



Research Article

The Range of the Physical Education Importance Perception from the Gifted and Normal Students' Views

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Received: 21 December 2019 **Revised:** 01 February 2020 **Accepted:** 29 February 2020

Abstract

The main goal of this study is to investigate the importance of sport activities from the gifted and normal students' point of views. This study used the descriptive analytical method, where the researcher improved the questionnaire to measure the level of the sport activities' importance among the gifted and normal students, applied on (370) gifted and normal students. The results of this study indicated that the gifted and normal students' awareness level of the physical education was high, and there were statistically significant at the significant due to the impact of level in all field and the total degree, except the second field, and the differences came for the secondary stage. Also, there are statistically significant differences due to the academic achievement in all fields and the total degree, and the differences were in favor of the gifted students.

Keywords:

physical education, gifted students, normal students

To cite this article:

Hammouri, K. A. (2020). The Range of the physical Education Importance Perception from the Views of Gifted and Normal Students Views. *Journal for the Education of Gifted Young Scientists*, 8(1), 451-463. DOI: <http://dx.doi.org/10.17478/jegys.662824>

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Introduction

Physical education is one of the important study programs, which contributes effectively in enhancing the educational process, and improving physical, social, and emotional aspects among students. Also, it's one of the activities in which the students express their skills, and many people resort to physical education to meet their physical, psychological needs. Many scientists and people who interested in sports have recommended the necessity of exercising physical activity due to its multiple benefits at the health, physical and psychological level.

Physical education is a physiological activity, if we look at it from the point of view of the resources; we find it an educational activity by its results and by social activity if we take its effects into consideration. But, if we consider it as institutional activity, we find that the physical education includes a set of the most efficient and adequate exercises out of the other many physical exercises, in accordance with educational, physiological, and health principles. As well as, the typical standards of age, gender, and the educational goals (Tifrea et al., 2016).

Sports activities is an important element of physical education, where it focuses on the biological, social, and physiological aspects of individuals, also it contributes significantly in building their physical culture (Fakhrudinova et al., 2019). In order to meet students' physiological needs and self-motivation, where meeting the psychological and the self needs increases the positive trends about practicing sports activities among students (Leyton et al., 2019). On the other hand, sports activities enable students to improve a comprehensive healthy lifestyle. Moreover, it particularly encourages children to participate effectively in the physical activity (Sozen & Korur, 2019). Besides that, Sports activities play a significant and prominent role in improving students' personality, through improving the self and the self-confidence concept, as well as the concept of preparedness, social responsibility, patience, and bravery (Tifrea et al., 2016).

Sports activities build and enhance the skills that focus on the students, who have identified as talented, so it encourages their spirit of interest and competitions (Lamb et al., 2014). It has been clearly shown that the early participating in sports activities plays a major role in improving sports talent (Martin et al., 2017). Also, linking students' knowledge with the importance of sports activities practicing is an effective way to explore and determine the knowledge of their previous sports experiences (Prieto - Ayuso et al., 2019).

Now, according to the school sport activity which globally and educationally organized, it effectively contributes in satisfying the individual's needs, and building self-esteem and self-confidence. Also, it is considered as one of the helping ways in controlling emotions, increasing the sense of psychological happiness, adjusting mood, and the group participation and engaging with others through participating in the group sports activities, where social compatibility is achieved, isolation is overcome, and students become more receptive to social life

and accept the others' ideas. Also, the sport activity in school leads to reduce the behavioral problems among students, by focusing on undertaking the laws and instructions found in different sports games, which makes the student more balanced and self-controlled, as well as his ability to control his emotions, in addition to reduce aggressive and bullying behavior (Ayoub et al., 2019).

Technological progress and its widespread spread in the world are a great reason to reduce the physical and motor effort among individuals, and what attendant that of lack in exercising motor activities that is related to daily and routine life. Also, it reduced the required physical effort to provide the necessary health for the vital systems in the body, so human being became vulnerable to many diseases resulting from lack of movement; such as: hypertension, diabetes, obesity, psychological pressure and tension (Serafi & showka 2017).

Many specialists have pointed to the obvious effects of physical education on changing individuals lives, especially adolescents, where their participation in various sports activities has a clear impact on enhancing their social and emotional skills, despite of the recognition of physical education and its positive benefits in raising the child, but it still suffers from clear neglect by some individuals because they believe that physical education has no benefit, and it has negative effects on academic aspects and academic achievement , (Jenny & Rhodes, 2017), where studies have proved that the students who doing sports regularly, have a higher level in the academic aspects (Alhammouri, 2011).

When theoretical literature is examined about the importance of sports activities for students, we find that there are many studies that dealt this topic. The results of (Sierra-Diaz et al., 2019) study Physical Education is the most important subject to foster well-being habits associated to healthy lifestyle during sport practice and other kinds of active tasks. While the importance of sports activities from a social point of view is less important. And the results of the (Sozen & Korur, 2019) study showed that sports activities which depend on sports skills that provide students with healthy lifestyles and healthy awareness.

Moreover, (Lackman, 2017) indicated that the educational conditions are not favorable for practicing sports activities from students' points of views, due to the lack of enthusiasm, teaching, and care, the conflict between the role of the teacher and the coach, favoritism toward athletes students. On the hand, (Yilmaz et al., 2017) indicated that talented students perceptions toward physical education were positive as a source of life, educational activity, and a source of competition.

Whereas, (Keskin et al., 2017) study indicated that a large percent of students which is (63%) have a habit of exercising regularly, and students' attitudes toward physical education do not show statistically significant differences between the genders and ages categories. The results of the (Koc, 2017) Study indicated the positive role of physical education teachers on students' attitudes towards education and sports. The results of the study (Aydogan, 2017) showed that the

attitudes of the fifth graders towards physical education were positive. Finally, (Qadoumi & Al-Amad, 2017) indicated that the level of sports culture and the level of sports identity among students were high.

Over reviewing the studies, we found that the physical education have a significant effect on students, and there is a rare of Arabic studies which focus on studying the group of students who realizing the importance of physical education. Also, there is a relationship between the recent and the previous studies, in designing the study curriculum, variables, and statistical tools.

Problem Statement

Physical education plays an important role in achieving integration in the educational and teaching process for talented and ordinary students, as it works to build and cultivate students' personality, in various motor, mental and emotional aspects, and positive interaction between students. And the importance of physical education emerged due to its relation with the creative side, which is one of gifted students, so realizing the importance of physical education by the gifted is an imperative necessity, and depending on the researcher's experience of the educational field of caring talented students, he has noticed through his field work with talented students, that there is a disparity in talented students interests in physical education, and this may be due to multiple methods in teaching physical education among teachers. Through reviewing previous studies which conducted during previous years, we find that there is rarity in those studies that dealt with physical education and its importance for talented students.

In the light of the foregoing, the researcher tries in this study to identify the extent of the talented and ordinary students' awareness of the importance of physical education.

- What is the awareness level of gifted and normal students of the physical education importance?
- Are there statistically significant differences in the awareness level of gifted and ordinary students of the importance of physical education due to the educational level (middle - high school)?
- Are there statistically significant differences in the awareness level of gifted and ordinary students of the importance of physical education due to the academic achievement (gifted - normal)?

Method

Research Design

This study used the descriptive analytical method; It was projected to investigate The Range of the physical education importance perception from the views of and gifted and normal students views The data were collected using a bespoke survey

consisting of 30 statements on a 5- point Likert scale. This survey model was used because it has the capacity to generate a large amount of data on perceptions, attitudes.

Participants

This study sample consisted of (370) male students, selected from general education schools of Abha city in Saudi Arabian Kingdom, the gifted were selected intentionally as they achieved the certified excellence criteria, while the normal students were selected randomly. Table (1) shows the demographics of the study participants.

Table 1.

Demographic Structures of Participants

Domain	Aspects	Total
Stage	middle	149
	Secondary	221
Academic achievement	Gifted	182
	Non- Gifted	188

Instruments

Physical education importance perception Scale

The recent study used physical education importance perception measure which consists of (30) Item which had five Degree of agreement at (Likert Hierarchy) : (strongly agree-agree-unsure-disagree-ever disagree).the measure paragraphs measure the range of physical education importance perception for individuals among three fields, each field includes (10) paragraphs, it was corrected respectively by the scores (1, 2, 3, 4, 5), the fields include each of (physical education importance for body and health sides, physical education importance for academic and psychological sides , physical education importance for social and civil sides). To measure the reliability, the measure was reviewed by a group of Psychology Specialists And physical education at University king Khalid and al-Qaseem. In view of their notes and suggestions, the measure was modified to 27 items.

The means for the questionnaire items were classified into three levels of satisfaction. Low (M=1-2.33), moderate (M=2.34-3.67), and high (M=3.68-5).

To verify the reliability, in this study, the stability coefficient was calculated in the internal consistency manner according to Cronbach's alpha. Table 2 shows the internal consistency coefficient according to Cronbach's alpha and the stability of replays for the domains and the tool as whole, and these values were suitable for these study goals.

In order to confirm the measure consistency, the researcher used Alpha equation for all measured dimensions. The correlation transactions of measure paragraphs had been extracted with the whole score of the exploration sample out of study sample which consist of (30) students , the measure paragraphs had been analyzed and correlation transaction counting for each paragraph , hence , the correlation transaction represents a truth sign for each paragraph in the sight of correlation transaction among each paragraph and the whole score otherwise among each paragraph and its correlation with the field which it belongs to, and among each field and the whole score at the other side, correlation transactions with the tool were between 0.38-0.79 , and with the field were 0,21 - 0.82 .

Results

Results related to the first question: what is the awareness level of gifted and normal students of the physical education importance?

To answer this question, Mean and standard deviation were presented in Table 2.

Table 2.

Arithmetic Averages, Standard Deviations, and Ranking of the Physical Education Importance Dimensions of the Study Sample

R	N	Dimensions	M	S.D	Level
3	1	Physical education importance for body and health side	3.93	.378	High
1	2	Physical education importance for psychological and academic side	4.11	.362	high
2	3	Physical education importance for social and civil side	3.98	.407	high
		Total score	4.01	.344	high

It is clear from the Table 2, that the Arithmetic Average of the physical education importance perception From the views of gifted and normal students views was 4.01 and with a standard Deviation of 0.344, This result a high level, Consciousness occupied physical education importance perception From the views of normal and gifted students, The ranking of Average of the physical education importance of the three dimensions is as follows:

- Transcendence Physical education importance for psychological and academic side the 1st rank with an Arithmetic Average of 4.110.
- Physical education importance for social and civil side occupied the 2nd rank with an Arithmetic Average of 3.981
- Physical education importance for body and health side occupied the 3th rank with an Arithmetic Average of 3.935

Results related to the second question research: Are there statistically significant differences in the awareness level of gifted and ordinary students of the

importance of physical education due to the educational level (middle - high school)

Results related to the second question, mathematical means had been extracted for perception level of normal and gifted students of physical education importance according to study stage, T-test had been used to show the statistical differences among the mathematical means , the following Table 6.

Table 6.

Arithmetic Averages, Standard Deviations, And Ranking, T- Test Of The Dimensions Effect At The Gifted And Normal Students Perception Level Of Physical Education Importance. Attributed To The Study Stage

Dimensions	Categories	M	S.D	T	score	sig.
Physical education importance for body and health side	middle	3.81	397	-6.164	368	.000
	secondary	4.04	321			
Physical education importance for psychological and academic side	middle	4.08	414	-1.902	368	.058
	secondary	4.15	301			
Physical education importance for social and civil side	middle	3.92	454	-2.489	368	.013
	secondary	4.03	349			
Total score	middle	3.94	388	-3.869	368	.000
	secondary	4.07	280			

It is observed, from the Table 6, The existence of statistical differences in the stage effect at all fields and at the whole score except the second dimension, the differences came for the secondary stage.

Results related to the third question, Are there statistically significant differences in the awareness level of gifted and ordinary students of the importance of physical education due to the academic achievement (gifted - normal)? T-test had been used to show the statistical differences among the mathematical means, the following Table 7.

Table 7.

Arithmetic Averages, Standard Deviations, and Ranking, t-Test of The Dimensions Effect at the Gifted and Normal Students Perception Level of Physical Education Importance. Attributed to the Academic Achievement

Dimension		.M	S.D	T	F.S.	St.sig.
Physical education importance for body and health	Normal	3.76	.392	-7.186	368	.000
	gifted	4.03	.327			
Physical education importance for psychological and academic	normal	3.88	.361	-12.332	368	.000
	gifted	4.28	.261			
Physical education importance for social and civil side	normal	3.78	.417	-8.117	368	.000
	gifted	4.11	.344			
Total	normal	3.81	.357	-10.287	368	.000
	gifted	4.14	.261			

Table 7 indicates the existence of statistical indicative differences in the to the academic achievement at all fields and at the whole score, the differences came for the gifted students.

Discussion and Conclusion

The current study results indicated the level of physical education importance from gifted and normal students' points of view was 4.01 which is high. This study result is refer to the great role of sport activities in the mature personality, improving the education achievement and the social and psychological safety, and promoting abilities, also convincing students of the importance of sport activities and its positive effects which build the psychological and mental personality of the individual through investigating the psychological and scientific balance, and which facility dealing with society individuals. The researchers explain these facts and information which relates to the sport activity effect on the psychological and scientific aspects on the student's personality which brings benefits, happiness, comfortable, and quietness according to the positive effects of sports activities on the academic side.

Because this kinds of activities relating to lessons, psychological side, and improving the self-confidence and the psychological pressures; the researchers explained these results due to the specialized and qualified teachers in the sports education and the improved training programs which reinforces the sports activities in schools, also due to the students who characterized by their curiosity, hobbies, and their different interests.

The time of the recent study maybe is one of the effective factors in positive and high awareness of sports education among gifted students, where the study time synchronized with the time when the Saudi team was preparing for the football world cup.

This result agrees with the result of (Sierra-Diaz et al., 2019) study indicated that the study Physical Education is the most important subject to foster well-being. Also, it agrees with the results of the (Sozen & Korur, 2019) study showed that sports activities which depend on sports skills that provide students with healthy lifestyles and healthy awareness.

Also, this result agrees with the result of (Koc, 2017) Study indicated the positive role of physical education teachers on students' attitudes towards education and sports. Also, this result agrees with the result of (Aydogan, 2017) showed that the attitudes of the fifth graders towards physical education were positive. Finally, Also, this result agrees with the result of (Qadoumi & Al-Amad, 2017) indicated that the level of sports culture and the level of sports identity among students were high.

The current study results indicated that there are indicative differences in the stage impact in all fields and the total degree except the second field, and the

differences were in favor of secondary level. The researcher explained these results due to the students old ages 16-18; because their responds to sports activities became greater as a result of their sports experiences depending on the programs and the physical activities' nature that present to them, and the positive effect on the kinetics abilities for these students. Also, the teachers achievement techniques of the extracurricular activities and the wide line of the individual education, by following methods to activate , stimulate and energizing the kinetic abilities of students in the frame of the educational development in Saudi Arabian Kingdom which help effetely in students perception development in secondary stage toward the sort activity importance. These results agree with (Aydogan, 2017) study results which indicated that there are differences in students' trends about sports education which are in favor of secondary level. This result differs from the study result of (Keskin et al, 2017) which indicated that there are no statistically significant differences among ages. Also, it differs from the study result of (Ababsa2015) which pointed out that there are no statistically significant differences among first and second year in the type and the physical activity.

On the other hand, the current study indicates that there are statistically significant differences in the effect of academic achievement on all fields and the total degree, and the differences were in favor of gifted students. This result can be explained due to what gifted students characterized of various hobbies and interests, and the greater abilities which emphasize the sports activities importance and its positive effects in building and cultivating the individual physical and mental personality, where the factors that effect on sports skills, affect directly on the individual mental ability, where the intelligence is an available mental ability to act the kinetic skills better.

As long as the intelligence is higher, so the acting efficiency getting better, this result agrees with the study result of (Alhammouri, 2011) which revealed that the attitudes for gifted student towards sport activities were high level attitudes and positive on the degree of the overall scale. Now That the students who act well in IQ test, we expect that he can learn sports activity efficiently; so, for this awareness it helps to improve the physical performance of the student and acquire basic skills and increase his physical abilities. Category of students who see the sport activity they have a great benefit in the academic and health side, if these sport activities had been practiced regularly

This result agree with (McPherson et al., 2018) study result which indicated that there is a significant relation between physical activity and the academic performance. Also, it agrees with the study result of (Yilmaz et al , 2017) which indicated the gifted students trends toward physical education were positive in life source, cultural activity, competition, and the natural event, also toward physical education in general ; because they are positive, having knowledge and cheerful.

Conclusion and Recommendations

Practicing Sports activities have received individuals' attention since the history beginnings, this attention of practicing sports activities continued until nowadays, with a clear difference in the way of fulfillment and the goal, where the need to practice these activities was not limited to a specific category or special class of individuals, but there was a great interest practicing sports activities by the enlightened and educated classes; because of their clear effect on health, physical, and psychological aspects among them, also practicing sports activities is one of the positive recreation which contributes in reliving boredom among individuals, So it is one of the important therapeutic methods in facing different psychological pressures. The knowledge of practicing sports activities importance is one of the important bases in refining and building students' personality in different school stages, through which we can reveal students' attitudes towards practicing sports activities, as this leads to make positive changes in the gifted and regular students' personality, given the clear effects of the practice of sports activities, on changing the lives of individuals at that age, given the clear effects of practicing sports activities on changing individuals' lives in that age, where their practicing in single and group sports games has a great importance in improving the social and emotional skills among them. Therefore, it is necessary to implement training programs for ordinary students, with the aim of making them aware of the importance of sports activities and their great role in building their personality. As they improve the desire, motivation and degree of inclination in the practice of various sports games. It is also necessary to review the reality of sports activities in the school with gifted students, given the great interest that these students give to sports activities.

According to the results of the study, the researcher recommends the following:

- Implementing the training programs for normal students; in order to aware them of sport activities importance and its role in cultivating their personality.
- Modifying the sport activities programs depending on gifted students' trends toward sport education.
- Encouraging students to participate in extracurricular sport activities that school organizes, in order to improve kinetic intelligence among them.

The findings of this study form the basis for subsequent broader research, such as

- The bullying level among the participants and non-participants in the sports activities,
- Mental Abilities and its Relationship to some Motor Abilities for Gifted Students

- Emotional Intelligence Among Athletically Gifted Students in the Light of Some Variables.

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