



## Sports recreation and its impact on the effectiveness of psychological and physical efficiency among working women

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### First: Research Introduction:

psychologically and then care and attention to them.

Egyptian women have participated in building societies economically and politically and have played a positive role in various fields, not only that, but have continued their struggle to obtain their physical and health rights. (20 : 1 )

Since the 1952 revolution, the state has been interested in developing a strategy for economic and social development that includes women in the development process, considering that their participation in productive work alongside men constitutes a positive impetus for the movement of Egyptian society.

Civilized societies seek to pay attention to the health of their members, as the safety of individuals is the basic base on which societies build their glory and progress, the more healthy members of society are able to raise their status in life.



Women are half of society because of their basic roles in it because they are mainly responsible for the family and for their health and social care, and in order for this structure to be healthy and physical, attention must be paid to women's health physically, mentally, socially and

industrial revolution was the product of the cessation of men from work and strikes were thrown and bear the burden of work and the burden of the family and at the local level was the product of the education of Egyptian women and the outcome of their attempt to prove their worth and ability to work and led to their remarkable superiority to rise in all fields after they were just a follower at work became the leader and manager and that is not bias for her but the product of hard work and hard work According to the data of the Council of Ministers 2017, women obtained 6 ministerial portfolios within the Council of Ministers, representing 20% of the number of ministers in the Egyptian government.

Looking at working women that after the economic situation and their support for men alone is the engine and influencer is a not deep view of their prominent role and that

From that date until 1995, Egypt signed international conventions and participated in conferences urging the elimination of all forms of discrimination against women within the family, in employment and in all services provided by society to both women and men (2): 153).

Egyptian women have enjoyed economic and social advantages that led to an increase in the number of women in various fields of work, in addition to the relative participation in political work and civil society organizations, but the capitalist restructuring policy, which Egypt began since the eighties and took its official measures in 1991, had varying effects on men and women alike, especially after the state's retreat from the graduates' policy, and its trend towards an economic reform policy. and privatization (2: 153).

The researcher believes that the work of women at the international level with the

This prompted the researcher to carry out this study on the effectiveness of a sports recreational program to improve the psychological and physical efficiency of working women.

### **Research Objective :**

The research aims to improve the psychological and physical competence of working women through :

- 1- Designing a sports recreational program to improve the psychological and physical efficiency of working women.
- 2- Identify the impact of the sports recreational program on the psychological and physical efficiency of working women.
- 3- Identify the rates of improvement resulting from the effect of using the recreational sports program on the psychological and physical efficiency of working women .

women's work is not a grant from society, but has become a necessary need as a result of their superiority, but the report of the Egyptian Central Agency for Public Mobilization and Statistics in 2015 comes with shocking figures that about 30% of Egyptian families are supported by women, not with the participation of men, but with full responsibility, as a result of the death, disability or abandonment of the man's role.

Second: the research problem

The importance of the research is evident in the researcher's attempt to build a program on scientific foundations to improve the psychological and physical efficiency of working women, reduce psychological stress and improve the level of physical fitness by integrating the recreational nature and the foundations of its principles to give pleasure and effectiveness and achieve psychological and physical efficiency among working women.

Aziz " (2007 ) as it is the type of sports recreation, which includes the programs of many physical and sports activities, as it is the most types of recreation affecting the physical and physiological aspects of the individual practicing the face of the activity that includes sports. (30:84)

- 2- Working women: defined by "Khalid Al-Rudaian" (2005): She is a woman who performs work for a wage, and is subordinate in her work to a management that directs her and works for her (10: 562)

### **First: Research Methodology**

The researcher used the experimental method in the method of designing measurement (pre-dimensional) for one experimental group due to its suitability to the nature of the research.

### **Research hypotheses :**

There are statistically significant differences between the pre-measurement and the post-measurement and in favor of the post-measurement in the variables of physical efficiency (respiratory periodic endurance - flexibility - mobile muscular endurance - balance ) under research among working women.

There are statistically significant differences between the pre-measurement and the post-measurement and in favor of the post-measurement variables of psychological efficiency (the ability to face stress - psychological hardness - self-confidence - the ability to face anxiety - responsibility - psychological energy - societal psychological adaptation under research among working women.

### **Search terms :**

- 1- Sports recreation: defined by " Mohammed Hamahmi and Aida Abdel

excluded, as the number of the research sample reached (75) women who meet the conditions and (15) women were selected from the same research sample to conduct the exploratory study and the basic study was conducted on (60) women and table (2) is placed:

**Second: Research Community and Sample:**

أ- Description of the population and sample of the research :

The research community included a number (103) women working in Shebin Al-Koum, Menoufia Governorate, and their ages range between (50:40) years, (28) of those who do not meet the conditions were

**Table ( 2 )  
Description of the research population and sample (basic exploratory)**

Purpose	Percentage	Number	Profile	
Experimentation – Adjust Measurement	20.0%	15	Reconnaissance	Research Sample
Application of the recreational sports program	80.0%	60	Basic	
	100%	75	Total Research Sample	

**Third: homogeneity of the research sample**

أ- Homogeneity of the research sample (exploratory - basic) in growth variables:

The homogeneity of the research sample in the growth variables was calculated in terms of each of the arithmetic mean, standard deviation and

It is clear from Table (2) that the total research sample amounted to (75 ) women, the poll group was randomly selected and numbered (15) women with a percentage of (20% ), and the second group "experimental" and the number (60) women with a percentage of (80%).

variables under research. torsion coefficient of the research sample in the growth

**Table( 3 )**  
**Homogeneity of the research sample as a whole (exploratory - basic ) n = 75**

Convolution	Standard deviation	Broker	Arithmetic mean	Unit of measurement	Variables
-1.037	1.69519	46.0000	44.9211	year	Age
-1.134	1.09992	165.0000	164.7368	poison	Length
-.464	1.25005	72.0000	71.7237	kg	Weight

torsion coefficient of growth variables of the research sample as a whole. The results of the table indicate the arithmetic mean, median, standard deviation and

**Table (4)**  
**Homogeneity of the research sample as a whole (exploratory) n = 15**

Convolution	Standard deviation	Broker	Arithmetic mean	Unit of measurement	Variables
-.369-	2.04241	45	44.2	year	Age
0.078	1.12546	164	164.5333	poison	Length
-.140-	1.30201	72	71.4667	kg	Weight

coefficient of growth variables for the survey group. The results of the table indicate the arithmetic mean, standard deviation and torsion

**Table (5)**  
**Homogeneity of the research sample as a whole (basic) n = 60**

Convolution	Standard deviation	Broker	Arithmetic mean	Unit of measurement	Variables
-1.236	1.58060	46.0000	45.1000	year	Age
-.157	1.09493	165.0000	164.7667	poison	Length
-.531	1.24010	72.0000	71.7667	kg	Weight

efficiency - psychological efficiency) under research:

The homogeneity of the research sample was calculated in the variables of physical efficiency and psychological efficiency under research for the research sample as a whole (exploratory - basic)

The results of the table indicate the arithmetic mean, standard deviation and torsion coefficient of the growth variables of the base group.

ب- Homogeneity of the research sample (exploratory - basic) in the variables (physical

**Table(6)**  
**Homogeneity of the research sample as a whole ( exploratory - basic) n = 75**

Convolution	Standard deviation	Broker	Arithmetic mean	Unit of measurement	Variables	
.690	.29563	4.5000	4.4507	One minute	Respiratory Cyclic Endurance	Physical efficiency
.027	.50332	-3.0000	-2.5067	poison	Flexibility	
.613	.75624	5.0000	4.6800	rnumbe	Movable muscular endurance	
.340	2.93626	19.0000	19.6000	second	homeostasis	
.181	1.17604	13.0000	13.4267	degree	Ability to cope with pressure	Psychological efficiency
-.030	1.12237	18.0000	17.8156	degree	Psychological hardness	
-.726	1.08727	16.0000	16.0693	reedeg	Self-confidence	
-.284	1.12847	16.0000	15.5737	degree	Ability to cope with anxiety	
-.783	.77492	10.0000	9.4663	degree	Taking responsibility	
1.096	2.45464	41.0000	41.7040	degree	Psychic energy	
.121	1.02262	31.0000	31.2964	edegre	Societal psychological adaptation	

and psychological efficiency under research for the research sample as a whole.

The results of the table indicate the arithmetic mean, median, standard deviation and torsion coefficient of the variables of physical efficiency

efficiency - psychological - Homogeneity of the  
 efficiency) under research exploratory research sample in  
 the variables (physical

**Table (7)**  
**Homogeneity of the research sample ( exploratory) in**  
**the research variables n = 15**

Convolution	Standard deviation	Broker	Arithmetic mean	Unit of measurement	Variables	
.749	.28251	4.5000	4.4533	One minute	Respiratory Cyclic Endurance	Physical efficiency
.149	.51640	-3.0000	-2.5333	poison	Flexibility	
.555	.79881	5.0000	4.7333	number	Movable muscular endurance	
.382	2.96808	19.0000	19.3333	second	homeostasis	
.041	1.24595	13.0000	13.5333	degree	Ability to cope with pressure	Psychological efficiency
-.094	1.20458	18.0000	17.8940	degree	Psychological hardness	
-.818	1.13859	16.0000	16.1067	eedegr	Self-confidence	
-.379	1.17559	16.0000	15.6127	degree	Ability to cope with anxiety	
-.943	.79158	10.0000	9.5207	degree	Taking responsibility	
.924	2.76598	41.0000	42.0267	degree	Psychic energy	
.067	1.09999	31.0000	31.3860	degree	Societal psychological adaptation	

- Homogeneity of the research sample (basic) in the variables (physical efficiency - psychological efficiency) under research

The results of the table indicate the arithmetic mean, median, standard deviation and torsion coefficient of the variables of physical efficiency and psychological efficiency under research.



terms of each of the arithmetic mean, standard deviation and torsion coefficient of the research sample (basic)

The homogeneity of the research sample was calculated in the variables of physical efficiency and psychological efficiency under research in

**Table( 8 )**  
**Homogeneity of the research sample ( basic ) in the**  
**research variables n = 60**

Convolution	Standard deviation	Broker	Arithmetic mean	Unit of measurement	Variables	
.693	.30113	4.4000	4.4500	One minute	Respiratory Cyclic Endurance	Physical efficiency
0.000	.50422	-2.5000	-2.5000	poison	Flexibility	
.642	.75165	4.5000	4.6667	number	Movable muscular endurance	
.339	2.94967	19.5000	19.6667	ndseco	homeostasis	
.217	1.16735	13.0000	13.4000	degree	Ability to cope with pressure	Psychological efficiency
-.020	1.11074	18.0000	17.7960	degree	Psychological hardness	
-.725	1.08381	16.0000	16.0600	degree	Self-confidence	
-.270	1.12640	16.0000	15.5640	degree	Ability to cope with anxiety	
-.768	.77688	10.0000	9.4527	degree	Taking responsibility	
1.167	2.38927	41.0000	41.6233	degree	Psychic energy	
.131	1.01091	31.0000	31.2740	degree	Societal psychological adaptation	

**Fourth: Tools and means of data collection:**

- أ- Data collection tools
- 1- Medical scale to measure weight in kilograms
- 2- Sphygmomanometer device to measure systolic and diastolic blood pressure in

The results of the table indicate the arithmetic mean, median, standard deviation and torsion coefficient of the variables of physical efficiency and psychological efficiency under research for the basic research sample.

A form for registering the private data of the research sample, which included:

Special form includes (name, age, height, weight).appendix (1)

mm Hg was used in the initial medical examination.

3- Restmeter to measure the total length of the body to the nearest centimeter.

**Data Collection Form :**

**Table (11 )  
Determining the psychological competence of working women  
n = 11 expert**

Agreement Ratio		Axis Name	Axis Number
% Percentage	Iteration		
100	11	Ability to cope with stress	1
63.64	7	Psychological security	2
90.91	10	Psychological hardness	3
100	11	confidence-Self	4
72.73	8	Psychological compatibility	5
30.91	10	Ability to cope with anxiety	6
100	11	Taking responsibility	7
63.64	7	Social Compatibility	8
81.82	9	Psychic energy	9
81.82	9	Psychosocietal adaptation	10

**Fifth: Exploratory Study and Scientific Transactions:**

Determining the psychological competence statements of working women

**Table (13)**  
**Arithmetic mean, standard deviation, correlation coefficient**  
**and self-honesty between the application of tests and re-**  
**application in the tests used under research n = 15**

Self-honesty	Correlation coefficient	Second application		First application		Statistical semantics axes	
		±	Going to	±	Going to		
0.811	.659**	.3157	4.340	0.2825	4.453	meters ٤٠٠ Ran	Respiratory Cyclic Endurance
0.774	.600*	.5070	-2.400	0.516	-2.533	Onyx bend front down from standing	Flexibility
0.803	.646**	.8997	4.666	0.7988	4.733	Sitting from lying down from a bend position knees	Motor muscular endurance
0.988	.978**	3.090	19.86	2.9680	19.33	on test-Stand	homeostasis

\*Tabular t value at 0.05 = 0.497

(internal consistency) by finding the correlation coefficients between the degree of each statement and the total degree of the axis: -

1- Scientific transactions of the scale of psychological efficiency: The researcher calculated the truthfulness of the content

**Table (14)**  
**Internal consistency coefficient (correlation coefficient of the degree of dimension with the total sum of the scale) for the dimensions of the scale of psychological competence of working women n = 15**

Internal consistency coefficient	axes
0.736**	nsion: the ability to face pressureThe first dime
0.775**	The second dimension: psychological hardness
0.717**	confidence-The third dimension: self
0.764**	The fourth dimension: the ability to face anxiety
0.687**	The fifth dimension: taking responsibility
0.738**	The sixth dimension: psychological energy
0.728**	The seventh dimension: societal psychological adaptation

Tabular t value at 0.05 = 0.497

using Cronbach's alpha as shown in the following table:

**Calculation of the stability of the questionnaire:**

The researcher calculated the stability of the questionnaire by

**Table (16)**  
**Cronbac's alpha coefficient for dimensions of the psychological competence scale for working women**

**n = 15**

Alpha Kronback Laboratories		Dimensions
For scale	For axes	
0.821	0.730	first dimension: the ability to face pressure The
	0.722	The second dimension: psychological hardness
	0.719	confidence-The third dimension: self
	0.743	The fourth dimension: the ability to face anxiety
	0.740	tyThe fifth dimension: taking responsibili
	0.739	The sixth dimension: psychological energy
	0.722	The seventh dimension: societal psychological adaptation

the psychological competence scale for working women, the high values of the alpha

It is clear from Table (16) of the Cronbak alpha coefficient for the dimensions of

**ب- Objective of the sports**

**recreational program : -**

Each recreational program has specific goals that it tries to achieve through its implementation and management in order to achieve the desired benefit from its preparation and the sports recreation program aims to : - أ-

- 1- Improving the fitness level of working women
- 2- Getting rid of some physiological manifestations and symptoms that may accompany this category
- 3- Rejuvenate again
- 4- Improving some psychological manifestations under study

coefficient of Kronback between (0.719 to 0.743) and these values are greater than 0.700, which confirms that the dimensions are homogeneous and stable and complementary

Sixth: Preparation of the program: -

Steps to prepare the recreational program

The researcher built a proposed sports recreation program according to the foundations of recreation science, after reviewing the specialized scientific references, studies and research that dealt with raising psychological and physical efficiency and quality of life.

**Table (17)  
Program time distribution**

Time distribution	Statement	M
week ( 12 )	Number of weeks	1
Units ( 24 )	Number of recreational units	2
Two units	Number of units per week	3
min ( 45 )	Unit time	4
( 24 ) Hours	Total time of application of the program	5

**Table (18)**  
**Unit time distribution**

Time	Statement	M
minutes 5	Warm up	1
minutes 30	Main part	2
10 minutes	Concluding part	3

Al-Kom and the researcher made tribal measurements in the period from (23/3/2017) to (24/3/2017).

2- Application of the program:

- The researcher applied the recreational program in the period from (25/3/2017) to (8/6/2017). For a period of 12 weeks, three training units per week.

3- Dimensional measurements:

- The researcher applied the dimensional measurements of the research sample in the period from (9/6/2017) to (10/6/2017). This is due to the level of physical and psychological competence under research.

**ت- The content of the sports recreation program : -**

To achieve the goal of the program, the content of the program has been placed in a group of recreational sports units that aim to improve the physical and psychological aspects necessary for the participants in the performance of the chosen activity within the sports recreational activity and the content of each unit has been divided as follows: -

Seventh: Basic Study :

1- Tribal measurements

The researcher applied the tribal measurements of working women and determined the level of physical and psychological efficiency under research in the sports stadium in Shebin

application of the research experiment.

First: Presentation and discussion of the results of the first hypothesis. There are statistically significant differences between the pre-measurement and the post-measurement and in favor of the post-measurement in the variables of physical efficiency under research among working women.

#### 1. View the results:

Eighth: Statistical Treatments: The researcher uses the SPSS program in the appropriate statistical treatments for the research:

- Average. - Median - deviation. - Torsion - Test T. - Correlation coefficient
- Self-honesty = square islands of the correlation coefficient
- The researcher determined the rates of change according to the following equation:

This is due to the appropriateness of this method to the nature of the case study used in the

**Table (19)**  
**The significance of the differences between the average measurements (pre-post) and the percentage of improvement in the physical efficiency of the basic research sample n = 60**

% improve ment	value t	Telemetry		Pre-measurement		Unit of measur ement	audition	Variable
		±	Going to	±	Going to			
12.97%	*13.76	.2704	3.9357	.30167	4.4467	One minute	Ran 400 meters	Respiratory Cyclic Endurance
139%	*29.61	.6762	.9833	.50422	-2.500	centimeter	Onyx bend front down from standing	Flexibility
106%	*26.16	1.268	9.5333	.75165	4.6667	number	Sitting from lying down from a bend position knees	Motor muscular endurance
52%	*24.97	.9758	29.883	2.9497	19.667	second	Stand-on test	homeostasis

\*Tabular value at level 0.05 = . 2.011

basic motor skills. (29) It is also consistent with the fact that women were keen to enter the field of fitness, which made them based on the practice of physical fitness in order to reduce weight and to obtain the lost fitness and beautify the body, so they seek to achieve themselves through exercise and restore balance to their body to achieve the desired goals that are achieved through sports practice. ( 31 )

The researcher believes that increasing the level of physical efficiency of the research sample is due to the proposed recreational program and these results are consistent with what was explained by the development of physical fitness and renewal of activity and vitality of the body and maintain good physical condition (30) and also agrees with " the goals of recreation - the development of physical fitness associated with health - the development of



measurement and in favor of the post-measurement in the variables of psychological efficiency under research among working women.

View the results:

Second: Presentation and discussion of the results of the second hypothesis There are statistically significant differences between the pre-measurement and the post-

**Table (20)**

**The significance of the differences between the average of the two measurements ( pre-post) and the percentage of improvement in the psychological efficiency of the basic research sample n = 60**

% improvement	value t	Telemetry		Pre-measurement		Unit of measurement	Dimensions
		±	Going to	±	Going to		
35.82%	*27.28	.75465	18.200	1.1673	13.400	degree	The first dimension: the ability to face pressure
26.86%	*32.36	.92730	23.433	1.1107	17.796	degree	The second dimension: psychological hardness
33.73%	*30.07	1.1148	21.666	1.0838	16.060	degree	The third dimension: self-confidence
21.40%	*20.77	.63779	19.000	1.1264	15.564	degree	The fourth dimension: the ability to face anxiety
41.79%	*32.08	.49403	13.400	.77688	9.4527	degree	The fifth dimension: taking responsibility
42.62%	*60.29	.68807	59.366	2.3892	41.623	degree	The sixth dimension: psychological energy
26.63%	*45.74	1.0284	39.600	1.0109	31.274	degree	The seventh dimension: societal psychological adaptation

\*Tabular value at level 0.05 = . 2.011

of psychology such as the development of desire and arouse the motivation of the individual towards the practice of activities - reduce psychological tension - achieve

## 2- Discussion of the results:

The researcher believes that these results agree that sports recreation contributes to the positive impact on many aspects

all self-concept, satisfaction and job satisfaction

First: Conclusions :

- أ- The recreational program because of its physical activity recreational fun to the ability to increase the face of pressure and here we must pay attention that the Egyptian woman of the most exposed women to pressure must be noted to increase the state of fun and permanent recreation
- ب- The recreational program leads to an increase in psychological hardness and it is clear that some women become weak and surrender to problems and psychological burdens
- ت- The program leads to self-confidence, which is one of the most important psychological features that must be motivated and paid attention to because of its

relaxation and psychological balance for the individual (30) in the practice of recreation is to rest the muscles, nerves from the trouble of work, and rid of the burden accumulated by stress in the time of work (22) Abdullah Al-Sadhan (2018) mentions the relationship of recreation with stress , such as a safety valve that allows the steam locomotive to get rid of excess steam (26)

The researcher believes that these results are consistent with the results of the study of both, where they confirmed that the most common psychological pressure in the working wife is in the internal psychological pressure and the pressure of family and family life, and that the proposed relaxation exercises positively affected the rate of anxiety and some biochemical variables in women in menopause. And the relationship between psychological competence and

- 2- Use the proposed recreational program for ages over 50 years, taking into account that it is in line with their physical and health abilities
  - 3- The need for the continuation of the women of the research sample in the practice of recreational exercises.
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- ث- The recreational program leads to the ability to face psychological anxiety in women and helps recreation in getting rid of anxiety
  - ج- The recreational program leads to taking responsibility and is intended to arrange priorities and effectiveness towards responsibility
  - ح- The recreational program leads to positive psychological energy
  - خ- The recreational program leads to psychological community adaptation and reduces the level of social tension among female workers
- Second: Recommendations
- 1- Using the proposed recreational program for women from 40 to 50 years old.

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