Sports and Health at Girls Schools in Riyadh, Saudi Arabia

1Taif Alnojaid, 2NaJD AlnoJaidi, 3Shahd Alnojaid

1High school student at Kingdom International School, 
2Student at Almarrefa College, 
3Student at Dar Al Uloom University

E-mail: 1taif-8@hotmail.com, 2nalnojaidi@hotmail.com, 32141100@du.edu.sa

Abstract—

Objectives are to explore the opinion of females students about encouraging sports in their schools and analyze the most preferred sport for them and Describe the important of school sports to their health

Method: survey was randomly distributed to several Public, Private and International girls students for all levels Elementary, Secondary and High schools at Riyadh City, Saudi Arabia. Then recollected within 48 hours, the questioner language was Arabic for public and private schools while it was in English for the International Girls schools. The survey covers the School level, type of the school, Do you encourage sports at girls schools? if yes how many sessions/per week? also it shows the types of sports the students would encourage, also indicates the reasons behind encouraging or discouraging it.

Results: total of 880 female students had completed the survey 65.45% (576 student) were from public schools whom 100% encourage to have sports at their schools, while 30.11% (265) from private schools whom 97% would encourage to continue having sports at their schools, and 4.43% (39 student) were from International schools whom 100% encourage to continue having sports at their schools most students 43.80% (382) Recommended 3 sports sessions/week and the most sport recommended was swimming 81.81% and the most common reason for encouraging sports at girls schools was sports increases concentration and improves memory at school with 70.90%

Conclusion: Girls school’s students from 3 levels in Riyadh are encouraging having several sessions of different types of sports at their schools whether it is Public, Private or International girls schools indicating its’ importance on their body health and on improving their concentration and learning gain at schools and on improving their school attendance

Recommendation: To conduct several sessions of different types of sports for all levels at girls schools under the supervision of female teachers in the kingdom of Saudi Arabia.

I. Introduction

For a long time, sports have been viewed as a way to stay healthy and in shape, but their importance goes much further. As a matter of fact, playing sports teaches life lessons like discipline, responsibility, self-confidence, accountability, and teamwork.

Studies have shown that exercise increases blood flow to the brain and helps the body build more connections between nerves, leading to increased concentration, enhanced memory, stimulated creativity, and better-developed problem-solving skills. In short, playing sports helps the brain grow and makes it work better.

Saudi Arabia girls enrolled in private schools are now allowed to take part in sports.

Most students in the country attend public schools, where there is no change in physical education programs. Girls in public schools are still denied access to physical education and sports.

II. Objectives

- Explore the opinion of female’s students about sports at girls schools
- Analyze the most common preferred sport at girls schools.
- Describe the importance of sports at girls schools.

III. Method

Since February 1st /2016 a survey was randomly distributed to several public, private and international girls schools at Riyadh City for all grades starting from elementary, secondary and up to high school levels and was recollected within 48 hours

- The questioner language was Arabic for public and private schools while it was in English for the International Girls schools
- The survey covers the following points (Appendix A)
- The School level, Type of the school (public, private or International school), Do you encourage sports at girls schools? if yes how many sessions/ per week? also it shows the types of sports the students would encourage (Walking sports, Motion sports, Gymnastic and Ballet, Basket ball, Volley ball, Soccer, Tennis, Table tennis and Swimming and others).

Also it indicate the reasons behind the student’s choice as sports encourages body blood circulation, sports can improve student’s concentration and memories at school and sports can maintain body built and prevent obesity and other reasons from the student’s opinion.

And if the student discourage sports at schools they should indicate the reasons as sports may harm the...
students whom are after puberty, student will be diverted away from studying plus there are no time at schools to have sports and sport does not have an effect on body built or obesity.

**Inclusion criteria:**
- Girls students at any level from Elementary, Secondary and High school
- Girls students at Public, Private and International Schools.

**Exclusions criteria:**
- Girls above high school and below elementary school level
- Uncompleted survey
- Male students at any level

**IV. RESULTS**

Total of 880 female students had completed the survey. See table 1 and Fig. 1.

![Fig. 1 Number of Female Student Respondents](image)

**Table 1.**

<table>
<thead>
<tr>
<th>FEMALE STUDENTS</th>
<th>LEVEL</th>
<th>NO.</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Elementary (grade 4, 5, and 6)</td>
<td>328</td>
<td>37.27%</td>
</tr>
<tr>
<td></td>
<td>Secondary</td>
<td>274</td>
<td>31.13%</td>
</tr>
<tr>
<td></td>
<td>High School</td>
<td>278</td>
<td>31.59%</td>
</tr>
<tr>
<td></td>
<td>Total</td>
<td>880</td>
<td>100</td>
</tr>
</tbody>
</table>

The survey was answered by 65.45% (576 students) from Public School students and by 30.11% (265 students) from Private School students and the rest were 4.43% (39 students) from International Schools. See Table 2 and Fig. 2.

![Fig. 2 School Classification of Respondents](image)

**Table 2.**

<table>
<thead>
<tr>
<th>SCHOOL CLASSIFICATION</th>
<th>No.</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Public</td>
<td>576</td>
<td>65.45%</td>
</tr>
<tr>
<td>Private</td>
<td>265</td>
<td>30.11%</td>
</tr>
<tr>
<td>International</td>
<td>39</td>
<td>4.43%</td>
</tr>
</tbody>
</table>

**Table 3.**

<table>
<thead>
<tr>
<th>SCHOOL SPORTS ENCOURAGEMENT RATE</th>
<th>STAND</th>
<th>No.</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>872</td>
<td>99.09%</td>
<td></td>
</tr>
<tr>
<td>No</td>
<td>8</td>
<td>0.90%</td>
<td></td>
</tr>
</tbody>
</table>

![Fig. 3 Number of Students who encourages School Sports](image)

The 0.90% of those who discourages school sports came from private school students, and 100% of public schools students were encouraging sports at their schools. See Table 4 and Fig. 4.

![Fig. 4 Encouragement rate according to Classification of School](image)

**Table 4.**

<table>
<thead>
<tr>
<th>SCHOOL CLASSIFICATION SPORTS ENCOURAGEMENT RATE</th>
<th>CATEGORY</th>
<th>No.</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>PRIVATE</td>
<td>8</td>
<td>0.90%</td>
</tr>
<tr>
<td></td>
<td>PUBLIC</td>
<td>265</td>
<td>100.00%</td>
</tr>
</tbody>
</table>
Out of 872 students whom encourages sports, 5.73% (50 students) recommended 1 session per week, 12.61% (110 students) recommended 5 sessions per week, 20.64% (180) recommended 4 sessions per week, 17.20% (150 students) recommended 2 sessions per week, while 43.80% (382 students) recommended 3 sessions per week. See Table 5 and Fig. 5

The type of the preferred sports to be conducted at girls school:

<table>
<thead>
<tr>
<th>SPORTS TO BE CONDUCTED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tennis</td>
</tr>
<tr>
<td>Table tennis</td>
</tr>
<tr>
<td>Volley ball</td>
</tr>
<tr>
<td>Motion sport</td>
</tr>
<tr>
<td>Basketball</td>
</tr>
<tr>
<td>Walking sports</td>
</tr>
<tr>
<td>Soccer (football)</td>
</tr>
<tr>
<td>Gymnastic and Ballet</td>
</tr>
<tr>
<td>Swimming</td>
</tr>
<tr>
<td>OTHERS</td>
</tr>
</tbody>
</table>

The reasons behind encouraging school sports for girls:
- 55.45% indicated that sports improve body blood circulation
- 70.9% indicated that sports increase concentration and improves memory at school
- 66.36% indicates that sports improve body built and prevent obesity
- 36% had added other reasons such as
  1. Sports is important for both gender
  2. Sports at school will improve attendance at school
  3. Sports is exciting and fun
  4. Sports refresh the body and make it active
  5. Sports improve the psychological behavior for the girls.
See Table 7 and Fig. 7

The reason for the 0.9% discouragement for school sports for girls were:
- Sport will harm the girls after puberty and there is no time for sports at school.
See Fig. 8
Sports and Health at Girls Schools in Riyadh, Saudi Arabia

CONCLUSION

Girls school’s students from 3 levels in Riyadh are encouraging having several sessions of different types of sports at their schools whether it is Public, Private or International girls schools indicating it’s importance on their body health and on improving their concentration and learning gain at schools and on improving their school attendance.

RECOMMENDATION

For these reasons we do recommend for conducting several sessions of different types of sports for all the girls schools under the supervision of female teachers in the kingdom of Saudi Arabia.

ACKNOWLEDGMENT

I would like to thank all the teachers who helped us in distributing these surveys to their students and gather it back from them.

REFERENCES


Appendix A.