Directions of the students of Hassiba Ben Bouali University (Algeria) towards practicing recreational physical activities and their role in improving dietary habits, reducing stress, and limiting smoking in the university environment.

Laid Kouider Ben Brahim[1], Billal Zinai[2] OrcID(0009-0008-7828-0117), LakhdarBouali[3]

[1]Institute of Physical and Sports Activities Sciences and Technologies,UniversityKasdiMerbahOuargla,(Algeria).

[2]Institute of Physical and Sports Activities Sciences and Technologies,UniversityKasdiMerbahOuargla,(Algeria).

[3]Institute of Physical Education and Sports,UniversityHassibaBenbouali–Chlef(Algeria).

The Email Author:brahimelaid@gmail.com[1],Zinai.billal@univ-ouargla.dz[2],Bouali.lakhdar@yahoo.fr[3]

Abstract:

The applied study aims to evaluate the habits and traditions of male and female students at Hassiba Ben Bouali University (Algeria) regarding healthy nutrition, recreational physical activity, abstaining from smoking, stress and its control, and to verify the existence of statistical differences between genders in this regard. The researchers used a sample of 172 students from the university's faculties in the first stage. The study relied on a questionnaire form based on a Likert scale consisting of twenty-four questions in four axes represented in the first axis of nutrition, the second axis of smoking, the third axis of stress, and the fourth axis of physical activities. The researcher translated them to experts for evaluation and suitability for the studied environment. As for the statistical treatments, the SPSS program was used, which included chi-square to determine the differences between genders in the four axes and the use of Pearson's correlation to test the reliability of the scale tool, in addition to the arithmetic mean and percentage. The researchers found that many students deal with a healthy eating method except for the paragraph that indicated that students do not have breakfast when going to the university. The researchers did not find statistically significant differences between male and female students when engaging in physical activities. They also found that the state of stress is related to the practice of physical activities as it helps reduce stress among university students, and there are no statistically significant differences between males and females in accepting the smoking

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phenomenon, as the results showed that more than 28% of both genders reject smoking. The researcher recommended the implementation of healthy nutrition and physical activity programs in universities and schools alike.

Keywords: Directions, Nutrition, Smoking, Dietary Balance, Physical Activities.

I-Introduction:

The concept of attitudes is considered one of the significant concepts in psychological, social, and educational studies. Attitudes and inclinations are among the most important outcomes of the socialization process, and they are, at the same time, key determinants of behavior and its motivations. The essential functions of upbringing and education involve shaping positive attitudes in individuals or modifying undesirable attitudes in them (Al-Sayyid, 1984).

Different techniques for measuring attitudes are generally aimed at identifying the type of individuals' attitudes, their intensity, and understanding the agreement and disagreement regarding them. There is much debate in contemporary societies about the best way to influence the behavior of youth to adopt a healthy lifestyle model. Schools and universities play a significant role in establishing these patterns of life, so it is crucial to focus on this period and monitor individual attitudes, whether positive or negative, in dealing with problems, as a positive attitude contributes positively to behavior.

Physical activities have positive effects on both health and physical aspects. Through physical activities, individuals can strengthen various organ systems and develop physical fitness capabilities, enabling them to maintain and enhance these abilities. Holly and Don Frankz (Howly, 1992) mention that physical activity plays a significant role in achieving individuals' psychological balance, as it helps reduce psychological stress and tension resulting from work conditions and reduces the incidence of stress-related diseases.

An estimated 50%–60% of first-year students drop out of higher learning institutions during their first year of studies (Van Zyl, cited by Areff, 2015)

As for the recent research results by Rossmann and Daniel in the field of dietary habits among teenagers and their smoking habits and how they affect physical activities, it showed a rapid increase in the number of teenage smokers and a general increase in stress in their lives, which was a cause for concern (Simantov E, 2000).

Regarding health-damaging habits such as smoking, they are linked to the adolescent stage, leading not only to health problems but also to behavioral issues. This was pointed out in

research conducted on teenagers in Mexico and America by Elders, where it was found that teenage smokers were more inclined to engage in risky health behaviors compared to non-smokers. Another study on smokers also noted that 30% of them did not want to engage in physical activity and use healthy food (Elders MJ, 1994).

Another important factor that has a negative impact on the physical and mental health of teenagers is psychological stress and tension. The way a young person deals with stress in their life directly affects their daily behavior. There is a connection between stress levels and the frequency of individuals turning to different types of tobacco. Scientists confirm that participating in physical activities reduces levels of psychological stress, which is a positive factor in developing healthy behavior. It has also been observed that a more positive attitude is associated with following a dietary regimen (Mohamed, 1999).

Today's college youth represents a significant human resource, so it is our duty to invest in this potential by reducing waste and enhancing their personality with all the necessary skills. Our society is facing significant challenges and circumstances, which necessitates studying all aspects related to these young individuals within the framework of modern education philosophy.

Importance of the Study: The importance of this study lies in its focus on uncovering the attitudes of university students towards recreational sports activities, smoking, stress, and nutrition. A student's personality in college depends on their behavior during their academic life, and engaging in recreational sports activities plays a positive role in shaping their character and enhancing their ability to seek positive changes in these attitudes.

Research Problem: Psychology is the primary source for understanding individuals' attitudes and inclinations towards various variables, including their level of interest in engaging in recreational sports activities, their tendencies towards smoking, their dietary habits as either positive or negative cases, and how students cope with the psychological pressures they face in college, as well as ways to mitigate the negative effects of these pressures.The university community provides an ideal environment to study these attitudes, especially given that academic institutions have undergone significant challenges and changes. For these reasons, the best modern approach in psychology is to plan and examine students' attitudes, reinforce positive values, and work on their development. Attitudes and inclinations play an active role in improving both sports activities and academic activities in university faculties in general.

The topic of individual attitudes and inclinations has not received sufficient attention from researchers, especially in Algeria, as revealed by the researcher through the collection of relevant sources and research related to such attitudes. Therefore, this study attempts to answer the following questions:

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- What are the attitudes of students at Hassiba Ben Bouali University towards recreational sports activities?

- What are the attitudes of students at Hassiba Ben Bouali University towards smoking?

- What are the attitudes of students at Hassiba Ben Bouali University towards stress?

- What are the attitudes of students at Hassiba Ben Bouali University towards nutrition?

Research Objectives: The research objectives are as follows:

- Standardize a scale to measure the attitudes and tendencies of university students towards nutrition, smoking, stress, and recreational physical activities.

- Identify the attitudes of Hassiba Ben Bouali University students towards nutrition, smoking, stress, and recreational physical activities.

- Identify the differences between males and females in their attitudes and tendencies towards nutrition, stress, and recreational physical activities.

Research Hypotheses: There are statistically significant differences between males and females in their attitudes towards nutrition, smoking, stress, and recreational physical activities.

Research Methodology: The survey method within the descriptive research framework was used, as it is the most suitable approach for the nature of the research problem.

Spatial and Temporal Framework of the Research:

The research is based on first-year students at Hassiba Ben Bouali University during the time period from February 25th to March 25th, 2022.

Previous Studies:

* A study by Anwar Mohammed Rahim (Rahim, 2006), titled "Attitudes of Some Students at the University of Sulaymaniyah Towards Physical Activity" in 1993. The study aimed to identify differences in students' attitudes and had a sample of 150 students from the colleges of the University of Sulaymaniyah for the academic year 2003-2004. The study used the Kenyon Scale for Attitudes towards Physical Activity (A.T.P.A). The researcher concluded that the axis representing stress and risk-taking was ranked first in terms of the appearance of the percentage of its paragraphs, which represented positive attitudes towards engaging in physical activities among the research sample. The study also showed that the most positive attitude towards engaging in physical activities among the research sample was for the purpose of health and recreation.

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* A study by IyadAqlaMghayer and Bashir Ahmed Al-Alwan (Al-Alwan, 2011), titled "The Impact of Teaching the Sports for All Course on Al-Balqa Applied University's Attitudes Towards Physical Activity" at Al-Zarqa University College towards engaging in physical activity. This study aimed to identify the impact of teaching the Sports for All course on Al-Balqa Applied University's attitudes towards physical activity. The sample of the study consisted of 176 male and female students, with 57 male students and 119 female students from Al-Balqa Applied University at Al-Zarqa University College who were enrolled in the Sports for All course in the first and second semesters of the 2007/2008 academic year. The researcher used the Kenyon Scale for Attitudes as a study tool, and the results indicated no statistically significant differences in students' attitudes towards engaging in physical activity between the pre and post measurements. However, there was a statistically significant positive effect on actual participation among male and female participants in the sample. The researchers recommended adopting the Sports for All course as a mandatory requirement at Al-Balqa Applied University due to its positive impact on instilling positive attitudes towards engaging in physical activity among students, as well as adopting parallel practical course methods alongside the Sports for All course to ensure a good practical application for students.

II-Research Methodology:

The research sample consisted of 162 first-year students randomly selected from Hassiba Ben Bouali University. The sample composition is presented in Table 01.

The Likert scale is used as a method to measure attitudes and tendencies. It is commonly used in educational assessments and relies primarily on a questionnaire presented in statistical studies. Responses indicate the degree of agreement or disagreement with a given statement. Paraskevilioumpi designed the scale, which was then translated into Arabic by the researcher and reviewed by experts to assess the suitability of its items for the Algerian context.

The scale comprises 24 statements distributed across four dimensions measuring students' personal attitudes and opinions towards healthy nutrition, physical activity, smoking, and stress. Responses are structured using five options: Always, Often, Sometimes, Rarely, Never.

A- Questionnaire Validity: The apparent validity of the questionnaire items was verified by translating them into Arabic and presenting them to eight experts specializing in physical education, testing, psychology, sociology, and motor learning at Algerian universities (see Appendix 02). These experts were asked to evaluate the questionnaire in terms of its validity in measuring the intended objectives, linguistic accuracy, suitability for application, and whether they had any suggestions for modifying the phrasing of any items or dimensions.

After collecting the questionnaires and reviewing the experts' comments, their observations and

recommendations were considered. It was decided to keep the same six items for each of the four main dimensions while modifying the fourth dimension regarding physical activity. The revision changed the statement about running to walking and the statement about biking or skiing to climbing stairs, ensuring that the revised items provided the same physical benefits as the original ones. The final version of the questionnaire was presented to the same experts, and their agreement rate averaged 90%, indicating a high level of apparent validity.

B- Questionnaire Reliability: The questionnaire's reliability was assessed through a test-retest method. The questionnaire was administered to ten students (5 males and 5 females) from outside the study sample who had previously studied at the university. The questionnaire was then re-administered to the same group two weeks later. Pearson's correlation coefficient was calculated between the first and second applications. The reliability coefficients for each of the four performance dimensions ranged from 0.70 to 0.85. Consequently, the overall reliability coefficient for the tool was calculated to be 0.77, indicating an appropriate correlation coefficient that demonstrates the reliability of the questionnaire.

C- Research Implementation: We distributed the questionnaire to the study sample by entering lecture halls, and students provided their responses on the same day. The questionnaires were distributed and collected within two days. The researcher organized the questionnaires, and a total of 170 questionnaires were collected from the study sample.

D- Statistical Methods: Data were statistically processed using the SPSS software. The following variables were calculated:

1- Mean.

2- Standard deviation.

3- Percentage ratios to determine the questionnaire's responses.

4- Chi-squared (X^2) to identify gender differences.

5- Pearson's correlation coefficients to calculate the tool's reliability.

II- Results and Discussion:

After collecting data using the Likert scale questionnaire for attitudes and tendencies, we statistically processed and presented the results according to their axes:

A- Presentation of the Dietary System Axis: Based on the results in Table 2, there do not appear to be statistically significant differences between genders in their responses to questions 1, 2, 4, and 6. This includes aspects related to eating fruit, having breakfast, knowing the

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nutritional components of meals, and the percentage of adherence to a balanced diet.

There was a slight statistical difference in responses to question 3, which refers to excessive consumption of sweets. In terms of percentage, 44.3% of female students always avoid excessive consumption of sweets, while 29.25% of male students do the same. Sometimes, roughly half the number of female students have started to avoid sweets compared to half the number of male students who have also started to avoid sweets.

Regarding the responses to question 5, statistically significant differences were found in terms of knowledge about foods used by the research sample for their health benefits. Female students appeared to be more knowledgeable in this regard than male students. Specifically, based on the percentage ratios, 66.55% of female students, compared to 42.84% of male students, chose "always" when asked if they know the food they avoid for health reasons.

B- Presentation of the Stress Axis: Table 3 represents the percentage ratios, totals for males and females, the X² value, significance level (p), and degrees of freedom (df) for the stress scale. Based on the table's results, there don't appear to be statistically significant differences between genders in their responses to questions 1, 3, 4, 5, and 6. Concerning question 2, which refers to people they can trust to solve their problems, 52.65% of male students and 56.16% of female students answered "always." This indicates that female students find people around them slightly more trustworthy in solving some problems compared to male students.

C- Presentation of the Smoking Axis: Table 4 represents the percentage ratios, totals for males and females, the X² value, significance level (p), and degrees of freedom (df) for the smoking scale. Based on the table's results, there doesn't seem to be a significant difference between genders in their responses to questions 1, 2, 3, 5, and 6.

In the first paragraph, it appears that 72.05% of male students and a high percentage of 86.04% of female students always reject the idea of smoking. This indicates that it is a rejected idea in our society. In paragraph 2, 78.36% of male students and 83.07% of female students always avoid smoking. In paragraph 3, 64.35% of male students and 72.8% of females always distance themselves from smokers. In paragraph 4, 76.80% of male students and 90.75% of female students always say "no" when offered cigarettes. In paragraph 5, 79.20% of male students and 84.70% of female students always consider smoking a negative aspect of their lives. In paragraph 6, 67.86% always watch advertisements, compared to 67% of female students. There are no statistically significant differences for all smoking scale items except for paragraph 4, where female students are more resolute in refusing cigarettes when offered.

D- Presentation of the Recreational Physical Activity Axis: Table 5 represents the percentage ratios, totals for males and females, the X² value, significance level (p), and degrees of freedom

(df) for the physical activity scale. In Table 5, the data above indicate that there are no statistically significant differences between genders in their responses to questions 1, 2, 3, 4, and 5. It appears that participation in physical activities is a common occurrence for both genders.

However, there are marginal differences in responses to question 6, which indicates that 51.48% of male students engage in physical activities like bending, abdominal exercises three times a week for 15-35 minutes, compared to 46.80% of female students.

E- Results Related to Healthy Behavior for Both Genders:

- **Dietary Habits:** By examining the dietary habits of both genders in Table 2, it was found that 41.40% of both genders are aware of the food they consume, and 61.88% follow a daily healthy diet and are always aware of the food they avoid. Additionally, only 24.19% of male and female students have breakfast, which is considered an unhealthy practice in the dietary system. Regarding the consumption of sweets, it was revealed that females are more cautious about not consuming them frequently compared to males, as it is associated with weight gain.

-**Stress:**Referring to the stress axis in Table 3,it was found that 28.42% of male and female students indicated that they sometimes find ways to relax after being exposed to stress. In contrast, nearly equal percentages, approximately 28.23%, rarely or never find time to relax after stress exposure. In another aspect, in response to the second question, 53.94% always have people around them when they experience stress. In the third question, 35.96% of both males and females know the locations where they experience stress, compared to 26% who only know these locations sometimes. In the fourth question, 33.64% of students do not know the physical signs of stress. In the fifth question, it was found that 31.86% of students always know how to relax after experiencing stress. In the sixth question, only 11.40% of students always know how to organize their time so as not to be influenced by stress.

-**Smoking:** Smoking is universally regarded as a harmful habit, especially from both a health and economic perspective. Our study illustrated that the university community is far removed from smoking, as indicated by the sections of the axis in Table 4. The results were encouraging. In the first question, 80.04% refuse cigarettes offered to them in all situations. In the second question, 81.42% always avoid smoking. In the third question, 72.8% always request that others move away when they smoke. In the fourth question, 83.40% always refuse cigarettes when offered. In the fifth question, 81.60% always resist peer pressure to smoke. In the sixth question, 67.28% view smoking-related advertisements, but they are not influenced by them.

-**Recreational Physical Activity:** Engaging in physical or recreational activities is a characteristic of civilized societies. Through Table 5, in the first question, we find that 51.62% of students always consider sports as part of their daily life by engaging in physical activities. In the second

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question, 33.04% always seek non-sedentary activities. In the third question, 25.37% sometimes avoid relaxation in front of the TV and instead engage in physical activities during leisure time. In the fourth question, 49.53% always have the desire to walk and participate in physical activities. In the fifth question, 41.30% of students always use stairs, especially in lecture halls, which is a mandatory exercise program for all students. In the sixth question in the sports axis, 46.40% of students always practice trunk and abdominal exercises at home or in university sports halls. These responses indicate a positive attitude towards engaging in physical activities within the research sample.

Through the study results, it becomes apparent that certain healthy habits cannot be separated from one another, such as smoking from eating and sports from stress. Each of them influences the other. Drug use cannot be isolated from violence. The World Health Organization also emphasizes that acquiring good dietary habits fosters positive behavior, leading to reduced stress levels. Furthermore, smokers tend not to have regular meals, and those who engage in physical activities have a positive inclination towards meal consumption.

Hesketh (2003) emphasized that the association between watching television, reduced physical activity, and increased reliance on transportation constraints movement, leading to weight gain. This contrasts with the study's findings, which indicated that the research sample seeks physical activity to benefit from a healthy physique and for leisure (Wake M., 2003).

In this context, Alawi (1997) points out that positive attitudes toward sports play a significant role in promoting this type of human activity because they represent the forces that motivate and inspire individuals to engage in and consistently practice such activities. The study also revealed that there is no overcrowding in students' schedules, allowing ample room for physical movement and sports activities. This aligns with the World Health Organization's report in 2009, emphasizing the need to provide opportunities for physical activity in schools and universities to encourage sports participation.

Furthermore, a study by Theodorakis et al. (2005) confirmed that engaging in sports necessarily leads to reducing and distancing oneself from smoking and lowering stress levels in individuals. Therefore, it is imperative to disseminate health information related to television viewing, eating habits, and smoking avoidance within educational systems.

It is quite evident that the research sample exhibited a positive inclination towards avoiding smoking and its temptations from advertisements or friends. However, it appears that society has shifted away from traditional smoking methods towards a more concealed form known as "nargileh." This trend has not been openly addressed in the questionnaire due to its emergence among high school students transitioning to university, as affirmed by Simantov E. and Schoen (2000), who stated that anti-smoking campaigns bear fruit through the efforts of the World

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Health Organization and supporting governmental agencies.(Simantov E ‹2000).

As for cases of stress or psychological pressure within the research sample, it was found that 33.64% do not recognize the physical signs associated with general stress experienced by individuals. The research results emphasized that the physical signs of daily stress among university students are partially related to individuals' genetic predispositions. Engaging in physical activities plays a significant role in reducing stress levels. Additionally, 24.11% of students rarely or never know how to relax after exposure to psychological pressure.

In conclusion, this study highlighted some erroneous behaviors, especially in the area of breakfast consumption. Students' abstention from having breakfast is evident, with approximately 29.4% of students rarely or never consuming breakfast, compared to 40.96% of females who rarely or never have breakfast. These percentages indicate a significant negative dietary behavior. Therefore, there is a need for awareness and guidance in this area, as it plays a crucial role in physical development and is closely linked to exercise and physical activities. There are also positive aspects in the nutrition axis, such as dietary balance and meal components, which are associated with physical activities.

IV- Conclusion:

1- Positive trends in engaging in recreational physical activities were observed among both males and females.

2- Positive attitudes and healthy behaviors related to nutrition were evident among students at Hassiba Ben Bouali University.

3- Negative trends were observed in the area of smoking among the university students.

4- Stress is a condition related to physical activities, with stress levels decreasing when students are prepared to engage in physical activities during their leisure time.

5- Gender differences were identified in the attitudes toward some questions across all axes, often in a positive direction.

Recommendations:

1. There is a need to increase green spaces within the university and provide fitness equipment such as stationary bikes or treadmills that are accessible to all students.

2. The scale used should be further developed, and future studies should consider the economic and cultural aspects of the research sample.

3. Investigate the impact of physical activities on students' academic performance.

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4. Researchers should develop additional psychological scales within the university environment to better understand students' realities and preferences regarding various activities.

- **Appendix:**

Table (1): Research Sample

Section	College	Numberofsamples	
		Males	Females
PhysicalActivities and Sports	Physical Education	10	
Civil Engineering	Civil Engineering	10	10
Geography	Social Sciences	10	10
Agriculture	Agricultural Sciences	10	10
Sciences	Science and Technology	10	10
Biology	Natural Sciences	10	10
Management Sciences	Economics	10	10
Business Sciences	Economics	10	10
ArabicLiterature	Literature and ForeignLanguages	2	2

Source: Prepared by the researchers.

Table (2): Represents the percentages and totals for males and females, as well as the X2 value, significance level (p), and degrees of freedom (df) for the nutrition scale.

		Never	Rarely	Sometime	Often	Always	StatisticalIndicators
I eat an apple every day.	Total Males	11.60%	13.92%	22.40%	22.40%	30.16%	
	86	10	12	19	19	26	X2=1.50 df=4
	Tota	9.52%	11.90	24.99%	17.85	35.70	

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	Female 84	8	% 10	21	% 15	% 30	P=0.733
	Total overall	10.44%	12.76%	23.20%	19.72%	32.48%	
	170	18	22	40	34	56	
I have a complete breakfast every day.	Total Males	8.19%	21.60%	28.08%	21.06%	21.06%	
	85	7	18	24	18	18	X2=6.233 df=4 P=0.133
	Total Females 83	18% 15	22.80% 19	18% 15	13.20% 13	21.06% 22	
	Total Overall	12.98%	21.83%	23.01%	17.11%	24.19%	
	168	22	37	39	29	41	
I avoid sweets a lot.	Total M	5.85%	9.36%	29.25%	25.74%	29.25%	
	85	5	8	25	22	25	X2=8.427 df=4 P=0.04
	Total F 84	4.76% 4	5.95% 5	26.18% 22	19.04% 16	44.03% 37	
	Total overall	5.31%	7.67%	27.73%	22.42%	36.58%	
	169	9	13	47	38	67	
I know the component	Total M	12%	12%	16.80%	21.60%	37.20%	

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s of the food I consume	83	10	10	14	18	31	X2=1.66
	Total F 82	8.48% 7	8.47% 7	13.31% 11	22.99% 19	45.98% 38	df=4 P=0.659
	Total Overall	10.20%	10.20%	15%	22.20	41.40%	
	165	17	17	25	37	69	
I know the food I avoid	Total M	8.33%	9.52%	8.33%	30.94%	42.84%	
	84	7	8	7	26	36	X2=13.45
	Total F 82	6.05% 5	6.05% 5	8.47% 7	12.10% 10	66.55% 10	df=4 P=0.004
	Total Ovreall	8.16%	8.84%	9.52%	24.48%	61.88%	
	166	12	13	14	36	91	
I know the proper proportions for a balanced diet.	Total M	7.20%	7.20%	20.40%	16.80%	48%	
	83	6	6	17	14	40	X2=4.123
	Total F 85	7.02% 6	8.19% 7	12.87% 11	28.08% 24	43.29% 37	df=4 P=0.155
	Ovreall	7.08%	7.67%	16.52%	22.42%	45.43%	
	168	12	13	28	38	77	

Source: Prepared by the researchers, based on the survey results.

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Table (3): Represents the percentage and total for males and females, the value of X2, significance level p, and degrees of freedom df for the stress scale.

		Never	Rarely	Sometime	Often	Always	StatisticalIndicators
There are people around me whom I can talk to about the problems I face.	Total Males	13.92%	13.92%	34.80%	29%	17.40%	
	86	12	12	28	25	15	X2=3.152 df=4 P=0.259
	Tota Female 84	17.85% 15	10.71% 9	24.99% 21	17.85 15	21.42% 18	
	Total overall	15.66%	12.18%	28.42%	23.20%	19.14%	
	170	27	21	49	40	33	
There are people around me whom I can talk to about the problems I face.	Total Males	7.02%	7.02%	16.38%	15.21%	52.65%	
	85	6	6	14	13	45	X2=10.217 df=4 P=0.02
	Total Females 85	7.02% 6	3.51% 3	9.36% 8	23.40% 20	56.16% 48	
	Total Overall	7.96%	5.22%	12.67%	19.14%	53.94%	
	170	12	9	22	33	93	
I can anticipate the places with high pressure	Total M	5.96%	9.28%	29%	25.52%	29%	
	86	6	8	25	22	25	X2=1.125 df=4
	Total F	4..76%	5.95%	26.18%	19.04%	44.03%	

and how to deal with them.	84	4	5	22	16	37	P=0.73
	Total overall	5.80%	7.54%	27.26%	22.04%	35.96%	
	169	10	13	17		62	
I know the physical signs of stress	Total M	40.95%	4.68%	19.89%	17.55%	16.38%	
	85	35	4	17	15	14	X2=1.70
	Total F 85	26.91% 23	12.87% 3	23.40% 20	22.23% 19	44.46% 20	df=4 P=0.783
	Total Overall	33.74%	4.06%	21.46%%	19.72%	19.72%	
	170	58	7	37	34	34	
I know how to relax after being exposed to stress.	Total M	11.70%	17.55%	23.46%	19.89%	26.91%	
	85	10	15	20	17	23	X2=0.651
	Total F 83	9.60% 8	9.60% 8	18.72% 16	25.74% 22	36.27% 31	df=4 P=0.640
	Total Overall	10.62%	13.57%	21.24%	12.98%	31.86%	
	168	18	23	36	39	54	
I know how to manage my time so that it	Total M	9.52%	5.95%	19.04%	37.44%	26.91%	
	84	8	5	16	32	23	X2=6.543
	Total F	8.40%	9.60%	21.60%	19.20%	40.80%	df=4

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is not under too much stress.	83	7	8	18	16	34	P=0.101
	Total Overall	8.85%	2.60%	6.80%	9.60%	11.40%	
	167	15	13	34	48	57	

Source: Prepared by the researchers, based on the survey results.

Table (4): Represents the percentage and total for males and females, along with the value of X2, the significance level (p), and the degrees of freedom (df) for the physical activity scale.

Attitudes Toward Smoking		Never	Rarely	Sometimes	Often	Always	StatisticalIndicators
1- I reject the cigarette offered to me. I avoid smoking	Total Males 85	5.85%	3.51%	%3.51	10.53%	76.05%	X2=4.810 df=4 P=0.231
		5	3	3	9	65	
	Tota Female 85	2.34%	3.51%	%3.51	%4.68	85.41%	
		2	3	3	4	73	
	Total overall 170	4.06%	3.40%	%3.40	%7.54	80.04%	
		7	6	6	13	138	
2- When someone smokes near me, I ask them to move away from	Total Males 85	2.34%	4.68%	%3.51	10.53%	78.39%	X2=5.762 df=4 P=0.039
		2	4	3	9	68	
	Total Females s	0%	0%	%6.05	%4.84	83.07%	
		0	0	5	4	71	

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me.	82					
	Total Overall 167	1.18 %	2.36%	%4.72	%7.68	81.42 %
		2	4	8	13	138
3- Iknow how to say no when offered a cigarette	Total M 85	5.85 %	10.53 %	%5.85	%9.32	64.35 %	X2=8.630 df=4 P=0.101
		5	9	5	7	55
	Total F 85	1.17 %	12.87 %	%4.68	%4.68	%70.2
		1	11	4	4	60
	Total overall 170	3.8%	12.7%	%4.4	%6.3	72.80 %
		6	20	9	12	115
4- I know how to resist my friends when they ask me to smoke.	Total M 83	3.60 %	1.20%	%4.80	10.80 %	76.80 %	X²=10.681 df=4 P=0.027
		3	3	4	9	64
	Total F 83	2.41 %	2.42%	%2.42	%2.42	90.75 %
		2	2	2	2	75
	Total Overall 166	2.40 %	3.00%	%3.60	%6.60	83.40 %
		4	5	6	11	139
5- I can see advertisements that encourage us	Total M 83	0%	3.60%	%3.60	13.20 %	79.20 %	X²=3.89 df=4
		0	3	3	11	66
	Total F	0%	4.84%	%4.84	%6.05	84.70

						%	P=0166
to smoke.	82						
		0	4	4	5	70	
	Total Overall 165	0%	4.20%	%6.00	%9.60	81.60%	
		0	7	10	16	136	
6- Attitudes Toward Smoking I reject the cigarette offered to me.	Total M 85	4.68%	7.02%	%7.02	12.87%	68.86%	X²=2.030 df=4 P=0.521
		4	6	6	11	58	
	Total F 85	5.85%	7.02%	%6.96	%11.7	67.86%	
		5	6	12	10	58	
	Total Overall 170	3.48%	6.96%		12.18%	67.28%	
		6	12		21	116	

Source: Prepared by the researchers, based on the survey results.

Table (4): Represents the percentage and total for males and females, along with the value of X2, the significance level (p), and the degrees of freedom (df) for the physical activity scale.

PhysicalRecreationalActivity		Never	Rarely	Sometimes	Often	Always	StatisticalIndicators
1- Physical exercises are part of my daily life.	Total Males 85	7.02%	9.36%	11.70%	22.23%	49.14%	X²=2.107 df=4 P=0.557
		6	8	10	19	42	
	Tota Female 84	5.85%	5.85%	% 11.70	19.89%	54.99%	
		5	5	10	17	47	

	Total overall	4.64 %	7.54 %	%11.60	20.88 %	51.62 %	
	169	11	13	20	36	89	
2- I avoid a sedentary lifestyle and always try to seek activities that interest me.	Total Males	8.33 %	8.33 %	%16.66	32.13 %	34.51 %	X²=0.752 df=4 P=0.821
	84	7	7	14	26	29	
	Total Females	8.33 %	9.52 %	%21.42	28.56 %	32.13 %	
	84	7	7	18	24	27	
	Total Overall	8.26 %	7.67 %	%18.88	30.09 %	33.04 %	
	168	14	15	32	51	56	
3- I avoid relaxation in front of the TV and instead engage in physical activities	Total M 85	8.19 %	21.06 %	%31.59	10.53 %	28.08 %	X²=2.321 df=4 P=0.534
		7	18	27	9	24	
	Total F 83	9.60 %	26.40 %	%36.00	4.80 %	22.80 %	
		8	22	30	4	19	
	Total overall	8.85 %	23.60 %	%33.63	7.67 %	25.37 %	
	168	15	40	57	13	43	
4- I participate in activities regularly and walk weekly for 15 to 30 minutes three times a week.	Total M85	10.53 %	15.21 %	%24.56	14.04 %	35.10 %	X²=2.829 df=4 P=0.486
		9	13	21	12	30	
	Total F	4.76 %	19.04 %	%22.61	9.52 %	44.03 %	

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	84	4	16	19	8	37	
	Total Overall 169	7.67%	17.11%	%23.60	11.80%	39.53%	
		13	29	40	20	67	
5- I engage in daily stair climbing, approximately 5 to 10 times per day.	Total M84	8.33%	11.9%	%27.37	16.66%	35.7%	X^2=6.321 df=4 P=0.112
		7	10	23	14	30	
	Total F 84	2.38%	4.76%	%23.80	21.42%	47.60%	
		2	4	20	18	40	
	Total Overall168	5.31%	8.26%	%25.37	18.88%	41.30%	
		9	14	43	32	70	
6- I do physical exercises (such as abdominal exercises, trunk bends) three times a week for 15 to 30 minutes each.	Total M85	5.85%	5.85%	%21.6	15.21%	51.48%	X^2=8.321 df=4 P=0.05
		5	5	18	13	44	
	Total F 85	2.34%	3.51%	%12.87	33.39%	46.80%	
		2	3	11	29	40	
	Total Overall170	4.06%	4.64%	%13.92	23.20%	46.40%	
		7	7	29	42	84	

Source: Prepared by the researchers, based on the survey results.

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