

The Contribution of Sports Clubs and Associations in Achieving Social Adjustment among Adolescents- Field Study

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Abstract:

This study aims to highlight the extent of the role played by sports clubs and associations in achieving social adjustment. The study adopted the descriptive analytical method and utilized the questionnaire as a data collection tool. The study sample was selected randomly and consisted of 60 players within the age group 14- 17 years from El- Amal Sports Club in Bab Zouar and Noudjourn Dali Ibrahim Club in Algiers, Algeria. After analysis, the study concluded that adolescents undergo social changes, psychological crises and self-conflict due to the physiological transformations accompanying adolescence. Additionally, the study found that sports activities practised in sports clubs and associations play a crucial role in achieving psychological balance and social adjustment.

Keywords:

Sports Clubs; Sports Associations; Social Adjustment; Adolescence.

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1. INTRODUCTION

Sport is an important human activity prevalent in most societies. It is a part of society, or rather is a microcosm of it as both have a reciprocal effect. Sports teach the individuals self-discipline and control. Therefore, sports clubs and associations are considered among the educational institutions which assist the individual in managing his personal and social matters. These sports clubs and associations have witnessed significant development in the past two centuries due to their acquisition of the best tools and advanced machines for practicing sports, in addition to the individuals' understanding of his physiological, psychological, health, and mental conditions.

Since ancient times, scientists have recognized the importance of and human's need for sports and the role they play in maintaining physical and spiritual fitness through various physical activities to develop organic and harmonious aspects, and shape the individual physically, mentally, socially, and culturally.

Sports clubs form physically and mentally healthy individuals and to integrate them into society. Nevertheless, there are some hurdles that affect individuals, getting in the way of achieving the desired goal. Psychologists and sociologists see that adolescent is one of the most difficult and sensitive stage in a person's life due to the psychological, social, physical, and emotional fluctuations and conflicts they undergo. Hence, the study's main question is:

- Do sports clubs and associations have a role in achieving social adjustment among adolescents?

The following questions are brought up:

1 - Do the sports activities offered by sports clubs and associations contribute to lowering the feeling of loneliness among adolescents?

2 - Do the sports activities offered by sports clubs and associations contribute to lowering some psychological problems among adolescents?

3- Does practicing sports within sports associations and associations contribute to the integration of adolescents?

1.1. General Hypothesis:

Sports clubs and associations has a significant role in achieving social adjustment among adolescents.

1.2. Subsidiary Hypotheses:

1- Sports clubs and associations contribute to lowering the feeling of loneliness among adolescents.

2- Sports clubs and associations lower some psychological problems among adolescents.

3- Sports clubs and associations contribute to developing the ability to integrate among adolescents.

2. Significance of the Study:

- Sports activities offered by sports clubs and associations play a crucial role in building the individual's personality by developing his abilities and athletic talents. It, also, adjusts and changes his behavior to suit the society's needs. Therefore, sports activities have become an essential factor in building the integrated personality. This is thanks to purposeful programmes that aim to rehabilitate, equip, and treat adolescents to achieve the highest athletic levels, in addition to health, physical, and psychological benefits.

- National and International championships and sports activities provide an opportunity for adolescents to adapt socially,

family and society. Additionally, they assist them to develop and promote their talents and sporting and mental abilities.

- The importance of the study lies in proving the role of sports activities in achieving social adjustment among adolescents undergoing social and psychological pressures.

3. Study Objectives:

The main objective of conducting this research is to:

- Clarify the role of sports activities offered by sports clubs and associations in achieving social adjustment.

- Demonstrate the relationship between practicing sports and building a healthy, balanced, and adaptable personality to social problems among adolescents.

- Explore strategies aim at facilitating the engagement of adolescents in sports clubs and associations.

4. Study Concepts:

4.1. A Sports Club:

It is a structure within management structures that requires a set of characteristics, such as coaches and managers for each sports activity, scheduling adequate times for using sports equipment, organizing training sessions and competitions. (Badawi I. , 2002).

Therefore, sports clubs engage in educating and training the youth by developing sports programmes, promoting sportsmanship, reducing and confront violence. They are subject to the supervision of the National Sports League and Federation, whether they are amateur, professional or non-professional.

4.2. A sports Association:

A sports association represents an agreement governed by applicable laws, where individuals come together under this

framework on a contractual basis for a non-profit purpose. (Law 90-31, 04/12/1990)

It is evident that a sports association, like other associations, is based on the contractual agreement of a number of individuals. The founding members freely enter into this agreement and specify a common purpose, with this purpose forming the goal that the association seeks to achieve and develop.

4.3. Social Adjustment:

Ahmed Zaki Badawi defines Social adjustment as: “a social process involving the activity of individuals and groups and their appropriate adaptive behavior and harmony among themselves. It is important for individuals to adapt to the customs, tastes, opinions, and trends prevailing in their society to achieve harmony among social aspects of life. (Badawi A. Z., 1979, p. 380).

4.4. Adolescence:

This stage is known as mid-adolescence (15-18). It extends for approximately two years. During this stage, adolescents experience feelings of calmness and serenity, tend towards accepting life with all its aspects. In this stage, the adolescent possesses energy and capacity for work, establishes mutual relationships with others, and seeks to achieve a kind of balance with the external world without heavy reliance on peers. The most notable aspect during this stage is that the adolescent's relationship with others is non-violent and doesn't last long. (El-Kadafi, 2000, p. 356).

5. Literature Review:

5.1. Study by Saleh Mohamed Al-Saghir in 2001, titled: "Social Adjustment of Foreign Students: An Analytical Study Applied to Foreign Students at King Saud University in Riyadh"

This study investigates the level of adjustment among foreign students at King Saud University. It also aimed at analyzing the social, personal, and academic difficulties, and measuring the correlation between social adjustment and the variables of: age, marital status (single or married), stay in the Kingdom, proficiency in Arabic, academic achievement, participation in extracurricular activities, and the relationship between the student and administrative and teaching staff.

The researcher utilized the social survey method, the Baker and Siryk Social adjustment Scale (1989) and a questionnaire on a sample of 98 respondents, chosen randomly, representing 25% of the research population. The study found:

- A strong positive correlation between financial status and social adjustment.
- A strong positive correlation between academic achievement and social adjustment.
- An inverse relationship between age and the level of adjustment.
- A increasing level of social adjustment along with the number of friends.
- A positive correlation between participation in extracurricular activities and the level of social adjustment. **(Al-Saghir, 2001).**

5.2. Study by Dina Mowaffaq Zaid in 2008, titled: “Self-Concept and Its Relationship to Social Adjustment: A Comparative Study Among High School Certificate Students” (Scientific and Literary Streams).

This study investigated the correlation between self-concept and social adjustment among the study sample. It also sought to identify the differences between males and females in terms of self-concept and social adjustment. The researcher adopted the analytical descriptive method and used the Self-Concept Test with its psychological, social, philosophical, emotional, and educational dimensions, and the Social Adjustment Test covering family, social, psychological, health, and educational domains. The study was applied to a randomly selected sample of 100 third-year high school students, evenly distributed between males and females in both the literary and scientific streams. The study found:

- A statistically significant correlation between self-concept and social adjustment.
 - Higher self-concept scores were associated with higher social adjustment scores, indicating a direct relationship.
- (Mowaffaq Zaid, 2008)**

5.3. Study by Rouibah Kamal in 2007, titled: “The Impact of Physical Education and Sports on the Psychological and Social Adjustment of Adolescents”.

The study aimed to explore the influence of physical education and sports on the psychological and social adjustment of adolescents. The study was applied on a sample of 60 secondary school students. The researcher utilized the descriptive method and used the Psychological and Social Adjustment Scale.

The study found:

- Physical Education and Sports have a positive impact on the psychological and social Adjustment of Adolescents. (Rouibah, 2007).

5.4. Study by "Massoudane Mekhlouf", in 2009, titled: "Sports Practice in (Sports and Study) Departments and its Effects on Social Interaction among Students- A Field Study at Djelfa.

The study is a master's thesis submitted at Algiers University.

The study was conducted in Djelfa and focused on the impact of sports practice on social interaction within these departments. It employed a descriptive methodology. The study sample consisted of 9 departments. The observational sample consisted of one or two sections from each department. The researcher found that:

- Sports help foster communication and relationships among individuals.

- Sports play a role in empowering students to appreciate their social identity, which is manifested through individual aspirations, self-satisfaction, and the role played in society.

- Sports positively impact the process of social interaction. (Massoudane, 2009).

5.5. Study by "Boukazoula Fouad" in 2015, titled: "Social Upbringing of Adolescents in Sports Associations".

It is a doctoral thesis submitted at the University of Algiers 3 in 2015.

The study utilized a descriptive-analytical methodology. The study sample consisted of 150 adolescent athletes aged 14 to 17, with a minimum of 3 years of seniority in sports associations located in the city of Constantine. The study employed the

questionnaire to collect data and found that sports associations are required to find solutions and create a suitable environment and adaptable programmes tailored to the needs of adolescents. This is crucial for sports associations to achieve their main role in molding healthy personalities of all athletes. Additionally, they need to work harder to lower the incidence of aggressive behaviors among adolescent athletes especially when the physical fitness of adolescent athletes is above average and the level of perceived athletic success is good. (Boukazoula, 2015).

5.6. Study by "Fernan Majid" in 2015, titled: "The Role of Neighborhood Sports Associations in Developing Youth Attitudes towards Competitive and Recreational Physical Activity"- a Field Study.

The study focused on the psychosocial dimension and utilized a descriptive-analytical methodology. The study sample consisted of 150 non-engaged adolescents distributed across municipalities in the capital, and it also included 45 officials from sports associations in Algiers. The researcher used the questionnaire to collect data and found that sports associations influence the development of social aspects, improve health and physical fitness, enhance the aesthetic aspect of youth attitudes towards competitive and recreational physical activity. (Fernan, 2015).

5.7. Study by Deriadi Nouredine in 2015, titled: "The Impact of Physical Education and Sports on Achieving Social Adjustment among Visually Impaired Children– Age Group 12-19 Years- Field Study."

This study aimed to provide a comprehensive picture of the impact of physical education and sports on visually impaired children in all aspects, particularly the social aspect. The

researcher utilized the descriptive method. The study was conducted on a sample of 50 children (half of whom did not practice physical education and sports) from the School for Blind Youth in El Achour (Algeria). The study found that:

- Practicing physical education and sports positively affects visually impaired children in the sensory and socio-emotional domains, thus; achieving better social adjustment. (Deriadi, 2015).

6. Methods and Materials:

6.1. Methodology:

The methods used in research vary depending on the research problems and the nature of study. Thus, a methodology is “a way or set of ways followed by a researcher to reach the truth and obtain valuable results, inspired by the data of reason and intuition and based on verified documents.” (Zerwati, 2002, p. 119)

The researcher employed the descriptive analytical method, which is one of the most prevalent used research methods in educational, psychological, social, and sports research areas. This method depends on describing the phenomenon under investigation and collecting as much relevant information as possible about it. Furthermore, It goes beyond mere data collection and record to meticulous data classification and analysis to reach generalizations about the phenomenon and the study subject.

6.2. Research Methods and Techniques:

The questionnaire is “a form consists of a set of questions sent to individuals to obtain information on a subject, a problem or a situation. The questionnaire is carried out through interviews or sent to respondents by mail. (Mohamed A. M., 1980, p. 339)

The researcher utilized the questionnaire to collect data, which consists of a series of proposals with a specific form or arrangement through which the judgments or assessments of respondents are expressed. This methodological tool is used to understand the role of sports clubs and associations in achieving social adjustment among adolescents.

6.3. Study Sample and Selection Criteria:

The sample is part of the larger phenomenon under investigation and serves as a representative of the whole. It is used as a basis for estimating the entire population, which may be difficult or impossible to study comprehensively due to reasons related to the nature of the phenomenon, cost, or time constraints. The results of the sample study can then be generalized to the whole phenomenon. (Mohamed, 2003, p. 20)

Our sample was selected randomly and consisted of 60 players within the age group 14-17 years from the research population represented by adolescent athletes engaged in sports clubs and associations.

6.4. Sample Characteristics:

- **Seniority:** more than 3 years.
- **Age:** The age group is 14 to 17 years old.

Team sports athletes were selected and contacted through social media platforms. The questionnaire was directed to representatives of both the football and handball teams at El-Amal Sports Club for Bab Ezzouar and Noudjourn Dali Ibrahim Club in Algiers, Algeria.

6.5. Sample Size and Characteristics:

Table 1. Illustrates the Research Population and it Characteristics

Sports Club	Football Team	Handball Team	Total
El-Amal Sports Club	20	10	30
Noudjoum Dali Ibrahim Club	20	10	30

6.6. Psychometric Characteristics of the Social Adjustment Questionnaire:

The social adjustment questionnaire was utilized to study and measure the following dimensions:

- Loneliness:

The extent to which an individual feels isolated, and the sense of deprivation it imposes.

- Some Psychological Problems:

The degree of estrangement, depression, isolation, introversion, etc.

- Ability to Integrate:

The degree of an individual's integration with others in personal and social relationships, the extent of significant and purposeful relationships with others, as well as the absence of and distancing from friends.

Table 2. Illustrates the Distribution of Items According to the Three Dimensions of the Social Adjustment Questionnaire:

Item Number	Number of Items	Dimension
1- 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9	09	Feeling of Loneliness
10 - 11 -12 - 13 - 14	10	Some Psychological

-15 -16 - 17 - 18 - 19		Problems
20 - 21 - 22 - 23 - 24 -25 -26 - 27 - 28 - 29	08	Ability to Integrate
Total	27	Overall Scale

6.7. Questionnaire Reliability:

The study calculated the reliability coefficient of the questionnaire using Cronbach's alpha method.

Table 3. Illustrates the Value of Cronbach's Alpha:

Cronbach's Alpha Value	Number of Items	Sample
0.74	27	60

The Cronbach's alpha coefficient for all items (27) of the questionnaire is 0.74. It indicates high reliability, although it slightly decreases compared to the split-half method.

7. Results and discussion:

7.1. First Axis: Sports clubs and associations contribute to lowering the feeling of loneliness among adolescents.

7.1.1. Discussion of the Results of the First Hypothesis:

Sports clubs and associations contribute to lowering the feeling of loneliness among adolescents.

Table 4 Illustrates Questions of the First Axis Related to the Feeling of loneliness:

Statistical Significance	Degree of Freedom (df)	Significance Level 0.05	Significance Asymp.sig	Calculated Chi-square	Questions
Significant Difference	1	0.05	0.000	35.2667	First Question
Significant Difference	1	0.05	0.001	26.667	Second Question
Significant Difference	1	0.05	0.000	26.667	Third Question
Significant Difference	1	0.05	0.002	38.40	Fourth Question
Significant Difference	1	0.05	0.000	35.267	Fifth Question
Significant Difference	1	0.05	0.000	41.667	Sixth Question
Significant Difference	1	0.05	0.039	4.267	Seventh Question
Significant Difference	1	0.05	0.121	2.4	Eighth Question
Significant Difference	1	0.05	0.000	17.067	Ninth Question

We notice that all the questions representing the first axis (the feeling of loneliness), and which were answered by the respondents, indicate that there are statistically significant differences regarding the first hypothesis in favor of the adolescents who answered “yes”.

This confirms the first question saying that practicing sports makes the adolescent feels like a member of a group of friends. The second question shows that sports clubs enable him share interests and ideas with his peers. The third question reveals that adolescents sometimes prefer team sports. The fourth question indicates that practicing team sports helps him make new friends easily. The fifth question shows that sports significantly play a role in making adolescents enjoy helping others. The sixth question demonstrate that sports offer comfort and happiness. The seventh question reveals that team sports in clubs make adolescents hug and celebrate when winning. Furthermore, we see that the eighth and ninth questions show that adolescents practicing sports activities in clubs excel in their studies and that sports help them maintain relationships with peers. Hence, the first hypothesis is confirmed.

7.2. Second Axis:

Sports clubs and associations work to lower some psychological problems among adolescents.

7.2.1. Discussion of the Results of the Second Hypothesis:

Sports clubs and associations lower some psychological problems among adolescents.

Table 5. Illustrates the Questions of the Second Axis Related to the Lowering of Some Psychological Problems.

Statistical Significance	Degree of Freedom (df)	Significance Level 0.05	Significance Asymp.sig	Calculated Chi-square	Questions
Significant Difference	1	0.05	0.000	48.6	First Question
Significant Difference	1	0.05	0.000	11.267	Second Question
Significant Difference	1	0.05	0.000	26.667	Third Question
Significant Difference	1	0.05	0.000	15	Fourth Question
Significant Difference	1	0.05	0.000	35.267	Fifth Question
Significant Difference	1	0.05	0.000	26.667	Sixth Question
Significant Difference	1	0.05	0.004	41.667	Seventh Question
Significant Difference	1	0.05	0.000	38.4	Eighth Question
Significant Difference	1	0.05	0.000	32.267	Ninth Question
Significant Difference	1	0.5	0.000	11.267	Tenth Question

We observe from table 5. that all the questions representing the second axis related to lowering some psychological problems resulting from social isolation, and which were answered by the adolescents, indicate that there are statistically significant differences regarding the second hypothesis in favor of the adolescents who answered “yes”.

This confirms the first question indicating that adolescents enjoy sports, especially team sports. It also, confirms the second question showing that sports activities help them express their feelings to their peers. The third question reveals that sports make them feel liked by peers. The fourth question demonstrates that sports overcome and mitigate the impact of shyness on adolescents. The fifth question indicates that sports make them harmonize with peers. The sixth question reveals that sports overcome hesitation and fear when expressing opinions seriously. The seventh question shows that sports help adolescents eradicate anxiety. The eighth question responses indicate that sports help in eliminating depression and boredom among adolescents. The ninth question responses indicate that sports make the adolescent athlete feel important among his peers. The tenth question show that sports help the adolescent alleviate stress.

7.3. Third Axis:

Sports clubs and associations contribute to developing the ability to integrate among adolescents:

7.3.1. Discussion of the Results of the Third Hypothesis:

Sports clubs and associations contribute to developing the ability to integrate among adolescents.

Table 6. Illustrates Questions of the Third Axis on Developing the Ability to Integrate:

Statistical Significance	Degree of Freedom (df)	Significance Level 0.05	Significance Asymp.sig	Calculated Chi-square	Questions
Significant Difference	1	0.05	0.000	17.067	First Question
Significant Difference	1	0.05	0.000	26.667	Second Question
Significant Difference	1	0.05	0.439	0.600	Third Question
Significant Difference	1	0.05	0.000	6.667	Fourth Question
Significant Difference	1	0.05	0.000	15	Fifth Question
Significant Difference	1	0.05	0.000	26.667	Sixth Question
Significant Difference	1	0.05	0.000	6.667	Seventh Question
Significant Difference	1	0.05	0.000	21.6	Eighth Question

We observe from the table that all the questions representing the third axis related to developing the ability to integrate, and which were answered by the adolescents, indicate that there are statistically significant differences regarding the third hypothesis in favor of the adolescents who answered "yes".

The first question shows that sports make the adolescents' relationships with peers last long. The second question indicates that sports activities help them interact and align more with peers. The third question reveals that sports have a role in making them miss their teammates. The fourth question demonstrates that sports help in making new friends. The fifth question represents that sports make it possible to harmonize and share ideas with peers. The sixth question show that sports help them express their opinions seriously without hesitation or fear, and cultivate a spirit of cooperation. The seventh question indicates that sports help adolescents develop the ability to integrate. The eighth question reveals that sports help them harmonize and understand their peers.

8. Conclusion:

This study highlights the positive behavioral changes in adolescents during sports activities. The main idea derived from the applied study, using a questionnaire and after analysis, is that adolescents undergo one of the most challenging phases of their lives, facing social changes and psychological disturbances due to physiological changes occurring during this period. This often leads to internal conflicts, making it important to practise sports activities that help achieve psychological and social adjustment.

The study concluded several important results through which the suggested hypotheses are proved. Sports activities offered by sports clubs and associations play a major role in building the individual's personality by developing his abilities and talents, as well as adapting his behavior to meet societal needs. Therefore, sports activities have become a fundamental factor in forming a well-being personality.

9. Suggestions and Recommendations:

According to the results, the study proved that sports clubs and associations play a key role in achieving social adjustment among adolescents, assisting them lower some psychological problems, integrating them into society, promoting their mental abilities, developing intellectual maturity, and providing them with proper physical, spiritual, and intellectual upbringing. The following suggestions and recommendations are presented:

- Considering the importance of adolescence as essential for instilling experiences and skills.
- Regarding adolescents as the focal and center of activities and the heart of the developmental process.
- Encouraging adolescents to engage and participate in sports at clubs and sports associations.
- Recognize the importance of sports in adolescents' lives and their role in developing and outlining their personalities.
- Organizing competitive and well-structured tournaments.
- Placing emphasis on maintaining sports facilities and providing the necessary materials for practicing various activities.
- Supporting talented individuals both materially and morally.

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