



The Role of Sporting Activates in Reducing Plastic Surgeries among Women Students at Al-Balqa Applied University

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Abstract

Introduction: Beauty is one of God's blessings conferred on us, especially on women. Our true religion instilled in us love for adornment and being beautified.

Objectives: This study aimed to identify the role of sports activities in reducing plastic surgeries as to women students at Al-Balqa Applied University.

Methods: The researcher used the descriptive correlation method. The sample consisted of (200) females chosen randomly from the university by implementing the study tool on a sample consisting of (60) items including six domains. Suitable methods were used to ensure validity and reliability, to answer the research used the two-way analysis of variance, the multi-variant analysis of Viviane and Scheffe's test.

Results: The means (3.86 - 3.00) with the highest mean (3.86) for the personal motivations, which ranked first, whereas the academic motivations came last with the mean of (3.00). The means of the tool as a whole reached (3.33). The results of the study showed statistical differences (0.05 = a) attributed to the case effect. They also showed significant statistical differences (0.05 = a) attributed to the impact of the academic year on the aesthetic and health field, with the differences on behalf of the 3rd and 4th women students.

Conclusion: The research came out with a set of recommendations among the most prominent of which is the necessity of enhancing the culture and concepts of sports as related sports do the role of sporting activities for women, for such activities have a positive impact on the different walks of life: aesthetic, personal, psychological, social, academic and health issues. It was also recommended that positive motives have to be boasted through exercising sports activities to minimize plastic surgeries.

Keywords: Sports Activities; Plastic Surgeries; Academic and Health Issues; Physical Activity

Introduction

Beauty is one of God's blessings conferred on us, especially on women. Our true religion instilled in us love for adornment and being beautified. O Children of Adam! Look to your adornment at every place of warship, and eat and drink, but be not prodigal. However, the religion does not consider these as bases in assessing a woman. Rather it confined us within certain limits that we cannot transcend, for God created us of the best stature. Therefore, we have to maintain this blessing and thank God for it.

Sporting activities are considered to be a vital requirement in our present time- In addition, they have positive benefits in every walk of life. They help to burn the fat in the blood and improve the general psychological state of a sportsman. The process of exercising various activities is one of the basic bodily and functional needs of the human body. These needs can never be satisfied without practicing sporting activities [1]. It has personal, social, aesthetic, psychological, academic and health benefits It normally enhances the physical fitness standard for better health, longer life, more

activity and helps reduce the possibility of having heart diseases, diabetes, lower back pain and obesity. Moreover, it develops the different aspects related to health and beauty as well as the positive trends towards practicing sporting activities [2]. The woman has been careful to enter the battlefield of sporting activities following the lethargy caused by her hard daily work and as a result of the increasing number of obese women because of less muscular efforts. This situation obliged them to resort to physical fitness to reduce their weight, lessen fat in their bodies, or compensate for their missing grace and develop an attractive stature. By so doing, the woman seeks self-realization and rebalance of her body through sport. The motives for sport practicing vary and the manifestations of it are numerous [3].

Hence, young women embark on undergoing plastic surgeries noticeably despite the heavy financial cost and the side effects that do harm to their physical and psychological health. And the result of these surgeries is not guaranteed, some women have to borrow money from the bank to cover the expenses thinking that they will feel happy, self-confident and self-esteemed following the surgery process unmarried women resort to plastic surgeries in hope of finding their life-partners as far as married women are concerned, they embark on plastic surgeries either to win their husbands, admiration or as a response to their husbands, pressure who want them to look like models and actresses as they appear in pictures. However, these pictures are often fake [4].

Sometimes, women have plastic surgeries to avoid signs aging like wrinkles and sagging skin. They may also resort to a surgery in hope of being promoted in their jobs. This is based on the general belief that the more attractive a person is, the more successful they are [5]. Fayyadh (2000) believes that the superiority of the body and glorifying it has become a trait of modern societies that focus on beauty [6].

A well-proportioned body that is tight and slim attracts viewers. And to achieve these criteria a woman needs to make tremendous efforts in her attempt to attain almost perfect beauty and social admiration and acceptance. This study aims to cast the light on the role of sporting activities in reducing plastic surgeries among Al-Balqa Applied University women students. The study problem lies in the fact that it addresses the stage of youth or adulthood. It reinforces all aspects related to their character personal, emotional, cognitive, social and psychological as well as their physical fitness and beauty. It also seeks to reduce physical changes like obesity,

sagging and thinness and reduce their psychological problems such as anxiety, depression, and isolation from people and their dissatisfaction with their bodily shapes, the thing which was confirmed by Shteivi (2017) [7]. The problems of the study is represented by the attempt to investigate and find out whether there is a relation between sporting activities and the reluctance to have plastic surgeries. The problem is also represented by the attempt to reveal the real motives behind sporting activities among the study sample, and to explain whether there is a difference in their motivations according to their social status and academic year.

Some people embark on a plastic surgery for no medical reasons believing that it makes them look more beautiful, but this is a misconception. A plastic surgery has negative effects on both physical and psychological health. It also implies deception; for example, an ugly woman seems beautiful and an old woman looks young. However, plastic surgeries have widely spread not only in the Arab world but also all over the world. According to the American society for plastic surgeries has jumped to 200% since the year 2000 and that 17.5 surgical cosmetic operations were performed in 2017 by an increase of 2% within one year [8].

The reasons that contributed to the young if women embarking on such operations were Slevic and Tiggemann (2010); the scientific and technical revolution in the development of aesthetic medicine and the impact of mass media which spared no effort to create an ideal but unreal model of beauty with inaccessible measures which generated internal struggle among women in their desperate efforts to imitate this model [9].

Literature Review

In his study [7] aimed to identify the women's motives behind their practice of physical fitness at the physical fitness centers in the governorates of the West Bank North. He also aimed to determine the study variables effectively.

To achieve the objectives of the study, a stratified random sample consisting of 350 trainees was chosen. The study tool was distributed to them. (335) of the sample were restored. The results of the study showed statistically significant differences in the level of the motives behind the practice of fitness at the fitness center attributed to the effect of the social status variable on the psychological and social motives. The study also showed that friends, the husband and mother, respectively are the most effective factors in developing the woman's motives towards the practice of physical

fitness at the relevant centers in the governorates of the West Bank North.

Al-Aqeel study aimed to identify the social and psychological factors related to the Saudi girls desire of surgical aesthetic operations, and to determine the personal attributes and social circumstances for this desire. The study sample consisted of only 150 girls owing to the extreme reservation on the part of females towards participation. The method applied to the study community was the descriptive one. The study concluded that middle aged girls have more desire for plastic surgeries than others. The study also showed that the higher the education level of a girl, the more desire she will have for surgical aesthetic operations. Another conclusion was that girls who belong to formal institutions such as students or employees are more interested in surgical aesthetic operations. The study also proved that there is no relation between the girl's social status, i.e. being single, married, divorced, separated or a widow and plastic surgeries. Finally, the study revealed that there is no connection between the girl's cultural affiliation being urban, rural or bedouin and the desire for plastic surgeries [10].

Melhem., *et al.* (2012) conducted a study to identify the motives behind tennis sport in Jordan, in addition to the differences between these motives in light of the study variables. The study sample consisted of 87 men and women players. The research instruments included several aspects: Psychological motives. physical fitness, health, superiority and achievement, mental, and financial status [11].

The research results also showed differences in certain motives attributed to the variables of sex, age group, education level and income. The study conducted in London by Clarke., *et al.* (2012) aimed to study the psychological and social benefits for appearance anxiety management. The study sample consisted of (500) men and women aged between (16-79) using standardized questionnaires and clinical in the results indicated a great impact of appearance anxiety represented by significant withdrawal from social activities, particularly close relations, wearing loose clothes, and complete social isolation [12]. Clarke., *et al.* conducted a study in Australia to identify the role of teasing as a motive for having an optional plastic surgery. The sample they chose consisted of 449 individuals aged between 18 and 20. The study showed that half of the samples were exposed to teasing and bullying because of their appearance. The individuals who were exposed to teasing and bullying showed high levels of anxiety, tension and bipolar disorder.

On the other hand, they showed low levels of satisfaction towards their appearance and charisma.

AL-Hafez study aimed to identify the most important motives behind practicing sporting activities among young people who go to Al-Hussein Youth City on the one hand, and the difference of these motives according to the study variables. The researcher used a 66 -item questionnaire, which he distributed to sample consisting of 46 people who go to Al-Hussein Youth City. The method he employed was the analytical statistical approach. The results of the study showed no significant statistical differences in practicing physical activities among Al-Hussein City goers related to the social status variable. However, the study showed statistically significant differences attributed to the sex variable in both social motives and sporting tendencies [13].

Henderson (2005) carried out a study to check whether the people in Britain accept plastic surgery. He intended build a trend meter in relation to plastic surgeries, and disclose the trend relationship with the performance of plastic surgery, the satisfaction with outside appearance and the fear of having surgery. The study was conducted on a sample consisting of 1288 men and women students using the descriptive survey method. The results indicated negative correlation between performing the physical appearance the plastic surgery and satisfaction with the physical appearance. They also indicated negative correlation between the trend toward the acceptance of plastic surgery and the fear of becoming less attractive. The study concluded that the trend toward plastic surgery has something to do with ageing [14].

By reviewing the previous studies, we found out that these studies discussed the role of sporting activities in reducing plastic surgery among Al-Balqa Applied University women students. They also discussed the motives behind practicing sporting activities, plastic surgery, social status, a cadmic year, sex, and age.

Some of these studies discussed the social and psychological factors that motivated young women to have plastic surgery; For example, the study conducted by Clarke., *et al.* (2012) [12], which aimed to study the psychological and social benefits of appearance anxiety management whereas the study aimed to study the role of teasing as a motive for performing optional plastic surgery. The researcher noted that the study which discussed that the indirect relation between the practice of sporting activities and the less desire for plastic surgery came out through the fields of study. Al-Hafez

study (2009), for example, confirmed the statistically significant differences as to the social and health motives [13]. Melhem, *et al.* study, on the other hand, confirmed that such differences are available in all fields [11]. Shteivi study [7] agreed that there are statistically significant differences in the level of motives related to the practice of physical fitness at the relevant centers that are ascribed to the social status variable when it comes to the psychological and social motives area. Al-Aqeel study [10] agreed that there is a correlation relationship between the motives of practicing sporting activities and plastic surgery attributed to the academic year. However, Al-Aqeel study disagreed that there are statistically significant differences related to social status. This study is different from other studies in the scarcity of similar previous studies.

Material and Methods

The research employed the description relational approach to identify the role of sporting activities in reducing plastic surgery among Al-Balqa Applied University women students, and to spot the differences in the role of sports in relation to the differences in social status and academic year as shown in table 1.

The community of study consists of 200 women students at Al-Balqa Applied University/Irbid University College. The original study community aged between 12 and 18 years. The researcher adopted the random method in choosing the sample and in identifying the role of sporting activities in reducing plastic surgery among the sample community.

	Categories	Frequently	Percentage
Social status	Married	50	25.0
	Single	150	75.0
Academic year	1 st	25	12.5
	2 nd	40	20.0
	3 rd	60	30.0
	4 th	75	37.5
	Total	200	100.0

Table 1: Frequency and Percentages According to the Study Variables.

The researcher adopted and developed the study tool to identify the role of sporting activities in reducing plastic surgery among Al-Balqa Applied University after having reviewed theoretical literature and previous studies including [7,15] as well as research work related to the research topic.

As far as the research tool (questionnaire), it included personal data and the tool aspects. The questionnaire consisted of (6) items divided into 6 domains (Appendix A) as follows:

- Aesthetic domain, which includes items (1-11).
- Personal domain, which includes items (12-33).
- Psychological domain, which includes items (34-49).
- Academic domain, which includes items (50-55).
- Health domain, which includes items (56-60).

To correct the research tools, fifth Likert scale was adopted giving each item one degree of approval out of five (agree with very high degree, agree with high degree, agree with intermediate degree, agree with a little degree, agree with very little degree). These degrees are represented by the numbers (1, 2, 3, 4, 5) respectively.

To analyze the results the following scale was used:

- From 1.00- 2.33 little.
- From 2.34 -3.67 medium.
- From 3.68 -5.00 high.

And to calculate the scale, the following formula was adopted:

(The highest degree (5) – the so west degree (1))/Number of categories required

$$(5-1) / 3 = 1.33.$$

The answer (1.33) is added to the end of each category.

To extract the indications of the validity of the construction scale, the correlation coefficient of the scale items with the total score using a pilot sample from outside the study sample consisting of 30 women students. The scale items were analyzed and the correlation coefficient of each item was calculated for the correlation coefficient in this case represents an indication of validity of each item in the form of correlation coefficient between each item and the total score, on the one hand, and between each item and its correlation with the domain it belongs to and between each domain and the total score, on the other hand.

The correlation coefficients with the tool as a whole ranged between 0.31 and 0. 86, and with the domain they ranged between 0.31 and 0.89.

To ensure the tool consistency the test-retest method was employed by means of applying the scale and reapplying it after two weeks to a group from outside the study sample consisting of (30)

women Students. Afterwards, person’s correlation coefficient between the two estimates was calculated the consistency coefficient was calculated by the internal consistency method according to Cronbach’s Alpha formula. Table 2 shows the internal consistency coefficient formula and the Test-Retest reliability of the domains and the tool as a whole. These calculations were considered to be fit for this study.

Domain	Test-retest consistency	Internal consistency
Aesthetic motives	0.87	0.81
Personal motives	0.85	0.77
Psychological motives	0.89	0.80
Social motives	0.85	0.79
Academic Motives	0.89	0.76
Health Motives	0.84	0.79
Total score	0.89	0.86

Table 2: Internal Consistency, Cranach’s Alpha, Test-Retest Reliability for the Domains and the Total Score.

The scales were distributed to a sample of Al-Balqa Applied University/Irbid University College women students during December 2019/2020. The study tool was implemented, a general idea about the study importance and aims was given, and the instructions related to the tool employed were explained. The women students were reassured that their participation is optional and that the data they presented would be strictly confidential. It took the women students around 20 minutes to fill up the questionnaire.

To answer the study questions and test its hypotheses, a descriptive statistical, (arithmetic means, standard deviations) was adapted to determine the differences between the social status and academic year related to the tool of study, T-test was also used. The researcher also used the two-way analysis of variance (ANOVA) and the multivariate analysis of variance (MNOVA), in order to control the differences between the arithmetic means of Al-Balqa Applied University women students’ scores related to the study tool. The researcher also used Scheffe’s method for dimensional comparisons to identify the differences between the arithmetic means.

Results and Discussion

This study aimed to find out the role of sporting activities in reducing plastic surgery among Al-Balqa applied university women students. The study replies to two questions. It discussed the role

of the independent variable of the sporting activities in reducing plastic surgery.

The relevant data was collected and analyzed descriptively and indicatively using the one-way analysis of variance and the analysis of covariance (ANCOVA).

The study arrived at a number of results. Since this study mainly concerns with an aspect related to plastic surgery, the results were classified in such a way that facilitates discussing them with the results related to the study questions as follows:

Question 1: What is the role of sporting activities in reducing plastic surgery among Al-Balqa Applied University women students?

To answer this question, the arithmetic means (A. M.) and standard deviations (S. D.) of this specific role were extracted. As shown in table 3.

The table 3 shows that the arithmetic means ranged between 3.00 and 3.86 where personal motives ranked first with the highest mean (3.86), whereas academic motives came last with the mean (3.00) and the mean of the tool as a whole reached 3.33.

Order	No	Domain	A. M.	S. D.	Level
1	2	Personal Motives	3.86	0.343	High
2	6	Health Motives	3.72	0.515	High
3	3	Psychological Motives	3.71	0.353	High
4	4	Social Motives	3.42	0.334	Medium
5	1	Aesthetic Motives	3.27	0.416	Medium
6	5	Academic Motives	3.00	0.604	Medium
Total score			3.33	0.503	

Table 3: The Arithmetic Means and Standard Deviations of the Role of Sporting Activities in Reducing Plastic Surgery among Al-Balqa Applied University Women Students in a Descending Order According to Arithmetic Means.

The arithmetic means and standard deviations of the research sample individuals, estimates were calculated as to the items of each domain separately.

First domain: aesthetic motives

Table 4 shows that the arithmetic means ranged between 2.33 and 3.73. Hence, item 5, which states that sporting activities help

avoid aging signs, came first with a mean of 3.37, whereas item 6, which reads I think that plastic surgery with mean makes me look younger. At last with a mean of 2.33. The arithmetic mean for anesthetic motives as a whole was 3.27.

Order	No.	Items	M.	S. D.	Level
5	10	Sporting actives assist in reducing tummy tucks and fat removal.	3.51	1.371	Medium
5	11	Sporting activities teach me how to take care of my body and maintain my stature.	3.51	1.284	Medium
7	3	I practice sports because, I want to be more attractive.	3.50	1.360	Medium
8	2	I play sports because I want to reduce my weight and achieve better appearance.	3.17	1.400	Medium
9	9	I use any technique that helps hide my body imperfections.	3.02	1.502	Medium
10	8	Plastic surgery clinics ads tempt me to get rid of obesity and misshapen body muscles.	2.35	1.270	Medium
11	6	I believe that plastic surgery makes me look younger.	2.33	1.288	Medium
		Aesthetic Motives	3.27	0.416	Medium

Table 4: The Arithmetic Means and Standard Deviations Related to Aesthetic Motives in a Descending Order According to the Means.

Second domain: personal motives

Table 5 shows that the arithmetic means ranged between 3.45 and 4.09, where item 20, which states that sporting activities enhance my spirit of challenge, adventure, patience and A En durance' came first with mean (4.09), whereas item 20 which states that sporting activities enhance my spirit of challenge, adventure, patience and endurance came first with a mean of 4.09, whereas item 17 which reads sporting activities help me achieve my ambition came last with a mean of personal motives as a whole was 3.86.

Order	No.	Items	M.	S. D.	Level
1	20	Sports foster my spirit of challenge, adventure, patience and endurance.	4.09	1.035	High
2	14	I love sporting activities because they help me develop myself.	4.05	1.115	High
3	16	Sports club membership encourage me to persevere in practicing sports activities.	4.02	1.173	High
4	13	My interest in sports makes me attracted to sports clubs and more willing to practice sporting activities.	3.99	1.182	High
5	15	Practicing sporting activities increases my self-confidence.	3.96	1.266	High
6	12	Practicing sporting activities help me achieve my tendencies and talents.	3.91	1.139	High
7	18	Practicing sporting activities strengthens my will and perseverance.	3.88	1.240	High
8	23	Once I get the money, I won't hesitate to have plastic surgery.	3.85	1.330	High
9	22	I'd prefer to spend money on sports clubs rather than have plastic surgery.	3.82	1.236	High
10	19	Sporting activities enhance self-control.	3.76	1.328	High
11	21	Plastic surgeries are a waste of money in my opinion.	3.60	1.212	Medium
12	17	Practicing sports help me achieve my ambition.	3.45	1.359	Medium
		Personal Motives	3.86	0.343	High

Table 5: The Arithmetic Means and Standard Deviations Related to Personal Motives Arranged in a Descending Order According to the Standard Deviations.

Third domain: psychological motives

As shown in table 6, the arithmetic means ranged between 3.41 and 4.00 where item 27, which reads I have a sense of self-realization when I practice sporting activities, came first with a mean of 4.00, whereas item 28, which states that sports reduce psychological tension ranked last with a mean of (3.41). And the arithmetic means of psychological motives as a whole was 3.71.

Order	No.	Items	M.	S. D.	Level
1	27	Practicing sports activities gives me a sense of self - realization.	4.00	1.070	High
2	26	Sporting activities rids me of my physical inactivity stale.	3.98	0.974	High
3	29	Practicing sports helps me solve social and health problems.	3.93	1.152	High
4	31	Sports help women to achieve self - compatibility.	3.80	1.186	High
5	24	Playing sports makes me feel happy and avoid plastic surgery.	3.78	1.192	High
6	25	I play sports for recreation.	3.60	1.292	Medium
7	32	Sports activities teach me self- dependence and taking responsibility.	3.60	1.212	Medium
8	33	I practice sports activities only when I am motivated.	3.51	1.371	Medium
9	30	Sports activities help me break my daily routine.	3.50	1.360	Medium
10	28	Sports activities reduce psychological tension.	3.41	1.319	Medium
		Psychological Motives	3.71	0.353	High

Table 6: The Arithmetic Means and Standard Deviations Related to Psychological Motives Arranged in a Descending Order According to Arithmetic Means.

Fourth Domain: Social Motives

Table 7 shows that the arithmetic means ranged between 2.20 and 3.75, where item 41, which reads “friends” influence makes me accept the practice of sporting activates came first with a standard deviation of 3.75, whereas item 43, which says I presently prefer having plastic surgery owing to its low cost came last with a standard deviation of 2.20, and the arithmetic mean of social motives as a whole reached (3.42).

Fifth domain: academic motives

Table 8 shows that the arithmetic means ranged between 2.01 and 3.81, where item 54, which states being engaged in sporting activities makes me avoid plastic surgery came first with a mean of 3.81, while item 51, which says making use of leisure time prac-

ticating activities came last with a mean of 2.01, and the arithmetic mean of the academic motives as a whole was 3.00.

Order	No.	Items	M.	S. D.	Level
1	40	Social surrounding makes me feel the importance of sports and the demand.	4.12	1.000	High
2	45	I guess that having plastic surgery can help in finding a life- partner, or in the continuity of my married life.	3.95	1.117	High
3	37	I practice sports out of social showing off.	3.85	1.330	High
4	39	I feel Unicom for table when someone assesses my physical stature.	3.81	1.181	High
5	42	The growing interest of the mass media in sporting activities.	3.80	1.140	High
6	41	My friend's influence makes me accept sporting activities.	3.75	1.275	High
7	46	I see that plastic surgery is necessary in my society.	3.72	1.209	High
8	47	I prefer plastic surgery to sporting activities for a faster result.	3.68	1.288	High
9	49	I spend long hours watching programs concerned with maintaining one's attractive physical fitness.	3.66	1.163	Medium
10	35	Sports help in building social relationships and being socially accepted.	3.65	1.333	Medium
11	34	Practicing sporting activities enhances the woman's social position.	3.60	1.216	Medium
12	36	Having plastic surgery will make more acceptable by others.	3.58	1.289	Medium
13	38	Plastic surgery will make me look more handsome in my life-partner's eyes.	2.61	1.417	Medium
14	48	I'd like to have plastic surgery just to imitate celebrities.	2.58	1.332	Medium
15	44	Practicing sporting activities reflect one's social prestige.	2.27	1.227	Low
16	43	Presently, I prefer plastic surgery to sporting activities owing to its low cost.	2.20	1.211	Low
		Social Motives	3.86	0.343	High

Table 7: The Arithmetic Means and Standard Deviations Related to Social Motives Arranged in a Descending Order According to the Standard Deviations.

Order	No.	Items	M.	S. D.	Level
1	54	Bing engaged in sporting activities makes me avoid plastic surgery.	3.81	1.217	High
2	55	Choosing the appropriate time for practicing sporting activities.	3.69	1.197	Medium
3	52	Necessity for encouraging extracurricular programs on campus.	3.41	1.319	Medium
4	53	Providing special courses related to physical fitness increases my knowledge of the importance of sporting activities.	2.66	1.423	Medium
5	50	Student's sense of the importance of the sporting and recreational activities.	2.40	1.330	Medium
6	51	Making use of leisure time practicing sporting activities.	2.01	1.145	Medium
		Academic Motives	3.00	0.604	Medium

Table 8: The Arithmetic Means and Standard Deviations Related to Academic Motives Arranged in a Descending Order According to Arithmetic Means.

Sixth domain: health motives

Table 9 shows that the arithmetic means ranged between 3.54 and 3.91 where item 57, which says: practicing sporting activities to maintain an ideal weight came first with an arithmetic mean of 3.91, whereas item 56, which states that sporting activities make it possible for me to express my physical abilities came last with a mean of 3.54, and the arithmetic mean of health motives as a whole was 3.72.

Order	No.	Items	M.	S. D.	Level
1	57	Practicing sporting activities to maintain an ideal weight.	3.91	1.135	High
2	59	Sporting activities help in acquiring good healthy habits.	3.75	1.1275	High
3	60	Sporting activities prevent and cure many age diseases.	3.73	1.1227	High
4	58	Practicing sports activities increases physical flexibility.	3.66	1.163	Medium
5	56	Sporting activities make it possible for me to express my physical abilities.	3.54	1.414	Medium
		Health Motives	3.72	0.515	High

Table 9: The Arithmetic Means and Standard Deviations Related to Health Motives Arranged in a Descending Order According to Arithmetic Means.

Question 2: Are there any differences between the responses of the study sample individuals to the (aesthetic, personal, psychological, academic and health) domains attributed to the (social status and academic year)?

To reply to this question, the arithmetic means and standard deviations of these responses as to (aesthetic, personal, psychological, social, aesthetic, and health) domains were extracted according to the social status and academic your variables. Table 10 shows a phonotypical variation in the arithmetic means and standard deviations of the study sample individual responses as the (aesthetic, personal, psychological social, academic and health) domains owing to the difference in the social status and a cadmic year categories of variables.

Variables			Aesthetic Motives	Personal Motives	Psychological Motives	Social Motive	Academic Motives	Health Motives	Total Score
Social Status	Married	M	3.31	3.86	3.27	3.41	3.01	3.59	3.39
		S.D	0.377	0.364	0.367	0.392	0.555	0.509	0.518
	Single	M	3.26	3.86	3.71	3.43	2.99	3.16	3.31
		S.D	0.429	0.337	0.350	0.314	0.621	0.512	0.498

Academic Year	1 st	M	3.02	3.90	3.69	3.40	2.94	3.50	3.19
		S.D	0.409	0.387	0.337	0.442	0.605	0.500	0.407
	2 nd	M	3.10	3.81	3.56	3.39	3.00	3.40	3.15
		S.D	0.416	0.339	0.297	0.333	0.693	0.543	0.575
	3 rd	M	3.41	3.85	3.74	3.41	3.01	3.91	3.43
		S.D	0.406	0.375	0.369	0.334	0.584	0.449	0.540
	4 th	M	3.33	3.88	3.72	3.46	3.01	3.80	3.38
		S.D	0.363	0.374	0.374	0.295	0.580	0.458	0.432

Table 10: The Arithmetic Means and Standard Deviations of the Sample Study Individual’s Responses as to (Aesthetic, Personal, Psychological, Social, Academic and Health) Domains According to the Social Status and Academic Year Variables. M= Mean; S.D = Standard Deviation.

To state the significance of statistical differences between arithmetic means by applying the two-way multivariate analysis of variance to the domains (Table 11) and the two-way analysis of variance to the tool of study as a whole as well.

Table 11 shows that:

- There are no statistically significant differences (0.05 = a) attributed to the impact of social status on all domains.
- There are no statistically significant differences (0.05= a) attributed to the effect of academic year on all domains except both the aesthetic and health motives. And to find out the pair wise statistically significant differences between the arithmetic means, dimensional comparisons based on Scheffe’s method were used.

Table 12 states that:

- There are no statistically significant differences (a=0.05) attributed to the influence of social status. F-value reached 2.075 with statistical significance of 0.51.
- There are statistically significant differences attributed to the impact of academic year, where F-value reached 3.776 with statistical significance of 0.012.

As shown in table 13 there are statistically significant differences (0.05 = a) between the first, on the one hand, and between the third and fourth, on the one hand, and between the third and fourth, on the other on behalf of the third and the fourth year.

The Table also shows statistically significant differences (a = 0.05) between the second on the one hand, and the fourth on to the aesthetic and health motives as well as the total score.

Variance Source	Domains	Squares Sum	Degrees of Freedom	Mean of Squares	f-value	Statistical Significance
Social Status	Aesthetic motives	.342	1	.342	2.228	.137
Hostelling = .028	Personal motives	.00003	1	.00003	.000	.987
H = .513	Psychological motives	.021	1	.021	.166	.685
	Social motives	.000	1	.000	.002	.965
	Academic motives	.030	1	.030	.081	.776
	Health motives	.479	1	.479	2.103	.149
	Academic Year	Aesthetic motives	4.469	3	1.490	9.708
Wellix = .775	Personal motives	.158	3	.053	.442	.723
	Psychological motives	.266	3	.089	.703	.551

H = .000	Social motives	.164	3	.055	.484	.694
	Academic motives	.103	3	.034	.092	.964
	Health motives	7.292.3	3	2.431	10.665	.000
Source of Error	Aesthetic motives	29.922	195	.153		
	Personal motives	23.267	195	.119		
	Psychological motives	24.544	195	.126		
	Social motives	22.026	195	.113		
	Academic motives	72.481	195	.372		
	Health motives	44.444	195	.372		
Macro Source	Aesthetic motives	34.512	199			
	Personal motives	23.427	199			
	Psychological motives	24.816	199			
	Social motives	22.197	199			
	Academic motives	72.606	199			
	Health motives	52.823	199			

Table 11: The Multivariate Analysis of Variance of the Impact of Social Status and Academic Year on Domains.

Variance Source	Squares Sum	Degrees of Freedom	Mean of Squares	f-value	Statistical Significance
Social Status	.504	1	.504	2.075	.151
Total	2.754	3	.918	3.776	.012
Error	47.4.5	195	.243		
Macro source	50.405	199			

Table 12: The Two-Way Analysis of Variance of the Influence of Social Status and Academic Year on the Study Sample Individual’s Responses as to the (Aesthetic, Personal, Psychological, Academic and Health) Domains.

* At the significance level (a = 0.05).

		Mean	1 st	2 nd	3 rd	4 th
Aesthetic Motives	1 st	3.02				
	2 nd	3.10	.084			
	3 rd	3.41	*.395	*.311		
	4 th	3.33	*.315	*.231	.080	
Health Motives	1 st	3.50				
	2 nd	3.40	.104			
	3 rd	3.91	*.406	*.510		
	4 th	3.80	*.296	*.400	.110	
Total Score	1 st	3.19				
	2 nd	3.15	.039			
	3 rd	3.43	*.240	*.279		
	4 th	3.38	*.182	*.221	.058	

Table 13: Dimensional Comparisons Based on Scheffe’s Method of the Effect of Academic Year on Study Sample Individual Responses as to the Aesthetic and Health Domains.

Summary of results

- It turned out that the arithmetic means ranged between 3.00 and 3.86, where personal motives ranked first with the highest mean of 3.00. The arithmetic mean for the tool as a whole was 3.33.
- There were no statistically significant differences (a = 0.05) attributed to the social status. However, there were statistically significant differences (a = 0.05) attributed to the effect of the academic year on behalf of the third and fourth year as to the aesthetic and health motives as well as the total score.

Conclusion

The study revealed that there are no statistically significant differences between the Sample individuals’ responses as to the domains related to social status. This result is similar to the study conducted by Clarke., *et al.* (2012) [12], but differs from [7,10,13] various studies. Al-Hafez study indicated that married women are

in needs of more psychological morale owing to their academic and personal commitments. They have to be encouraged to practice sporting activities to reduce stretch marks and increase physical fitness and tighten their body muscles as a result of childbirth. Here a women needs to have stamina and physical fitness to play the role of each a husband, a mum and a university student altogether. By being so, a woman and realizes herself socially, which helps her build new friendships and relations. As far as unmarried women are concerned, the differences were not statistically, significant as to other domains, unlike the social and psychological domains.

The researcher also ensures the different between the sample community responses as to the aesthetic, personal, psychological, social, academic and health domains which are attributed to the academic year variable. This is due to the impact of the academic years on the importance of sporting activities among university women students, the thing which positively affects the reduction of plastic surgery as Shteivi (2017) [7] states.

Since long time ago obesity has not been so serious as it is now. On the contrary, people were not aware enough of its complications and health problems. On the contrary, they believed that it was an indication of good health. However, it has turned out that lack of sporting activities is held responsible for many aesthetic, psychological and health problems like overweight, psychological and health problems like overweight, and stagy skin. Dissatisfaction of women with their body shape these days has become a major problem to them. They try their best to combat it with all possible means. They resort to sporting activities or physical fitness centers, and some resort to plastic surgery. For its speed of effectiveness and its noticeable effects helps to eliminate these problems effortlessly. Many recent studies stress the importance of regularly practicing physical activities owing to its positive effects, especially on women. Sports physical activities prevent many obesity diseases. They also enhance the ability and work of the heart, blood vessels and respiratory system during an activity undoubtedly. A physical activity is connected with the proportion of fat in a body. Accordingly, the less physical activities women do, the more excessive their fat cells will be, which adds to the difficulty in the treatment of the problems arising in the youth stage [16].

The results of the study show that social relations play an important role in contributing to sport activities practice to achieve harmony in academic courses encouraging communication and de-

veloping social relations are also important. They boost cooperation and social interaction with the social environment. This falls under the tendency to maintain an ideal weight, a well-proportioned body, good health and attractiveness to please the would-be life-partner. Sporting activities assist women in breaking their daily routine, social and psychological barriers that enhance fitness, outside appearance and charisma. They also improve a woman's psyche, get rid of daily work and housework troubles as well as academic and psychological stress, depression and anxiety. Sporting activities help a woman to blow off steam (or relax). So these activities become a routine habit that needs inner balance, They boost personal motives and prevent plastic surgery.

In light of the study results, the researcher recommends the following:

- The necessity of enhancing the sporting culture and concepts in relation to the role of sporting activities for women due to their positive impact on all as of life: Aesthetic, personal, psychological, social, academic and health aspects.
- Continuous fostering of positive motives towards sporting activities so as to reduce plastic surgery.
- Preparing enlightenment and guidance programs and holding seminars on campus to warn young women students on campus to warn young women surgeries recently.
- Encouraging students to take part in sporting activities and student sports clubs, and making the best use of spare time.

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