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The Impact of a Proposed Recreational Sports Program Using Games on Achieving Social Adaptation Among Male Secondary School Students

Benmiloud salheddine ^{1*} Bouazid mokhtar ^{2*}

¹ Institute of Physical Education and Sports University of Algiers3, (Algeria)

benmiloud.salheddine@univ-alger3.dz,

Laboratory of Physical Activity Sciences

² Institute of Physical Education and Sports University of Algiers3, (Algeria)

Abstract:

The purpose of this study was to look at how a recreational sports program that included games affected male secondary school students' social adaptability. The researcher used an experimental strategy to explore this phenomena, with a purposive sampling method targeting second-year secondary pupils and a sample size of 14 male participants. To collect data, the Social Compatibility Scale was used and tailored to the study sample's individual characteristics. After analysing and evaluating the data with the statistical program IBM SPSS version 27, the researcher reached the following conclusions:

-There is a positive impact of the proposed recreational sports program using games in achieving social harmony among secondary school students.

- There are statistically significant differences in social compatibility between pre- and post-measurement among secondary school students due to post-measurement.

From it, we conclude that recreational sports programs used in sports contribute positively to enhancing the mental health of the individual, and achieve social compatibility.

Keywords: recreational sports program, games, social compatibility.

1. INTRODUCTION

Recreation has recently become increasingly common across societies due to its numerous advantages and positive effects on human psychological, social, and physical well-being. This growing interest stems from various internal and external factors that influence individuals, regardless of their age, environment, or cultural background. Just like the need for food and drink, humans have a natural need for rest. To achieve balance and meet personal needs, it is essential to satisfy these instinctive and human drives. Doing so helps improve quality of life and attain personal happiness by channeling these needs into a clear and consistent path.

When we talk about recreation as an effective activity, we refer to the movement that allows individuals to engage in leisure and recreational activities. These activities play a vital role in enhancing personal health and releasing energy, particularly by reducing psychological stress. In this context, play becomes an essential and inseparable part of recreation. The two are closely linked, as play is a key factor in achieving happiness and comfort—especially for children. (Dr. Ben Miloud, 2025, page 5)

According to several theories—including, but not limited to, Carl Groos's theory of instinct, John Dewey's theory of recreation, Adler's theory of play, and the theories of catharsis and preparation—it is widely acknowledged that play serves as a vital outlet for individuals, especially from childhood through adolescence. These theories emphasize that play helps alleviate the psychological pressures experienced during development. The school-aged adolescent, in particular, has attracted significant attention from researchers due to the importance of this critical stage in life, which is marked by numerous physiological, psychological, and social changes.

From this perspective, we chose to explore the key challenges faced by school-aged adolescents—challenges that stem from academic demands, societal expectations, and personal pressures. At this sensitive phase, adolescents must pay attention to their physical, psychological, and social well-being in order to grow into healthy, responsible members of society. Based on this, the following general research question was posed

1. General question:

- To what extent does the proposed recreational sports program using games affect the social adaptation of male secondary school students?



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2.1 General premise:

The proposed recreational sports program using games has an impact on achieving social adaptation among students Secondary Male.

3.1 Sub-hypotheses:

- There is a positive effect of the proposed recreational sports program using games in achieving social adaptation in males.
- There are statistically significant differences in social adaptation between pre- and post-measurement among male secondary school students.

2. Objectives of the study:

- Identify the impact of a proposed recreational sports program using games to achieve social compatibility among secondary school students.
- Identify the differences in social adaptation between pre- and post-measurement among secondary school students.
- Highlighting the importance of sports programs and their health, psychological and social benefit for adolescents.

3. The importance of the study:

The importance of this research lies in its emphasis on the role of sports in general—and sports recreation in particular—in promoting adolescent well-being. By implementing a program based on semi-sports games, the study aims to foster psychological and social adjustment among adolescents. Furthermore, it examines the impact of this program in relation to various research variables, with a specific focus on the individual's psychological and social dimensions. The research analyzes the adolescent's personal characteristics and psychological state, assessing the extent to which sports recreation contributes to enhancing psychological and social compatibility.

4. Definition of terminology:

4.1 recreation of sport:

Brightbell says: that recreation is an optional activity that occurs during leisure time and its primary motives are the satisfaction and pleasure resulting from this activity, and Attiyat Khattab agrees with Brightbell in that recreation is an activity, so remember that recreation is an optional activity enjoyable for the individual, practiced in leisure time and contributes to the construction and development of the individual. (Taha, 2006, p. 14)

4.2 Operational Definition:

In this research, recreational sports are defined as activities that allow adolescents to channel their energy into movement-based experiences that bring joy and satisfaction. These include outdoor games played during breaks and various activities designed to enhance happiness and well-being. Such activities are characterized by high levels of enjoyment, active engagement, and positive social interaction.

4.3 definition of play:

Play is usually a spontaneous and unstructured activity, practiced primarily for fun and creative expression, often lacking formal rules and driven by internal motivation. Play can occur at any age, although it is more associated with children. (Tyler & Mary , 2019, p. 5)

4.4 Definition of Social adaptation:

It is the compatibility of the individual with himself and his compatibility with the surrounding environment and each of them is not separated from the other, but affects him and is affected by it, the individual self-compatible is socially compatible and psychologists add by saying that "self-compatibility is the ability of the individual to reconcile his motives and social roles conflicting with these motives so that there is no internal conflict." (Jamal Abu Dalu, 2009, p. 228).

5. Previous studies:

5.1 First Study:

- ✓ Study of the researcher Aisat Kamal in 2022:

This study was conducted as part of a doctoral dissertation at the University of Algiers 3, under the title: "The Impact of Educational Sports Activity on Achieving Psychosocial Compatibility Among Fourth-Year Students of the Intermediate Education Stage." The primary objective of the research was to examine the influence of physical sports activities on achieving psychosocial compatibility among fourth-year middle school students. The study aimed to highlight the levels of psychosocial adjustment by comparing students who participate in educational physical activities with those who do not, within the school environment.

The research sample consisted of 506 students. The researcher adopted the descriptive method and utilized Mahmoud Attia's Personality Scale to measure psychosocial compatibility. The study's most significant finding revealed a positive effect in favor of the students who practiced sports, indicating that participation in educational physical activities had a notable impact on enhancing the psychosocial adjustment of middle school students.

5.2 Second Study:



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- ✓ Study by Dr. Rahli Murad in 2011:

This study was published in the Journal of Sports Creativity No. 04, under the title The role of recreational sports activity in achieving psychosocial compatibility for the mentally retarded, where the researcher used the experimental approach to study the phenomenon using the harmonic behavior scale tool for a sample of 20 mentally disabled children, where the researcher proposed a hypothesis that recreational sports activity has a role in achieving psychosocial compatibility for the mentally retarded, where the study agreed with the proposed general hypothesis.

5.3 Third study:

- ✓ A study by the researcher Tawaghzet Suhaila in 2023:

This study was published in The Challenge magazine, Volume 15, Issue 01, under the title: "The Impact of Mini-Games in Achieving Social Compatibility During the Physical Education and Sports Class for Middle School Students." The study aimed to highlight the role of mini-games in enhancing students' social and moral development. The researcher employed the descriptive approach, using a questionnaire as the primary data collection tool, administered to a randomly selected sample of 80 middle school students in the municipality of Baraki. The results revealed statistically significant differences, indicating that mini-games positively influence social compatibility among middle school students.

5.4 Fourth Study:

- ✓ Study of researcher Mustafa Magadi et al. in 2023

This study was published in The Journal of Excellence, Volume 05, Issue 01, under the title: "Recreational Physical Activity and Its Relationship to Psychosocial Adjustment." The research focused on a sample of secondary education physical education teachers and aimed to explore the correlation between recreational physical activity and psychosocial adjustment. The researcher adopted the descriptive approach and selected a random sample of 23 physical education teachers. Data were collected using a questionnaire.

Following statistical analysis, the results indicated a positive correlation between recreational physical activity and psychosocial adjustment. Based on these findings, the researcher recommended the importance of enhancing psychosocial adjustment by promoting recreational sports activities across all segments of society.

6. Survey study:

Before implementing the program, official authorization was obtained from the relevant authorities at the experiment site. Approval was granted by the Directorate of Education at the state level, supported by a mission letter issued by the University of Algiers 3. This authorization facilitated communication and coordination with the principal of Al-Bashir Al-Ibrahimi High School in Jandal, Ain Defla.

Preliminary visits were conducted to observe the sample, which consisted of six members from the research population. During these visits, a scale form was distributed to examine the psychometric properties of the research instrument. Additionally, a one-week pilot study was carried out to evaluate the tool's suitability and alignment with the characteristics of both the sample and the study environment. This exploratory phase helped assess the readiness of the tools and working conditions, ensuring they were adequate to support the objectives of the scientific research.

7. Research Methodology:

The scientific method is a method of organized thinking, which depends in its study of phenomena on scientific observation, data and facts, and the scientific method seeks to study phenomena objectively free of interests, influences and subjective trends. (Dr. Omar, 2019, p. 13)

Where we have studied a particular phenomenon through the use of the experimental method, which is a deliberate and controlled change of the specific conditions of reality, or the phenomenon that is the subject of study and observing the effects of this change on this reality and phenomenon. (Prof. Dr. Amer, 2007, 108)

8. Research Community:

The study population was determined in proportion to the research topic, as it includes the second year students at Bashir Ibrahimi High School, with a total of 185 students, of whom 173 are practicing sports and 12 are exempted (non-practitioners). The focus of this study was on the research community of 61 male pupils practicing sports.

8.1 Research sample:

Within the framework of this research, the sample represented 22.9% of the total research population and consisted of 61 second-year secondary school students. The sample was selected through a voluntary participation process, in which students submitted a form expressing their willingness to participate in the

recreational program, accompanied by parental consent forms (see annex). Accordingly, the sample was carefully controlled and selected based on the criteria established in the study.

9. Fields of study:

9.1 Spatial domain:

The current study was carried out in the city of djendal in the wilaya of Ain Defla, and this is at At Al-Bashir Al-Ibrahimi High School in the city of Jandal in the state of Ain Defla

10. Search Tool:

10.1 Psychosocial Adjustment Scale:

The psychological and social compatibility scale was developed by the Egyptian researcher Rasha Abdel Rahman Mahmoud Wali (2007).

Table 1. Represents the distribution and direction of phrases in each dimension

Number s	Dimensions	Ferry Numbers	Ferry Numbers
		Positive	negative
Social compatibility			
01	Tact in dealing with others	05 36,39,40,49 59,	
02	Community compliance	09 24,41,42,43 44,45,47,6, ,1,67	
03	Driving capability	06 4,50,51,53, ,54,76	
04	Relationships in the family	06 37,56,57,58 ,60,	52
05	Relations at school	09 38,46,57,58 ,60,	68
06	Relationships in the surrounding environment	06 20,25,48,71 ,72,	16

Total	76	52	24
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Source: Rasha Abdel Rahman Mohamed Wali in 2007

11. Authenticity and stability of the scale:

11.1 Authenticity of the arbitrators:

When the scale was initially administered to professors at the Institute of Sciences and Techniques of Physical and Sports Activities at Algeria 3, they were asked to provide their feedback on the following aspects:

- Evaluating the suitability of the proposed statements for the scale and the context in which they would be applied.
- Reviewing and correcting the average score of first- and third-year students on the psychosocial compatibility scale.

11.2 Scale stability:

To assess the reliability of the psychosocial compatibility scale, we calculated the correlation coefficients between the odd- and even-numbered items. The correlation with respect to the total score of the scale reached 0.98, indicating a high degree of internal consistency. Additionally, the split-half method was employed to determine the stability coefficient of the scale, which was applied to the research sample.

12. Statistical methods and techniques used in research:

- Test: T. Test.
- Cohen's equation d:
- Wilcoxon equation.
- Alpha Cronbach
- Statistical processor SPSS

13 Presentation, analysis and discussion of the results of the first hypothesis:

Hypothesis text:

- There is a positive effect of the proposed recreational sports program using games in achieving social adaptation in males.

Presentation of the results of the psychological dimension:

Table 1: shows the table below after the dimension of social compatibility and its statistical methods.



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							<i>Social compatibility</i>
Tact in dealing with others_ Group compliance_ Ability to lead_ Relationships in the family_ Relationships at school_ Relationships in the surrounding environment							Secondary dimensions
<i>Significance level</i>	<i>SIG</i>	<i>Degree of freedom</i>	<i>Cohen Coefficient D</i>	<i>Standard deviation</i>	<i>Arithmetic mean of telemetry</i>	<i>Arithmetic mean of pre-measurement</i>	Sample
<i>It has significance</i>	<i>0,039</i>	<i>13</i>	<i>0,52,9</i>	<i>9,178</i>	<i>35,500</i>	<i>29,857</i>	<i>14</i>

Source: Prepared by the researcher based on SPSS results

14 Analysis and discussion of the table:

From the table above, it is evident that the arithmetic mean of the social compatibility dimension in the pre-test was 29.857, while the post-test mean increased to 35.500. The standard deviation was 9.178, with a degree of freedom of 13. The calculated Cohen's *d* coefficient was 0.529, and the significance level was 0.039. These results statistically indicate a moderate effect size, suggesting that the proposed recreational sports program had a positive and meaningful impact on the social compatibility dimension.

14.1 Discussion of the results in light of hypothesis:

The results of the statistical analysis using *SPSS*, related to the third partial hypothesis, showed statistically significant differences in psychological compatibility between the pre- and post-measurement among secondary school students, where the value of the Will Kisslon test reached (7.283) at the level of significance (0.49), which indicates the superiority of the post-measurement. Previous studies have supported this finding, as the study of Rahli Murad showed a positive relationship between social adaptation and motor learning among high school students in physical education. The study of Mazari Fateh et al. also found differences in favor of recreational sports practitioners in psychological and social

adjustment. She recommended the need to generalize the practice of recreational sports for its psychological benefits during adolescence.

Based on these results, the validity of the hypothesis positing statistically significant differences in favor of telemetry was confirmed, confirming the effectiveness of the pilot program in improving psychological adjustment among students.

15. Presentation, analysis and discussion of the results of the second hypothesis:

Hypothesis text:

- There are statistically significant differences in social adaptation between pre- and post-measurement among male secondary school students.

Table 2: The table below shows the differences of the pre- and post-measurement of the social compatibility dimension

Statistic al signific ance at the level of <i>0.05</i>	<i>T</i>	<i>Test wilcox on</i>	Devia tion Norm ative	<i>Average Arithmetic</i>		Devia tion Norm ative	<i>Avera ge Arith metic</i>	sample	Social adaptatio n
<i>0,039</i>	<i>2,300</i>	<i>2,161</i>	<i>7,283</i>	<i>24,071</i>	<i>1.150</i>	<i>4.357</i>	<i>14</i>	Tact in dealing with others	scaling Tribal
					<i>1.938</i>	<i>7.285</i>		Community compliance	
					<i>1.561</i>	<i>2.857</i>		Driving capability	
					<i>1.728</i>	<i>4.285</i>		Relationships in the family	
					<i>1.815</i>	<i>6.714</i>		Relations at school	
					<i>1.691</i>	<i>4.357</i>		Relationships in the surrounding environment	
			<i>6.914</i>	<i>28,428</i>	<i>.5780</i>	<i>4.785</i>	<i>14</i>	Tact in dealing with others	Telemetr y
					<i>1.639</i>	<i>8.071</i>		Community compliance	
					<i>1.251</i>	<i>4.785</i>		Driving capability	



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1.491	5.071	Relationships in the family
1.696	7.428	Relations at school
1.283	5.428	Relationships in the surrounding environment

Source: Prepared by the researcher based on SPSS results

15.1 Table Analysis and Discussion:

As shown in the table above, the arithmetic mean of the social compatibility dimension in the pre-measurement was 24.071, while the post-measurement mean increased to 28.428. The standard deviation for the psychological dimension was 7.283 in the pre-measurement and 6.914 in the post-measurement, with a degree of freedom of 13. The calculated Wilcoxon value was 2.161, compared to the critical t value of 2.300 at a significance level of 0.039. These results statistically indicate a meaningful difference between the pre- and post-measurement scores, suggesting a positive effect of the intervention on social compatibility.

15.2 Discussion of the results in light of hypothesis:

The results of the statistical analysis using SPSS for the fourth sub-hypothesis revealed statistically significant differences in social compatibility between the pre- and post-measurements among secondary school students. The Wilcoxon test yielded a value of 2.161 at a significance level of 0.039, which is less than the threshold of 0.05. This indicates a statistically significant improvement in social compatibility, favoring the post-measurement.

Previous studies have confirmed the validity of this hypothesis, as the study of * Tawaghzet Suhaila * showed the effect of mini-games in improving social harmony among middle school students. The study of Jadi Mustafa also supported these results, as it proved a positive relationship between recreational physical activity and psychosocial adjustment, stressing the need to enhance this compatibility through recreational activities.

Based on these findings, the research hypothesis—suggesting the existence of statistically significant differences in favor of the post-measurement—was

confirmed. This outcome reflects the effectiveness of the experimental program in enhancing social adjustment among students.

CONCLUSION

We conclude from the discussion of hypotheses that the recreational sports program using para-sports games had a "positive effect on achieving social compatibility" among secondary school students, which is consistent with previous studies. This is due to the fundamental role of social compatibility in influencing the psychological and social state of the individual, where the adolescent is more affected by the environment and the physiological and psychological changes he is going through.

In addition, the adolescent's love for movement and sports, due to the great energy he possesses, makes him an urgent need to relax and reduce psychological and social pressures, as well as satisfy his desires and build social relationships with his peers. The sample responses in the (tribal scale) showed a weakness in social communication to varying degrees, which was reflected in the results of the arithmetic averages of the questionnaire.

Accordingly, the researcher focused on designing a well-thought-out recreational sports program that includes games that help achieve social harmony for this category. After analyzing the results and processing them statistically, several important points were reached that will be reviewed later;

- There is a positive effect of the proposed recreational sports program using games in achieving social adaptation in males.

- There are statistically significant differences in social adaptation between pre- and post-measurement among male secondary school students.

.Suggestions:

The main recommendations are as follows:

- Inclusion of recreational sports programs based on para-sports games in leisure time for secondary school students.
- Providing the necessary equipment and capabilities to practice recreational activities, in a way that serves the individual's health psychologically, socially, cognitively and educationally.
- Qualifying recreational pioneers at the university level to play their role in educational institutions, whether as teachers or supervisors of recreational activities.
- Create recreational spaces for children and adolescents in school, which they can



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use during school hours to promote physical activity and social interaction.

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