



The effect of sports shows in improving some elements of physical fitness and self-concept on students of the Arab Academy for Science and Technology

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Abstract

The aim of the research is to identify the effectiveness of sports shows in improving some elements of physical fitness and self-concept among students of the Arab Academy for Science and Technology. Where the scale of self-concept was determined, and the researcher designed a sports presentation and was taught and trained for a period of (10) weeks, at a rate of (4) weekly training units.

Conclusions

The most important results were:

- The experimental group achieved superiority in the dimensional measurement over the tribal measurement in the results of tests of the elements of physical fitness, the determinants of self-concept, and the level of performance in the sports shows.

Recommendations:

- Directing students to participate in sports shows, which contribute to improving their level of physical fitness and self-concept.
- Conducting other studies to find out the effect of sports shows on other physical and psychological aspects.

Introduction:

Sports shows have recently gained the attention of many scientists and experts in the field of physical education as a result of their multiple effective positive effects on the individual and society. (Faraj & Al-Batal, 2004 , p15), (Al-Hagrasy , 2004 , p 45) .

Sports shows are one of the best means that show human thoughts and feelings in the form of artistic paintings expressing the nature of the cultural life of the community, the extent of its development, and what human thought has reached in expressing the kinetic beauty in various areas of life. Real progress of countries in the field of sports in general. (Shaaban, 2013 ,p 1) .

The elements of physical fitness play an essential role in the practice of all sports activities, and their importance varies according to the type and nature of sports activity. (Farhat , 2001, p189) .

In Sports shows , the elements of physical fitness are an essential factor, despite the varying proportions of their importance and contribution, according to the material and type of each show. They must be available even if not all of them, as some of them are among the participants in sports shows. (Qandil, 2018 , p135) .

There are important and basic physical elements that must be available in sports performances players, these elements and abilities cannot be dispensed with, as they are the main support for the strength, beauty, smoothness and flexibility of movement. (Khattab , 2006 , p 275)

The importance of sports shows appears in that they gain the individual many values and social relations through his feeling of superiority as a result of his ability to emotionally control and control performance, especially if he feels appreciated by others, which is reflected in his impact, which contributes to affecting the personality of the individual, his adaptation and increasing self-confidence. (Ismail , 2018 , p 242)

Athletic excellence depends on the extent to which psychological capabilities are utilized as much as physical abilities, which must be taken into account when developing physical qualities through programs directed to them. The development of psychological capabilities helps in mobilizing physical capabilities to develop performance and achieve the best results. (Morgan et al. , 2008 , p 35)

The self-concept is a hypothetical concept that includes all opinions, thoughts, feelings, and tendencies that an individual has about himself, and includes beliefs, values, convictions and future aspirations that are greatly affected by physical, mental, emotional and social aspects. (al-Zahir , 2005, p 21)

In the sports field, we find that the self-concept is what the athlete forms from an image of himself through the different sports skills he performs, which he considers a source of influencing the surrounding environment. Self-protection, and often competent coaches seek to strengthen the athletes' self-worth, convinced that the athlete's value for himself is the key to motivation, and the motivation towards achievement increases by increasing this value. improve their athletic performance. (Saleh , 2022 , p 4)

By assigning the researcher to produce a sports presentation on the occasion of the celebration of the graduation of the ninety-sixth batch of the College of Maritime Transport - and the golden jubilee of the Arab Academy for Science and Technology (A.A.S.T) in Alexandria, it was found that the students' level of practical performance decreased according to the nature of the marine mechanics materials, which was revealed in the imbalance of compatibility, difficulty of performance, Lack of focus, attention, and anxiety, in addition to the appearance of symptoms of fatigue by increasing the continuity of performance, despite the application of training programs for physical preparation to raise the level of these students to meet the requirements of practical study in the college, It fulfills the needs and difficulties of the labor market, represented in repairing ship mechanics and working at sea for a period exceeding three consecutive months. It also needs kinetic capabilities when performing most of the specialized marine activities that require special kinetic and psychological capabilities.

This prompted the researcher to develop an educational training program using sports shows and study their effectiveness in improving some elements of physical fitness and self-concept among students of the Arab Academy for Science and Technology.

Research objective:

Identify the effect of sports shows in improving some elements of physical fitness and self-concept among students of the Arab Academy for Science and Technology.

Research hypotheses:

- There are statistically significant differences between pre and post measurements of the experimental group in improving some elements of physical fitness, in favor of the post measurements.
- There are statistically significant differences between pre and post measurements of the experimental group in improving self-concept, in favor of the dimensional measurements.

- There are statistically significant differences between pre and post measurements of the experimental group in the level of performance in sports shows, in favor of the post-measurements.

Research Terms:

Sports shows:

A set of free physical exercise preformed with or without tools, or on devices include various formations commensurate with age, sex, level and occasion. These exercises based on scientific, educational, physiological motor, physical, psychological and aesthetic principles, and performed accompanied by musical rhythm ,which presented in front of viewers to reflect participants' perfection, accuracy, streamlining and ingenuity in performance and progress in the sports level. (Morgan et al. , 2008 , p 3)

Self concept:

It is all the opinions, thoughts, feelings and attitudes that an individual has about himself and that express physical, mental, personal and social facts that include the individual's beliefs, past experiences and future aspirations. (Abdullah , 2010 , p 69)

Research procedures:

Spatial domain:

Stadiums of the Arab Academy for Science and Technology (A.A.S.T) in Alexandria.

Time domain:

The study was conducted from 12/12/2021 to 9/3/2022 as follows:

- Pilot studies conducted in the period from 12/12/2021 to 20/12/2021.
- Pre measurements conducted in the period from 12/21/2021 to 12/23/2021.
- The basic study was conducted from 12/26/2021 to 3/3/2022.
- Pre measurements for sports shows conducted on 30/1/2022.
- Post measurements conducted in the period from 7/3/2022 to 9/3/2022.

Human domain:

The students of the second year (the fourth term) at the College of Maritime Transport at the Arab Academy for Science and Technology in Alexandria were chosen by a simple random method where the study was applied to (80) students.

Research Methodology:

Experimental approach with one experimental group design used due to its relevance to study nature.

Research sample:

The basic study was applied to a random sample of (80) students representing (66.67%) of the total study population . Pilot studies conducted on (20) students, 10 students out of them from outstanding players practicing different sports activities .

Pilot studies:**First pilot study:**

Aimed to :

- 1- Determining the components of physical fitness.
- 2- Determine the appropriate test to measure self-concept.
- 3- Designing and preparing the sports show.
- 4- Develop a form to evaluate the performance level of students in the sports show.

This study resulted in :

- 1- Determining the tests to measure the elements of physical fitness:
 - Pulling up test to measure muscle strength. (Hassanein 2005)
 - jump test of stability to measure Power. (Hassanein 2005)
 - Bridge test to measure flexibility. (Allawi & Radwan, 2001)
 - Fifteen seconds running in place test to measure speed. (Hassanein, 2005)
 - Ruler test for right and left arms to measure reaction speed. (Hassanein, 2005)
 - Zigzag run between the barriers to measure agility. (Allawi & Radwan, 2001)
 - Rope jumping test for balling to measure coordination (Hassanein, 2005)

- Standing with foot instep on a cube test to measure static balance. (Hassanein, 2005)
- Walking on the balance beam test to measure the dynamic balance. (Shaaban, 2013)

- 2- Determining the self-concept scale designed by Sarah Saleh (2022) , which consists of (68) items that measure (6) types of self-concepts, which are:

- Self-concept for problem solving (9 vocabulary).
- Athletic self concept (10 vocabulary).
- Self-concept of physical appearance (8 vocabulary).
- Self-concept of the relationship with parents (10 vocabulary).
- Self-concept of emotional stability (15 items).
- General self-concept (16 items).

The student answers on a three-point scale (yes - to some extent - no) .

- 3- Design and prepare the sports show .
- 4- Developing sports show performance level evaluation form. as a result of experts opinion questionnaire .

Second pilot study:

Aimed to find out validity and reliability for self-concept scale.

I – Validity

Table (1)

Comparison between distinctive and indistinctive groups in determinants of the self-concept

Statistics Variables self-concept	Measurement Unit	Distinctive group (n=10)		Indistinctive group (n=10)		Mean difference	T value	Validity coefficient
		Mean	SD	Mean	SD			
problem solving	Mark	25.60	0.55	20.40	0.84	5.20	10.25*	0.96
Athletic	Mark	28.40	0.89	19.20	1.87	9.20	10.37*	0.96
physical appearance	Mark	23.20	0.55	18.40	1.52	4.80	6.65*	0.92
relationship with parents	Mark	30.40	0.00	25.60	0.84	4.80	13.92*	0.98
emotional stability	Mark	40.20	1.22	32.60	0.84	7.60	11.75*	0.97
General	Mark	43.40	0.55	38.40	0.55	5.00	14.44*	0.98
Total	Mark	191.20	4.12	154.60	1.63	36.60	8.34*	0.94

* Significant at 0.05 level (T significant = 2.100)

Table (1) results reveal existence of statistically significant differences between distinctive and indistinctive groups in determinants of the self-concept . T values ranged between (6.65) and (14.44) , values which are higher than T significant at 0.05. Validity coefficient ranged between (0.92) and (0.98) This confirm the validity of the tool .

II – Reliability

Table (2)
Correlation between first and second application of the self-concept n=20

Statistics variables self-concept	Measurement Unit	First application		Second application		T value	correlation coefficient
		Mean	SD	Mean	SD		
problem solving	Mark	22.30	1.89	22.05	1.73	0.96	0.80*
Athletic	Mark	22.60	3.80	22.25	3.73	0.94	0.90*
physical appearance	Mark	20.65	2.06	20.35	1.84	1.90	0.84*
relationship with parents	Mark	27.60	2.11	27.95	1.96	1.28	0.82*
emotional stability	Mark	37.50	3.00	37.60	2.89	0.25	0.81*
General	Mark	42.55	2.14	41.70	3.29	1.77	0.77*
Total	Mark	173.20	7.80	171.90	7.86	1.55	0.89*

* Significant at 0.05 level (T significant = 2.86)

* Significant at 0.05 level (correlation coefficient significant = 0.56)

Table (2) results reveal existence of statistically significant correlation between First and second application. correlation values ranged between (0.77) and (0.90) , values which are higher than correlation significant at 0.05.

Statistical processes:

SPSS statistical program used to extract the following : Mean - standard deviation - skewness coefficient - difference coefficient - Mean difference - T test - validity coefficient - correlation coefficient .

Sample homogeneity:

Table (3)
**Statistical indications for basic variables and physical fitness measurements
of total research sample**

statistics variables		measurement unit	Mean	Standard deviation	Skewness coefficient	difference coefficient	
Basic variables	Age	Year	18.56	0.80	1.25	4.32	
	Height	cm	176.20	6.42	-0.50	3.64	
	Weight	Kg	73.63	8.21	0.63	11.15	
physical fitness measurements	Muscle strength	Pulling up	number	6.10	0.42	0.13	6.93
	Power	jump test of stability	cm	175.83	9.40	-0.412	5.347
	flexibility	Bridge	cm	28.75	3.20	0.15	11.14
	Speed	15 seconds running in place	number	22.53	3.01	0.84	13.36

Reaction Speed	Eye/hand (right)	cm	23.93	3.54	0.69	14.81
	Eye/hand (left)	cm	28.52	1.25	0.57	4.39
Agility	Zigzag run between the barriers	number	4.929	0.95	0.23	19.37
coordination	Rope jump for rolling	number	2.20	0.30	0.83	13.79
Balance	static (Standing with foot instep on a cube)	Second	5.31	0.94	0.45	17.72
	Dynamic(Walking on the balance beam)	Second	9.40	0.73	0.70	7.90

Table (3) results reveal that skewness coefficient values ranged between (-0.50) and (1.25), values between ± 3 and close to zero. Also, all values of the coefficient of variation are limited between (3.64%) to (19.37)%, a value less than 20%, which indicates the homogeneity of the sample in all the variables under consideration. This confirms sample homogeneity in basic variables and physical measurements under discussion before the experiment.

Table (4)

Statistical indications of the self-concept scale for the total research sample

Statistics variables self-concept	measurement unit	Mean	Standard deviation	Skewness coefficient	difference coefficient
problem solving	mark	22.54	2.36	0.25	10.47
Athletic	mark	23.16	3.20	0.42	13.82
physical appearance	mark	21.18	2.23	0.12	10.53
relationship with parents	mark	26.83	2.56	0.63	9.54
emotional stability	mark	36.26	3.52	0.56	9.71
General	mark	40.68	4.23	0.63	10.40
Total	mark	170.65	6.98	1.12	4.09

Table (4) results reveal that skewness coefficient values ranged between (0.12) and (1.12), values between ± 3 and close to zero. Also, all values of the coefficient of variation are limited between (4.09%) to (13.82)%, a value less than 20%, which indicates the homogeneity of the sample in all the variables under consideration. This confirms sample homogeneity in the determinants of the self-concept scale before the experiment.

Main experiment:

Experimental group underwent through an educational training program for sports shows.

Educational training program for sports shows:

- Research group in first week learned exercises and applying show movements and formations.
- Diagonal training (low-high) intensity, used for 10 weeks, with (4) educational training units weekly, each unit (3) hours (from 9:00 am: 12:00 pm), i.e. 12 hours.
- Program has (40) educational training units in total i.e. 120 learning/training hours.
- Load and rest principle used as a training base.
- Show time is (5) minutes, and consists of entry - (6) formation - exit.
- Formation average is (35) seconds.

- Rest time average between formations between (40) and (60) seconds.
- Rest time average between formations groups in training unit between (3) and (12) minutes.
- Rest time average between full show performance and re-performance between (5) and (15) minutes
- Rest time average collated after heart rate returned to 120-130 pulse/minute.

Sport Show Evaluation:

Done through a (5) members committee of faculty staff members in Department of physical Fitness , gymnastics and Sports Shows at Faculty of Physical Education for Men, Alexandria using sport shows evaluation form, where first evaluation done on January 30, 2022, after (5) weeks from experiment start.

Table (5)
Statistical indications for sports show evaluation form in
experiment middle (pre measurement)

Statistics variables	measurement unit	Mean	Standard deviation	Skewness coefficient
Coordination	mark	11.25	0.63	0.61
Performance accuracy	mark	8.35	0.56	2.26
streamlining	mark	7.44	0.86	0.35
Performance unity	mark	6.75	0.63	2.42
Interconnection	mark	4.45	0.62	2.35
Control	mark	6.63	0.45	2.12
memorization	mark	6.00	0.00	0.00
Total	mark	50.87	0.47	0.53

Table (5) results reveal that skewness coefficient values ranged between (0.00) and (2.42), values between ± 3 and close to zero. This confirms sample homogeneity in sports show evaluation form after (5) weeks from experiment start.

Results and discussion:

- Results:

Table (6)
Statistical significance of the pre and post measurements of the elements of physical fitness for the total research sample

Statistics variables		measurement unit	Pre measurement		Post measurement		Mean difference	T value	improvement percentage %
			Mean	SD	Mean	SD			
Muscle strength	Pulling up	number	6.10	0.42	10.14	0.75	4.04	7.56*	66.23
Power	jump test of stability	cm	175.83	9.40	183.64	5.21	7.81	7.46*	4.44
flexibility	Bridge	cm	28.75	3.20	34.41	1.97	5.66	5.21*	19.69
Speed	15 seconds running in place	number	22.53	3.01	12.51	2.40	10.01	5.21*	44.45
Reaction Speed	Eye/hand (right)	cm	23.93	3.54	12.98	3.24	10.95	4.61*	45.74
	Eye/hand (left)	cm	28.52	1.25	36.14	2.25	7.61	11.61*	26.68
Agility	Zigzag run between the barriers	number	4.929	0.95	8.63	1.02	3.7	11.56*	75.05
coordination	Rope jump for rolling	number	2.20	0.30	4.21	0.35	2.0	15.20*	91.23
Balance	static (Standing with foot instep on a cube)	Second	5.31	0.94	8.21	0.44	2.89	12.41*	54.49

Dynamic(Walking on the balance beam)	Second	9.40	0.73	7.33	0.64	2.06	11.64*	21.99
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* Significant at 0.05 level (T significant = 1.729)

Table (6) of the statistical significance of the elements of physical fitness under study between the pre- and post-measurement of the experimental group, it is clear that there are statistically significant differences at the (0.05) level, where the calculated (T) value ranged between (4.61) to (15.20) , which is greater than the tabular value of (T), and the improvement rates ranged between (4.44) % and (91.23) % . And this is in favor of the dimensional measurement in all the mean scores of the fitness elements under research for the experimental group.

Table (7)
Statistical significance of the pre and post measurements of the self-concept scale for the total research sample

Statistics variables self-concept	measurement unit mark	Pre measurement		Post measurement		Mean difference	T value	improvement percentage %
		Mean	SD	Mean	SD			
problem solving	mark	22.54	2.36	25.68	2.23	3.14	12.63*	13.93
Athletic	mark	23.16	3.20	26.36	1.96	3.2	10.18*	13.82
physical appearance	mark	21.18	2.23	23.48	2.02	2.3	8.63*	10.86
relationship with parents	mark	26.83	2.56	29.12	1.84	2.29	10.32*	8.54
emotional stability	mark	36.26	3.52	39.33	2.85	3.07	11.54*	8.48
General	mark	40.68	4.23	44.38	2.63	3.7	10.67*	9.10
Total	mark	170.65	6.98	188.35	5.32	17.7	10.23*	10.37

* Significant at 0.05 level (T significant = 1.729)

Table (7) regarding the special statistical significance of the determinants of the self-concept scale of the experimental group between the pre- and post-measurement that there are statistically significant differences at the level (0.05), where the calculated (T) value ranged between (8.63) to (12.63). It is greater than the tabular (T) value, and the improvement rates ranged between (8.48) % and (13.93) % . This is in favor of the dimensional measurement in all the determinants of the self-concept scale under study for the experimental group.

Table (8)
Statistical significance of the pre and post measurements of the level of performance in the sports shows for the total research sample

Statistics variables	measurement unit mark	Pre measurement		Post measurement		Mean difference	T value	improvement percentage %
		Mean	SD	Mean	SD			
Coordination	mark	11.25	0.63	18.40	0.53	7.15	15.65*	63.56
Performance accuracy	mark	8.35	0.56	13.40	0.53	5.05	13.86*	60.48
streamlining	mark	7.44	0.86	12.20	0.15	4.76	17.96*	63.98
Performance unity	mark	6.75	0.63	11.40	0.45	4.65	24.63*	68.89

Interconnection	mark	4.45	0.62	8.20	0.56	3.75	18.52*	84.27
Control	mark	6.63	0.45	13.40	0.53	6.77	16.50*	102.11
memorization	mark	6.00	0.00	9.40	0.65	3.40	14.70*	56.67
Total	mark	50.87	0.47	86.40	1.64	35.53	41.62*	69.84

* Significant at 0.05 level (T significant = 1.729)

Table (8) and Figure (1) for the differences between the pre-measurement and the post-measurement of the level of performance in the sports shows of the experimental group. There were statistically significant differences at the level (0.05), where the calculated (T) value ranged between (13.86) to (24.63), which is greater than the tabular (T) value, with improvement rates ranging between (56.67%) and (102.11)%, in favor of the dimensional measurement in all degrees of the elements of the arbitrators evaluation.

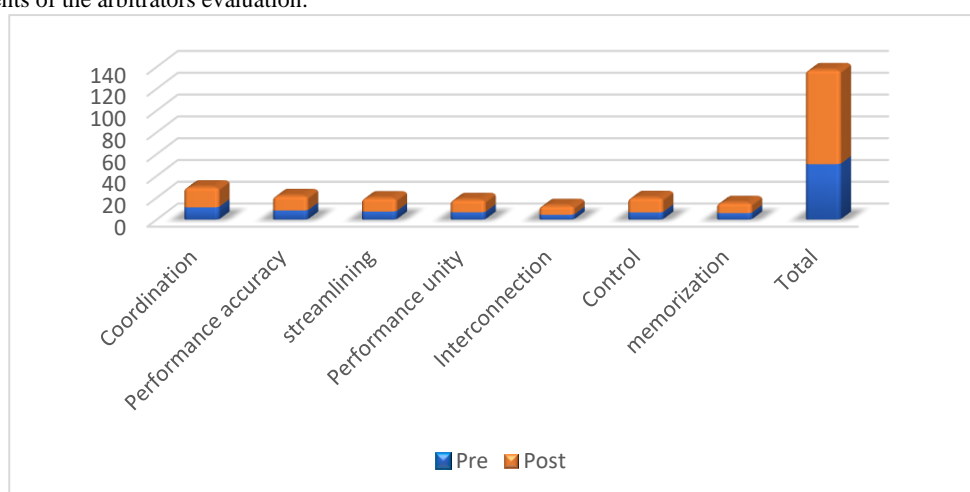


Figure (1)

Statistical significance of the pre and post measurements of the level of performance in the sports shows for the total research sample

II- discussion:

statistically significant differences in the elements of physical fitness between pre and post measurements are due to the benefit of the dimensional measurement due to the nature of the educational training program in the sports show. The intensity and size of the training load affect the amount of development of physical characteristics. (Al-Fateh , 2016 , p 42) , and this agrees with the results of studies (Mahmoud , 2004) and (Salim , & Shaaban, 2008) .

Training on physical loads leads to an improvement in the level of fitness elements through the adaptation processes resulting from undergoing the pressures of these loads. (Othman 2021, p 121- 122)

And training on sports shows aims primarily at raising the technical and skill level of the participating group, with a focus on developing physical and psychological qualities. (al-Kashef , 2014 , p 104)

This is consistent with the results of the studies of (Farouk , 2015) , (Abu Al-Walafa , 2016) , (Ibrahim , 2017) , (Younis , 2017) , (Fathy , 2018) , (Al-Basiouni , 2018) , (Khalil , 2018) and (Saleh , 2019) , which confirmed the effect Positive sports shows in improving the elements of physical fitness (power - flexibility - agility - speed).

Self-confidence is one of the basic factors on which the rest of psychological skills are built. A player who loses self-confidence and achievement motivation cannot clearly define his goals. If the goal is present, he will not find a motive to achieve it, and thus he becomes exposed to negative thoughts and cannot achieve maximum performance in competitions. (Salim , 2016 , p 22)

Because of training, and work with team spirit ; self-confidence increase and performance level improve. Appropriate psychological environment for individual within the group helps for group internal stability and

coherence. (Lefkowitz, McDuff, D. & Riisman, 2003, p 317)

self-confidence help in attention concentration and stimulate potential abilities ; which makes performance characterized by strength, streamlining with maintaining calm in competitive situations. Psychological satisfaction is a positive motive to improve performance level, success increase self-confidence, while failure leads to negative thinking, where achievement level correlated to determinants of self-confidence and achievement motivation and pressure facing. (Haglund, 2004, p 6) , (Salim , 2016 , p 23)

Sports shows have great effect in developing attention, visual imaginary control of participants through continues and directed training; which raise performance level. The positive role for directing player's attention to performance stimuli only, without other negative thoughts, which raise anxiety, leads to access ideal mental energy that allows better mobilization of physical, mental and emotional forces. (Rateb , 2000 , p 269)

Using music during physical performance has an effective influence as a means of emotional and behavior organizing and control and adding fun and excitement to work, which helps to delay fatigue onset (Faraj , 2002, p 135).

Training using music has a positive effect on learning speed and technical performance development within students. (Salim & Shaaban, 2008, p 121).

The self-concept is one of the most important psychological factors influencing the level of performance. An athlete who is satisfied with himself and accepts it has a positive concept of self, and we find that he always strives

to achieve himself through struggle and excellence, and the psychological aspect is considered one of the most important factors affecting the performance of athletes, which requires attention to providing Psychological care for them to reach the highest levels of performance. (Abdel Hafeez , 2016 , p 3)

These results agree with the study of (Hashem , 2005) , (Mounir , 2015) and (Saleh , 2022) on the positive impact of sports shows on improving self-concept.

Sports shows have educational importance through training on their contents, as they gain the participants various good traits and qualities (such as order, obedience, loyalty to the group, cooperation, self-denial, helping others, courage) and voluntary qualities (such as perseverance and self-confidence) and building a healthy personality. (Ibrahim 2017 , p 211) , (Saleh , 2022 , p 96)

This is consistent with the results of studies of the results of (Mounir , 2015), (Abdul Hadi 2016) , (Al-Bassiouni , 2018) and (Khalil , 2018) in the positive impact of sports shows on improving both family and social adjustment, academic adjustment, balance, life activities and the ability to communicate.

The statistically significant differences in the level of performance between the tribal and remote measurements are due to the benefit of the dimensional measurement due to the nature of the educational training program used, and the organized training and repetition of performance for sports shows exercises led to the improvement and development of the level of performance, and this is consistent with the results of studies (Mahmoud 2004), (Salim and Shaban 2008).

Conclusions:

- The experimental group achieved superior post measurement over pre measurement in the results of the physical fitness items tests .
- The experimental group achieved superior post measurement over pre measurement in the results of self-concept .
- The experimental group achieved superior post measurement over pre measurement

in the results of performance in the sports shows

Recommendations:

- Guide students to participate in sports shows, which contribute in improving physical fitness and self-concept.
- Conducting Further studies to determine the effect of sports shows on other psychological aspects.

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