

The Importance of Practicing Recreational Sports in Facing Psychological Stress Among Government Hospital Doctors

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ABSTRACT

This study aims to identify the importance of recreational sports in reducing the psychological pressures faced by doctors in government hospitals. Therefore, we used the descriptive approach by making a survey and comparing sports practitioners with non-practitioners. The sample consists of 60 doctors who were selected randomly. To collect data, we used the psychological stress measure which covers three of three sections and a form. After collecting the results and processing them statistically, we reached the following:

- Recreational sport has an effective role in reducing psychological stress among government hospital doctors.
- Most doctors working in hospitals practice recreational sports.
- There are statistically significant differences in the level of self-induced stress between the doctors who practice recreational sports and the ones who do not. The former are less stressed.
- There are statistically significant differences in the level of occupational stress between the doctors who practice recreational sports and the ones who do not. The former are less stressed.
- There are statistically significant differences in the level of relational stress between the doctors who practice recreational sports and the ones who do not. The former are less stressed.
- The doctors who practice recreational sports
- Working conditions hinder doctors from practicing recreational sports.

At the end of the study, we discussed some suggestions and recommendations that could be useful in the future, the most important of which is implementing sports programs accredited in the hospital setting according to a weekly timetable.

Keywords: Recreational sports, psychological stress, doctors, government hospitals

INTRODUCTION

Psychological stress is one of the most important features of the current era, which brings about rapid developments and changes in all areas of life. Stress has become a part of human life due to the many challenges

it faces in this era. Therefore, it almost spreads in various environments and societies, especially in the business environment that requires direct interaction with people, so psychological stress has become the focus of attention of many psychologists, because it is a factor that imposes itself in most psychological and even physical problems to the point of naming the era the era of stress, as psychological stress is called the silent killer (Salami, 2008: page 01)

Pressure is one of the most prominent challenges facing the worker in his work environment. It results in an incapability to reach the needed objectives as it presents exhaustion and anxiety.

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In his daily life, people may face a group of situations that require multiple emotions, and they may use a series of different methods that will help them create and maintain a kind of psychological and biological balance.

Medicine is one of the professions that involves much hardship and pressure due to the large number of situations in which the doctor is unable to provide any service or support, whether to the patient or his/her relatives. (Al-Nayal, 1999: page110)

Medicine is an important sector in our societies, as it includes a great number of workers. Working in both the state and private sectors is characterized by a mixture of relationships that affect the psychological compatibility and professional satisfaction. (Al-Kurdi, 20 1997: page313)

As time passes by, man has used recreational entertainment as a way to express himself as entertainment balances work and rest, creates happiness, and thus life becomes brighter and more joyful. (Atiyat Muhammad Khattab, 1982)

Recreational physical activity is considered as one of the most important leisure and recreational activities because of its positive results on the individual's instructional and professional life. It helps him regain his energies to keep up with hard work and avoid daily work routine. It also contributes significantly to correcting the behavior of individuals and their involvement in groups which facilitates work and boosts productivity. (Ibrahim Rahma, 1998, page08)

Scientists in different disciplines: biology, psychology and sociology agreed that sports and recreational activities are important, biologically, psychologically and socially. (Atiyat Muhammad Khattab, 1982, 44 page. 45)

Therefore, our research complies with the aforementioned ideas, and is divided into two chapters. The first chapter is theoretical. It is dedicated to highlighting the variables in this study. Whereas, the second chapter deals with the practical part in which adopted the analytical descriptive approach, using the mental health scale (Ahmed Maryam, 2008), which was carried out on a group of doctors who work in some government hospitals in the state of Tiaret.

RESEARCH PROBLEM

Doctors are an essential pillar in the health care system. They represent the largest number of employees in the Ministry of Health. Hence, they should be given the right to research and further their studies in order to improve the field of medicine.

During our visits to public hospitals, we noticed a great difference on the part of the doctors' morphological structure in terms that there are healthy doctors who are in good shape as well as elderly obese doctor. We encountered heavy smokers, and others who are nervous when dealing with their patients.

The negative consequences of the psychological pressures should not be neglected. Therefore, it was necessary to study this phenomenon and identify its most important causes and sources in order for us to minimize its effects, and thus enable doctors to positively adapt with this psychological stress.

Recreational physical activity is considered one of the main pillars that prepare individuals for the various educational, psychological and social aspects in order to spread prosperity and social development. Developed countries were interested in recreation because it is the best way to invest leisure time, and it may result in reducing psychological stress, and acquiring many physical, moral, social and cognitive values .

Our research is directed by the following question:

Does recreational sport contribute to reducing psychological stress among the doctors who work in government hospitals?

Sub questions

1. Do most of the doctors working in hospital departments practice recreational sports?
2. Are there statistically significant differences in the level of self-induced stress between the doctors who practice recreational sports and the ones who do not?
3. Are there statistically significant differences in the level of occupational stresses between the doctors who practice recreational sports and the ones who do not?
4. Are there statistically significant differences in the level of relational stress between the doctors who practice recreational sports and the ones who do not?

5. Do doctors practice recreational sports activities regularly or not?
6. What are the obstacles that hinder doctors from practicing recreational sports?

RESEARCH HYPOTHESIS

Recreational sports activity has an effective role in reducing psychological stress among government hospital doctors.

Sub hypotheses

1. Most doctors working in hospitals practice recreational sports.
2. There are statistically significant differences in the level of self-induced stress between the doctors who practice recreational sports and the ones who do not. The former are less stressed.
3. There are statistically significant differences in the level of occupational stress between the doctors who practice recreational sports and the ones who do not. The former are less stressed.
4. There are statistically significant differences in the level of relational stress between the doctors who practice recreational sports and the ones who do not. The former are less stressed.
5. The doctors who practice recreational sports
6. Working conditions hinder doctors from practicing recreational sports.

THE IMPORTANCE OF THIS RESEARCH

This study revolves around a crucial sector in society, since health care is of paramount importance, so and doctors are key elements in protecting people's health. Therefore, our study aims at identifying the positive and negative aspects of medicine from a psychological and social point of view. It also seeks to know how doctors relieve themselves and to maintain their fitness and stay focuses when performing their arduous job.

7. In addition, this study is closely related to the field of health and sports as it combines these two aspects and explains the relationship between them. Furthermore, it enables us to know the obstacles that prevent doctors from practicing recreational sports, and thus come up with suitable solutions.

RESEARCH OBJECTIVES

1. Identifying the role of recreational and sports in reducing psychological stress among doctors in public hospitals.
2. Identifying the extent to which recreational and sports activities are practiced by doctors.
3. Knowing how to practice sports recreational activity whether randomly or in a planned way.
4. Knowing the obstacles that prevent doctors from practicing recreational sports.

RESEARCH TERMINOLOGY

1- Recreation

The word recreation linguistically revolves around capacity and simplicity, removal of fatigue, regaining energy and the bringing happiness and peace of mind. From a religious perspective, recreation is a purposeful and enjoyable activity for a person, which one practices voluntarily and willingly during his free time. This may be accomplished in many forms and using different many means.

In general, recreation is about helping individuals to have positive experiences during their free time, which helps them refresh and restore human energy.

Nowadays, recreation has become an important field not only in the prevention of psychological illnesses, but also in treatment those illnesses. Doctors believe in the importance of recreational activities as a complementary treatment in psychiatry. Recreational activities have widely spread in private schools and psychiatric and mental sanatorium. (Adel Khattab, 1999).

2- Recreational sports activity

It is a term given to any physical activity practiced individually and performed in free time in order to bring some relief and pleasure.

Physical activities in general, and recreational sports activities in particular, are considered important social behaviors in the daily life of individuals. They are an integral part of culture and education, as they play a major role in preparing individuals by providing them with extensive skills and great experiences that allow them to adapt to their society. The practice of recreational sports in contemporary

societies is of outstanding importance. Practicing sports is considered, for everybody regardless of their status, gender or age, as a key element that develops personality, and strengthens muscles, improves social cohesion, and reduces anxiety and negative emotions on the part of the employees.

3- Psychological stress

Mills (1982) defines it as an internal reaction resulting from the individual's inability to fulfill the environmental requirements imposed on him.

Holmes & Rahe (1967) defines it as any event that the individual perceives as threatening to him, such as life events and changes in the external environment.

Lazarus (1976) defines them as environmental events that exceed the individual's ability to cope.

Al-Rashidi (1999) defines it as a feeling of a state of pressure, in which the individual feels fatigue, exhaustion and nervousness, and the individual can express this state in psychological and physical characteristics.

4- Doctors

Medicine is an essential profession in the field of health care, and it has a moral and legal constitution like any other profession in society that seeks to provide health services to the patient.

The doctor is a professional person who has the knowledge, skill and self-confidence that enables him to work in the various health units in cooperation with his fellow members of the health staff. He is an active element in managing the health institution and making positive changes in it. He has many roles to play. (Medicine Handbook, 1999, page. 34)

5- Governmental hospitals

A hospital or infirmary is a place for treating and rehabilitating patients. It is equipped with clinics for doctors, operating rooms, recovery rooms, and public and private patient rooms. Some of them also have outpatient clinics to receive non-resident patients. It contains laboratories, radiology departments and emergency departments. It employs doctors, nurses, x-ray technicians and laboratory specialists. The hospital contains many internal and external specialties.

PREVIOUS STUDIES

- A study by Shaalal Ismail Mustafa, titled The Effect of Practicing Recreational Sports Activities on Some Psychological Characteristics and its Reflection on the Social Adjustment of Women Working in the Health Sector.

The research sample consisted of 81 women working in the health sector, who were chosen randomly. The results of the study were represented in the presence of statistically significant differences between female workers who practice recreational physical activity and the woman's relationship with her family, which is in favor of the practices. Among the most important recommendations were:

Spreading recreational sports awareness among female workers and providing them with the opportunity to learn about the importance of recreational sports practice.

- Developing scientific methodologies by the trustee institution to prepare a professional staff in the field of sports recreation.
- Setting a space for recreational sports activities in public hospitals.
- A study by Youssef Barbar, Bouzana Nouredine, Dehli Hani: 2008-2009 Bachelor of Sports Training entitled The Role of Recreational Sports Activity in Increasing the Effectiveness of Police Functions.

The sample was selected randomly and consisted of 61 policemen in the Security Directorate of Mostaganem Province, and simple tools were relied upon: collecting news material, an interview and a questionnaire. Based on this study, researchers have concluded that recreational sports activity is crucial in the life of a policeman.

- A study of the calf's shark :2012-2013, a research presented to obtain a master's degree in sports and health under the title of investing leisure time strategy in practicing recreational sports activities for students residing in universities.

The study sample consisted of 641 male and female students randomly distributed over university residences. The results of the study were that the students preferred, among the various recreational activities, the sports activity, including group sports activities, with lack of capabilities.

Among the most important recommendations:

- Attention must be placed on sportive potentials by developing a strategy for both males and females for good leisure time utilization.

COMMENTARY ON STUDIES

Through our presentation of similar studies, the following points become clear to us:

- All previous studies share that they are interested in identifying the problems of occupational pressures and the impact of recreational sports activity to reduce these problems.

Most of the previous studies were conducted on workers in various sectors, with the exception of the last study, which was conducted on resident students.

Full-time work directly put workers under mental pressure.

- Most studies lack a clear methodology for practicing recreational sports activity and setting up a lined program for the latter.

We also note that previous studies share with our study the following points:

- Giving priority to the exercise of recreational sports activity and maximizing its role in the life of the worker in general.

Sensitizing the importance of recreational sports activity in the life of the individual worker in general.

Among the most important findings of previous studies are the following:

- Most practitioners of recreational activity tend to sports activity, especially group games.
- Practitioners of recreational sports activity have a lower degree of psychological stress, unlike non-practitioners.
- Practicing recreational sports activity improves the worker's relationship with his family and co-workers.
- Poor material, human capabilities and the society's failure to encourage recreational sports activity are among the reasons that prevent workers and non-workers from practicing recreational sports activities.
- Recreational sports activity affects the psychological aspect of the working and non-working individual, as it gives him happiness and psychological well-being.

RESEARCH METHODOLOGY AND FIELD PROCEDURES

Research methodology

In alignment with the nature of the research, we followed the descriptive approach by following the survey method that Faisal Yassin Al-Shati defined as an investigation that provides for one of the educational or teaching phenomena and finding the relationship between them and other phenomena, and the goal remains to diagnose reality. (Faisal Yassin Al Shati, 1992).

Research sample

The process of selecting the sample is one of the most important and most prominent stages in scientific research, where the sample is defined as part of the study population from which field data is collected.

Area of research

The study was carried out on some public hospitals in the state of Tiaret.

Time

The study was carried out from March to June 2022.

Study tools

The data was collected using a questionnaire consisting of a group of questions closely related to the subject of the research and includes three axes:

The first axis: self pressure

The second axis: Professional pressures

The third axis: relational pressures

Each axis consists of 15 phrases, and each phrase corresponds to 3 attributes always - sometimes - never.

This questionnaire was relied upon after it was submitted to a group of arbitrators of doctors in psychology at Tissemsilt University level.

The questionnaire helps in obtaining data that may be challenging for the researcher to obtain if he uses other means.

In addition to a set of questions related to the nature of doctors' practice of recreational sports activity, as well as the difficulties and obstacles that prevent a doctor from practicing recreational sports.

Variables

Our research included two variables, dependent and independent variable.

The Independent variable: sports activity.

The dependent variable: psychological stress.

The survey study

The survey study is of great interest in the field of scientific research, and it serves as the first building block on which field studies are based, as it enables the researcher to identify the subject from all its different aspects.

The survey aims to:

- Identifying the community and the research sample to which the study is to be applied.
- Collecting various information and data on the subject area.
- Identify the surrounding circumstances related to the problem of the study.
- Identifying the validity of the study tools in order to use them in the main study.

In order to ensure the validity of the research tools, the questionnaire was applied to a random sample of 10 doctors working in public hospitals.

THE SCIENTIFIC BASIS FOR THE SCALE USED

Validity

We handed over a copy of the questionnaire in its initial form to a group of experienced professors in the field of psychology and mental health, in order to ensure the validity of the scale, i.e. the validity of the arbitrators.

Stability

For the stability of the scale, we relied on applying the scale and re-applying it, that is, we applied the scale to a group of doctors in certain circumstances, then after a period of time that lasted a week, we re-applied the scale in the same circumstances.

Objectivity

The tool is a scale which is characterized by simplicity and clarity, and this is due to the clarity of the evaluation method and how scores are calculated.

Used statistical processors

The aim of using statistical techniques is to reach quantitative indicators that help us analyze, interpret and judge. The statistical treatments used in this research were as follow:

- Arithmetic mean: It is used to know the average value of the results.
- Percentage: It is used to find out what the small samples represent in relation to the larger ones.
- Standard Deviation: It is one of the most important measures of dispersion, and is used to find out the extent to which values are dispersed from their arithmetic mean.
- Statistical significance test: (T) Student (T) to compare the averages of the results of two independent samples.
- Good fit test Ka^2 : to compare it with its tabular values.

Calculating the stability and validity of the measurement

The validity of the questionnaire and its three dimensions were calculated by calculating the correlation coefficient between the first and the second test, where the value of the validity coefficient in the subjective stresses axis was 0.97, and in the occupational stresses axis the value of the correlation coefficient was 0.97, while in the relational stresses axis its value was 0.96.

We note that the computed t value is greater than the tabular t value, and accordingly, Table No 01 shows the presence of statistically significant correlation coefficients between each axis and the total score of the scale, where the correlation coefficients ranged between 0.96 and 0.97, which indicates the validity of the internal consistency of the scale.

As for the stability, the total stability of the questionnaire was calculated in its three axes, where the value of the stability coefficient in the subjective pressures domain was 0.94. As for the occupational pressures axis, the value of the stability coefficient was 0.95, while its value in the relational stresses axis was 0.92, and the overall stability of the scale was 0.94. Which confirms the stability of this questionnaire.

In light of the aforementioned, we find that the validity and reliability have been achieved in the scale with a high degree.

Table No. 01: A table showing the reliability and validity coefficient of the questionnaire for the sample. N=10

axes	The sample	the level of significance	the degree of freedom	the stability coefficient	the validity coefficient	tabular t
Subjective pressure				0.94	0.97	
Professional pressures	10	0.05	9	0.95	0.97	0.602
Relational pressures				0.92	0.96	
The scale as a whole				0.94	0.97	

PRESENTATION AND ANALYSIS OF RESULTS

1. Knowing the number of practicing and non-practicing doctors:

It is clear from the above Table No 02 that the number of doctors practicing sports reached 40 doctors, or 80%, and the number of non-practicing doctors reached 10, or 20%, which indicates the lack of interest of some doctors in sports practice despite its importance, which is a negative indicator because this category is very important In society, they are exposed to psychological pressures at work, and perhaps practicing sports would have helped them get rid of these pressures.

2. Presentation and analysis of the results of the subjective pressures:

From the Table No 03 it is clear that the arithmetic mean in the subjective dimension of doctors practicing recreational activity was estimated at 63.25, with a standard deviation of ± 0.48 , and this indicates that the results are centered around its arithmetic mean. As for the arithmetic mean of the sample of doctors who do not practice recreational sports, it was estimated at 2.62, with a standard deviation of ± 0.99 , and this indicates that the results are centered around its arithmetic mean.

In order to indicate the differences between the results of the two samples, the (student t) test was used for a difference between two independent averages, as the calculated t was 15.88, which is greater than the tabular t, which amounted to 2.26 at the significance level of 0.05, and this indicates that there are significant differences. Statistical significance between the results of a sample of doctors who practice sports and those who do not, in favor of a sample of doctors who practice recreational sports.

From the foregoing, we conclude that doctors practicing recreational sports are better in the axis of

self-stress in the mental health scale compared to their colleagues who do not practice recreational sports, and this is due to the benefits resulting from sports practice in its recreational nature.

3. Presentation and analysis of the results of the professional pressures

Through the Table No 04,, it is clear that the arithmetic mean in the professional dimension of physicians practicing recreational activity was estimated at 7.5, with a standard deviation of ± 1.24 , and this indicates that the results are centered around its arithmetic mean. As for the arithmetic mean of the sample of doctors who do not practice recreational sports, it was estimated at 3.57, with a standard deviation of ± 1.44 , and this indicates that the results are centered around the arithmetic mean.

In order to indicate the differences between the results of the two samples, the (student t) test was used for a difference between two independent averages, as the calculated t was 17.17, which is greater than the tabular t, which amounted to 2.26 at the significance level of 0.05, and this indicates that there are significant differences. Statistical significance between the results of a sample of doctors who practice sports and those who do not, in favor of a sample of doctors who practice recreational sports.

From the foregoing, we conclude that doctors practicing recreational sports are better in the axis of occupational stress in the mental health scale compared to their colleagues who do not practice recreational sports, and this is due to the benefits resulting from sports practice in its recreational nature.

4. Presentation and analysis of the results of the relational stress axis:

Through the Table No 05, it is clear that the arithmetic mean in the social dimension of physicians practicing

recreational activity was estimated at 8.55, with a standard deviation of ± 1.21 , and this indicates that the results are centered around the arithmetic mean. As for the arithmetic mean of the sample of doctors who do not practice recreational sports, it was estimated at 2.20, with a standard deviation of ± 2.00 , and this indicates that the results are centered around the arithmetic mean.

In order to indicate the differences between the results of the two samples, the (student t) test was used for a difference between two independent averages, as the calculated t was 23.71, which is greater than the tabular t, which amounted to 2.26 at the significance level of 0.05, and this indicates that there are significant differences. Statistical significance between the results of a sample of doctors who practice sports and those who do not, in favor of a sample of doctors who practice recreational sports.

From the foregoing, we conclude that recreational sports practitioners are better in the relational stress axis in the mental health scale compared to their colleagues who do not practice recreational sports, and this is due to the benefits resulting from sports practice in its recreational nature.

5. Presentation and analysis of the results of the questionnaire as a whole for practicing and non-practicing doctors:

Through the Table No 06, it is clear that the arithmetic mean of the scale as a whole for physicians practicing recreational activity was estimated at 31.36, with a standard deviation of ± 4.82 , and this indicates that the results are centered around its arithmetic mean. This result corresponds to an average level to the best in mental health, while the arithmetic mean for a sample of doctors who do not practice recreational sports was estimated at 8.20, with a standard deviation of ± 3.56 , and this indicates that the results are centered around its arithmetic mean. This result corresponds to a poor level of mental health.

In order to indicate the differences between the results of the two samples, the (student t) test was used for a difference between two independent averages, as the calculated t was 11.53, which is greater than the tabular t, which amounted to 2.26 at the significance level of 0.05, and this indicates that there are significant differences. Statistical significance between the results

of a sample of doctors who practice sports and those who do not, in favor of a sample of doctors who practice recreational sports.

From the foregoing, we conclude that doctors practicing recreational sports are better in the mental health scale as a whole compared to their colleagues who do not practice recreational sports, and this is due to the benefits resulting from sports practice in its recreational nature.

6. Presentation and analysis of the results of practicing recreational sports for doctors between regular and irregular:

Through the Table No 07, we find that 38 doctors out of 40 practice recreational sports regularly, i.e. 95%, while we find two doctors out of 40 practice recreational sports irregularly, i.e. 5%.

The results of the good fit test, the k^2 in its calculated value of 35.26, which was greater than the tabular k^2 value of 3.84, confirm the practice of recreational sports activity by the research sample on a regular basis.

7. Presentation and analysis of the results of the obstacles that prevent doctors from practicing recreational sports:

Through the Table No 08, we find that the frequency of the answer due to lack of time is 27 and 20 due to fatigue, while the frequency of the answer due to lack of facilities is 13, and we find that the calculated k^2 value of 9.89 is greater than the tabular k^2 value of 5.99, which confirms that the sample's answers were not a coincidence.

The results of the good conformity test, the total K^2 in its calculated value of 1.16, which was smaller than its tabular value of 5.99 in the research sample, confirm the lack of conformity of the sample in determining the obstacles to the practice of sports activity, as all the proposed obstacles share the answer to that.

DISCUSS HYPOTHESES

*Discuss the results of the first hypothesis:

After unpacking the results of the questionnaire for doctors working in government hospitals, and through the results of Table No. 02, it becomes clear to us that

most doctors practice recreational sports because of its benefits, and this is 80%.

This is what (Adel Khattab, 1999, page 45) went to, where he explained the importance of sports activity because of its many benefits, and this is what he also went to (Al-Hassani, 2005, page 14) and so on (Al-Sayed, 2003, page 58).

And it turns out that the first hypothesis was fulfilled.

*Discuss the results of the second hypothesis:

Through the results of Table No. 03 and Table No 06, it is clear to us that there are statistically significant differences in the subjective stress axis between practicing and non-recreational sports doctors in favor of practicing doctors.

These results can be explained by the fact that recreational sports practice helps to achieve or improve the mental health of doctors who maintain sports practice, unlike doctors who do not practice sports, and this was confirmed by Dr. Al-Batros 2001 that sports recreation plays an important role in psychological balance, as well as in maintaining Psychological health.

The researchers point out that those who practice sports recreational activities have low pressure, and they attribute it to the positive effect left by practicing recreational sports activities in relieving stress. This study agreed with the study of the American Medical Association, where he says (Mohamed Al-Hamamy

Table No. 02: Shows the number of practicing and non-practicing physicians

Doctors	Number	Percentage
Practitioners	40	80
Non-practitioners	10	20
Total	50	100

Table No. 03: Shows the results of the arithmetic mean and standard deviation of the two samples of practicing and non-practicing physicians in the field of self-stress

The exams	Practicing physicians		Non-practicing physicians	
	The arithmetic mean	The standard deviation	The arithmetic mean	The standard deviation
Subjective pressure	63.25	0.48	2.62	0.99
T calculated			15.88	
Tabular t			2.62	
Significance level			0.05	
Indication			Statistically significant	

and Aida Abdel Aziz, 1998) Recreational activities lead to a reduction in cases of nervous tension, boredom, psychological depression, anxiety, and that these diseases may result from suppressing the desire to satisfy some tendencies and trends.

And it turns out that the second hypothesis has been achieved to a large extent.

*Discuss the results of the third hypothesis:

Through the results of Table No. 04, it is clear to us that there are statistically significant differences in the axis of occupational stress between practicing doctors and non-practicing recreational sports in favor of practicing doctors.

Where this study agreed with the study (Maha Sabri Hassan, 2008) about the relationship of psychological pressures with some functional variables among practices and non-practices of sports activity, as it confirms that the practice of recreational sports activities works to mitigate and reduce the level of occupational pressures, and has a positive effect on Psychological comfort.

And it turns out that the third hypothesis has been achieved.

*Discuss the results of the fourth hypothesis:

Through the results of Table No. 05, it is clear to us that there are statistically significant differences in the relational stress axis between practicing and non-recreational sports doctors in favor of practicing doctors.

Where this study agreed with the study of (Al-Shakhaiba, 2010), where the worker's relationship with his superiors at work is one of the most severe sources of psychological stress, and that psychological problems

Table No. 04: Shows the results of the arithmetic mean and standard deviation of the two samples of practicing and non-practicing physicians in the field of occupational stress

The exams	Practicing physicians		Non-practicing physicians	
	The arithmetic mean	The standard deviation	The arithmetic mean	the standard deviation
Professional pressures	7.5	1.24	3.57	1.44
T calculated				17.17
Tabular t				2.26
Significance level				0.05
Indication				Statistically significant

Table No. 05: Shows the results of the arithmetic mean and standard deviation of the two samples of practicing and non-practicing physicians in the relational pressures axis

The exams	Practicing physicians		Non-practicing physicians	
	The arithmetic mean	The standard deviation	The arithmetic mean	The standard deviation
Relational pressures	8.55	1.21	2.20	2.00
T calculated				23.71
Tabular t				2.26
Significance level				0.05
Indication				Statistically significant

Table No. 06: Shows the results of the arithmetic mean and standard deviation of the two samples of practicing and non-practicing physicians in the psychological stress questionnaire as a whole

The exams	Practicing physicians		Non-practicing physicians	
	The arithmetic mean	The standard deviation	The arithmetic mean	The standard deviation
Questionnaire as a whole	31.36	4.82	8.20	3.56
T calculated				11.53
Tabular t				2.26
Significance level				0.05
Indication				Statistically significant
Level of Psychological health		Medium to best		Weak level

Table No. 07: Shows the results of the regular and irregular exercise of doctors

Sample	Answer	Frequency of answer	Percentage	Calculated k ²	Tabular k ²	Level of significance
	regular	38	95%	35.26	3.84	Indicative
	Ir-regular	2	5%			
Total	40	40	100%			

Table No. 08: Shows the results of the obstacles that prevent doctors from practicing sports

Sample	The obstacles	Frequency of answer	Level of significance	The degree of freedom	Calculated k ²	Tabular k ²
60	shortage of time	27	0.05	2	9.89	5.99
	Lack of facilities	13				
	Tired	20				
	Total	60			1.16	

in the work environment often result from the presence of incorrect and sound relationships between workers and their superiors at work.

And it turns out that the fourth hypothesis has been achieved.

*Discuss the results of the fifth hypothesis

Through the Table No 07 aforementioned tables, it is confirmed for us to prove the validity of the fifth hypothesis, which indicates that doctors are divided in the practice of activity between regular and irregular in the practice of recreational sports activity. of different types.

*Discuss the results of the sixth hypothesis

Through the Table No 08 aforementioned tables, it is confirmed to us that there are obstacles and difficulties that hinder doctors and affect their practice of recreational sports activity, as the weekly work program, which includes night shifts, significantly affects respect for the practice program of recreational sports activity, in addition to the time guest considered fatigue The lack of facilities in public hospitals is one of the main reasons impeding the practice of sports activity.

And it turns out that the sixth hypothesis has been achieved.

CONCLUSIONS

Through what has been presented and analyzed in the above mentioned tables, we find the following:

- Most public hospital doctors practice recreational sports.
- The practice of sports activity has a significant impact on the level of professional performance, which reflects the result of practicing sports activity to relieve occupational pressures.
- Doctors' view of the importance of sports activity differs between integrating with colleagues and reducing psychological stress.
- Recreational sports activity has a prominent role in improving physical health and improving social relations.
- Doctors working in government hospitals practice recreational sports on a regular basis.
- The work program somewhat hinders the sports program for practicing sports activity.

- Fatigue and time constraints are among the main reasons hindering the practice of sports activity.

RECOMMENDATIONS

- Research and study in this field and expand it.
- The need to convince doctors and health workers in public hospitals to practice recreational sports.
- Establishing accredited sports programs in the hospital setting and allocating them a specific time according to the weekly work program.
- The need to seek the assistance of sports specialists to control recreational sports programs for hospital workers and work institutions in the health sector.
- Encouraging the practice of sports activity in order to maintain health and fitness.
- Work to spread the culture of practicing recreational activities among doctors and public health employees.
- Avoid exercising after a period of hard labour.
- Asking officials to take into account sports activity in the professional community.

RESEARCH SUMMARY

Sports recreation is based on exercise and physical activity, while reducing interest in competition and conflict, and exceeding the values of victory and defeat, in order to reach the pleasure of performing physical effort. While we find that the purpose of physical education is physical fitness, training in different skills, and raising the individual through the body, it becomes clear to us that the primary goal of recreation is the well-being of the individual during his practice of recreational activity and avoiding health risks resulting from different pressures, and this is what Ratib confirms that one of the benefits of practicing sports activity is getting rid of health risks, depression, and working to reduce symptoms of stress. (Osama Kamel Ratib, 2004, page. 104)

This modest research came to find out the extent to which recreational sports activity contributes to reducing psychological stress among doctors working in government hospitals.

The value of scientific research lies in its touch with reality, as it is the true reference for measuring the degree of cognitive and field conformity, and this is what we found in our research, where all hypotheses

were fulfilled, that is, recreational sports activity has a role in reducing psychological stress among doctors working in government hospitals.

Thus, the importance of work institutions in the health sector becomes in training and persuading doctors and workers in the health sector towards practicing recreational sports activities and investing them in leisure time in a positive and constructive manner through practicing beneficial sports, Which brings them psychological comfort, balance and psychological compatibility, which helps them to confront various psychological pressures, adapt to them and reduce their severity.

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In the name of God, the most gracious, the most merciful

Peace, mercy and blessings of God Almighty be upon you. I have the honor to place this questionnaire in your hands in order to conduct a field study under the title The importance of practicing recreational sports activity in facing psychological stress among government hospital doctors.

Doctor, I hope that you will inform us of your valuable observation in this questionnaire, and you have the utmost appreciation, thanks and respect from us. Please read each statement carefully and put a cross (x) in front of the one you deem appropriate. Knowing that there are no wrong answers, but your answers express your personal opinion regarding each question.

There is no need to write the name, confidentiality is guaranteed, and the questionnaire information will be used for the purpose of scientific research only.

Thank you for your cooperation and I appreciate your participation in this study.

Personal data:

Gender: male female

The department in which you work:.....

Professional experience:.....years

Psychological stress questionnaire:

Number	The phrase	Always	Sometimes	Never
The first axis : self pressure				
01	My low self-confidence bothers me			
02	I feel tired when I go to work			
03	I feel nervous and irritable after putting in a lot of effort while doing my work			
04	My constant struggles with myself bother me			
05	I am annoyed by my inability to solve my problem on my own			
06	I have no determination and will to find meaning in my life			
07	I am worried about my future direction			
08	My constant struggles with myself haunt me			
09	I feel that my financial future is not stable			
10	Material matters dominate my interest more than anything else			
11	It is difficult for me to make decisions while doing my homework			
12	I feel I have enough potential to do my job well			
13	I feel underappreciated by others for my efforts			
14	I feel unjustified anxiety bothers me			
15	I feel frustrated if the general manager's assessment is unfair			
The second axis : Occupational pressures				
16	I believe that my profession will improve in value in the future			
17	I get upset when my boss notices me doing my homework			
18	The number of hours I work every day exhausts me			
19	I feel the weight of professional responsibility			
20	I see that the medical profession is tiring			
21	I feel that there is a need to study a specialty other than medicine			
22	I need to work slowly to ensure that I do well			
23	I shiver and sweat a lot while doing my duty			
24	I am bothered by the refusal of some of my colleagues to cooperate with me in professional matters			
25	I find it difficult to perform my work due to the lack of resources			
26	Difficulty communicating with the manager increases my anxiety			
27	I feel that the hospital I work in causes stress and tension			
28	The lack of interest in the maintenance of medical devices bothers me			
29	The prevalence of violence among patients bothers me			
30	I feel uncomfortable no matter what kind of work I do			
The third axis : relational pressures				
31	I feel hopeless when I see others unhappy			
32	I don't get the status I deserve in society			
33	Despite my good behavior, others are not satisfied with me			
34	I am afraid of strange people			
35	I feel safe when I am with others			
36	I do not receive encouragement from my bosses			
37	I feel safe when I am with others			
38	It's easy to make friends			
39	I try to act in a way that my relatives will accept me			
40	I show others that I am happy, but I am not			
41	The accumulation of some family and personal problems and my inability to deal with them increases my stress			
42	I am afraid of meeting patients			
43	I feel at ease when I see others happy			
44	I feel that my work is intertwined with my family life			
45	I feel that people often misunderstand my actions			

mini form

- Are you a sports activity practitioner?

Yes

No

- If the answer is yes:

What type of activity do you do:

- Recreational sport

- Competitive sports in clubs

- How long have you been practicing this sport?

- How many times a week do you exercise?

Do you exercise regularly

or irregularly?

-In your opinion, does exercise help you in the diaper on your mental health?

Yes

No

- What are the obstacles that turn towards your performance of sports activity?

.....