

RESEARCH
ARTICLE**The importance of sports training for young people in making a good and useful individual in society****Benabderrahmane Lotfi**

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Sports training, youth, upright and productive individual, society.

Abstract

This study aimed to explore the importance of youth sports training in shaping a productive and morally upright individual within society. It focused on the impact of regular sports participation in teams on the players' behavior in their communities and their conduct in various environments during training sessions, in school with peers, or at home with family and the extent to which such involvement contributes to distancing them from negative behaviors and social vices. Ultimately, the goal is to build individuals who are beneficial and responsible members of their society.

The research was conducted as a field study on several youth handball teams in the city of Tlemcen, particularly in the "minimes" (junior) category, where significant attention was observed regarding the moral upbringing of young players as a primary objective. The descriptive method, most suitable for such studies, was adopted. Questionnaires were distributed to coaches, parents, and players, with a separate questionnaire for each player. The questionnaires included both group-specific and shared questions.

Based on the responses and the players' mid-season performance results, the study reached the following conclusion:

Youth sports training plays a crucial role in shaping individuals who are upright and useful to society. This is evidenced by the clear positive influence on players' behavior within their surrounding environment as a result of their sports participation, significantly reducing the likelihood of their involvement in deviant behaviors or exposure to harmful social phenomena.

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Introduction:

Physical and sports activities play an important role and fulfill multiple and complex functions within the social system. They also contribute to a precise analysis of individual psychological processes and help individuals adapt to society, allowing them to dedicate themselves to sports activities instead of resorting to harmful behaviors. Sports activity is therefore an effective means of combating social scourges and a powerful tool in shaping upright individuals by equipping them with broad experiences and skills that enable them to integrate into society (Hamid Dachri, December 2012, p. 218).

Handball, in particular, is one of the sports that have gained considerable attention and popularity across most countries due to its rapid spread, simplicity, and its undeniable educational and intellectual values. It is one of the key sports activities with significant impact on physical development and the enhancement of vital body functions, requiring players to possess creative abilities. It provides a comprehensive framework for individual development and fulfills many of the overall objectives of physical education in terms of promoting balanced physical, mental, psychological, and social growth. It also offers opportunities tailored to individual needs, generating satisfaction and enjoyment. Furthermore, learning handball contributes to the development of attitudes, inclinations, and motor skills (Kamel Ashraf & Khaled Hammouda, 2013, p. 75).

The under-15 age category (13–14 years) is considered one of the most critical stages in planning handball training programs. This phase is particularly significant as it steers young athletes toward specialization and helps them acquire fundamental skills. At the same time, it coincides with a sensitive developmental stage the transition to adolescence. During this period, engaging adolescents in sports becomes essential to channel their energy into healthy and productive activities and to help them overcome common challenges of these stage, especially psychological, sexual, and social issues. Sports offer them a measure of emotional, psychological, social, and physical balance. This calls for a deep understanding from parents, coaches, and educators regarding the challenges faced by adolescents and the role of sports in overcoming them (Farouk Abdel Wahab, 1995, p. 63), thereby providing greater protection against adopting deviant behaviors and combating the social plagues that have become a real threat to our society.

1- Research Methodology:

1.1 Definition of the Research:

1.1.1 Research Problem:

Given the significant role of sports practice in instilling self-confidence, strengthening the body, filling free time constructively, and building healthy social relationships, it has become a common field uniting nations and peoples around the world through participation and fair competition. Due to the vital role of sports in engaging youth and steering them away from deviant behaviors, all official and civil institutions working in the fields of prevention and rehabilitation have focused on the true effect of sports in protecting against social scourges and in safeguarding young people from deviant behaviors by occupying their time with beneficial activities that serve both themselves and society.

Since handball is among the most important sports activities aiming at the comprehensive development of players physically, psychologically, and socially through scientifically grounded training programs tailored to each age group's growth requirements, as well as intra-group differences, it instills noble values necessary to build upright individuals in their societies.

In light of these facts, and due to our particular interest in the under-15 age group in the sport of handball considering its importance in the training ladder aimed at building a well-structured foundational base to reach optimal performance and our awareness of the dangers threatening adolescents in general and this age group in particular from prevalent social scourges and deviant behaviors, we set out to conduct a field study. This study seeks to assess how aware the players and their surrounding environment (parents and coaches) are of the major social scourges and dangerous deviant behaviors threatening their lives, and to what extent they are convinced of the effective role of handball in preventing such behaviors. The fieldwork focused on the under-15 category players of the Tlemcen Handball League. This led us to the main research question:

- Does participation in handball teams have a positive effect on the social integration of under-15 players and protect them from deviant behaviors?

Sub-questions:

- Are the members of the research sample aware of the major deviant behaviors and social scourges prevalent in society?
- What type of behavior characterizes under-15 handball players in the Wilaya of Tlemcen toward their surrounding environment?

1.1.2 Objectives:

- To determine the level of awareness among the sample members regarding the main social scourges and deviant behaviors.
- To identify the nature of the relationship between under-15 handball players and their surrounding environment.

1.1.3 Research Hypotheses:**1.1.3.1 General Hypothesis:**

- Participation in sports teams has a positive impact on the integration of under-15 players into their social groups and protects them from deviant behaviors.

1.1.3.2 Sub-hypotheses:

- The sample members are aware of the major deviant behaviors and social scourges prevalent in society.
- Under-15 handball players in the Wilaya of Tlemcen exhibit positive behavior toward their surrounding environment.

1.1.4 Research Terms:**Integration:**

Linguistically, integration refers to the merging of one thing into another. In social psychology, it has various connotations depending on its nature, and is generally defined as the set of interactions among individuals that generate a sense of belonging within a group.

Society:

A society is a group of individuals residing within a specific and recognized geographical area, bound together by a set of principles, concepts, values, social ties, and shared goals, all of which are based on a common language, history, and destiny. (Ihsan Mohammed Al-Hassan, 2005, p. 30).

Deviant Behavior:

This term refers to a set of socially unacceptable and abnormal behavioral patterns that disrupt the public order of society and result in negative consequences for the community. (Amar Mesbah, 2003, p. 244)

1.2 Research Methodology and Field Procedures:**1.2.1 Exploratory Study:**

After formulating the questions for each questionnaire and structuring them into themes based on their relevance to each sub-hypothesis and sample group, we distributed the questionnaires as follows:

- Two (2) questionnaires to coaches from the research population at the Handball Team of Hennaya.
- Ten (10) under-15 players from the same team.
- Five (5) parents of players from the research population who were present at the multi-sports hall in Hennaya.

This was done in order to:

- Gain insight into the research population related to the posed problem.
- Test the research instruments and address any deficiencies.
- Verify the validity of each questionnaire.

1.2.2 Research Method:

We adopted the descriptive survey method in this study, as it is most suitable for such research. This method relies on the questionnaire as the primary tool to gather opinions, particularly those of educators, in order to study the phenomenon as it is without altering facts, aiming to uncover the truth.

The survey is considered one of the fundamental and most widely used methods in descriptive research. It involves a comprehensive, cross-sectional, and organized approach to collecting, analyzing, and interpreting data about the current state of a particular subject within a specific environment and at a given time i.e., it focuses on the present time. (Fatima Awad Saber & Mervat Ali Khafaga, 2002, p. 89).

1.2.3 Research Population and Sample:

Our field study covered the population of Tlemcen Province, specifically male handball players under the age of 15 (13–14 years old) affiliated with the Handball League of Tlemcen Province. The sample was deliberately distributed as follows:

Distribution of the Research Sample Players				
	Tlemcen Handball Team.	Police Amateurs Club Team.	Parents	Coaches
Research Sample	22	22	44	02
Research Population	138		138	08
Percentage	32%		32%	25 %

1-2-4 Research Scope:

a. Human Scope:

The human scope included (44 male handball players under the age of 15 out of a total of 138 players in the Tlemcen League, representing 32%), and (44 parents out of 138, representing 32%), and (2 coaches for the under-15 male category out of 8 coaches for this group in the Tlemcen League, representing 25%).

b. Spatial Scope:

The study was conducted in the Ben Mansour and Colonel Lotfi sports halls in Tlemcen.

c. Temporal Scope:

The study was carried out between February and April 2017.

1-2-5 Research Variables:

a. Independent Variable:

Sports practice within teams.

b. Dependent Variable:

Social integration and prevention of deviant behavior.

1-2-6 Statistical Tools:

A set of statistical tools appropriate to the nature of the research was used, as follows:

a. Triple Operations:

Used to analyze the responses of the research sample to each question and convert the values into percentages for statistical analysis.

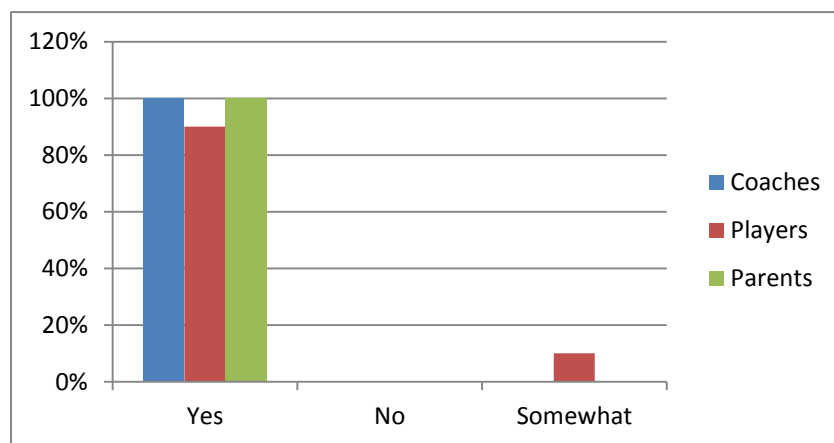
2- Presentation, Analysis, and Discussion of Results:

2-1 First Axis: Awareness of Deviant Behaviors and Social Ills

First Sub-Hypothesis: Members of the research sample are aware of the most significant social ills and deviant behaviors.

Question: Are you aware of the main social ills that you may encounter in your daily life? (Common question)

Purpose: To identify the extent of the participants' awareness of the major social ills and deviant behaviors.



Bar Charts No. 01: Show the percentage of responses regarding the extent of the sample members' awareness of the main social ills and deviant behaviors.

Answers			
	Yes	No	Somewhat

Participants			
Coaches	%100	00	00
Players	%90	00	%10
Parents	%100	00	00

Table No. 01: Shows the extent of the sample members' awareness of the main social ills and deviant behaviors.

Results Analysis:

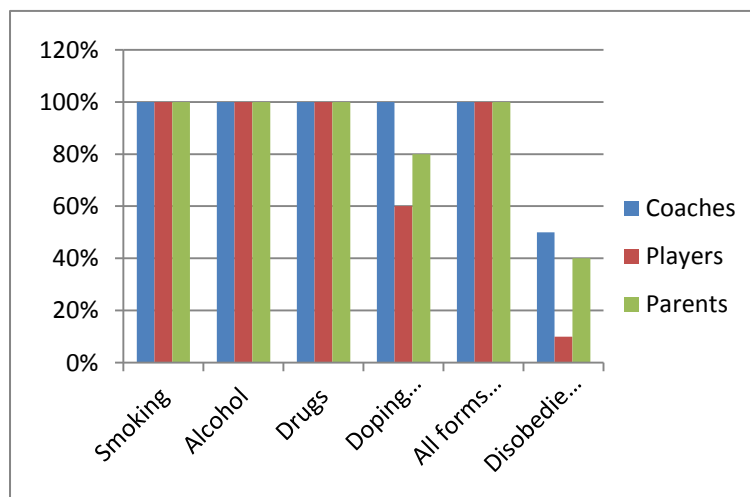
Based on the results presented in Table No. 01, it is evident that all coaches and parents are fully aware of the main deviant behaviors, with 100% of responses indicating "Yes." As for the players, 90% expressed awareness, while 10% responded with "Somewhat."

2-2 First Axis: Awareness of Deviant Behaviors and Social Ills

Sub-hypothesis 1: Members of the research sample are aware of the major social ills and deviant behaviors.

Question: List the most important social ills and deviant behaviors you know (common question).

Purpose: To identify the most significant social ills and deviant behaviors known by the sample members.



Bar Chart No. 02: Illustrates the percentage of responses regarding the most recognized social afflictions and deviant behaviors known by the sample population.

Individuals Variables	Coaches	Players	Parents
Smoking	100%	100%	100%

Alcohol	100%	100%	100%
Drugs	100%	100%	100%
Doping substances	60%	100%	80%
All forms of aggression	100%	100%	100%
Disobedience and rebellion	10%	50%	40%

Table No. 02: Shows the responses regarding the most known social afflictions and deviant behaviors identified by the sample population.

After collecting the responses to the second common open-ended question, and based on the results presented in Table No. 02, it became evident that all members of the sample demonstrated knowledge of smoking, alcohol, drugs, and aggression as deviant behaviors and social afflictions. However, the responses varied regarding doping substances and disobedience and rebellion: 26 players mentioned doping as a deviant behavior, in contrast to all other groups, whose members unanimously acknowledged it.

As for disobedience and rebellion, the percentage of those who recognized them as deviant behaviors did not exceed 50% within any group of the sample, ranging from 10% among the players to 50% among the coaches.

• Discussion of Results in Relation to the First Sub-Hypothesis:

Through the analysis of responses to the first and second questions, the results confirmed the validity and accuracy of the first sub-hypothesis, which states that the members of the research sample are aware of the most important social afflictions and deviant behaviors. The open-ended responses from the different categories of the sample demonstrated their knowledge of the prevalent deviant behaviors and social afflictions in society.

2-3 Second Axis: The Relationship Between the Handball Player and His Surrounding Environment

Second Sub-Hypothesis: There is a positive relationship between players under 15 years old in the Wilaya of Tlemcen and their surrounding environment.

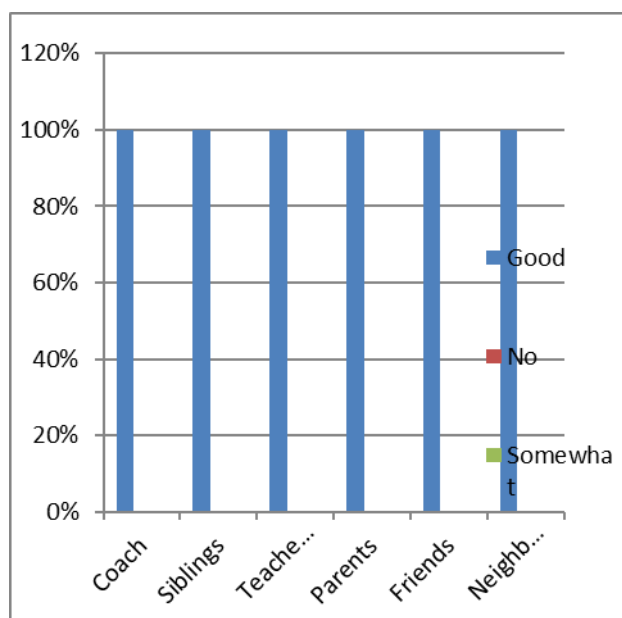
Question: What is the player's behavior when interacting with members of his surrounding environment?

Purpose: To understand the nature of the relationship between the player and members of his surrounding environment from the perspective of both the players and their parents.

Answers	Answers					
	Players			Parents' Perspective		
	Good	No	Some what	Good	No	Somewhat

Variables						
Coach	100%	00%	00%	100%	00%	00%
Siblings	100%	00%	00%	100%	00%	00%
Teachers	100%	00%	00%	100%	00%	00%
Parents	100%	00%	00%	100%	00%	00%
Friends	100%	00%	00%	100%	00%	00%
Neighbors	100%	00%	00%	100%	00%	00%

Table No. 03: Shows the perspectives of both parents and players regarding the type of relationship the player maintains with individuals in their surrounding environment.



Bar Chart No. 03: Illustrates the agreement in perspectives between parents and players regarding the type of relationship the player maintains with individuals in their surrounding environment.

- Analysis of Results:**

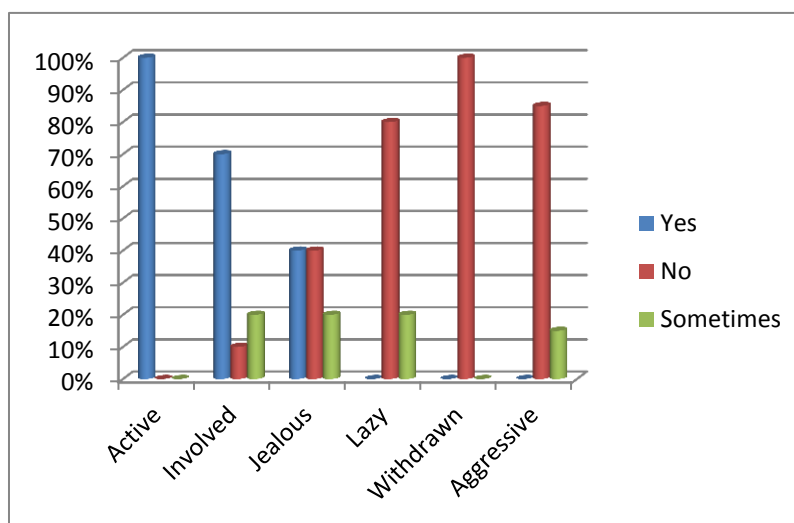
Based on the data presented in Table No. 03, it appears that both the players and their parents affirm that the players maintain a good and positive relationship with the key individuals in their surrounding environment.

2-4 Second Axis: The Relationship Between the Handball Player and Their Surrounding Environment

Sub-hypothesis 2: There is a positive relationship between handball players under 15 years old in Tlemcen Province and their surrounding environment.

Question: What is his behavioral condition in dealing within the family?

Purpose: To identify the type of behavior the player displays within the family from the perspective of the parents.



Bar Chart No. 04: Shows the percentages of parents' views on the player's behavior within the family.

Answers Variable	Yes	No	Sometimes
Active	100%	00%	00%
Involved	70%	10%	20%
Jealous	40%	40%	20%
Lazy	00%	80%	20%
Withdrawn	00%	100%	00%
Aggressive	00%	85%	15%

Table No. 04: Shows the parents' views on the type of the player's behavior within the family.

- Analysis of Results:**

Based on the results presented in Table No. 04, the parents indicated that all players are active within the family and not withdrawn. Additionally, 70% are socially engaged, and 40% are described as jealous. However, none of the players exhibit deviant behaviors such as aggression or envy.

2-5 Second Axis: The Relationship Between the Handball Player and Their Surrounding Environment

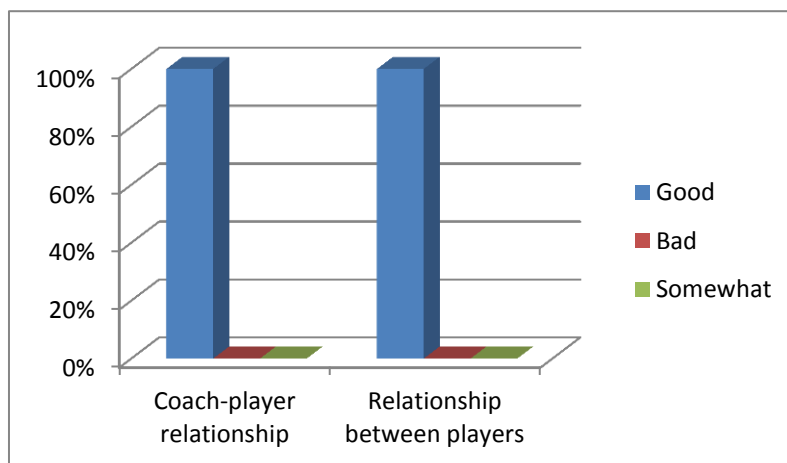
Sub-hypothesis 2: There is a positive relationship between handball players under 15 years old in Tlemcen Province and their surrounding environment.

Question:

Dear Coach, how is your relationship with your players, and what is the prevailing relationship among the players themselves?

Purpose:

To identify the nature of relationships within the team, both between the coach and the players and among the players themselves, according to the coach's perspective.



Bar Chart No. 05: Shows the percentages of the coaches' views on the type of relationship prevailing within the team.

Answers Variables			
	Good	Bad	Some what
Coach-player relationship	100%	00%	00%
Relationship between players	100%	00%	00%

Table No. 05: Shows the coaches' views on the type of relationship prevailing within the team.

• Analysis of the Results:

According to Table No. 05, coaches believe that the relationships within the teams are positive, both between themselves and the players, and among the players.

• Discussion of the Results with the Second Sub-Hypothesis:

By analyzing the results of Tables (03, 04, and 05), the second sub-hypothesis is confirmed, which states that there is a positive relationship between under-15 handball players in the Wilaya of Tlemcen and their surrounding environment. All research sample groups agree that the players exhibit positive behavior both within the team and the family, in addition to having good relationships with the key individuals in their environment.

2. Discussion of the Results with the Main Hypothesis:

By analyzing and discussing the responses of all groups in the research sample, and after verifying the validity of the sub-hypotheses, the main hypothesis was confirmed:

"Sports practice in teams has a positive impact on the integration of under-15 players into the community and their protection from deviant behavior."

It was found that practicing handball instills good morals for the holistic development of the athlete and helps shape them into a productive member of society, encouraging perseverance, success, discipline, and other positive behaviors. It also steers them away from dangerous deviant behaviors such as addiction, aggression, and delinquency.

General Conclusions:

- Members of the research sample are aware of the dangers surrounding them due to prevalent deviant behaviors and social issues.
- Practicing sports activities like handball does not only aim to develop competitive performance skills but also contributes to achieving psychological and social balance.
- Handball practice aims to build good morals among youth and instill religious and social values.
- Sports practice occupies athletes' free time, reducing the likelihood of engaging in harmful or destructive behaviors compared to others.

Summary:

Just like handball, engaging in physical and sports activities is not limited to the physical and health aspect only, but extends to psychological, social, cognitive, intellectual, skill-related, and aesthetic-emotional aspects. Together, these dimensions comprehensively and harmoniously shape the individual's personality (Hamid Dachri, December 2012, p. 218).

Moreover, sport is one of the most effective means of filling idle time, especially among adolescents, steering them away from thoughts and behaviors that may lead to harmful outcomes. The results of our study clearly demonstrate this: the more a person loves sports practice, the more it becomes a weapon against deviant behaviors and serious social scourges that threaten both the individual's and society's future. This calls for constant supervision and cooperation among all members of the surrounding environment to help guide individuals safely, especially the family, being the primary unit and the first school for building societies.

Recommendations:

- Encourage further research in this field.
- Encourage sports practice of all kinds by parents.
- Parents and educators should continuously monitor and analyze behavioral changes in children and adolescents to address them before it is too late.
- Organize seminars and conferences in educational institutions and cultural centers to raise awareness about the dangers of deviant behaviors on individuals and societies.

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