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Sports Recreation as a Strategy for Developing the Quality of Mental Performance of Administrative Leaders in Sports Institutions

الترويح الرياضي كاستراتيجية لتطوير جودة الأداء العقلي للقادة الإداريين بالمؤسسات الرياضية

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Abstract

There has been a great interest in organizing leisure time in developed countries and the lifestyle and forms of sports practice have changed. One of the most important ways to invest in leisure time is sports recreation, which has become one of the important needs that everyone seeks, especially in the era of technological development and lack of movement to ensure psychological and mental health, and because of its close connection to the process of relaxation, entertainment and rest. And recharging intellectual, mental and physical energies, reorganizing the cognitive load, the possibility of raising the level of quality of mental performance, and the possibility of developing the level of quality of life and organizational and administrative behavior of administrative leaders in sports institutions. From this standpoint, experts in administrative training and formation emphasize .The necessity of including sports recreation in sports programs in preparing administrative leaders. On this basis, we wanted to conduct this theoretical study of this topic because of its great importance in the field of sports management.

Keywords Sports Recreation, Quality of Mental Performance, Administrative Leaders in Sports Institutions

ملخص: شهدت الدول المتقدمة اهتمامًا متزايدًا بتنظيم أوقات الفراغ، وتغيرت أنماط الحياة وأساليب ممارسة الرياضة. يُعدّ الترفيه الرياضي أحد أهمّ سبل استثمار وقت الفراغ، إذ أصبح من الاحتياجات الأساسية التي يسعى إليها الجميع، لا

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سيما في عصر التطور التكنولوجي وقلة الحركة، وذلك لضمان الصحة النفسية والعقلية، لارتباطه الوثيق بالاسترخاء والترفيه والراحة. كما يُسهم في شحن الطاقات الفكرية والعقلية والبدنية، وإعادة تنظيم الجهد الذهني، ورفع مستوى الأداء الذهني، وتحسين جودة الحياة والسلوك التنظيمي والإداري للقادة الإداريين في المؤسسات الرياضية. من هذا المنطلق، يؤكد خبراء التدريب والتأهيل الإداري على ضرورة إدراج الترفيه الرياضي في البرامج الرياضية لإعداد القادة الإداريين. وانطلاقًا من هذا، أردنا إجراء هذه الدراسة النظرية حول هذا الموضوع لأهميته البالغة في مجال الإدارة الرياضية.

الكلمات المفتاحية: الترفيه الرياضي، جودة الأداء الذهني، القادة الإداريون في المؤسسات الرياضية

Introduction:

Recreation is important within society in driving the modern industrial revolution, which has become the talk of major nations. It is also important in solving many of the problems that dominate the behavior of members of society, such as filling the leisure time of young people, increasing per capita income, and the shift to industrialization. Organized, purposeful recreation is a new concept in the field of education, but its roots are deeply rooted in the emotional, social, and mental lives of peoples in the civilized world. Knowledge of peoples' recreational activities reflects the social, cultural, emotional, and psychological aspects of these peoples. (https://abdullah-alageel. blogspot.com)

Goodness and recreation create new individuals as they aim to refresh, renew and free themselves from burdens. The individual becomes liberated and looks forward to a future filled with hope and prosperity. Recreation is a human right for all individuals everywhere, regardless of color, gender, or creed. This is especially true after the great progress that has emerged in the world, which has led to the emergence of free time and the problems and negative consequences that individuals are exposed to if they do not utilize this time properly. Recreation allows the individual to live a life rich in meaning, joy, and happiness, characterized by balance.

Recreation is a lifestyle and way of life characterized by activity. It can be intense, such as playing violent games, or calm, such as reading a book or listening to music.Recreational activity is considered to be a multiplicity of interests for individuals, and what is pleasing to one individual may not be pleasing to another. In fact, what an individual considers a recreational activity at one time may not be so at another time if it lacks the characteristic of renewal and the individual does not feel that feeling of happiness that is characterized by the distinctiveness of the recreational activity. Thus, practicing a certain activity does not become a recreational activity but rather a habit, and based on that, the individual moves to another activity that provides him with renewal and a feeling of happiness. (Sanaa Mohammed and all, 2007, p. 20)

Recreation means the process of relieving the soul and restoring a feeling of renewal and refreshment to it during free time. Sports recreation is the use of all sports activities, or those that require physical effort, in the process of relieving About the soul and its feeling of comfort, satisfaction, happiness and pleasure. (https://www.alphadoc.dz)

1- The conceptual and cognitive framework of leisure time:

Definition of leisure time: It means freedom from the constraints of work or commitments. The French equivalent is "loisir." Leisure time consists of two components: first, free time not tied to earning a living through work; and second, a sense of independence, freedom of choice, and freedom from imposition, obligation, and dependency. One of the most comprehensive interpretations of leisure time is that offered by Weskoweff as the time remaining after people have completed their needs and performed their work, (Kamal Darwish and all, 2007, p. 26).

It is defined as the time in which a person acts as he pleases after completing his basic duties, and that leisure hours are the time characterized by freedom, where

a person is able to increase his value as a human being and as a productive and effective member of his society.

"Domazder" defined leisure time as the time a person uses voluntarily for relaxation, entertainment, increasing his knowledge, or establishing and strengthening social relationships according to his abilities and energies. This occurs independently of duties towards work, family, and society (Ibrahim Al-Hayari, 1987, p. 27).

The researchers conclude from this acquaintance that leisure time is the period of time in which the individual stops doing any activity or thinking, and uses methods and means for the purpose of taking rest, relaxation, recreation and entertainment to recharge intellectual, mental, physical and psychological energies and change the routine lifestyle. Creating new relationships to leverage some of one's abilities and create a new pattern that alleviates life's pressures.

There are two different approaches to studying and analyzing the topic of leisure, both of which are used to understand leisure problems.

The first approach focuses on studying the fundamental differences between working time and leisure time. Working time is the time a person spends practicing a particular craft or profession, through which they can earn a living and satisfy their primary and secondary needs. While leisure time is the time that a person spends practicing activities that fall outside the scope of his job on which he depends for his livelihood, and practicing these activities is optional and of his free will and is consistent with his social conditions and with his tastes, values, attitudes, age group and class.

The second approach: It is the approach that goes beyond dividing time into two main parts, work time and leisure time, and moves towards studying human time in a comprehensive manner that does not separate work time from leisure time. This is the modern concept of leisure. The division of time according to the

modern concept does not depend on the nature of the time spent at work, rest, or recreation, but rather on the nature of the various activities and events that a person engages in in his daily life. It is noteworthy that free time is "the time not occupied with any activity, work, or performance that conflicts with work time." (Al-Hamami et al., 2007, p. 26).

2- Terms related to leisure time: There are many terms associated with leisure time, the most important of which are:

Free time: Atiyat Khattab defined it as the time spent advancing one's academic or personal level, or the time spent in social, athletic, recreational, or entertainment activities (Khattab et al., 1990, p. 15).

Recreation: Both Kamal Darwish and Amin Al-Kholi, citing linguistic dictionaries, believe that the origin of the word recreation is Creation, and the other meaning is Re, which is that it is a word composed of two parts, Recreation.

Meaning creation, any creation, that is, the overall meaning is re-creation, which is a metaphorical meaning that refers to renewal and refreshment as results of practicing recreation.

Ibrahim Helmy and Horia Morsi agree that recreation is "a spontaneous activity that an individual engages in during his free time, not for a material or moral purpose, whether the activity is physical, mental, or social."

While Bra Yatebel describes recreation as "a way of life that advances the individual and develops a balanced personality, and the purpose of recreational activities is personal happiness."

Webster's Dictionary defines it as: "The revival of a person's strength and spirit after the toil and suffering of work through amusement, diversion, or any form of play" (Sayed Ali, 2003, pp. 12-13).

3- The importance of leisure time and recreation:

Many educators see the need to focus on developing leisure time activities in a way that contributes to the individual gaining positive and pleasant experiences, while at the same time helping in the development of his personality. Exercising during leisure time is one of the most important factors that work to raise the level of health and physical fitness, and gives the individual happiness and pleasant positive emotions, and makes him capable of work, production and defending the homeland. (Khattab et al., 1990 AD, p. 19).

There is a functional aspect related to the importance that young people attach to recreational activities and leisure time in terms of entertainment, enjoyment, increased information, communication and social interaction, while the cultural aspect shows the detailed values of different activities for investing leisure time.

The personal aspect of utilizing leisure time is represented by youths attitudes toward leisure activities in terms of knowing what activities suit them and the extent of importance they attach to those activities in their leisure time, then the aspect related to their actual behavior and the extent to which they practice those activities in their leisure time (Al-Julani et al., 2004, pp. 19-20).

4- The most important steps for organizing and managing time:

- Determine the nature of the work, its responsibilities, and the tasks required.
- Develop a timetable for the work and implement tasks according to the specified timetable to maximize the use of excess time.
- Evaluation and follow-up of implementation according to the timetable, which keeps the individual organized and tidy in his or her work and leisure time.
- Characteristics of leisure time and recreation (AlDasouqi et al., 2009, p. 39).

5- Characteristics of free time, the most important of which are:

- Freedom from contractual organizational duties and obligations, such as work and study, as well as freedom from major family obligations.

- Free time should be free of material or ideological benefits. Leisure should not be used as a means to any benefit, otherwise it loses one of its essential qualities.
- Pleasure and enjoyment are essential characteristics of leisure activities, and are even one of its goals and essential features.
- Leisure is predominantly personal, disregarding societal obligations. (Sanaa Mohammed et al, 2007, p. 143)

6- Characteristics of Recreation:

1- Recreation is an activity: It is not enough to simply state that recreation is an activity. We must also define the type and nature of this activity. In this context, we can define the following criteria for recreational activity:

A- Recreation is a constructive activity: There are multiple levels of activity. It may be constructive, aiming to build an individual's character, or it may be destructive, contributing to harm to oneself or others.

B- Recreation is a voluntary activity: This means that the individual voluntarily chooses, without being forced, the type of activity he or she is inclined toward and that suits his or her abilities and potential. An individual's inclination toward one type of recreational activity over another is an acquired inclination. By inclination, we mean the individual's readiness and tendency to focus his or her attention on specific things that stimulate his or her emotions.

C- Recreation is an enjoyable or pleasant activity: By this we mean that the recreational activity provides the individual with pleasure, pleasure, and happiness as subjective emotional aspects resulting from this recreational activity. This pleasure must not affect the happiness of others, lead to self-harm or harm to others, require effort that prevents the individual from performing his other functions in an acceptable manner, or lead to the spoilage of relationships between individuals.

2- Recreation occurs during and is linked to leisure time: Recreation should occur during leisure time, not during work time. For an activity to be considered recreational, it must be undertaken during leisure time, not during the individual's professional or job duties. Therefore, recreation is one of the primary objectives of leisure time functions (Darwish Kamal et al., 2007, p. 76).

Types of recreation: Among the psychologists or researchers who belong to the trend of recreational activity as an effective activity that indicates creative recreational activity such as sports, singing, drawing, and fishing, the scientist "Riltz" divided recreational activities into:

A- Positive activities: such as sports, drawing, and music.

B- Imaginative activities: such as reading, watching television, and watching sports matches in stadiums.

C- Passive activities: These are activities that are not characterized by effort, such as sleeping and relaxing.

Other scholars have divided recreation according to its types and objectives, as follows:

1. Cultural recreation: such as reading, writing, radio, and television.
2. Artistic recreation: such as collecting stamps, coins, and antiques, as well as learning photography, decorative arts, ornithology, botany, and creative hobbies such as ceramics, sculpture, painting, and handicrafts.
3. Social recreation: such as participating in cultural and social associations, visits, and entertainment parties.
4. Outdoor recreation: This refers to outdoor trips, enjoying the beauty of nature, picnics in the countryside and at sea, hunting, and other hobbies.
5. Sports Recreation: It is considered one of the basic pillars of recreational programs and includes small and recreational games such as agility games, running, small ball games, etc., as well as major sports games such as football,

competitive individual, doubles and group games, and water games such as swimming, water polo and rowing.

6. Therapeutic Recreation: This involves the use of therapeutic methods, rehabilitation movements, therapeutic swimming, and other methods that achieve healing.

7. Commercial Recreation: This is recreational of a consultative nature, as the individual enjoys it in exchange for a fee that is not part of its system, such as theater, cinema, and other commercial recreational establishments. (Hoda Hassan Mahmoud et al., 2000, pp. 119-120)

7- The conceptual and cognitive framework of sports recreation:

Sports recreation: These are activities whose primary goal is social participation, improvement of physical fitness, and entertainment. This type of sport is considered recreational because it requires less physical and mental effort than other sports. It is possible to practice famous competitive sports as sports recreation, but it is expected that performance and commitment to the sport from the recreational and entertainment field. (https://mawdoo3.com)

Sports recreation is an essential part of the lives of individuals and communities, contributing significantly to improving physical and mental health. Sports recreation encompasses a range of sporting activities practiced for entertainment and recreation, away from daily pressures and intense competition. (https://www.alarabiya.net)

- It is concluded that sports recreation is the type of recreation whose programs include many physical and sports activities. It is also considered the most influential type of recreation on the physical and physiological aspects of the individual practicing the aspects of his activities that include games and sports.

Sports recreation activities are divided into the following main groups:

1- Games and competitions with simple organization: These activities are governed by specific rules and regulations, and participation in them does not require a high level of skill or performance, such as ball games, relays, water games, agility games, and track and field games.

2- Individual games or sports: Many individuals prefer to practice this type of activity alone, perhaps because they enjoy individual performance or because it's difficult to coordinate with peers. These include hunting, fishing, walking, running, swimming, and cycling.

3- Couple games and sports: These types of activities require at least two people, such as tennis, badminton, table tennis, fencing, and squash.

4- Team games or sports: This type of game requires a high level of organization compared to other sports, as there are certain rules and regulations that must be followed, such as football, volleyball, basketball, and handball. (https://recration.yoo7.com)

The Importance of Sports Recreation:

- Improving Physical Health: Sports recreation enables individuals to maintain their physical fitness. Activities such as walking, swimming, or cycling help promote cardiovascular health and improve muscle strength and flexibility.

- Boosting mental health: Physical activity is an effective way to relieve stress and anxiety. Sports activities release endorphins, known as the "happy hormones," which help improve mood and feelings of happiness.

- Building social relationships: Sports recreation enhances social interaction among individuals. Playing sports in groups or teams provides an opportunity to make new friends and share experiences, which contributes to strengthening social bonds.

Increased productivity: Individuals who exercise regularly tend to be more productive in their daily lives. Physical activity helps improve concentration and

stamina, leading to improved performance at work and school. (https://www.alarabiya.net)

Factors Influencing Recreational Sports Activities: Studies conducted in European countries indicate that recreation and its activities are influenced by several variables, the most important of which are:

1- Social Environment: Many studies confirm that customs and traditions are an important factor in determining the type of recreational activities desired, depending on the culture of the community.

2- The economic environment and level: The individual's income greatly affects his choices and how he spends his free time. It has also been noted that there are types of recreation that are linked to the level of income, such as tourist trips, going out to restaurants, shopping, etc.

3- Ratio and gender: Studies indicate that the recreational activities practiced by males differ from those practiced by females. Boys usually tend towards narrow games, while girls tend towards throwing games and games related to housekeeping.

4- Cultural level and level of education: The educational and cultural level influences individuals and their entertainment methods and hobbies, especially since today's people receive a lot of training in the field of entertainment during their academic life, which may cultivate in them certain tastes for hobbies that they may continue to practice throughout their lives. (Hoda Hassan Mahmoud et al., 2000, pp. 120-121).

Implementation of the recreational program:

For a recreational program to achieve its desired goals, it must be based on objective, scientific planning, sound organization, and effective, successful management capable of leadership. To achieve the ideal study required in planning, organization, implementation, follow-up, and evaluation, scientific

steps must be followed based on modern and advanced educational foundations. The most important of these steps are the following:

- Study of society:

When a society is built on sound foundations based on meticulous planning, those responsible for it can identify recreational programs that translate the philosophy upon which this society was built, and which the beneficiaries of community services can harmonize with, implement, and benefit from. Likewise, when these programs are appropriate to the needs of the community members, the desired benefit is achieved.

- Study of individuals who benefit from recreational programs:

The psychology of individuals in need of recreation must be studied, as well as the characteristics of their developmental stages, their tendencies, and the programs they need. Their level of readiness for recreation must be determined, so that each individual can be directed to the appropriate programs and given the opportunity to choose the skills they can practice. They must also be helped to meet and form harmonious groups. https://kenanaonline.com

- Study the available capabilities to implement recreation:

The financial resources that can be used to finance recreational programs to ensure the success of the program, as well as the human resources capable of leading the recreational programs, such as the tools, equipment, curricula, and means of recreation. It is also necessary to ensure the quality and suitability of these devices, the budget from which these programs are spent, the time allocated for recreation, and the number of qualified pioneers to implement the recreation.

- Determine the goals to be achieved:

Clear objectives must be defined for the programs to be implemented, in order to achieve the desired benefit. It is very important to define them with complete

clarity, which helps in building all the different aspects, and helps in moving the promotion on the right path for which it was approved. The objectives must achieve the following:

* Goals should stem from the educational philosophy of the community, its needs, and its trends.

* They should be appropriate to the age, nature of the work, and the environment.

* They should be clear, so they can guide the program in the right direction.

- **Program implementation:** Program implementation should achieve the following:

* Members should support each other in achieving set goals.
* Participants should positively influence each other.
* Focus on developing individual personalities.
* Providing equal opportunities for all individuals.
* Providing individuals with the necessary opportunities for creativity and innovation.
* Providing safety and security for all individuals.
* Guiding individuals in performing their roles by promoting what is beneficial to them.
* Providing a suitable work environment for all individuals.

Program Calendar:

All actions are measured by their outcomes. Every action must have results, and these results are the important fruits of those actions and measure the success of the programs developed. Recreational programs are among the most important educational programs in the life of nations, and are implemented by all educational institutions that provide services to youth.

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Evaluation is a collaborative process in which all recreational program staff, including leaders, supervisors, students, and implementers, must participate to ensure a complete system of feedback. No one's opinion should be overlooked, no matter how small, so that each team member is given the freedom to think, innovate, and renew, and so that a spirit of love, affection, and cooperation prevails among the recreational team members. https://kenanaonline.com

conclusion

From what we have mentioned, we can conclude that sports recreation can be considered as a strategy for developing the quality of mental performance according to what is outlined and prepared from programs for purposeful sports recreation activities, which are designed by experts in this field using scientific methods that serve the level of the group practicing this activity from all aspects of the individual's physical personality. And motor and psychological, especially mental, and must contain activities that require advanced levels of thinking and contemplation and the use of some modern techniques to develop mental skills,

the most important of which is the process of complete relaxation, which includes muscle and mental relaxation to reduce tension, psychological pressures and anxiety in order to ensure the positive impact of these programs. The possibility of recharging intellectual, mental and physical energies and removing negative and conflicting thoughts by using the strategy of suggestion and self-talk with the aim of raising the level of quality of higher mental processes or what is known as physiological processes or mental processes such as attention, concentration, perception and feeling, which enables the athletic individual to Cognitive interpretation of the requirements of education, training and sports education, which includes a high level of awareness, and reorganizing the cognitive load by arranging and selecting the information that the individual receives from the training environment. Matching it with information stored in long-term memory and with previous experiences, making use of them and generating new ideas to solve various problems facing athletes during training or competition, and achieving high levels of athletic achievement.

The activities of investing leisure time and the functions it achieves at the level of individuals and groups are the focus of attention of those who look at it. The function of leisure time is determined in light of the clarity of its meaning and concept for individuals. Through their understanding of its meaning, they become aware of the goals that can emerge and become clear from the meaning, and then its function can be deduced. Through which functions are achieved that greatly help in understanding aspects of leisure and its functional role in the lives of individuals, groups and societies. Recreation is still far from the realm of awareness among many people, especially in developing countries that have not yet realized the great and growing importance of recreation in bringing happiness and pleasure to the renewal of human strength and in increasing the activity and vitality of members of society. Recreation at the present time

represents the hope of the future for a happy life and creates harmony between individuals and societies.

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