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The role of recreational sports activities in reducing criminal behavior among youth: A field study of some neighborhood complexes in Ain Defla

دور النشاط الرياضي الترويحي في التقليل من السلوك الاجرامي لدى الشباب دراسة ميدانية لبعض المركبات الجوية لولاية عين الدفلى

Laouadi Fouzia¹, Ait Ziane Mohamed²

¹ Lecturer A, Hassiba Ben Bouali Chlef university, Functional Email address, f.laouadi@univ-chlef.dz

² PhD student, Hassiba Ben Bouali Chlef university, Functional Email address, m.aitziane@univ-chlef.dz ,

العوادي فوزية¹، ايت زيان محمد²

¹ جامعة حسيبة بن بوعلي الشلف، مخبر الإبداع والأداء الحركي الإيميل المهني f.laouadi@univ-chlef.dz

² جامعة حسيبة بن بوعلي الشلف، مخبر الإبداع والأداء الحركي الإيميل المهني m.aitziane@univ-chlef.dz

Corresponding author: Laoudi Fouzia

f.laouadi@univ-chlef.dz

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Abstract:

This study aims to identify the role of recreational sports activities in reducing criminal behavior among young people. To achieve this, the study was conducted on a sample consisting of 52 young people was selected randomly. The descriptive approach was used for its suitability for this study. As for the study tools, a questionnaire was utilized, and the statistical analysis was conducted using the SPSS statistical package. The results of the study showed that engaging in sports activities plays an effective role in reducing violence and vandalism of public property. **Keywords:** recreational sports activity; violence; criminal behavior; public property; youth.

المخلص :

تهدف دراستنا هاته الى التعرف على دور النشاط الرياضي الترويحي في التقليل من السلوك الاجرامي لدى الشباب ، ولتحقيق ذلك أجريت الدراسة على عينة قوامها (52) شاب تم اختيارهم بطريقة عشوائية. و تم استخدام المنهج الوصفي لملائمته لهذه الدراسة أما فيما يخص أدوات الدراسة فلقد تم استخدام الاستبيان, وتمت المعالجة الإحصائية بالاعتماد على برنامج الحزم الإحصائية SPSS وأظهرت نتائج الدراسة أن لممارسة النشاط الرياضي دور فعال في التقليل من العنف و تخريب الممتلكات العامة .

الكلمات المفتاحية: النشاط الرياضي الترويحي؛ العنف؛ السلوك الاجرامي؛ الممتلكات العامة؛ الشباب

1. INTRODUCTION

The youth represent the majority in almost all societies, and it is essential to preserve and raise them in a manner that aligns with the values of a good society. Considering they are the future, it is necessary to guide and protect them from all harm, especially from social ills of all kinds, such as violence, vandalism, theft, etc.

It was found that among the adopted protective methods is the inclination towards sports and physical activities of all kinds, whether individual or collective, organized or recreational. Sports fill free time and provide entertainment, nourishing both the spirit and the body. As soon as young people join this field, they will recognize the true value of their bodies and understand the significant harm that social vices inflict on this precious treasure. Social ills destroy health, body, morals, and values, while what sports do is exactly the opposite; they provide the body with energy, strength, and beauty and grant the spirit enough of good morals. The interest in recreation has increased, and its fields have diversified to address the growing amount of leisure time in contemporary society. This interest encompasses its effects on both ordinary and extraordinary individuals alike. Developed countries have focused on sports recreation, recognizing it as the best means to invest leisure time, which results in the acquisition of numerous physical, moral, social, and cognitive values. (Darwish and Al-Hamami, 1998, page 29). From this platform, we raise the **following issue:**

Does recreational sports activities contribute to reducing criminal behavior among youth?

* Sub-questions:

- Does recreational sports activities contribute to reducing violence among youth?
- Does recreational sports activities

contribute to reducing the phenomenon of vandalism of public property among youth?

* **Hypotheses:**

- **The general hypothesis:** Recreational sports activities contribute to reducing criminal behavior among young people.

- **Partial hypotheses:**

- Recreational sports activities contribute to reducing violence among youth.
- Recreational sports activities contribute to reducing the phenomenon of vandalism of public property among young people.

2. **Study Objectives:**

- To find out whether recreational sports activities contribute to reducing violence.
- To find out whether recreational sports activities contribute to reducing the phenomenon of vandalism of public property.

3. **Importance of the research:**

- Contributing to guiding young people to quit such social evils.
- Contributing to the understanding of the essence of sports.
- Providing an incentive for young people to practice sports and using it as an opportunity to raise their awareness about the dangers of social evils.

4. **Search terms:**

4.1 Recreation: Both Kraous and Bates Barbara refer to recreation as an activity, experience, and emotional state that occurs in an individual from participating in a leisure activity driven by personal motivation (Darwish and Al-Hamami, 1998, page 62).

4.2 Recreational sports activities: Froebel sees recreational sports as a mirror of life, giving the child a glimpse of the factors they need to learn for. They always serve a purpose, as they express the child's inner humanity and reflect their readiness and creative abilities. (Khitab, 1982, page 55).

4.3 Violence: The concept of violence,

according to the Dictionary of Social Science Terms, refers to the phenomenon characterized by the excessive use of force in a manner not permitted by law or religion by an individual or a group of individuals with the intent to compel others to comply with their desires or adopt their ideas and perspectives on various life matters. This results in serious social consequences, leading to chaos in society and the spread of feelings of hatred and hostility among its members (Dardar, 2005, p. 23).

4.4 Public property: It includes all facilities and institutions owned by the government, not by individuals or the private sector. It is property designated for public use, allocated to serve the community and the public good. These properties may include public schools, parks, bridges, public roads, or mosques. Public property also encompasses government educational entities such as universities and institutes, public utilities like electricity and water networks, service centers, as well as public transportation and other entities belonging to the state itself, which must be preserved and not encroached upon. (Dardar, 2005, page 25).

5 . Previous studies:

5.1 The first study: It is a global study conducted in the following countries: Germany, the Soviet Union, and... France, Belgium, Beirut, Bulgaria, Yugoslavia, Czechoslovakia, Poland, and Hungary. The aim of this study was to estimate the time individuals spend on various sports and recreational activities. The results of this study indicated that the practice of sports and recreation is influenced by many variables related to: gender, age, education level, type of work, family size, and social and economic status.

5.2 The second study: This study aims to understand the relationship between engaging in academic activities and academic achievement, as "Kyle" reviewed 24 master's studies conducted on college students, A., and the results of this study

indicated the following:
Ten studies have shown that engaging in sports activities has a positive impact on students' academic achievement, representing 67.47% of the total studies. The results of nine studies clarified that there is no negative impact of students engaging in sports activities on their academic achievement, representing 50.37% of the total studies. The results of five studies indicated that there is a negative impact of students engaging in sports activities on their academic performance, and these studies represent 83.20% of the total studies.

5.3 The third study (KACHA, Kasha) 1985: The Algerian psychologist Kasha conducted a field study on the phenomenon of drug addiction and its prevalence among Algerian youth, and he concluded with the following results:

The phenomenon of drug addiction is more prevalent among males than females, particularly in the age group of 18 to 35 years.

The phenomenon of drug addiction in Algeria has not received the necessary attention from the Ministry of Public Health; it is a widespread issue, yet it is neglected. (KACHA.A., 1985, p. 73)

6. The methodological procedures followed:

6.1 Research Methodology:

The researcher's choice of methodology over others is based on the nature of the topic they wish to study. The differences in topics regarding specificity and clarity necessitate variations in the methodologies employed. According to the nature of the proposed topic, we relied on the descriptive method, which is considered one of the most commonly used research methodologies, especially in educational, psychological, social, and sports research. Descriptive research focuses on collecting precise scientific descriptions of the studied phenomena, describing and interpreting the current situation, as well as identifying common practices and understanding

individuals' opinions, beliefs, and attitudes, along with their growth and development processes. It also aims to study the relationships between different phenomena. (Shaban, 2016, page 31).

6.2 The exploratory study:

The exploratory study is the first step that helps the researcher gain an overview of the field study aspect of their research. Therefore, we conducted it before embarking on the field study to ensure the smooth progress of the research. The aim was to identify the problems we might face and to assess the respondents' understanding of the questionnaire questions. By sorting through the distributed questionnaires, we were able to identify the questions that were unclear and confusing. As a result, we eliminated some questions from the initial questionnaire and managed to rephrase certain questions clearly and understandably, ultimately leading us to design the final version of the survey for distribution to the study sample.

6.3 Research community:

He defines it (Grawitz) as a finite or infinite set of predetermined elements based on observations. (Angers, 2001, page 298).

6.4 Research sample:

A research sample can be defined as "a subset of elements from a specific research population" (Angers, 2001, p. 301). The research sample was selected using simple random sampling and consisted of 52 young individuals, representing 10% of the total population of the research. They were contacted in the neighborhood sports facilities of Ain Defla Province.

6.4 Fields of study:

The temporal domain: After the approval of the reviewing professors on the questionnaire, we distributed it to the athletes and collected it from March 7, 2020, until April 15, 2020. The spatial field: We conducted the field study for the research in some neighboring sports facilities in Ain Defla.

6.5 Research tools:

6.5.1 The questionnaire:

It is a practical tool, considered one of the most effective means of inquiry for gathering information to serve research. This questionnaire has been designed and its elements defined based on the opinions and guidance of several researchers and specialists in this field, in line with the research problem and hypothesis. (Angress, 2001, page 303). After drafting the questionnaire, which included a list of questions and statements consisting of 22 items, we utilized a five-point Likert scale. Following approval from the reviewing professors, we directed it to the sample participants, who responded by placing an (x) in the selected box. Table No. (01) represents the scores for the responses to the statements.

Table 01 represents the answer to the phrases.

Scale	Degree
Strongly agree	5
Agree	4
Neutral	3
Disagree	2
Strongly disagree	1

Source: Ait Ziane Mohamed, 2021, 87

Table 02: Explains the name and possible values of the Likart scale

Scale	Arithmetic average (possible value)
Strongly agree	4.20 - 05
Agree	3.40 - 4.19
Neutral	2.60 - 3.39
Disagree	1.80 - 2.59
Strongly disagree	01 - 1.79

Source: Ait Ziane Mohamed, 2021, 87

This section contains the 22-sentences questionnaire, which represents the total scores of personal characteristics.

It is divided into two axes:

- The first axle: It contains 11 statements addressing the role of recreational sports activities in reducing violence among youth.
- The second axle: It includes 11 statements

addressing the role of recreational sports activities in reducing the phenomenon of vandalism of public property.

6.6 Scientific conditions for the tool:

There are standard conditions that must be considered when conducting tests according to correct scientific principles, which are represented in:

The validity of the judges (apparent validity): In order to assess the alignment between the questionnaire items and the research problem and hypotheses and to investigate the validity and objectivity of the scientific tool, we presented the questionnaire to several professors in the department who are recognized for their academic level and specialization in the field of study for their evaluation. Based on the feedback provided to us, we made the agreed-upon modifications, most of which focused on improving the wording of some items, removing others that did not align with the themes, and transferring certain phrases from one theme to another.

6.7 Statistical tools used:

The statistical data was processed using the Statistical Package for the Social Sciences

their agreement with the fourth statement. From this, we conclude that recreational sports activities contribute to reducing (SPSS), and the processing included the following statistical methods:

-Percentages and frequencies to describe the sample.

-The arithmetic mean for measuring the central tendency of the responses.

-The standard deviation measures the degree of agreement and the lack of dispersion in the responses

7. Presentation, analysis, and discussion of the results:

7.1. Presentation and analysis of the study results related to the first hypothesis:

***Phrase NO 02:** Recreational sports activities are among the most effective ways to reduce violence

Table (03):

violence among youth.

This is evident from the results shown in Table No. (03), where 65.38% responded with agree and strongly agree.

Scale	Rates	Percentage	Arithmetic average	Standard deviation	Torsion coefficient
Strongly agree	21	40.38 %	3.80	0.17	-0.487
Agree	13	25.00%			
Neutral	08	15.38%			
Disagree	10	19.24%			
Strongly disagree	00	0%			
Total	52	100%			

Through the results of Table No. (03), which shows the response rate, the mean, and the standard deviation for statement number 02, we notice that the mean is 3.80, which falls within the agreement range (3.40 – 4.19). This indicates that the majority of the sample members expressed

7.2. Presentation and analysis of the study results related to the second hypothesis:

• Phrase NO 22: Public property must be preserved and not vandalized in order to utilize it for my recreational sports activities.

Table No. 04:

range of 3 to 4, with a percentage of

Scale	Rates	Percentage	Arithmetic average	Standard deviation	Torsion coefficient
Strongly agree	28	53.85%	4.73	0.18	-1.018
Agree	21	40.38%			
Neutral	03	05.77%			
Disagree	00	00%			
Strongly disagree	00	0%			
Total	52	100%			

Through the results of Table No. (04), which shows the response rate, the mean, and the standard deviation for statement number 19, we notice that the mean is 4.20, which falls within the range of strong agreement (4.20–5). This indicates that the majority of the sample members strongly agreed with statement nineteen. From this, we can conclude that recreational sports activities contribute to reducing the phenomenon of vandalism of public property, as evidenced by the results in Table No. (04), where 94.23% responded with agree and strongly agree, while 5.77% responded somewhat agree.

8. Discussion and comparison of the results with the hypotheses:

8.1. Discussion of the first hypothesis, which was formulated as recreational sports activities contribute to reducing violence among youth. Through Table No. (03), we observe that the mean contribution of recreational sports activities in combating the scourge of smoking reached 3.80, with a standard deviation of 0.17, which is close to 0, indicating that the responses of the sample are concentrated around the mean

and not dispersed. The arithmetic mean of the responses from the sample individuals on the statements of the first axis falls within an acceptable

65.62%. Therefore, recreational sports activities contribute to reducing violence among youth. The results obtained after analysis and interpretation confirm the validity of our initial hypothesis.

8.2. Discussion of the second hypothesis, which is formulated as follows:

recreational sports activities contribute to reducing the phenomenon of vandalism of public property among youth. Through Table No. (04), we observe that the average contribution of recreational sports activities in combating the scourge of substance abuse reached 4.73, with a standard deviation of 0.18, which is close to 0, indicating that the responses of the sample are concentrated around the mean and are not dispersed.

The arithmetic mean of the responses from the sample individuals regarding the statements of the second axis falls within the strongly agree range, specifically from 4.20 to 5, with a percentage of 93.75%. Therefore, recreational sports activities significantly contribute to reducing the phenomenon of vandalism of public property.

These results obtained after analysis and interpretation confirm the validity of our second hypothesis.

• General conclusion:

As soon as we embarked on the study we discussed, we tried as much as possible to anticipate the results we could achieve, where we confirmed their validity and the

validity of the hypotheses. Through the analytical study, which included analyzing the responses of the sample individuals to the questionnaire, we arrived at the following results:

- Recreational sports activities contribute to reducing violence among youth, and this is evident in the majority of statements, including:

- Recreational sports activities provide young people with a healthy outlet to express their feelings and relieve stress.

- Recreational sports relieve me of the pressures of daily life.

- Recreational sports activities keep me away from problems.

Where the majority of the sample responded either with agree or strongly agree to it.

recreational sports activities contribute to reducing the phenomenon of vandalism of public property among youth, as evidenced by the majority of statements, including:

- Recreational sports encourage me to take care of public facilities.

- Recreational physical activity eliminates free time.

- Recreational sports activities contribute to reducing the phenomenon of vandalism of public property.

* Where the majority of the sample responded either with agree or strongly agree to it.

Based on these results, it can be said that recreational sports activities contribute to reducing criminal behavior among youth, and thus the general hypothesis has been validated.

Conclusion:

The practice of recreational physical activity in our time has become synonymous with the concept of freedom of activity and entertainment. Therefore, developed countries have taken an interest in it, recognizing that it is the best way to invest leisure time and that it brings numerous physical, moral, and social values. Most studies and research have emphasized its importance in preventing

entry into the world of crime, and specialized health centers and prisons worldwide have come to rely on recreational sports activities. One of the fundamental aspects of prevention and treatment of these afflictions is fostering a love for sports among young people by highlighting inspiring and impactful examples of athletes and demonstrating the mental and physical benefits of engaging in sports. The importance of sports lies in the health and social benefits that arise from such practice. Additionally, the significance of sports also lies in the attention given to athletes and the establishment of sports clubs in all areas, as well as more youth centers that spare no effort in attracting young people and teaching them the types of sports they are inclined towards.

Recommendations:

- Giving great importance to the adolescent category as it contains immense energies that should be harnessed and utilized by establishing sports clubs, because if an individual does not have a place to channel their excess energy, it can be one of the main factors leading to delinquency.

- There should be an understanding relationship between children and their parents.

- Encouraging and supporting children in sports, especially by parents.

- To focus on raising awareness about the importance of this subject in creating recreational physical activity to avoid engaging in social vices through media by broadcasting educational and sports programs.

- The importance of the structures and material means for the proper practice of physical sports activities.

- Encouraging physical activity among adolescents by the sports activity frameworks in the educational institution.

- Establishing specialized frameworks to address the psychological and social issues of adolescents and assisting them in resolving these through sports practice

(psychological assistants).
- Conducting mathematical courses for teenagers nationwide to expand the cooperation base.

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