

The role of physical education and sports in stimulating and promoting voluntary work among middle school students from the point of view of students in some middle schools in the Gulf state

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Abstract---This research aims to identify the role of physical education and sports classes in motivating and promoting volunteer work among middle school students from the point of view of students in some middle schools in the Gulf state. It dealt with the field research procedures where the researchers used the descriptive approach because it is the appropriate approach to the research problem. As for the research sample, it was part of the research community, which consisted of (55) students at the intermediate stage of some of the Gulf state averages, where the sample number was (30) students. The researchers used the SPSS statistical bag to process the raw data of the research sample. After the completion of the research procedures, the researchers processed the results statistically and then discussed the results, as for the most important conclusions and recommendations, as it was proved that there is a statistically significant correlation between the role of physical education and sports class and motivation and promotion of voluntary work among middle-school students. The most important recommendations came through highlighting the role of physical education and sports teachers in devoting teamwork and volunteer work among students in order to build a generation of a cooperative and cohesive society and a partner in the development and construction of the homeland.

Keywords---physical education lesson, motivation and promotion of volunteer work, teamwork.

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Introduction

Today, Education has become an integrated system that is keen on developing students by instilling values that transcend themselves and enrich their ideas and knowledge, through its means, curricula and the various student activities that it offers. Physical and sports education is part of general education, as it takes care of and takes care of the body and its health, and aims to prepare a good citizen physically, mentally and morally, capable of producing and performing his duties towards his society and Homeland. Physical education and sports have witnessed great interest in local and international forums at the end of the current century, because physical education, with its various activities, has played a major role in strengthening the educational system so that it works to achieve integrated and comprehensive growth from all personal aspects physical education and sports is an educational system aimed at improving overall human performance through aspects of physical activities chosen as an educational medium characterized by important educational outcomes. it develops physical strength, health and vitality and aims to instill the spirit of cooperation, patience, order and leadership. it also helps the mind to behave and think well. The success of the plan and the achievement of the purpose of the general program of sports education in the school depends on the proper preparation, preparation, directing and implementation of the lesson in an ideal way

Adolescence is one of the most important and dangerous stages of human life because it is a formative stage in which the personality traits of an individual and his behavior are determined, which calls for attention to this segment in order to build them physically, psychologically and socially as a basis for his protection in the future and that the school has a big role in the, It is no longer the place that aims to indoctrinate students and prepare them mentally, but it has become the natural place to educate students by discovering their natural inclinations and talents and developing them for the benefit of students and society.

Voluntary work is very important in society in general and the school in particular because of its great human values of giving of all kinds, as voluntary work is linked to various types of good and good work, where the importance of voluntary work varies for the individual and society, where voluntary work helps the individual to meet his needs and participate in decision-making while acquiring life skills such as cooperative work, expressing opinions and integrating with others to identify the problems and needs of society. Hence, the importance of the research lies in knowing the role of the physical education lesson in motivating and promoting volunteer work among middle school students from the point of view of professors.

1-the problem of research :

Since the physical education and sports lesson and its various activities are one of the important means that help the individual to discharge excess energies and self-expression, The practice of sports is a kind of recreational activities at school and helps in social development, as it develops the spirit of cooperation and synergy, forms friendship and leadership, strengthens social acceptance and respect for others. Therefore, the researchers set out to find out the extent of the role that the physical education and sports lesson provides in the averages in the Gulf state to induce motivation and promote voluntary work, as voluntary work helps to achieve stability and social cohesion of society on the one hand, and also leads to the development of society and its modernization on the other hand, as what distinguishes Science and knowledge are more useful and enjoyable than receiving it through curricula and books, especially when these activities meet their needs and desires.

2 - the purpose of the research

to identify the role of physical education and sports in stimulating and promoting voluntary work among middle school students from the point of view of students in some middle schools in the Gulf state.

3-Force search :

There is a statistically significant relationship between the share of physical education and sports and voluntary work among middle school students in the state of Chlef.

4-research areas

1. **human Field:** middle school students in the state of Chlef
2. **time domain:** 20/10/2024 to 10/4/2025.
3. **spatial domain:** some shelf state averages

5-research methodology and field procedures

5.1. Research methodology

Any problem in scientific research needs to find the appropriate solution to it by choosing the appropriate approach that is consistent with the nature of the problem and due to the nature of the research, and in an effort by the research owner to find a scientific solution to the research problem posed in the study, the researchers in this study relied on the descriptive approach as a suitable and appropriate approach to the subject of study, which is defined as " one of the forms of analysis and organized scientific expression to describe a specific phenomenon or problem and photograph it quantitatively by collecting data and codified information about the phenomenon or problem, classification, analysis and subject to careful study (Sami Mohammed : 2006, p.370).

5.2. community and research sample

5.2.1. research community:

The research community was identified with middle school students with some (45) Gulf state averages for the academic year (2024-2025).

5.2.2. research sample:

The research sample is meant to be a part of the indigenous community concerned with research and study and represents it properly so that it bears its common qualities and characteristics.this part enriches the researcher by studying the original research units and vocabulary studied by the researcher (Kandali Amer and the Samaritan : 2010, p. 255).

The research sample was chosen by random method and was represented by middle school students of the first and second year, averaging in some of the Gulf state averages for the academic year (2024-2025). By (45) students, if the final study sample was selected, (30) students formed the percentage of (66.667%) and (10) students who participated in the survey study were excluded.

Table N° (1): shows the research community and its sample

	Community and sample	Number	%
1	Indigenous community	45	100%
2	Sample study	30	66.667%
3	Sample Survey study	10	22.222%
4	The excluded	5	11.111%

5-3-means of collecting information, devices and tools used in the research:

5.3.1. means of information collection:

- 1-Arab and foreign sources .
- 2-International Information Network (Internet).
- 3-auxiliary work team .
- 4-questionnaire forms .

5.3.2. devices and tools used :

1. no top type (HP) number (1)
2. Laser Printer(canon) number(1)

5-4- field research procedures:

5.4.1. study tool :

In order to determine the information that the researchers want from the research sample, the researchers used a scale prepared by (Saeed Al-Qahtani:P .211). It is a triple scale consisting of (24) paragraphs and with three alternations (always, sometimes, rarely) .

The researchers also presented the scale to a group of experts and specialists in the field of teaching methods, as well as specialists in testing and measurement in the field of sports, there were 12 experts for each of the two scales for the purpose of evaluating and judging it in terms of its validity in measuring the role of physical education and sports in stimulating volunteer work.

Table N° (2) : Shows the percentage and K-square of the agreement of the opinion of experts and specialists on the scale of University integration

5.4.2. exploratory study :

	Fields	Endorsers	Non-consenting	Percentage ratio	Calculated K2 score	Level of significance	Admission
1	1,2,3,4,5,6,8,9,10,11,12,16,17,18,20,21,22,23,24	12	0	%100	12	0.00	Acceptable
2	7,13,14,15,19	11	1	92%	8.333	0.00	Acceptable

It is a preliminary experimental study carried out by a researcher on a small sample before the resurrection of his research in order to test the research methods and tools(Nouri Ibrahim al-Shawk and Rafi Saleh Fathi, 2004, p.89.) The researchers conducted the survey study on (8/12/2024) on a sample of (10) students in the city of Al-shalaf at Khaldi bin Ali middle school for the academic year (2024-2025). The aim of the survey was to find out what comes :

- 1-the extent to which students understand the vocabulary of the tests.
- 2-knowledge of the time spent on the implementation of tests.
- 3-ensure the efficiency of the assistant work team

5.4.3. scale correction method :

The measure of the role of the physical education and sports class in motivating voluntary work consists of (24) paragraphs, and students answer them according to three alternatives, namely (Always, Sometimes, Never) and grades are given (1,2,3) respectively, and this answer is for the positive paragraphs and the opposite for the negative paragraphs.

5.4.4. calculation of the total score :

Since the measure of the role of the physical education and sports class in motivating volunteer work consists of (24) paragraphs, the player's highest score is (72), the lowest score is (24), and the hypothetical average reached (48).

Table N°(3): Shows the values concerned with the coefficients of constancy, self-honesty and objectivity in shyness and University integration

	Variants	Unit of measurement	Constancy	Honesty	Objectivity
1	The role of the physical education lesson in stimulating volunteer work.	Degree	0.829	0.910	0.929

5.4.5. main study:

The researchers conducted their main experiment on Sunday (16/12/2024) on a research sample of 30 middle school students in some of the averages of the Gulf state.

5.4.6. statistical methods:

The researchers used the spss statistical bag to process the raw data of the research sample.

6-presentation and analysis of the results of the scale of the role of physical education and sports in stimulating volunteer work

Table N° (4): Shows the values of arithmetic averages, standard deviations, calculated (V) values and the level of significance

Variants	The hypothetical middle	Arithmetic mean	Standard deviation	Calculated value (V)	Level of significance	Semantics
The role of the physical education lesson in stimulating volunteer work	48	58.733	7.235	5.745	0.03	Function

Under the degree of freedom N-1 = 29 and under the level of significance 0,05

Through Table No. (4), it was shown that the arithmetic mean is (58.733) and with a standard deviation (7.235), and the calculated value of (T) (5.745) was a function at the level of significance and the amount of (0.03) turned out to be smaller than (0.05) and a degree of freedom (29). Thus, the difference D is statistically significant.

7-Discussion of the results :

Through the results obtained by the researchers, which were presented in Tables (4), which show us the arithmetic averages and standard deviations of the scale, where there was a statistically significant correlation, where the researchers see the reason for these statistical differences to several reasons that stand at the forefront of the role that the physical education and sports class plays in encouraging students to volunteer work, where the physical education lesson develops social values among students and develops a sense of responsibility among students and makes the student an open and social person and makes the individual feel pleasure when helping others. The study of physical education and sports and its various activities is a means of Important means that help the individual to discharge excess energies and self-expression, and build a balanced integrated personality. It develops the spirit of cooperation and collaboration, forms friendship and leadership, strengthens social acceptance and respect for others.

Since sports games are the simplest forms of communication among children and adolescents, they contribute a large part of intellectual, motor and moral experiences, as studies indicate " the primary

knowledge of a child is represented by movement, from which he takes a basic means of knowledge, through which he discovers the world around him, and realizes the Ramu.

This research also aims to explore the role of physical education and sports classes in motivating and promoting volunteer work among middle school students in some of the Gulf state's middle schools from the point of view of the students themselves. The results showed that the majority of the respondents believe that the activities of the physical education and sports lesson develop the spirit of community service, consolidate the values of cooperation and responsibility, and open up real opportunities for them to participate in volunteer initiatives inside and outside the school. Some recent studies have shown that physical education programs are one of the most capable educational environments to instill positive social values and activate voluntary behavior, because they are based on group play, role Division and practice-based learning. This finding is consistent with what Chowdhury (2024) argued when she emphasized that sport is a "springboard" for the development of communication skills and social responsibility among young people, and with what Sharma (2018) concluded about the impact of sport in strengthening the "social capital" of young people.

8-Conclusions and recommendations

8.1. conclusions:

- There is a statistically significant correlation between the share of physical education, sports and volunteer work.

8.2. recommendations:

In light of the conclusions reached by the researchers, they recommend the following:

- 1-it requires physical education and sports teachers to emphasize teamwork and volunteerism among students in order to build a generation of a cooperative and cohesive society and a partner in development and construction of the homeland.
- 2-increasing the educational and social awareness of students of the importance of volunteer work.
- 3-providing the necessary resources in schools by the competent authorities in order to succeed and raise the level of students and encourage them to volunteer work.

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