



Impact of Motor Activities on Psychological and Mood State Level of Children in Primary Schools

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Abstract:

The psychological stability is of great importance in the life of the individual and peoples, many countries of the world have been interested in methods of building and developing the educational, physical and psychological aspects of the members of their people, and that modern psychological studies have increased the interest of specialists in practicing motor and sports activities to raise the level of psychological state and mood, and that many of the well-known mental diseases as well as life failures and lack of good results at work and study are due to many psychological factors and causes, hence the importance of research through attention to the aspect Psychology among primary school students when performing motor skills and their reflection on the level of academic achievement, The research problem was the change in the lifestyle of children from the natural active style to the style of inactivity and sufficiency of electronic activities that are sitting for long periods and improper physical positions, and the most important objectives of the research is to identify the relationship between the level of psychological state and the performance of motor skills and the extent of its association with the level of academic achievement of students in primary schools, and the researcher concluded that there is a significant correlation between the state of activity and the level of psychological stability of students, and that students who have an active lifestyle are more likely to achieve results Good.

Keywords: Motor Activities, Psychological State, Children, Primary Schools.

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1- Introduction to the research and its importance:

1-1 Introduction:

Sport in the world is the real measure of the progress of nations and a milestone for their renaissance, so sport is an essential and enjoyable means of achieving educational goals at different ages. The psychological and recent studies have increased the interest of specialists in physical education in the field of sports psychology in particular, recent psychological research and studies have confirmed that many of the well-known mental illnesses as well as life failures and lack of good results in the fields of work are due to many psychological factors and causes.⁽ⁱ⁾

Since psychology is an important part of the culture of any human being, whether he is a worker, teacher, player or student, so it must be an essential part in learning and training, and rather be the basic part in the preparation of coaches and players.⁽ⁱⁱ⁾

Hence, the importance of psychology is evident in maintaining the high level of human achievement and increasing people's demand for sports activity, and the task of psychology is to help the teacher or coach to understand and solve the problems faced in the process of training or education and to understand and help the students with whom he works at various levels. Hence, the importance of research emerged through attention to the psychological aspect and its relationship to the mood of children in primary schools, so the extent of mood when exercising will be identified and help develop psychological tendencies by raising tendencies in the spirit of students to practice sports in various ways and means and introducing elements of suspense, change, diversification and practice.

1-2 Research Problem:

The lifestyle that accompanied the technological development imposed on children to stay away from practicing sports and go to play electronic games and browse via tablets and mobiles, which led to restricting the movement of children and stopping them from practicing physical activities, so teachers try to invest everything that is available and useful in the educational process in order to obtain the health and mental benefit and reach students to the highest levels and in the shortest practical way. The successful teacher is the one who tries through the multiple stimuli that he provides to raise the internal forces of students by providing topics that challenge their abilities and make them rush to the activity that leads them to education and not hesitation and high self-confidence it puts in front of them certain goals in an interesting and attractive manner makes them eager to achieve, and in this research the researcher tries to find out the impact of exercise in improving the psychological state of students and encourage them to be more vigilant and active to ensure a better educational level.

1-3 Research Objectives :

- 1) Identify the effect of exercise in improving the psychological state and mood of primary school students.
- 2) Identify the level of development of students who practice sports activities compared to those who do not practice them.

2- Research Methodology and Field Procedures:

2-1 Research Methodology:

The researcher used the descriptive approach in the manner of correlational relationships to suit the nature of the research problem in order to achieve the objectives of the research The descriptive approach "is the accurate perception as the research gives a picture of the reality of life and the development of indicators and build future predictions(ⁱⁱⁱ)"

2-2 Research Community :

It is that part that represents the community of origin and the model on which the researcher conducts his entire work (^{iv}). The research community was selected as primary school students in the fifth and sixth grades of primary school, numbering (86) students.

2-3 Psychological Scale:

The psychological status scale for students prepared by the researcher (Firas Hassan Abdel Hussein), which measures the level of psychological state of students in general. The scale consists of (51) items and (5) alternatives: (Applies to me - Applies to me completely - Applies to me sometimes - Does not apply to me - Does not apply to me completely).

2-4 Field Research Procedures:**2-4-1 Exploratory Experiment:**

The exploratory experiment is a practical exercise to identify the negatives that the researcher encounters during the main experiment to avoid them in the future.

2-4-2 Main Experience:

Forms were distributed to students and this form consists of fifty-one paragraphs each paragraph expresses the level of psychological state and mood of the student, and students were collected in the educational unit to practice and motor skills through sports activities, which are taught and perform some recreational sports exercises and then give them forms to fill out, and after filling out the forms by the research sample was defined forms and data collected and processed statistically, This was after the students began to be taught some motor skills and sports activities.

2-5 Statistical Methods :

- 1) Arithmetic mean
- 2) Standard deviation
- 3) Correlation coefficient (Pearson)
- 4) Tabular value
- 5) Level of statistical significance

3- Results Presentation, Analysis and Discussion :**3-1 Presentation and analysis of the results of the psychological state scale:**

Table 1 Shows the mean and standard deviation of the psychological state scale and motor skills of students

Variables	Mean	Standard Deviation
Psychological State Scale	166.30	20.63
Motor Skills	8.08	2.67

The results of the psychological state scale of the research sample were identified and after processing them statistically, the arithmetic mean was calculated, which amounted to (166.30) and the standard deviation (20.63), while the kinetic tests amounted to the arithmetic mean (8.08) and the standard deviation (2.67) Table (1) shows that.

3-2 Presentation and discussion of the results of the relationship between psychological state and motor skills performance :

Table 2 Shows the correlation coefficient (Pearson) between the level of psychological state, academic achievement, tabular value and significance of the research sample

Variables	Correlation Coefficient	Tabular Value	Significance
Psychological State Level and Academic Achievement	0.78	0.28	significant

The results of the relationship between the level of psychological state and the performance of motor skills were identified, where the correlation coefficient (Pearson) between the level of psychological state and motor performance (0.78), which is higher than the tabular value of (0.28) and the level of significance (0.05) and the degree of freedom (56), meaning that there is a significant correlation relationship. And

influential between the psychological state and motor performance, and this indicates that the psychological state has a direct impact on motor performance, whether it is a sports or recreational activity, that the weakness of psychological preparation generates hesitation, fear and anxiety in students in the practice of life and sports activities and this is reflected in the skill and physical performance, The weakness of physical preparation will generate a lack of confidence in good performance and reflect negatively on psychological stability, so we note that most students do not have the ability to learn and memorize the skill.^(v)

So the state of psychological stability and the ability to achieve due to psychological factors such as hesitation play an important and essential role in the learning process and the speed of performance, so the skill that the learner is not ready to teach and has unpleasant experiences about it left him a reality and a negative impact on himself that he cannot practice and practice This applies to Thorndike's laws (preparation, exercise and practice, reality or psychological impact ^(vi)).The existence of moral differences for most paragraphs has emerged and the researcher believes that most of the moral paragraphs are due to the fact that the motor skill is weak learning because of the presence of requirements and must be graded in teaching this skill, and there is an important point is the knowledge of the person the extent of his ability and the teacher or coach must make the player or student understand the extent of his ability and it enables her to succeed in performing this skill and that the will is an important attribute that must be available while learning skills that require will.

4- Conclusions and Recommendations:

4-1 Conclusions :

- 1) The feedback practiced by the teacher with beginners by learning motor skills has a positive impact that contributes to reducing the amount of psychological hesitation they have.
- 2) Mastering the performance of exercises well facilitates the learning of motor skills.
- 3) The psychological state and mood of students changed positively when adhering to exercise.
- 4) The academic achievement has a direct relationship with the level of contact with sports and recreational activities.

4-2 Recommendations:

- 1) Building psychological measures on different groups in society.
- 2) The teacher or trainer should be careful to provide the learner with feedback and the use of encouraging and enthusiastic words, especially when the readiness section of the skill.
- 3) Enhancing the psychological aspects of learners such as self-confidence and courage before starting to teach motor and sports skills.
- 4) Developing counseling and psychological programs to address cases of psychological hesitation among students.
- 5) Continuous encouragement by the teacher and the trainer to students during the performance of motor skills.

References:

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