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The importance of practicing recreational sports activities in maintaining physical health from the point of view of Administrative staff

A field study at the National Bank of Algeria agency-Tissemsilt-

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Abstract:

This field study aims to explore the importance of practicing recreational sports activities for maintaining physical health from the perspective of office employees. In this study, I employed a descriptive methodology due to its suitability for the nature of the research. A questionnaire was used as a tool for data collection, and the study was conducted on a purposive sample of 36 employees from the Algerian National Bank's offices in the State of Tissemsilt. The results of this study revealed that administrative employees unanimously agree that participating in recreational sports activities during their free time helps alleviate physical inactivity and lack of movement. It was also concluded that most administrative employees support the idea of engaging in recreational sports activities during their leisure time to maintain their physical health and fitness, thereby preventing chronic diseases that may affect individuals with low physical activity levels and reducing the complications for those who already suffer them.

Keywords: Administrative staff; Recreational sports activities; Physical health.

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1. INTRODUCTION

There is no doubt that the practice of recreational sports activities has a great role in maintaining the health of our bodies and bodies, and the benefits and benefits that we get through practicing various sports activities and games are very many, so exercising provides us with energy, physical fitness, combating obesity diseases and preventing many diseases that may threaten our bodies in the event of our failure to exercise, which are nowadays called diseases of lack of movement, and employees in different departments are constantly suffering from the negative effects and various diseases resulting from lack of movement, and lack of motor activity is one of the most important main risk factors that expose people to death In the world, and its prevalence is increasing in many countries, to add to the burden of widespread diseases and harm public health around the world, and the likelihood of death increases among people who suffer from physical inactivity by between 20% and 30% compared to people who practice sufficient physical activity, and low or decreasing levels of physical activity usually correspond to high or increasing levels of gross social output, and the decline in physical activity is due in part to inactivity during leisure time and sedentary behaviour during work, especially administrative work in offices, at home and other various places, as well as it is considered an increase The use of static mobility methods is one of the factors contributing to the lack of physical activity. (Organization, 2017, p. 03)

The World Health Organization (who) has pointed to the role played by sports physical activity in combating the lack of movement that causes many widespread and non-communicable diseases, and this shows the importance of active individuals within the sports system and their impact on various segments of society through spreading the culture of sports practice in preparation for combating lack of movement by directing as many individuals as possible towards physical activity in general and recreational sports activity in particular.

1.1 The study's problem:

In recent years, the world has seen a significant shift in lifestyle as a result of advancements in science and technology, as well as a rapid increase in population growth. These changes have had a profound impact on daily life, leading to a decrease in physical activity and an increased reliance on machines for various tasks. One group that has been particularly affected by this sedentary lifestyle is

office workers and administrative employees, whose jobs often involve little to no movement.

As a result of this lack of physical activity, individuals in these roles have experienced negative consequences on their health. In response, experts and authorities have been working to find solutions to encourage this segment of society to engage in recreational sports activities during their free time. By participating in activities that align with their interests and preferences, individuals can counteract the negative effects of their sedentary work, reduce their dependence on technology, and improve their physical well-being.

Based on all the above.

I formulated and posed the main general question of this study, which was represented in:

- **Is there any statistical significance in the trends of the Department's employees towards practicing recreational sports activities to maintain their physical health?**

1.2 Sub-questions:

- * Is there any statistical significance in the trends of the Department's employees towards practicing recreational sports activities to get rid of physical inactivity?
- * Is there any statistical significance in the trends of the Department's employees towards practicing recreational sports activities to maintain physical health?

2. General hypothesis:

- **There is a statistical significance in the trends of the Department's employees towards practicing recreational sports activities to maintain their physical health.**

2.1 Partial hypotheses:

- * There is a statistical significance in the trends of the Department's employees towards the practice of recreational sports activities to get rid of physical inactivity.
- * There is a statistical significance in the trends of the Department's employees towards the practice of recreational sports activities to maintain physical health.

3. Study objectives:

This study aims to not only address the research problem at hand but also:

- Recognize the Department's employees' inclinations towards engaging in recreational sports activities as a means to combat physical inactivity.



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- Recognize the Department's employees' inclinations towards engaging in recreational sports activities to uphold physical well-being.
- Identify the health preventive role of practicing recreational sports activities for management workers.

4. The significance of study:

- Emphasizing the importance of engaging in recreational sports to combat physical inactivity among administrative staff.
- Highlighting the role of practicing recreational sports activities to maintain physical health among employees in administrative offices.
- Highlighting the importance of practicing recreational sports activities in leisure time for employees in the Department.
- Highlighting the health preventive role of practicing recreational sports activities during free time for management workers.

5. determination of terms:

5.1 Direction in language: the word attitude in English is translated into the term direction and linguistically takes the meaning of "aiming at a certain destination", it is said "turn the Qibla", i.e. heading towards the Kaaba and the direction is a source of the verb "turn", it is said that the person turned to it, i.e. his intention. (mahmoud & bouhouch, 1995)

- **Conceptual definition:** is a special organization of psychological processes, which can be inferred from the behaviour of the individual, as for the perceptions that the individual distinguishes from others, and this special organization of psychological processes is derived from the effects of his experiences, and he tries to use it also in judging future incidents. (saad, 1983)

- **Procedural definition:** it is the opinions and behaviours derived from experiences, experiences, beliefs and perceptions related to a subject as a result of psychological processes.

5.2 Administrative staff:

- **Conceptual definition:** A Administrative employee is an individual who holds a permanent position in a public institution managed by the state. The state, as a legal entity, relies on civil servants to carry out its administrative functions effectively. (al-Najjar, Sami, Al-Kasabi, & Al-minyawawi, 2020)

- **Procedural definition:** They are the employees responsible for handling administrative tasks, functional duties, and office work on a regular and ongoing

basis. They work full-time hours, usually 8 hours per day, in a confined workspace.

5.3 Recreational sports activities:

Conceptual definition: Recreational sports are games or activities that are played in one's free time and are not focused on intense competition. They are typically played outside of formal, organized sports leagues. Engaging in recreational sports is a way to fill leisure time and is an important part of life, particularly in developed societies. These activities are based on the principle of enjoyment and often reflect a philosophy of life. (Darwich & Al-Khawly , 2001)

- Procedural definition:

Engaging in recreational sports involves participating in sports during one's free time or leisure. These activities are intended to help people have positive experiences, rejuvenate their spirits, and maintain overall health, all while providing enjoyment without the pressure of competition.

5.4 Definition of Health :

Conceptual definition: It is a state of overall well-being that encompasses physical, mental, emotional, and social health, rather than just the absence of illness or disability. (Organization C. o., 1948)

- Procedural definition:

Health is the state of being free from any physical, mental, or psychological illness. Personal or physical health is a key component of overall health, and it involves taking care of all aspects of well-being, including nutrition, hygiene, getting enough sleep, and participating in recreational sports. These activities help to use free time in a positive way, strengthen the body, and improve physical fitness.

6. Previous Studies:

6.1 R enee M arshall 2019 Study: The study, titled "The Impact of a Combined Exercise Program on Functional Capacity and Sedentary Behaviour in Older Adults Receiving Cancer Treatment", was carried out by undergraduate student at the Faculty of Sciences of sports Activity at the University of Sherbrook.

The primary goal of the research was to investigate the impact of combining aerobic and weight training exercises affected the physical capabilities and sedentary habits of individuals between the ages of 65 and 85 who were undergoing cancer treatment, regardless of the specific type of cancer they were

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dealing with. A total of 11 women and 3 men were randomly selected to participate in the study.

The study's findings showed that participants experienced significant improvements after finishing the 12-week combination exercise program, there was a significant improvement in the physical capacities of the elderly participants undergoing cancer treatment. While the decrease in sedentary behaviour was not as pronounced, it did suggest that engaging in regular physical activity could help reduce physical inactivity in this population. (Renee, 2019)

6.2 B oussafi I brahim and B arhou F atima Z ahra 2016-2017 Study:

The study, titled "Improving Physical Health Variables in Elderly Women (60 and Over) through a Preventive Recreational Sports Program," was conducted as a master's thesis in health and sports at the University of Mostaganem. Its goal was to show that the proposed program could enhance cardiorespiratory fitness, muscular fitness, and body composition balance in elderly women aged 60 and above. The research sample included 16 intentionally selected elderly women, and the study utilized an experimental method. The results demonstrated that the program had a positive impact on physical health variables through gradual, adapted, and safe physical activities.(Boussafi & Barhou, 2017)

6.3 T aher I kram 2016 Study: The study, "Enhancing Health-Related Physical Fitness in Women (40-50 Years) through a Proposed Training Program," was conducted as a master's thesis. Its main objective was to evaluate the impact of physical activity on enhancing cardiorespiratory fitness, muscular strength, and body mass index (BMI) in women aged 40-50 years. The researcher employed an experimental approach and Selected a random sample of 60 women in the designated age range. The findings of the study indicated a significant improvement in BMI, transitioning from obesity to a healthier range, as well as enhancements in various measures of muscular strength and cardiorespiratory levels of physical fitness. The research emphasized the significance of participating in sports activities in order to improve the overall health and well-being of elderly women.(Taher , 2016)

6.4 Imane Mohamed Ahmed Z hairi 2019-2021 Study: The study, "The Effect of a Recreational Sports Program with Health Education on Blood Sugar Levels, Body Measurements, Blood Pressure, and Lipids in Children with Diabetes in Yemen," was completed as part of a doctoral thesis in the field of physical education and movment at the University of Sudan, the primary aim of the

research was to develop a recreational sports program with health education and examine its impact on blood sugar levels, body measurements, blood pressure, and lipids in children with diabetes in Yemen. The study also sought to evaluate the impact of the program and health education on various body measurements, blood pressure, lipids, insulin units, and the level of health education in children with diabetes. The researcher utilized an experimental approach with a sample of 32 intentionally selected children aged 13-15. The findings of the study indicated improvements in BMI, blood pressure, pulse rates, glycated hemoglobin levels, blood lipids, and the total daily insulin dosage. (Zahairi, 2021)

7. Methodological Procedures Followed in the research:

7.1 Approach and Instruments:

Selected Approach: The scientific method is the procedure that a researcher employs to explore a specific issue, which is the main focus of the study. The goal is to discover and analyze facts in order to draw conclusions. In essence, the scientific method consists of a set of fundamental principles designed to uncover specific truths. (Bouhouch & Mahmoud, 1995)

In this research, I chose to use the descriptive method because it was the most appropriate for the type of research we were conducting and because it is the appropriate approach for studying human phenomena. The descriptive method involves describing and interpreting existing phenomena, as well as determining the conditions and relationships between facts. It is a systematic scientific analysis and interpretation used to meticulously describe, classify, and study the phenomenon under investigation. In essence, it is concerned with what exists and how it can be understood. (Sami, 2000)

- **Study Population:** Administrative staff employed at the National Bank of Algeria's branch in the Tissemsilt province.

- **Preliminary Study:** We conducted a pilot study related to the research topic, which serves as the foundation for the researcher to formulate initial hypotheses about the study and apply them. We contacted and communicated with the director of the National Bank of Algeria's branch in the Tissemsilt province, and a questionnaire was distributed to a targeted sample consisting of 07 administrative staff members at the branch.

After verifying the questionnaire's authenticity for researching the phenomenon we focused on, we distributed it to a sample of 36 employees at the National Bank of Algeria's branch offices in the Tissemsilt province.



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- **Sample and Selection Methods:** According to (Talaat, 1987), “A sample is a specific subset of the study population that is chosen in the research is conducted in a specific way, and the results are then generalized to the entire population of study.” In this research, I relied on a purposive sample, which included 36 administrative employees at the National Bank of Algeria in the Tissemsilt province.

- **Study Fields:**

- **Temporal Field:** The study was conducted on 12/02/2024.

- **Spatial Field:** The research was conducted at the National Bank of Algeria's branch in the Tissemsilt province.

- **Study Tools:** The researcher designed a closed-ended questionnaire directed at the administrative staff employed at the National Bank of Algeria, Tissemsilt.

7.2 Scientific Foundations of the Tool:

The scientific basis of the tool includes the following psychometric properties:

- **Validity:**

In order to establish the validity of the tool, we employed content validity. The questionnaire was initially reviewed by 5 experts from the Department of Physical Education and Sports at the Institute of Science and Techniques of Physical and Sports Activities at the University of Algiers³(Ibrahim sultane chiboute). The experts were requested to share their thoughts on the questions and statements included in the questionnaire, as well as their appropriateness for the study. Most of the experts agreed that certain statements needed to be modified, to making the final version of the questionnaire ready for implementation.

- **Reliability:**

Reliability was calculated by this following formula:

Cronbach's Alpha coefficient formula:

$$\alpha = \frac{k}{k-1} \left[1 - \frac{\sum S^2 \text{ item}}{S^2 \text{ total}} \right]$$

K: Number of test items.

$\sum S^2 \text{ item}$: Total variance of test items.

$S^2 \text{ total}$: Total test variance.

Table 1. test stability by Cronbach's Alpha coefficient

Sample study questionnaire	Number of sample	Number of paragraphs	Cronbach's Alpha coefficient
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	36	10	0.98
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Source: Zakaria Mimene, Safia Neffah, 2024.

It is evident from the table that Cronbach's Alpha coefficient equals 0.98, which is greater than the specified 0.70, indicating the strength and reliability of the test.

7.3 Statistical Tools:

To analyze the results obtained after answering the questionnaire, we relied on statistical methods, specifically the percentage and the Chi-square goodness-of-fit test (χ^2).

The percentage formula:

Percentage = (Number of occurrences $\times$ 100) / Total sample size.

Chi-square goodness-of-fit (χ^2): This method enables us to identify any notable discrepancies in the respondents' responses to the questionnaire, where:

$\chi^2 = \sum (\text{Observed frequency} - \text{Expected frequency})^2 / \text{Expected frequency}$.

- **Observed frequency (O):** The actual number of occurrences.

- **Expected frequency (E):** The theoretically expected number of occurrences.

- **Standard error rate: 0.05**

- **Degrees of freedom (df):** ($n - 1$), where (n) represents the number of categories or columns.

8. Presentation and Analysis of Results:

The research results will be discussed by addressing the questions presented in the tables and analyzing them.

8.1 the first axis: practicing recreational sports activities to get rid of physical inactivity.

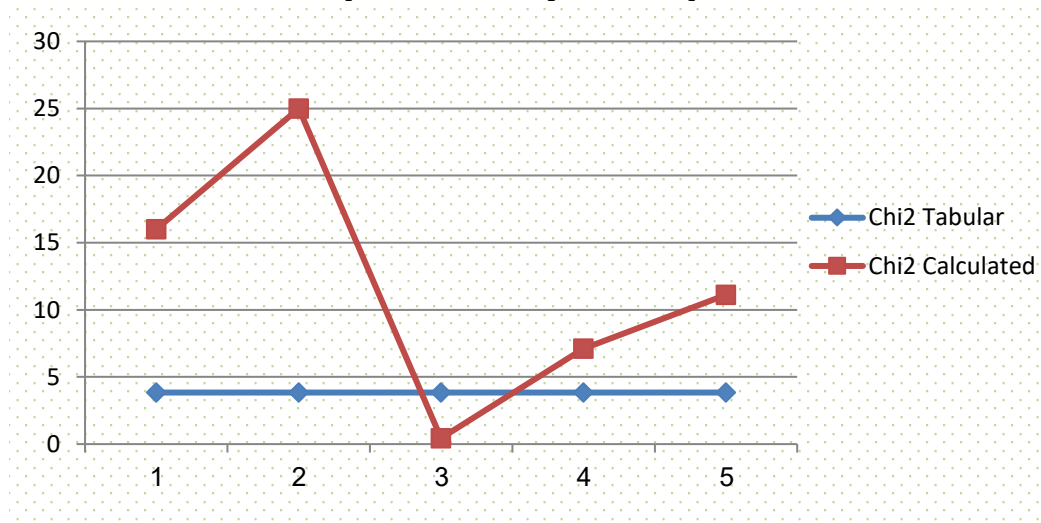
Table 2. The responses of the employees to the questions in the first section of the questionnaire are displayed.

Answer	Yes		No		Chi ²	Chi ²	level	Deg	semantic
Phrases	Rep	perc %	Rep	perc %	Calc	tab	semantics	Free dom	Stat
Ph1	06	16.66	30	83.33	16	3.84	0.05	01	Signified
Ph2	03	8.33	33	91.66	25	3.84	0.05	01	Signified
Ph3	16	44.44	20	55.55	0.44	3.84	0.05	01	Not signified
Ph4	10	27.77	26	72.22	7.11	3.84	0.05	01	Signified
Ph5	08	22.22	28	77.77	11.1	3.84	0.05	01	Signified

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Source: Zakaria Mimene, Safia Neffah, 2024.

Fig.1. The calculated χ^2 value and the tabular χ^2 value are displayed in the first axis questions of the personnel questionnaire.



Source: Zakaria Mimene, Safia Neffah, 2024.

Table Analysis:

From the results obtained in the table, we find that the calculated χ^2 value was greater than the tabulated χ^2 value in the employees' answers to questions 1, 2, 4, and 5. This indicates that there are significant differences at the significance level of 0.05 and the degree of freedom of 1, in favor of those who agree with the importance of engaging in recreational sports activities in reducing physical inactivity. However, for question 3, the calculated χ^2 value was less than the tabulated χ^2 value, indicating no statistically significant differences at the 0.05 significance level and 1 degree of freedom. This is because the employees were divided between supporting and opposing the idea of spending most of their free time engaging in recreational sports activities.

Conclusion:

From the table's results, we conclude that most administrative staff believe that engaging in recreational sports activities helps to reduce physical inactivity. This is due to the significant role these activities play in breaking the monotony of sedentary work and reducing reliance on various means that limit movement.

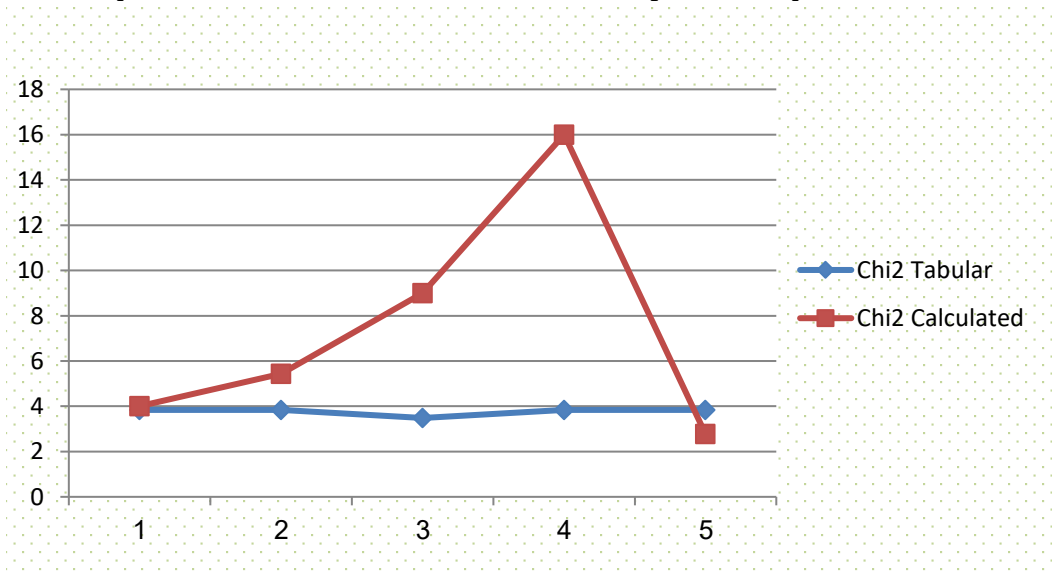
8.2 Second Axis: Engaging in Recreational Sports Activities for Maintaining Physical Health.

Table 3. The responses of the employees to the questions in the second axis of the questionnaire are displayed in this table.

Answer	Yes		No		Chi ² calc	Chi ² tab	level semantic	Deg free	semantic Stat
Phrases	Rep	perc %	rep	perc %				dom	
Ph6	12	33.33	24	66.66	04	3.84	0.05	01	Signified
Ph7	11	30.55	25	69.44	5.44	3.84	0.05	01	Signified
Ph8	09	25	27	75	09	3.84	0.05	01	Signified
Ph9	06	16.66	30	83.33	16	3.84	0.05	01	Signified
Ph10	14	38.88	22	61.11	2.44	3.84	0.05	01	Not signified

Source: Zakaria Mimene, Safia Neffah, 2024.

Fig.2. The calculated Chi² value and the tabular Chi² value are displayed in the questions related to the second axis of the personnel questionnaire.



Source: Zakaria Mimene, Safia Neffah, 2024.



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Table Analysis:

From the results obtained in the table, we find that the calculated χ^2 value was greater than the tabulated χ^2 value in the employees' answers to questions 6, 7, 8, and 9. Statistically significant differences were found at the 0.05 significance level and 1 degree of freedom, indicating a preference for employees who agree to participate in recreational sports activities effectively contributes to maintaining their physical health. However, for question 10, the calculated χ^2 value was less than the χ^2 value was tabulated, showing no statistically significant differences at the 0.05 significance level and 1 degree of freedom, as the proportions of "Yes" and "No" responses were similar regarding the employees' satisfaction with their bodies and their current condition.

Conclusion:

From the table's results, we conclude that most administrative staff believe that engaging in recreational sports activities significantly and effectively contributes to maintaining their physical health, gives them a new sense of vitality, relieves them from various psychological pressures, and helps avoid diseases associated with a lack of physical activity or movement.

9. Discussion of Hypotheses:

After presenting the results, we will discuss and interpret each hypothesis separately to determine the extent to which They have been confirmed..

9.1 First 1st Hypothesis:

The attitudes of administrative staff show statistical significance towards engaging in recreational sports activities to reduce physical inactivity.

Based on the responses from the research sample concerning the first axis of engaging in recreational sports activities to reduce physical inactivity, the results showed complete agreement among employees on statements 1, 2, 4, and 5. They agreed that engaging in recreational sports activities during free time contributes to reducing physical inactivity due to the significant role these activities play in breaking the daily routine of sedentary office work and reducing reliance on various means that limit movement. The findings of this study align with the research conducted by (Renée Marshall) in 2019, "The Impact of a Mixed



Exercise Program on Functional Capacity and Physical Inactivity in Elderly Cancer Patients," which was conducted as part of a Bachelor's thesis at the University of Sherbrooke, Faculty of Science and Physical Sports Activity. The research sought to investigate the impacts of a combination exercise regimen (combining aerobic exercise and weight training) on the physical capacity and sedentary behaviour of individuals aged 65-85 undergoing cancer treatment. The study revealed that the 12-week mixed exercise program led to a significant improvement in physical capacity among elderly individuals receiving cancer treatment. Furthermore, while the decrease in sedentary behaviour in the exercise group was not statistically significant, it suggested that engaging in physical activity can help reduce physical inactivity.

Thus, we can conclude that the first hypothesis is confirmed, given its alignment with and results similar to some previous studies.

9.2 Second 2nd Hypothesis:

There is a statistical significance in the attitudes of administrative staff towards engaging in recreational sports activities to maintain physical health.

Based on the feedback received from the research participants regarding their involvement in recreational sports activities on the second axis to maintain physical health, the results showed complete agreement among employees on statements 6, 7, 8, and 9. The majority of administrative staff agreed that engaging in recreational sports activities significantly and effectively contributes to maintaining their physical health, giving them a new lease on life, relieving them of various psychological pressures, and preventing diseases associated with a lack of physical activity or movement.

The results of this study are consistent with those of (Ikram Taher) in 2016 research, "A Proposed Training Program to Enhance Health-Related Physical Fitness Components in Women Aged 40-50". The study aimed to evaluate the effects of physical activity on enhancing cardiovascular fitness, muscular strength, and body mass index. It revealed positive changes in body mass index, transitioning from obesity to a healthier range, enhancements in different muscular strength assessments, and improvements in cardiovascular fitness due to cardiac functional adjustments. The study underscored the significance of engaging in sports activities to enhance the overall health of older individuals.

Additionally, In a study conducted by (Imane Mohamed Ahmed Zahiri) from 2019 to 2021, titled "Enhancing the Health of Diabetic Children in Yemen through



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a Recreational Sports Program and Health Education", the focus was on developing a sports program combined with health education to enhance various health indicators in diabetic children in Yemen. The results of the study showed enhancements in body mass index, blood pressure, pulse rates, glycated hemoglobin levels, blood lipid levels, and total daily insulin dose in the participants.

Thus, we can conclude that the second hypothesis is confirmed, given its alignment with and results similar to numerous previous studies.

10. CONCLUSION

The study was initially aimed at checking whether there was a significant difference in the attitudes of managerial employees towards participating in recreational sports activities. The study aimed to ensure the participants' physical well-being. The findings of the research supported the original hypotheses. It was found that employees in managerial offices positions, faced with problems related to physical inactivity and the resulting health problems, have limited free time available. This requires exploring solutions to enhance the sports well-being of this group.

Several studies have highlighted the general lack of physical fitness among administrative staff, emphasizing the importance of engaging in recreational sports activities during leisure time to address this issue. Participation in such activities can improve physical fitness. By improving the coordination between the nervous and muscular systems, it has a positive impact on the functioning of the cardiovascular, respiratory, and other bodily systems. Moreover, engaging in recreational sports activities can help prevent chronic diseases and reduce their complications for employees who may already be struggling with such conditions.

11. Recommendations:

Based on the findings of this study, the researcher suggests the following:

- Raising awareness among administrative staff about the necessity of regularly engaging in recreational sports activities to prevent diseases associated with physical inactivity.
- Using recreational sports activities to improve the health levels of employees in administrative roles.
- Developing specific recreational sports programs for employees by the employing organizations and encouraging regular participation.

- Implementing regular health check-ups for employees and mandating routine participation in recreational sports activities.
- Organizing competitive recreational sports events and offering symbolic rewards to winners to encourage hesitant employees to participate.
- Providing significant attention from employing organizations to recreational sports activities for employees.

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13. Appendices:

Survey for Employees Working in Offices

No.	Phrases	Yes	No
Section One: Engaging in Recreational Sports Activities to Reduce Physical Inactivity.			
01	Do you engage in recreational sports activities regularly?		
02	Do you participate in individual recreational sports activities?		
03	Do you use most of your free time to engage in recreational sports activities?		
04	Do you participate in group recreational sports activities?		
05	Do you believe that engaging in recreational sports activities helps prevent physical inactivity?		
Section Two: Engaging in Recreational Sports Activities to Maintain Physical Health.			
06	Does engaging in recreational sports activities keep you in good health?		
07	Does regular participation in recreational sports activities contribute to maintaining your body fitness?		
08	Does engaging in recreational sports activities help prevent various illnesses?		
09	Does participating in recreational sports activities reduce the complications of chronic diseases experienced by administrative employees?		
10	Are you satisfied with your body?		

Source: Zakaria Mimene, Safia Neffah, 2024.



Z. Mimene S. Neffah