

## **The impact of recreational activities' practice on life pressures of Mansoura University students**

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### **Research Summary**

The researchers conducted this study to identify the impact of recreational activities practice on life pressures of Mansoura University students. The researchers used descriptive approach. The researchers applied a scale of recreational activities practice and a scale of life pressures to collect data. The study was applied to a sample of 1263 students from Mansoura University for the basic experience and (50) for the exploratory experiment. The most important results were: most university students' awareness of recreation concept as well as information and knowledge related to leisure activities and recreational activities- there are a positive correlation between recreational activities practice and life pressures- there is a positive impact of recreational

activities practice dimensions on life pressures for of Mansoura University students.

### **Introduction and research problem**

Development has become a feature of this modern age because of speed changes and successive events, and new trends and ideas that affect many different human lives and behaviors.

Life pressures pose a great threat to individual's life and threaten his psychological balance and stability because of negative consequences such as weak social adaptability and inability to perform personal tasks and requirements, as well as loss of motivation and inability to achievement and feeling mental fatigue. So, day pressures, psychological conflicts and negative experiences lead to increased

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stress and mental disorder in individuals (Basim: 2012)

Al-Safi points out that any individual faces many daily pressures in his life, including undesirable experiences that may contain many sources of tension and turmoil as well as many risk factors and threats in all aspects of life (Al-Safi :2010).

University students at this stage are exposed to many different experiences inside and outside the university. This occurs in conjunction with growth of personality and desire for independence and self-reliance. Such experiences and pressures may have serious psychological effects on student's personality.

Recreation is one of the most important human needs that affect human's lives. It is an area that touches essence of human life and its different aspects. Recreation makes life complete in its meaning beside increase in brightness and joyful.

Most of university students face many sources of daily life pressures such as study pressures, family pressures, economic and physical pressures, health and

social pressures, which have a negative impact on students' lives. So, many psychological problems such as anxiety, loss of self-confidence, frustration, despair, depression, pessimism, lack of motivation and achievement, study problems, which are evident in academic stumbling, low level of scholastic achievement, social problems are apparent in low social participation, difficulty in social interaction with others, feelings of alienation, and tendency to be aggressive with others. Consequently, these problems affect students' achievement of their personal goals and ambitions and thus change their look towards their future lives.

Thus, the importance of this study lies in need to confront these problems, which result from daily life pressures and dealing with them to mitigate their results and overcome some of their negative effects for many students. So, recreational activities consider one of the best methods of society to resist many social and psychological problems in this age, and this led researchers to study impact of recreational

activities practice on life pressures for Mansoura University students.

### **Importance of and need for research:**

The importance of research is highlighted in the following points:

1- Present study is a complementary to researchers' efforts in field of leisure and recreation to cope with life pressures. Within limits of the researchers' knowledge, this study is the first attempt to study impact of recreational practice on life pressures of university students.

2- Helping those who are interested in leisure activities to prepare recreational programs to help students to enjoy a better personal life.

3- The research will contribute in enriching field of Arab studies and researches in social and educational sciences and assist researchers in conducting studies on this subject and linking them to other variables.

4- Providing some solutions and proposals to assist those responsible of organizing and managing recreational activities at the university in making decisions

commensurate with students' nature and characteristics.

### **Study Purpose:**

The aim of this research to identify recreational activities' impact on life pressures for Mansoura University students by answering the following questions:

1. What is the level of recreational activities for Mansoura University students?

2. What is the level of life pressures for Mansoura University students?

3. What is the possibility of predicting life pressures in terms of recreational activities for Mansoura University students?

4. Are there any statistically significant differences in recreational activities practice and life pressures for Mansoura University students (due to: type, college, forms of practice, nature of practice)?

### **Study procedures:**

The researchers used descriptive approach in survey method due to its relevance to research nature.

### **Community and Sample Search:**

The research community consists of Mansoura University students. The researchers randomly selected sample of (1263) students from

Mansoura University for basic sample and (50) for exploratory sample from Mansoura University students outside the basic sample.

**Data collection tool:**

The scale of recreational activities' practice consists of (69) phrases distributed over (4) dimensions (from researchers' preparation). The scale of recreational activities' practice consists of (69) phrases distributed over (4) dimensions Life pressures consists of (52) phrases distributed over (4) dimensions (from researchers' preparation).

**Steps of designing recreational activities' practice scale and Life pressures' scale for Mansoura University students:**

Through theoretical readings and reference studies and reconnaissance (7) experts in recreation and psychology (attachment A), the researchers prepared a scale for recreational activities practice and a scale for life pressures to identify recreational activities' impact on life pressures for Mansoura University students, where recreational activities' practice scale consisted (4) dimensions: recreational activities' concept, recreational

activities' goals, recreational activities' types, polarization methods for recreational activities. Life pressures' scale consisted (4) dimensions: social pressures, academic pressures, psychological pressures, economic pressures.

The initial image of proposed scales has been presented to experts to ensure dimensions' suitability to identify impact of recreational activities practice on life pressures for Mansoura University students. The researchers reached (4) dimensions for each scale (attachment B & C).

In the light of experts' agreement on scale dimensions of recreational activities' practice consisting of (80) phrases, and each dimension's phrases, after excluding (2) phrases in first dimension, (1) phrase in second dimension, (2) phrases in third dimension, and (2) phrases in fourth dimension, due to lack of 75% agreement of experts on these phrases. Thus, the scale consist of (73) phrases and after assuring validity of internal consistency, which led to deleting (4) phrases from the scale: (1) phrase in first

dimension, (1) in second dimension, (1) in third dimension, and (1) in fourth dimension, phrases' number in the scale became (69) phrases distributed on (4) dimensions, and they are: recreational activities' concept (13), recreational activities' goals (18), recreational activities' types (27), polarization methods for recreational activities (11) (attachment D).

In light of experts' agreement on dimensions of life pressures' scale consisted of (60) phrases, and each dimension's phrases, after excluding (1) phrase in first dimension, (1) phrase in second dimension, (1) phrase in third dimension, (1) phrase in fourth dimension, due to lack of 75% agreement of experts on these phrases. Thus, the scale consists of (56) phrases and after assuring validity of internal consistency, which led to deleting (4) phrases from the scale: (1) phrase in first dimension, (1) in second dimension, (1) in third dimension, and (1) in fourth dimension, phrases' number in the scale became (52) phrases distributed on (4) dimensions, and they are: social pressures (15), academic pressures (13), psychological pressures (13), economic pressures (11) (attachment H).

The degree of each dimension is determined with total score by a triangular balance (yes = 3 degrees, to some extent = 2 degrees, no = 1 degree), and then calculating total score of scale.

### **Field study**

After reassuring validity and persistence factors, the researchers applied recreational activities practice scale and life pressures scale for Mansoura University students on basic study sample (1263) of Mansoura University students from (30/9/2017) to (16/11/2017), and after completing scales' application, the researchers emptied the data in preparation for appropriate statistical treatments.

### **Results presentation and discussion**

#### **1-Frequency and percentages of recreational activities concept for Mansoura University students**

Table (9) shows students' awareness of recreational activities concept, and that the highest phrase (activities practiced in leisure time) with (84.30%), this may be due to fact that when student is free from study restrictions or any duties or study assignments, he practices various leisure time

activities. This agrees with (al-Zahabi:2005), which showed Mansoura University students' awareness of recreational activities concept in general, due to University interest in publicity and advertising.

### **2-Frequency and percentages of recreational activities goals for Mansoura University students**

Table (10) shows arrangement of recreational activities' goals according to students' opinion, and that the highest goal (renewal of body activity and vitality) with (85.33%), may be due to students' awareness with importance of revitalizing body during practicing different favorite recreational activities. This agrees with (Ali :2016) that students seek to participate in activities concerned with achieving physical goals and help them to eliminate study burden.

### **3-Frequency and percentages of favorite recreational activities for Mansoura University students**

Table (11), shows that the highest activity (enjoying music) is ranked first between

entertainment activities with (84.77%), may be due to that students' favor such activities, because they give them opportunities to express their sensations. This agrees with (Heba :2016), which explained that these activities are among the best favorite recreational activities that students enjoy and seek for.

### **4-Frequency and percentages of polarization methods of recreational activities practice for Mansoura University students**

Table (12) shows arrangement of polarization methods' phrases for recreational activities practice, the highest phrase (students' participation in planning and implementing recreational activities) with (82.53%), may be due to students' interest in selecting recreation activities consistent with their preferences and their personal needs. This agrees with (Swailm etal :2006) that assure the importance of providing recreational opportunities for students, and students' participation in developing plans for recreational activities.

### **5-Frequency and percentages of social life pressures for**

### **Mansoura University students**

Table (13) shows arrangement of social pressures phrases, the highest phrase (I was annoyed of my family members' criticism for my actions) with (89.39%), may be due to some parents interference in their children affairs and lives trying to act as they want from their opinions as they are always right. This agrees with (Al-Safi :2010) that most students suffer from pressures, represented mostly in family and social life pressures.

### **6-Frequency and percentages of academic life pressures for Mansoura University students**

Table (14) shows arrangement of academic pressures phrases, the highest phrase (I feel nervous cause of large burdens and assignments) with (85.70%), may be due to many students concern about their academic future and their interest in performing study assignments on time. This agrees with (Basiouni, Al-Saeed :2011) that university students are more vulnerable to life pressures, mostly represented in pressures

associated with academic future.

### **7-Frequency and percentages of psychological life pressures for Mansoura University students**

Table (15) shows arrangement of psychological pressures phrases, the highest phrase (I find my study filled with obstacles and frustrations) with (78.33%), may be due to study nature and system, increased number of examinations throughout academic year, increased psychological pressure as a result of large study burden. This agrees with (Al-Safi :2010) that life pressures greatly affect students' satisfaction with their lives.

### **8-Frequency and percentages of economic life pressures for Mansoura University students**

Table (16) shows arrangement of economic pressures phrases, the highest phrase (I'm annoyed from huge daily expenses within the university) with (78.91%), may be due to most students' suffering from purchasing some requirements and educational tools and materials (either: metal - fabrics -

educational papers), this agrees with (Al-Safi :2010) that economic and physical conditions are among the most pressing pressures facing most university students.

**9- Correlation coefficients for sample members' scores between dimensions of recreational activities and life pressures for Mansoura University students**

Dimensions		Scale of life pressures for Mansoura University students			
		Social pressures	Academic pressures	Psychological pressures	Economic pressures
Scale of recreational activities practice for Mansoura University students	recreational activities concept	0.454*	0.444*	0.466*	0.497*
	recreational activities goals	0.453*	0.437*	0.487*	0.488*
	Recreation activities	0.483*	0.476*	0.480*	0.525*
	polarization methods	0.432*	0.408*	0.454*	0.461*
	Total degree of scale	0.525*	0.511*	0.539*	0.586*

Value of "t" is significant at 0.05 = 0.113

Table (17) shows that there is a statistically significant correlation between dimensions of recreational activities practice and life pressures for Mansoura University students.

**1- The impact of recreational activities practice dimensions on life pressures for Mansoura University students**

Independent variables	Dependent variable	R	R2	F value	B	B value	T value	Significant Level
recreational activities concept	Life pressures	0.531*	0.282	495.551	1.259	0.531	22.261	0.00
recreational activities goals		0.532*	0.283	497.636	1.199	0.532	22.308	0.00

Independent variables	Dependent variable	R	R2	F value	B	B value	T value	Significant Level
Recreation activities		0.561*	0.314	578.525	0.684	0.561	24.053	0.00

polarization methods		0.500*	0.250	419.980	1.427	0.500	20.493	0.00
Practicing recreational activities as a whole		0.657*	0.432	239.283	6.512		29.852	0.00

\* Significant at 0.05 level

Table (18) shows significance of the model, where F value (239 ,283) is significant at level (0.05). There is also a positive correlative relationship between dimensions of recreational activities practice and life pressures (combined), This may be due to recreational activities practice in leisure time contribute in students' gaining for many life skills, social and aesthetic experiences that will enrich their personal lives. This agrees with (Basiouni, Al-Saeed :2011) that pressures led most students to devote more time to recreation.

**1. Significance of differences between members of research sample in recreational activities' practice For Mansoura University students who are attributed to gender (male - female)**

Table (19) shows that there are statistically significant differences between polarization methods in recreational activities practice scale for Mansoura University

students according to gender variable in favor of males. The calculated value of T is greater than tabular value at a significant level (0.05), and there are not statistically significant differences in the rest of the dimensions and total degree where (T) value calculated less than tabular value at a significant level (0.05), this may be due to fact that recreational activities have become one of the vital needs for a positive life. This agrees with (al-Zahabi :2005) which showed no differences between male and female students towards concept and goals of recreational activities.

**2. Significance of differences between members of research sample in Life Pressures For Mansoura University students who are attributed to faculty (practical - theoretical)**

Table (24) shows that there are statistically significant differences between recreational activities dimensions and scale total

score according to total practice nature. The (t) value is calculated less than tabular value at a significant level (0.05); this may be due to students' awareness with importance of spending and investing leisure time. This agrees with Fopp :2002).

### **Research conclusions**

- Most university students' awareness and realization of recreation concept, as well as information and knowledge related to leisure and recreation activities, through actual practice of recreational activities.

- There is a positive impact for dimensions of recreational activities practice on life pressures of Mansoura University students.

- There are statistically significant differences between polarization methods in scale of recreational activities practice for Mansoura University students according to gender variable (males and females) for the benefit of males.

- There are statistically significant differences between scale dimensions of recreational activities practice for Mansoura University

students according to college variable (theoretical and practical) for the benefit of theoretical colleges.

### **Search Recommendations:**

- The need to activate community participation between university and recreational institutions in Dakahlia governorate and try to provide support and recreational care in all its forms to university students in order to achieve better quality of their personal life and satisfaction.

- University should be interested in organizing student conferences, holding seminars and meetings about recreational activities, to highlight its positive role in alleviating and reducing pressures resulting from life.

- Working to guide students' attention to sources of various recreational activities, with giving students greater opportunity to propose activities practiced by themselves.

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