

The Effect of A Sports Recreation Programme To Reduce Negative Thinking Among Second Grade Middle School Students In East Baghdad Suburbs

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Abstract: The research aims to design a sports recreation programme to reduce negative thinking among second grade intermediate students of East Baghdad suburban schools, and to identify the effect of the sports recreation programme in reducing negative thinking among the research sample. To achieve the goal, the researcher used the experimental method and the design of the experimental and control groups with pre-testing and post-testing to suit it with the research issue and objectives, the research population included intermediate second grade students with ages (14_15) years in East Baghdad suburbs education for the academic year (2024-2025), and the sample was selected (2025), and the research sample was selected by the purposive method, and they are the students of the second intermediate grade of Martyr Hussein Karidi Intermediate and their number (320) students divided into (8) divisions, namely (A, B, C, D, E, F, G, H) and they were divided into two experimental and control groups and were selected by random method (lottery), as the experimental group was identified from division (C) and their number (32), which was trained on the recreational programme, and the control group from division (E) and their number (35), which used the traditional curriculum followed by the teacher of education in the outskirts of East Baghdad for the academic year (2024-2025), and the experimental and control groups were divided into two experimental and control groups. The researcher conducted the pre-test and post-test for the experimental and control groups, and conducted the appropriate statistical treatments, and the researcher concluded that the negative thinking scale is able to detect negative thinking in the second intermediate grade students in East Baghdad suburbs education, and that the sports recreational programme has a clear effect on reducing negative thinking in the second intermediate grade students in East Baghdad suburbs education. The researcher recommends that the proposed recreational sports programme should be used in middle schools because the middle stage represents the stage of early and middle adolescence in which biological, psychological and social changes occur, the possibility of using the negative thinking scale to measure the level of negative thinking among students aged 14-15 years to identify their reality, the media to increase the awareness of parents and teachers in treating their children well and urging them to cooperate with others and take into account the circumstances of the stage he is going through to try to reduce negative thinking.

Keywords: Sports Recreation Programme, Negative Thinking Reduction, Intermediate Students

Introduction

The process of guidance and guidance is one of the requirements with a psychological impact that needs great efforts, especially in the school, as guidance must be characterized by organization and clarity and not contrary to the objective educational objectives and must be characterized by its suitability to the nature of educational issues within the school in general, as general and specific objectives are set clearly and specifically in accordance with educational objectives and in accordance with the educational possibilities in the school, so these matters urged researchers and educators to build guidance programs to raise the educational level and modify behavior for the better and guide it in the right path that serves the educational process, and from here on.

Recreation is one of the means through which the person in charge of it can achieve the desired goals and objectives, and the tremendous development in the field of recreation was not a coincidence or a random method, but a development based on extensive studies, scientific planning, and good organization.

Therefore, good sports guidance and recreation programmers need a study to plan, organize, implement, follow up and evaluate them, and they should be closely related to the present life of the beneficiaries, as well as the social conditions in which they live, in order to achieve the benefit of these programmers.

In addition, the environment in which the student grows up, the level and nature of social relations and the material aspect led to the emergence of bullying behavior, which is one of the old phenomena present in all societies, as they practice it in different ways and in varying degrees and emerge when the appropriate conditions are available and the behavior is bullying when it includes physical, verbal and psychological attack on the victim.

Hence, it is important to identify the effectiveness of sports guidance and recreation programmers in reducing negative thinking among students of the second intermediate grade in schools in the eastern outskirts of Baghdad, and to come up with some suggestions that can benefit those working in the field of sports education, and enrich the scientific library with such studies.

Research Problem:

Educators are always concerned about the tendency of students, especially in the age group (13-15 years) towards negative thinking and negative thinking, as it is the most dangerous stage that humans go through, which is the stage of adolescence, which leads to psychological disorders, which leads to an impact on the results in terms of achievement in performance and academic achievement, and research and studies have been continuous to work on reducing negative thinking among students and this basic and existing issue has remained continuously for the educational process, especially at this age of students, and through the researcher's access to middle schools noticed this issue among students so he tried to delve into the educational and educational process.

Research Objectives:

- Designing a sports recreation programme to reduce negative thinking among students of the second intermediate grade in schools in the eastern outskirts of Baghdad.
- Identify the effect of the sports recreation programme in reducing negative thinking among the research sample.

Research hypothesis:

There is an effectiveness of the sports recreation programme to reduce negative thinking in the second grade students of the East Baghdad suburbs education schools.

Fields of research:

- Human Subjects: Students of the second intermediate grade in the schools of the East Baghdad suburbs education directorate for the academic year 2024-2025.
- Temporal domain: From (6/10/2024) to (8/12/2024).
- Spatial area: Middle schools in the East Baghdad Suburbs Education Directorate

Methodology

The researcher used the experimental method with equal control and experimental groups for the pre and post tests because of its suitability to the nature of the research.

Research population and sample:

The research sample was selected by the purposive sampling method, and they are the students of the second intermediate grade of Martyr Hussein Kraidy Middle School, and their number (320) students divided into (8) divisions (A, B, C, D, E, F, G and H) and were divided into two experimental and control groups and were selected by the random method (lottery) The experimental group was determined from Division C (32), which was trained on the recreational programme, while the control group was determined from Division E (35), which used the traditional curriculum followed by the physical education teacher.

Means of data collection and instruments used in the research:

- Personal interviews.
- Data transcription form.
- Tests and measurement.
- Questionnaire.
- Pens (100 pens).
- Computer (hp) (1).

Research Procedures:

- a. Scale used in the experiment: The Negative Thinking Scale was used for the experimental and control groups.
- b. Exploratory experiment: The researcher conducted the exploratory experiment for the second intermediate grade students (15) students, on (Sunday) corresponding to (6/10/2024) at exactly (10:00 am), at the Martyr Hussein Kraidy Middle School, and the aim of the experiment was achieved:

- The time taken to answer the scale.
- Diagnosing the errors and obstacles that will appear in the exploratory experiment and overcoming them.

c. Recreational programme:

Using a set of recreational games that help in thinking well and creating an atmosphere of comfort and fun, creating an atmosphere of harmony and cooperation, and rejecting violence.

d. Tools and materials used: Balls, screens, baskets, rope, stopwatch, whistle.

e. Experimental design:

The counseling programme was applied to the experimental group of (30) students as the researcher conducted two tests:

- Pre-test: The researcher conducted a pre-measurement of the students with the scale used in the research
- Post-test: The researcher conducted a post-measurement of the students who applied the recreational programme and compared the two measurements (pre and post) to see the degree of change in negative thinking.

Stages of applying the sports guidance and recreation programme

The application of a sports recreational programme requires following scientific steps based on modern and advanced educational foundations, and therefore the designers of recreational programmers must take into account the most important factors of social change and the new situations experienced by members of society so that these programmers are in line with modern conditions to keep pace with contemporary educational trends to benefit from scientific progress and the explosion of knowledge in the modern era, and recreational programmers vary according to the different age stages for which programmers are planned as well as the gender and health status of the individuals who will participate in these programmers, and these programmers are affected by the educational level and culture. Table (1) shows the general outlines of the sports recreation programme.

Table 1. Outline of the sports counseling and recreational programmers

Helping students reduce their negative thinking	Objectives of the program
Training students on psychological skills and acquiring some good study habits .that are used to reduce thinking	
.Second year intermediate students	
The sports recreation programme was implemented by the sports education .teacher under the supervision of the researcher	Executors of the program
Martyr Hussein Kraidy Middle School, the sports recreation programme was .implemented in the school's sports field	Location of the program
Group mentoring	Type of mentorship
sessions 8	Number of sessions

45 دقيقة	مدة الجلسة
Simplified lectures, discussion and dialogue, modeling, self-assurance, and .recreational sports	Software Techniques
Program Calendar	The final calendar

Pre-testing:

The researcher conducted the pre-test on the members of the research sample on (Wednesday), 9/10/2024, at ten o'clock in the morning, by distributing the measurement forms of the thinking scale to the two groups and collecting the forms for the purpose of extracting statistical data in order to conduct statistical analysis of the results.

Equivalence:

The researcher conducted the equivalence of the two research groups in the variable of thinking and before performing the educational units on the main research sample, and the researcher found the equivalence of the members of the two groups, and this is a good indicator that these two groups are equivalent in the research variables, as shown in Table (2).

Table 2. The equivalence of the research groups in the pre-test

Significance	Sig	T value	Experimental		Adjuster		The test
			Standard Deviation	The arithmetic mean	Standard Deviation	The arithmetic mean	
Intangible	0.224	1.19	7.86	93.58	8.14	91.51	Negative thinking

*Significant at significance level (0.05) and degree of freedom (58)

The main experiment:

After conducting the pre-test, the researcher applied the previously prepared recreational programme to the experimental group on Thursday 14/10/2024, one session per week for each programme, for a period of (8) weeks, the duration of one session is (45) minutes, and the last session took place on 4/12/2024.

Post-tests:

After completing the application of the sports recreational units to the members of the experimental group, the researcher conducted the post-test on the members of the research sample on (Sunday), 8/12/2024, at ten o'clock in the morning, by distributing the measurement forms of the thinking scale for both groups, and collecting the forms for the purpose of extracting statistical data in order to conduct statistical analysis of the results.

Statistical methods:

The researcher used the ready-made statistical package (IBM.SPSS.Ver20) to obtain the following:

- Mean.
- Standard Deviation.

- Coefficient of variation.
- Test (t) for equal asymmetric samples.
- T-test for symmetrically equal samples.

Result and Discussion

Table 3. The mean, standard deviation and t-value of the two tests for the experimental group

Significance	Sig	T value	Experimental		Adjuster		The test
			Standard Deviation	The arithmetric mean	Standard Deviation	The arithmetric mean	
Intangible	0.000	10.00	6.35	71.49	7.86	93.58	Negative thinking

*Significant at significance level (0.05) and degree of freedom (29)

With regard to the above group that applied the sports program used above and as shown in table (3), it was found that the practice of recreational activities contributed to the improvement of the above variable under study, as the progress achieved in this variable for members of the research sample reflected on the psychological state of students when the student is satisfied with himself and his performance, this has a positive impact on his behavior and this is confirmed by (Ibrahim, 2007.1) 'That is, whenever an individual is satisfied with himself, it reflects positively on his actions and behavior and vice versa.

Recreational activities are the safety valve and protective serum for individuals, and the main goal when practicing them is the student's feeling of happiness, comfort, and psychological satisfaction, and recreational activity develops the student's talents, understands, innovates, produces, releases his energies, highlights his talents, improves his health and mental state, and increases his knowledge (Ahmed, 2006.2). 2006.2), recreation provides the opportunity for new experiences to feel safe and self-important, which reflects on the student's negative thinking and outlook on things as well as his relationships with others, so recreational activity works to develop the individual and develop some attitudes such as honesty, cooperation and making new friends.

Recreational activities helped students in forming their personal direction in human relations, expressing opinion, realizing love and positive relationship between students (Osama, 2004.3).

The recreational activities that took place during the recreational programme were done collectively, which helped the students to acquire a sense of community, harmony and the ability to adapt to everyone, as well as helping to remove stressful situations and stimulate blood circulation.

Recreational activities are one of the best educational means that help build the individual, as they are sought by developed or developing peoples and societies that hope to keep pace with the civilisation that invades the world today (Osama, 2007.4) and recreational participation produces a great deal of social skills, experiences, psychological and aesthetic skills that enrich the lives of students and add a sense of joy, pleasure and an

optimistic view of life, and provide students with ways and means that help them to adapt to their society (Akram, 2018.5). The researcher believes that the practice of sports recreation in various aspects contributes to the development of talent and the opportunity to innovate and creativity and build successful friendships with others, and also helps to relieve the pressures and stress that accompany academic life and provide students with a stable and happy life.

Recreational activities differ in their objectives from one society to another according to the economic, political, and social systems followed in societies, and these objectives differ due to the different educational stages of students (Souad, 2004.6).

Table 4. The arithmetic means and standard deviations show the t-value for the pretest and posttest for the control group

Significance	Sig	T value	Experimental		Adjuster		The test
			Standard Deviation	The arithmetic mean	Standard Deviation	The arithmetic mean	
Intangible	0.213	1.85	9.47	89.67	8.14	91.51	Negative thinking

*Significant at significance level (0.05) and degree of freedom (29)

After the results of the negative thinking scale were presented, it was found that there were no clear differences in the control group, as there was no change in the behavior of the sample through the time period of applying the recreational programme to the experimental group in the above variable because they were not subjected to these programmers

Table 5. The arithmetic means and standard deviations show the t-value for the dimensional tests for the experimental and control samples

Significance	Sig	T value	Experimental		Adjuster		The test
			Standard Deviation	The arithmetic mean	Standard Deviation	The arithmetic mean	
Intangible	0.002	5.838	9.47	89.67	6.35	71.49	Negative thinking

*Significant at significance level (0.05) and degree of freedom (58)

Table (5) shows that the results of the negative thinking test were significant, which indicates that there were significant differences between the two groups (experimental and control) and the results showed the preference of the experimental group that used the sports recreation programme in reducing negative thinking. From the above, we understand the impact of using the sports recreation programme in controlling negative thinking in dealing with students and employing their potentials appropriately towards the goal of the programme concerned, as it is based on skills that contribute to reducing negative thinking and has proven its effectiveness and suitability for members of the research sample, so the researcher relied mainly on this method

Recreation is one of the educational and social activities that society accepts and is subject to its customs, traditions, and the type of culture and beliefs prevailing in it, and recreation occupies an important place in social life along with work, worship, relaxation and rest (Sakina, 2015.7).

The researcher believes that recreation is a psychological state and a feeling that the individual feels before, during and after practicing a specific activity, whether positive or negative, as the individual practices recreation freely and without pressure, where he feels happy and happy and out of the atmosphere and routine of daily life.

Recreational programmers are the means by which recreation can achieve the goals and objectives required of it, and the great development that occurred in the field of recreation was not purely coincidental or random method, but is a development based on modern study, good organization and scientifically studied planning, and the recreational programme needs a structured and planned study when implementing, following up and evaluating it (Mohammed Jassam. 2009). 10), and it must be related and relevant to the present life lived by its beneficiaries, and recreational programs are optional and developed in a way that suits the needs and desires of students, and it has importance in the field of investing free time and its role in developing the personality of the individual to achieve full growth in many fields and also has a role in achieving educational goals in general by creating a spirit of cooperation, harmony and cooperation among students and this is reflected in negative thinking (Aisha.2013.8).

The sports recreational programme also contributed to alleviating academic pressures and that participation in recreational activities leads to an improvement in the student's situation in terms of receiving information better and that getting out of the study environment from time to time is one of the things that contribute to alleviating these pressures and providing the opportunity to follow some sports competitions between students in an atmosphere of love, harmony and cooperation between students.

Conclusion

- The scale used in the research is capable of detecting negative thinking among second grade students in the East Baghdad suburbs.
- The sports recreation programme has a clear effect on reducing negative thinking among second grade students in the East Baghdad suburbs.

Recommendations:

- The proposed recreational sports programme should be used in middle schools because the middle stage represents the stage of early and middle adolescence and biological, psychological and social changes occur in it.
- The possibility of utilizing the negative thinking scale in measuring the level of negative thinking for students aged (14-15) years to identify their reality.

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