

The Efficacy of Physical and Sports Activities in the Adjustment of the Delinquent Behavioral Disorders

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ABSTRACT

The aim of this study to prove the efficacy of physical activity and sports in the adjustment of some forms of Behavioral Disorder adolescents juveniles delinquents, and that is based on the measurement of the psychological dimensions and sociological of the phenomenon in order to attempt to remedy, the delinquent individual offender social systems, finds social rules and laws obstacles and barriers in the way of their own culture and which become part of the fabric of personal has pillar in their interaction; based on the practicalities of the behavioral disorder and delinquency, spiritual, mental, psychological and even physical. Therefore had us worthwhile to find the most effective way of achieving integrated growth and balanced the personality of the offender, perhaps physical activities considered to be the most effective means of seeking some of us to achieve this goal, Gerard poussin says: (as long as the physical education receive great attention from delinquents, why not harnessed for socially hire nature rehabilitative treatment as the center while promoting sports under the leadership of the aware, is the center of the Reformist Guidebook to assess the delinquents and survivor assistance commensurate and standards and values of the society.(Gérard poussin, 1999, La fonction parentale P.266).

Keywords: Behavioral disorders, delinquency, physical activities and sports

PROBLEM

The modern vision of physical activities and sports make it a reflection of the areas of development in human life and to unite and takes into account the kinesthetic areas, cognitive, emotional and social as well as the total number of goals by the intellectuals of physical education represent the broad framework of the ambition of aspirations and aspirations and the values which physical activities and sports to achieve through the concept of inclusive education, if the theoretical

heritage in the practice of physical activities has provided us with many lists of sales effective pedagogical educational center in many countries of the world, east and west and with varying cultural trends and ideologies of each society basic rules and established criteria, but they are all in the borders of the settlement of the behavioral areas of the three main above all aims to achieve the foundations and values Embraced by the community itself, but what the output is an anomaly deviation and non-compliance with established laws and instructions and social systems associated with which tempted per capita social delinquency; Teen in permanent conflict with the values that should be dealt with and respected as a way of life, where Davision Gerald: (Sport informs you dealing and life amid the crowds, accept the values of others and respect, tolerance toward negative things in life and deal with boredom and competition for something of value, and

Access this article online



Website:
<http://sjsr.se/>

ISSN:
2001-9211

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consequently accept hierarchical classification systems in the laws of the community. (Davidson Gerald 2001 - Abnormal Psychology p:245).

These included the idea of juvenile delinquents Troubled Teen Behavior, who became doubt a nuisance for each of the surrounding them or to interact and deals with them, where the behavioral patterns, to a large extent, sustained as unacceptable and inappropriate, some tend to isolation introversion and withdrawal but mostly tend to the aggressive behavior and sabotage and provoke others, causing them to fall in the trap of delinquency, class is troubled delinquents behavior it more categories of special education cause confusion between researchers and efficacy that behavioral disorders area open deviations end rather than a specific category beginning” (Alonso, Anne & Swoller, Hillel (1993). Group Therapy In Clinical Practice, American Psychiatric p. 449).

Individuals live their lives, in the exercise of the patterns of multiple and diverse of behavior, faced a familiar attitude has behavioral that could facilitate the confronted, and faced a new attitude of the behavior and amended it, in both cases thinks that it behave according to criteria and the values set for itself (Bandura, ASocial learning through imitation, Univ.of Nebraska, P.211), it interacts with others to build his opinion and governance of the apparent behavior, if interpreted this behavior, interpreted on the basis of what it is from values gained from the special expertise, how many of us tries to investigate the causes of anger when an individual, or the isolation of the second social relations, and the love of domination at the third? How many of us can explain the misunderstanding which is between him and the other in the light of the psychological configuration which affect the conduct or behavior of others ?occupies all members of the Category field over the straight line between the parties to the mental health and psychological illness, then that the difficulties facing the access to a precise definition of these disturbances raises serious problems when the report of the incidence of these cases when determining the features when the assessment, and when the search for methods to develop treatment methods (Davidson, Gerald 2001- Abnormal Psychology, (8.ed). p 123).

In addition, the lack of agreement on delinquent’s individuals including:

Distraught emotive and behavioral decline or bad social adjustment or deviants social workers or impaired

offenders, however the most popular of these addresses are the distraught offenders behavior as the social delinquency is the product of behavioral turmoil, so criticism of Albert several theoretical models to explain the behavior disorders very antithesis of these models orientations different theory different sciences concerning the interpretation of these disturbances and different these models are apparent in the importance that confers on to know the disruption caused psychological quite dynamic focused on psychological causal link for example the trend biodiversity focus on physiological causal link or membership, the prevailing belief was at the beginning of the twentieth century, sees that the turmoil of satisfactory conduct Kay my disease or treatment doctors responsibility alone, but that the “Freud «then addressed this belief, introducing the idea of the possibility of interpretation Behavioral Disorder delinquent on the basis of the subliminal phenomena in self-defense, then came the behavioral school modern interpretations that Behavioral Disorder is not theoretical reasons for potential as Freud, but emerge from the positions and Acquired behavior can be learned, accordingly, in the context of the modern concept of the educational centers on the alleviation and reduction of behavioral disorders in the category of juvenile delinquents and the attempt of settling their behavior and social integration was the allocation of special centers for those in order to submit to total systems and consistent with the ideals, customs and traditions and laws and thus building together a balanced personality free from behavioral disorders and psychological conflicts but:

- Does the adolescents offenders confused behaviors do not know the proper behavior?
- Or they know and chose not to go to the circumstances of what? Does this disappear troubled behavior and irregular with the passage of time with the application of educational methods and remedial action as a matter of physical activity and sports?

Finally in general:

What is the extent of the efficacy of the Physical Education and Sports to alleviate the behavioral disorders among adolescent’s delinquents?

Hypothesis

- The physical activity and sport an important treatment in the process of evaluating the behavioral disorders to delinquents.
- The actual practice of different aspects of physical activity contributes positively to the reduction

of social delinquency arising from a breach of moral systems and social laws

- Physical activity might contribute to describing phenomena devious behavioral and its dimensions which leads to the possibility of providing services appropriate remedial action to create a balanced growth of the human personality and the decency of the adolescent.

THE GOALS AND THE IMPORTANCE OF THE SEARCH

To confirm the new concept of physical activity and sport in that they reflect the social system only composite culturally and remedial operations inherent in physical education and sports education is one of the components of the system of the comprehensive social and considering them part of the fabric of society and the development of an individual's awareness of the Offender itself and its potential real effective generating a positive trend toward the future and the development of coordinated personal values of the juvenile offender and awareness of social controls: freedom, science, work, belonging, moderation of justice, respect for the law and the time, the independence of the system..., To create growth integrated and balanced and clarify the relationship between the actual practice of physical activity and building exemplar adolescent.

The importance of physical education in terms of the effective role to play in the organization of a juvenile offender in all stages of the psychological and physical and moral development of mental skills and concepts necessary social efficiency.

- To give more important aspect of physical education and sports in social institutions.
- The development of social behavior patterns is acceptable either in public life or the process.
- Finally, the delinquent assistance in the understanding and application of the right.

All this is an attempt to put the starting point of the first seed for other research studies of the phenomenon (delinquency).

RESEARCH METHODOLOGY AND PROCEDURES

The Research Sample

So the sample is intentional, it has identified and counted in age, gender, where a group of delinquent

teens behaviorally disturbed, delinquent number 45, from the center of the Delinquents have been chosen because the sample field research primarily aims to achieve theoretical data.

Search Tools

The adaptive behavior test

Definition

Is a measure of the adaptive behavior established by Nihira and Leyland of (NIHIRA LYLAND) (1971) and one of the most important current measures which established specifically for special groups in educational institutions and the re-education and rehabilitation and extended its use to the categories of normal groups, and has evolved statistical characteristics and totally acceptable, especially in the area of detecting behavioral deviations and forecast to be remedied. (Farouk Mohammad Sadiq. The guide to the measure of adaptive behavior p. 1).

The test parts: (fields)

The measure consists of 44 questions divided on 14 partially area, contained in parts or major areas, each question has a certain number of questions each question has two possibilities:

The personality test

Definition

This test comes mainly from personal test and tendencies "Erich board acres" and "Walter Tuman" test situation to measure the multiple aspects of the human personality and study of individuals tendencies and aims at this test to study the delinquents.

The test parts

1. The trend toward the community - the trend against the community.
2. Introversion.
3. The depression.
4. Paranoia.

Has been an applied test paragraph (440)paragraph, all on a separate card for the four parts, and then test individually, cards are distributed on two things (Table 1).

YES and NO:

Yes, in the case of match his vision with the gateway before/calculated one degree.

No, in case of the lack of conformity of his vision with the gateway before/counted not any degree.

Table 1: Model of the measure

Number	Area	N questions
01	The destructive behavior and violent	05
02	Conduct anti-society	06
03	The behavior of rebellion and disobedience	06
04	The behavior of not credible	02
05	The behavior of the WitSSShdrawal	03
06	Stereotypical conduct	02
07	Social habits unacceptable and aberrant	01
08	Voice habits unacceptable	01
09	The habits of unacceptable awkward	04
10	The behavior of the harms the restraint	01
11	The tendency of the movement in excess	01
12	The abnormal behavior of sexual exploitation	04
13	Psychological disorders and excitements	07
14	The use of drugs	01

Analytical Method used

the “T” test from more significant tests in psychological research, education and sport, aims to know whether the differences between real averages were attributable to certain variables or it is attributable to the chance alone, “T” test are used the proportion of the research (student) to measure the significance of differences associated averages and associated with the samples equal and unequal uses abound small samples that size less than 30 and no more than 60 individuals.

The general application is as follows:

M1: Medium first application.

M2: Medium second application.

S1: The standard deviation of the first application.

S2: The standard deviation of the second application.

N: The number of members of the sample.

$$t = \frac{|m1 - m2|}{\sqrt{\frac{s_1^2 + s_2^2}{n - 1}}}$$

RESULTS

- The physical activity and sport an important treatment in the process of evaluating the behavioral disorders to delinquents

The Results of Adaptive Behavior Tst

The results are shown in Table 2.

The Adaptive Behavior Result Discussion

Through the results obtained from the account of the significance of the differences in the Applications, the first three, central final, measured by the adaptive behavior and private sectors and the total area, which includes all areas special partial scale through translation charts and then the expense of the statistical significance of each differences resulting we found that the nature of the inverse relationship between crude class behavioral disturbances and the periods of the application of the program that is evident through the proportion of the first teams we refer to the difference between initial class behavioral turmoil which were estimated at about 9.84%, beyond a gradual decline to give the total class final behavioral disturbances which are estimated at low 13.95%, thus achieving the standard rate estimated at about 25.92% between first-class and final after the implementation of the program of the effectiveness of physical and sporting activities through educational Treatment in alleviating the behavioral disorders overall fields on the basis of the direction of behavior in recovery symptoms and extinguishing acts sick skyline.

The Results of the Personality Test

The results are shown in Table 3.

The Personality Test Result Discussion

- Through the results obtained from the results of the significance of the differentials applications first, second and third for the personality test, first conclusion is relational database relationship between the stages of the application as well as between the corresponding percentages of grade crude as the test grades registered in the first measurement estimated average equivalent to 389,51 college degree or 88,52 % of total grades for this test during the first measurement.
- During the second application of the implementation of the program started a Behavioral Disorder special personality test to average 224,81 degrees by 51,09 %, central teams ability to: 37,43 % results until 134,23 degree as the average total results of each test measures during the third application of any, estimated at 30.50 % to record the proportion of final difference between the application 1 and 3 around 51,09 percent record low compared with

Table 2: The results of adaptive behavior test

Area	Adaptive behavior		
	T1	T2	T3
01	112	101	80
02	110	97	75
03	112	98	74
04	106	92	72
05	103	91	67
06	105	91	69
07	105	90	68
08	112	98	77
09	104	95	72
10	107	94	72
11	100	86	65
12	94	80	60
13	104	91	69
14	110	101	77

Table 3: The results of the personality test

N	Personal normality		
	T1	T2	T3
01	401	201	150
02	421	225	140
03	405	189	171
04	418	208	157
05	399	260	142
06	356	187	102
07	423	196	125
08	389	206	134
09	378	213	102
10	339	245	152
11	408	200	145
12	409	215	180
13	369	289	105
14	387	245	107
15	348	247	154
16	396	250	174
17	378	197	145
18	391	190	124
19	408	231	126
20	405	248	135

Table 3: (Continued)

N	Personal normality		
	T1	T2	T3
21	406	275	139
22	425	210	142
23	432	256	108
24	408	249	114
25	401	241	151
26	368	220	117
27	397	205	119
28	400	207	148
29	394	198	102
30	356	175	100
31	348	189	171
32	398	205	102
33	357	301	107
34	378	321	154
35	371	245	174
36	405	249	145
37	409	271	124
38	425	201	126
39	421	196	135
40	359	205	139
41	389	197	142
42	369	185	108
43	358	205	114
44	369	236	150
45	357	237	140

the duration of the three applications for the implementation of the program.

THE GENERAL CONCLUSION OF THE STUDY

Through the findings of this study and that we tried to prove the effectiveness of physical activity and sports as a method of remedial action in the process of evaluating the behavioral disorders of the category of adolescents juvenile delinquents at the direction of behavior that is based on the amendment of the conduct was the flag that includes the systematic application of methods

(Contd...)

which emerged from the behavioral laws in order to fundamental change and useful in behavior academic and social and psychological of persons, procedural is known as the process of strengthening the desired behavior by, on the one hand, and weaken or removing conduct unwanted on the other hand and is based on the idea that the conduct of the individual is not accidental but is a problem in and of itself, and should be dealt with and understanding of the analysis of the study and the best measures to deal with him, according to the times and places, the dependence of physical activity and sports positive to extinguish the negative exciting which led the individual to fall in the trap of delinquency

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