

The Coronavirus Pandemic and its Impact on Recreational Activities Students of Science and Technology of Physical and Sporting Activities

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Abstract

Our study aimed to know the attitudes of the students of the Institute of Science and Technology of Physical and Sports Activities towards the practice of recreational activities, taking into account the characteristics and advantages of this stage of life, also the factors surrounding it from the interaction of the individual with the study group on the one hand and between the individual and the internal and external environment to which he belongs, referring to the circumstances Health that touched the whole world, and by talking about the institutes for the sciences of techniques and physical and sports activities, they in turn initiated the adherence to the mechanisms of conducting the quarantine, as this study came to study the statistically significant differences in the attitudes of students who study at the institute of the University of Batna 2 towards the practice of recreational activities in light of Corona pandemic, depending on the variable of sex, the variable of specialization, the variable of the academic level, and the variable of the standard of living, as the results varied, indicating that the students' attitudes towards the practice of recreational activity, is still at a normal and stable pace, despite the quarantine and the conditions brought about by the Corona pandemic.

Key Words: corona virus, recreational activities, sport sciences, students.

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Introduction

Sports and physical activities has a great importance for its positive role in developing the personality of the individuals in all aspects of life , and making them an active individual in society capable of giving and contributing to the prosperity of his homeland. Therefore, we found that it receives great attention in developed countries, and it is almost an indicator of development and growth , since it is a type of socialization, it had to be associated with its educational institutions, such as the university, where private institutes were included in the university to provide lessons and academic courses that teach the field of physical and sports education that contain multiple aspects of physical activities, which aims to positively affect the students' physical characteristics. In addition, the fulfillment of their social, psychological and emotional needs, which are represented in the motives, inclinations and trends that are among the acquired and prepared motives for behavior. We find a considerable amount of studies about the practice of physical and sports activities and the psychological attitudes of students towards the practice of this activity in university institutions, confirming that the human element remains the main engine for the performance of all types.

Recreational activities stems from the test of the individual according to his inclinations, desires, and directions, and is often appropriate to his abilities, capabilities, and energies. In this regard, we do not fail to emphasize the great value that the practiced activity was based on voluntariness. When the student practices the activities he desires, We also find that when the student exercises by choice what suits his abilities and capabilities of activities, this will push him to distinguish his performance and excel, and this will enrich the personality of the individual, as promotional activity can be defined as an activity, emotional state, and an organized social pattern or as To restore the vitality and powers of the individual to work or it is the voluntary choice to experience in leisure time. (Al-Hamamy, 2008, pg. 55_56)

Students' practice of recreational activity was been bound by factors that may motivate the tendency to practice it, while other factors may limit the motivation to practice recreational activity.

Problematic

Mental health refers to the integration of personality and emotional maturity, which helps the performance of mental functions.

Therefore, the educated individual misunderstands the situation and lacks the ability to solve problems, and his judgments become corrupt, as he does not see many facts, in addition the mental health given includes the individual in which he feels contentment. Happiness and Resilience in the face of adversity and crises, and the ability to produce, which is not just the absence of diseases and psychological disorders, and it is necessary to help the adolescent to know

himself, as it is the best way to resist Psychological pressures,

the adolescent has become involved in sports activities, whether individual or collective, in order to avoid psychological pressures, anxiety and tension, as well as high emotional arousal to fulfill the expectations., And despite the educational importance of psychological care for young athletes, it has not received sufficient attention during the preparation and planning of training programs and sports competitions, also it has become common in the sports field to lose a promising young person who possesses the basic ingredients for sports excellence as a result of his lack of awareness. With psychological care by the coach, the family, as well as the school and those interested in adolescent sports (Bouchareb, Saïdia. 2021).

Corona virus (Covid-19) is an emerging virus, it infects the human respiratory system, with no final treatment known for it yet. It exceeds three hours, and this is a sufficient period to catch the virus, unless we follow the methods of prevention and safety. (United Nations organizations, 2020, p. 7)

Because of the new Corona virus, the health conditions that we are going through during the pandemic imposed strict protocols. Which reset many behaviors, and this is a critical test that we all go through, therefore the state has taken a number of measures to limit the spread of this deadly epidemic , among these measures is social separation, which was imposed at the beginning, and paralyzed all sensitive sectors, including the education sector, therefore this study came as an attempt to show the students' attitudes in practicing recreational activity in light of this pandemic , we formulated the following study problem.

General question:

- What are the attitudes of students of science and technology of physical and sports activities towards recreational activities?

Partial questions:

- Are there statistically significant differences in the attitudes of students of science and technology of physical and sports activities towards recreational activities because of the Corona virus, according to the gender variable?
- Are there statistically significant differences in the attitudes of students of science and technology of physical and sports activities towards recreational activities because of the Corona virus, according to the specialization variable?
- Are there statistically significant differences in the attitudes of students of science and technology of physical activities?
- Are there statistically significant differences in the attitudes of students of science and

technology of physical and sports activities towards recreational activities as a result of the Corona virus, according to the standard of living variable?

Hypotheses:

- Attitudes of students of science and technology of physical and sports activities towards recreational activities as a positive result of the Corona virus.

Partial Hypotheses:

- There are statistically significant differences in the attitudes of students of science and technology of physical and sports activities towards recreational activities because of the Corona virus, according to the gender variable.
- There are statistically significant differences in the attitudes of students of science and technology of physical and sports activities towards recreational activities because of the Corona virus, according to the variable of specialization.
- There are statistically significant differences in the attitudes of students of science and technology of physical and sports activities towards recreational activities because of the Corona virus, according to the variable of academic level.
- There are statistically significant differences in the attitudes of students of science and technology of physical and sports activities towards recreational activities because of the Corona virus, depending on the standard of living variable.

Research importance:

the novelty of the topic is that this study was based on students' attitudes, coinciding with Corona.

Knowing students' point of view of recreational activities.

identifying the factors affecting students' inclinations towards recreation during the Corona period.

Literature reviews:

The first study: A study of the Rafahiya Bouchareb and Hikmat Al-Madhhkhuri (2020)

Title: Practicing physical activity to reduce infection with the Corona virus.

The method used: the descriptive method.

- The research sample: It included 90 individuals from the Algerian community.

Results: The respondents are aware of the seriousness of Corona disease and have a positive feeling when exercising.

The second study: Bouchareb Rafahiya, and Hawari Saidia (2020)

- Title: The Role of Physical Activities in Improving the Psychological Condition and Reducing Stress and Anxiety Resulting from Corona (Covid-19)

- The research sample: 80 people ranging in age from 45 to 55 years from the Algerian community.

Research method: descriptive method.

Results: Practicing physical activity within the home has an effective contribution to feeling healthy and safe from diseases, and improving the psychological aspect.

The third study, the study of Ahmed Muhammad Mustafa Abdel-Qader, Walid Muhammad Al-Sadiq Muhammad (2021)

Title: Preventive measures for practicing sports and recreational activities in light of the spread of the third wave of the Corona virus.

The method used: the descriptive method.

- Research sample: The research sample consisted of (778) administrative and technical cadres working in the sports field and the beneficiaries of sports activities.

Results: adherence to a set of precautionary health measures to avoid the spread of the epidemic.

The fourth study: A study by Safar Wael Zain Al-Abidin, Abdel Hafeez Abdel Hafeez (2021)

Title: The role of recreational physical activity in reducing psychological stress in light of the Corona pandemic.

Study methodology: descriptive method.

Objective: The study aims to identify if there are statistically significant differences between the sample members in the level of psychological stress due to the variable (sex, age, type of disability).

Results: Recreational physical activity contributes to reducing the level of frustration among the physically disabled in light of the Corona Covid 19 pandemic.

The fifth study: the study of Rashed Hamiyah, et al. (2021)

- Title: The effectiveness of recreational sports activity in achieving psychological resilience for

secondary school students in the time of the emerging Corona virus (Covid 19).

Method: Descriptive method.

Results: Recreational activities have a role in alleviating anxiety and frustration, and a way to get rid of psychological and nervous tension.

The Sixth Study: A Study by Hublato Masoud, Tahash Ammar (2021)

- Title: The effect of practicing physical and sports activities during the quarantine period during the Corona virus pandemic.

The method used: the experimental method.

Objective: A study aims to identify the assessment of lifestyle and the practice of physical activity during the spread of the new Corona pandemic.

Results: Physical activity has physical and psychological benefits during home quarantine.

The seventh study: The study of Muhammad Misfer Shamrukh Al-Otaibi (2021)

- Title: Home sports and recreational activities for secondary school students in some schools in the State of Kuwait in light of the emerging Corona pandemic.

Sample: The sample size is (334) students.

- Objective: To reveal the positive physical, health, as well as psychological and social impact of home sporting recreational activities.

Results: The study found positive attitudes towards sports practice, as well as the development of communication skills between family members.

The eighth study: The study of Soleimani Nouredine, and others (2021)

Title: Students' attitudes towards physical and sports activity in the physical education and sports class during the Corona pandemic.

Study methodology: descriptive method.

The sample: The study was conducted on (80) students distributed in two institutions, one middle and the other secondary, of both sexes.

- Results: I found that there are positive attitudes of students towards physical activity during the Corona pandemic, and there are no differences attributed to the gender variable.

The ninth study: the study of Qurumi Ahmed (2019)

- Title: Attitudes of university students towards the practice of physical activity in the light of some variables.

Sample: The study sample consisted of (60) students, including bachelor's years.

- Objective: To know the attitudes of students of the Faculty of Social Sciences and Humanities towards the practice of physical and sports activity according to several variables.

- Results: I found that students' attitudes towards activity were positive and there were no statistically significant differences for the gender variable, the practice variable, the academic level variable, as well as the specialization variable in their attitudes towards physical and sports activity.

The importance of recreational physical activity and its objectives:

The goals and importance of **recreational physical activity** change in every society, according to their philosophy, political, social and economic systems. It also varies according to the physical and health status of individuals and according to the different age and educational stages.

The importance of human recreation appears in several aspects, the most important are:

A- Mental health: there is a close relationship between recreation and psychology. Recreation is one of the general factors for mental health to the extent that scientists define it as a psychological state that accompanies the individual during his activity and gives him mental health through

- Gaining a feeling and self-awareness of happiness and security.
- Freedom from anxiety and psychological tension and release pent-up emotions.
- Satisfying some psychological needs such as self-affirmation.

Among the most important psychological and social effects of practicing recreational activity are the following:

- Satisfying inclinations and motives.
- Achieving happiness and pleasure, developing self-confidence, freedom from fear and a sense of security.
- Increasing the ability to achieve and prove oneself by dealing with different situations.
- Self-expression.
- Get rid of aggressive tendencies.

B- Recreation and educational aspects:

We find that recreation has a positive effect on the patterns of behavior and the personality of individuals with mental disabilities and in the development and formation of friendship relations and social awareness among them and also between them and those in charge of their care - and through their participation in the recreational activity we get to know many of their abilities And their preparations and modify their unwanted behaviors, as we teach them how to interact naturally and belong to the group.

C - Recreation and physical health:

High in the process of acquiring physical health and strengthening the muscles to carry out their functions to the fullest. It also gives the individual with mental disabilities the necessary motor skills to perform his duties. (Muhammad H. and Maher Hassan Mahmoud Muhammad, 2008, p. 115)

Characteristics	Activities	Needs	young adulthood
<ul style="list-style-type: none"> - Works to raise the level of vitality. - The opportunity to relax. - Taste beauty. - Developing diverse skills. -Self-expression. 	<ul style="list-style-type: none"> - Various sporting activities aimed at creating a sense of happiness and not just at achieving a high level of performance. -Attention to fitness exercises. 	<ul style="list-style-type: none"> - The need for sports activities that raise the level of vitality. - There should be continuity in practice. -Create opportunities for young people to work on summer holidays. 	<p>Biological facts:</p> <ul style="list-style-type: none"> - The individual reaches the age of majority and maturity. - This phase is characterized by balance and stability. - Harmony between muscular growth and skeletal growth. - Neuromuscular compatibility reaches its end. - Improved fitness. <p>Respiratory facts:</p> <ul style="list-style-type: none"> -This phase is characterized by a balance between reason and emotion.

(Table n 01) The spread of the Corona virus (Covid 19) in Algeria:

The epidemic began to spread in Algeria, starting from February 25, 2020, when the first case of infection was recorded, the first death was on March 12, and the number of infections at that time was 24, most of them from one family in the state of Blida, the virus was transmitted from a relative of them residing in France visited them between February 14 and 21. also it was only a few days until the authorities announced a total quarantine in the state of Blida, "as it is the most recording of infections , and a partial ban in neighboring states, and on March 30, (12) states were still without infection, on April 02, (08) remained states without cases , then the rest of the states recorded , cases exceeded (6000) and the number of recovery (3000), death (515), which is Relatively high compared to the number of cases in other countries , then the cases and deaths began to multiply every week, there for they took preventive measures like other countries, such as quarantine and stopping schools and universities, preventing gatherings and closing shops. However, this did not prevent the spread of the virus due to laxity in applying some procedures, as well as the lack of awareness among citizens about the dangers of the virus, which increased the speed of its spread and the increase the number of deaths.

Possible measures to mitigate the repercussions of confinement on mental health:

Based on the results of studies that show the extent of psychological suffering for people who are isolated or placed in a secret quarantine when the quarantine period lasts for more than 10 days, it is likely that symptom of post-traumatic stress, avoidance and anger behaviors will appear.... Psychological stress is related to the presence of physical symptoms (Coughing, sneezing... which increases anxiety), fear of infection and/or transmission of the virus, boredom, and a sense of social isolation. What advice do researchers give?

To reduce the psychological effects of confinement some actions can be directed towards a set of measures that researchers recommend above all to reduce boredom and maintain social ties: Stay in touch (via emails, social networks, phone, text messages, etc.) with family and friends.

- Become a member of (or even create!) an online support and/or exchange group (on Facebook, for example).
- Develop communication by seeking to practice altruism: How are you going today? ", " How can I help you? ", " Do you want to chat? ".
- Encourage people in custody, not forgetting the children: "You are brave," "I am proud of you."

While we find high-level protocols as models taken at the level of the National Health Commission of China, which has published several guiding documents since January 2020, ranging from the notification of the principles of intervention in emergency psychological crises of the COVID-19 epidemic on January 26, to the notification of psychological assistance

hotlines for the epidemic in February 2, and more recently, guidance for psychological help hotlines during the COVID-19 pandemic on February 7.

Experts also drew attention to patient groups that may need tailored interventions: the elderly and international migrant workers. Hence, given the aging of the Chinese population and their susceptibility to COVID-19, older adults with psychiatric conditions may experience more distress. . Moreover, they may not receive care because of mass quarantine restrictions and public transportation closures.

A new model of intervention in psychological crises has been developed with Internet technology. This new model of the West China Hospital integrates doctors, psychiatrists, psychologists and social workers into online platforms to perform a psychological intervention for patients, their families and medical personnel. The main idea is to reach the Internet technology and the whole intervention process, as well as to combine early intervention and rehabilitation. (Barquq and Kamal Burizq, 2020, pg. 227)

Mechanisms for overcoming the crisis in the Ministry of Higher Education:

The Ministry of Higher Education worked to overcome the crisis by starting to provide lessons remotely through:

1. launching a national platform that can be accessed and all lectures downloaded in order to prepare for the second semester exams of the academic year 2019/2020. Postponed to September of the academic year 0202/2021
2. Each university has adopted a website dedicated to it , also students can access it by registering and approving the student's card number to enter the platform, and to ensure access to lectures, the Ministry has made it possible to download lessons on the universities platform for free without the need to subscribe to the Internet through the network of mobile phone operators (Mobilis, Ooredoo, and Jeezy).). (Muslim and Dhahrawi Abd al-Samee, 2021, p. 35)

Material & methods

1-1-reaserch type:

The descriptive analytical method

1- Exploratory Study:

The exploratory study came with the aim of revealing the characteristics of society and trying to know the obstacles that we will face when conducting the study in order to avoid them. So that the measurement tool was distributed in order to adapt it and calculate the psychometric characteristics on a sample of 15 students.

2- The study population:

The study population is students of physical education and sports in various universities of the country.

3- Study sample:

Accordingly, in our study, we chose it randomly and included 31 students from the Institute of Science and Technology of Physical and Sports Activities of Mustafa Ibn Boulaïd University - Batna 2 -.

Research areas:

The human field: Students of the Institute of Science and Technology of Physical and Sports Activities of Mustapha Ben Boulaïd University - Batna 2 - who are practicing their training for the academic season 2021-2022.

Temporal domain: This study was conducted with all its steps starting from November of the year 2021 and the study lasted until June of the year 2022.

The spatial field: The study was conducted on the Institute of Science and Technology of Physical and Sports Activities of Mustafa Bin Boulaïd University, Batna-2- and the library of the institute was used.

Research tools:

We used the Attitudes towards Physical Activity (ATPA) scale, which was originally developed by Gerald Kenyon and whose Arabic version by Muhammad Hassan Allawi.

The scale was developed based on the assumption that physical activity (sports activity) can be simplified into more specific and meaningful components, and can be divided into almost heterogeneous subcategories.

These components or sub-categories provide multiple sources of satisfaction with varying benefits that differ from one individual to another, meaning that physical activity (sports activity) in this concept becomes an experience that differs from one person to another, and this may be on the basis of the practical benefit or the performance value that the type of physical activity represents in relation to per person.

In Kenyon's opinion, the individual may take a positive attitude towards some of these categories or sub-components and may take a negative attitude towards some other categories or sub-components.

Attitude, according to Kanyon's concept, is a relatively stable complex readiness that reflects

both the direction and the intensity of feeling towards a specific psychological subject, whether it is concrete or abstract. In the light of these previous concepts and within the framework of some theoretical and experimental studies, Kenyon was able to identify six dimensions of attitudes towards physical activity (sports activity) as follows:

- 1- Physical activity as a social news.
- 2- Physical activity for health and fitness.
- 3- Sports activity as stressful and risky news.
- 4- Physical activity as aesthetic news.
- 5- Physical activity to reduce stress.
- 6- Physical activity as an experience for athletic excellence. (Al-Alawi, 1998, p. 444)

The following table shows the dimensions of the scale and the numbers for both positive and negative statements.

Number of phrases	Negative D N	Positive dimensions numbers	Dimensions
8	19,39,49	11,17,20,25,29	Physical activity as social experience
11	6,27,36	4,10,15,18,23,32,40,48	Physical activity for health and fitness
9	1,13,22,38	53,7,28,42,50,53	Physical activity as stress experience and risk
9	-----	3,8,14,30,33,35,41,45,48	Physical activity as aesthetic experience
9	31,54	12,16,21,26,37,44,51	Physical activity to reduce stress
8	5,24,46,52	2,9,34,43	Physical Activity of Athletic Excellence

(Table n02)

Constancy:

The original image stability coefficient of the scale was calculated based on Hoyt's Procedure by calculating the response oscillations and item differences for the six dimensions after raising each measure to its maximum and rescheduling the pre-weight of the best items using the reciprocal averages procedures for 215 students from American universities. The following table shows the parameters of proof of the original image of the scale. (Al-Alawi, 1998, p. 446)

The coefficients of the original image stability of the Kenyon scale of attitudes towards physical activity.

Correlation coefficient	St. Deviation	Mean	Numb of phrases	Scale dimensions
0.72	3.0	34.0	8	Physical activity as social experience
0.83	4.9	45.4	11	
0.86	4.4	37.4	9	
0.79	4.2	35.6	9	Physical activity for health and fitness
0.79	4.1	36.7	9	
0.78	4.1	31.5	8	Physical activity as stress experience and risk
				Physical activity as aesthetic experience
				Physical activity to reduce stress
				Physical Activity of Athletic Excellence

(Table n03)Kenyon validity scale using preference groups scores as an external criterionPresentation, analysis and discussion of the results of the study:

-personal information:

Table No. (04): shows the distribution of the study sample members according to personal characteristics (sex, specialization, university level, standard of living

Percentage	number	category	variant
%58	18	Male	gender
%42	13	Female	
%100	31	total	
%52	16	Educational physical activity	specialization
%48	15	traininig	
%100	31	total	
%0	0	First year	University Level
%7	2	Second year	
%7	2	Third year	
%22	7	M1	
%61	19	M2	
%3	1	Post-grad	
%100	31	Total	
%26	8	Acceptable	Standard of living
%26	8	medium	
%39	12	Good	
%6	2	Great	
%3	1	Excellent	
%100	31	total	

(Table n04)

Through table No. (04): we find that most of the students of science and technology of physical and sports activities who are practicing their training at Mustafa Ibn Boulaid University in the state of Batna , who responded to our study are of the male sex, as their percentage reached 58% with a frequency of (18) students, while the percentage of female students was 42% with a frequency of (13) female students, and from our point of view, the reason for the superiority of the percentage of males over the percentage of females in the study of this specialization is due to the nature of the specialization and its requirements that are inconsistent with the restrictions imposed on it by society, percentage of 52% was repeated (16) students studying the educational physical activity major, while 48% with frequency (15) students studying the sports training major, it also appears through the table that the rate was 7% with frequency (2) (a second-year university student, secondly, students who accounted for 7% with recurrence (2) third-year students, thirdly, students who accounted for 22% with frequency (7) first-year master's students, while the majority was for second-year master's students with a percentage of 100% 61 with the frequency of (19) students, and with the participation of one student in post-graduation studies, while the participation of the rest of the years remains non-existent.

2- Presentation, analysis and discussion of the scale results:

View the results of the first hypothesis:

The first partial hypothesis

Sig of differences	sig	Level significance	T	St. Deviation	Mean	Sample	gender	Type of scale
Non significant	0.98	0.05	0.016	16.52	126.55	18	Male	Student trends
				16.41	126.46	13	female	

Analysis of the results of table (05):

Through Table No. (00), we note that males averaged 126.55 with a standard deviation of 16.52, while females had an average of 126.46 with a standard deviation of 16.41. To measure the differences, we used the t-scale, where its value is 0.016 and the sig value is 0.98 at the 0.05 significance level, meaning there are no significant differences. Statistical significance between students' attitudes towards recreational activities according to the gender variable.

View the results of the first hypothesis:

The first partial hypothesis

Sig of differences	sig	Level significance	T	St. Deviation	Mean	Sample	gender	Type of scale
Non significant	0.381	0.05	0.89-	16.68	124	13	Physical education	Student trends
				15.79	129.2	12	traininig	

Analysis of the results of table (06):

Through Table No.

it is clear to us that the specialization of educational physical activity had an average of 124 with a standard deviation of 16.68, while the specialization of sports training had an average of 129.2 with a standard deviation of 15.79 and to measure the differences we relied on the t-scale where its value is -0.89 and the sig value is 0.38 when The level of significance is 0.05, that is, there are no statistically significant differences between students' attitudes towards recreational activities according to the variable of specialization.

St.deviation	Mean	sample	Educational level	scale
5.65	127	2	Y1	Student trends
2.82	145	2	Y3	
16.13	120.57	7	M1	
17.15	127.05	19	M2	
0	120	1	Post grad	

Analysis of the results of table (07):

Through the table, it is clear to us that the third-year students ranked first with an arithmetic mean of 145 and a standard deviation of 2.82, second-year master students ranked second with an arithmetic mean of 127.05 and a standard deviation of 17.15, and second-year students ranked third with an arithmetic mean of 127 and a standard deviation of 5.65, and in fourth place The first year master's degree with an arithmetic mean of 120.57 and a standard deviation of 16.13. In the last rank are post-graduation students, based on which there are statistically significant differences between students' attitudes attributed to the variable of the academic year in favor of third-year students

St deviation	mean	sample	standard of living	scale
12.7	117.37	8	Acceptable	Student trend
12.22	135.5	8	Medium	
12.88	128.33	12	good	
16.97	101	2	Great	
0	157	1	Excellent	

Table No. (08): shows the difference between students' attitudes towards recreational activities according to the standard of living variable.

Analysis of the results of table (08):

Through the table, it becomes clear to us that students with an excellent standard of living ranked first, with an arithmetic mean of 157, and in the second place, middle-level students got an average of 135.5 and a standard deviation of 12.22, and students with a good level ranked third, with an arithmetic mean of 128.33 and a standard deviation of 12.88, and in the fourth place Students with an acceptable standard of living reached an average of 117.37 and a standard deviation of 12.7, and in the last rank were students with a good level, with an average of 101 and a standard deviation of 16.97, and based on it, there are statistically significant differences between the students' attitudes attributed to the standard of living variable, in favor of those with an excellent and average standard of living. .

Discussion and interpretation of the hypotheses of the study:

3-1- Discussion and interpretation of the results of the first partial hypothesis:

There are statistically significant differences in the attitudes of students of science and technology of physical and sports activities towards recreational activities because of the Corona virus, according to the gender variable.

Through our results, there is no difference between male and female students in their attitude towards recreational activities, which means that there is a great agreement between them. And the theory without differentiating between the sexes coincided with the work of both of them to reduce tension and entertainment and try to overcome all psychological crises as the only outlet in conjunction with a healthy situation, and this is inconsistent with the results of the study of each of (Omar Ali Salem Al-Ayyat, Muhammad Ali Abdel-Rahim) that I found that

there are statistically significant differences in favor of the female students, and this can be explained that it is due to the different environmental, temporal, cultural and social data.

- Which denies the validity of the first partial hypothesis.

3-2- Discussing and interpreting the results of the second partial hypothesis:

There are statistically significant differences in the attitudes of students of science and technology of physical and sports activities towards recreational activities as a result of the Corona virus, according to the specialization variable.

Through the results of the study, it is clear to us that there are no differences between students of educational physical activity and students of sports training, and this is due to the high health awareness of the importance of recreational activities coinciding with the epidemiological situation of Corona among students. (Suleimani Nouredine, Bachiri Attia) as well as the study (Mahmoud Hosni Al-Atrash 2016) that students have an equal attitude towards recreational activities, and this is due to their receiving the same facts and knowledge related to the impact of activity on various aspects (health, social, psychological and scientific).

- Which denies the validity of the second partial hypothesis.

3-3- Discussion and interpretation of the results of the third partial hypothesis:

- There are statistically significant differences in the attitudes of students of science and technology of physical and sports activities towards recreational activities as a result of the Corona virus, according to the variable of the academic level.

Through the results of the study, it is clear to us that there are differences between students in relation to the academic level, and this is due to the fact that third-year bachelor students and second-year students master the first degree because they have ample time and their awareness of the importance of recreation coinciding with their health status, compared to the lack of time for second-year bachelor students and year-old students The first master's degree in the second degree, which is denied with the study (Suleiman Nouredine 2021) in the presence of differences between secondary and intermediate students, and this is due to their not receiving the same information that states the importance of recreational activities, especially with the sensitive stage that we live in at the time of the Corona pandemic.

- Which confirms the validity of the third partial hypothesis.

4-3- Discussion and interpretation of the results of the fourth partial hypothesis:

- There are statistically significant differences in the attitudes of students of science and technology of physical and sports activities towards recreational activities as a result of the

Corona virus, according to the standard of living variable.

Through the results of the study, it becomes clear to us that there are differences between the students of each according to their standard of living. In the first degree, there are students of an excellent level, and this is due to the available capabilities and excellent conditions of living, then the other grades follow, each according to the ability that is devoted to the practice of recreational activities, and this is confirmed by the results of the study (Abdul Ilah bin Ahmed Al-Selwi 2017), which was conducted in Riyadh, showed that the decline in the material life and living conditions of the family affects the possibilities of a child to practice sports activities.

- This confirms the validity of the fourth partial hypothesis.

4- The general conclusion of the study:

Our aim through this study is to identify the institute's students' attitudes towards recreational activities in conjunction with the Corona pandemic, as the study was applied to a sample of (31) students from the Institute of Science and Technology of Physical and Sports Activities at Mustafa Ibn Boulaid University - Batna 2. The results of the study are as follows:

- The attitudes of students of science and technology of physical and sports activities towards recreational activities were normal, coinciding with the Corona pandemic.
- There are no statistically significant differences in the attitudes of students of science and technology of physical and sports activities towards recreational activities as a result of the Corona virus, according to the gender variable.
- There are no statistically significant differences in the attitudes of students of science and technology of physical and sports activities towards recreational activities as a result of the Corona virus, according to the variable of specialization.
- There are statistically significant differences in the attitudes of students of science and technology of physical and sports activities towards recreational activities as a result of the Corona virus, according to the variable of the academic level.
- There are statistically significant differences in the attitudes of students of science and technology of physical and sports activities towards recreational activities as of the Corona virus, according to the standard of living variable.

Conclusions

In summary, this study aimed to investigate the attitudes of students at the Institute of Science and Technology of

Physical and Sports Activities toward recreational activities during the COVID-19 pandemic.

The key findings and conclusions can be outlined as follows:

1-Overall Attitudes Toward Recreational Activities: The research revealed that students exhibited generally positive attitudes toward recreational activities even in the midst of the pandemic. This suggests that many students recognized the importance of maintaining an active and healthy lifestyle during challenging times.

2-Gender-Based Differences: Interestingly, the study did not find statistically significant differences in attitudes between male and female students. This indicates that both genders shared similar views and behaviors when it came to engaging in recreational activities as a way to cope with the pandemic's challenges.

3-Specialization: Another noteworthy finding was that students pursuing different specializations within the field of physical and sports activities did not significantly differ in their attitudes toward recreational activities. This implies that regardless of their specific area of study, students valued the role of recreational activities during the pandemic.

4-Academic Level: On the other hand, there were statistically significant differences in attitudes based on the students' academic level. It was observed that senior students, particularly those in the third year of their bachelor's program and second-year master's students, tended to have more positive attitudes. This suggests that students with more experience and awareness of the health benefits of recreational activities were more likely to engage in them.

5-Standard of Living: The study also established that students from different socio-economic backgrounds showed variations in their attitudes. Those with a higher standard of living expressed more positive attitudes toward recreational activities, which could be attributed to their access to better resources and facilities for such activities.

In a broader context, these findings highlight the resilience and adaptability of students pursuing physical and sports activities in the face of a global health crisis. The study's outcomes stress the significance of promoting recreational activities as an essential element of physical and mental well-being during challenging times. Furthermore, they provide valuable insights for educators and policymakers in shaping effective strategies to encourage and support students in maintaining active and healthy lifestyles, even in the presence of unexpected hurdles like the COVID-19 pandemic.

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