

**The role of recreational sports and physical activity in raising the quality of life
for female resident students**

**A field study compared to university residence, Esselm-females, Batna
Province**

دور النشاط البدني الرياضي الترويحي في الرفع من جودة الحياة لدى الطالبات المقيمات

دراسة ميدانية مقارنة بالإقامة الجامعية السلم ولاية باتنة

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Abstract:

The study aimed to identify the differences between female university students who practice and who do not practice recreational sports and physical activity within the university residence, Esselm-Female, in the quality of life. We relied on the descriptive comparative method since it is the most suitable for our study, the sample consisted of 32 female resident students 16 of them are practicing recreational sports activity inside the residence and 16 female students who did not practice it, and we applied the quality of life measure issued by the UNESCO, modified and codified on the Algerian environment by the researcher Hamza Fatima on the sample under study, and the statistical treatment was done by the statistical packages program spss, and the results of the study showed There are statistically significant differences between participants and non-participants in recreational sports activity in the level of quality of life in all dimensions of the scale: after physical health, mental health, social relations, and after environment, in favor of female students who practice recreational sports physical activity

Keywords: quality of life; female resident students; recreational sports activity.

1. Introduction and research problem:

Among the concepts that were prevalent among many researchers, is that psychology is concerned only with studying the negative aspects of a person from phenomena, pressures and psychological illnesses, such as depression, anxiety and deviation, until a new trend called positive psychology appeared, which is mainly concerned with positive aspects and topics such as self-confidence, happiness and quality of psychological life.

The university stage is one of the stages that has its own specificity, because of the many and varied changes that appear in it in the psychological and personal aspects, because university students are going through an important developmental stage in their lives, and because they are getting ready to get a job and join the work force and also marriage and family stability and since their vision will influence their performance, and in their motivation to achieve subjective and objective goals for them. (Mansi & Kazem, 2010, p. 43)

Perhaps the most important characteristic of this stage is the widening volume of leisure time sought by female resident students during their stay in the university campus, and the liberation from some of the duties and responsibilities of the life of the student, such as housework and so on, which makes some of them tend to engage in recreational and physical activity.

And since the practice of sports activity in different age stages is important to the development of peoples and societies, and to work on its development and increase its practice, which is encouraged by all the different sectors of society. This activity in the higher education system has received some attention recently, considering that the students are the element of experience, strength of society and its intellectual class, and this is what all countries have realized, as the attention was focused on the rest of the other groups in the past, especially in recreational and sporting physical activity.

"Butler" indicates that sports and recreational activities contribute to achieving human happiness and works on the development of physical and mental health as well as upgrading his emotional and moral character, as well as contributing to raising morale and a sense of security. Studies have shown that a physically fit person can accomplish his tasks with less effort and more efficiency, and continue to work with the same effectiveness for a long time, without feeling bored, tired or stressed. (Ben Omar, 2015, p. 28)

Based on the above, we decided to ask the following question: **Are there statistically significant differences between participants and non-participants in the recreational sports activity in the quality of life of the residency female students?**

1.1. Sub-questions:

- Are there statistically significant differences between participants and non-participants in the recreational sports activity in the dimension of physical health among residency students?
- Are there statistically significant differences between participants and non-participants in the recreational sports activity in the dimension of mental health among residency students?

- Are there statistically significant differences between participants and non-participants in the recreational sports activity in the dimension of social relations among residency students?
- Are there statistically significant differences between participants and non-participants in the recreational sports activity in the environmental dimension of residency students?

1.2. Objectives of the study:

- Knowing the differences between participants and non-participants in recreational sports activity in the dimension of physical health among residency students.
- Knowing the differences between participants and non-participants in recreational sports activity in the dimension of mental health among residency students.
- Highlighting the differences between participants and non-participants in recreational sports activity in the dimension of social relations among residency students.
- Standing on the differences between participants and non-participants in the recreational sports activity in the environmental dimension of the residency students.

1.3. General Hypothesis:

There are statistically significant differences between the participants and non-participants in the recreational sports activity in the quality of life of the residency students in favor of the participants.

1.4. Partial hypotheses:

- There are statistically significant differences between participants and non-participants in recreational sports activity in the dimension of physical health among residency students in favor of participants
- There are statistically significant differences between participants and non-participants in recreational sports activity in the dimension of mental health among residency students in favor of participants
- There are statistically significant differences between the participants and non-participants in recreational sports activity in the dimension of social relations among residency students in favor of the participants.
- There are statistically significant differences between the participants and non-participants in the recreational sports activity in the environmental dimension of the residency students in favor of the participants

2. Search terms

2.1. The concept of recreation:

Khair al-Din Ali Musa believes that in order for the term recreation to be applied to human activity, it must be characterized by some characteristics, the first of which is that it takes place during the free time of the individual and not during working hours or meeting the

needs of daily life, as well as for the individual to practice the activity during his free time on his own free will and be enjoyable that brings pleasure, as it should. That the individual's recreational activities adhere to the legal and ethical regulation and take place in a manner that does not contradict it. (Ali Musa & Elhilali, 1997, p. 39)

2.3. The concept of recreational sports physical activity:

2.3.1. Conventionally:

Recreational sports physical activity in its own concept is those games or sports that are practiced in free time, and free from intense competition, or in other words, they are sports that are practiced outside the federal and regulatory framework. Recreational sports physical activity represents a means of occupying the free time,. (Kadri, 2016, p. 402)

And “Mohamed Houda” thinks that recreational sports physical activity is those physical exercises in which recreational competition happens with the purpose of group amusement through reaching the highest level of performance then going back to rest. (Timtaoucine, 2023, p.384)

2.3.2. Procedurally:

By it, we mean that sports and physical activity practiced inside university residences by female resident students.

2.4. Quality of life:

2.4.1. Conventionally:

It is how the individual perceives this life in light of the available circumstances and capabilities. It also gives the individual and makes him feel a positive sense of life, happiness and satisfaction with it, leading to self-realization, compatibility and adaptation with it in light of the variables and life conditions in which he lives. (Hamza & Boudaoud, 2018, p. 143)

Al-Ashwal points out that the quality of life is represented in the degree of advancement of the level of material and social services provided to members of society, and the extent to which These individuals are due to the ability of these services to satisfy their different needs, and it is also mentioned that the individual cannot realize the quality of the services that are provided to him in isolation from the individuals with whom he interacts (such as friends, colleagues, siblings, relatives, and others), meaning that the quality of life is related to the physical environment and the psychological and social environment in which the individual lives. (Fwatmia, 2015, p. 310)

According to the World Health Organization, quality of life means: "an individual's perception of his living situation in the context of the culture and value systems in the society in which he lives, and the relationship of this perception to his goals and expectations." (Si Tayyeb, Tahar, & Mennad, 2023, p. 216)

2.4.2. Procedurally:

They are the terms and conditions available in university residence in terms of material, health, psychological, and social relations which is represented by the students' self-

evaluation, which is the degree that the student obtains in the quality of life scale applied in our study.

2.5. The university student:

“Laid Ben Smicha” defined him as the person managed to move from high school to university to precede his education and his research in his scientific domain. (Ben Smicha, 2021, p. 425)

And by it, we mean female university students who live in the university residence Esselm - females in the province of Batna for the academic year (2022/ 2023).

3. Previous studies:

3.1. First study:

The study "Zarrouk Nile" (2022), under the title: "Recreational sports activity and its role in improving the quality of life among students of the Department of Adapted Sports Activity at M'sila University."

The study aimed to know the role of recreational sports activity in improving the quality of life for students of the Department of Adapted Sports Activity at the University of M'sila, where the researcher used the descriptive analytical approach. The study included a sample of 25 students in the Department of Adapted Sports Activity at the University of M'sila, the quality-of-life scale was applied to them, and the results of the study were as follows: The practice of recreational sports activity has a significant and effective role in improving the quality of life of the sample in terms of the quality of physical health, the quality of mental health, the quality of social relations, and the quality of the environment.

3.2. Second study:

The researcher's study: "Areej Ahmed Saeed Al-Aqran" (2020), under the title: "Practice sports activities and their relationship to the quality of life among university female students."

The study aimed to identify the relationship of practicing sports activities to the quality of life among university female students, and the differences in practicing sports activities and knowing the factors that most affect the quality of life among female students. The researcher has applied the descriptive analytic approach on a sample of (250) female university students in Jeddah, Saudi Arabia. Two questionnaires prepared by her were applied to them. The first measures the extent of practicing sports activities and includes (8) statements, and the second measures the quality of life and contains (30) statements.

The results showed that (42.8%) of the respondents practice sports sometimes, and it was also found that the more sports activities are practiced, the higher the quality of mental health, and the higher the quality of occupying and managing time, and that age was one of the most influencing factors on the practice of sports activities, and finally The study concluded that the quality of family life was a priority for the research sample.

3.3. The third study:

The study of the researchers: "Omar Hosseini" and "Asmaa Khallaf" (2019) under the title: "The impact of sports on the quality of life of a sample of practicing and non-practicing students."

The researchers sought to identify whether there were differences in the level of quality of life between practicing students and their non-practicing counterparts, and the descriptive approach was relied upon in the completion of the study. The study sample consisted of (32) students who practice sports and (36) students who do not exercise. A measure of quality of life was applied to them. The study reached the following results: - An increase in the quality of life among a sample of students who practice sports. - There are statistically significant differences in the level of quality of life for a sample of practicing and non-practicing students.

3.4. Fourth study:

The study of the researcher, "Bilaila Seif El-Din" (2018), under the title "A study of the quality of life of working women and its relationship to the practice of recreational sports activity (walking), a field study in the state of Annaba."

This study aimed to determine the relationship between the quality of life of working women, and the practice of recreational sports activity represented by walking on a regular basis. The researcher used the descriptive survey method., the sample included 12 women who have a stable job in the educational sector and who are also housewives, including 5 women who practice walking continuously, the quality of life measure was applied in order to determine the levels of quality of life with its own dimensions on this sample, as the results of the study revealed that there is no relationship between the level of quality of life in all dimensions and the practice of recreational physical activity.

3.5. Fifth study:

The study of "Lonis Saida" (2018) under the title: "The level of awareness of the quality of life in its various dimensions among university students in light of some variables"

The study aims to try to reveal the level of quality of life in its various dimensions as perceived by the university student in the light of some variables (sex and academic specialization). The researcher applied the descriptive approach on a sample of (103) university students on whom she applied the quality of life measure of "Kazim and Mansi", the results concluded that The level of quality of life among the study sample was high, and there were no statistically significant differences in the gender variable on all dimensions of quality of life except for the quality of study and education dimension, and the difference was in favor of females. The results also revealed that there were no statistically significant differences in the academic specialization variable on all dimensions of quality of life, except for the quality of time occupation and its management, and the difference was in favor of social specialization.

4. The Methodological Procedures of the Study

4.1 Study Approach:

The method in scientific research means those foundations, rules, and measures that are drawn up in order to reach the scientific truth, or the method which the researcher follows to discover the truth. (Allali, Ilihem & hanek, 2023, p.133)

In this study, we relied on the comparative descriptive approach for its suitability for such studies, given that it is used in collecting data, analyzing results, and finding similarities and differences between them by comparing them with each other.

4.2. Study population:

It is defined as "all the vocabulary of the phenomenon that the researcher studies, or all the individuals, persons, or things that are the subject of the research problem," or it is "the entirety of individuals, observations, events, or things that are the subject of the research." (karech, 2020, p. 55)

Our research community consisted of female students residing in the university residence, **Esselm, Females, in the province of Batna.**

4.3. The study sample:

It is "a part or percentage selected from the individuals of the main population, then the results are to be expanded over the whole society, the units of the sample can be individuals as it can be cities, neighborhoods.. etc." (Sekhal Boukhari, 2022, p.78)

The study sample consisted of 32 individuals, represented by 32 female students residing in the university residence, **Esselm-females**, in the province of Batna, which is divided into 2 groups, a group of (16) participants in recreational sports and physical activity and (16) non-participants.

4.4. Fields of study:

- Spatial field: University residence, Esselm-female, affiliated to the Directorate of University Services, Batna Bouakal, province of Batna.
- Temporal field: During the academic year (2022/ 2023)

4.5. Study variables:

- The independent variable: "Recreational sports activity".
- The dependent variable: "Quality of life."

5. Data collection tools:

5.1. The scale:

This study relied on the "Quality of Life" scale, by the researcher "Hamza Fatima" (2018), who Arabized, codified and adapted it to the Algerian environment, issued by the World Health Organization (**WHOQOL-BREF**).

5.2. Scale description:

This measure came as an abbreviation for **the WHOCOL 100** percentile quality of life measure issued by the World Health Organization, which was prepared in 1991, when the World Health Organization's Department of Mental Health began preparing a research project in 15 countries to build a global measure to measure the quality of life, covering the various aspects of the quality of life that it dealt with. Or not dealt with by traditional tools for estimating health-related quality of life. The main objective of the project was to design a tool for assessing the quality of life that can be widely used. It was prepared by 15 field centers affiliated with the World Health Organization, and translated into 12 languages, where the original version applied 235 items. And this formula was used in fifteen field centers in different languages around the world, to end up with 100 items covering 24 areas of life, which was later shortened to **WHOQU Bref**, consisting of 26 items that measure the quality of life in six areas, which are represented in the following table:

Table No. (1): A table representing the areas of quality of life according to the World Health Organization.

Domain	its main components
physical health	Energy and fatigue, rest (discomfort), pain, sleep and rest
Psychological health	Body image and appearance, positive emotions, self-esteem, reflexes (learning, memory, concentration)
level of independence	Movement, daily activity, independence in treatment and medical assistance, ability to work.
Social relations	Personal relationships, social support, sexual activity
the environment	Resources and Finance, Freedom and Security, Health Care and Social Aid, Housing, Ability to Learn, Hobbies, Physical Environment, Pollution, Noisy, Climate
Spiritual health	Spirituality, religiosity, personal beliefs.

The abbreviated version consisted of one item representing all twenty-four domains, in addition to two items on life as a whole. The WHOQU Bref became composed of 26 items distributed over 4 dimensions, the first and second items on quality of life in general, and public health. As for the rest of the dimensions, they are distributed as follows:

Table No. (2): A table representing the dimensions of the quality of life measure

The dimension	Items
physical health	.18 ,17 ,16 ,15 ,10 ,4 ,3
Psychological health	.26 ,19 ,11 ,7 ,6 ,5
Social relations	.22 ,21 ,20
the environment	25 ,24 ,23 ,14 ,13 ,12 ,9 ,8

The items were formulated in the form of questions, each of which must be answered on the basis of an ordinal five-point scale, ranging from 1 to 5 positive items, and from 5 to 1 in the negative items, which are represented in the following items (1, 2, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25) and are reflected in the negative items (3, 4, 26), and the higher score indicates a higher quality of life. (Hamza & Boudaoud, 2018, pp. 148, 149)

5.3. The exploratory study:

We have performed this study in order to measure the validity and constancy level of the study tool used in the study and also to be aware of all the different conditions concerning the performance, so we have chosen a sample of 10 female students residing in the university residence Esselm-females, excluded from the original sample, then we have applied the scale twice with a period of 15 days between each time.

5.4. Psychometric properties of the scale:

5.4.1. Constancy: It was estimated using two methods: Applying the Cronbach alpha reliability estimate, and the test-retest reliability strategy and the results were as shown in the table below:

Table No. (3): shows the values of The Cronbach alpha reliability estimate and the test-retest reliability strategy between the grade of each domain and the grade of quality of life:

Domain	Sample	Cronbach's alpha coefficient	A test-retest correlation coefficient	The significance value	The significance level
physical health	10	0,645	0,775	0,009	0,01
Psychological health		0,766	0,840	0,002	
Social relations		0,717	0,808	0,005	
the environment		0,790	0,769	0,009	
The overall grade		0,826	0,823	0,003	

From the table it's clear to us that when the Cronbach alpha reliability estimate is applied, all the constancy coefficients were high, and the same thing happened when we calculated reliability coefficient (Pearson) between test and retest, all the coefficients of the different domains or the overall grade were high and close to one, and points at the significance value (0,01), which proves that the scale has a high level of constancy, also we have compared this result with the results of several studies that used the same scale and they were very close too.

5.4.2. Validity: And it means the ability of the questionnaire measure what it is intended to measure. And we have measured it with two methods:

5.4.2.1. Intrinsic validity: equals the root square of the constancy of the overall grade and its domains

5.4.2.2. Internal Consistency Validity: calculating reliability coefficient (Pearson) between the overall grade of each domain and the overall grade of the scale.

Table (4): shows the values of intrinsic validity and the correlation coefficients between the overall grade of each domain and the overall grade of the questionnaire.

Domain	Sample	Intrinsic validity	correlation coefficient	The significance value	The significance level
physical health	10	0,803	0,637	0,048	0,05
Psychological health		0,875	0,644	0,044	
Social relations		0,846	0,814	0,004	
the environment		0,846	0,644	0,044	
The overall grade		0,908			

The table shows that the values of validity coefficients were all high and the correlation coefficients between the four domains and the overall grade of the scale were all pointing at the significance level (0.05) which proves the validity and consistency of the scale's expressions.

5.5. Statistical methods used in the study:

- SMA
- Standard deviation
- Correlation coefficient (Pearson)
- Cronbach's alpha coefficient
- T-test for two independent samples
- Using spss version 25

6. Presentation, analysis and discussion of results:

To verify the hypotheses statistically, we used the t-test for two independent samples.

6.1. First hypothesis:

There are statistically significant differences between participants and non-participants in recreational sports activity after the physical health of residency students.

Table (5): shows the statistical values of the practiced and non-practiced samples at the level of the physical health dimension:

the sample	Sample volume	SMA	standard deviation	Significance value	significance level
Non-participants	16	22,437	3,723	0,000	0,05
participants	16	27,250	2,840		

It is evident from Table No. (5) that the average physical health dimension of female students who practice recreational sports activity, which is estimated at (27,250) and with a standard deviation of (2,840), is greater than the average physical health dimension of

female students who do not practice recreational sports activity, which is estimated at (22,437) and with a standard deviation of (22,437). Standard (3,723)

Since the obtained significance value is (0,000), which is less than the significance level (0.5) we can say **that there are statistically significant differences between participants and non-participants in recreational sports activity in the dimension of physical health, in favor of participants of recreational sports activity.**

These differences can be explained by the benefits of female students who practice recreational sports activity from the positive effects on the health and physical aspects. In addition, by improving the efficiency of the body's organic systems, and the level of physical fitness, we can maintain an appropriate level to resist tiredness and speed recovery of physical health to perform the daily activities comfortably, and keeps a suitable level of physical health.

6.2. Second hypothesis:

There are statistically significant differences between participants and non-participants in recreational sports activity in the dimension of mental health among residency students.

Table (6): shows the statistical values of the practiced and non-practiced samples at the level of the mental health dimension:

the sample	Sample volume	SMA	standard deviation	Significance value	significance level
Non-participants	16	17,062	2,594	0,000	0,05
participants	16	21,875	2,801		

It is clear to us from Table No. (6) that the average dimension of psychological health of female students who practice recreational sports activity, which is estimated at (21,875) and with a standard deviation of (2,801), is greater than the average psychological health dimension of female students who do not practice recreational sports activity, which is estimated at (17,062), and with a standard deviation (2,594).

Since the obtained significance value is (0,000), which is less than the significance level (0,5), we can say that There are statistically significant differences between participants and non-participants in of recreational sports activity in the psychological health dimension, in favor of participants of recreational sports activity.

This is due to what is provided by the practice of recreational sports activity, which has an effect on the psychological aspect through the development of desire and motivation counseling towards the practice of motor activity, and achieving relaxation and psychological balance, self-expression and unloading of represses, not to mention satisfying the tendency to move and play, and achieve happiness for the individual and recreation for himself. (Zemmori, 2021, p. 1197)

6.3. Third hypothesis:

There are statistically significant differences between the participants and non-participants in the recreational sports activity after the social relations of the residency female students.

Table (7): shows the statistical values of the practiced and non-practiced samples at the level of the social relations dimension:

the sample	Sample volume	SMA	standard deviation	Significance value	significance level
Non-participants	16	7,687	2,798	0,000	0,05
participants	16	10,937	1,526		

It is clear from Table No. (7) that the average dimension of social relations among female students who practice recreational sports activity, which is estimated at (10,937) and with a standard deviation of (1,526), is greater than the average dimension of social relations among female students who do not practice recreational sports activity, which is estimated at (7,687), and with a standard deviation (2,798).

Since the obtained significance value is (0,000), which is less than the significance level (0, 5) we can say that there are statistically significant differences between participants and non-participants in recreational sports activity in the dimension of social relations in favor of participants of recreational sports activity.

This is due to the positive role that recreational sports activity plays in various social aspects, by helping female resident students to overcome isolation and achieve social harmony for them, not to mention the formation of friendships and relationships as a result of friction with other students, whether inside or outside the residence as a result of the events and celebrations held between the different university residences.

6.4. Fourth hypothesis:

There are statistically significant differences between the participants and non-participants in the recreational sports activity after the environment among the residency students.

Table (8): shows the statistical values of the practiced and non-practiced samples at the level of the environment dimension:

the sample	Sample volume	SMA	standard deviation	Significance value	significance level
Non-participants	16	20,812	5,243	0 ,003	0,05
participants	16	26,312	4,206		

It is clear to us from Table No. (8) that the average dimension of the environment among female students practicing recreational sports activity, which is estimated at (26,312) and with a standard deviation of (4,206), is greater than the average dimension of the environment among female students who do not practice recreational sports activity, which is estimated at (20,812) and with a standard deviation (5,243)

Since the obtained significance value is (0.003), which is less than the significance level (0.5), we can say that **there are statistically significant differences between participants and non-participants in recreational sports activity in the environment dimension, in favor of participants of recreational sports activity.**

By the environment here, we mean security and social assistance, and the opportunities provided by the university residence for female students to practice sports activity, and the provision of equipment and means, free of charge.

6.5. General hypothesis:

There are statistically significant differences between participants and non-participants in recreational sports activity in the quality of life of residency students.

Table (9): shows the statistical values of the practiced and non-practiced samples in terms of quality of life:

the sample	Sample volume	SMA	standard deviation	Significance value	significance level
Non-participants	16	74,812	10,634	0 ,000	0,05
participants	16	93.437	6,120		

It is clear to us from Table No. (9) that the average total score for the quality of life among female students who practice recreational sports activity, which is estimated at **(93.437)** and with a standard deviation of **(6,120)**, is greater than the average total score for quality of life among female students who do not practice recreational sports activity, which is estimated at (74,812) with a standard deviation **(10,634)**.

Since the obtained significance value is (0,000), which is less than the significance level (0, 5), we can say that there are statistically significant differences between participants and non-participants in recreational sports activity in quality, in favor of participants of recreational sports activity.

The results reached and shown in the previous tables show that there are statistically significant differences between the female students who practice recreational sports activity and those who do not, and the difference was in favor of the female students who practice recreational sports activity, and this indicates that the practice of recreational sports activity has an important role in raising the quality of life in its various dimensions, as the activity The recreational sports within university residences contributes to a great degree in raising the level of quality of life, because the individual's exercise of sporting activity helps to vent and get rid of negative energy, and raise his spirits to turn to life, because human energy is collected through a group of social interactions and winning the spirit of friendship with others Not to mention the role that sport plays in developing the individual's physical aspects, which gives him self-confidence, a greater ability to face various life challenges, contributes to the integration of his personality, and a sense of well-being.

The results of our research have been consistent with many studies in this field, including but not limited to: The study "Zarrouk Nile" (2022) "under the title "Recreational sports activity and its role in improving the quality of life among students of the adapted sports

activity department at M'sila University." And the researcher's study: "Areej Ahmed Saeed Al-Aqran" (2020) under the title: "Practicing sports activities and their relationship to the quality of life among university students." And the study by "Lonis Saida" (2018) under the title: "The level of awareness of the quality of life in its various dimensions among the university student." In light of some variables" as they all showed the role played by sports activity in raising the quality of life for individuals, as well as the clear differences between practitioners and non-practitioners of sports activity.

7. Conclusions:

After presenting and analyzing the final results of the study related to the quality of life and its dimensions, we can say that the recreational sports activity practiced within the university residence has a role in raising the level of quality of life for the female resident students. Our research has concluded that the following hypotheses have been achieved:

- There are statistically significant differences between participants and non-participants in recreational sports activity in the dimension of physical health among residency students in favor of participants
- There are statistically significant differences between participants and non-participants in recreational sports activity in the dimension of mental health among residency students in favor of participants
- There are statistically significant differences between the participants and non-participants in recreational sports activity in the dimension of social relations among residency students in favor of the participants.
- There are statistically significant differences between the participants and non-participants in the recreational sports activity in the environmental dimension of the residency students in favor of the participants.

8. Recommendations and suggestions:

- Activating the media and guidance role in the student community within university residences, and sensitizing the role of recreational sports activity, its importance and the benefits arising from it for university female students
- Paying attention to recreational sports programs and developing them within the university campus in a scientific and thoughtful manner.
- Providing sports means and facilities such as halls and stadiums within university residences
- Paying attention to sports events held within university residences, whether within the same university or between universities.

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