

The Role of the Physical Education and Sports lesson in Improving Mental Processes in Students

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Abstract:

The role of physical education and sports in improving mental processes in students. The following questions were formulated: Does physical education and sports play a role in improving memory, attention, and anticipation in students? The aim of the study was to determine the contribution of physical education to improving mental processes in students. Among the statistical methods used, the correlation coefficient and chi-square were calculated to analyze the results of the study. The results showed that good mental control of movement leads to optimal use of skills, and that mental visualization improves all motor skills and attention, encouraging students to focus and control themselves.

KEY WORDS : Physical and sports education ; Physical education in general ; mental processes .

المخلص: دور درس التربية البدنية والرياضية في تحسين العمليات العقلية لدى التلاميذ وقد تم صياغة التساؤلات التالية هل لدرس التربية البدنية دور في تحسين عمليات التذكر والانتباه والتوقع لدى التلاميذ وكان هدف الدراسة معرفة مساهمة الدرس في تحسين العمليات العقلية لدى التلاميذ ومن الأساليب الإحصائية المستعملة ومن النتائج المتوصل إليها ان التحكم الجيد في صورة الحركة ذهنيا يؤدي الى استغلال أمثل للمهارة و استخدام التصور العقلي يحسن في كل المهارات الحركية وكذا الانتباه يشجع التلاميذ على التركيز في والتحكم **الكلمات المفتاحية :** التربية البدنية ؛ درس التربية البدنية؛ العمليات العقلية .

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1-Introduction: The physical education and sports lesson at the Intermediate Education stage is one of the activities through which the student receives the rules of behavior in all its aspects, both in terms of moral and social aspects, especially since this stage is considered the most difficult stage in the student's life due to the changes that occur to him from all aspects, whether psychological, physical or other, and the physical education lesson will help to meet their needs from all different aspects, which helps to integrate as well as reach emotional psychological comfort. It is very important to work on the success and increase the experience of students in physical education to develop their skills and affiliation towards physical education.

The physical education lesson should also work to increase mental abilities so that the student is placed within an educational environment in any case, such as sufficient space and auxiliary tools. When starting the educational aspect, there are special terms used. Students should understand these terms and be able to deal with and implement them. Students' reaction will appear during the implementation of the tasks required of them. (Fahim, 2004, p. 25)

The mental or mental aspect is one of the main requirements for this activity, through neuromuscular compatibility, the ability to adapt to different and fast situations, and what is of great importance in obtaining constantly changing situations during the competition, which provides the opportunity for rapid response and optimal use of mental skills.

Mental perception and attention represent one of the important dimensions and the mental strategies they provide that play a fundamental role in achieving excellence, thanks to behavioral therapists, and this emergence has taken scientific breadth with the advancement of cognitive psychology. (Nile, without a year)

2-The Problematic:

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Teaching physical education greatly contributes to the formation and development of the thing in accordance with the values of modern society and also contributes to the improvement of abilities and motor skills of individuals.

Teaching physical education and sports, along with other methodological subjects and social and sports activities at school, contributes the largest share to the formation of healthy citizens who have the ability to perform optimally, and the teaching process is a thoughtful activity carried out by the teacher in order to achieve the required variables in the behavior of learners for a long time, educators in the field of physical education are trying to develop the effectiveness of teaching and improve its quality, and good teaching requires targeted management directed towards developing the abilities of each student so that he learns to learn to the fullest, and in order to increase the effectiveness of teaching, attention must be paid to methods of developing the ability to self-learning and reconsidering the methods used in teaching physical education and sports, so the teacher is no longer he represents that absolute authoritarian power that has to decide everything and the pupil no longer represents the negative side in the education process, and since the pupil is the one who is meant for all educational processes and is for whom the content, teaching methods and various programs were for, so attention to the needs of students at different age stages according to the characteristics characteristic of each stage is necessary, so the need is urgent for the teacher to get acquainted with the different age stages, the characteristics of each stage and the appropriate teaching methods. (Abraham, page 9)

The teacher should take into account the stage of adolescence, as it causes a lot of anxiety and an influx of a range of strange new motives and needs that cause them a lot of bewilderment because they do not fully understand them, which are motives and needs that must meet frustration because teenagers hardly know what they want

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and do not have the experience and wisdom that avoids these troubles and misfortunes that result from satisfying these motives, and this is possible only with the presence of a teacher who knows how to deal with these crises. (Rajeh, 1998, page 450)

Previous studies :

Previous study: Prepared by Qadri Al-Hajj, entitled Representations of Physical Education Teachers Towards Teaching in the Primary Stage

The study aimed to reveal the representations of physical education teachers about teaching in the primary stage. The descriptive approach and the questionnaire tool were used on a sample of 79 teachers. The following results were reached: High representations of teachers about teaching are high before and after teaching

Study the extent to which certain mental skills affect the accuracy of a shot in basketball .

For the student: fluffy helped

- Public questioning :

- What are the mental skills contributing and necessary to the accuracy of shooting for a free throw.

- Partial discography :

- How the level of Mental Skills affects the success of shooting a free throw in basketball

- What are the most important factors affecting the accuracy of free throw performance in basketball

- The curriculum used in the study :

- The curriculum is experimental

- Community and sample research :

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- Among the university students practicing basketball sports under the banner of the Algerian Federation for university sports for the academic season 2012-2013, the number of 184 students
- The research sample included 30 students practicing basketball who were selected to represent the University of Guelph through the state association of university sports in Guelph and the selection fell on the University basketball team in Guelph
- Data collection tools :
- Tests and measurements

Conclusions of the study :

The results we obtained indicate that there is a positive correlation between the results of mental skills training and the free throw shooting test in basketball. this conclusion highlights the effectiveness of mental skills training on motor skills, that is, the performance of the free throw shooting skill in basketball reaches its peak level when the player is familiar with and in control of various techniques and mechanisms that enable the good use of mental skills within the training process .

- The second study :
- Thesis study for obtaining a doctoral degree in sports training
- The address of the note :

The proposed mental training program influenced the development of certain mental skills and the development of the level of planned thinking in basketball players .

- For the student: Ibn Ruqayya Abed
- Study questions :
- Public questioning :

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- Does the proposed mental training program affect the development of mental skills (ability ,relaxation ,mental perception, concentration of attention, coping with competition anxiety, self-confidence) of basketball players .

- Partial discography :

- Does the proposed mental training program affect the improvement of some basic skills of basketball players .

- Does the proposed mental training affect the development of the level of offensive-planned thinking in basketball players .

- Objectives :

Through this research, the researcher aims to :

- Underline a mental training program for the development of mental skills of a basketball player (the ability to relax , mental visualization, concentration of attention, coping with competition anxiety ,self-confidence) and improve some technical skills and develop the level of offensive planned thinking in basketball players .

- Build a scale for offensive planned thinking of basketball players

- Find out the impact of the proposed mental training program in improving some basic skills of players .

- Knowledge of the impact of the proposed mental training program on the development of the level of offensive planned thinking in basketball players .

- The curriculum used in the study :

- Experimental approach

- Data collection tools :

- Questionnaire, personal interview , scale

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- Community and sample study :
- The research community of non-basketball players is the largest male class of the year (2014-2015) active within the Regional Basketball Association West to climb to the national West Division .
- The research sample is the largest basketball team of the city of galizan to conduct the main training .

Conclusions of the study :

- The effect of the proposed mental training program had a positive effect on the development of mental skills (ability to relax mental perception, concentration of attention, counteracting anxiety, negating self-confidence) in basketball players .
 - The mental training program used had a positive effect in improving the performance of some basic skills of basketball players .
 - The proposed mental training program had a positive impact on the development of the level of offensive thinking in basketball players .
- Religion B.2022 ‘)

So we asked the following question:

General question: Does a physical education and sports lesson have a role in improving mental processes in pupils.

Where the general question was branched into partial questions:

Partial Questions:

- Does the physical education and sports lesson play a role in improving the memory process of students.

Does the physical education and sports lesson play a role in improving the attention process of students.

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Does the physical education and sports lesson play a role in improving students' expectations.

Hypotheses:

General premise: a physical education and sports lesson has a role in improving mental processes in students.

Partial hypotheses:

- The physical education and sports lesson has a role in improving the memory process among students.

The physical education and sports lesson has a role in improving the attention process of students.

Physical education and sports lessons have a role in improving students' expectations.

2- General objective of the study: Identify the role of physical education and sports lessons in improving the memory process of students.

Identify the role of physical education and sports lessons in improving the attention process of students.

To identify the role of the physical education and sports lesson in improving the expectation process among students.

3- Procedural definition of the concepts mentioned in the research:

- **The first concept:**

1-Education : That education is life itself and not just a preparation for life, this is what highlights the pragmatic thought of the social

functions of education and the interest in the role it plays in social change (religion, 2009, p ,9).

Sharman defines it: that part of education that is carried out by means of activity that uses the motor apparatus of the human body and that results in it gaining the individual certain behavioral trends. (Azmi, D. S., Page 11)

2-Physical and sports education:

Body language: a motorized part of the body other than the head and the barbeque or organ. (Abadi, 817, page 25.24)

His home became his upbringing.

Physical education in general :

It is considered part of general education, which is concerned with strong activities, as it includes the work of the muscular system and the resulting participation in these aspects of activity and education. we also find in the teaching of physical education several concepts, there are those who consider it synonymous with concepts such as games, exercise, recreation, sports competitions, but in fact these concepts all express the frameworks and forms of organized movement in the academic field called Physical Education. (Ahmed, 1984, p. 80)

Ben Sassi Radwan also defines it: it is the small unit in the academic program of physical education and sports that includes the activities that students are required to practice and acquire the skills guaranteed by these activities that form it (Radwan, 2022, pp. 158-143)

Comprehensive development, of which education is a vital part, shows that its programs are not just trainings that are performed when the order is issued, but programs under the supervision of qualified leadership that help make an individual's life happier and happier.

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Procedural: it is part of general education, which aims to provide students with physical and cognitive abilities.

(Kassem, 1997, page 104)

3-physical education lesson :

He studied a language: he studied drawing lessons, i.e., the wind studied it, I studied the book a lesson and a study, I studied books, studied and studied them, I studied them (al-Jawhari:, without a year, P.64).

Lesson by convention:

It is a compulsory educational position for all able-bodied pupils.

All pupils undergo a unified curriculum at each educational stage (primary-Intermediate –Secondary).

It is an integral part of the general education plan.

It is carried out by a group of teachers who specialize in the teaching process and are pedagogically qualified.

The physical education and sports lesson is the only outlet for teaching and practicing sports activities for a wide base of learners, as well as providing them with useful skills to occupy free time.

It is to bring about a change in the or the performance of the sports motor learner by learning one or more motor skills such as learning to pass and aim the ball, learning some group postures in games or learning one of the agility movements in gymnastics.

A change in the behavior or performance of an individual motor learner appears when his motor performance becomes characterized by safety and economy in the sense of getting rid of the use of unnecessary muscles in performance and limiting himself to using

only the necessary muscles in addition to economy in the system of functioning of vital organs.

The physical education lesson is defined as the small unit in the study program in the Comprehensive Plan of the physical education and sports curriculum at the school, and it includes all aspects of the activities that the teacher wants the students to practice in this school, and to acquire the skills included in these activities in addition to the accompanying direct or indirect education. (Najla, 2008,, page 75)

Physical education lesson procedurally: the set of activities practiced within the department, by means of which general and partial goals are achieved.

4-mental processes :

Mental abilities are meant to help the individual make judgments that make him interpret the situation wisely, which requires the individual to think using his previous experiences." mental abilities include mental processes, which are characterized by knowledge, perception, analysis, synthesis and evaluation."

Mental processes are also the preparation of the athlete psychologically and mentally based on a set of mental skills that allow the practicing athlete to perform well as the skill of mental perception and attention, which is an ability that can be learned and mastered through learning and training. Religion B.2022 ◌)

- 5Primary education:

It is the first stage of primary education in Algeria, attributed to the Ministry of Education. It contains five years (Religion, 2025, pp. 678, 661)

4- The methodological procedures used in the study: .The applied answer :

Subtitle I: the methodological aspect :

- Scientific conditions of the instrument:

- Honesty:

For the questionnaire, we also calculated the correlation coefficients between the score of each phrase and the total score of the axis, as well as the total score of the questionnaire, and the following tables show this.

A table showing the correlation coefficient of the degree of each phrase of the second axis with the total degree of the second axis.

4-1 Method and tools:

The method used:

The method is the method or method used by the scientist in his research or studying his problem and reaching solutions to it or to some results ‘

The descriptive approach has been used for its suitability to the nature of the subject of study.

Sample: A sample was selected from middle school students, where a pilot sample of 6 individuals was chosen, and a main study sample consisting of 36 individuals represented the primary study sample.

Adjusting the study variables

Independent variable: the role of the physical education and sports lesson.

Dependent variable: mental processes .

The method used:

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The method is the method or method used by the scientist in his research or studying his problem and reaching solutions to it or to some results ‘

The descriptive approach has been used for its suitability to the nature of the subject of study.

- The scientific foundations of the tool

- Honesty:

For the questionnaire, we also calculated the correlation coefficients between the score of each phrase and the total score of the axis, as well as the total score of the questionnaire, and the following tables show this.

A table showing the correlation coefficient of the degree of each phrase of the second axis with the total degree of the second axis.

Table N°1: A table showing the correlation efficient of the degree of each phrase of the second axis with the total degree of the second axis.

The phrase	the correlation
It works to increase the memorization of pupils.	0,88
It works to raise the level of expectation of students.	0,57
Improves pupils ' attention span during educational	0,63
Total grade	0,69

Statistical methods:

- The square of KA for the analysis of the results of the study

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Favorable ratio

- Presentation and Analysis of Results:

The first phrase the physical education lesson serves to increase the memorization of pupils.

The purpose of the phrase: to find out the role of the physical education lesson in the increase of memorization in students.

Table N°2: The purpose of the phrase: to find out the role of the physical education lesson in the increase of memorization in students.

The answers	Repetitions	Percentages	Calculated ka2	Ka2 Scheduled	Degree of free	Significance level	Function / Not
Always	21	%58.3					
Sometimes	14	%38.9	17.16	5.99	02	0.05	Dal
Never	1	%2.8					

The table represents: the role of the physical education lesson in the increase of memorization in pupils.

By analyzing the results of the table, we find a percentage of 38.9%, and others have never answered by 2.8 %

By statistical processing of the questionnaire by statistical processing of the questionnaire by means of the calculated KA2 is equal to 17.16 and is greater than the tabular KA2 value of 5.99 at a degree of freedom of 02 and a significance level of 0.05, then there are significant statistical differences.

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Through the results shown in the table, we conclude that we have scientifically proven that physical education is of great importance in improving information recall, as it helps students to calm down and be satisfied due to the impact of recreational activities on the psyche and personality of students, and therefore benefits them in terms of remembering information at this difficult stage in the life of students who are characterized by significant changes in all respects.

The second statement: physical education in pupils improves attention during educational situations.

The purpose of the phrase: to find out the role of physical education in improving attention in pupils during educational situations.

Table N°3: The table represents: the role of physical education in improving attention in pupils during educational situations.

The answers	Repetitions	Percentages	Calculated ka2	Ka2 Scheduled	Degree of freedom	Significance level	Function / Not Dal
Always	16	%72.2		3.84	01	0.05	Dal
Sometimes	10	%27.8	7.11	3.84	01	0.05	Dal
Never	/	/					

By analyzing the results of the table, we find that 72.2% of the professors always answered, some of them were sometimes answered by 27.8%, and others were never answered by 00.00%.

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By statistical processing of the questionnaire by statistical processing of the questionnaire by the calculated KA2 is equal to (7.11) and is greater than the tabular value of KA2 (3.84) at a degree of freedom of 01 and a significance level of 0.05, then there are significant statistical differences.

From this we conclude that physical education helps students to increase their level of attention and thus become more able to analyze the situations in which they are placed and thus increase the level of awareness of these situations and reduce the percentage of errors.

The third statement : the physical education lesson raises the level of expectation of pupils.

The purpose of the phrase: to find out the role of the physical education lesson in raising the level of expectation of students.

Table N°4: the role of the physical education lesson in raising the level of expectation of students.

The answers	Repetitions	Percentages	Calculated ka2	Ka2 Scheduled	Degree of freedom	Significance level	Function / Not
Always	16	%44.4		3.84	01	0.05	Dal
Sometimes	20	%55.6	0.44	3.84	02	0.05	Non-Dal
Never	/	/					

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By analyzing the results of the table, we find a percentage (44.4% of professors always answered, some of them sometimes answered by 55.6%) and others never answered by 00.00%).

By statistical processing of the questionnaire by statistical processing of the questionnaire by the calculated KA2 is equal to (0.44) and is less than the tabular KA2 value (3.84) at a degree of freedom of 02 and a significance level of 0.05, then there are no significant differences.

From the results shown in the table, it turns out that there are no statistically significant differences because the calculated value equal to (0.44) is lower than the tabulated value equal to (3.84) at the indicative level of (0.05) and degree of freedom (1), which means that there is a difference between the opinions of teachers about the role of physical education in working to raise the level of expectation among students, through the repetitions expressed, we find the opinions expressed by Always 16, i.e. by 44.4%, While the opinions expressed by sometimes 20, i.e. by 55.6%, from which we conclude that the lesson is important for students, especially teenagers, because it works to alleviate the behavioral disorders suffered by the group. it works to overcome the problem of time in processing information. it improves their expectation of excitement through hints so that they can identify its characteristics and then take the appropriate decision, and therefore the response is correct.

General conclusions

Through what we have dealt with in the applied part, as well as presenting its results and analyses, we have concluded through this research the following results;

- A good control of the Motion Picture mentally leads to an optimal use of the skill.

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- The use of mental visualization improves in both motor skills, perceptions and control of images.
- Attention encourages pupils to concentrate in training and control . Mental operations memo

Conclusion:

We find that physical education and sports help pupils improve the motor side of pupils from concentration, remembering, alertness and attention, and therefore students become more able to analyze and select appropriate responses, and it also works to increase the level of calm and satisfaction, which helps them not to rush to make decisions and thus reduce the percentage of mistakes they have .

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