of freedom (n=1)=29 t spreadsheet 1.25

Table 2: Illustrates the significance of differences between the averages of the results of tests and tribal posteriori the control sample

Violence test	Statistical measurements				t calculated	Statistical significance
	Pretest		Posttest			
	X1	Y1	X2	Y2		
Physical violence	15	0.81	14.80	1.47	0.68	Nonsignificant
Verbal violence	15	0.81	14.90	1.19	0.42	Nonsignificant

0.05 level of significance, the degree of freedom (n=1)=29 t spreadsheet 1.25

of the estimated tabular by 1.25 at the level of 0.05 and the degree of freedom 29.

Discussion

On the basis of the project Multisite Violence Prevention (2004), as an intervention aimed at reducing violence among young adolescents.^[12]

We certified that the physique activities participated greatly in reducing the level of both physical and verbal violence of the sample. They helped the adolescents acquire healthy habits and correct bad ones. Sports' education proved to be an effective means to develop their physical strength and capacities.^[13] It is also a way through which they managed to express themselves freely with no boundaries. Such relaxations help them forget the social and family problems and get rid of the surplus of energy, and this has been confirmed also by Bandura.^[14]

Jean Piaget (2001)^[15] also asserts the fact that physical education and sports activities help the person acquire feelings of brotherhood, accomplishment, and joy. They also help him have equilibrium between work and rest.

Based on the results Project Oracle's growing evidence,^[16] we confirm that doing sports is also a way to reduce anxiety and stress as O'Reilly^[17] claims. For him, thanks to playing sports, the adolescents can express their energy in an accepted and healthy way and can reduce inner pressure.

As far as the psychological and social side, sports activities can help accomplish adaptation for the person inside his family, society, and country.

We agree the indicate of Younga *et al.*, (2014)^[18] to inculcate good values, we should take advantage of the adolescents' free time by doing useful activities to reduce the psychological and social pressures.

Furthermore, Shagged highlights the fact that participating in sports' activities diminishes crime and helps acquire good values.

Based on the above-mentioned results, one can conclude the fact that the great interest shown by the adolescents for the sports' activities is worth being studied and examined thoroughly. Sports help them have goals and play an important role in establishing good and healthy relationships among people. Besides, it helps greatly in reducing violence by practicing self-control.

We can also state that sports have a great effect in the sense that they teach adolescents how to respect and abide by the rules. Sports activities guide the adolescents to the right path and help them avoid.

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Conflicts of interest

There are no conflicts of interest.

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