

The effect of various activities on pupils with special needs: An analysis of reviews

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Abstract: Pupils with special needs include various physical and mental impairments that can hamper or reduce a person's ability to carry out his day to day activities. That impairment exerts high level of stress on physical, physiological and psychological states those pupils with special needs. Sport can play a key role to reduce that kind of stress. Sport can play a key role in the lives and communities of pupils with special needs also. Searches were conducted on electronic databases: Pub Med, Medline, n-list, open athence, Google and Google Scholar, Library resources. The searching keywords were: recreational activities, deaf and dumb students, disabled students, effects of various training methods on disable pupils. Social interaction had to limit and constrained to interpersonal interactions. Self confidence and self concept were low. Parents, teachers were played an important role to remove their hesitation and shyness in meeting strangers. Yogasana were effective in reducing trait- anxiety and aggression and increasing the self-concept, adjustment, emotional stability, understanding the peer groups and helpfulness. Adaptive changes were observed on selected psychological variables through some selected graded exercise. Reaction time and movement time were poor. The present researcher hope that though it was proved that normal children's are very much interested to involved in any kind of games, and the disabled pupil's are also the same. So that recreational activities are also played a vital role. They will be prepared themselves more active, take responsibilities, well adjusted in the society and so on.

Key Words: Recreational Activities, Psychological, Physical, Physiological, Deaf and Dumb.

1. INTRODUCTION:

According to world health organization (WHO) defines disability as "Disability is an umbrella term, covering impairments, activity limitations, and participation restrictions". That disability includes various physical and mental impairments that can hamper or reduce a person's ability to carry out his day to day activities.

Games and sports or Recreational activities help pupils to take a break from monotony and diversion from the daily routine. It gives the benefit of a positive change from the stereotypical lifestyle and involves an active participation in entertaining activities that one is interested in. When one does engage in recreating activities that he or she likes, it would naturally give them enjoyment. Recreational activities provides source of joy and relaxation to one's mind and body.

Recreational activities could help pupils to develop their leadership skills as well as interpersonal skills. Recreational activities also give us an opportunity, to be able to spend time with our self. Having the time to spend with our self can make us meet with our inner self.

Reviewing related literature is foremost important for any type of research work. For any worthwhile study, in any field of knowledge, the research worker needs an adequate familiarity with the work, which has already been done in the area of his choice. In review of related studies, the researcher attempts to know what others have find out in his similar research area. This will help the researcher to determine and exactly locate his/her study in its right perspective.

A careful study and sincere efforts have been made by the research Scholar to locate the related literature for the present study. It was essential to have insight into work in this field. The research scholar has gone through all the literature available in the library of Library of Visva- Bharati, Santiniketan, Lakshmbai National University of Physical Education, Gwalior and different websites. In our country very less research works have been done as compared to other country in the field of disability. Brief reviews of related studies in the field of Deaf and Dumb children and their Physical and psychological Performance Capacity in various activities are given as below:

Kavita Choudhary (2012) carried out a study to find out the attitude and behavior of normal students as well as physically disabled student and compared both variables between physically disabled and normal students. In this study, 200 students from special school and from general school were selected. Out of 200 students, 100 physically disabled students and 100 normal students. Self made questionnaire and picture frustration test were used for data

collection. In this study the researcher found that special students social interaction had to limit and constrained to interpersonal interactions due to their impairments.

I. Akram and M. A. Naseem (2010) conducted a study on ‘Self Concept and Social Adjustment among Physically Handicapped Persons’. The researchers want to see the level of Self-Concept and Social Adjustment. In this study the researcher used face-to-face survey method technique to collect data. In this study the researcher finds that due to their bellow self concept, the social adjustment were low. And it was also proved that self concept also influenced by age gender, education and occupation status.

S. Nadir, S. Akhtar and M. Ali (2006) investigated a study about the needs of Deaf and Dumb children of teenage and how these needs must be satisfied that these children would be well adjusted in society. Well-designed interview schedule was applied in this study and so many things were noticed that

- Due to their impairment in communication, that type of Special children’s had no normal friend.
- They were feeling hesitation in meeting with another normal people or any strangers.
- Parents, teachers were played an important role to remove their hesitation and shyness in meeting strangers or to create the mal-adjustment.

Astha Rautela (2011) compared the effect of yoga-mental rehearsal and adapted physical education program on psychological variables of differently able children. 90 differently able children were selected from all India Pingalwara Charitable Society, Amritsar. ANCOVA and Post-Hoc test applied in statistical procedure. On the basis of the findings of the study it was concluded that –

- Yogasana were effective in reducing trait- anxiety and aggression and increasing the self-concept, adjustment, emotional stability, understanding the peer groups and helpfulness.
- It was also proved that Recreational based Adapted Physical Education Program was effective for the differently able children.

Rakesh Pathak (2008) carried out a study on effect of graded exercise on selected physiological variables of Deaf Dumb children of 14 to 20 years of age. 50 male children were selected randomly from Jyoti Badhir Vidyalaya, Bithoor, Kanpur. Out of them 40 subjects were as experimental group and 10 subjects as controlled group. In this study ‘t’ test and ‘z’ test were applied and at 0.05 level of significance. The studies were carried out 12 week. After that the researcher found that graded exercise were make adaptive changes to reduce the physiological variables.

Minter (1970) compared Reaction Time and Movement Time on Deaf and hearing freshmen male college student. 40 Deaf male freshmen at Gellandet College Washington D.C. and 50 hearing male freshmen at Catholic University, Washington D.C. who were selected. In this study it was found that there were no significant difference on that two variables. But the researcher show that deaf students were found superior in this study.

Shamsher Singh conducted a study on selected yogic practices on psychological variables of deaf and dumb children. 100 children’s were randomly selected in this study from Mata Prakash Kaur Hearing and speech Handicapped Welfare Center Karnal and Rotary Club School for Deaf, Ambala, and Haryana. And their age in between 14-20 years. Out of 100 students 50 students in experimental group and rest of 50 were in control groups. In this study it was proved that yogic practices improve emotional stability and overall adjustment significantly.

S K Tiwari et. al compared a study of the impact of Academic Anxiety on deaf and dumb students. In this study the researcher finds that in both sex the academic anxiety were shown. There were no roles of sex in academic anxiety.

Recently “research in developmental special needs investigate teenage students' hearing impairment, their experience with recreational noise exposure, and their self-reported hearing. The study were conducted on 1878, at a university in Taiwan and in this year first-year students were selected as subjects. In this study through audiometric test the result showed that the exposure group had more hearing problems than the control group.

A.A.Graib et.al. wants to investigate the impact of anxiety and tension on the level of performance of basketball aiming skills for deaf players in Jordan. In this study the researcher finds that though their physical impairment, they were very much interested to involved in skill related games and the anxiety and tension became high when they performing the skills.

2. FINDINGS:

After going through the given literature the research scholar found that the disabled pupils' social interactions were not well because for functional impairment and also for their below self concept. Not only these factors are responsible but also their family members, parent, friends, and teachers were played a vital role for this. Some well designed training schedules were improved not only some physical factors but psychological factors also like self-concepts, Trait- Anxiety and Aggression etc. It is also proved that though for their impairment their reaction time and movement time are not so well but they are very much interested to involved in some physical activities, competitive games, and doing some yogasana etc. .

Farther the following can be treated as the findings of the above various studies:-

- Social interaction had to limit and constrained to interpersonal interactions.
- Self confidence and self concept were low.
- Parents, teachers were played an important role to remove their hesitation and shyness in meeting strangers.
- Yogasana were effective in reducing trait- anxiety and aggression and increasing the self-concept, adjustment, emotional stability, understanding the peer groups and helpfulness.
- Adaptive changes were observed on selected psychological variables through some selected graded exercise.
- Reaction time and movement time were poor.
- The anxiety and tension became high when they performing the skills

Few training methods were significant enough for the improvement of the disable children and few were not significant. The causes of these variations might be poor infrastructure, faulty methods, overload, functional impairments, fear and tension etc.

3. CONCLUSION:

The present researcher hope that though it was proved that normal children's are very much interested to involved in any kind of games, and the disabled pupil's are also the same. So that recreational activities are also played a vital role through improving some psychological and physical factors of deaf and dumb pupils. They will be prepared themselves more active, take responsibilities, well adjusted in the society and so on.

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