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| | <p align="center">Title of research article</p> |
| | <p align="center">The material capabilities and their role in building trends towards the practice of recreational sports physical activity in the south of Algeria</p> |
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| <p>Abstract This study aims to know the role that the available financial capabilities play in influencing the attitudes of individuals towards the exercise of sporting recreational physical activities, as the study sample included 370 individuals engaged in sports physical recreational activities in the state of Ghardaia were chosen in an intentional way, where they were distributed a questionnaire dedicated to measuring The degree of this effect is in trends, and the data were analyzed by iterations, percentages, weighted mean and standard deviation. One of the most prominent results is that the available financial capabilities contributed to the desire of individuals to engage in recreational sports activities, through the availability of stadiums, halls and places for sports practice, in addition to the financial capabilities of individuals enabled them to purchase some sports equipment used in practice.</p> | |
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Introduction and study's statement of the problem:

Free time is increasing and multiplying in our world today, as a result of change in the living conditions and the control of machines and their compensation of human effort. With this increase, individuals find themselves in a very difficult struggle to fill their free time with what is beneficial and far from the consequences of its misuse, so many resort to practicing sports activities as a solution to this problem of emptiness. However, no two people disagree on what the conditions of this practice dictate regarding the importance of having a space that contains these individuals and provides them with the material capabilities that meet the purpose and achieve what is required behind this practice. Therefore, sports capabilities were an important requirement for practicing sports and a basic essence for it. Evidence of this is what most countries in the world seek by establishing multi-specialty sports facilities. This matter was not in vain, but rather came as a result of the existence of a scientific basis that pushes and directs those in charge of the work a driving force to advance the facility and sports capabilities in order to best achieve the purposes for which it was established. (Darwish, 1998).

Today, practicing sports is one of the important things that benefits the individual and society, so countries are keen to support and form positive attitudes among their citizens towards practicing sports activities, and allocate large budgets to promote sports with its various goals, including recreation.

Given the novelty of the topic and its previous consideration as an act of sports management, it did not receive sufficient attention related to research and study. It has become clear to us that there are few studies related to this topic, which, even if they are sometimes hinted at, are nothing more than an implicit framework under another title or are a branch of a specific study, which is what we found in the study "Affin Nassif Makari" entitled "Study." An analysis of the youth care programs at Minya University in 1988, which aimed at determining the clarity of the objectives of the university's youth care programs, the suitability of the activity programs to the needs of university students, and the suitability of the financial capabilities of the existing activities. The method used in this study was the descriptive method using the survey method. The study sample amounted to 36 individuals from the activity committee pioneers, 645 male and female students practicing various sports activities, and 44 specialists implementing the activities. The most important results of this study were the following:

- Current programs do not achieve the goals set for them.
- Focus on organizing competitions in the programs offered without paying attention to the activities of the broad student base. Youth care workers are not specialized in some of the activities they supervise.
- There is a shortage of material capabilities, facilities and tools. There are no multiple ways to implement activity programs and they are only announced to a small extent.

We also found another study by "Samir bin Muhammad Khalil Sayed" entitled "Study of the Impact of Sports Potential and Activities on the Attitudes of Taibah University Students", which aimed at studying the impact of sports potential and activities on the attitudes of Taibah University students. The study sample included (295) students, who were selected using the random, stratified method conducted on all colleges of Taibah University. A questionnaire was distributed to the sample dedicated to this matter, and the researcher relied in conducting his study on the descriptive survey approach. One of the most important findings of this study was that the university's sports facilities are neglected, there is no supervisor for every sports activity at the university, students want to practice sports activities with their friends due to the lack of places to practice sports activities, there is no health-related physical fitness due to the lack of practice of sports activities at the university, and schedules for organizing sports activities hinder students' participation in them.

Accordingly, these studies are close to or similar to our research in that they search for financial capabilities and their connection to practicing sports and the latter's influence on this practice. However, they differ from our research in the influence of these capabilities on the demand or trend towards practice, especially in leisure periods, and this is what we seek to find in the results of this research.

The availability of capabilities is one of the basic elements affecting the degree of demand for practicing sports because the presence of facilities, halls, playgrounds and sports equipment is indispensable. Recreational sports cannot fully achieve their goals without the availability of the necessary financial capabilities which reduces the

feeling of boredom among practitioners and the difficulty in achieving the goal of recreation. Hence, this research problem revolved around investigating the extent to which the available material capabilities affect individuals' attitudes towards practicing recreational sports and physical activity. Accordingly, we assumed the following:

Individuals' attitudes towards recreational physical activity are influenced by available financial capabilities.

Objectives of the study:

This study aims primarily to highlight the effectiveness and degree of influence of available financial capabilities on individuals' attitudes towards practicing sports activities in their free time by knowing the extent of their availability or the reality of their existence as a means used to practice recreation through physical sports activity, and then the extent of their influence on the desire or reluctance to practice sports in individuals' free time.

Importance of the study:

Practicing sports is of great importance to developed nations and societies. Given that sports activity, whatever its goal, is an open world for all segments of society, from children, youth, adults and the elderly, whether male or female. It works to build society by taking care of the individual's health and his entity, providing him with motor skills and physical fitness and accustoming him to the correct methods of dealing and refining behavior. (Malki Muhammad, Al-Hadi Issa, 2019, p. 344)

Practicing sports activities in leisure time is a civilized and educational aspect that benefits the individual and society with advancement and progress. Therefore, the Recreation and Leisure Charter affirmed the right of every person to participate in all forms of recreation and to integrate into them during leisure time. Therefore, countries have sought to find all ways to penetrate recreation into society by providing spaces and places for practice. In doing so, it hopes to spread the practice of recreational sports and find positive solutions to the problem of leisure time by finding the largest number of individuals practicing these activities, seeking to support their positive attitudes towards this practice. Accordingly, this study came to give a picture of what the availability of financial capabilities contribute to promoting and supporting attitudes towards practicing recreational sports activities. Studies have confirmed that the lack of financial capabilities hinders positive investment in free time and does not contribute to achieving happiness and quality of life in light of the ambition to create a civilized and modern society. Therefore, those concerned must overcome all difficulties and obstacles as much as possible in order to ensure positive participation in sports recreation activities, the most important of which is providing financial capabilities. (Bin Zaidan Muhammad, 2015, p. 93)

Keywords in the study:

Capabilities:

Terminological definition: It is everything that can contribute to achieving a specific current or future goal, including facilities, stadiums, devices, tools, budget, geographical conditions, information, and specialized cadres, following the scientific method of planning, management, evaluation, and achieving those goals. (Al-Shabkshi, 1990).

Procedural definition : It is a set of means, tools, conditions, people, and everything that facilitates and enables the practice of sports activities in society.

Direction:

Terminological definition: It is a state of mental and nervous excellence that is regulated by experience and imposes a dynamic effect, directing the individual's responses to various situations and stimuli. In his opinion, mental nervous preparation may be temporary and result from the momentary interaction between the individual

and the elements of the environment in which he lives, while long-term preparation is characterized by stability and constancy (Alawi Muhammad Hassan, 1992, p. 219).

Saad Abdel Rahman defined it as a willingness on the part of the individual to respond to a topic in a certain way (Abdel Rahman Saeed, 1971, p. 518).

Procedural definition: In our study, trend means the sum of an individual's tendencies and aptitudes that make him choose sports activity as a better alternative to many activities that fill his free time.

Recreational sports physical activity:

Terminological definition: Recreational sports physical activity is a type of activity that is practiced in free time and which the individual chooses out of personal motivation to practice, and which results in him acquiring many physical, moral, social and cognitive values (Al-Darwish Kamal and Al-Hamami Muhammad, 1985, p. 54).

Procedural definition: It is an activity that an individual or group can do in their free time, chosen according to their inclinations and desires, in order to achieve balance, or relax, bring joy, vent the human soul, renew its energy and activity. It is used to eliminate psychological disorders and social pressures (Bakhoush Hamida and Bouras Muhammad, 2020, p. 455).

Practical part:

1- Methodological methods used:

The approach followed: We followed the descriptive analytical approach due to its suitability to the nature of the study, which considers every investigation to focus on studying the phenomenon...As it exists in present, with the aim of diagnosing it, revealing its aspects, and determining the relationships between its elements...(Bin Mursali Ahmed, 2005, p. 287).

Spatial frame of the study: This study was conducted in the municipalities of the state of Ghardaia.

Temporal frame of the study

This study ran from October 10, 2018 until May 20, 2019.

Population and sample of the study:

Study population: The study population represents a group of individuals practicing recreational physical activities located in the state of Ghardaia.

Sample: The sample represents a part of the study population from which field data are collected and is considered part of the whole, meaning that a group of population members is taken to be representative of the research population (Zarwati Rashid, 2007, p. 334).

The study sample consisted of 370 individuals from a group of people practicing various recreational physical activities in the state of Ghardaia in southern Algeria, where they were selected intentionally.

Tool of the study: In this research, we used the questionnaire form technique as a data collection tool, which is sometimes called the survey form or case study. The questionnaire is defined as a set of questions composed in a systematic manner on a specific topic, then placed in a form sent to the concerned persons in order to obtain the answers contained therein (Alawi Muhammad Hassan and Ratib Osama Kamel, 1999, p. 146).

In this research, we used the questionnaire form technique, which we perceive as the most appropriate tool for our study after reviewing some of the tools used in previous studies, to be presented to the judges in order to get their final form.

Psychometric properties of the instrument:

- **Questionnaire validity test:** In the validity test, we adopted the following:

First: apparent honesty : To test the validity of the tool, we relied on apparent validity, as we presented the study tool (form) in its initial form to a group of expert doctors and specialists with knowledge, experience and expertise. The form phrases consisted of 25 phrases in their initial form. The judges were asked to express an opinion on the clarity of these phrases and their suitability for measuring what they were designed for and the adequacy of the phrases and their coverage of the various basic aspects of the study. In light of the guidelines provided by the judges, amendments were made, agreed upon by more than three-quarters of the judges, to the study tool, whether by amending the wording or deleting some phrases after identifying the topics of confusion and deficiency, and adding new phrases, as the form reached its final form, the topic under investigation.

Second: The validity of the internal consistency of the form

The validity of the internal consistency was verified after confirming the apparent validity of the form by applying it to a survey sample consisting of (50) individuals. The Pearson correlation coefficient was calculated between the scores of each axis of the form and the total score of the form. The correlation coefficient between each paragraph and its total score was also calculated using the statistical package (SPSS.2).

We found that the values of the correlation coefficients for all paragraphs ranged between (0.558 and 0.747), as the correlation coefficient was average to strong between each paragraph of the field and its total score, which was estimated at: (0.889), in addition to the fact that all paragraphs proved their significance at the significance level (0.05). The following table shows the validity of the content of the axis statements and the total axis as a whole:

| Phrase number | Phrases | Correlation coefficient | Significance |
|---------------|--|-------------------------|--------------|
| 01 | My financial capabilities allow me to purchase some tools and clothing to use for recreational sports activities | 0,560** | Sign |
| 02 | Sports equipment and devices intended for recreational sports are suitable for use | 0,634** | Sign |
| 03 | I use a balanced diet that enables me to exercise normally | 0,558** | Sign |
| 04 | The availability of sufficient playgrounds, halls and sports practice areas has helped in the desire to practice sports in free time | 0,673** | Sign |
| 05 | There are specialized sports facilities that encourage the practice of the preferred type of sport in leisure time | 0,646** | Sign |
| 06 | The availability of adequate health facilities makes me feel safe exercising in my free time | 0,641** | Sign |
| 07 | The amounts of subscriptions and membership in neighborhood teams and clubs are within the reach of the majority of people | 0,655** | Sign |

| | | | |
|----|---|---------|------|
| 08 | Health requirements for sports facilities are available | 0,747** | Sign |
| 09 | The capabilities available to serve sports have contributed to individuals' interest and guidance towards practicing sports | 0,658** | Sign |
| 10 | Sportswear and sports equipment are sufficiently available in stores and sales centers. | 0,613** | Sign |
| 11 | Means of transportation and ease of movement to stadiums and sports halls motivate me to practice | 0,581** | Sign |

** Statistically significant at the significance level ($0.01 \geq \alpha$)

* Statistically significant at the significance level ($0.05 \geq \alpha$)

(Source: Based on the outputs of the 20.00 SPSS system)

- **Stability of the questionnaire:** We followed two methods in calculating stability

1- Questionnaire stability using Cronbach's alpha coefficient Alhpa

The stability coefficient of the study tool was calculated using Cronbach's alpha coefficient, Alhpa, on a sample consisting of (50) individuals and the ratio of the alpha coefficient was equal to 0.8520. This value is considered high, which indicates that stability is high, and thus the statements are valid for application.

2- Retest method: On a group of 50 individuals with a time interval of 15 days between the first and second application. When calculating the correlation coefficient, its value was $r = 0.87$, which is a statistically significant value at the significance level of 0.05.

Study procedures: We applied the study to a group of individuals through the following steps:

- Go directly to physical practice areas in neighborhoods and sports vehicles to meet the target group in the study.
- Distributing the questionnaire after that, as the number of questionnaires distributed was 370, of which we were able to retrieve 307 of them with complete data.

Organizing and transcribing questionnaires using a computer to subject them to statistical processing.

- **Tools and statistical means:** In processing the data of the questionnaires taken for the study, we used the Social Sciences Statistical Package Program "SPSS" 20.00, through which we used:

Standard deviation is considered a measure of dispersion, and it is the square root of the average squares of deviations from the mean.

Weighted average: The weighted mean is mostly used in five-step gradation measures for answers, and it was calculated according to the three-step gradation measure by giving a coefficient of 03 for a completely agree answer, 02 for somewhat agree, and 01 for a disagree answer, then collecting the results and dividing them by the number of sample members n.

-Repeats and percentages to describe the characteristics of the study sample and determine the responses of the study sample members, where:

$$m(\%) = K \times 100 / N$$

Where: K is the number of repetitions and N is the total

Pearson correlation coefficient to determine the validity coefficient of the study tool

Alpha coefficient to calculate the stability of the study tool.

2- Presenting, interpreting and discussing the results: The following table shows the descriptive data of the study sample on the contribution of financial capabilities to individuals' interest and orientation towards exercising in their free time.

| Phrase Number | I completely agree | | I agree some extent | | I disagree | | Weighted average | Standard deviation | Order |
|--------------------|--------------------|------------|---------------------|------------|------------|------------|------------------|--------------------|-------|
| | Frequency | Percentage | Frequency | Percentage | Frequency | Percentage | | | |
| 1 | 214 | %57,8 | 122 | %33,0 | 34 | %9,2 | 2,48 | 0,659 | 3 |
| 2 | 193 | %52,2 | 139 | %37,6 | 38 | %10,3 | 2,41 | 0,670 | 7 |
| 3 | 227 | %61,4 | 112 | %30,3 | 31 | %8,4 | 2,52 | 0,646 | 2 |
| 4 | 223 | %60,3 | 101 | %27,3 | 46 | %12,4 | 2,47 | 0,706 | 4 |
| 5 | 204 | %55,1 | 109 | %29,5 | 57 | %15,4 | 2,39 | 0,740 | 8 |
| 6 | 217 | %58,6 | 112 | %30,3 | 41 | %11,1 | 2,47 | 0,687 | 5 |
| 7 | 175 | %47,3 | 135 | %36,5 | 60 | %16,2 | 2,31 | 0,734 | 10 |
| 8 | 154 | %41,6 | 140 | %37,8 | 76 | %20,5 | 2,21 | 0,760 | 11 |
| 9 | 192 | %51,9 | 133 | %35,9 | 45 | %12,2 | 2,39 | 0,695 | 9 |
| 10 | 204 | %55,1 | 127 | %34,3 | 39 | %10,5 | 2,44 | 0,677 | 6 |
| 11 | 228 | %61,6 | 110 | %29,7 | 32 | %8,6 | 2,52 | 0,650 | 1 |
| Total average axis | 2.42 | | | | | | | | |

(Source: Based on SPSS 20.00 output)

Analysis and discussion:

The table above presents the descriptive data which are used to show the extent of contribution of material capabilities in directing individuals towards practicing recreational physical sports activities in the state of Ghardaia, where the arithmetic averages ranged between (2.52, 2.21), while the frequency and percentages of the study

sample ranged between the highest frequency of (228) at a rate of (61.6%) and the lowest frequency equal to (31) at a rate of (8.4%). The highest order of phrases was in phrase N (11) in the first order of phrases, the lowest order was in phrase N (8) as the last order, and the general arithmetic average of the axis was (2.42).

After reviewing the metadata through the table (arithmetic mean, ratios and frequencies), the results of the statements indicated the following:

1- The phrase that ranked first states: "Transportation and ease of movement to stadiums and sports halls motivate me to practice." Through this phrase, it became clear that the majority of individuals do not find a problem in moving towards their sports recreation places, and on this basis they accept to practice sports without difficulty.

2- The phrase that came in second place states: "I use a balanced diet that enables me to exercise normally." In its meaning, it is a translation of the financial situation of individuals, as most of them are helped by their financial capabilities to improve their dietary pattern in a way that makes it balanced and helps them exercise normally.

3- The phrase that ranked third states: "My financial capabilities allow me to buy some tools and clothes for recreational sports activities." The response of the majority of individuals indicated that their financial capabilities allow them to buy the tools and clothes they need, and therefore this encourages them to move towards exercising in their free time.

4- The phrase that ranked fourth stated: "The availability of stadiums, sports halls, and sports practice places is sufficient to help me turn to exercising in my free time", an answer indicating the importance and role of financial capabilities in directing individuals towards exercising.

The phrase that ranked fifth stated the following: "The availability of health facilities is sufficient to make me feel safe from exercising in my free time." A large percentage of individuals expressed their feeling of safety as a result of the availability of health facilities, especially neighboring ones, which would make individuals accept to exercise in their free time and they are reassured that these health facilities are by their side.

6- The phrase that ranked sixth reads as follows: "Sportswear and sports equipment are sufficiently available in stores and sales centers," in response to the majority of individuals that the presence of sportswear and sports equipment is sufficient in stores and sales centers, which encourages the desire to practice sports in general.

7- The phrase that ranked seventh stated the following: "Sports tools and equipment designated for practicing sports recreation are suitable for use." The study sample answered by a majority that sports tools and equipment are somewhat suitable for many considerations, the most important of which is the modernity of the halls and places designated for practicing sports, and this is an important matter and contributes to the interest and trend of individuals towards practicing sports in their free time.

8- The phrase that ranked eighth states: "There are specialized sports facilities that encourage in practising sports in leisure time." A large group of individuals responded somewhat in agreement with this, considering that there are specialized sports facilities that encourage the practice of sports in leisure time, and this is what makes them accept it, each according to his type of favorite sport. However, the problem remains that these facilities are insufficient for all practicing individuals, forcing them to wait for their roles in benefiting from the latter, which sometimes makes the matter a cause of disagreement, boredom, or reluctance.

9- The phrase that ranked ninth is: "The financial capabilities harnessed to serve sports contributed to individuals' interest and directing them towards practicing it." Here, the majority of individuals expressed that these financial capabilities played a prominent role in individuals' interest in practicing sports, even if they were small at times or not available in all types of sports. However, the undeniable reality is that the role of these available capabilities has contributed to individuals' interest in and orientation towards exercising in their free time.

10- The phrase that ranked tenth states: "The amounts of subscriptions and participation in neighborhood teams and clubs are within the reach of the majority of people." The individuals' responses indicated that the financial

subscriptions to neighborhood teams and clubs that provide a recreational sports space in general are within the reach of the majority of participating individuals, and thus justify the importance of the individual's special capabilities in attending and participating in his favorite recreational sports activities.

11- The phrase that ranked eleventh states the following: "Health conditions in sports facilities are available." This phrase is the one that ranked last in the axis phrases, and in its meaning it shows the difference in points of view between individuals on this issue between complete acceptance, acceptance to some extent, and rejection, and the significance and justifications for each of them. Perhaps the matter is due to the difference in the places of activities for individuals and the condition of each place. As previously mentioned, the state's efforts in building sports halls and neighborhood stadiums, and the importance of that and even the fact that they are new at first, the issue that should be mentioned, which concerns the health conditions of these facilities, is that the floors of these stadiums are either cement, which makes falling into them a danger to the health of the individual. Or earthen, where there is an increase in dust and dirt, which poses risks to the respiratory system, to the individual's health in particular, and to the surrounding environment in general.

Conclusion and suggestions: We conclude from the answers and opinions of the study members about the extent to which financial capabilities contribute to individuals' desire and orientation towards practicing sports in their free time that there is a focus on the answers and their lack of dispersion through the previous statistical indications, which express in their entirety the importance of the latter in pushing and directing members of society towards exploiting their free time in practicing sports in a way that benefits the individual and society. We also conclude from the above analysis that the available capabilities have contributed greatly to individuals' desire to practice sports in their free time, especially in terms of ease of movement to stadiums and sports halls and the presence of these places to a degree through which individuals can participate in their favorite activities. The availability of capabilities is one of the basic elements affecting the success of the recreational event, as the presence of halls, stadiums and sports equipment is indispensable. Recreation cannot take place in the absence of these capabilities, because they are one of the most influential factors, especially in developing various cultural aspects of sports, which increases the feeling of belonging to the homeland. The presence of capabilities, especially devices and tools, reduces the feeling of boredom among practitioners, and limits unwanted behavioral manifestations that conflict with moral values, customs and social traditions in the homeland.

Therefore, we believe that it is necessary to increase attention to sports facilities and installations and provide the necessary sanitary means, especially in terms of stadium floors, which are mostly made of cement or dirt. The amounts of club subscriptions must also be reconsidered, especially clubs such as swimming and combat sports, which cost sums to join that burden the participants and thus keep them away from practicing their favorite activities in their free time. Thus, we arrive at the conclusion that whenever material capabilities are available, the trend moves in its direct direction towards positivity and the trend is opposite if they are not available. These results are consistent with the study of (Makari 1988) and the study of (Khalil Sayed, 2009).

Conflict of Interest

The authors declare that there is no conflict of interest regarding the research, authorship, or publication of this article.

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