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## The role of the physical and sports education lesson in promoting health culture to reduce the risk of infection with COVID-19 variants for high school students

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### Abstract

The study aims to identify the level of health culture to reduce the risk of infection with new COVID 19 variants for high school students for the academic year 2022-2023. The researcher assumed that there were statistically significant differences between the mean scores of the research sample and the hypothetical mean on the scale of health culture among middle school students. The researcher used the descriptive method for its suitability and the nature of the research, and the research community represented preparatory schools in the neighborhood district center for boys and girls, while the research sample and their schools were chosen randomly, which was represented by 100 students (50 males 50 females) from 4 preparatory schools in the district city center for the academic year (2022 - 2023) and they represent (22%) of the original community, after which the health culture scale was applied in its final form for this study and using appropriate statistical methods. The results were extracted and presented in tables, analyzed and discussed according to the aim and hypothesis of the research. Preparatory stage students. Also, there was no difference in the level of health education among middle school students according to the gender variable. The researcher recommended paying attention to school libraries and providing books, magazines, scientific and cultural encyclopedias, and wall pamphlets (posters) that would contribute to raising the level of health culture in society. Encouraging families to practice healthy habits for the body of their students at home and follow up on that.

**Keywords:** Physical and sports education, health culture, COVID-19, high school student

### Introduction

Health is a basic requirement and a strategic goal that the countries, organizations and individuals of the world strive to achieve, and work hard to achieve it in order to achieve a healthy and sound life for everyone through which the individual contributes to the various development efforts for him, his family and his community in raising and preparing its children in a good and balanced manner, in all physical, spiritual, mental and social aspects. And health to face different life situations and provide them with knowledge, skills and appropriate behaviors that enable them to deal with these aspects. The educational institutions have double responsibilities. Although they are concerned with the basic educational aspect now, the health aspect also falls on them, and it is an aspect that is no less important than the rest of the basic aspects of the educational institution. This is evident in environments that lack the infrastructure with modern designs for their institutions. Education, such as Iraq, for example, and this makes it highly vulnerable to the risk of contracting various diseases, and this matter requires concerted efforts by the administration and the teacher of physical and sports education to spread health awareness and health culture to reduce the risk of disease, especially the new (COVID-19) variants and prevent them.

The lesson of physical and sports education contributes to inculcating basic skills in the students' hearts, such as love of initiative, urging altruism, honest competition, and respect for others. It enhances the leadership skills of the student when assigning leadership tasks to him, such as forming teams, distributing roles and responsibilities, participating in decision-making and taking responsibility for their decisions.

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With great care and proficiency in the educational, social, cultural, health and other aspects, and this in turn educates the students healthily towards practicing the correct healthy habits and avoiding the wrong ones that could lead to the infection of the students with various diseases as a result of the wrong practice or the bad habit that leads to the lack of health culture among the students.

The health culture is one of the psychological concepts that have found great interest by scientists and researchers, given that the high level of health culture reduces the possibility of developing disorders and diseases, especially the deadly and dangerous diseases of the age. In addition to increasing the rates of productivity of individuals, and reducing the rates of medical spending, in addition to raising the level of health culture for members of society in general, so that it becomes a daily culture through which many variables can be controlled in the daily lives of students, and this is the responsibility of the teacher of physical education and the lesson of sports. By instilling the concepts of healthy and healthy culture to avoid the risk of spreading diseases that are transmitted upon contact and gatherings in schools by students, especially since this group is one of the groups that are most exposed to a state of instability and are more likely to indulge behind the acquisition of concepts and habits that directly affect their health status. Especially with the spread of many wrong practices such as smoking, staying up late, and lack of food that spread among students and threaten their future, which is considered a fertile environment for disease infection, especially (COVID-19) and its new mutants that have ravaged the world and threatened all human lives since the emergence of the first infection of the disease in Wuhan, China, and the inability to This country managed to contain the virus or not to spread it, so it spread to most countries of the world and caused a real catastrophe, paralyzing the movement of the entire world, and making all countries of the world reconsider when facing a new upcoming pandemic. The importance of the research lies in the fact that the physical education lesson is of interest to students and the demand for it is very large because it is full of knowledge, information, and cognitive and emotional goals. About everything that is harmful and showing the impact of health culture in preventing the transmission of diseases, especially those that threaten life and put it in imminent danger.

The problem of the research lies in the potential risk of infection with the new (COVID-19) mutants for students in middle schools, due to some wrong health concepts and practices, the weakness of the health culture in general among them, the increase in their numbers in one class, and the nature of the designs of school buildings, especially the old ones, which makes it a fertile environment for the spread of diseases, especially diseases Which is transmitted through the respiratory system and direct contact, in addition to the lack of ventilation inside the classrooms, and the impact of the teenage stage on students, in which they lack maturity, regularity, and interest in health culture, so they stay up late and attempts to smoke among some of them. All these factors would reduce immunity and make the student vulnerable to disease, especially COVID-19 and its mutants, and this is what made the researcher go into this field to reduce the risk of this disease and its new mutants that threaten the whole world and highlight the role of the lesson of physical and sports education in increasing and strengthening the health culture to limit the spread of this dangerous virus inside the school and prevent it.

## Object of research

Identifying the level of health education to reduce the risk of infection with COVID-19 among middle school students for the academic year 2022-2023.

## Hypothetically search

- There are statistically significant differences between the mean scores of the research sample and the hypothetical mean on the scale of health culture among middle school students to reduce the risk of infection with new COVID-19 mutants.
- There are no statistically significant differences according to the gender (males - females) among middle school students.

## Research Methodology

The researcher used the descriptive survey method based on data collection, description and interpretation.

Research community and sample:

The research community consisted of middle schools in the neighborhood district center for boys and girls for the academic year 2022-2023.

**Research sample:** (4) schools were randomly selected (lottery) to represent the research sample, and (100) students were identified from the mentioned schools, distributed among (50 males) and (50 females), who were also randomly selected through (lottery). Research from the total research community 22%, which represents all categories of the research community honestly.

The researcher adopted a scale, (Tahseen Omran, 2018), which consists of (42) items in its final form, and its axes cover all areas of health culture and are more appropriate for the school environment, as it was applied to middle school students, and the scale included positive and negative items, and the scale consists of five axes:

- a) Personal health. (8 paragraphs).
- b) B - Healthy nutrition. (9 paragraphs).
- c) C - Exercise and recreation. (9 paragraphs).
- d) D - Smoking and misuse of drugs. (9 paragraphs).
- e) Diseases and their prevention. (7 paragraphs).

## Scale stability

The researcher calculated the stability coefficient for the health culture scale and its axes using Cronbach's alpha equation, and the following table shows that.

**Table 1:** Demonstrates the use of Cronbach's alpha equation to calculate the scale stability coefficient

Phrases	Cronbach's alpha	Stability coefficient
Personal health	0.79	0.88
healthy nutrition	0.81	0.90
Exercising and recreation	0.77	0.87
Smoking and drug abuse	0.80	0.89
Diseases and their prevention	0.81	0.90
scale as a whole	0.87	0.93

\*Through the results of the table, we notice that the stability values of the health culture scale have a high degree.

## The final application

**Scale instructions:** The researcher put instructions for answering the scale paragraphs, which aim to explain the idea of answering the scale in a way that suits the research sample, so that the respondent can answer the scale paragraphs easily. The scale included positive and negative items, and they were

asked to put a mark (□) in front of the response they deemed appropriate, which is (fully agree, somewhat agree, disagree).

- The method of correcting the scale: The researcher set a standard for correcting the health culture scale, so the answer for each paragraph consists of three alternatives according to the (triple Likert) scale, which are (completely agree, somewhat agree, disagree). Weights have been given to convert these alternatives into a quantitative number for the purpose Conducting statistical operations and these weights are (3, 2, 1) for the positive items, and (1, 2, 3) for the negative items, and thus the degree of the scale is confined between (42-126) with a hypothetical average of (84).

**Table 2:** It shows the arithmetic mean and standard deviation of the scores of the research sample in the health culture scale with the hypothetical mean, t-value and statistical significance.

Samples	Arithmetic Mean	Standard Deviation	Hypothetical Mean	T-Test	Degrees of Freedom	T-Value	Sig
100	100.6	1.56	84	106.41	99	1.98	sig

The results of the research sample of (100) male and female students showed that the arithmetic mean of the sample's scores in the health culture scale is (100.6) and a standard deviation of (1.56). The t-test for one sample, the results showed that the calculated (t) value is equal to (106.41), which is greater than the tabular (t) value, which is equal to (1.98) at a degree of freedom (99) and a level of significance (0.05), which indicates that there is a statistically significant difference between the mean The hypothetical arithmetic, and in favor of the larger value, the arithmetic mean, which means that the research sample has a high level of health culture, and Table (2) shows that.

### Discussion

The reason for this may be due to the high level of awareness shown by the teacher of physical education in sports classes and the accompanying health directives that would enhance the student's healthy culture and behavior, as well as warn students of wrong healthy habits through the media role that transmits the number of infections with the virus (COVID 19.) And the complete paralysis that accompanied the world in all public life facilities and the disruption of countries, and this would raise the level of health culture among students.

The researcher believes that it is necessary to intensify efforts to further activate the physical education class in general, and in the axis of health culture in particular, due to the importance of this axis at the present time after the outbreak of diseases of lack of movement and epidemics, especially the (COVID 19) epidemic, and students spend a lot of time using smart phones and tablets. Electronic games for the purposes of electronic games and social communication, which began to threaten the physical, psychological, social and cultural health of young people alike. This is what (Firas Kassoub, 2014) [16] indicated: "Health education is linked to physical education in a close relationship, as both are concerned with the development of the individual's personality, a balanced and comprehensive development, and this is shown by clarifying the concept of each of them, as physical education means sports as part of general education, which Among its objectives is the development of the individual's personality in all aspects (mentally, physically, psychologically and socially), while health is a state of physical, psychological and social well-being. (Banwan BH, 2018) [8]

The researcher also believes that the impact of the lesson of physical and sports education in this field is very great because of the importance it has for physical education teachers and the physical education curriculum, which has given it a suitable space and entered into many axes directly and indirectly, which is reflected in the culture of students in a

**Scale application:** To achieve the objectives of the research, the researcher applied the scale in its final form to the research sample of (100) male and female students.

**Statistical means:** The researcher used the statistical package (SPSS) to process the results statistically.

### Results

**Presentation and Interpretation of the results for the health culture scale with the hypothetical average, (T) value and significance**

large way.

A healthy culture leads to an improvement in the student's mental health, and his concentration is better and stronger, which helps him to have a better and clearer vision of life, and he can better plan for the present and the future, and thus organize his life and time. (Mason, 2016: 58) [32].

Muhammad Al-Wareth (2002) [33], (Hasan, B. B. 2021) [25] believes that the practice of the physical education and sports class has an effective and positive role in developing health awareness for students and works to develop their healthy behavior and help them achieve safety and physical sufficiency for the purpose of preparing and raising him with a sound healthy education that is commensurate with his aspirations, and this is by exploiting the height of the activities provided and advice guidance from the teacher.

The researcher believes that health culture has become an inevitable necessity for our time. In light of the accumulated and increasing health problems day after day, it has become necessary for individuals, institutions and bodies to work to spread health culture through the various institutions of society, starting from the family, school, then the media, in order to create a conscious and educated individual. He is healthy and able to make healthy decisions about the health problems that he may face in his life, and these results agree with Issa Zaidan (2016) [13] that the consolidation of health culture and health awareness, which is translated into educational and behavioral goals through the class with the contribution of the professor so that it is embodied in the students in reality Practical, and this is what makes Diem's level of health awareness great. (Hasan, B. B., & Hasan, A. A. (2022) [26]

And the lack of interest in health culture may be due to personal, physical or social reasons, which makes a person neglect his health and not pay attention to it because of his various preoccupations in life, and this is consistent with the study of (Sarah Muhammad 2005) [14] that health culture needs several aspects, including food regulation in terms of eating healthy food Paying attention to breakfast, persevering in practicing sports activities, regulating sleep hours, and maintaining an ideal weight are all these aspects if the individual takes care of them permanently so that they become a daily behavior, and this in itself will create an integrated healthy culture for the individual, and if a defect occurs in These aspects will negatively affect his health culture in general. (Sarah, 2005: 382) [14].

**Presentation and interpretation of the research results of the measure of health culture for the gender variable (Male - Female)**

**Table 3:** It shows the arithmetic mean and standard deviation of the scores of the research sample in the health culture scale due to the gender variable, the value of (T) and the statistical significance.

Gender	Arithmetic Mean	Standard Deviation	Hypothetical Mean	T-Test	Degrees of Freedom	T-Value	Sig
Male	50	100.3	1.97	1.46	98	1.98	Non-sign
female	50	100.9	1.15				

As for the research hypothesis according to the gender variable (males - females), to verify this hypothesis, the researcher extracted the arithmetic mean and the standard deviation of the degrees of the research sample in the measure of health education separately (males - females). To detect the presence of a statistically significant difference between the two averages, the researcher used the test The T-value for two independent samples, the results showed that the calculated (T) value is (1.46), which is less than the tabular value (1.98) at a degree of freedom (98) and a level of significance (0.05), which indicates that there is no statistically significant difference between the research sample according to the gender variable. This means accepting the null hypothesis, and Table (3) shows that.

### Conclusions

**Through the results, the researcher reached the following conclusions:**

1. High level of health culture among middle school students.
2. There was no difference in the level of health education among middle school students according to the gender variable.

### Recommendations

1. Inclusion in the curricula and for the various educational levels of topics related to health education and health culture.
2. Taking care of school libraries and providing books, magazines, scientific and cultural encyclopedias, and wall pamphlets (posters) that would contribute to raising the level of health culture in society.
3. Urging families to provide sources of health culture for their student children at home by providing disinfectants and urging them to eat foods rich in vitamins and protein that enhance the body's immunity against diseases.
4. Encouraging families to practice healthy habits for the body of their students at home and follow up on that.
5. Conducting similar studies for different age groups.

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