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The role of the sports media in spreading health awareness to reduce sports injuries from the point of view of the players of the Palestinian and Yemeni football teams

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Abstract

The study aimed to identify the role of sports media in spreading health awareness to reduce sports injuries from the point of view of the players of the Palestinian and Yemeni football teams. The researchers used the descriptive analytical approach in a comprehensive survey method, where the study population consisted of players from the Yemeni and Palestine national teams, numbering (52) players. (26) players for each team. The questionnaire was used as a tool to collect data after verifying its validity and reliability. The study concluded that the sports media in Palestine and Yemen do not participate effectively in spreading health awareness to reduce sports injuries, especially television sports programs, and newspapers usually It addresses player injuries without delving into their causes and how to avoid them. In light of the results of the study, the researchers recommended several recommendations, the most important of which is that the sports media in Palestine and Yemen attach great importance to health awareness of sports injuries, because of their risks to players and the team.



Introduction:

Visual, audio, and print media are an important source of guidance and education, and in any society, they have a great impact on the diverse audiences, who differ in their interests, orientations, intellectual, academic, and social levels. The media, in reality, is a profession and a message, not just slogans that change and shift with changing desires, but rather a thinking mind with a purpose and a voice. It addresses the minds of the responsible public, covers all fields, and offers criticism, guidance, and evaluation, which benefits society, including the sports and health fields (Shaheen, 2016)

The spread of sports is mainly due to the role of the media, which has contributed with all its written, audio, and visual capabilities to introducing sports and spreading sports culture among people. From this standpoint, sports media constitutes an important part of peoples lives and is considered one of the main pillars of any media institution, as sports have become an important social phenomenon in modern societies. Sports media around the world receives great attention from various media outlets, and the importance of sports media appears in its ability to deliver information and data across the world in the form of messages to a large fan base with varying public opinions towards a specific issue or problem (Al-Zayoud, 2013) (Alsaeed et al., 2023)

As the importance of sports media appears in its ability to raise the level of health culture among players, this requires us to double our efforts, especially in understanding the importance of the role of sports media, especially in light of globalization and openness. Its importance has increased more than before, as it has become an effective partner in comprehensive national development; physically, mentally, and socially. This came in the World Health Organizations definition of health, where it stated that health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity (Salami, 2016)

Developed societies strive to focus on sports with the aim of creating well-rounded athletes. Sports injuries during physical activity are a phenomenon that requires the attention of those working in the sports field. They are among the most important factors forcing players to stay away from sports competition. A football match, for example, is rarely free from the possibility of injuries. Despite advances in various medical sciences, following new treatment methods, using the latest equipment and tools, taking into account the availability of safety and security factors, and providing specialists, including doctors and rehabilitation specialists in the field of sports injuries, sports injuries are still widespread in a way that threatens performance levels, especially in activities characterized by contact with opponents (Tazi, 2021) (BadrKhalaf et al., 2021)

Football players often suffer injuries to various body parts during sports activities, leading to numerous physiological changes, disrupting motor function. Injuries to the dominant motor system of the human body hinder the functions of different body systems and organs. They also cause impaired coordination and cooperation between these systems, thus hindering reflex reactions in body parts. Their impact can even extend to the heart vessels, respiratory system, and digestive system. Therefore, sports injuries have received significant attention from sports communities, as they are considered a medical condition. It is essential to identify, define, and analyze their types

and causes to determine the most appropriate prevention and treatment methods. Health awareness means educating individuals and increasing their awareness in order to change their behavior and habits, especially in the event of the spread of diseases within society, as well as instilling correct social customs and traditions that would support and develop the health aspect, such as exercising, healthy nutrition, and proper postural habits. It is worth mentioning that a health-conscious person is the ideal person who enjoys high degrees and levels of health, represented by physical, mental, psychological (Aldewan et al., 2006), social, and health integration. Practicing sports activities works to prevent the most important modern diseases such as diabetes, heart disease, respiratory diseases, obesity, overweight, and postural deformities, considering that the health aspect includes two basic aspects: health culture, which is represented in acquiring health knowledge and information, and health awareness, which is represented in practicing and applying that knowledge and information in practice (Tazi, 2021)

Sports injuries are an important aspect of sports medicine, and they have evolved with the development of diagnosis and treatment methods. Sports injury science is essential in developing the athletes' capabilities and preventing injuries, as knowing the causes of injuries makes the coach familiar with ways to avoid them, provide safety and security during physical activity, and appropriate prevention. The need has increased for more research and scientific studies that investigate sports injuries, ways to prevent them, and what should be done to protect the player from injury (Boufrida, 2021) (Kadhim et al., 2024). So, the current study came to research the role of sports media in spreading health awareness to reduce sports injuries from the perspective of the Palestinian and Yemeni national football team players.

Several studies have been conducted in this field, including, but not limited to, the study (Boufrida, 2021) which aimed to identify the role of awareness-raising sports media in spreading health awareness about the dangers of doping in the sports environment. The researcher used the descriptive method, and the study was applied to a sample of (350) male and female students from the Institute of Sport at the University of Souk Ahras. The study concluded that sports media has an effective role in spreading health awareness about the dangers of doping among university youth.

(Boufrida & Saraia, 2022) conducted a study that aimed to identify the role of health awareness in preventing sports injuries among football players. The researchers used a descriptive approach, and the research population consisted of 60 football players from the first regional league clubs (Guelma). The sample was selected using a purposive method. The researchers used two questionnaires as a tool to collect data. The results showed that the level of health awareness for the prevention of sports injuries among football players was average.

(Khan & Khan, 2021) conducted a study that aimed to identify the role of media in promoting physical education and sports in Pakistan. This study focuses on the main objectives of studying the role of media in developing sports and physical education in Pakistan and the role of media in building public opinion regarding sports and physical education in Pakistan. The results showed

that television, newspapers, and recently social media do not provide sufficient or relevant coverage of sports in Pakistan. The study recommended that government and media authorities should reshape media content and formulate policies that seek to promote sports and physical education as a source of fitness in society.

Study (Rabouh, 2018) which aimed to identify the contribution of sports media in spreading health awareness among the elderly in the scientific community. The study used a mixed descriptive approach (quantitative and qualitative), and was applied to a sample of 140 participants. The study was conducted in the states of Tiaret and Tissemsilt, using two data collection tools: a questionnaire and open interviews. The study concluded that the level of health awareness among the elderly is moderate, and that sports media plays an effective role in spreading health awareness.

The study (Ghoul et al., 2018) aimed to identify the level of awareness among professional football players in Algeria regarding the importance of health awareness during their sports career, and the dangers and harms of doping on their health in the short and long term and on their lives. The study used the descriptive analytical approach, where the study was conducted on (92) football players representing the first and second divisions of the Algerian Professional Football League. The results of the study showed that the majority confirm the spread of doping among players in the football community without knowing the dangers and harms of these doping substances on their health and lives.

The study (Shaheen, 2016) aimed to identify the role of sports media in raising the level of health culture from the perspective of faculty members in the faculties of physical education in the West Bank. The researcher used the descriptive method in its survey form, and the study was conducted on a sample of faculty members in the faculties of physical education in the West Bank. The sample consisted of (55) male and female members, who were selected purposively. A questionnaire was used as a tool for data collection. The results showed that the role of sports media in raising the level of health culture from the perspective of faculty members in physical education colleges was average.

Study Background:

The media is considered a vital necessity in any modern society after the advancement of science and knowledge and the application of scientific theories in all aspects of human life. The more complex society becomes, thanks to technological progress, the more important and necessary the media becomes. Society itself cannot hope for any good unless its elements are in harmony and its masses adapt to its civil and governmental organizations. The media is but one of these important means by which this understanding and harmony are achieved through the sharing of experience, direction, and emotion (Abdul Razzaq, 2018) (Ghazi et al., 2024)

The media are, in fact, means of awareness and dissemination, regardless of their forms and circumstances. They fall within a single framework that can be called the cultural media for ideas and experiences. Whether primitive or modern, this medium is primarily responsible for dissemination and publicity. Without it, societies close their doors, and each group lives in

isolation from the other. It also plays a fundamental role in the formation of societies, in the dissemination and development of their production, and in the transfer of knowledge to others. Sport, as a characteristic of a society associated with the practice of certain physical and intellectual activities among its members, relies heavily on these means for its rapid transfer, development, and improvement of its performance (Al-Hadi, 2018) (Abdulrahman et al., 2020)

The importance of sports media is evident in its ability to deliver information and statements in the form of messages to a large and diverse fan base with differing public opinions on a particular issue or problem. It strongly influences the public and has the power to change behavioral patterns, whether by encouraging good behaviors or deterring bad ones. Sports media is also considered one of the main foundations of any media organization, as sports have become an important social and cultural phenomenon in modern societies. Therefore, sports media around the world has received great attention and abundant care from all media outlets (Khalifab & Jabbar, 2023)

Sports media contributes to educating athletes and the public about the importance of preventing sports injuries. Raising health awareness through the media is essential to avoid sports injuries. The media can provide tips on proper warm-up and the importance of correct training to reduce injuries. It also provides reliable sources of health information, as the media is one of the most important sources that athletes and the public can rely on to obtain accurate and comprehensive health information. These sources include health centers and sports clubs that offer health guidelines based on scientific studies and research. (Aldewan, 2005)

And (Tazi, 2021) indicated that it leads to improving the health behavior of individuals, as health media aims to change individuals behavior through health education and awareness. The media also seeks to introduce permanent health practices into individuals lives to improve their overall health, and encourages periodic medical examinations. It advises conducting regular medical and physical examinations for athletes for early detection of any health problems and preventing their exacerbation.]

Researchers believe that sports media plays a vital role in spreading health awareness by providing reliable information, encouraging regular check-ups, and supporting scientific research, which contributes to improving public health and reducing the risks of sports injuries.

Sports media plays a vital role in preventing sports injuries by:
Increased health awareness: Studies have shown that health awareness plays a major role in preventing sports injuries by providing reliable health information. Sports media can raise awareness among athletes about the importance of maintaining health and fitness (Abdul-Aleem et al., 2023)

Health information sources: Athletes can rely on a variety of health information sources, such as clubs, health centers, various media outlets, and sports media can be an effective intermediary in delivering this information in a simplified and accessible manner (Weiß et al., 2024)

Promoting positive health behavior: Sports media plays a role in changing athletes behaviors for the better through continuous awareness campaigns that encourage adherence to proper sports training and avoiding wrong practices that may lead to injuries (Gross et al., 2018)

Study problem

Health awareness is one of the important pillars for reducing player injuries, as it reflects a distinct cultural and civilized aspect. It is the players duty to know everything about the activity they practice in order to master it. Knowledge in the fields of physical education cannot be considered secondary or marginal, but rather a necessary requirement for athletes.

Through the work of researchers in the field of physical education and training, and through their follow-up of the Yemeni and Palestinian national football teams, they noticed a weakness in health awareness and a low level of physical fitness and a high number of injuries. The researchers attributed the reasons for this to the lack of an effective and purposeful role for sports media in its various visual, audio, and print forms in spreading health awareness to reduce these injuries. The study problem was represented in the following questions

1. What is the role of sports media in spreading health awareness to reduce sports injuries from the perspective of Palestinian and Yemeni national football team players?
2. Are there statistically significant differences between the mean scores of the study sample regarding the role of sports media in spreading health awareness to reduce sports injuries from the perspective of Palestinian and Yemeni national football team players attributed to the variables: national team, age, playing position?

Study Objectives:

Identifying the role of sports media in spreading health awareness to reduce sports injuries from the perspective of Palestinian and Yemeni national football team players

1. Identifying the differences in the responses of Palestinian and Yemeni national team players regarding the role of sports media in spreading health awareness to reduce sports injuries from the perspective of Palestinian and Yemeni national football team players according to the variables: national team, age, playing position.

Importance of Studying:

The importance of the study is highlighted through the following points:
The study derives its importance from the importance of health awareness among the players of the Palestinian and Yemeni national football teams, as it is one of the most important basic pillars for advancing and raising the health level of the players for the better.

1. The study is the first of its kind in Palestine and Yemen - to the best of the researchers knowledge - through their review of previous references and studies related to Palestinian and Yemeni sports media.
2. Putting the results of the study in front of officials in the sports media in both Palestine and Yemen makes them more enthusiastic about spreading health awareness among players to reduce their injuries in light of their reality and capabilities, and thus raise the health level for the better.

Research Areas :Human field: football players for the Palestinian and Yemeni national teams.

Spatial domain: Palestine and Yemen.Time scope: The study was conducted in the year (2024) AD

Study Terms:

Sports media: is that type of media that works to disseminate sports news, information, and facts, and explain the rules and laws of games and sports activities to the public in order to spread sports culture among members of society and develop their sports awareness (Al-Saqi & Baqer, 2019)

Health Awareness: It is the process of education and learning through which individuals acquire health knowledge and information that helps them change their health behavior to reach the best. Health awareness includes understanding health risks and how to prevent them, in addition to adopting healthy practices that contribute to improving the overall quality of life (Tazi, 2021)

Sports Injuries: Sports injuries are instances of damage or harm that affect various tissues in the body as a result of sports practices or physical activity. These injuries can affect nerve, muscle, bone, and ligament tissues, and are usually caused by physical, chemical, or mechanical factors. Sports injuries are a common phenomenon that can hinder athletic performance and affect an athletes ability to continue participating in physical activity (Abdul-Aleem et al., 2023)

Method and Procedures

This section provides a full and detailed description of the method and procedures followed by the researchers to conduct this study. It includes a description of the studys methodology, population, sample, instrument, instrument validity, instrument reliability, and statistical analysis

Curriculum

The researchers used the descriptive analytical method, which is a method of researching the present, and aims to prepare data to prove certain hypotheses in preparation for answering specific questions accurately related to current phenomena and events that can be collected information about at the time of conducting the research using appropriate tools. The aim of using the descriptive method is to identify the "role of sports media in spreading health awareness to reduce sports injuries from the perspective of players of the Palestinian and Yemeni national football teams".

Study Complex

The study population consisted of all players of the Palestine and Yemen national football teams, totaling (52) players, (26) players for each team, and Table (1) shows the demographic characteristics of the population members:

Table (1): Demographic characteristics of community members

Variable	Variable Levels	Number	Percentage %
Team	Yemeni Team	26	50.0
	Palestinian Team	26	50.0
	Total	52	100.0
Age	Less than (22) years	11	21.2
	From (22-27) years	22	42.3
	28 years or more	19	36.5
	Total	52	100.0

Playing Position	Goalkeeper	8	15.4
	Defense	18	34.6
	Midfield	12	23.1
	Attack	14	26.9
	Total	52	100.0

Study tools

The researchers prepared a questionnaire on the role of sports in spreading health awareness to reduce sports injuries from the perspective of Palestinian and Yemeni football players, with reference to previous studies, including: research (Al-Saqi & Baqer, 2019) and research (Boufrida & Saraia, 2022, 2022, the questionnaire consists of items (25), Appendix (1), and each item is selected in a weighted score based on the scale five-point Likert). . Other (always) is given a rating of five, choice (always) is given a rating of four, choice (sometimes) is given a rating of three, choice (rarely) is given a rating of two, and choice (never) is given a rating of one.

Psychometric properties of the questionnaire:

Construction validity

The validity of the tool was verified by calculating the Pearson correlation coefficient of each questionnaire item with the total questionnaire score, as shown in table (2).

Table (2): The results of the Pearson correlation coefficient of the correlation matrix of each item in the questionnaire and the total number of the questionnaire.

Paragraph Number	Correlation Coefficient	Paragraph Number	Correlation Coefficient	Paragraph Number	Correlation Coefficient
1	.722**	10	.772**	18	.773**
2	.741**	11	.738**	19	.714**
3	.761**	12	.712**	20	.781**
4	.713**	13	.723**	21	.698**
5	.736**	14	.798**	22	.751**
6	.724**	15	.781**	23	.792**
7	.718**	16	.725**	24	.762**
8	.714**	17	.714**	25	.729**
9	.787**				

** Statistically significant ($0.01 \geq \alpha$); * Statistically significant ($0.05 \geq \alpha$).

The data presented in Table (2) shows that all the values of the correlation matrix of the questionnaire items are related to the total score of the questionnaire with statistical significance at the level of statistical significance (0.01), which indicates strength. The internal consistency of the questionnaires and the validity of the questionnaire to measure the constructs indicate that they jointly measure the role of sports media in reducing sports-related injuries. Palestinian and Yemeni soccer players.

Resolution stability:

Reliability was calculated by internal consistency method and Cronbach Alpha reliability coefficient as well as McDonald Omega reliability coefficient are shown in table (3).

Table (3): Interview Item reliability coefficients

Variables	Number of paragraphs	Cronbachs alpha reliability coefficient	McDonalds omega reliability coefficient (w)
Total degree of the questionnaire	25	.911	.915

The data shown in Table (3) shows that the Cronbach Alpha reliability coefficient value for the total questionnaire score is high, while the Cronbach Alpha reliability coefficient for the total questionnaire score is (0.911), which indicates that the questionnaire has a high level of **reliability**.

Resolution correction:

Response scores were assigned to the scale items using a five-point Likert method, with the respondent giving five points for answering (always), four points for answering (often), three points for answering (sometimes), and two points for Answering (sometimes) receives.). Answer (rarely), one point for answer (never). In order to interpret the arithmetic mean and determine the role of sports media in spreading health awareness, the scores ranged from (1-5) and were classified into three lower levels. level (2.33 or less), medium level (2.34 - 3.67), high (3.68 or more).

Studying change

- Categorize variables: representation, age, playing position.
- Dependent changes: The role of sports media in the dissemination of health information.

Statistical processing

The researchers used the Statistical Software Package for the Social Sciences (SPSS 29).

Results of the study

This part included the statistical analysis of the data resulting from the study, in order to answer the research questions and verify their hypotheses.

Results of the first question: What is the role of sports media in spreading health awareness to reduce sports injuries from the perspective of the players of the Palestinian and Yemeni national football teams?

To answer the first question, we extracted the arithmetic mean, standard deviation, and relative weights for the role of sports media in spreading health awareness to reduce sports injuries from the perspective of players of Palestinian and Yemeni soccer teams. As shown in Table (4).

Table (4): Arithmetic means, standard deviations, and relative weights for the role of sports media in spreading health awareness to reduce sports injuries from the perspective of Palestinian and Yemeni football team players, arranged in descending order.

Paragraph Number	Paragraphs	Mean	Standard Deviation	Relative Weight %	Agreement Level
1	Provides information explaining the importance of showering after exercising.	3.92	1.08	78.4	High
25	Publishes information about the types of diseases caused by viruses, ways of transmission, and how to prevent them.	3.35	0.86	67.0	Medium
22	Publishes information explaining the importance of getting enough rest after injury.	3.35	0.90	67.0	Medium
19	Publishes information correcting misconceptions about the use of passive training devices.	3.31	1.18	66.2	Medium
8	Provides information explaining the harms of strenuous activity immediately after eating.	3.25	1.23	65.0	Medium
12	Provides information explaining the relationship between nutrition and exercise.	3.23	1.18	64.6	Medium
23	Provides information explaining the importance of wearing cotton clothes when exercising.	3.17	0.90	63.4	Medium
21	Publishes information on the importance of regulating sleep hours and times.	3.12	0.98	62.4	Medium
20	Provides information explaining the dangers of taking stimulant medications.	3.10	1.24	62.0	Medium
16	Provides information on the importance of regular exercise to maintain physical fitness.	3.02	1.13	60.4	Medium
24	Provides information on the importance of mastering motor skills on equipment to avoid injury.	2.98	0.96	59.6	Medium
2	Explains the importance of a comprehensive and regular medical examination.	2.96	1.33	59.2	Medium
7	Provides information on the importance of reducing refined sugar intake with tea and coffee.	2.96	1.14	59.2	Medium
14	Provides information explaining the importance of a meal containing all the nutritional elements.	2.87	1.30	57.4	Medium

9	Raises awareness about the importance of avoiding fast food.	2.85	1.27	57.0	Medium
3	Explains the importance of getting enough rest after exercise.	2.71	1.24	54.2	Medium
10	Provides information explaining how to get rid of excess calories.	2.71	1.24	54.2	Medium
4	Provides information on the importance of regulating sleep hours and times.	2.60	1.27	52.0	Medium
17	Provides information explaining the importance of sitting and walking properly.	2.58	1.13	51.6	Medium
15	Provides information explaining the proper ways to perform exercises.	2.52	1.35	50.4	Medium
6	Focuses on the importance of eating fresh fruits and vegetables.	2.50	1.09	50.0	Medium
5	Raises awareness about the importance of drinking water during and after exercise.	2.50	1.24	50.0	Medium
18	Publishes information on the importance of using appropriate medical shoes.	2.48	1.16	49.6	Medium
13	Publishes information explaining the importance of carbohydrate intake after finishing exercise.	2.38	1.24	47.6	Medium
11	Provides information on the importance of matching food with age and weight.	2.29	1.09	45.8	Low
Total Score for Administrative Challenges		2.91	0.53	58.2	Medium

The data presented in Table (4) show that the role of sports media in spreading health awareness to reduce sports injuries from the perspective of the Palestinian and Yemeni football team players is average, as the arithmetic mean of total score. The role of sports media in disseminating health information to the Palestinian and Yemeni national teams is (2.91) percent (58.2%). From Table (4), it is clear that paragraphs (1, 25, 22) received the highest arithmetic value regarding the role of sports media in promoting the health of Palestinian and Yemeni football team players. Information explaining the importance of showering after sports), (publishing information on the types of viral diseases, ways of transmission and how to prevent them), (publishing information explaining the importance of being adequate). rest after infection). Regarding paragraphs (11, 13, 18), they received the lowest arithmetic mean on the role of sports media in spreading health awareness among the players of the Palestinian and Yemeni football teams, which states: (food (provides information on the importance of weight and age) and (publishes information, which describes the importance of carbohydrate consumption after sports

activity and (use of appropriate medical footwear) communicates the importance). Researchers attribute this result to the fact that sports media in Palestine and Yemen do not confirm the importance of proper nutrition in maintaining athletes' health and reducing the risk of injuries, and about the best food for athletes. There is a lack of reports, and them. Share health information about their use when you have an injury through informative videos and articles that can help reduce the effects of injuries and prevent their damage. This result was agreed by the study (Boufrida & Saraia, 2022) which showed high results. Health awareness for the prevention of sports injuries in football players, the average also agreed with the study (Rabouh, 2018), which found that the health level of adults is average, but this result is different from the study ((Boufrida, 2021) , their results were conclusive. Sports media have a positive role in spreading health awareness about the dangers of doping abuse among youth at the university, Results of the second question: Is there a statistically significant difference regarding the role of sports media in reducing sports injuries from the perspective of Palestinian and Yemeni football team players? As for the changes: team, age and state of play?

The second question led to the following sub-questions:

First sub-question: Is there a statistically significant difference between the mean scores of the study sample members regarding the role of sports media in disseminating health knowledge to reduce sports injuries from the perspective of Palestinian and Yemeni soccer players? to the team variable?

To answer the first sub-question, use the Independent-Sample t test, as shown in table (5).

Table (5) Results of the Self-Sample t-test to determine the differences between the data of the members of the study sample regarding the role of sports media in spreading health information to reduce sports injuries according to the view of sports players. Palestinian and Yemeni football teams due to flexibility in Selection.

Variable	Team	Frequency	Mean	Standard Deviation	Calculated T-value	Statistical Significance
The role of sports media in spreading health awareness	Yemeni national team	26	2.81	0.60	-1.31	0.198
	Palestinian national team	26	3.00	0.43		

The results shown in Table (5) indicate that there are no statistically significant differences at the significance level ($\alpha \leq 0.05$) in the role of sports media in spreading health awareness to reduce sports injuries from the perspective of Palestinian players. and Yemen football teams due to the team variable, where the calculated statistical significance was (0.198), which is greater than (0.05) and not statistically significant. The researchers attribute this result to the greater similarity between the Palestinian and Yemeni

sports environments, which led to similarities in players' experiences with sports media. This similarity may be in the form of media channels, level of interest in the sport or challenges faced by players in both countries. Second sub-question: Are there statistically significant differences between the averages of the members of the research sample regarding the role of sports media in spreading health awareness in reducing sports injuries from the perspective of the players of the Palestinian and Yemeni soccer teams due to age?

To answer the second question, statistical methods, standard deviations and one-way analysis of variance test (One-way Anova) were calculated for the differences in the results of the sample members of the study on the effect of the entertainment is spread. Health knowledge about the reduction of sports injuries from the point of view of the players of the Palestinian and Yemeni football teams, due to the age variable, as shown in the following tables (6, 7):

Table (6): Numbers, statistical methods and study sample members' role of sports media in promoting health awareness to reduce sports injuries in the context of Palestinian and Yemeni football team players. , related to the age variable.

Variable	Age	Number	Mean	Standard Deviation
The Role of Sports Media in Spreading Health Awareness	Less than 22 years old	11	2.84	0.66
	From (22-27) years old	22	2.86	0.54
	28 years old and above	19	3.00	0.44
	Total	52	2.91	0.53

It is clear from Table (6) that there is a clear difference between the arithmetic mean score of the members of the study sample on the role of sports media in spreading health awareness in reducing sports injuries from the perspective of the Palestinian players. and Yemeni football teams based on the age variable. To evaluate the significance of the differences, the One Way Anova test was used according to table (7):

Table (7): Results of the One Way Anova test to identify the age variable

Variable	Source of Variation	Sum of Squares	Degrees of Freedom	Mean Square	Calculated F Value	Statistical Significance Level
Role of Sports Media in Spreading Health Awareness	Between Groups	0.28	2	0.138	0.488	0.617
	Within Groups	13.85	49	0.283		
	Total	14.13	51			

The results shown in Table (7) show that there is no statistically significant difference at the level of significance ($\alpha \leq 0.05$) in the role of sports media in promoting health awareness to reduce sports injuries from the player's point of view. Statistical significance calculated because the age variable of the Palestinian and Yemeni football teams is (0.617) which is higher than (0.05) and is not statistically significant.

The researchers attribute this result to the fact that players of different ages in the two teams may be exposed to the same media sources, whether traditional (such as television and newspapers) or modern (such as the Internet and social networks), and that's it. The effect may contribute to the absence of significant differences between different age groups.

The third sub-question: Are there statistically significant differences between the mean scores of the sample members regarding the role of sports media in promoting health awareness to reduce sports injuries from the perspective of Palestinian and Yemeni soccer team players? To a variable playing position?

To answer the third sub-question, arithmetic mean, standard deviation, and one-way analysis of variance test (One-way Anova) were calculated for statistical differences among the study sample members regarding the role of sports in health promotion. It is recognized that the reduction in sports injuries among the players of the Palestinian and Yemeni football teams is shown in the following table (8, 9) due to changes in the game.

(Table 8): counts, arithmetic means and standard deviations of the study sample members' scores on the game center variable

Variable	Position	Number	Average	Standard Deviation
The Role of Sports Media in Promoting Health Awareness	Goalkeeper	8	3.13	0.42
	Defender	18	2.71	0.49
	Midfielder	12	2.97	0.45
	Striker	14	2.99	0.64
	Total	52	2.91	0.53

It can be seen from Table (8) that there are clear differences between the arithmetic mean scores of the study sample members regarding the role of sports media in spreading health awareness to reduce sports injuries from the perspective of Palestinian players. and Yemeni football teams, due to the variable playing position. To test the significance of differences, one way ANOVA test was used as shown in Table (9):

Table (9): One-way Anova test results to determine the difference in the number of study groups in the changing music condition.

Variable	Source of Variation	Sum of Squares	Degrees of Freedom	Mean Squares	Calculated F-Value	Statistical Significance Level
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Role of Sports Media in Spreading Health Awareness	Between Groups	1.18	3	0.395	1.465	0.236
	Within Groups	12.94	48	0.270		
	Total	14.13	51			

It is clear from the results shown in Table (9) that there are no statistically significant differences at the significance level ($\alpha \leq 0.05$) in the role of sports media in spreading health awareness to reduce sports injuries from the perspective of the players of the Palestinian and Yemeni national football teams, attributable to the variable of the playing position. The calculated statistical significance value for the overall degree was (0.236), which is greater than (0.05) and not statistically significant.

Researchers attribute this result to the fact that although each position in football may be exposed to different types of injuries, sports media tend to provide comprehensive advice and guidelines related to injury prevention in general. Thus, sports media may offer integrated coverage that includes all aspects of injury prevention without focusing specifically on a particular position. This can contribute to spreading equal health awareness among players in various positions.

Recommendations:

1. Directing health media messages that include information about the importance of regular physical exercise, proper warm-up before matches and training, as well as stretching and cooling down techniques after physical activity.
2. Collaborating with health experts such as doctors, sports coaches, and nutrition experts to provide reliable and evidence-based health advice and guidance.
3. Providing educational resources in various media such as explanatory videos and written articles to raise awareness among players and audiences about the importance of sports health.
4. Focusing on injury prevention, including providing advice on warm-up and stretching techniques, the use of protective equipment, and proper training techniques.
5. Encouraging a culture of self-care among athletes, such as reports on the importance of quick response to pain and injuries and seeking necessary medical care.
6. Maintaining continuous communication with audiences and players through social media, television, and radio programs to spread knowledge and encourage healthy behaviors.

Gratitude and Appreciation

We express our gratitude to the research sample consisting of football players from the national teams of Palestine and Yemen

Conflict of interest

The authors declare that there is no conflict of interest

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