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Received 25/10/2023

Accepted 30/06/2024

Printed ISSN: 2352-989X

Online ISSN: 2602-6856

رقم الهاتف:

Level of Mental Health among Adolescents practicing Sports Activities

(14-15years)

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ABSTRACT

The study aims to know the level of mental health among Adolescents practicing Sports Activities in the city of Souk Ahras-Algeria, where the sample included 81 teenagers (male and female), which practicing individual and collective sports, using the descriptive method, also using Said Yusuf's (2017) mental health scale. After confirming its psychometric properties, the data are also treated by the social science's statistical software package SPSS25. The results indicate that the level of mental health among Adolescents practicing Sports Activities is medium, we should take care about our mental health by exercising sports in all its forms.

Keywords: Mental Health, Adolescence, Sports Activities.

الملخص

تهدف الدراسة إلى معرفة مستوى الصحة النفسية بين المراهقين الذين يمارسون الأنشطة الرياضية في ولاية سوق أهراس الجزائرية، حيث شملت العينة 81 مراهقاً (ذكوراً وإناثاً)، يمارسون الرياضة الفردية والجماعية، باستخدام الطريقة الوصفية، باستخدام أيضاً مقياس الصحة العقلية لسعيد يوسف. بعد تأكيد خصائصه النفسية، يتم معالجة البيانات أيضاً من خلال حزمة البرامج الإحصائية للعلوم الاجتماعية SPSS25. تشير النتائج إلى أن مستوى الصحة العقلية بين المراهقين الذين يمارسون الأنشطة الرياضية متوسط، يجب أن نهتم بصحتنا العقلية من خلال ممارسة الرياضة بشتى أشكالها.

الكلمات المفتاحية: الصحة النفسية، المراهقة، الأنشطة الرياضية.

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INTRODUCTION

Physical activity of all types (collective sports, individual sports, and semi-sports) has become a great area in which many scientists and specialists in their studies and research are racing to develop, promote, and get the most out of this field for humanity.

Collective and individual sports as a human activity constitute an integral part of modern society and aim to build a straight person in physical, cognitive, social, psychological, etc. terms through well-known scientific foundations and principles. These activities are suited to different segments of society, from childhood to adolescence to old age, each with its own physiological, physical, and psychological characteristics, through which the person determines the type of activity appropriate to him and furthermore the tendencies and desires of the person toward a particular activity.

Any activity where participants cooperate to achieve a common goal qualifies as a communal sport. A team sport is an activity in which a group of people on the same team cooperate to achieve a primary objective, which is typically to win. (Freebase, 2021).

A sport in which competitors participate alone is referred to as an "individual sport". But there are also team events in individual sports, like relay races, the Davis Cup, and the Fed Cup. (Wikipedia, 2021). Regardless of the positives and characteristics of each type of sports activity, they share one goal, which is to build a balanced physical and psychological personality for the athlete, whether this athlete is in collective sports or individual sports.

One of the foundations and principles that help an individual's mental health is being able to manage problems such as awkward situations while performing some sports exercise or shame during teamwork or individual work. Mental health is now the ideal standard for people's culture and progress.

It is good to know that mental health refers to a spectrum of cognitive, affective, social, and behavioral functioning. Previous studies have shown a connection between children's and teenagers' mental health and their short- and long-term physical health as well as chronic disease. (Bitsko, 2022).

Adolescence is known to be the most difficult phase for humans, being a sensitive phase that requires special care and unique follow-up, and this applies to both sexes. (females and males), in order to try to control adolescents' behaviors in various ways in this period, the importance of sports

activities in their larger part, namely collective and individual sports, is paramount, as they have a positive impact on adolescent mental health.

The purpose of the study is to find out the level of mental health of sports practitioners, using Said Yusuf's mental health scale 2020, as well as whether there are any statistical differences between males and females, practitioners of individual and collective sports, in the level of mental health. We used the descriptive method because it is compatible with the nature of the research problem, so we asked three questions:

The following question has been raised:

- ✓ What is the level of mental health of sports practitioners?
- ✓ Are there statistical differences in the level of mental health attributable to the variable of sports activity practiced (individual-collective)?
- ✓ Are there statistical differences in the level of mental health attributable to the variable of sex (males-females)?

2. Literature Review

Mental Health

Cognitive, behavioral, and emotional health are all included in mental health. It all comes down to how people act, feel, and think. The absence of a mental condition is sometimes meant when the phrase "mental health" is used. Daily life, relationships, and physical health can all be impacted by mental health. This connection, however, also functions the other way around. Mental illness can be brought on by personal circumstances, social ties, and physical conditions. (White, 2022).

In our current study, we mean the mental health scores that we will receive after the application of Said Yusuf's mental health scale.

sports activity

Sporting activities are any performance or involvement in the sport, including but not limited to training, contests, coaching, or serving as an official. (Dictionary, 2022).

individual sports

There are several sports, such as tennis, golf, and bowling, that are primarily regarded as individual sports, or activities performed by one person without the assistance of teammates. There are, of course, exceptions, like the

Ryder Cup in golf, in which two teams from either side of the Atlantic participate, but most of the time the contest is for a single trophy. Badminton, Bowling, Boxing, Cycling, Figure Skating, Golf, Skiing, Snowboarding, Surfing, Swimming, Track and Field, and Wrestling are just a few of the thousands of individual sports. (Ackermann, 2022).

Collective sports

Any sport in which players collaborate to achieve a common goal is considered a team sport. A team sport is any activity in which a group of people on the same team cooperate to achieve a single, generally winning, objective. (Dictionary, Educalingo, 2022).

Adolescence

Is the stage of development and growth that occurs between childhood and adulthood. Any person between the ages of 10 and 19 is considered an adolescent by the World Health Organization (WHO). (Csikszentmihalyi, 2022).

3. Method and Materials

3.1. Participants

The sample included 81 adolescents, including 48 males and 33 females, practicing various sports in the sports complex at Baji Mukhtar for the year 2022, State of Souk Ahras, Algeria.

3.2. Materials

The mental health scale includes 14 sentences established by Yousuf (2017) for the expression of mental health; for each sentence, we find three answers (always apply, sometimes apply, doesn't apply). The adolescent must choose the appropriate answer.

3.3. Validity and Reliability

Validity

The veracity of the construction was calculated by calculating the correlation coefficients using the Pearson coefficient between each sentence and the total score. The following table represents the total score on the scale:

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Table 1. The correlation coefficient between each sentence and the total score of the scale

	Correlation of Pearson	Sig		Correlation of Pearson	Sig
Question 1	,406*	,026	Question 8	,541**	,002
Question 2	,622**	,000	Question 9	,556**	,001
Question 3	,622**	,000	Question 10	,539**	,002
Question 4	,607**	,000	Question 11	,715**	,000
Question 5	,583**	,001	Question 12	,556**	,001
Question 6	,525**	,003	Question 13	,481**	,007
Question 7	,514**	,004	Question 14	,505**	,004

Source: authors, 2023.

Reliability

Coefficient reliability with Alpha-Cronbach: The alpha-Cronbach equation has been used to calculate the coefficients of the internal consistency of the scale and its sub-dimensions, and the following table shows the results:

Table 2. Coefficient's reliability for the total score of scale

Alpha de Cronbach	Nombre d'éléments
,824	14

Source: authors, 2023.

3.4. Statistical Analysis

Statistical processing was done by SPSS version 25, which was used to calculate validity and reliability and to analyze the results of the field study based on the:

- ✓ arithmetic average.
- ✓ standard deviation.
- ✓ sample t test.
- ✓ Alpha Cronbach coefficient.

4. RESULTS AND DISCUSSION

4.1. RESULTS

✓ First hypothesis

The level of mental health of sports practitioners is medium.

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Table 3. The arithmetic average and standard deviation of the sample

	N	Average	standard deviation
Total	81	34,2716	3,51074

Source: authors, 2023.

We calculated the difference between the overall average of the approved mental health scale estimated at 28 degrees and the largest possible score of the estimated measure of 42 degrees; we get 14; we divide by 3 by the estimate ladder; we get 3 calculation averages ranked from the lowest to the highest for the level of mental health (low, medium, high).

It can be seen from Table 3 that the arithmetic average of the sample is 34.2716, which means it is at a medium level of mental health.

✓ **Second hypothesis**

There are no statistically significant differences in the level of mental health attributable to the variable type of sporting activity practiced (individual - collective).

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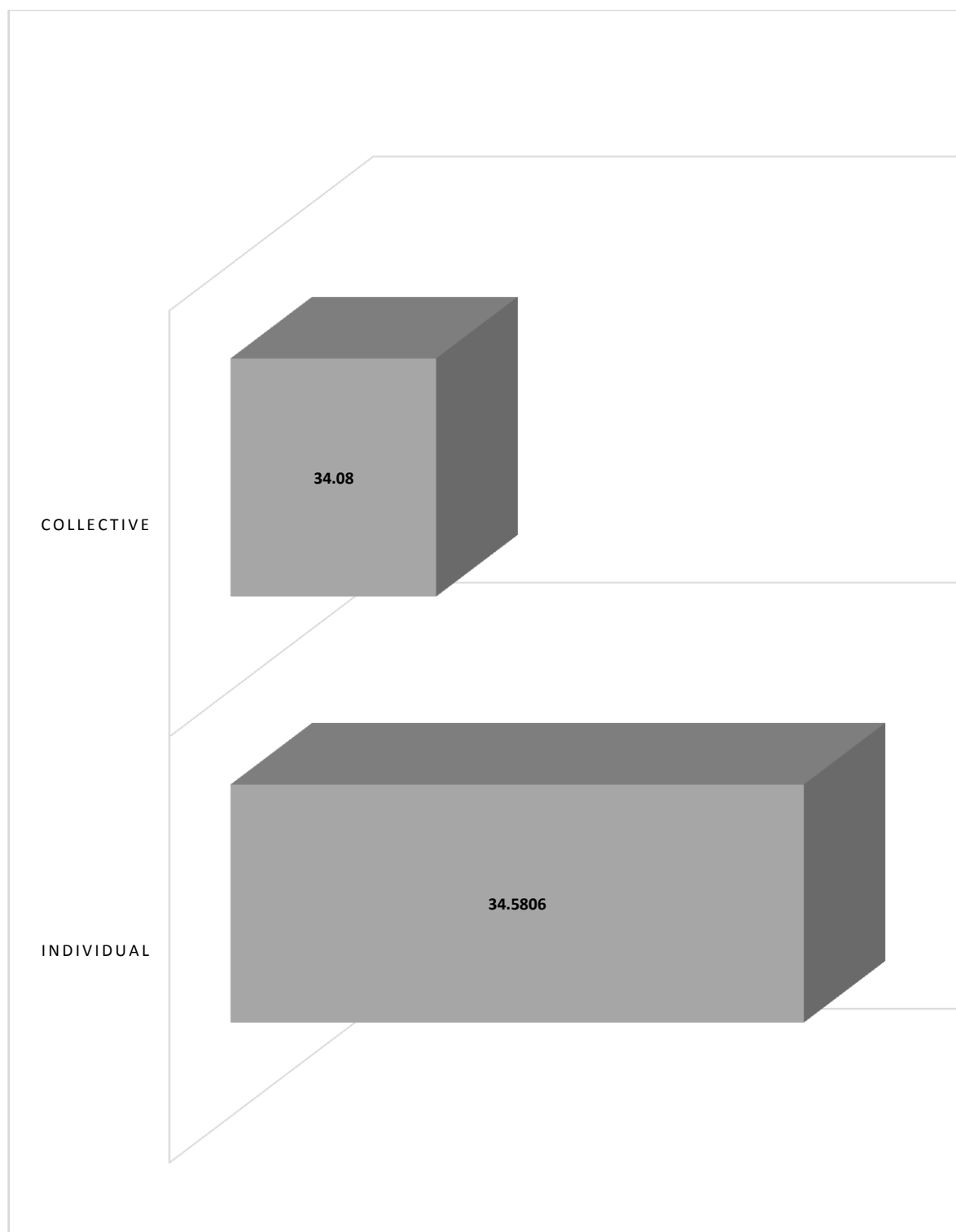
Table 4. differences between the collective and individual sports in the level of mental health

Type of Sports	N	Arithmetic Average	Standard deviation	ddl	T Value	sig
Individual	31	34,5806	3,11742	72,350	-,649	,154
Collective	50	34,0800	3,75168	79	-,621	

Source: authors, 2023.

The above table indicates that the calculated value of T in individual sports is -,649, and in collective sports it is -,621, which means that there are statistically significant differences between the two types in the level of mental health. The arithmetic average of individual sports is valued at 34,5806, with a standard deviation of 3,11742, which is bigger than the arithmetic average of collective sports estimated at 34,0800, with a standard deviation of 3,75168, which means that there are differences between the two types in favor of individual sports.

Fig.1. differences between the collective and individual sports in the level of mental health



Source: authors, 2023

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✓ **Third hypothesis**

There are statistically significant differences in the level of mental health attributable to the variable sex (male - female)

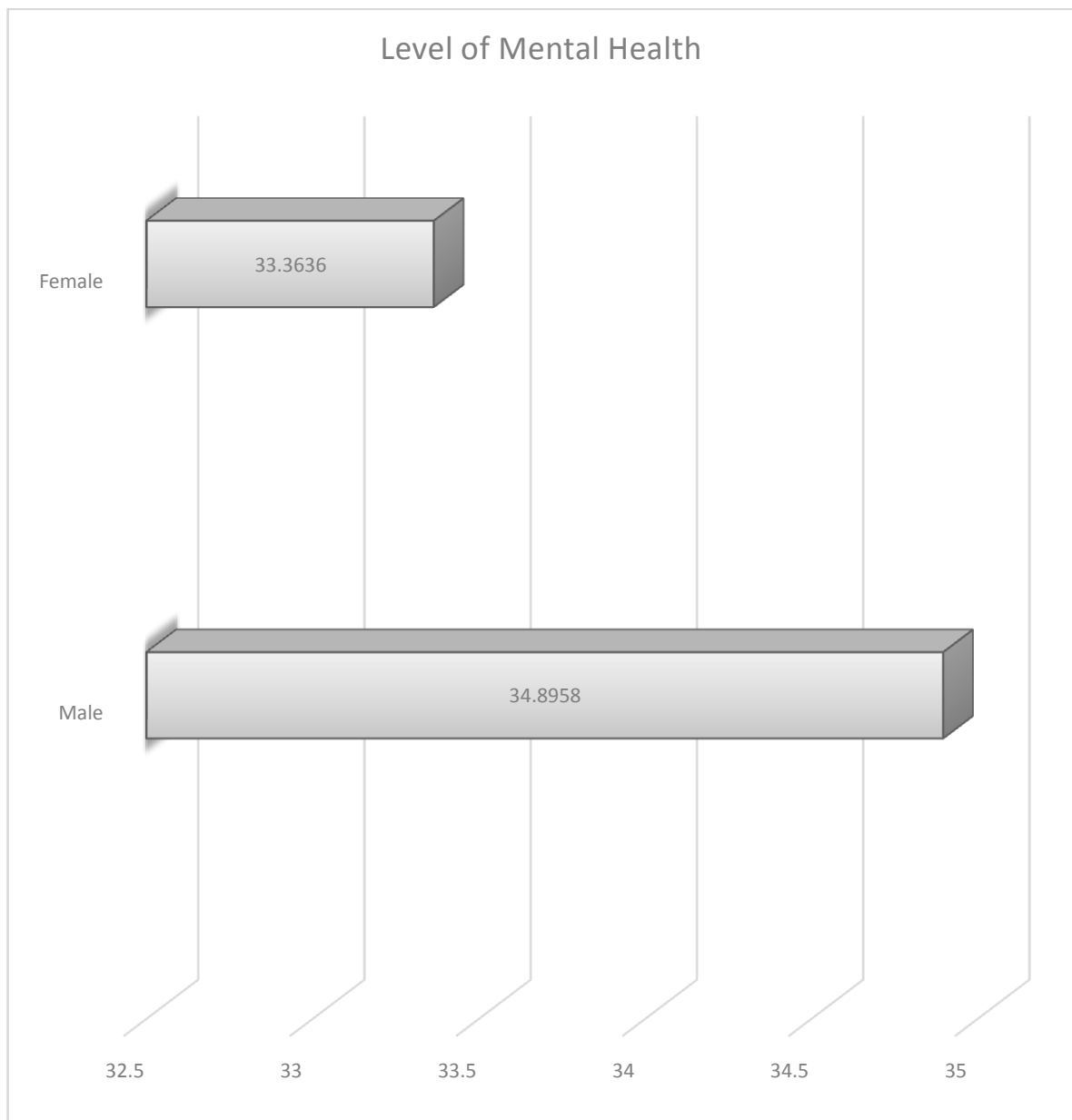
Table 5. differences between male and female in the level of mental health.

	Sex	N	Arithmetic Average	Standard deviation	ddl	T	sig
Level of Mental Health	Male	48	34,8958	3,35324	79	1,964	,831
	Female	33	33,3636	3,58659	65,831	1,940	

Source: authors, 2023.

We note from the table that the calculated value of T among males is 1,964 and among females is 1,940, which means that there are statistically significant differences between the two sexes in the level of mental health. The arithmetic average of males is valued at 34,8958, with a standard deviation of 3,35324, which is less than the arithmetic average of the females estimated at 33,3636, with a standard deviation of 3,58659, which means that there are differences between the two sexes in favor of females.

Fig.2. differences between male and female in the level of mental health



Source: authors, 2023.

4.2. Discussions

It can be observed from a statistical point of view (Table 3) that the level of mental health is medium, the results of the arithmetic average of the mental health scale were equal to 34.2716, which is a medium value in the statistical field of mental health level. This may be due to adolescence, which is a difficult and vague period during which the teenager is confused and most of

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his psychological, physiological, and physical conditions change, and from the answers of teenagers on the mental health scale, we note its medium impact. The results of the current study were consistent with the Jennifer A. Silvers study in highlighting that adolescence is a dynamic period for the development of emotion regulation. For many individuals, emotion regulation skills improve dramatically during adolescence. (A. Silvers, 2022). Furthermore, sports activities have the potential to promote the mental health of teenagers due to their positive effects on their psychological and mood conditions. Jak Tipan's study states that exercise has many benefits, both curative and preventive, for physical and mental health. Any amount of exercise, even if it falls below the suggested amount, is likely to produce benefits. (Tipane, 2021).

It could also be because the coronavirus pandemic has significantly affected the mental health of the adolescent in addition to the physiological changes that follow this stage, as agreed by Lounici's study, that children and adolescents should be encouraged to engage in sports activities, parents take care of their children's mental health and support them to overcome any difficult time such as the coronavirus pandemic. (Said, 2021).

The fact that we have attained a medium level of mental health does not mean that sports activity of both kinds is unhelpful, but can be attributed to the surroundings and lack of sports facilities and means, which contribute to the realization of each adolescent's wishes.

This is, of course, explains the importance of sports activity, which can change one's life in all aspects, (physical, psychological, etc.). It's so special that it suits all ages, being a tool of development and improvement whether during an individual or collective sports activity.

From Table 4, we have determined that there are no statistically significant differences between the individual sports and collective sports, favoring the individual sports. This may be due to the fact that both collective and individual activities have characteristics that qualify them for the attainment of the adolescent's mental health. Those who engage in a collective activity have a widespread reluctance toward the social environment that enhances their abilities and efficiency, as well as those who have individual competence to develop their mental health through their self-confidence and their activities based on their physical and psychological strength. These findings are consistent with Bouchareb's study, that Collective physical activity, handball and martial arts in particular, helps to develop adolescents' mental health at the secondary level. (Rafahia, 2021).

On a scientific website compatible with our current study, he talks about teen sports and how they can have a significant positive impact on teen well-being. Not only do sports reduce stress, but they also give teens ways to bond and practice collaboration while reaping the physical and mental health benefits of exercising. Teen sports can boost self-esteem, build teamwork skills, and help young people build a close community of peers and supportive adults. (Academy, 2021). In applying Said Yusuf's mental health scale to a sample of teenagers who practice various individual and collective sports in the Algerian environment, we found that both types contribute to the development of mental health alike, and this can vary according to the living environment.

Through the results of Table 5, we have noted that there are no statistically significant differences between the males and females in the level of mental health. This may be because both sexes are at the same age where adolescents are affected and their behaviors change; they are undergoing the same physiological and psychological changes. Also, the coronavirus pandemic we have experienced is not an easy phase, but it has a significant impact on adolescents' mental health, especially as they are in a period requiring continuous care and monitoring.

It is of critical importance to maintain the mental health of adolescents, both boys and girls, who are the future builders. Therefore, the primary officials for teenagers are their parents. It is advisable for parents to accompany their children, especially in this sensitive period that will determine the adolescent's personality afterward. Both males and females live in the same volatile psychological conditions and have the same needs.

5. CONCLUSION

Mental health has become a vital part of how people face the great challenges that matter to their lives, and that is what we have tried to prove in this study.

Moreover, we were able to answer the problem of our research, which was to know the level of mental health of sports practitioners, using Said Yusuf's mental health scale.

Finally, we suggest to: adopt and introduce individual and collective sports in training; and use a new and diverse program promoting the mental health of teenagers, taking account of the development of an adolescent's mental health.

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