

THE STRESSES RELATED TO RECUPERATING FROM ADDICTION

SHADDAD MOHAMMED¹, SOBEH BARAA²

Abstract

Objective: The research aims to design an educational program for the basic positions and some judo sport flinging skills also to acquaint the effect of the educational program on the level of some physical fitness elements, alleviating the stresses related to recuperating from addiction, the level of practical practice of basic positions and some judo sport flinging skills.

Procedures: Using pre and post test, the experimental approach was applied on a sample group of 20 males recuperating from addiction. The sample group was chosen according to age category. They aged 20 to 25 years old. They were selected at Al-Matar Hospital for Mental Health and were trained at Cairo Sports Club. Levels of some physical fitness were pre-measured according to the physical fitness standards and the performance of basic positions and judo flinging skills was post-tested. According to standards, the levels of stresses related to recuperating from addiction were pre and post tested whether they were physical, emotional, social, or mental stresses. The proposed educational program was applied for a period of 20 weeks two training sessions per week. The session of training was (45- 60) minutes.

Results: According to the analysis of the results, and in favor of post measurements there were significant statistical differences between pre and post levels of some physical fitness elements, some emotional, social, physical stresses related to recuperating from addiction, levels of performance of the basic positions and some judo flinging skills while there were no presence of significant statistical differences regarding the mental side.

Conclusion: The importance of practicing judo by personnel recuperating from addiction at sanatoriums and mental health hospitals because of its positive effects on reducing the levels of stresses related to recuperating from addiction whether emotional, social or physical stresses.

Key words: Judo sport - stress - recuperating from addiction.

Introduction

Addiction affects the Freedom and maturity of the young men adversely. It is considered to have a great danger on the health and welfare of the human being as a whole, the independence and stability of the countries and the dignity and aspirations of millions of people. It is important to consider the effective role of Egypt in developing the Arab youth to achieve the desirous development

will remain as how to deal with the intellectual whisper and conscience and longing to addiction. (H. Mohamed, 2005).

After finishing his treatment and during the stage of recovery there are several stresses such as psychological, physical, mental and social stresses which face the addicted person and may make him relapse. They emerge by abusing drugs throughout the period of addiction because of the inability to

¹Judo Training Dept., Faculty of Physical Education, Helwan University, EGYPT

² Combat and Individual Sports Dept., Faculty of Physical Education Helwan University, EGYPT

Email: dr.ayats@hotmail.com

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in the Arab World. The task and responsibility of the medical treatment institutions in Egypt must not be limited to curing those who fell in addiction, but the re-qualification program must include how to protect against addiction relapse. (S.W. Mosad, 2004)

The problem of addiction relapse is not considered as an individual problem that belongs to the recovered person only but it is a social problem related to the course of the human civilization too. (H. Mohamed, A. Mahmoud, 2005).

The limitation of the medical treatment to save the addicted person from the withdrawal symptoms that he faces as a result of quitting addiction is considered a stage through which the symptoms are treated to reduce the feeling of them. The basic problem for the recovered person

sleep, health disturbance, the lack of appetite, less ability for concentration, hesitant thinking and the inability to make decisions. (A. Ayat, 2005).

Recovering from addicting drugs is considered as a stage of the treatment stages that has special attention by those who are surrounding the addicted person but stages of the treatment are affected by hindering factors of the treatment such as the severe anxiety, nervousness, frustration and depression. (A. Mustafa, 2003).

Also the recovered person from addiction suffers from personal disputes, social withdrawal, social inconsistency with the society, leaving education and family decline that affect him passively when playing his role in the family and in the society. (S. Mustafa, 2000).

From this point there is a necessary need for reinsertion of the recovered person in the society, as this reinsertion contributes in improving willingness of the recovered person for facing the stresses falling upon him. (A. Roberts, 1997; I. Miller, 1998).

And that the theoretical heritage represented in the researches related to recovering from addiction, as a main pivot for the study that tends to be rare. (R. Edwar, 1998).

Considering the seriousness of the relapse problem, after recovering as a result of the stresses falling on the recovered person, specialists in the field of addiction regarded the necessity of providing the re-qualifying services and providing the necessary resources for the treatment and adaptability to have the capabilities of reinsertion in the society, restoring the dignity of the youth who abused drugs formerly (S. Mosaad, 2004).

The two researchers view that the sports support, through the re-qualification programs delineated for helping the recovered person to achieve the utmost to cope well with himself, adapt to the environment, improve the health represent one of the modern means of adaptability. So the recent study will basically focus on using the educational program for the judo sport in a trial to alleviate the stresses of the recovered persons from addiction after finishing the treatment course, those persons having trustful intention to recover from addiction, through raising the level of physical fitness elements, considering the basic focus that allow player to practice the basic positions and some flinging skills in the judo sport. (I. Yasser 2005)

Accordingly, the physical education especially the judo sport- that is the core of the study affects the general health of the recuperated and recovered persons positively through the active participation of the recovered person that activates him to assume and perform his responsibilities towards his health by changing his negative ideas and his negative behavior regarding his health ,

Hence judo sport tries through its practices to translate the known healthy facts into proper healthy behaviors, so the physical, the mental and the psychological and social sufficiency is verified, as the person will be educated and prepared through physical activity that he practices by the direction and supervision of the specialists by developing the elements of the physical fitness and some judo skills, through providing the recovered persons during exercises with following the healthy habits in their lives like organizing the sleeping time, rest time, work time and studying times in addition directing and promoting the information and health Knowledge. For example, the development of the physical fitness elements will improve the different functions of the different body systems such as the circular, respiratory, muscular , nervous systems that in its turn improves the level of the physical

health, consequently alleviating the body stresses falling on the recovered person. In addition, the skills of the judo and the situations of the different games will serve to develop the mental capabilities of the person, encouraging and motivating him, especially when facing the competing person or his rival, trying to understand his tactics when playing and how to face him. Also during the practice the person will try to concentrate on winning and achieving the best possible level, which all depend on the nervous system.

Also judo sport contributes to developing the ability for the disciplined way of thinking, which in turn serves in developing the mental capabilities, thus reducing the mental pressures of the recuperated persons

Also the objectives of practicing this physical activity (judo sport) include pleasure, happiness, satisfaction, and satisfying the trends, this becomes clear when the recovered person knows or learns a new useful skill of judo, also his happiness will increase when he attains high level of performance while practicing this skill. This happiness will compensate the recovered person for some features of failure in his previous life, that will serve in reducing the psychological pressures which fall on him, and will help him in recovering the psychological balance leading to improve the psychological health and alleviating the level of the psychology stresses.

Practicing the judo sport helps in acquiring good behavior, several experiences in the field of aspects of obedience, order and the commitment, also practicing the judo sport helps in acquiring good behavior patterns, order and commitment also acquiring the virtuosi moral qualities, also practicing a good sport enhances good relations between the peers giving them more ability to accept the difficult situations in a forgiving way, so practicing the judo sport helps in developing the social aspects consequently reducing the social pressures falling on the recovered person. So the recovered person must not be contented with viewing the prayers when practicing the sports but must do the actual practice of it, that assures the Chinese wise saying) If I hear I will forget, if I see I will remember, if I do I will know (A. Bana, 2007)

Thus the recovered person must change and develop his behaviors not only through readiness but also through the way of the direct learning.

Objectives of the study:

Designing an educational program for judo to identify:

- 1- The level of developing some physical fitness elements for the recovered persons from addiction.
- 2- The extent of performing some basic positions or posts or sets and some flinging skills.
- 3- The extent of reducing the physical ,

mental, social and psychological stresses

- Hypotheses of the study:-

1- There are statistical differences between the pre and the post measurement among the experimental group in the level of some physical fitness factors in favor of the post measurement.

2- There are statistical differences between the pre and the post measurements for the experimental group in the level of performing the basic posts and some flinging skills in favor of the post measurement.

3- There are statistical differences for extent of reducing the physical, mental, Physiological and social stresses, post and pre measurements in favor of the post measurements for the experimental group.

Methods:

- the researcher used the experimental methodology that examines the effect of the independent variable (the educational program for the judo sport) on the dependent variable) the stresses related to the cases of recovered persons from addiction, and of the physical fitness elements and some flinging skills in the judo sport on one sample, the pre and the post measurements were made for such sample.

Research Community: persons recuperated from addiction.

Research Sample:

The sample of the study has been selected by the intentional method - the number of the recovered persons was 20 males selected at Al-matar Hospital.

Conditions of selecting the sample:-

1- Selected males aged between (20- 25) years old

2- They must have true intention for recovery

3- Their weights ranged (65-80 k.g.).

4- They must be free of cardiac diseases, chronic diseases or any physical hindrances.

5-The recovered persons must not suffer from psychological or mental disease.

6- They must quit using drugs.

7- They must hold higher education.

- The homogeneity in the variables of (length, Weight) were found as it appeared that the values of curvature coefficient were restricted between (-.09) – (0.40) values are restricted between (+3 and - 3) that indicates the homogeneity of the sample.

Tools and Equipment:

According to the requirements of the present research the two researchers used the following tools:-

1- The form of meeting with the recovered persons.

2- List of stresses

(Arabic language is the verbal formula for the questions of list of stresses. The explanation of the question will be by the public language for those

who will be examined). Also the main dimensions for the questions of the list of stresses will be determined in order to include:

- Physical stresses related to the recovered persons

from addiction

- Mental stresses related to the recovered persons

from addiction

- Psychological stresses related to the recovered

persons from addiction

- Social stresses related to the recovered persons

from addiction

3- Measurements:-

- Measuring the weights by using a medical scale and Measuring the length by using resta meter.

* The physical tests:

- testing the movement speed.

- Testing hand hold strength for measuring the muscular strength for the holding of two hands by the manometer device

- Testing the strength of the back and the legs muscles to measure the muscular strength of the back and feet by the denam-meter device.

- Testing the wide jumping from stability using the measurement tap.

- Testing the pass by moving over the marks for measuring the dynamic balance using a stop watch.

- Testing the ability of endurance (sitting from the position of Kneeling with bending the two knees.

- Testing the fitness, lying down from the standing position using a stop watch.

- Testing flexibility. The bride using the measurement tap .

* Testing skills:

Evaluating the performance skills for the basic positions of the judo sport (Ukemi),

1- the back drop (Ushiro Ukemi),

2- the front drop(Mai – Marara - Ukemi),

3- the left side drop the (Hadari Yoko Ukemi),

4-(Migi Yoko Ukemi)).

Evaluating the performance skills of some flinging skills of Judo :

5-(Ippon – Seoi- Nage)

6-(Uki –Goshi)

7-(O- Soto- Gari)

The tests were applied on the reconnaissance- experimental sample of the thesis, the evaluation took place by the evaluators of the of performance level of the recovered persons through recording 3 trials, and calculating the average of them.

Reconnaissance test:

- The reconnaissance study were conducted in the period from (1-8-2010) till (9-8-2010)

Calculating the reliability:- This study has been applied to another sample group of 10 persons different from the basic research sample of the recovered persons. The group was divided into 2 groups of 5 persons. One group consisted of those who were recovered from addiction, and the other group did not use drugs before.

- The reliability of distinction on the sample of the research of reconnaissance was calculated as the value of (T) of the table = (2, 13) and the value of the calculated (t) of the physical test ranged between (6.08)- (103.69) – the value of the calculated (t) of the skills test ranged between (3,43)- (32.25) , the value of the calculated (t) of the stresses list ranged between and of the pressure list (23.25) -(69,81) that indicates higher reliability for the tests.

Calculating Stability

- The correlation coefficient for the physical fitness elements was calculated by calculating the correlation coefficient between the first and the second application with the difference of 7 days between the distinguished group and the non distinguished group, the value of (R the table) at the level (0.05 = 0.805) the value of the calculated (R) ranged between(0.83) - (0.99) for the physical tests, this value of the skill tests ranged between (0.78) – (0.95)and ranged between for the physical, mental, psychological and social stresses from (0.99) –(81) demonstrating that the test is stable.

Pre measurement:- was done for the experimental group

in the variables (physical, skill, stress level in (14/15-08/2010

Basic Experiment of Research:

Applying the basis experiment of the research was done in the period from 21/08/2010 to 01/01/2011, two times a week (Saturday and Tuesday) for twenty weeks- in Zamalak Sports Club, session: (ranging from 45 from 60 minutes) The program included:

- 1- Steps of program building.
- 2- Steps of program application.

First: Steps of program building.

• The objective of the program:- identifying effect of using the educational program of judo on the extent of the development of the physical fitness elements and the extent of acquisition of the basic positions and some flinging skills of judo and the extent of alleviating the physical, mental, physiological, social stresses within the recuperated person from addiction.

- Fundaments of delineating the program:-
 - 1- Program to achieve the objective for which it was delineated.
 - 2- Program to be adapted to age stage.

3- Program periods to be determined and distributed as well as distributing the training loads on them.

4- Observing the rest and intervals between the exercises and groups.

5- Gradation in the load

Second: Steps of program application

Depending on the researches and references aiming at preparing and applying the educational programs in judo, the two researchers prepared and applied the program.

The load was distributed on the educational sessions as the load ranged between (average 50% - above average from 70 – 80 %) in (40) sessions, provided the load tension of first (20) sessions attain (50%) , session time(45) minutes, to reach a total duration of minutes (20 x 45min = 900 min), the first (20) sessions were distributed to (8) sessions (8x 45min =360 m) with the purpose of developing the physical fitness elements and (12) sessions (12 x 45min =540 min) to be distributed as follows: (12 x 25min = 300min) in order to develop the physical fitness elements (12x 15min =180min) in order to educate the perfect basic positions in Judo Sport, (12 x 5min = 60 min) in order to cool the body down, for the other (20) sessions so the load tension ranged between (50 % - 70 - 80 %), the two researchers observed the distribution of the gradual load strength through the weeks with ratio of (1-2) in addition to observing the graduation in increasing the load, the session time reached (60min), so total of the sessions duration of minutes (20 x 60= 1200min) the session time was distributed as follows:- (20 x 15min= 300min) in order to develop the physical fitness elements, (20 x 40min = 800min) in order to teach the perfect skills of flinging which is the research subject, (20x 5min = 100min) to cool the body down, the relative importance of each element of the physical fitness elements related to judo sport is determined according to main research sample,(10 % of the element of leg muscles strength , 25% of the element of the two arms strength, 15 % of agility 10 % of flexibility , 10% of the element of balance of 15 % of bearing element (muscle and circular), 15 % of movement speed). Learning and perfection of the basic positions and flinging skills which is subject of the research of judo sport passing throughout the three educational stages.

The program sessions were conducted in the determined period at Zamalak Sports Club.

Post measurements:

The post measurements of the experimental group in physical, skills, and stresses level were taken on 02/01/2011.

Results:

Table 1: significance of the pre and post measurements of the experimental group at the level of some physical fitness elements.

S/N	Variables	Pre Measurement	Post Measurement	Percentage of improvement
		M \pm SD	M \pm SD	
1	Pushing a medical ball	3.27 \pm 9.54	4.16 \pm 0.03	27.22%
2	Wide jumping	170.05 \pm 4.99	184.05 \pm 8.01	8.33%
3	Feet muscles strength	104.71 \pm 1. 14	109.75 \pm 1.32	4.81%
4	Back Muscles Strength	100.45 \pm 2.54	10.56 \pm 1.04	8.10%
5	The strength of the right hand handling	30.60 \pm 2. 14	37.95 \pm 1.12	24.02%
6	The strength of the left hand handling	28.20 \pm 1.11	32.90 \pm 0.85	16.66%
7	Movement speed	10.19 \pm 1.11	8.40 \pm 0.22	17.57%
8	Circular and Respiratory System	13.61 \pm 0.42	11.50 \pm 0.30	15.50%
9	Fitness	8.10 \pm 0.79	14.45 \pm 9.09	78.39%
10	Flexibility	49.65 \pm 1.76	5.44 \pm 44.00	11.38%
11	Muscular tolerance	48.95 \pm 7.50	67.80 \pm 4.12	38.51%
12	Balance	69.35 \pm 2.48	74.78 \pm 1.11	7.86%

The level of significance is 0.05 % (1.73)

1- The first hypothesis appeared to be correct.

Table 2: the Significance of the pre and post measurements of the experimental group in the skill level of the basic positions and some shooting skills

S/N	Variables	Pre Measurement	Post Measurement	Percentage of improvement
		M \pm SD	M \pm SD	
1	(Ushiro Ukemi)	3.45 \pm 0.51	0.32 \pm 9.33	90.75%
2	(Mai-Marara-Ukemi)	3.60 \pm 0.50	0.33 \pm 0.10	90.83%
3	(Hadari-Yoko-Ukemi)	3.75 \pm 0.44	0.33 \pm 0.10	91.20%
4	(Migi-YokoUkemi)	3.70 \pm 0.47	0.29 \pm 7.18	92.16%
5	(Ippon-Seoi- Nage)	8.20 \pm 0.77	1.10 \pm 0.15	86.60%
6	(Uki -Goshi)	7.85 \pm 0.75	1.10 \pm 0.15	85.99%
7	(O- Soto- Gari)	8.35 \pm 0.67	1.10 \pm 0.19	86.83%

The level of significance is 0.05 % (1.73)

2-The second hypothesis appeared to be correct

Table 3: Significance of differences between the pre and post measurements of the experimental group in the pressure level

S/N	Variables	Pre Measurement	Post Measurement	Percentage of improvement
		M \pm SD	M \pm SD	
1	Physical stresses	10.65 \pm 1.31	7.78 \pm 1.07	26.95%
2	Mental stresses	13.75 \pm 1.20	13.50 \pm 1.28	1.81%
3	Psychological stresses	11.95 \pm 1.36	10.00 \pm 2.15	16.32%
4	Social stresses	12.70 \pm 1.26	8.56 \pm 1.97	32.60%

The level of significance is 0.05 % (1.73)

3-The third hypothesis appeared to be correct in alleviating the physical, psychological social stresses but it was not verified in alleviating the mental stresses

Discussion

From Table 1, it is shown that there are statistical differences between the average of the pre and post measurements in favor of the post measurement in the level of developing some of the physical fitness elements related to judo sport of addiction- recovered individuals as the ratio of improvement for the element of the legs muscles strength attained 4.81% as a result of the relative

distribution for developing the element of the legs muscles strength in the program that attained 10 %. While the program was increasingly concerned with developing the element of two arms strength as its relative distribution in program attained 25 % because of selecting the skills of flinging as a pivot for the program. In addition, the interest of element of circular and muscular tolerance (circular system) was of 15 % in the program in order to

increase the efficiency of the vascular system and muscles after the stage of treatment of the recuperated individuals. The improvement in developing the agility element attained the highest percentage of improvement as it was 78.39 % as a result of program concerning of program with adding exercises aiming at changing the state of the recuperated person from static to dynamic condition. In addition, the exercises play a role in breaking barrier of worry regarding the training place and sensing of such place throughout the body movement in order to change the positions of body the fact affects positively the adaptability to the place and sensing of body during the movement. The relative distribution of agility element in the program was 15 %. The ratio of the improvement for the element of dynamic speed attained 17.57 %. The relative importance of the dynamic speed exercises in the program was 15 % to observe the requirements of the flinging movements requiring speed during the performance. The improvement in the elasticity and flexibility elements was 11 % and this percentage was a result of the effect of the exercises used in developing the elasticity and flexibility taking into consideration that in the recuperated individuals whose age (20-25) it is difficult to increase the elasticity significantly. Its relative significance of the elasticity and flexibility in the program was 10 %. The improvement of the balance element attained 7.8 % and its relative significance in the program 10 %. Therefore, the first hypothesis appeared to be correct.

From the results of table 2, it is shown that there are statistical differences between the average of the pre and post measurement in favor of the post measurements in the level of the performance of the basic positions and some flinging skills.

The percentage of the improvement of the basic positions ranged from (90.75 % to 92.16 %). the raised improvement of the main and basic positions is due to its easy performance, while the flinging skills are distinguished to be difficult in the performance. So the second hypothesis appeared to be correct

From table 3, it is shown that the recuperated individuals from addiction that suffer from physical, psychological and social stresses can alleviate the severity of such stresses by practicing judo sport. It is shown that there are statistical differences between the pre and post measurements in favor of the post measurements. As the highest parentages of improvement are alleviating the severity of the social stresses and they attained (32.60 %) this can be explained that it is reinsertion of the recuperated person with the social environment of healthy people can achieve the recuperated person concerning establishing him as a successful person by participating in the

training and communicating with the couches, activating with the program. This participation in turn contributes in adaptability to the environment and alleviating the social stresses. In addition, the percentage of improvement of the physical stresses attained (26.95%) that is not little compared to the period of program that is 20 weeks practicing two times a week provided that the session time is 60 minutes.

In addition, the percentage of the improvement of the psychological stresses attained (16.32%). Therefore, it is worthy to point out that the psychological stresses are related to the emotional condition so there is an improvement occurring to alleviate the severity of the stresses that are correlated to a situation of the addiction case by finishing this case, and readapting the recuperated person by practicing the judo sport that contributed to improve the positive psychological abilities and then alleviating the severity of the psychosocial stresses.

There are no statistical differences in the level of the severity of the mental stresses between the pre and post measurements, this can be a result of the continuity of the recuperated person during the addiction period by abusing the addicted drugs for a long time the fact that affect the nervous system and the desire of the addicted person not to practice the mental activity and thinking which have effect on reducing the competence of the mental skills.

Lack of participation in matches and satisfaction with learning the skills affect the percentage of improvement in the mental stresses greatly. So it is verified that correctness of the third hypothesis in alleviating the physical, psychological social stresses and its not verified in alleviating the mental stresses.

Some current study results regarding alleviating the severity of the stresses are associated with the results reached by the previous researches (A. Roberts, 1997; A. Ayat, 2005) in the terms of the seriousness the stresses and their effect on the addicted person in his stage of being cured and recuperated from the addiction in addition to the necessity of helping them in order to face the relapse and alleviating the severity of theses stresses throughout adaptability programs.

By displaying and discussing the research results, it is shown that the educational program of the judo sport of the recuperated persons from the addiction affects alleviating the stresses fallen upon the recuperated persons.

Conclusion

1- The importance of practicing judo within recuperating from addiction sanatoriums and mental hospitals in the stage of readaptability and reinsertion, because of their positive effects on the reduction of the level of some stresses associated

with recuperating from addiction, whether they are emotional, social or physical.

2- It is necessary to train sports specialists in order to work in the main departments of addiction at the addiction sanatoriums and hospitals

3- Encouraging and intensifying the studies and researches related to the recuperated individuals from addiction in order to protect them from returning to it.

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