



Research Article

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Impact of Sport Activity on the Quality of Life of Saudi Woman

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Abstract

The present research paper aims to identify the impact of sport activity on the quality of life of Saudi women (i.e., fitness and health, social aspects, psychological aspects, moral aspects, and mental aspects). It also aims to develop mechanisms to activate the sport activity to improve the quality of life of Saudi women. The sample consisted of (N= 384) Saudi women in Riyadh. The author applied a questionnaire to collect data. The results showed that sport activity has a high impact on fitness and the psychological and moral aspects and a high to moderate impact on the social and mental aspects of the Saudi woman. The study recommends activating the media role in disseminating sport culture and awareness among (children- teenager- elderly) women by publishing a sport activity supervised-bulletin to cover the sport activities, objectives, programs, as well as time and place of practice. In turn, this could promote positive aspects towards the practice of sport activities.

Keywords: Impact, Practice, Sport activity, Quality of life, Saudi woman

1. Introduction

Sport is a social and physical necessity. It is the most valuable outlet for the human being regardless of intellectual, quality, and age attitudes and belongings. It is a manifestation of prosperity that benefits both individuals and society because it embodies the spiritual, cultural, moral, and educational aspects. Moreover, it helps achieve the noble goals of humanity. It plays a considerable role in the national social practice, as shown in its active role in long-term educational development.

According to Alqatan et al. (2015) and Corbin et al. (2002), sport improves blood circulation, lowers cholesterol, protects against many diseases, including diabetes, hypertension, heart diseases, arteriosclerosis, lower back pain, mental problems, and cancer. Psychologically, the physical changes that affect movement can affect women's health more than men. Thus, a woman shall practice sport to maintain her health and fulfill her community role.

Sport activities enhance the ability to withstand psychological stress and improve the awareness of the self and others, develop self-control and psychological balance, and promote motifs, orientations, and needs (Ibrahim and Seddiq, 2007). Marzouq, Alsharifi, and Khalaf (2019) argue that practicing sport activities has a key role in guiding the individual to a better life and taking care of the individual physically and mentally. Moreover, Aljafry (2014) concludes that practicing sport activities is a means of prevention and treatment of diseases, negative effects, and psychological and social

damages caused by the lack of movement.

Aljabbour and Alatrash (2017) and Hejr and Ismail (2014) argue that practicing sport activities affect positively the individual's life and promote health. Sport is closely related to the health of the individual and the society in the short-term by reducing the problems of the menstrual cycle and improving fitness and in the long-term by improving the efficiency of the blood circulation and reducing age-related diseases. Furthermore, regular practice of sports helps achieve psychological adjustment, meets needs, enhances self-achievement, causes happiness, and reduces tensions by getting rid of the emotion, and promotes self-control (Alhory, 2016). The practice of sport activities provides the individual with a high level of personal and social adjustment (Alhaj, 2018). According to Alkholy and Alshafy (2006), sport activity aims to educate the individual in a balanced manner, allows opportunities for social formation, and promotes social characteristics, e.g., cooperation, self-discipline, and belonging.

Many studies reported that the practice of sport activities affects depression, anxiety, and mental health for males and females throughout life (Penedo and Dahn, 2005; Ströhle, 2009). Other studies concluded that sport affects self-confidence, self-esteem, and self-control (Dorak, 2011; Dunn et al., 2005). Shettewy (2017) argued that women are keen on the practice of sport activities because of the desire to lose weight and keep fit.

Kin, Heo, and Kim (2014) aimed to highlight the benefits of physical activity involvement in group sports. The results showed several health, psychological, and social benefits. Aljafry (2014) identified the attitudes of King Abdulaziz University students towards the practice of sport activity and showed positive results. The study concluded that the health, psychological, scientific, and social aspects were ranked first, second, third, and fourth, respectively. Yassen (2008) reported that the practice of sport activity is generally a precious opportunity to modify behavior and develop the personal characteristics of the practitioners, e.g., self-confidence, cooperation, and respecting laws.

Stensel (2003) stressed that the current developments affect the practice of sports and our bodies, in turn. Because of the role of practicing sport activities in improving mental and physical health, it is important to examine the impact of sport activities on Saudi women. The first strategic goal of the Saudi Vision 2030 is to increase the number of regular practitioners of sports (once a week at least) aged 15 and above up to 40% by 2030. However, a woman needs more space and better opportunities as her life pattern increases infections with dangerous diseases, including cardiovascular diseases, obesity, diabetes, and osteoporosis. According to Saudi Vision 2030 (2016), obesity in Saudi Arabia is 28.7%, rating 33.5% among the females and 24.1% among the males.

Quality of life (QOL) is an important issue in physical and mental health. It is a major variable of personality. If achieved, QOL promotes satisfaction, happiness, self-achievement, and optimism. It is a significant issue because of the nature of life, social and personal adjustment, and investing in positive aspects (Jawady and Turkey, 2018). According to Amohamed (2015), several theoretical approaches explained QOL, such as

- The philosophical approach illustrates that happiness cannot be achieved but after freeing oneself from reality and promoting imagination. In other words, QOL is escaping reality for the sake of imaginary happiness.
- The social approach explores and discusses QOL based on various object indicators from a society to another (mortality rate, disease rate, type of residence, educational level, income level, work, and position) and their impact on the satisfaction with QOL.
- The psychological approach illustrates QOL based on a comprehensive structure that meets the basic needs of the person using personal or objective indicators.

In short, the author argues that examining QOL is based on several studies and approaches to be linked to the feeling and satisfaction of the Saudi woman when meeting the most important needs and requirements. Naeesa (2012) reports that QOL is indicated by the ability to fulfill the requirements of life satisfactorily, practice sports, and follow positive behaviors and patterns. Craig (2010) shows that physical ability is a significant domain of QOL. Thus, the practice of sport activities helps improve physical and psychological efficiency, life adjustment, and achieving balance.

Abu Halawa (2010) mentions that QOL refers to the achievement of fitness, safety and security, belonging, social participation, and satisfaction. Jawady and Turkey (2018) report a statistically significant correlation between the practice of sport and the quality of life among patients with diabetes. Moreover, Molanorozi, Khoo, and Morris (2015) argue that the most significant motives of involvement in sport activities among women include interest in physical appearance, psychological conditions, and fitness.

Qandil and Ayoub (2012) report that QOL has a set of indicators, including:

- Physical indicators: The ability to fulfill motor functions with an adequate level of fitness, health satisfaction, sleeping, and food appetite.
- Psychological and spiritual indicators: The ability to identify and express feelings, feeling of happiness, adjustment with the disease, and self-adjustment.
- Mental indicators: The ability to think clearly and coherently, feeling of responsibility, and making decisions.
- Social indicators: Building and maintaining relationships, communication, and respecting others and the surrounding laws and regulations.
- Professional indicators: Satisfaction with life, implementing job, and compatibility with work duties.

QOL expresses the interest in and well-being of all community members. Accordingly, it achieves the mental health and satisfaction of the individual and improves the feeling of meeting personal needs (Abdulfattah and Hussien, 2006).

The personality and sport activity of the woman are strongly related, as shown by the level of many female players in individual and group sports (Albatteky, 2016). Regular practice of sports promotes the courage, self-confidence, social adjustment, and taking responsibility for the women (Ghadanfer, 2005). Because of the importance of sport and QOL, it was handled by some studies. For instance, Al-Samnoudi, Joda, Fahmy (2017) explored the impact of a sport recreational program on the quality of physical and psychological life of elderly women in Dakahlia, Egypt. The results showed that the program improved the quality of the physical life of elderly women. Al-Safti (2016) examined the effectiveness of a sport recreational program on the quality of social life among the elderly. The findings showed that the recreational program had a better effect on the quality of social life among the elderly. Chrome and An-Nahwy (2016) studied the role of sport activities in the development of moral values among students. The results showed that sport activities play a significant role in maintaining and promoting these values. Furthermore, Mohamed (2014) explored the impact of an exercise program on the QOL and social compatibility of elderly women. The results showed that the proposed program affected positively the QOL of elderly women aged (50-60) years.

Abdel-Alim (2013) identified the differences between practicing and non-practicing students of sports activity at Minia University in QOL. The findings showed a positive impact on QOL in favor of practicing students. El-Sayed (2011) identified the impact of the program on developing some physical responses and QOL among the elderly. The study concluded that exercise contributed to the development of social desire and self-esteem among the participants.

Olubusola and Ayodele (2010) identified differences in QOL among athlete and no athletic undergraduate students of a Nigerian university. The results showed that the athletes have a better perspective, and most of the QOL domains were in favor of the athletes. Alattoum (2010) illustrated that the practice of sport activity has many benefits, such as improving fitness for better health and longer life. Furthermore, Mohamed (2017), Mohamed and Yusef (2016), Abboud (2010), and Altawemy (2004) stressed the role of sport activity in developing moral values.

In Saudi Arabia, the woman is effective because of her role in the various sectors politically, socially, culturally, and athletically. Thus, interest in the QOL of Saudi women is the ultimate goal to a better family future. The author argues that QOL relates to the environment of the individual and the ability to control the surrounding events and future. QOL requires association between two elements, i.e. the individual and the good environment. The involvement of Saudi women in sport activity increases social and psychological interaction and promotes sound and positive responses.

Ryff and Singer (2008) argue that the appropriate environmental conditions and good social relationships provide a feeling of the quality of health, psychological, social, and mental life. Thus, a healthy woman can enjoy a healthy life because she can exert efforts and resist diseases. According to Zayed (2011), girls have high self-esteem due to their attitude towards sport activities, especially the health and social domains.

However, Alsahly (2015) reports the lack of studies on the QOL of the woman because most studies covered the entire society without focusing on a certain group. Alawy (2018) argues that, unlike the males, there are few studies on the personal aspects of the female athlete or practicing sport activity among the females. Woolf, Bushman, Gabriel, and Carter (2015) conclude that the percentage of women involved in physical activity becomes lower with age. Furthermore, Hamza et al. (2016) illustrate that females have problems practicing sports. The author argues that identifying the sport activity and its impact on the QOL of the woman is highly important. Thus, the author highlights the practice of sport activity and its active role in achieving the QOL of Saudi women.

2. Statement of the Problem

Stress has negative effects on the woman behaviorally, cognitively, and physiologically. In turn, it affects QOL negatively. A woman cannot avoid or adjust easily to stress. Therefore, the guided sport activity is important for the woman. Its benefits are not limited to the physical aspect but include the psychological, social, mental, and physical aspects, as well. It is a style of self-development and balance, a means of supporting mental health, and a source of confronting psychological crises and feeling happy and active. It provides the opportunity to achieve the QOL of the woman. QOL relates to the lifestyle, activities, and ability of the individual to control life and future. However, many obstacles hinder QOL, including stress and internal conflict because of low achievement and inability to control.

The practice of sport activity helps acquire and master motor skills and take care of fitness for better health and longer life. It also helps improve mental and intellectual capabilities, acquire knowledge, and reduce stress. It is a must because of the lazy lifestyle motivated by technology. Therefore, Woolf et al. (2015) stress the need to encourage middle-aged women to adopt a healthy lifestyle, including regular physical activity, because of the metabolic and hormonal changes that affect their lives.

Alhabdan (2017) examined the psychological and health impacts of sport activity on Saudi girls. The results showed that sport has positive psychological impacts, including reducing negative shame, depression, isolation, and frustration and increasing the value of others, self-confidence, responsibility, building personality, and decision-making. Correa-Burrows et al. (2014) showed a positive long-term impact of regular exercise on the social life patterns of student-athletes.

Lees and Hopkins (2013) showed positive impacts of sport activities on developing the psychosocial aspects of students. Moreover, dedicating more than 4 hours weekly for exercising enhanced academic achievement in mathematics and language. Emile et al. (2013) explored the impacts of a walking program on exercise stereotypes, QOL, and health-related functions of older sedentary females. The results showed that the group involved in physical activity scored higher for beliefs about the benefits of physical activity, perceived physical value and sport competence, physical appearance, QOL, and physical endurance.

Ayesh and Mohamed (2012) and Booth et al. (2013) illustrated that the practice of sport activity increased academic achievement among females. Bruening, Jennifer, and Clark (2009) explored a program combining sport/physical activity, life skills, and mentoring while promoting healthy life choices for preadolescent girls. The results reflected the following themes: self-esteem, accountability, a sense of belonging, knowledge, and acquisition of health/life skills, application of those skills, and planning. Rethorst, Wipfli, and Landers (2009) reported that the practice of sport reduces anxiety and depression and increases happiness.

Saudi Vision 2030 included the "QOL 2030" Program to prepare an adequate environment for improving the lifestyle of the individual and the family. The program has many indicators, e.g., sport,

excellence, and revenues. It aims to increase using sport facilities from 8% to 55%, qualify 7500 female teachers, equip 1500 schools with gymnasiums, involving more girls in the physical education class, and increasing the number of participants in the Olympiad to 15 (Saudi Vision 2030, 2016).

The World Health Organization recommends the practice of sport activity and increasing a more active lifestyle (Jawady and Turkey, 2018). In the 20th century, there was a quantum leap in woman's practice of sport. However, woman's sport varies from a country to another in the Arab World. Thus, greater attention shall be paid to woman's sport to achieve better social, economic, and cultural development (Alqatan et al., 2015). In the Arab World, woman's sport suffers several obstacles, such as lack of interest, lack of unions, and lack of awareness of the guided sport activities (Mohamed, 2015; Saadat, 2010).

The problem of the study has been defined in the weak practice of the different forms of sport by the Saudi woman because of the dominant masculine social and cultural factors, which, in turn, affect her QOL. Moreover, Saudi woman experiences continuous life stress and orientation to well-being, especially concerning physical activity that has decreased, causing several diseases. Accordingly, the health, psychological, mental, and social status and QOL of the woman have been affected. The benefits of sport practice among women shall be highlighted in terms of improving QOL indicators.

3. Objectives

The study aims to answer the following major question: What is the impact of sport activity on the QOL of the Saudi woman? These minor questions rise:

1. What is the impact of sport activity on the fitness and health of the Saudi woman?
2. What is the impact of sport activity on the social aspects of the Saudi woman?
3. What is the impact of sport activity on the psychological aspects of the Saudi woman?
4. What is the impact of sport activity on the moral aspects of the Saudi woman?
5. What is the impact of sport activity on the mental aspects of the Saudi woman?
6. What is the impact of sport activity on the total QOL of the Saudi woman?
7. What are the mechanisms of activating sport activity to improve the QOL of the Saudi woman?

4. Methodology

The present analytical descriptive study adopted the social survey approach to collect the largest amount of information in less time, effort, and cost. The social survey approach also helps collect quantitative data to understand reality, answer questions, and analyze these data to conclude results and generalizations. The intentionally selected sample consisted of (384) Saudi women practicing or participating sport activities derived from the population of women in Riyadh, Saudi Arabia. After distributing the tool, responses were collected within two weeks. The author received (461) responses of which (77) were excluded because they did not complete throughout the questionnaire. Table (1) shows the description of the sample according to the variables.

Table (1): Description of the sample

Variable	Categories	Frequency	Percentage
Academic qualification	Pre-high school	4	1.0
	High school	104	27.1
	Bachelor	192	50.0
	Graduate studies	84	21.9
Marital status	Single	134	34.9
	Married	204	53.1
	Divorced	31	8.1
	Widow	15	3.9

Variable	Categories	Frequency	Percentage
Age	Less than 20 years	52	13.5
	20-30 years	104	27.1
	31-40 years	101	26.3
	41-51 years	111	28.9
	More than 51 years	16	4.2
Monthly income	High	56	14.6
	Middle	260	67.7
	Low	68	17.7
Times of practicing sport activities per week	Once	68	17.7
	Twice	66	17.2
	Three times	112	29.2
	4-5 times	87	22.7
	Daily	51	13.3
Duration of sport activity each time	Less than an hour	177	46.1
	One hour	119	31.0
	More than an hour	88	22.9

Table (1) describes the sample according to academic qualification, marital status, age, monthly income, times of practicing sport activities per week, and duration of sport activity each time.

4.1 Tool

By reviewing the relevant literature, the author designed a two-part questionnaire. Part One covers the preliminary data of the participants: Academic qualification, marital status, age, monthly income, times of practicing sport activities per week, and duration of sport activity each time. Part Two contains 37 items distributed to five domains: Fitness and health (10 items), social aspects (7 items), psychological aspects (9 items), ethical aspects (6 items), and mental aspects (5 items). The author considered formulating clear and easy items. The participants were asked to tick (√) a choice (high, moderate, or low) on a three-point Likert scale, as shown in table (2).

Table (2): The three-point scale

High	Moderate	Low
3.0 - 2.34	2.33 - 1.67	1.66 - 1

4.2 Validity

- Face (reviewer) validity: After designing the questionnaire, it was presented to (11) faculty members specialized in social work at Saudi universities to identify the relevance, clarity, and phrasing of items. Modifications were made in the light of their comments and suggestions.
- Internal validity: The author applied the questionnaire to (35) women practicing the sport activity to estimate internal validity (Table 3).

Table (3): Correlation coefficients between each domain and the total score of the questionnaire

Fitness and health		Social aspects		Psychological aspects		Ethical aspects		Mental aspects	
Item	Correlation coefficient	Item	Correlation coefficient	Item	Correlation coefficient	Item	Correlation coefficient	Item	Correlation coefficient
1	0.610**	11	0.871**	18	0.692**	27	0.791**	33	0.618**
2	0.750**	12	0.837**	19	0.751**	28	0.765**	34	0.807**

Fitness and health		Social aspects		Psychological aspects		Ethical aspects		Mental aspects	
Item	Correlation coefficient	Item	Correlation coefficient	Item	Correlation coefficient	Item	Correlation coefficient	Item	Correlation coefficient
3	0.748**	13	0.882**	20	0.731**	29	0.634**	35	0.802**
4	0.734**	14	0.512**	21	0.669**	30	0.681**	36	0.748**
5	0.612**	15	0.629**	22	0.666**	31	0.862**	37	0.834**
6	0.708**	16	0.826**	23	0.737**	32	0.801**	-	-
7	0.666**	17	0.808**	24	0.742**	-	-	-	-
8	0.797**	-	-	25	0.777**	-	-	-	-
9	0.672**	-	-	26	0.766**	-	-	-	-
10	0.682**	-	-	-	-	-	-	-	-

** Significant at the level of (0.01)

Table (4): Reliability coefficients of the questionnaire

Domains	Correlation coefficient
Fitness and health	**0.609
Social aspects	**0.824
Psychological aspects	**0.813
Ethical aspects	**0.866
Mental aspects	**0.879

** Significant at the level of (0.01)

Tables (3 and 4) illustrate that the correlation coefficients of the domains are in the closed period [0.512-0.882]. They indicate the validity of the questionnaire.

4.3 Reliability: Cronbach's alpha was utilized to verify the reliability of the questionnaire, as shown in table (5).

Table (5): Reliability coefficient of the questionnaire and domains

No.	Domains	Items	Reliability coefficient
1	Fitness and health	10	0.878
2	Social aspects	7	0.884
3	Psychological aspects	9	0.886
4	Ethical aspects	6	0.851
5	Mental aspects	5	0.822
Total		37	0.945

** Significant at the level of (0.01)

Table (5) shows that the reliability coefficients are significant at the level of (0.01). They indicate high reliability.

5. Results and Discussion

5.1 Answer to the First Question:

To identify the impact of sport activity on fitness and health, the frequencies, percentages, arithmetic means, and standard deviation of the responses were estimated, as shown in table (6).

Table (6): Impact of sport activity on fitness and health

No.	Items	Agreement						Mean	Standard deviation	Rank
		High		Moderate		Low				
		F	%	F	%	F	%			
9	It helps maintain general health.	306	79.7	78	20.3	0	0.0	2.80	0.40	1
10	It improves blood circulation, which reduces inactivity and laziness.	310	80.7	70	18.2	4	1.0	2.80	0.43	2
8	It maintains a healthy heart and lungs.	295	76.8	85	22.1	4	1.0	2.76	0.45	3
5	It gets rid of hypokinetic diseases (diabetes, heart attacks, hypertension, obesity, etc.)	301	78.4	63	16.4	20	5.2	2.73	0.55	4
7	It increases the ability to resist fatigue and to work efficiently.	271	70.6	105	27.3	8	2.1	2.68	0.51	5
6	It helps avoid early signs of aging.	257	66.9	99	25.8	28	7.3	2.60	0.62	6
3	It promotes agility and flexibility.	234	60.9	142	37.0	8	2.1	2.59	0.53	7
1	It provides general fitness.	194	50.5	175	45.6	15	3.9	2.47	0.57	8
4	It helps maintain the ideal weight and avoid obesity.	208	54.2	148	38.5	28	7.3	2.47	0.63	9
2	It gives beautiful look and keeps defects away.	172	44.8	200	52.1	12	3.1	2.42	0.55	10
Total								2.63	0.37	-

Table (6) shows that the arithmetic means of the responses range (2.42-2.80), suggesting a high degree of agreement. The total arithmetic mean is (2.63). The table shows high agreement between the participants on the practice of sport activities and their impact on fitness and health. The author argues that the woman experiences several physical and physiological changes over age; therefore, the interest in the impact of sport on her life is important. This finding agrees with Alattoum (2010) that there are various health benefits of the regular practice of sport activities. The author argues that the practice of sport activities strongly relates to health. In other words, daily regular practice of sport activities improves QOL and provides many health and fitness benefits. Therefore, many women visit sport centers to keep fit and healthy. This finding agrees with (Abdel-Alim, 2013; Aljabbour and Alatrash, 2017; Hejr and Ismail, 2014; Kin et al., 2014; Shtawy, 2017). For instance, Kin et al. (2014) conducted a qualitative study to examine the benefits of physical activity involvement among members of physical activity clubs. The results indicated that physical activity involvement has various social, cultural, and psychological benefits. Further, Shtawy (2017) conducted a study aimed at identifying the level of motivation for physical fitness practice among the women in physical fitness Centers. The study was conducted on sample consisted of (335) practitioners and the results showed that the level of physical fitness and health for the women practicing physical fitness was very high.

5.2 Answer to the Second Question

The finding also matches the results of Al-Samnoudi et al. (2017) who conducted a study to identify the effect of a recreational sports program on the level of physical and psychological quality of life of older women. The results proved that there is an effect of the recreational sports program in reducing pain and discomfort as well as that the program helped improve the QOL of elderly women. Similarly, Emile et al. (2013) concluded that sport exercises promoted the physical appearance and sport efficiency of older females. The finding also matches the results of a study conducted by Bruening, Dover, and Clark (2009) that focused on a program combining sport/physical activity, life skills, and mentoring while promoting healthy life choices for preadolescent girls. The sample consisted on (5) girls. The results referred that sport and physical activity promoted the acquisition of health and life skills of the participants.

To identify the impact of sport activity on the social aspects, the frequencies, percentages, arithmetic means, and standard deviation of the responses were estimated, as shown in table (7).

Table (7): Impact of sport activity on the social aspects

No.	Items	Agreement						Mean	Standard deviation	Rank
		High		Moderate		Low				
		F	%	F	%	F	%			
14	It helps me manage my free time.	326	84.9	51	13.3	7	1.8	2.83	0.42	1
15	It promotes self-reliance and taking responsibility.	250	65.1	118	30.7	16	4.2	2.61	0.57	2
17	It promotes teamwork.	179	46.6	145	37.8	60	15.6	2.31	0.73	3
16	It enhances the social status of the woman.	182	47.4	134	34.9	68	17.7	2.30	0.75	4
13	It develops communication skills.	149	38.8	122	31.8	113	29.4	2.09	0.82	5
12	It promotes respecting others and social acceptance.	125	32.6	150	39.1	109	28.4	2.04	0.78	6
11	It helps acquire new friends from different groups.	120	31.3	132	34.4	132	34.4	1.97	0.81	7
Total								2.31	0.55	-

Table (7) illustrates that the arithmetic means of the responses range (1.97-2.83), suggesting a moderate to a high degree of agreement. The total arithmetic mean is (2.31). The participants agree on the impacts of sport activity on the social aspects of Saudi women. The author argues that the social aspects are a basic part of the woman's sport activity because they increase social interaction, self-esteem, and belonging to confront life circumstances in a better manner to achieve QOL. Other social benefits include better time management, meeting the social and psychological needs, and promoting many personality traits and good morals, e.g., self-confidence, cooperation, challenge, and self-denial. Additionally, sport activity handles many problems for the woman, such as shyness and isolation. These findings agree with Correa-Burrows et al. (2014) and Lees and Hopkins (2013) concerning the several social benefits of sport activity combined with cognition, academic achievement, behavior, and psychosocial functioning outcomes.

These findings agree with Alhabdan (2017) that sport activity increased the feeling of others' value. Similarly, Al safti (2016) conducted a study aimed to measure the effectiveness of a sport recreational program on the quality of social life among the elderly. The sample consisted of (38) elderly people. A questionnaire was applied for measuring the level of social quality of life. The results of the study indicated that the recreational sport program had a good impact on the quality of social life among the elderly. As the practice of sports in group exercises and contact with peers generates a spirit of cooperation and joy among the participants and reduces the loneliness. Further, the study recommended the implementation of the proposed recreational program to develop satisfaction with social life among the elderly.

Moreover, El-Sayed (2011) illustrated that qualitative exercises promoted QOL concerning social desire among the elderly.

5.3 Answer to the Third Question

To identify the impact of sport activity on the psychological aspects, the frequencies, percentages, arithmetic means, and standard deviation of the responses were estimated, as shown in table (8).

Table (8): Impact of sport activity on the psychological aspects

No.	Items	Agreement						Mean	Standard deviation	Rank
		High		Moderate		Low				
		F	%	F	%	F	%			
19	It helps reduce tension and stress.	328	85.4	52	13.5	4	1.0	2.84	0.39	1
18	It increases self-confidence.	307	79.9	69	18.0	8	2.1	2.78	0.46	2
22	It allows recreation, relaxation, and getting rid of higher energy.	297	77.3	79	20.6	8	2.1	2.75	0.48	3
20	It strengthens will and self-reliance.	295	76.8	77	20.1	12	3.1	2.74	0.51	4

No.	Items	Agreement						Mean	Standard deviation	Rank
		High		Moderate		Low				
		F	%	F	%	F	%			
26	It increases optimism.	278	72.4	99	25.8	7	1.8	2.71	0.49	5
23	It makes me happy.	269	70.1	107	27.9	8	2.1	2.68	0.51	7
25	It increases self-actualization.	274	71.4	99	25.8	11	2.9	2.68	0.52	6
21	It provides emotional balance.	266	69.3	107	27.9	11	2.9	2.66	0.53	8
24	It helps get rid of psychological conflicts and aggression.	241	62.8	129	33.6	14	3.6	2.59	0.56	9
Total								2.72	0.36	-

Table (8) illustrates that the arithmetic means of the responses range (2.84-2.59), suggesting a high degree of agreement. The total arithmetic mean is (2.72). The participants agree on the psychological aspects of sport activity on the woman because these aspects reduce anxiety and increase self-confidence and happiness. Accordingly, QOL is improved. Additionally, these aspects facilitate accepting the idea of visiting women's sport centers to achieve personal goals. This finding agrees with Alhory (2016), Hejr and Ismail (2014), Shtawy (2017), and Rethorst et al. (2009) concerning the several psychological benefits of sport activity. For instance, Rethorst et al. (2009) conducted a meta-analysis study to examine the effects of exercise on depressive symptoms in 58 randomized trials (n = 2982). An overall effect size of -0.80 indicates participants in the exercise treatment had significantly lower depression scores than those receiving the control treatment. The findings showed dropout rates for the exercise treatment were similar to those found in psychotherapeutic and drug interventions. Similarly, the finding also goes on line with the results of Al-Sammoudi et al. (2017) who conducted a study to identify the effect of a recreational sports program on the level of physical and psychological quality of life of older women. The results indicated that the recreational sports program has contributed to improving the quality of physical life of elderly women and There is an improvement of the recreational sports program between the pre and post measurements in the physical image and feeling of psychological satisfaction in women. Alhabdan (2017) showed that sport activity increases self-confidence among girls, whereas Bruening, Dover, and Clark (2009) concluded that sport and physical activity promote self-respect, responsibility, and belonging among the participants.

5.4 Answer to the Fourth Question

To identify the impact of sport activity on the ethical aspects, the frequencies, percentages, arithmetic means, and standard deviation of the responses were estimated, as shown in table (9).

Table (9): Impact of sport activity on the ethical aspects

No.	Items	Agreement						Mean	Standard deviation	Rank
		High		Moderate		Low				
		F	%	F	%	F	%			
29	It develops the spirit of challenge and adventure.	283	73.7	90	23.4	11	2.9	2.71	0.51	1
27	It develops sportsmanship.	282	73.4	86	22.4	16	4.2	2.69	0.54	2
30	It develops patience, endurance, and perseverance.	271	70.6	102	26.6	11	2.9	2.68	0.53	3
28	It develops self-control.	225	58.6	143	37.2	16	4.2	2.54	0.58	4
31	It develops the spirit of good leadership and dependency.	222	57.8	139	36.2	23	6.0	2.52	0.61	5
32	It develops the values of courage, sacrifice, self-denial, and exerting efforts.	214	55.7	129	33.6	41	10.7	2.45	0.68	6
Total								2.60	0.44	-

Table (9) illustrates that the arithmetic means of the responses range (2.45-2.71), suggesting a high degree of agreement. The total arithmetic mean is (2.72). The participants agree on the ethical aspects

of sport activity because they help achieve adequate social status and respect. The author argues that sport activity helps acquire and maintain high morals and customs, e.g., cooperation, respect, devotion, and loyalty and limit undesirable behaviors. This finding agrees with Abboud (2010), Altawemy (2004), and Mohamed (2017) who reported that sport activity helps develop and maintain moral values. It also matches Chrome and An-Nahwy (2016) and Mohamed and Yusef (2016) that physical education plays a role in developing some moral values, including cooperation, respect, discipline, and courage among students. For instance, Mohamed and Yusef (2016) conducted a study with the aim of identifying the role of physical education and sport in the development of morals values for student in the second phase regarding to the teachers of physical education. The study utilized a questionnaire administered to the teachers. The results showed that physical education and sport is important to develop the morals values as physical education and sport contributed in the development of cooperation, respect, organization and courage for students regarding to their teachers. Moreover, Abboud (2010) conducted a study to compare ethical traits between athletes and non-athletes. The sample consisted of (174) university students. Ethical traits' scale was utilized to collect data. Findings referred statistically significant differences favoring the athletes. This confirms that practicing sports can reinforce ethical aspects.

5.5 Answer to the Fifth Question

To identify the impact of sport activity on the mental aspects, the frequencies, percentages, arithmetic means, and standard deviation of the responses were estimated, as shown in table (10).

Table (10): Impact of sport activity on the mental aspects

No.	Items	Agreement						Mean	Standard deviation	Rank
		High		Moderate		Low				
		F	%	F	%	F	%			
33	It renews my vitality and mental activity.	308	80.2	72	18.8	4	1.0	2.79	0.43	1
36	It increases my knowledge and information on how the body works during activity and at rest.	247	64.3	119	31.0	18	4.7	2.60	0.58	2
35	It improves my mental abilities, such as thinking, remembering, attention, accurate observation, and focus.	189	49.2	161	41.9	34	8.9	2.40	0.65	3
37	It improves achievement.	175	45.6	156	40.6	53	13.8	2.32	0.70	4
34	It develops good behavior in critical situations.	154	40.1	173	45.1	57	14.8	2.25	0.70	5
Total								2.47	0.47	-

Table (10) shows that the arithmetic means of the responses range (2.25-2.79), suggesting a moderate to a high degree of agreement. The total arithmetic mean is (2.47). The participants agree on the impact of sport activity on the mental aspects of women because sport develops various mental skills and operations and promotes academic achievement. The author argues that sport improves mental functions, as well as short-term memory and creative thinking. In other words, there is a positive correlation between sport activity and academic achievement because of the development of the nervous system. Thus, women should be motivated to practice sport. Brain functions improve due to sport activities because increasing such activities activates the blood flow to the brain and improves cognitive functions, such as understanding, focusing, and attention. This finding agrees with Ayesh and Mohamed (2012), Booth et al. (2013), Correa-Burrows et al. (2014) that sport activities affect the cognitive and achievement aspects positively. For instance, Correa- Burrows (2014) examined the association between the allocation of time to regular physical activity (PA) and achievement in mathematics and language among a sample consisted of (620) ninth graders. The results proved that participants with the highest allocation of time to regular PA performed much better in mathematics and language than inactive participants. Additionally, the academic benefits associated with PA can

help to promote sustained behavior changes regarding lifestyles.

5.6 Answer to the Sixth Question

To identify the impact of sport activity on the total QOL of the Saudi woman, arithmetic means and standard deviation of the responses were estimates, as shown in table (11).

Table (11): Impact of sport activity on the total QOL

No.	Domains	Arithmetic mean	Standard deviation	Rank
3	Psychological benefits	2.72	0.36	1
1	Fitness and health benefits	2.63	0.37	2
4	Ethical benefits	2.60	0.44	3
5	Mental benefits	2.47	0.47	4
2	Social benefits	2.31	0.55	5
Total		2.54	0.35	-

Table (11) shows high agreement between the participants on the impact of sport activity on the QOL of the Saudi woman. While the psychological benefits were ranked first with an arithmetic mean of (2.72) and a standard deviation of (0.36), the social benefits were ranked last with an arithmetic mean of (2.31) and a standard deviation of (0.55). This finding illustrates the importance of sport activity and its role in improving the QOL of the woman. It agrees with Mohamed (2014) and Samnoudi, Joda, Fahmy (2017) that sport activity affect woman's QOL positively. It also matches the findings of Emile et al. (2013) and El-Sayed (2011) that sport activity improved the QOL of the elderly.

5.7 Answer to the Seventh Question

To answer the question, an open-ended question was inserted in the tool to identify the perspective of the participants on the mechanisms of activating the practice of sport activity to enhance QOL among Saudi women. The results were:

- Increasing interest in school sport at the level of curriculum or extracurricular sport activity because of its positive impact on self-esteem, as well as health, social, and psychological benefits.
- Mass media should carry out extensive media campaigns to promote positive attitudes towards the practice of sport activities among Saudi women and highlight the physical, mental, social, and psychological aspects of this practice.
- Sport and cultural awareness should be raised among girls and guardians to resolve misconceptions, such as the conflict between the practice of sport activity and customs and religious teaching, as well as the negative impact of sport activity on the academic future of girls.
- Misconceptions about physical education should be resolved via mass media to highlight the real role of physical education in educating girls.
- Girls should be educated that sport activity does not conflict with religious teachings by holding cultural meetings and symposia to highlight its importance to health.
- The design of sport centers should enable customers to practice their activity in a clean and safe environment to meet the different needs of social groups.
- Responsible bodies decide subscription fees at sports centers to enable all social groups to subscribe.

6. Recommendations

The study recommends organizing sport activities that meet the social, physical, and mental needs of the woman to exercise regularly. Academic timetables should include time for sport activities that can be considered an important extracurricular activity. Moreover, the media role in disseminating the women's sport culture and awareness should be activated. Social counseling programs can be linked to woman-oriented sport activities. Furthermore, girls should be encouraged to practice sport activity by providing the required facilities and tools.

7. Conclusion

In the past, the role of sport activity was limited to performing physical movements. Later, it has expanded to be involved in education because of its positive impacts on developing the mental, social (including respecting others, cooperation, and tolerance), and psychological (overcoming stress, fear, isolation, and violence) aspects. The present study achieved these impacts because it handled the impact of sport activity on the QOL of Saudi women.

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