

Sport For All As One Of The Pillars Of National Security

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Introduction:

The individual is the main goal of development and its means in the meantime. In general, the state ought to invest in the human resources it has and to develop them to benefit the development and advancement of society. The human element is the prime and effective mover of all development policies in society, and the added value that should receive the best investment possible (51: 239) (10: 245)

Sport is a social, cultural, and economic phenomenon that reflects the aspects of development, advancement and many other values in human societies (58: 327). The interest of many countries in the world in sports undeniably reveals their views about the strategic and vital values of doing sports by society for health purposes as well as production in its various forms and manifestations, as well as using sport for national security and defense (77: 576).

Thus, the power of sport that leads to development and change become evident. On the individual level, sport raises the individual's abilities and general knowledge. On the national level, it contributes to the economic and social growth, improving public health, and bringing different societies closer. On the international level, it may have a positive and sustainable role in international peace and development as well as cultural integration among nations (58: 349).

Mohamed Al-Hamahmy (2015) emphasizes that "Sport for All" has become a favorite form of recreation for individuals of all age groups in every country in the world. It also represents an educational and social framework in contemporary societies, that aims at developing both citizens and society due to its vital role in improving the physical fitness, health, increasing happiness, delaying aging symptoms in individuals who exercise, in addition to societal development and increasing effective production (80: 311).

In general, after eliminating its narrow military vision, the concept of national security has become a comprehensive concept that encompasses political, economic, and social aspects. Then, it broadened to cover cultural, media, and environmental aspects related to the safety and security of the individual's environment (50: 46).

Therefore, the comprehensive contemporary concept of national security refers to maintaining all equilibriums related to the life, honor, money, well-being, and future (82: 30); good socialization in conformity with the dominant values and beliefs of society, promoting national belonging and identity; and increasing the citizens' security awareness related to their role in maintaining it through consolidating belonging and responsibility toward their community (91: 250).

The researcher points out the close relationship between "Sport for All" and national security. It is one of the most prominent efforts that can maintain national security through its effective role in guiding the individual's social behavior, confronting negative changes, instilling identity, embedding concepts of belonging to the nation and maintaining the society's security.

Research Problem:

Recent studies have also emphasized that security issues are one of the major challenges facing human societies in recent times, as they play a role in protecting the society, state's integrity, and protecting citizens' lives. Whereas in its general form national security is the state's obligation, it is also a societal responsibility of individuals as well.

Mohamed Al-Hamahmy and Aida Abdul Aziz (2015) Kamal Darwish, et.al (2016), note that the failure to benefit from leisure time is one of the problems facing the life of populations and societies, the lack of specific culture on this topic, the lack of concepts on the importance of exercising, the lack of plans and programs that motivate citizens to exercise that corresponds to the population growth was adversely reflected on state's national security (80: 17). (71: 305).

The researcher thinks that "Sport for All" has a function of preparing a citizen that is informed about life and aware of the challenges facing his/her society, through raising the exercising individual's awareness of physical, national, and moral values and the importance of society's coherence; recognizing human bonds, norms and traditions, and cultural heritage that compose the national identity of society. Therefore, "Sport for All" is capable of establishing security underpinnings through the values of belonging and coherence in individuals, creating a loyal citizen committed to the values of society.

The researcher also thinks that the interest of Sport for All in national security issues is a necessity because sport is a production and investment tool that contributes in meeting various needs including security and its various health, economic, political, and environmental aspects. Thus, "Sport for All" is one of the security issues because of its association with the health, mental, physical, psychological and social preparation of the citizen.

Thus, it can be said that interest in national security and Sport for All is a recent approach that seeks to raise the citizens' awareness of security related issues in light of the surrounding life and societal challenges, which results in the formation of a positive attitude toward the performance of "Sport for All" programs, and is reflected in a learnt behavior through the ability to deal with these challenges and risks.

Research Objectives:

This research aims at identifying the role of "Sport for All" and its national security implications through the following sub-objectives: the role of "Sport for All" as components of health security, economic security, political security, intellectual security, social security, psychological security, and environmental security.

Reference Studies:

- **Hanan Mourad's study (2015)(28)** aimed at observing and analyzing the action framework and mechanisms of sporting institutions within the national security system's framework in Egypt. The user used a historic methodology and descriptive analysis methodology. The study reached a proposed general view for coordination and integration between sporting institutions and governmental institutions in order to achieve national security.

- **Kamal Darwish** et al. study (2016)(71) aimed at identifying the role of school sports in achieving the state's national security. The researchers used the descriptive method, and the sample was a stratified random sample ($N = 200$). The study found that school sport is the infrastructure of developing the culture of exercising which is an essential tool in attaining national security.
- **Yehia Al-Gyoushi's** study (2016)(97) aimed at identifying the role of "Sport for All" in achieving social, economic, and environmental development in the Egyptian society. The study applied the philosophic analytic method. It concluded that the role of society, as the prime mover of fulfilling the processes of sustainable development through "Sport for All", and emphasized the role of the private sector as a principal partner in achieving developmental goals through sport.
- **Schulenkorf and Siefken's** study (2019)(107) aimed at designing a "Sport for All" model as a conceptual instrument for promoting health, social and cultural development, and sustainability. It used the quantitative analytic method. Interviews were conducted with 22 subjects alongside with field observations. The study presented a proposed model and view of sport for health and its applications. It also presented a four-dimensional healthy life style initiative: sport administration, promoting sport, social and cultural context, and policy and sustainability.

Research Procedures:

Research Method:

The researcher used the descriptive analytic method as it is appropriate for achieving the research objectives and fits its procedures.

Research Population and Participants:

The research population consists of "Sport for All" members in clubs and youth centers affiliated with the General Egyptian Sport for All Federation, and participating in the Sport for All League which was held from 1st July to 30 September 2019 among clubs and entities (550 participants). The researcher selected a random sample composed of (220) members.

Data Collection Instrument:

The researcher identifies several main themes, added and formulated several items in each theme to fit that theme. The total number of items in the questionnaire's first draft was **85** in **7** main themes. The researcher submitted the first draft of the questionnaire to a group of (11) experts and professors specialized in the field of administration and recreation. He considered 80% and more an acceptable percentage to accept the statement. Accordingly, some items that did not match the purpose of that theme. Following the experts' opinions, the questionnaire had **58** items. The researcher conducted an exploratory study to a sample of 50 members of the original population and not included in the core sample.

Internal consistency validity:

Table 1
**Correlation coefficients between the item score and total score of each theme of the questionnaire
(N = 50)**

Theme 1		Theme 2		Theme 3		Theme 4		Theme 5		Theme 6		Theme 7	
No.	R												
1	0.387	1	0.406	1	0.078	1	0.643	1	0.307	1	0.583	1	0.416
2	0.167	2	0.436	2	0.351	2	0.393	2	0.501	2	0.646	2	0.529
3	0.072	3	0.518	3	0.568	3	0.429	3	0.493	3	0.424	3	0.175
4	0.576	4	0.615	4	0.586	4	0.456	4	0.638	4	0.611	4	0.502
5	0.309	5	0.593	5	0.562	5	0.473	5	0.035	5	0.155	5	0.715
6	0.491	6	0.439	6	0.573	6	0.164	6	0.142	6	0.629	6	0.108
7	0.426	7	0.123	7	0.448	7	0.476	7	0.500	7	0.535	7	0.467
8	0.536	8	0.514	8	0.502	8	0.501	8	0.659	8	0.110	8	0.538
								9	0.603	9	0.523		

***Tabular r (when p=0.05) = 0.288**

Table 1 shows that the correlation coefficients between the items of each theme and the total theme score were significant ($p = 0.05$), whereas some items were insignificant. Thus, the total number of the questionnaire's items became **47** items, having an acceptable validity score. In order to check the reliability of the questionnaire, the researcher used Cronbach Alfa. The results ranged between 0.754 to 0.830. The researcher administered the questionnaire to the core research sample from 17 July – 15 September 2019, namely members participating in the Sport for All league encounters. The researcher used statistical treatment that fit the research data through the SPSS software.

Table 2
**Frequency, relative importance, Chi-square, of items of Theme 1:
Sport for All as a Health Security Constituent (N = 220)**

No.	Item	Agree		Partially agree		Disagree		Total score	Relative importance	Chi-square
		f	%	f	%	f	%			
1	Prevention against diseases (cardiovascular diseases, hypertension, diabetes)	210	95.5	10	4.5	0	0	650	98.5	181.8
2	Gaining overall health to perform daily tasks	206	93.6	14	6.4	0	0	646	97.9	167.5
3	Increasing the body's natural immunity	212	96.4	8	3.6	0	0	652	98.8	189.1
4	Increasing the capacity of the body's vital systems	214	97.3	4	1.8	2	0.9	652	98.8	404.7
5	Prevention of overweight and obesity	200	90.9	20	9.1	0	0	640	97.0	147.2
6	Improving mental health and perceptive development	206	93.6	14	6.4	0	0	646	97.9	167.5

*** Tabular Chi-square (when p = 0.05) = 5.99**

Table 2 shows that the percentage of the research participants' responses to Theme 1 of the questionnaire ranged between 97.0% and 98.8%. Chi-square values were statistically significant ($p = 0.05$) for all items and in favor of the highest frequency (agree). The researcher thinks that this result emphasizes that practicing Sport for All programs and activities is a basic constituent supporting the attainment of health security, as they increase the capacity of the body's vital systems, and increase the exercisers natural immunity. Furthermore, physical activity is one of the simplest human tasks, is the basis of a life-long health, has well-known benefits in reducing the risk of cardiovascular diseases, hypertension, diabetes, and some types of

cancer, has an important role in managing some chronic conditions, and has a positive impact on mental health (108:5). These results are consistent with the results of Al-Hamahmy (2015), Ali and Mohamed (2011), and Misbah (2017).

Additionally, items 2 and 6 received 97.9%. The researcher attributes this finding to the agreement of the research participants that practicing Sport for All helps accomplish daily tasks as well as gaining overall health. This is consistent with previous studies (Jadid & Quitah, 2016; Battash, 2014) which concluded that health security is not the mere state of absence of diseases, but a full condition of the individual's mental, physical, and social health (46: 48).

Table 3
Frequency, relative importance, Chi-square, of items of Theme 2:
Sport for All as an Economic Security Constituent (N = 220)

No.	Item	Agree		Partially agree		Disagree		Total score	Relative importance	Chi-square
		f	%	f	%	f	%			
1	Increasing the individual's productive efficiency	200	90.9	20	9.1	0	0	640	97.0	147.2
2	Increasing the desire and motivation to work	196	89.1	24	10.9	0	0	636	96.4	134.4
3	Raising the state's national production rates	178	80.9	40	18.2	2	0.9	616	93.3	233.9
4	Reducing health and treatment expenses	162	73.6	44	20.0	14	6.4	588	89.1	166.9
5	Reducing the productive losses in society	118	53.6	86	9.1	16	7.3	542	82.1	74.2
6	Expansion in the production of sporting equipment and devices	194	88.2	26	11.8	0	0	634	96.1	128.2
7	Delivering sporting services to deprived and squatter areas	180	81.2	34	15.5	6	2.7	614	93.0	238.1

* Tabular Chi-square (when p = 0.05) = 5.99

Table 2 demonstrates that the percentages of participants' responses to Theme 2 items ranged between 82.1% and 97%, and Chi-square values were statistically significant ($p = 0.05$) for all items and in favor of the highest frequency (agree). The first item scored 97%, as the relation between sports recreation and economics or production assumes a clear distinction between recreation and work, and makes the former a tool for the latter, thus the goal of sports recreation and Sport for All becomes assisting the individual to perform his/her job efficiently and competently, consequently increasing production. Recent studies have shown that reducing the working hours and offering staff a two-day weekend contributed in a remarkable increase in production, which was reflected in an increase in national and individual incomes (38: 64). These results are consistent with Salem's findings (2018). The second item came in the second position, scoring 96.4%. This confirms the participants' realization of the role of Sport for All in increasing the desire and motivation to work, which is one of the basic components that contribute in attaining the state's economic security. Exercising can develop the manual skills necessary for accomplishing major developmental projects, which elevates the country's economic capacity; achieve growth and prosperity that have a positive effect on the individual's living standard and increases his/her purchasing ability; and improve the health status which is considered by economists one of the basic elements of production following capital and work (37: 202). These results are consistent with Ali and Mohamed's findings (2011).

Table 4
Frequency, relative importance, Chi-square, of items of Theme 3:
Sport for All as a Political Security Constituent(N = 220)

No.	Item	Agree		Partially agree		Disagree		Total score	Relative importance	Chi-square
		f	%	f	%	f	%			
1	Strengthening friendship and solidarity among nations of the world	190	86.4	30	13.6	0	0	630	95.5	116
2	Supporting the state's efforts toward peace and coexistence	182	82.7	38	17.3	0	0	622	94.2	94.2
3	Exchanging the countries' cultural heritage	186	84.5	34	15.5	0	0	626	94.8	105.0
4	Respecting laws and regulations and abiding by the state's order	192	87.3	26	11.8	2	0.9	630	95.5	291.9
5	Presenting national role models and their role in their country's progress	184	83.6	36	16.4	0	0	624	94.5	99.5
6	Establishing a basis for sound practice free from fanaticism and monopolization	192	87.3	28	12.7	0	0	632	95.8	122.2
7	Achieving political development and comprehensive reform	168	76.4	52	23.6	0	0	608	92.1	61.2

* Tabular Chi-square (when p = 0.05) = 5.99

Table 4 shows that the percentages of participants' responses ranged from 92.1% and 95.8%, and Chi-square values were statistically significant ($p = 0.05$) for all items and in favor of the highest frequency (agree). Item 6 received the highest score (95.8%), which confirms that participants agreed to the items of this theme that emphasized that practicing Sport for All forms a wide basis of sound practices free from unacceptable practices such as fanaticism, violence, and monopolization. Items 1 and 4 came second and third respectively scoring 95.5%. This may be due to the fact that Sport for All helps develop political relations between countries and strengthens friendship bonds and solidarity among nations as well as respect for laws and regulations and abiding by the state's order. These findings agree with the findings of Darwish et al. (2016) and Mourad (2015).

It can be said from a political perspective that sport has an impact on national security as it is a form of cultural advocacy and a means to support foreign policy by holding major events, enhancing national well-being, and offering clear platforms to disseminate foreign policy. Moreover, promoting the participation in sport has a strategic importance in politics because of its impact on health and personal, social, and economic development (102: 296)(101: 549)

Table 5
Frequency, relative importance, Chi-square, of Theme 4: Sport for All as Intellectual Security
Constituents items (N = 220)

No.	Item	Agree		Partially agree		Disagree		Total score	Relative importance	Chi-square
		f	%	f	%	f	%			
1	Instilling the concepts of love, defense, and responsibility toward one's homeland	198	90.0	22	10.0	0	0	638	96.7	140.8
2	Reinforcing values related to citizenship concepts	186	84.5	34	15.5	0	0	626	94.8	105.1
3	Promoting a culture of respect to opinions and opposing opinions	198	90.0	22	10.0	0	0	638	96.7	140.8
4	Raising awareness against drifting toward extremist ideologies.	194	88.2	26	11.8	0	0	634	96.1	128.2
5	Confronting negative ideas from western cultures	174	79.1	28	12.7	18	8.2	596	90.3	207.9
6	Protecting society against rumors and psychological warfare	164	74.5	50	22.7	6	2.7	598	90.6	181.3
7	Protecting the nation's acquisitions and assets	174	79.1	44	20.0	2	0.9	612	92.7	219.3

* Tabular Chi-square (when p = 0.05) = 5.99

Table 5 demonstrates that percentages of participants' responses ranged between 90.3% and 96.7%, and Chi-square values were statistically significant ($p = 0.05$) for all items and in favor of the highest frequency (agree). Items 1 and 3 came first scoring 96.7%, which confirms the participants' deep understanding of the role of sport in achieving the intellectual security by instilling the concepts of defense and responsibility toward one's homeland and promoting understanding and a culture of respect to opinions and opposing opinions, and acceptance of the other. Intellectual security is a strategic dimension of national security because it is related to the nation's culture, identity, and stability of its value system, which calls for the security of individuals and the homeland, achieves social coherence and communication, and combat destructive ideas that constitute a threat to national identity and have a negative impact on the various political, economic, and social aspects of life (55: 45). Item 4 came third scoring 96.1%. These results agree with Mohamed's findings (2018) which pointed out that sports recreational activities offer a fertile soil for abreaction of hostile instincts and stress, as well as revealing talents, developing abilities, self-confidence, thus improving the intellect and moral behavior toward the self and society (1: 270). Item 2 came fourth scoring 94.8%. Eweis and El-Helaly (2010) stated that the social framework of sport is capable of bringing together sport as a set of social values and qualities and the society's attitudes, wishes, and expectations (47: 30).

Table 6
 Frequency, relative importance, Chi-square, of items of Theme 5:
 Sport for All as a Social Security Constituent (N = 220)

No.	Item	Agree		Partially agree		Disagree		Total score	Relative importance	Chi-square
		f	%	f	%	f	%			
1	Investing leisure time in a constructive manner	206	93.6	14	6.4	0	0	646	97.9	167.5
2	Overcoming the social isolation phenomenon	198	90.0	22	10.0	0	0	638	96.7	140.8
3	Respecting dominant norms and traditions in society	194	88.2	26	11.8	0	0	634	96.1	128.2
4	Fulfilling the need to belong through participation in a one-activity group	186	84.5	34	15.5	0	0	626	94.8	105.0
5	Celebrating and interacting about national events	190	86.4	30	13.6	0	0	630	95.5	116.3
6	Reinforcing national unity bonds among citizens of the same country	180	81.8	40	18.2	0	0	620	93.9	89.1
7	Fostering persons with special needs and providing them with diverse opportunities to integrate them into society	192	87.3	28	12.7	0	0	632	95.8	122.2

* Tabular Chi-square (when p = 0.05) = 5.99

This table shows that the percentages of participants' responses to Theme 5 ranged between 93.9% and 97.9%, and Chi-square values were statistically significant ($p = 0.05$) for all items and in favor of the highest frequency (agree). The researcher attributes this to the fact that practicing Sport for All programs help citizens to invest their leisure time, which is reflected in their personal performance in the various life phases as a basis for national social security. This is consistent with Abdel Aaly's study (2014).

Item 2 came second scoring 96.7%, as sporting activities play an important role in enhancing social integration, and are an important tool for social bonding through setting common goals approved by individuals in the society. This leads to the development of the culture and spirit of loyalty, belonging, and citizenship as well as consolidating social values (28: 2). Furthermore, item 3 came third scoring 96.1%. This finding is consistent with the Mahmoud's study (2017). Item 7 came fourth scoring 95.8%. This finding is consistent with Abdul Hamid's study (2016) which found that social security is associated with achieving adjustment between the disabled person and his/her environment, social relations, and adaptation with society, thus facilitating his/her integration in the society, assisting his/her adaptation and participation in the various aspects of social life (5: 36).

Table 7
Frequency, relative importance, Chi-square, of items of Theme 6:
Sport for All as a Psychological Security Constituent (N = 220)

No.	Item	Agree		Partially agree		Disagree		Total score	Relative importance	Chi-square
		f	%	f	%	f	%			
1	Attaining psychological balance and relaxation	204	92.7	16	7.3	0	0	644	97.6	160.6
2	Limiting tension resulting from life conditions	194	88.2	26	11.8	0	0	634	96.1	128.2
3	Feeling esteem, respect, and self-attainment	192	87.3	28	12.7	0	0	632	95.8	122.2
4	Feeling happiness, optimism, and expecting the best	196	89.1	24	10.9	0	0	636	96.4	134.4
5	Feeling emotional stability and lack of conflicts	188	85.5	32	14.5	0	0	628	95.2	110.6
6	Feeling acceptance, love, and amicability with others	196	89.1	24	10.9	0	0	636	96.4	134.4
7	Being free of fear as a result of successful participation	198	90.0	22	10.0	0	0	638	96.7	140.6

* Tabular Chi-square (when p = 0.05) = 5.99

The previous table shows that the percentages of participants' responses to Theme 6 ranged between 95.2% and 97.6%, and Chi-square values were statistically significant ($p = 0.05$) for all items and in favor of the highest frequency (agree). Item 1 came first scoring 97.6%. The concept of psychological security is the individual's feeling of psychological assurance through the feeling of self-confidence, self-satisfaction, emotional balance, and rarely feeling risk, threat, and anxiety (62: 278).

Additionally, item 7 came second scoring 96.7%, as sport is a prevention and treatment method of psychiatric and psychological disorders, through sporting groups that are based on a set of behavioral guidelines and social basics, outline courses of action, in addition to positive values such as respect, altruism, and sacrifice.

Additionally they also banish multiple negative personal qualities that may be roots for extremist ideology (41: 93-96).

Table 8
Frequency, relative importance, Chi-square, of items of Theme 7:
Sport for All as an Environmental Security Constituent (N = 220)

No.	Item	Agree		Partially agree		Disagree		Total score	Relative importance	Chi-square
		f	%	f	%	f	%			
1	Motivating civilized ways of interaction with the environment	188	85.5	26	11.8	6	2.7	622	94.2	271.6
2	Directing practicing individuals to protect the surrounding environment	190	86.4	30	13.6	0	0	630	95.5	116.3
3	Maintaining sporting facilities	198	90.0	22	10.0	0	0	638	96.7	140.8
4	Enjoying exercising outdoors	194	88.2	26	11.8	0	0	634	96.1	128.2
5	Organizing camps for environmental services	184	83.6	36	16.4	0	0	624	94.5	99.5
6	Expanding Sport for All programs in public parks and gardens	200	90.9	20	9.1	0	0	640	97.0	147.2

* Tabular Chi-square (when p = 0.05) = 5.99

Table 8 shows that the percentages of participants' responses to Theme 7 ranged between 94.2% and 97%, and Chi-square values were statistically significant ($p = 0.05$) for all items and in favor of the highest frequency (agree). Item 6 came first scoring 97.0%. The researcher thinks that exercising outdoors in the Sport for All programs helps formulate a balanced concept of the relationship between good living and protecting the environment. This may affect thinking styles and behaviors related to the attitude toward the environment, leading to more positive behaviors that shall establish positive practices supportive of the environment.

Mohamed (2016) pointed out that the individual is an integral part of nature. The desire to be in open areas outdoors close to nature and to enjoy nature's beauty is an eternal desire. Thus, beach Sport for All revives the body's vitality, helps in relaxation, feelings of self-satisfaction in the current work stresses and modern urban life (75: 502).

Moreover, the "Sport and Environmental Sustainability" symposium, organized by the Olympic Committee, made a recommendation concerning the importance of partnership, cooperation, coordination, and including the sporting and environmental aspects in physical education curricula, and launching programs and executing advocacy campaigns calling for utilizing the popular interest in performing sporting activities to serve the international approach for protection of the environment.

The results also showed that calculated t value was significant ($p = 0.05$) in Theme 2 between male and female participants and in favor of the male participants. This can be explained by the fact that male participants were more influenced on the economic dimension by the implications of practicing Sport for All, because of their role in bearing the burdens of living, working for extended hours throughout the week, their role toward their family, their feeling about the importance of Sport for All in increasing desire and motivation to work and increasing productive capacity. These results are consistent with Al-Eid's study (2018) that found statistically significant gender differences in the economic and psychological determinants of practicing sporting recreation in favor of male participants (38: 150).

Furthermore, calculated f value was statistically significant ($p = 0.05$) according to the age group variable in Themes 4, 5, and 7, whereas it was insignificant in the remaining themes. Therefore, the researcher will use the least significant difference to find the differences in these themes.

The researcher attributes the differences in favor of the 31-50 years age group that this age group represents the end of adolescence and the beginning of adulthood, when sound thinking is formed, general awareness is stable and elevated, maintenance of national identity and acquiring citizenship-related values are achieved. These results are inline with Abdul Razzaq's (2018) findings, whereas they are inconsistent with Ahmed's (2018) study.

Calculated f was also statistically significant ($p = 0.05$) in terms of the educational level variable in all themes. The researcher attributes the outperformance of the graduate studies group compared to both university degree and intermediate degree groups to the fact that awareness, knowledge, and perception of the importance of Sport for All as a national security constituent, due to receiving educational and academic studies which helped to a great extent in forming their attitudes according to scientific applied and practical studies, which led in turn to translating this knowledge as positive behaviors toward the implications of Sport for All practice in the health, economic, political, social, intellectual, psychological, and environmental areas.

It was also revealed that calculated t value was statistically significant ($p = 0.05$) between participants who regularly exercise and participants who exercise irregularly in Themes 1, 3, 4, 5, 6, and 7 in favor of the former group. However, calculated t of theme 2 was insignificant.

The researcher explains this that the person who exercise due to an internal motivation resulting from being convinced that exercising and constructive positive participation in the programs and activities of Sports for All do this out of their knowledge about the outcome of exercising on the various health aspects such as prevention of modern diseases and maintaining public health, achieving developmental rates and reducing treatment expenses, respect to rules and laws and abiding by the state's order resulting from their acquisition of citizenship concepts through participating in activity groups, enhancing social integration resulting from attaining psychological balance, esteem, self-attainment, freedom from fear resulting from successful participation. These findings are inline with previous studies (Said, et al., 2015; Abdel Fattah, 2000; Hassan, 2002; Ahmed, 2018).

Conclusions:

In light of the research goals, procedures, sample framework, and statistical treatment, the researcher reached the following conclusions:

- Sport for all is one of the most important health security constituents as it helps prevent modern diseases, improves public health, increases natural immunity, increases the capacity of vital systems, helps prevent obesity, and improves mental health.
- Sport for all is one of the most important economic security constituents that helps increase the individual's productive capacity, increases the desire and motivation to work, as well as raising the national production rates, and reduces treatment expenses.
- Sport for All is also one of the political security constituents as it strengthens the friendship and solidarity bonds among nations, and supports the state's efforts toward peace and coexistence.
- It is also one of the intellectual security constituents as it helps instill the concepts of defending the homeland, and reinforces citizenship-related values.
- Sport for All is one of the social security constituents, as it maintains the social texture, by investing leisure time in a constructive manner, overcome the social isolation phenomenon, satisfies the need for belonging, reinforces national unity bonds and foster persons with disabilities and provide them with opportunities for social integration, which leads to social stability.

Recommendations:

- The government should pay special attention to Sport for All because it is one of the basic elements that help achieve the state's national security.
- Use sporting events and camps to rehabilitate youth physically and psychologically, direct their energies to serve the nation, and educate them against the dangers of intellectual drift and misconceptions.
- Holding programs in the field of Egyptian and Arab national security and its relationship to sport for all through professors and specialists that include topics of the most important issues and files for Egyptian and Arab national security, the role of sport in comprehensive development and national strategic planning for national sports projects and their applications for different age groups.
- Raising awareness through mass communication means that sport is one of the comprehensive elements of the state, and it represents national security, and it plays a major role in supporting the national economy

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