



"The Effectiveness Of A Proposed Sports Program Based On Part-Sports Games To Reduce Symptoms Of Depression Among Middle School Students"

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Abstract:

The study aimed to identify symptoms of depression among middle school students. We used the experimental method on a study sample of 40 students who were divided into two groups: The experimental group (20) students and the control group (20), were chosen from 108 students from the previous two middle schools, who obtained the highest scores on the Beck depression scale. We applied the proposed sports program, and after using the study tools and performing statistical processing of the data, we reached To the following results: There were statistically significant differences in the degree of depressive symptoms between the pre- and post-measurements among the experimental group in favor of the post-measurements.

There are statistically significant differences in the degree of depression between the experimental and control groups in favor of the experimental group.

Keywords: depression, exercise program, middle stage.

Introduction :

The most dangerous complex phenomena that threaten the life of modern man in his interaction and dealing with the environment surrounding him are disturbances and emotions and the negative psychological effects that result from them. Modern life is characterized by man being exposed to many situations of failure and frustration in achieving his desires and satisfying his needs, and man becomes emotional as a result of that. He suffers from what is asked of him, which leads to him falling under the burden of psychological disorders, and he will expel emotions in every activity he undertakes.

If we talk about the interest of scientists in psychological disorders in general, we specifically mention the most widespread disorders in this era, which are anxiety and depression disorders.

Anxiety is not only a psychological phenomenon, but also because it is included in most psychological disorders, "and that is because it appears in the first case of confronting a threatening situation." The person's self, it stimulates the person's energy to defend himself for the sake of his safety and preservation, and when the defense mechanisms fail in their function, the psychological structure increases. Anxiety is a complex emotion of fear and anticipation of threat and danger, which raises a state of continuous comprehensive tension. Anxiety is considered a symptom of some psychological disorders, but it may The state of anxiety tends to become a psychological disorder itself (Awaidiya, 1996, p. 25).

As for depression, it is a disease of the current era, and its incidence is 7 to 10 of the world's population, according to World Health Organization statistics. Its most important symptoms are feelings of despair, isolation, decline in will, feelings of guilt, and thoughts of suicide. Anxiety is a characteristic of the current era. Which is considered a state of mysterious and intense fear that possesses a person and causes him a lot of distress, distress, and pain. (Awaidiya, 1996, p. 45)

However, anxiety and depression become more severe when they coincide with the stage of adolescence, which is considered alone as a form if it encounters an environment that is not dominated by sufficient knowledge of the secrets of the stage, as it is, as Morris (1971) defined it, a group of physical and psychological transformations that occur between childhood and adulthood (Al-Barawi, 1974.page 27).

This is what Stanley Hall (1904) confirmed in his writings in two volumes specializing in adolescence, including his theory of adolescence as a period of storms for the adolescent, anxiety and disorder (, 2 WOLPE 002,. 16).

As we know, it is a transitional stage for the individual, so it is sensitive and critical in his life, as it is a transition from childhood to adulthood, in addition to the disturbances and physical and psychological pain that he suffers resulting from the physiological changes that occur in his body, and since adolescence is one of the most important stages of growth in the life of A person because the hormonal changes that his body is going through at this stage affect his emotional conditions, making him vulnerable to psychological disorders.

If we specifically mention psychological transformations, they include changes in the adolescent's goals in the field of general emotional maturity, interest in the opposite sex, social maturity, choosing a profession, using leisure time, philosophy of life, and getting to know oneself. Therefore, any imbalance in the level of the adolescent's goals at this stage inevitably leads to an increase in The severity of anxiety, which leads to depression in him. "Because the individual who suffers from anxiety for a long time becomes depressed." Because the individual who suffers from anxiety for a long time becomes depressed. "Because psychological anxiety is only a spectrum of depression to a slight degree, and depression aims to Calming and allaying anxiety, preventing its occurrence, and concealing and suppressing aggression (WOLPE, 1979, p. 86)

The adolescent's practice of various physical and sporting activities within educational institutions may be an important field, and this is what was confirmed by Cooley. For the adolescent, this sporting practice is considered the mechanism through which human relationships are formed and developed. He may find in this practice a satisfaction of his

psychological desires, and as an acceptable means. Socially, the only way a teenager can achieve and appreciate himself.

Since the researcher specializes in psychological counseling or mental health, he believes that if a proposed sports program is used based on various sports activities within the framework of the physical education and sports class, it will work to reduce the symptoms of depression for middle school students (13-15 years) and it can be formulated The problem is as follows:

How effective is a proposed sports counseling program to reduce symptoms of depression among middle school students (13-15) years old?

Through this problem, the following questions can be raised:

1-Are there statistically significant differences in the degree of depression symptoms between the pre-measurement and the post-measurement in the experimental group on the depression scale?

2-Are there statistically significant differences in the degree of depression symptoms between the experimental and control groups on the depression scale?

2-General hypothesis:

The proposed sports counseling program is effective in reducing symptoms of depression and raising the level of self-esteem among middle school students.

Hypotheses:

1- There are statistically significant differences in the degree of depressive symptoms between the pre- and post-measurements of the experimental group.

2- There are statistically significant differences in the degree of depression symptoms between the experimental and control groups.

-Reasons for choosing the topic:

Due to the reluctance of some students to practice the physical education and sports class in educational institutions, due to the lack of adaptation in the class, and the neglect of some students about the role of the physical and sports education class for the adolescent in alleviating his behavioral disorders to achieve sound growth, the need for adolescents for psychological sports guidance to guide Behaviors and achieving psychological and school compatibility to increase academic achievement.

Through this research we try to:

- Revealing the importance of psychological sports counseling for adolescents.
- Revealing the role of psychological sports counseling in reducing symptoms of depression and developing self-esteem among adolescents.
- The role of psychological counseling in achieving psychological compatibility.
- The role of physical education and sports classes in achieving adolescent mental health.

-Objectives of the study:

- Verifying the extent of the impact of the proposed sports counseling program to reduce symptoms of depression and raise the level of self-esteem among middle school students (13-15) years old.

This is done by diagnosing and measuring the symptoms of depression among a sample of middle school students after implementing the program.

Reducing symptoms of depression to the greatest possible degree among middle school students with high scores on the depression scale.

-The importance of the study:

The proposed exercise counseling program may help reduce symptoms of depression in adolescents.

The proposed sports counseling program may help raise the level of self-esteem among adolescents.

- Highlighting the importance of group physical activities in raising the level of social self-esteem, consolidating relationships between students, and the role of individual sports in raising the level of physical self-esteem and general appearance.

-Counsellors, teachers of physical education and sports, and workers in educational institutions may benefit from this study.

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Defining terms and concepts:

- Guidance programme:

A planned program organized in light of scientific foundations, to provide direct and indirect counseling services individually and collectively.

Definition of procedural: It is a set of organized and planned procedures and steps based on scientific foundations based on the principles of counseling, its techniques and theories, which includes a group of physical education and sports sessions and classes provided to members of the experimental group, during a specific period of time, with the aim of helping them to reduce the symptoms of depression and achieve The psychological adjustment of the student.

6-2-Depression:

Language: Ibn Manzur defines depression as a bad condition and brokenness due to sadness
Depression, depression: sadness and brokenness, and depression is also a change in the soul with brokenness due to the intensity of worry and sadness, which is gloomy and depressed.

Terminology:

Beck defined it as an emotional state that includes a specific change in mood such as feelings of sadness, anxiety, and indifference, a negative concept of the self with self-blame, humiliation, and blame, the presence of desires for self-punishment, with the desire to disappear and die, and changes in activity such as difficulty sleeping and loss of appetite.

Operational definition of depression:

The researcher defines it procedurally: it is a group of painful and sad symptoms that the teenager feels, which become clear through his description of his mood as sadness and despair.

-A teenager who hates himself.

-A teenager has lost the joy of life and has become more anxious.

- He became more psychologically lonely.

It is evidenced by a high score on the depression scale

Operational definition.

Including adolescence, it is a developmental stage that a person goes through to move from childhood to adulthood, characterized by physical, mental and emotional growth, from which the child emerges mentally mature. It is a period characterized by several psychological and emotional disorders in adolescents.

Effectiveness: It is defined procedurally as an activity that affects the individual carried out by the proposed program

Middle school students (13-15 years): The student researcher defines them procedurally as students aged 13 to 15 years who are studying in the middle school stage for the season (2017-2018).

-2-Studies related to symptoms of depression:

The first study: The effectiveness of a counseling program to reduce depressive symptoms among adolescent university students

Researcher/ Muhammad Tawfiq Ali Muhammad

The study aimed to identify the prevalence of depressive symptoms and determine their levels among the research sample, as well as to determine the nature of the relationship between depressive symptoms among adolescent university students and each of the following variables: cognitive self-distortion, psychological loneliness, social relationships, and pleasant activities. It then aimed to prepare a program For psychological counseling for youth and testing its effectiveness in reducing depressive symptoms among the counseling research sample.

The total study sample consisted of (400) male and female students from the first and second year students at Ain Shams University. The experimental study sample also consisted of (60) students who were selected from students who suffer from mild and moderate depression from the students in the total sample.

The prevalence of mild depression was (17.25%), moderate (13.25%), severe (5.0%), and the total percentage was (35.5%).

- There is a positive correlation between depressive symptoms among adolescent university students and both: cognitive distortion of the self and feelings of loneliness, and a negative correlation between depression and both the exchange of social relationships and pleasant activities.

The counseling program used led to a reduction in depressive symptoms and cognitive self-distortion, and an increase in the rate of practicing pleasant activities among the counselors

The second study is a study by Bambilili (1991): on providing an auxiliary program in reducing the degree of anxiety and depression while improving low self-esteem among a sample from Polk University. This study examines the effectiveness of this program on these variables among the majority of participants in this program, of which the total was (41) individuals, and among the tests that were used in this study were the personality test, the Beck Depression Scale, the ability test, the state anxiety list, and the self-esteem list for adults. The study indicated a decrease in the degree of depression and anxiety and an improvement in Self-esteem and program effectiveness.

The third study was conducted by Abdel Khaleq (1991): A study on measuring depression, a comparison between four scales. The study aims to compare four lists to measure depression, which were applied to an Egyptian sample of university students of both sexes (n = 120). The scale is the Beck Depression Inventory. The Depression Scale was developed by Gilfrud and Zimmerman, the Depression Scale is from the Minnesota Multifaceted Personality Inventory, and the Depression Trait Inventory is from the Social Adjustment Scales.

The results indicated that the Beck Depression Inventory could be preferable to the other three inventories.

The fourth study: Al-Ansari's study (1997). The aim of the study was to determine the extent of the prevalence of depression. It is a comprehensive survey study on a Kuwaiti sample of 2,135 individuals, including ten sub-samples of both sexes. The researcher used the Beck scale, and the study revealed that depression levels are highest among secondary school students.

The fifth study: "Demo" conducted a study on 12 patients whose average age was 59. Five males and seven females suffered from a state of physical depression, which was classified as the fourth degree according to the classification followed by the American Psychiatric Association. The average suffering from depression was 35 weeks. The patients were subjected to an effort program. Physically, by walking on a moving belt for a period of 30 minutes, repeated daily for 10 consecutive days, the rate of depression classification decreased, including the physical symptoms...and others that the patient was complaining of, all of which were attributed to depression and not illnesses, and the results of the research were:

Regular physical exertion has positive effects on the psychological state of people, especially those suffering from depression.

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The sixth study: A study by Samer Jamil Radwan (2001). The study aimed to examine the relationship between depression and pessimism on the one hand and their relationship to some psychological variables, age and gender, and to determine the differences between the sexes and different age groups in both depression and pessimism on the other hand, determining the percentage The spread of pessimism among university and secondary school students. The sample consisted of (1134) male and female students from the various colleges of Damascus University and (522) male and female students from the Damascus secondary school district.

It is a descriptive, correlational, comparative study in which the researcher used the Beck Depression Inventory and the Al-Ansari Pessimism Scale. The results showed that there was a significant positive relationship between depression and pessimism, and that there was a significant association between the genders and depression, while gender was not associated with pessimism, and no significant association between the genders appeared in some cases. Beck's list items and pessimism. Differences emerged between university and high school students with regard to depression. Depression was more prevalent among high school students and less prevalent among university students, and pessimism was more prevalent among university students and less prevalent among high school students.

The seventh study: A study by the student Boghalia Faiza (2009) under the title of the role of physical education and sports in alleviating anxiety and depression in adolescents among a sample of secondary school adolescents. The student used the descriptive approach and used Cattell's general anxiety scale and the Beck depression scale. The student arrived at: The following results:

Practicing physical education and sports has a positive effect in reducing anxiety and depression in adolescents

- Students who do not practice sports are more depressed than those who practice sports.
- Students who do not practice sports are more anxious than those who practice sports.

Comment on the studies:

Through this presentation of previous studies on the symptoms of depression, we noticed that they varied in terms of the general goals that they sought to achieve. Most studies were investigated in order to reveal the symptoms of depression and the extent of its spread from a general perspective, such as the study of Abdel Khaleq (1988) and the study of Mahmoud Abdel Qader (2003). The presence of the problem of anxiety among secondary school students, as well as the study of Al-Ansari (1997) on the spread of depression among adolescents, as well as the study of Samer Radwan (2001), where the sample taken for most studies was represented by secondary school students.

Regarding the measurement tool, the dominant tool was the Cattell General Anxiety Scale and the Beck Depression Scale, and this is what was revealed to us during its comparison between four lists for measuring depression.

With the exception of the study of Abdel Qader Mahmoud (2003), who used Mooney's list of problems to uncover the problem of anxiety among adolescents, the current study agreed with some previous studies in emphasizing the importance of researching ways to find strategies to alleviate anxiety and depression, such as the study of Pimbelli 1991 and As well as the Ogilvy

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study and the Demo study, which sought to investigate the positive psychological effects of sports.

Research Methodology :

There is no doubt that the nature of the problem in any research is what primarily determines the appropriate research approach to address it. To study this research, test its hypotheses, and verify their validity, the experimental method was used, which is an integrated approach based on description, diagnosis, experimentation, and development. The researcher chooses the appropriate experimental design for his research.

The research sample :

The current research experiment was based on a sample of third-year middle school students for the 2017/2018 academic year in two middle schools in the city of Chlef, namely, Kabiti Al-Arabi Middle School and Mohammed bin Hani Middle School in Bani Rashid. In addition, it is difficult to pilot the counseling program on several experimental groups (the female group), given.

The research sample consisted of 108 students, including 54 students from Kabiti Al-Arabi Middle School and 54 from Muhammad Bin Hani Middle School. 40 students were selected, 20 students from Kabiti Al-Arabi Middle School and 20 students from Muhammad Bin Hani Middle School who obtained high grades on The depression scale and the self-esteem scale used in this research (the highest quartile was taken 27%), and from those whose chronological ages ranged between (13-15) years, and the sample was divided into two groups:

The first - an experimental group: 20 students from Kabiti Al-Arabi Middle School to whom the sports guidance program was applied.

The second - a control group: 20 students from Muhammad Bin Hani Middle School to whom the sports guidance program was not applied.

Research variables: The current research includes the following variables:

The independent variable is the proposed sports guidance program.

Dependent variable: symptoms of depression.

Non-experimental variables

These are the variables that are due to influences from external sources, and they affect the dependent variable, and therefore they must be controlled and their influence limited, and they are in this research

Age: The sample was selected from the age of 13-15 years.

Educational level: The sample was selected from the third middle school.

Gender: The sample was selected from males.

4- Research tools and techniques:

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4-1 Definition and description of the depression scale:

This scale was prepared in Arabic by Dr. Gharib Abdel Fattah, and was originally developed by the American professor of psychiatry, Aaron Beck. It is a scale that provides the researcher with a quick and honest estimate of the level of depression in the client. This scale was published for the first time in 1961, and then the version appeared. Amended BDI-II in 1979 (&BROWN, 1996, p. 212)

The scale consists of 21 groups of symptoms and attitudes. Each group consists of an extended series of four statements. The statements are ranked to reflect the severity of symptoms from least severe to most severe.

Dr. Gharib Abdel Fattah prepared and translated the modified version of the Beck scale into the Arabic language in 1981. He used it in an English-language paper published in 1984.

Then he published the abbreviated form of the first modified Beck Depression Inventory in 1985 and used it in many studies.

Since the publication of the abbreviated version of the Modified Beck Depression Scale in Arabic, the scale has been widely used in Egypt and the Arab countries as a research tool in the study of depression.

The scale in its current form consists of only (13) groups of statements, and it is considered the abbreviated form of the original scale that was reached in studies supervised by the creator of the original scale. These studies have shown the correlation of this form with the overall scale by a factor of 0.96. It uses a method Self-report to measure the severity of depression in adolescents and adults starting at the age of 13 years.

It is considered a tool to evaluate:

Sorrow.

Pessimism.

Feeling like a failure.

Dissatisfaction.

feeling guilty.

Lack of self-love.

Self-harm.

Social withdrawal.

9- Frequency.

10- Changing self-image.

11- Difficulty in work.

12- Fatigue.

13- Anorexia.

In each group, there is a graduated series of (4) statements that reflect the severity of the disorder, as shown in Appendix No. (01).

Scale correction:

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As we indicated in the introduction to this scale, it consists of 13 groups of statements. Each group consists of four statements, graded from 1 to 4. The subject chooses one answer from each group.

To correct the scale, the scores obtained by the subject in groups are summed to 13 to arrive at the total score on the scale, meaning that the first statement gets a score of 1, the second gets a score of 2, the third gets a score of 3, and the fourth gets a score of 4, and so on in groups the scores fall between the minimum of 13 scores. It indicates a decrease in depression to a maximum of 52 degrees, which indicates the severity of depression.

Scientific foundations of the test:

1 Reliability and validity of the scales:

The researcher applied the habit test using Pearson's equation to calculate correlation via deviation on a group of 20 students.

Validity and reliability in the Algerian environment of the Beck Depression Test:

- **Constancy:**

To calculate the stability of the depression scale in the Algerian environment, according to Beck, we resorted to the method of applying and re-applying the test (the stability coefficient over time) two weeks after the first application, and we used (Pearson's correlation coefficient), and this is by applying the method of deviation from the mean and after substituting in the equation. Regarding the Pearson correlation coefficient, we found that: $R = 0.65$, thus showing that the measure is stable at a rate of 65%.

- **Honesty:**

However, we verified the validity of the scale through self-validity (the square root of the reliability coefficient is 0.65), and the result was 0.80.

Based on the above, Beck's depression scale is valid

Statistical study of Beck's depression tests	Sample volume	Degree of freedom	Statistical significance	Stability coefficient	Pearson cross-tab correlation coefficient
Consistency	20	19	0.05	0.65	0.433
Consistency				0.81	

able: shows the reliability and validity of Beck's depression test.

It was found that the tests achieved the following results:

At a significance level of 0.05 and a degree of freedom of 19, we found that the calculated value of the tests is greater than the tabulated value of 0.433 at a significance level of 0.05. It has been

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proven that the depression test has a high degree of reliability and validity, and this is shown in Table

Preparing the proposed sports guidance program:

After reviewing a number of Arab and foreign sources and references that dealt with physical and sports education and the psychological, social, and skill characteristics of adolescents, and relying on the book of Muhammad Hamid Zahran in determining the content of the guidance program, and being guided by the method he followed, the proposed sports guidance program was presented in its form. The priority was given to specialized expert doctors from the Institute of Physical Education and Sports in Sidi Abdullah (Algeria), and the Institute of Physical Education and Sports in Chlef, where they were asked to express their opinion on the program in terms of its duration, content, and the number of counseling sessions and sports classes, in addition to The tools it contains and their suitability for the program objectives.

The experts unanimously agreed that the content of the proposed sports counseling program is appropriate for this category of adolescents.

The method on which the program is based:

The sports counseling program adopts the group counseling method using a group of physical education and sports classes that work to reduce excess energy.

-Number of program sessions and place of implementation:

The guidance program used in the current research is implemented over a period of three months, starting from January 9, 2024, until April 17, 2024. The duration of the session is (90) minutes. These sessions took place in the sports hall at Kabiti Al Arabi Middle School in Bani Rashid, and the external activity is conducting a football interview with... Muhammad bin Hani middle school.

the week	Days	Date	Time Duration	Selected activity
The first week	Tuesday evening	2024/01/09	90minutes	basketball
second week	//	2024/01/16	90minutes	Rapid Running
the third week	//	2024/01/23	90minutes	Handball
fourth week	//	2024/01/30	90	Volleyball
	Outdoor activité		Outdoor activité	Outdoor activité
The first week	//	2024/02/06	90 minutes	Shot put
second week	//	2024/02/13	90	long jump
the third week	//	2024/02/20	90	Rapid Running
fourth week	//	2024/02/27	90	Basketball
	Outdoor activité	Outdoor activité	Outdoor activité	
The first week	//	2024/03/06	90	long jump

second week	//	2024/02/20	90	Volleyball
	Spring break	Spring break		
The first week	//	2024/04/03	90	basketball
second week	//	2024/04/10	90	Volleyball
the third week	//	2024/04/17	90	Dimensional measurement
fourth week				

The following table represents the number of classes and the date of their implementation on the experimental group

- Statistical methods used: Abu Saleh and others say that statistics is the science that investigates collecting data, organizing it, presenting it, analyzing it, and making decisions based on it.

Through the experiment conducted by the student on the sample, it was possible to obtain the results of this study using the statistical package (SPSS) and extract the results of the statistical analysis.

Presentation and analysis of results:

Presentation of the results of the first hypothesis:

•Depressive symptoms: There are statistically significant differences in the degree of depressive symptoms between the pre- and post-measurements in the experimental group

Table: shows the differences in the degree of depressive symptoms between the pre- and post-measurements in the experimental group.

the test	measureme nt	Sampl e	arithmeti c mean	Standar d	Degree of freedo m	The calculate d T value is	the level of significanc e
Symptom s of depressio n	Tribal	20	38.48	9.12	38	8.66	0.05
	after me		21.46	1.85			

This table shows that the results of the pre-measurement on the experimental sample consisting of 13 students were that the arithmetic mean for depression $M_1 = 38.48$ and the standard deviation $p_1 = 9.12$. As for the post-measurement, the arithmetic mean for depression $M_2 = 21.46$ and the standard deviation $p_2 = 1.85$, and since the calculated (t) value = 8.66 and the degree of freedom is 12, and by referring to the Student (t) table, we find that the calculated (t) value is greater than the tabulated (t) value at the significance level of 0.05.

From this we say that the degree of depression is lower in the post-measurement compared to the pre-measurement, which indicates that there are statistically significant differences

between the pre-measurement and the post-measurement among the experimental group in favor of the post-measurement.

Presentation of the results of the second hypothesis:

There are statistically significant differences in the degree of depression symptoms between the experimental group and the control group.

Table No. (08): represents the differences in the degree of depression symptoms between the experimental group and the control group

the test	measurement	Sample	arithmetic mean	Standard	Degree of freedom	The calculated T value is	the level of significance
Symptoms of depression	after me	20	43.31	3.7	38	18.8	0.05
	after me		21.15	2.07			

Table No. (08) shows that the results of the post-measurement on the control sample consisting of 13 students were that the arithmetic mean of depressive symptoms $M1 = 43.31$ and the standard deviation $P1 = 3.7$. As for the experimental group for the post-measurement, the arithmetic mean of depression $M2 = 21,15$ and the standard deviation $p2 = 2.07$.

Since the calculated (t) value $(t) = 9.27$ and the degree of freedom is 24, by referring to the Student (t) table, we find that the calculated (t) value is greater than the tabulated (t) value at the significance level of 0.05.

From this we conclude that depression is low in the post-measurement in the experimental group compared to the post-measurement in the control group, which indicates the presence of statistically significant differences between the control and experimental groups.

- Discussion of the results:

2-1 Discussion of the results of the first hypothesis

The first hypothesis states that there are differences in the degree of depressive symptoms between the pre-measurement and the post-measurement in the experimental group, and this is evident from the results shown in Table No. (07). The arithmetic mean for the pre-measurement was $M1 = 38.46$, and the arithmetic mean for the post-measurement was $M2 = 21,46$.

The results indicated that there were statistically significant differences between the pre-measurement and the post-measurement of the degree of depression symptoms, and it became clear to us that the proposed sports counseling program has an effective role in reducing the degree of depression, and that exercise has an effective role in reducing the degree of depression.

Research has shown that practicing sports activity has an impact on mood, as it has been found that practicing aerobic activities such as running, walking, and swimming affects an increase in

vitality and activity in individuals, compared to a decrease in other negative dimensions, which leads to positive changes in mood states.

Thus, psychological sports counseling has an effective role in directing the behavior of adolescents, making them less depressed and thus alleviating psychological problems.

Therefore, we say that the degree of depression is lower among adolescents in the post-measurement compared to the pre-measurement

This is proven by the results of the study (Demo et al.) that physical effort has positive effects on the psychological state of people, especially those who suffer from depression. These results confirm that physical education and sports have important positive effects not only on physical fitness, but also on psychological fitness. .

2-2 Discussing the results of the second hypothesis:

The second hypothesis states that there are statistically significant differences in the degree of depression between the control group and the experimental group (post-measurement).

Table No. (08) indicates that the results of the post-measurement for the experimental group are that the arithmetic mean of the depression score $M_2 = 21.15$, while the post-measurement for the control group, the arithmetic mean of $M_1 = 43.3$, which indicates that the degree of depression is high in the control group that was not applied. program, while the degree of depression decreases in the experimental group, which gives effectiveness to the proposed sports counseling program, as the degree of depression is high among members of the control group compared to members of the experimental group, and thus it becomes clear that psychological sports counseling has a role in alleviating depression, given that the results obtained Exercise has been shown to reduce the degree of depression.

These results show the importance of psychological counseling, which provides psychological comfort for adolescents.

This is consistent with the study of Hussein (2008) when revealing the importance of counseling programs for adolescents to reduce depression and increase self-esteem.

In Osama's study, he found that a high level of psychological energy improves the performance of sports skills, and he agrees on the degree of difficulty of the skills and the extent of their mastery, because a high level of psychological energy leads to an obstacle to learning and acquiring new skills.

Hence, it is clear that practicing physical education and sports has great benefit as a mitigating element, and exercise is used by doctors to treat depression, and this is what (Wells and his colleagues) explained through the results that exercise directly affects depression by improving the person's self-esteem. Much research has shown the positive effect of exercise on reducing depression, and the results have shown that practicing aerobic activities such as running, walking, and swimming affects increasing vitality and activity in individuals, which leads to positive changes in mood states.

Therefore, we say that the degree of depression is lower in the experimental group compared to the control group.

Through this presentation and discussion, we confirm that the hypothesis has been verified, which states that there are statistically significant differences in the degree of depression between the control and experimental groups.

General conclusion:

Through the study that we conducted and the analyzes that we reached, and based on the topic of our research, which is trying to find out the effectiveness of the proposed sports counseling program in alleviating the symptoms of depression and raising the level of self-esteem among middle school students, we found that the teenager is in great need of psychological guidance to guide his behavior. And his behavior to positive behavior, and one of the methods used in the counseling program is a group of physical education and sports classes that the teenager practices to get rid of the excess energy that the teenager feels, especially through practicing the physical education and sports class for the teenager, which makes him feel more psychologically comfortable.

From here we can say that the validity of the hypotheses for which the research was based has been proven:

There are statistically significant differences in the degree of depressive symptoms between the pre-measurement and the post-measurement for the experimental group in favor of the post-measurement.

- There are statistically significant differences in the degree of depression between the experimental and control groups in favor of the experimental group.

Hence, we can say that this study achieved its most important objectives, which is to reveal the effectiveness of the proposed sports counseling program in alleviating the symptoms of depression and raising the level of esteem among adolescents.

Studies conducted by famous researchers from ancient times to the present day (such as Ogilvy and Tutko), (Melanie Klein), (Morgan and Shore), and others have proven that playing and practicing sports have positive psychological effects on the emotional balance of the individual, and they agree with our study. .

Physical education and sports benefit from the emotional and emotional data that accompany the practice of physical activity in developing the individual's personality with the aim of psychological adaptation for the adolescent.

While both Baruch and Ander Yula pointed out the role of games in achieving emotional adjustment among adolescents, Amster also emphasized that using games helps the adolescent deal with tools and games on a subconscious level to relieve the accompanying stress and anxiety.

One of the benefits of physical education and sports classes is getting rid of excess energy, as the teenager needs to practice a group of activities to reduce excess energy. Therefore, games and social and emotional participation push teenagers who suffer from symptoms of depression to feel satisfied and fulfilled, to reassure themselves and achieve The self and the feeling of joy, enjoyment, pleasure and satisfaction with life, all of which are sources of happiness that relieve stress, stress, anxiety and depression.

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Considering that most of the physical education and sports lessons are given in the form of games, we must say that these games contribute abundantly and have an effective role in releasing the pent-up emotions of the individual, and they work to reduce levels of anxiety and give the teenager happiness, pleasure, and satisfaction. Psychological, all of which are factors that increase his ability to adapt to his life in society.

If we talk about physical education and sports activities from the recreational side, we find that they contribute significantly to releasing pent-up emotions in the teenager, and alleviating levels of general anxiety by giving the teenager happiness, pleasure, and psychological satisfaction, all of which are factors that increase the individual's ability to adapt in life. His life with society.

Practicing physical education and sports for teenagers has a major role from a psychological and social perspective.

After the objectives of our study have been achieved, we cannot say that we consider these changes occurring in all aspects of the adolescent's physical, mental, psychological, emotional, and other basic factors for the emergence of anxiety and depression in adolescents.

It is the duty of physical education and sports teachers to prepare the students' psyche and use psychological guidance so that the teenager can release his emotional repressions. We also insist that the content of the physical education and sports class be filled with fun and active participation of the teenager during the class.

Considering that the adolescent's needs for guidance increase at this sensitive stage, the teacher must guide and direct the adolescent's behavior in a positive way, which helps him overcome obstacles in his future life. Hence, we say that the proposed sports guidance program has an effective role in alleviating the symptoms of depression among students. Intermediate stage.

Suggestions and recommendations:

Through the results and conclusions we reached in this study, which proved that the proposed sports counseling program has an effective effect in alleviating the symptoms of depression and raising the level of self-esteem that adolescents are exposed to in middle school, we came to a set of suggestions and recommendations, and It can be summarized as follows:

- Taking into account the psychological problems suffered by students by the physical and sports education professor and the psychological counselor
- Motivating students and making them aware of the importance of practicing physical education and sports because of its psychological and health benefits for adolescents.
- It is necessary to pay attention to guidance and counseling due to the adolescent's need for it.
- Paying attention to teenagers by diversifying activities within the middle schools, including by establishing sports associations.
- Increase group sports in the physical education and sports class and encourage interaction with colleagues.
- The need to train professors in psychology.

- Holding seminars and lectures for parents and teachers about psychological disorders and emotions at different age stages, especially during adolescence.
 - Designing different and varied guidance programs with the aim of confronting other problems.
 - Involving students who suffer from psychological and behavioral disorders in sports activities.
- Finally, all parents must take care of their children during adolescence, because it is a sensitive period in an individual's life, with the necessity of establishing friendship between parents, their children, and teachers, in order to help them solve their problems and achieve psychological health.

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