

Building a measure of the psychological quality of life for those attending health clubs

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Research Summary :

The concept of psychological quality of life is the latest development in an issue that has occupied humanity since ancient times under various names, and where it did not appear by chance, but rather was its emergence through time, and an extension of previous efforts in sciences other than psychology, and interest in the concept of psychological quality of life has increased in all fields, especially Sociology and urban economics as a result of the impact of quality of life on competitiveness, and rates of well-being.

The aim of the research is to build a measure of the quality of psychological life among those attending health clubs, so the researcher used the descriptive approach, where she applied the measure of quality of psychological life to those attending health clubs in Greater Cairo, whose ages ranged between (25-40), and the sample was chosen in a deliberate way from The practices registered in the records of health clubs and those who frequent them regularly. The results showed in the light of the research objective and based on the results of the statistical analysis to achieve the goal, the researcher reached to build a measure of “the quality of psychological life among those attending health clubs. The scale contained (52) phrases, distributed over (3) Three axes, namely (the emotional side - the social side - the personal side), The researcher recommended the necessity of working to provide the appropriate environment for the development of the emotional, social and personal aspects of those attending health clubs in order to work on developing skills related to psychological quality of life.

Key words :

(Recreation, services, quality)

بناء مقياس الحياة النفسية لدى المترددات علي الأندية الصحية

ملخص البحث

يعتبر مفهوم جودة الحياة النفسية التطور الأحدث في قضية شغلت البشرية منذ القدم تحت مسميات متعددة، وحيث لم يظهر بمحض الصدفة وإنما كان ظهوره عبر الزمن، وامتداداً للجهود السابقة في علوم أخرى غير علم النفس، وقد تزايد الاهتمام بمفهوم جودة الحياة النفسية في كافة المجالات، وخاصة علم الاجتماع والاقتصاد الحضري نتيجة تأثير جودة الحياة على التنافسية، ومعدلات الرفاهية.

وهدف البحث إلى بناء مقياس " جودة الحياة النفسية لدى المترددات علي الأندية الصحية، لذا استخدمت الباحثة المنهج الوصفي حيث قامت بتطبيق مقياس جودة الحياة النفسية على المترددات على الأندية الصحية بالقاهرة الكبرى ممن تتراوح أعمارهن بين (٢٥-٤٠)، وتم اختيار العينة بالطريقة العمدية من الممارسات المسجلات بسجلات الأندية الصحية والمترددات عليها بانتظام وقد أظهرت النتائج في ضوء هدف البحث وإنطلاقاً من نتائج التحليل الإحصائي لتحقيق الهدف، توصلت الباحثة إلى بناء مقياس " جودة الحياة النفسية لدى المترددات علي الأندية الصحية وقد احتوى المقياس على (٥٢) عبارة، موزعة على (٣) ثلاثة محاور، وهي (الجانب الوجداني- الجانب الاجتماعي- الجانب الشخصي)، وأوصت الباحثة بضرورة العمل على توفير البيئة المناسبة لتنمية النواحي الوجدانية والاجتماعية والشخصية للمترددات على الأندية الصحية وذلك للعمل على تنمية المهارات الخاصة بجودة الحياة النفسية، كما أوصت الباحثة بضرورة وضع حوافز ومكافآت مالية لتحفيز العاملين بالأندية الصحية لتقديم الدعم النفسي والاجتماعي والوجداني والشخصي للمترددين على الأندية الصحية.

الكلمات المفتاحية :

(الجودة- الخدمات - الترويج)

Building a measure of the psychological quality of life for those attending health clubs

direction and path of his life, and his establishment To reciprocal positive social relationships with others, and their continuity, and the quality of psychological life is linked to both the general sense of happiness , tranquility and psychological reassurance (15: 339).

By reviewing previous references and studies, in addition to the researcher's work as an aerobics and Zumba trainer and health club manager, she noticed that those attending health clubs seek to get rid of

the psychological stresses of life, which are increasing dramatically at the present time, as practitioners suffer from physical and psychological problems that affect the performance of their life requirements. , which hinders the lively and active exercise of their daily duties and hinders them from adapting to the outside community, and this loses them control over their psychological stability, Hence the idea of the research came in an attempt by the researcher to build an objective tool to measure the level of psychological quality of life for those attending health clubs in order to put a hand on the real problem and shed light on it in preparation to draw the researchers' attention to this type of studies that concern women and to identify the components of psychological quality of life Which brings happiness to her, and thus affects the family as a whole, and thus the entire community.

The expected scientific addition to the research

1. Theoretical significance:

The theoretical importance lies in the need of Arab and Egyptian libraries for such research, as it is considered a scientific addition, by directing the attention of sports workers to the importance of paying attention to quality of life because of its impact on improving the psychological state of those attending health clubs, while helping them to continue and not withdraw. from practice.

2. Applied importance:

The practical importance lies in benefiting from the results of this research in providing an objective tool to measure the level of psychological quality of life in health clubs, which the researcher benefits from in the field of her work to assess the quality of psychological life among those attending health clubs, given its importance and its consequences for a sense of happiness and excellence, it is expected to benefit From the current research as a start to other research dealing with women's mental health, on the basis of which societies are built and progressed

Concepts and terms used in the research:

Psychological quality of life

The individual's feeling of satisfaction and happiness and his ability to satisfy his needs through the richness of the environment and the quality of services provided to him, with good time management and benefit from it. (20:3)

Health clubs

It is an equipped place where several physical and health activities are performed in order to improve the physical, health and psychological aspects. (16:82)

Recreational Services

A set of activities and events offered through sports clubs or specialized halls, aimed at meeting the expectations of customers or satisfying them, through the performance of many recreational, cultural, artistic, social, cellular, or sports facilities.” (16:5)

Search objective:

The research aims to build a measure of "the quality of psychological life among those attending health clubs".

Search procedures

Research Methodology

The researcher used the descriptive approach in its survey style, due to its suitability to the nature of the research.

research community

The research community included women practitioners who frequented some health clubs in Greater Cairo, whose ages ranged between (25-40), and the sample was chosen in an intentional way from the practices registered in the records of health clubs and who frequent them regularly The population and sample of the search for hesitant women included some health clubs in Greater Cairo (354) women.

The health club (In Cairo)

- Power Gym
- Your Gym ()
- Town Gym
- World Gym
- B Fit
- Gold's Gym

The research sample

The researcher chose the research sample in a deliberate manner from within the research community who met the conditions for selecting the research sample, and their number reached (70) practices of frequent health clubs, in addition to (20) women to conduct an exploratory study on them from practices frequenting health clubs.

Conditions for selecting a research sample:

- 1- That the returnees to health clubs have the desire and motivation to participate in the research.
- 2- The number of times of exercise in health clubs should not be less than (2-3) times of exercise per week with a minimum of (60) minutes in one exercise, through which you practice: resistance exercises (weights - medicine balls - body weight exercises - your asses), aerobic exercises (Aerobic - wheel - ergometer - moving belt), and regularity in practice for a minimum of (4) four months.
- 3- The average age of those attending health clubs should be (25-40) years.

Table (1) shows the numerical distribution of the research sample.

Table (1)
The numerical distribution of the research sample

a series	The health club	The research sample	percentage
1	Power Gym	9	%12.86
2	Your Gym	12	%17.14
3	Town Gym	8	%11.43
4	World Gym	5	%7.14
5	B Fit	11	%15.71
6	Gold's Gym	25	%35.72
sum		70	%100

scientific material collection

The researcher collected the scientific material by analyzing the references and studies, and it was represented in:

- A. Arab and foreign scientific references in the field of general psychology and sports psychology.
- B. Arab and foreign scientific references in the field of psychological measurement.
- C. Studies related to Arab and foreign in the field of sports psychology.

data collection tools

The researcher used the appropriate data collection tools to obtain the data related to the topic of the research, and they were as follows:

The researcher conducted personal interviews with:

- A- Professors specialized in the field of mathematical measurement and evaluation.
- B- Professors specialized in the field of psychological measures.

The researcher used (10) ten experts who met the following conditions:

- He holds a PhD in the field of sports psychology.
- He has at least 15 years of experience in the field of Sports Psychology.

Scientific steps to build a measure of "the quality of psychological life among those attending health clubs" (prepared by the researcher):

The steps for building the scale under study included the following:

A- setting the goal

The goal is an attempt by the researcher to identify the structure of the measure of "the quality of psychological life among those attending health clubs".

B- Determining the proposed axes for the scale under consideration

In light of the objective of the research and within the steps of the sound scientific method and through the reference survey of scientific references in the field of sports psychology: "Mohammed Hamid Ibrahim" (2011),"

In light of the aim of the research and within the steps of the sound scientific approach and through the reference survey of scientific references in the field of sports psychology and mental health, Amani Abdel Wahab (2006 AD) (1), Bakay Zakaria (2018 AD) (2), Hanan Abdel Rahim (2011 AD) (3), Rania Medhat Abdel-Fattah (2015 AD) (4), Sahar Hassan Ibrahim (2016 AD) (5), Fouad Sabira (2017 AD) (7), Farid Al-Najjar: Art Kharnoub (2016 AD) (8), Magda Bahaa El-Din Obaid (2008 AD). (9), Muhammad Abdel Halim Mansi, Ali Mahdi Kazem (2010 AD) (13), Nisreen Adel Tantawi (2016 AD) (14), The researcher has identified the axes that represent the basic components that measure the quality of psychological life of those attending health clubs. This is after obtaining the approval of the experts on the proposed axes As follows :

The first axis: the emotional side:

It means positive emotions and feelings such as calmness of mind, self-confidence, psychological happiness, a sense of satisfaction and optimism, which may affect the control of reactions to different situations.

The second axis: the social aspect:

It means the feeling of belonging that results from cooperation, participation, teamwork, meeting needs, social cohesion, and respect for the privacy of others while complying with instructions and rules.

The third axis: the personal aspect:

It means developing the ability to perform through focusing on instructions, continuing performance, exerting effort, consolidating strengths, and striving to achieve the goal.

The researcher has conducted a questionnaire and a bilateral estimate scale was developed with the approval or disapproval of the experts on the proposed axes of the scale to benefit from their experiences in this field, This phase took place from 1/3/2022AD to 30/3/2022AD.

in the time period This phase took place from 1/3/2022AD to 30/3/2022AD.order to identify:

The suitability of the axes to the scale under study.

The adequacy of the axes for the scale under study.

Expressing an opinion on the name of each axis.

Make any modifications they deem appropriate (add - modify - delete). Attachment (2)

The researcher agreed with an approval rate of (80%) or more for the experts' approval of the axes of the scale under study, and the experts unanimously agreed on the suitability of the axes to the objective and sample of the research.

C - formulating phrases

The researcher formulated a set of phrases representing each axis of the scale that were agreed upon by the experts. In formulating the phrases, the researcher took into account the following:

- The wording should be clear.
The phrases do not have more than one meaning.
Avoid compound phrases.
- That no statement suggests the type of response required.
The phrases do not start with (no).
- Taking into account the adequacy of the phrases under each axis.

Studies and experiences that the researcher used and contributed to identifying themes and formulating phrases:

Where the researcher reviewed some references and previous studies in the field of psychology and psychology to develop a study of the formulation of phrases in preparation for presentation to experts, such as the study of Amani Abdel Wahab (2006 AD) (1), Bakay Zakaria (2018 AD) (2), Hanan Abdel Rahim (2011 AD) (3), Rania Medhat Abdel Fattah (2015 AD) (4), Sahar Hassan Ibrahim (2016 AD) (5), Fouad Sabira (2017 AD) (7), Farid Al-Najjar: Arts Kharnoub (2016 AD) (8), Magda Bahaa El-Din Obaid (2008 AD) (9), Muhammad Abdel Halim Mansi, Ali Mahdi Kazem (2010 AD) (13), Nasreen Adel Tantawi (2016 AD) (14),

The scale was presented in its initial form, consisting of (3) three axes, and a group of (66) phrases that express the initial image of the scale in question. The “personal aspect” (25) phrases, the number of phrases in the “social aspect” axis (19) phrases, which the researcher presented to the experts with the same conditions previously mentioned again to ensure the extent of clarity, integrity and wording of the phrases. Attachment (3)

The researcher used Likert method to design and correct the scale, by placing all the expressions in a list. The researcher also polled the experts in choosing the appropriate estimation scale for the scale in question In the period from 1/3/ 2022 AD to 30/3/ 2022 AD. The researcher found the following:

- 1- Delete some expressions from the scale.
- 2- Modify the wording of some phrases.
- 3- Identify the positive and negative statements.

Through the percentage of experts' approval of the statements of the scale of "the quality of psychological life among those attending health clubs".

Show the following:

- Emotional aspect axis: the phrases (9, 19) were deleted, and thus the number of the axis phrases became (20).

The social aspect axis: The phrases (12, I welcome the advice of others, I have loyal friends) have been deleted, and thus the number of the axis phrases has become (22).

- The personal aspect: none of the phrases were deleted by the experts, so the number of phrases in the axis became 19.

Thus, the number of phrases of the measure of "the quality of psychological life among those attending health clubs" became (61) in its final form. Attachment (3)

Survey study:

Where the researcher conducted a survey study on (20) women who attended health clubs from 12/2/2022 to 19/2/2022 in order to ensure that:

- The suitability of the axes and phrases used in the scale to the sample under study.
- Apply some scale expressions.
- Calculation of scientific transactions.
- Determine the time taken to answer the scale.

The results resulted in:

- Appropriateness of the axes and phrases used in the scale to the sample under investigation.
- Appropriateness and clarity of the expressions of the scale and making some modifications to some of the expressions.
- Scientific coefficients have been calculated.
- The time taken to answer the scale is determined.

D Calculating the scientific coefficients of the measure of "psychological quality of life" under research:

The researcher calculated the scientific coefficients of the psychological quality of life scale as follows:

1- Validity coefficient:

To calculate the validity of the scale, the researcher used the following methods:

Internal consistency validity:

To calculate the internal consistency of the scale, the researcher applied it to a sample of (70) practices, then the researcher calculated the Pearson correlation coefficient as follows:

Correlation coefficients were calculated between:

- The degree of each of the expressions of the scale and the total score of the axis to which it belongs.

The sum of the scores for each axis and the total score for the scale.

The following tables show the result, respectively.

Table (2)

Correlation coefficients between the degree of each of the phrases of the first axis "the emotional side" The total degree of the axis to which it belongs (n = 70)

numbers	ferries	correlation coefficient
1	I find fun doing Zumba exercises	0.948
2	I feel happy when I share the exercise with others	0.897
3	I'm in a bad mood while I'm at the water spa	0.893
4	Every morning I look forward to going to the gym	0.770
5	I feel satisfied when doing recreational sports	0.921
6	Sad if you fail to do a new exercise	0.820
7	I feel tired after doing recreational sports	0.049
8	I tend to be optimistic before the start of each exercise	0.928
9	Empty my negative energy by doing recreational exercise	0.402
10	I enjoy performance throughout my training	0.813
11	I get excited every time the martial arts practice is approaching	0.737
12	My self-confidence increases when I do rhythmic exercises	0.856

13	I welcome any criticism from my coach	0.726
14	I enjoy peace while at the water spa	0.055
15	I feel positive energy when I go to the health club	0.161
16	I feel safe as soon as I enter the health club	0.890
17	I feel happy when I do a new exercise	0.528
18	I am happy to encourage my coach in the health club	0.827
19	I control my emotions when doing recreational exercise	0.906
20	I feel annoyed when the coach objects to my performance	0.823
21	I feel lonely when I'm in the gym	0.869

Tabular t value at the significance level of 0.05 = 0.195

It is clear from Table (2) that the correlation coefficient between each of the phrases and the total sum of the first axis ranged between (0.049 to 0.948), and by comparing the calculated value of (t) to the tabular value of (t), it becomes clear that there is a statistically significant correlation between the phrases and the total sum of the axis, except for The phrases numbers (7, 15), and thus the number of the phrases of the first axis becomes (19) phrases, and the results indicate that the phrases of the first axis are characterized by a high degree of honesty.

Table (3)
The correlation coefficient between the degree of each of the phrases of the second axis: the social aspect And the total degree of the axis to which it belongs (n = 70)

numbers	ferries	correlation coefficient
1	I feel like a member of the health club	0.095
2	I tend to participate in any health club activities	0.501
3	I tend to join the group performance in Zumba	0.010
4	I collaborate with my peers in the health club when doing any exercise	0.495
5	I share the health club members with solving some special problems	0.485
6	I sympathize with my peers when they go through embarrassing situations during the performance	0.849
7	I offer assistance to anyone in the health club	0.812
8	Best thought for those responsible for managing the health club	0.009
9	My relationships with health club officials do not enjoy a strong friendship	0.748
10	I treat everyone in the health club with kindness and respect	0.837
11	I work to motivate my peers to succeed in performing the exercises	0.677
12	I feel dissatisfied when the coach asks me to lead in group exercises	0.812
13	I make sure to make new friends with colleagues in the health club	0.854
14	I respect the privacy of others in the spa	0.830
15	I follow the instructions of my health club coach	0.646

16	I respect the rules of the health club and the instructions of its management	0.721
17	I get upset when a colleague who is good at a certain exercise instructs me	0.529
18	Be considerate of other people's feelings in the health club	0.441
19	I share with my peers the hardest exercises	0.021
20	I tend to do aerobics with my peers	0.673

Tabular t value at the significance level of 0.05 = 0.195

It is clear from Table (3) that the correlation coefficient between each of the phrases and the total sum of the second axis ranged between (0.009 to 0.854), and by comparing the calculated (t) value with the tabular value (t), it becomes clear that there is a statistically significant correlation between the phrases and the total sum of the axis, except for The phrases are numbers (1, 3, 8, 19), and thus the number of phrases for the second axis becomes (16) phrases, and the results indicate that the phrases of the second axis are characterized by a high degree of honesty.

Table (4)

Correlation coefficient between the degree of each of the phrases of the third axis: the personal aspect , And the total degree of the axis to which it belongs (n = 70)

numbers	ferries	correlation coefficient
1	I am confident in my ability to learn any new movement exercise	0.471
2	I'm having a hard time understanding some of the exercises	0.001
3	I do my best to improve my performance in training	0.833
4	I schedule my training times to maintain my performance level	0.614
5	Continuing to exercise makes me feel energized	0.802
6	I get bored if I exercise too much	0.054
7	I can do any exercise the coach tells me to do	0.840
8	Excellence in the performance of exercises supports the strengths in myself	0.471
9	Struggling to achieve the goal of the exercise	0.629
10	I visualize the exercise before I start doing it	0.587
11	Continuing to do the exercises reinforces my strengths	0.013
12	I am graduating in learning difficult motor skills to develop my performance	0.802
13	Focus on the coach's instructions when exercising	0.910
14	Analyze my strengths and weaknesses	0.860
15	Refer to the instructions before starting the exercise	0.937
16	I rely on myself to make exercise decisions	0.923
17	Be careful when learning a new motor skill	0.851
18	I learn from my past mistakes and don't repeat them	0.345
19	I strive to continue at the same level throughout the performance period	0.442
20	I feel hard when I do the exercise for the first time	0.654

Tabular t value at the significance level of 0.05 = 0.195

It is clear from Table (4) that the correlation coefficient between each of the phrases and the total sum of the third axis ranged between (0.001 to 0.910) and by comparing the calculated value of (t) with the tabular value of (t), it becomes clear that there is a statistically significant correlation between the phrases and the total sum of the axis, except for The phrases are numbers (2, 6, 11), and thus the number of the phrases of the third axis becomes (17) phrases, and the results indicate that the phrases of the third axis are characterized by a high degree of honesty.

Table (5)

Correlation coefficient between the axes and the total sum of the scale (n = 70)

numbers	axles	correlation coefficient
1	The first axis: the emotional side	0.991
2	The second axis: the social aspect	0.964
3	The third axis: the personal aspect	0.964

The value of (t) tabular at the degree of freedom (68) and at the level of significance (0.05) = 0.195

It is evident from Table (4) that:

The correlation coefficients between the total scores of each of the scale axes and the total score of the scale ranged between (0.964: 0.992). By comparing the tabular value (t), it is clear that there is a statistically significant correlation between the axes and the total score of the scale, which indicates that the axes are characterized by a high degree of honesty.

constancy

In order to achieve the stability of the scale, the researcher used the (Facronbach) coefficient and the split halves, and the result of calculating the stability coefficients was as follows:

Table (6)

Stability coefficients using half-segmentation and Cronbach's alpha coefficient Psychological quality of life scale (n = 70)

numbers	Scale axes	Cronbach's alpha coefficient	split half	
			Spearman Brown	Getman
1	The first axis: the emotional side	0.937	0.962	0.981
2	The second axis: the social aspect	0.858	0.842	0.847
3	The third axis: the personal aspect	0.869	0.879	0.893

(t) tabular value at (68) degree of freedom, significance level (0.05) = 0.195

It is evident from Table (5) that:

The values of Cronbach's alpha and partial coefficients for the scale axes are statistically significant, with a significance level of 0.05 on all scale axes, which indicates that the scale axes are characterized by a high degree of stability.

Thus, the final picture of the measure of "the quality of psychological life among those attending health clubs" reached (52) in its final form.

D- Scale correction method:

The number of scale statements became (52) of them (43) positive statements in the direction of the axis, and (9) nine negative statements in the direction of the axis, distributed on (3) three axes according to the opinions of the experts. (I agree = three marks - agree to some extent = two marks - disagree = one degree), and the scale score is calculated by putting the mark in the box that matches its opinion according to a triple scale of (agree - agree to some extent - disagree) The scores of positive statements are calculated in the direction of the axis (3-2-1) degrees, and the degrees of negative statements are calculated in the opposite direction of the axis (1-2-3). degree, and thus the maximum degree of the scale in question reached (153) degrees, and the minimum degree reached (51) degrees, and the higher the degree of the practice response on the scale, the higher the level of quality of psychological life it has and vice versa, that is, the lower the degree of response of the practice on the scale Whenever it indicates a decrease in the level of her psychological quality of life,

Discuss the results:

By discussing the results of tables (2, 3, 4), it was clear that there are statistically significant correlation coefficients between each phrase and the total axis of the scale of "the quality of psychological life among those attending health clubs", which indicates the validity of the scale in question.

By discussing the results of Table (5), it became clear that the value of Cronbach's alpha coefficient for the measure of "the quality of psychological life among those attending health clubs" was limited to (0.962 - 0.342), which are acceptable values to indicate the stability of the scale under discussion.

By discussing the results of Table (5), it was clear that there was a statistically significant correlation coefficient between the first and second half of the scale in all axes of the scale of "the quality of psychological life among those attending health clubs" under consideration, which indicates the stability of the scale.

Thus, the researcher concluded that the scale under study enjoys a good degree of scientific transactions, starting with calculating the arbitrators' validity coefficient, passing through calculating the content validity coefficient, all the way to calculating the internal consistency validity coefficient of the proposed scale's axes and phrases, and it also has an acceptable stability coefficient.

Thus, the measure of "the psychological quality of life for those attending health clubs" consisted of (3) three axes, and (52) a statement. After calculating the scientific coefficients of validity and reliability.

Thus, the research objective was achieved, which states:

Building a measure of "the quality of psychological life among those attending health clubs".

Conclusions

In light of the aim of the research and based on the results of the statistical analysis to achieve the goal, the researcher reached to build a measure of "the quality of psychological life among those attending health clubs".

The scale contained (52) phrases, divided into (3) three axes, as follows:

- 1 The emotional side.
- 2 The social aspect.
- 3 The personal aspect.

Recommendations

1. Work to provide the appropriate environment for the development of the emotional, social and personal aspects of those attending health clubs, and this is achieved through this to work on developing skills related to psychological quality of life.
2. Providing psychological support to health club workers. This is achieved through the necessity of setting financial incentives and rewards to motivate health club workers to provide psychological, social, emotional and personal support to those who visit health clubs.

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