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Propose recreational exercises to raise self-esteem in mentally handicapped people

Comparative Study of Disabled People's School in djelfa

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Abstract:

Research objective to identify the effectiveness of recreational exercises in raising the self-esteem of mentally handicapped adolescents, where the study sample included 24 individuals divided by sex (12 pupils and 12 schoolgirls) and selected in a deliberate manner by 70% of the school community And the researcher of this study also followed the pilot curriculum by conducting a tribal test in Viveri 2024 and then applying recreational quotas to the sample and then finishing with a subsequent application in May 2024, The researcher also relied on Dr. Wahid Mustafa Kamel's measure of self-esteem in the hearing handicapped as a tool for measuring self-esteem recreational rations designed by the researcher consisting of 20 recreational rations.

The researcher's findings showed that there were statistically significant differences at the 0.01 level between tribal and post- self-esteem testing in mentally handicapped adolescents (male and female) in favour of remote testing.

The researcher's findings demonstrate the effectiveness of the proposed recreational quotas to raise the self-esteem of mentally handicapped adolescents for both sexes lead us to attach great importance to recreational activity and adopt it as a means of helping the mentally disabled.

Keywords:; recreational activity, self-esteem, mentally handicapped.

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1. INTRODUCTION

The field of special education or disability in general is one of the modern fields that has received increasing attention from specialists and workers in this field.

The development of this field has seen a strong and rapid start as a result of many social factors and variables, including humanitarian, moral and psychological factors.

Disability makes people psychologically and physically disturbed and this further deteriorates their condition, acquiring features such as grief over time. s family and nanny within the centre, even if they do their best to make him happy, he reads it on the basis of compassion.

These psychological problems must be solved to alleviate or eliminate them completely.

The participation of the disabled in recreational sports activities benefits the first of these benefits is reflected in the motor and physiological ability This, of course, helps a disabled person to cope with life conditions in an easier way, as well as giving the disabled an unequivocal measure of self-confidence This depends on the type of activity and the ability of the disabled to succeed in it. It is therefore important that the educator be aware of this point, as is said in psychology. "Nothing works like the same success", so the breeder has to give the disabled a measure of activity in which he can succeed.

A self-confident disabled person becomes an active member of the surrounding social circles, the first being the family, followed by the school, the neighbourhood and the entire community.



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At present, experts, researchers in the field of sport, recreation and others continue to provide us with the latest recreational methods and methods, based on a variety of information and field research that have made the individual practising his activity the subject of them. This has made the developed countries experience a spectacular development in recreation, so that recreation takes value and importance in the lives of modern societies and in their plans for a better future.

Recreational physical activity is a successful means of psychological recreation for the disabled. It acquires experiences that help them to enjoy life and get rid of the complex of feeling inferior and the impact of recreational skills goes beyond enjoying leisure time in developing self-confidence and relying on the same sportsmanship, work and friendships that bring him out of isolation and integrate him into society, Recreational physical activity must be given great importance to the role it can play in overcoming psychological problems.

Considering the importance of this aspect, this research, which addresses the effectiveness of recreational exercises in raising the self-esteem of a mentally disabled adolescent, is a very important topic in order to give the disabled their right as other men and to overcome their psychological problems and thus gain self-confidence, thereby raising their self-esteem.

1- *Problematic:* In today's world, societies have taken care of, assisted and taken into their hands to alleviate the suffering they suffer, and humanitarian bodies and organizations have made intensive efforts to reduce disability and create healthier conditions.

Undoubtedly, the disabled had moved from dependent to non-



dependent, and civilized States had been gradually developing that trend with a view to reducing the problem of the mentally handicapped and correcting them to be useful working society's builders.

Intellectual disability produces negative effects on the psychosocial side, as a person with mental disabilities lacks the ability to socialize with others as well as family parenting patterns that may lead to social and dependent immaturity. It is also known that people with mental disabilities tend to interact with each other, considering suffering to be one and the same. social interaction ", which they do more than any other disability group, perhaps because of their need for social interaction and a sense of acceptance from other people.

Through our monitoring of many studies, most researchers and scholars agree that there are general features that predominate over the category of mentally handicapped, most of which are not positive, especially with regard to social culture and social maturity. In terms of psychological and emotional characteristics, no one is able to deny the fact that intellectual disability may directly and indirectly affect human total psychological organization. and the magnitude of these negative impacts is determined by health awareness and efforts to rehabilitate this group, Disability can cause loss of self-confidence and lack of self-acceptance as a result of a sense of fear of the future and frustration resulting in a low level of self-esteem.

From the exploratory study of some schools for the mentally handicapped, we noted the lack of sports recreational work by sports educators, as well as the lack of interest in the emotional aspect, which is regarded as a strong motivation behaviour ", since the motive is an internal physical or psychological state or force that provokes and



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drives behaviour towards a certain objective, which is an internal force that we do not notice directly but derives from the general direction of conduct issued by it (*Osama Kamel, 2000, p. 122*).

He called the tendency of self-fulfilment, classifying all biological motivations under the tendency of self-fulfilment and acknowledging that the organism has one basic tendency to struggle to achieve, preserve and strengthen itself (*Helmi Millije , 2001, p. 164*).

Through this theory and in order to try to highlight the effectiveness of recreational exercises in raising the self-esteem of a mentally disabled adolescent, I have decided to ask the following question:

- Are there statistically significant differences between mentally handicapped score averages in tribal and postgraduate measurements of self-esteem in favour of dimensional measurement?
- Are there statistically significant differences between mentally handicapped male score averages in tribal and postgraduate measurements of self-esteem in favour of dimensional measurement?

2-Research hypothesis:

2-1 study hypotheses:

- There are statistically significant differences between the averages of mentally disabled persons' scores in tribal and postgraduate measurements of self-esteem in favour of dimensional measurement.
- There are statistically significant differences between the average scores of mentally disabled males in tribal and postgraduate measurements of self-esteem in favour of dimensional measurement?



Survey: The researchers conducted a survey of the proposed recreational quota programme between (2022-1-2) and (2022-1-7) on a sample of (07) members of the study community and outside the core sample for one week with two recreational quotas, with a view to identifying:

- The validity of the tools and devices used to ascertain the security and safety factors.
- The appropriateness of the content of the proposed recreational quotas for the sample study.
- Distribute the ideal times for the module parts.
- Possible difficulties for researchers during the programme's implementation.

The results of the survey resulted in the appropriate content of the programme and the tools and devices used in its implementation for members of the survey sample.

Study tools: The two researchers used Dr. Waheed Mustafa's self-esteem graphics or sign scale and recreational quota programme. The following is a presentation of these tools and procedures under which the tools were used and built.

3-2 Measure of Self-Esteem for the Mentally Handicapped: Designed by Dr. Waheed Mustafa Kamel, Mental Health Teacher at the Faculty of Qualitative Education in Zagaziq University. Designed in 2003 on a sample of mentally handicapped 120, the measure consists of 20 negative and positive form or signal.



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The scale is also divided into two dimensions. The first dimension is after respect for one's sphere. The second dimension is after appreciation from others, so that the terms of each sphere are distributed as follows:

- Area of self-esteem figures: (3, 6, 7, 9, 13, 14, 15, 18, 19, 20)
- The area of appreciation of others with figures: (1,2,4,5,8, 10, 11, 12, 16, 17)

The drip should read:

- The right shape or signal takes 2 degrees.
- The wrong shape or signal takes zero.

Thus, the total score of the scale is 40 degrees. This measure identifies three levels of self-esteem as follows:

- High rating of 27 - 40 degrees.
- Average rating of 13 - 26 degrees.
- Low rating of 0 - 12 degrees.

Proposed recreational quota 3-3 (preparation of the two researchers):

The content of the proposed sports recreational program has been determined based on the objectives identified and referred to as follows:

- The duration of application of the recreational quota programme (10) weeks.



- The recreational quota programme consists of 20 recreational units.
- Number of recreational units per week (02), 2 per week.
- Recreational unit time (60) minutes.
- Total unit time per week: $60 \times 02 = 120$ minutes
- Total unit time per month: $120 \times 04 = 480$ minutes
- Warm-up time: 10 minutes per unit.
- Main part time: 45 minutes per unit.
- Closing part time or cooling down: 05 minutes per unit, table (6) shows the time distribution of recreational unit parts for the proposed sports program in minutes.

Scientific bases of study tools:

Certification of the scale: The two researchers relied on the arbitrators' honesty.

* Arbitrators certified: After presenting Dr. Waheed Mustafa Kamel's self-esteem test to nine professors of psychology, pedagogy and sports sciences, we received the answer from seven of them, most of whom were 90% and above.

- Authenticity of content for the recreational program: The proposed recreational program was presented in its initial form to (9) expert doctors with competence in the areas of: Adapted motor activity, psychological, educational, social and sports sciences, physical and sports education theories and curricula, where they are asked to



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express an opinion in the sports recreational programme in terms of: Its duration, number of training sessions, time limits, techniques, activities and tools contained and suited to the objectives of the programme. Experts were unanimous on the appropriateness of the content of the sports recreational programme and the procedures followed in its implementation.

Scale stability: To calculate the stability of the measure of self-esteem of mentally disabled persons, the retest method as well as the halfway method of fragmentation have been adopted.

* Re-testing method: The two researchers applied the scale to the members of the rationing sample and then re-tested the same sample after ten days, where this test is considered a heterogeneous test where it measures the personality characteristics for which stability is expected) Rapid and sharp changes do not change over time (, then calculate the correlation factor between the individual's scores in the two applications for both the dimensions of the scale and the overall degree of the scale by the Pearson correlation coefficient because the data are raw scores at the category level and not at the grade level. The following table (2) shows this:

Table No. (1) shows the correlation transactions of the two dimensions of the scale and its overall score in the two tests

<i>Dimension</i>	<i>correlation coefficient</i>	<i>significance level</i>
<i>Area of self-esteem</i>	0.92	0.01
<i>Area of appreciation from others</i>	0.87	0.01
<i>Scale as a whole</i>	0.90	0.01

From the previous table, it is clear that the correlation factors between each dimension and itself and the scale's overall score and itself all function at the 01 level, 0 means that the scale has a high degree of stability.

* Half-split method: The two researchers segmented each dimension after both scales as well as the total scale into two equal parts so that the first part of the individual grades and the second part of the marital grades. The correlation factor between the grades was calculated in the two parts and then calculated the constant factor. The following table shows this:

Table No. (2) shows the correlation and constant factors of both scale and scale as a whole in the mid-split method

<i>Dimension</i>	<i>Binding coefficient between the two parts</i>	<i>Constant Factor</i>	<i>Indicative level</i>
<i>Area of self-esteem</i>	0.63	0,77	0.01
<i>Area of appreciation from others</i>	0.61	0.78	0.01
<i>Scale as a whole</i>	0.77	0.88	0.01

The previous table (2) shows that all stabilization factors are at the level of 0.01, which means that the scale has a high degree of stability.

Scale objectivity: The scale used in the current study is easy to understand, clear, uninterpretable and far from self-evaluable and recorded using grades, thus characterizing the measure used by objectivity.

4. Basic study:



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Scientific curriculum:

According to the researcher's problem, the experimental approach was used to study research variables and to reveal the effectiveness of the sports recreational programme in raising self-esteem in a mentally disabled adolescent.

School community: The school community consists of all 14 to 15-year-olds with mental disabilities who are enrolled in the Young Deaf Children's School in Al-Jalfa City, numbering 40 pupils and pupils and enrolled for the 2024/2023 school year.

Study sample: The sample of the study consisted of (24) pupils and pupils with intellectual disabilities divided equally, i.e. 12 male and 12 female, with an average lifespan of (15.75) years, they are enrolled in the first year average, and they are boarding pupils, i.e. they stay with each other in the school's concourse and these children were deliberately selected to form the pilot group, with the exception of (9) nine who were not internal as well as (7) seven who did not reach the average level of first s children were selected to form the pilot group for the following considerations:

- The school provides ready-made sports facilities (a handball court, a basketball and volleyball court, a long jumping tub) as well as various sports tools and equipment.
- Full cooperation of the Foundation's management with the two researchers.
- The school provides on the internal system which makes it easier for researchers to control random variables as well as apply the program outside school times.

5-4 Areas of Research:

4-5-1 the spatial area: Since the sampling personnel are enrolled in the Young Deaf School, the field study was carried out in this school located in the state of Al-Jilfa, where it was proven worthy in several regional and national participants of the school games for the sport of the mentally handicapped, where they received good results.

4-5-2 time frame: The starting point was the theoretical aspect, followed by the applied aspect.

It was the beginning of the theoretical aspect from September 2023.

The applied side began in January 2024.

Implementation of the programme's content: The implementation of the proposed sports recreational programme was preceded by some introductory steps, namely, several meetings between researchers and members of the pilot sample aimed at providing opportunities for convergence and reconciliation between them - Creating a confident atmosphere - Before starting the sports recreational program, after confirming the program's validity for application, the proposed sports recreational program was implemented on the basic study sample according to three stages:

Tribal measurement stage: Tribal measurements of the experimental group were conducted using the mentally handicapped self-esteem scale designed by Dr. Waheed Mustafa Kamel.

Presentation and interpretation of results:



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There are statistically significant differences between the average scores of mentally disabled males and those of mentally disabled females in the dimensional measurement of the level of self-esteem in favour of males. To ascertain this, we used the "V" test to calculate the differences between males and females in the dimensional test and obtain the results of the following table:

Through the table, the value of the "V" indication of the differences between the average grades of mentally disabled (male) pupils and the average scores of mentally disabled pupils (female) for self-esteem in the remote test

<i>post-test</i>	<i>Average</i>	<i>Lowest Grade</i>	<i>Top Grade</i>	<i>Standard deviation</i>	<i>Value of "t"</i>	<i>Connectedness</i>
<i>Male</i>	27,00	21	29	3.4	1.22	Without connotation
<i>Female</i>	23,25	19	30			

The table shows that the value of "T", which is 22.1, is statistically irrelevant. This indicates that there are no differences between mentally handicapped males and females in self-esteem, despite the difference in average scores estimated at 27.00 males. In females, it is estimated at 23.25 in the distance test as it has not reached the level of indication.

The "V" test shown in the table did not reveal statistically significant differences between male and mentally handicapped females' grades in dimensional measurement. This denies the validity of the hypothesis that there are statistically significant differences between the average scores of mentally disabled males and those of mentally disabled females in the dimensional measurement of the level of self-esteem in favour of males, and these results are contrary to all similar studies.

The researchers explain the result, although there are slight differences between male performance averages on female performance on the mentally disabled self-esteem test in favour of males. s performance because it does not include activities, attitudes, tools or triggers that may be considered to be related to the adolescent sex, Its recreational activities were appropriate for both sexes. and that they are of a general nature and far from having a stereotype in the use of their tools, since they find that the tools and means are gender-appropriate or are equally gender-oriented and therefore expect that these activities will not lead to disparities in the psychological or personal processes of the adolescent. In addition, the activities included in this programme were presented in the same manner as both sexes, which in turn resulted in their performance not being different by sex.

- There are statistically significant differences between the averages of grades of mentally disabled adolescents (males and females) in tribal and postgraduate measurements of the level of self-esteem in favour of dimensional measurement. To verify the validity of this hypothesis, we used the "t" test to calculate the differences between tribal and remote application.

Table: Showing the value of the "v" indication of the differences between the average grades of students (male and female) with mental disabilities for self-esteem in tribal and remote testing

Male- female	Average	Lowest Grade	Top Grade	Standard deviation	Value of "t"	Connectedness
Pre-test	24,08	17	30	1,34	5,01	Indicative at 0,01
Post-test	25,45	19	30			

According to the table, the value of "T", 5.01, is statistically significant at the level of 0.01. It can therefore be said that the group



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changed to the best (self-esteem increased) after the introduction of experimental treatment (sports recreational program), with average scores increasing from 24.08 in the tribal test to 25.45 in the postgraduate test.

This result is consistent with the majority of the results of similar studies research. In the researchers' view, the result can be explained by the fact that the sports recreational programme and its opportunities for social interaction and personal experience contribute to increasing self-esteem. This result has supported the psychological and educational literature. High self-assessment is based on the efficiency and achievement of individuals in the fields of life, and this is confirmed by the world of Parlapas. (Parlebas) classifies sport as one of the distinctive types of play that unites the body with the mind. It also sees sport as a psychological and social motor education (Osama Raab Kamel, 1999, p. 40), and Zeller's theory that self-esteem is only social self-esteem confirms that in most cases self-assessment takes place only in the social frame of reference (Omar Ahmed Hamashri, 2003, p. 245). This is what Rosenborg and Shutz found that individuals with low self-esteem prefer to stay away from social activities and do not hold leading positions and sometimes appear to be submissive and marching, besides being shy, hypersensitive, inclined to loneliness and isolation. Erikson, who addressed adolescence from the perspective of the identity crisis, focusing on the gravity of what he calls the role and defining the issue of identity as impressions of ourselves and the thoughts of others about us and the realization of identity depends on the sense of belonging to his group. Al-Ghani al-Didi asserts that at this stage the hearing impairment needs social contact through an increased tendency to mingle with members of both sexes, at the expense of family members. This is what we find in sports recreational activity in order to be independent



of the parents, non-dependent and full compliance with them (*Abdul Ghani al-Didi, 1995, p. 80*).

General conclusion:

- After presenting and discussing the results obtained for the mentally handicapped group, we find that through the results of the absence of statistically significant differences between the mentally handicapped (Male) And mentally disabled (female) at the level of self-esteem in the remote test, which shows that the exercise of the sports recreational programme does not lead to a difference in the level of self-esteem by sex as a result of the programme's lack of activities, attitudes, tools or excitements that can be considered to be related to the sex of the adolescent, which negates the validity of the third partial hypothesis.

- Among the foregoing, and after validating the proposed partial hypotheses, except the third partial hypothesis at the beginning of the study, we can say that the general hypothesis that there are statistically significant differences between the averages of grades of fatty disabled adolescents in tribal and postgraduate measurements in favour of dimensional measurement s sports recreational programme has a high level of self-esteem than before the sports recreational programme.



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