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Parental Support for Sports Activity and its Relationship to Smoking Addiction among High School Adolescent

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Abstract:

Sports activity is generally considered a stressful activity, and if it is associated with smoking, it becomes a heavy burden on the physical health of the individual, it is completely different from healthy sports, as the latter provides individuals with vitality, activity, health, and self-confidence.

The study was conducted on parental support for sports activity and its relationship to smoking addiction among high school adolescents. Following the descriptive approach, we selected a random sample of adolescents attending secondary school in Boumerdes, consisting of (150) adolescents using the questionnaire as a tool for data collection.

Through this scientific paper, we are trying to clarify an important problem related to a debilitating social scourge of human health, namely smoking in all its forms and the role of exercise in quitting this scourge, by adopting a scientific strategy to reduce this scourge by involving active elements such as the family, because it represents the basic reference for the values of the individual and the control of his standards.

Keywords: support, parental support, sports activity, addiction, smoking, schooled adolescent, high school.

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Introduction

1. The problem of the study:

Adolescence is the stormy period in an individual's life, as it is the coup period in life, Stanley Hall believes that "it is a period of behavioral extremes characterized by storms and emotional tensions. adolescence is one of the most important stages that a person goes through in his life, if not the most accurate stage of all, some psychologists say that the child's adolescence is born rebirth, meaning that the change that he suffers, whether physically or psychologically is almost general, includes all aspects. (Aissat and Hashman, 2021). Where smoking is increasing in adolescence, for reasons that this age group perceives as a kind of autonomy, or they follow the

bad role model that influences them, and this group is characterized by adventure and love of discovery and imitation. (Ahmed, 2019).

Smoking is considered a harmful behavior to the individual's health, especially if the smoker is at an early age, as most studies have shown that children exposed to cigarette smoke are more likely to suffer from respiratory diseases, lung dysfunction, heart disease, and cancer, this is what statistics in the United States stated, where it stated that 30% of cancer cases are caused by smoking, and 21% Of cases of angina pectoris are due to smoking. (Al-Kharouf, 2009).

Where the adolescent goes through several stages while smoking, where he begins with the experiment to test the taste, then moves to the stage of habituation where he subconsciously puts the cigarette in his mouth, and the third stage is the endurance stage, where the adolescent's body adapts to tobacco and becomes in need of increasing doses, and the last stage is the stage of addiction and submission, so the adolescent finds pleasure in smoking and spending leisure time. (Ahmed, 2019)

physical activity is one of the most important means that society can harness to reach these adolescents to achieve mental health and the desired compatibility, which is agreed upon by educational scientists and psychologists, as the practice of sports activity in an organized and scientific manner has a positive impact on human health, whether physical, psychological or social, to alleviate or reduce the severity of suffering due to some psychological or physical disorders in the individual, which prompted most countries to establish A system that would reduce the disorders of adolescence, so it recognized the obligation to practice sports activities in educational institutions, and this within the framework of legal texts to complete the educational process in the formation of the individual physically, intellectually, socially and morally. (Aissat and Hashman, 2021)

In the same context, Al-Thubaiti (1416 AH) indicates that there is a positive correlation between both health upbringing in all its dimensions (energy and movement, hygiene, prevention, integrated food) and between intelligence and academic achievement and that most factors of health upbringing contribute to academic achievement is sports because it leads to mental clarity in children, and Halawani (1421 AH) pointed out that there is a positive correlation between academic achievement and the practice of sports activities. (Al-Abd al-Latif, 1431)

Therefore, sports activity is of great importance in various areas of life and takes psychosocial dimensions in preparing the individual within his society because it provides him with various skills (physical, motor, and mental), as it qualifies him and allows him to live in good physical, psychological and social health away from the pressures he faces, and helps him to adapt properly to everything new.

The family is the first environment in which the individual learns lifestyles, which work to achieve psychological and social compatibility between his motivations and the demands of his

environment to adapt to it in the face of daily problems. Thus, the family becomes one of the most important factors of socialization, so it supervises social growth, the formation of a personality, and the direction of its behavior as the first reference group in the formation of the culture of the individual and is also one of the most powerful groups affecting the behavior of the individual, it is the first factor in shaping the behavior of the individual in the form of Social. (Qamqani and Dahmani, 2010)

In this context (1999) Welk; G stated that the family has a major role in the participation of its children's sports activities or not, it is one of the most important institutions that contribute to the process of socialization because of the impact it has on individuals, it represents the first social institution in which the child begins his life, and Welk (1999) Welk mentioned different forms of parental influence in the performance of sports activities such as walking, running, and other sports participation and provide the necessary sports tools for sports participation. (Belkacem, 2010)

Therefore, the family has a major role in supporting the participation of its children in sports activities and encouraging them, to avoid falling into social ills. The scourge of smoking is among the most serious health scourges affecting the psychological, social, and economic aspects facing the individual and Algerian society in general. Adolescents attending secondary school in particular, given the seriousness of this scourge, have attracted the attention of researchers in their various fields (sociology, psychology, medicine...) and all segments of civil society.

Through this scientific paper, we will try to find out the extent of the impact and support of parents and encourage their children to practice sports to prevent them from deviation and addiction to various social ills, and we will address in this study the scourge of smoking and sports practice. In light of this, we rely in this study on the following question:

Does parental support and encouragement for their children to exercise affect their prevention of smoking addiction?

2- Hypothesis of the study:

- Parental support and encouragement for their children to exercise affect their prevention of smoking addiction.

3- Objectives and importance of the study: summarized as follows:

- Identify the importance of sports activity for the adolescent in high school.
- Trying to reveal the positive role played by sports activity and its relationship to parental support for adolescents in high school.

- Revealing the position of the addicted adolescent to smoking in high school between the perception of practitioners of sports and non-practitioners.

4- Defining Concepts:

✓ **The concept of physical and sports activity:** It is defined as a social physical activity that contributes to improving the efficiency of the athlete's motor, health, and psychological and is mainly determined by two elements: training and competition, and includes a conflict that competes with others and with the self or with the elements of nature. (Laaroussi, 2015).

Addiction: A state of periodic or chronic poisoning that arises due to the repeated use of the natural drug and is characterized by addiction by its ability to cause a desire or need that cannot be conquered or resisted. (Awadallah, 2008).

5- Methodology of the Study and its procedures:

5.1 Methodology:

Methods in scientific research are defined as "the method followed by the researcher in studying the problem under research." (Turki, 1984, p. 107).

Therefore, the descriptive approach has been adopted that suits the nature of the current research as it suits this type of problem more than others, as it deals with reality without prejudice to any variable in the studied position, and is appropriate to the nature of the subject of study. (Daline, 1990),

Since the research aims to identify parental support for the practice of sports activity and its relationship to smoking addiction among adolescents in high school by adopting the descriptive approach that suits the current research as it suits many educational problems more than others, as it is commensurate with the nature of the subject of study.

5.2 Study sample: The study sample includes (150) adolescents attending secondary school in the wilaya of Boumerdes. They were randomly selected in February and March 2022-2023, the sample was obtained through The researcher's going to private tutoring classes in Boumerdes state, where the meeting with the sample members is carried out without a license.

✓ **Characteristics of the sample members:** The sample included:

- Gender: Males Only
- Academic level (first, second, and third secondary)
- Age (16-19 years).

(150) adolescents enrolled in secondary school were selected as members of the sample according to the capabilities of the researcher and the available means.

5.3 Study Tool:

Based on the subject of the study, its objectives, and questions, a questionnaire consisting of (20) items was prepared.

It included three axes:

First: personal data such as gender, educational level, and age.

Second: Data on parental support for exercise.

Third: Data on smoking addiction.

How to analyze the data: Percentages are adopted.

6- Presentation, Analysis, and Discussion of the Results: The most important results were as follows:

Table (01): Shows the parties that encouraged the schooled adolescent to exercise.

Encouraging parties to exercise	Frequency	Percentage %
Parents	88	58.67%
Friends	30	20%
Personal selection	32	21.34%
Total	150	100%

Through the data of Table (01), we can see that the main party influencing the attitudes of school adolescents always remains parents, as we find that 88% of them practice sports, so the encouraging parents then personal choice, followed by friends. What supports these results is what Al-Sayed said about how the method of parenting the individual has a great impact on the formation of himself and the role he plays based on the values and intellectual trends he has acquired, and the values that the individual acquires from a young age affect His character and performance in life, as well as in the development of individual personality. (Al-Sayed, 1993, p. 66). The study by Abdel Halim Mahmoud El-Sayed (1972) confirmed that the positive attitude of parents toward the needs and desires of children earns them self-confidence and courage, and this is reflected positively on their creativity. The study of Sahraoui Mourad (1997-1998) confirmed that treatment in its general form is characterized by acceptance by parents and integration with children has a positive correlation with children's attitudes towards physical education and sports. (Belkacem, 2010)

Therefore, we find that the schooled adolescent is linked to the guidance of parents, whether directly or indirectly, as expressed by Dr. Suleiman Mazhar, which is in the form of advice, if you do this, it would be better..... As some schooled adolescents put it, "I received great support from parents."

On the other hand, these results, which confirmed the positive impact of encouraging parents towards sports activity through the fundamental differences between groups, explain the basic role of the emotional relationship between parents and children based on acceptance, kindness, and satisfying the needs and desires of children, and this reflected positively on the effective practice of sports activity. In the same context, the study (1971) by Levy Leboyer of Cultural and ethical values such as discipline, integrity, curiosity, and work... All these behaviors that the individual receives in his family environment help to develop his professional tendencies and affect his professional perceptions, which makes him in constant need of a family with strong pillars from which he receives guidance, accompaniment, and material and moral assistance for the growth of himself and his ambitions away from various types of bullying and indifference. (Ben Safia, 2010).

Table (02): shows the contact of the schooled adolescent with sports practitioners if it encourages him to quit smoking.

The impact of sport on quitting smoking	frequency	percentage %
Yes	92	61.34%
No	58	38.67%
Total	150	100%

We note through Table N° (02) that sport continues to exert its impact even on non-practitioners, by being affected by practicing trainers who affect them refraining from smoking, by 61.34%, and this is an important percentage, as it indicates that the practitioner of sports remains a role model in his behavior and morals, as the majority of stalkers expressed in several phrases (sport is an incentive that keeps us away from pests), (the impact of their colleagues is positive because they have positive thoughts), (because I stay busy with sports and forget this pest).

In another explanation, we find that the age of these schooled adolescents qualifies them to distinguish the collateral damage of cigarettes in that they reduce appetite and sleep, which are very important for the athlete. Because better performance needs a healthy body, and to exercise well, the heart, lungs, and muscles need a flow rich in oxygen because smoke contains carbon dioxide, which in turn binds to red blood cells instead of oxygen, which prevents oxygen from reaching muscles and other body tissues. This lack of oxygen reduces athletic ability and makes

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sports performance more difficult, for this reason, the physical and athletic ability of the smoker is less than the non-smoker, as smoking prevents him from reaching the highest level of athletic performance.

Recent studies have suggested that exercise is an important part of a smoking cessation plan, as it helps reduce cravings for cigarettes and relieves the symptoms a smoker feels when they stop using nicotine. (Noman, 2009).

Table (03): Shows the extent to which schooled adolescents use their time in exercise, which will help them stay away from smoking.

Time-use	Frequency	Percentage %
Yes	125	83.34%
No	25	16.67%
Total	150	100%

The statistical data of Table N° (03) show us the extent to which schooled adolescents use their time in sports, which helps them stay away from the scourge of smoking as it was found that the majority of schooled adolescents make good use of their time in exercising by 83.34% and corresponding to 16.67% of adolescents who are schooled either among those who do not practice sports, or among those who practice but do not make good use of their free time positively, and this is what the majority of adolescents who attend school expressed in several phrases (sport is a recreation); (sport takes all their free time so that they become busy practicing it); (preoccupies them); (smokes do not leave a place to enter); (because it eliminates the free time and bad company).

Thus, it can be said that schooled adolescent shows a positive awareness of the importance of exercise in the life of the young person, which will help them put an end to this scourge, either by stopping taking it in some schooled adolescents or staying away from it.

This can be attributed to the role of the family, which plays an effective role in the process of socialization of its children, and which instills in them from a young age, in direct or indirect ways, awareness and discernment so that they can take care of themselves and not accept what is negative from others, thus showing the preventive role of the family against smoking and various other social ills.

In the same context, the study of Abdullah bin Nasser bin Abdullah Al-Sadhan (2003) on the role of family guidance in recreational practices among children, students in the third grade of secondary school in Riyadh (Saudi Arabia), on a sample consisting of (1082) students only, and the study showed that the more parents direct their children in the field of leisure time -

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recreation - children tend towards the practice of positive recreational activities, and the study confirmed that the presence of parents alive has a positive impact on the young man's recreational life. (Dodo, 2011).

Conclusion:

Through our exposure to the issue of parental support for sports and its relationship to smoking addiction among adolescents attending secondary school in the state of Boumerdes, it was concluded that family upbringing has an effective and prominent role in influencing children to practice sports, whether directly or indirectly, such as guidance, advice, and encouragement, as well as material assistance, follow-up, support and work to satisfy the needs and desires of children as a result of the method of positive parental upbringing, which is based on acceptance, integration, and participation of children in their various activities, especially sports activities.

The results of the research also found that exercise for the trainees helps them according to their opinions, and this is also agreed and psychological and social studies to get rid of anxiety and depression and reduce psychological and nervous pressure, depression, fatigue, tension, discomfort and avoid difficulty concentrating, lose weight and improve heart and physical health, bad habits such as the scourge of smoking, which leads to the deterioration of the efficiency of the respiratory system of the addicted individual. It was also found that the majority of adolescents schooled prefer those who are coming to the act of sports, and this indicates that the stalkers show a positive awareness of the importance of exercise in the life of the school adolescent, which will help them put an end to this scourge, either by stopping taking it when some adolescents or staying away from it. Because adolescents believe that the practitioner of sports remains a role model in his behavior and morals because of his positive thoughts about physical and psychological well-being, in addition to their constant preoccupation with training.

Recommendations: Based on the results of the study and its theoretical data, the study proposals can be limited to the following:

- ✓ The inclusion of some subjects related to the fight against smoking and various other pests in the school curriculum, and this is by relying the educational team on the school social psychologist whose role is absent in our society despite the presence of the school social psychology scale at the level of the third year of the bachelor's teachers. As well as at the first-year level of the schoolmaster.
- ✓ Work to integrate adolescents in various positive social and recreational activities so that their free time is filled, as well as providing appropriate equipment for each age for recreation.
- ✓ Develop a media plan at the community level on the harms of smoking in coordination with the Ministries of Education and Vocational Training.

- ✓ Prevent the sale of cigarettes to young people, as buying the first cigarette has a close relationship with continuing to smoke afterward.

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