



Search information

Received 02-02-2024
Accepted 2024-11-15

Printed ISSN: 2352-989X
Online ISSN: 2602-6856

**The role of recreational sports in the
development of certain personal features of
children with hearing impairments (from 8 to
11 years old)**

Ait Ziane Mohamed^{1*}

Mokhtari Abdelhamid²

Laouadi Fouzia³

¹ Hassiba Ben Bouali University Chlef (Algeria),
m.aitziane@univ-chlef.dz

² Hassiba Ben Bouali University Chlef (Algeria),
a.mokhtari@univ-chlef.dz

³ Hassiba Ben Bouali University Chlef (Algeria),
f.laouadi@univ-chlef.dz

¹ مخبر: الإبداع و الأداء الحركي، ² مخبر: الإبداع و الأداء الحركي، ³ مخبر: الإبداع و الأداء الحركي

ABSTRACT

We have relied on the analytical descriptive methodology for dealing with the subject of the study, using the questionnaire as a tool for the study, which will consist of 22 two-pronged axes, the first one on the character of shyness, 11 sentences on the character of inclusion, and the second one on the character of introversion. It contains 11 sentences. The questionnaire has been distributed to students at the deaf-dumb school in Chlef, and the study sample has been estimated at 23 individuals.

After conducting the study, a series of conclusions were reached, the most notable of which are as follows:

Recreational sports activity contributes to reducing the shyness of children with hearing impairments.

Recreational sports activity contributes to reducing the introversion of children with hearing impairments.

Keywords: recreational sports activity, shyness, introversion, hearing disability.

**Corresponding author*

INTRODUCTION

Sports activity is one of the most common physical stimuli among young people, especially in educational institutions and schools. This is helped by the fact that sports work is a factor in active positive comfort, which is an important area of leisure time. In addition, it is a work that improves the individual's health and physical well-being, makes him well-placed, gives him joy and pleasure, frees him from fatigue and boredom, and makes him able to work and produce.

As educators and psychologists agree, the systematic and scientific exercise of physical sports has a positive impact on human health, whether physical, psychological, or social, where sports physical activity contributes significantly to the mitigation and reduction of psychological stress and anxiety in the individual.

Since recreational sports play an important role in the alleviation of the physical, psychological, and social ills of a disabled person, as stated in the study "Hisham Louh," an individual can easily train the role played by this activity in adapting and integrating the hearing disabled into the social environment and the role he plays in the development of the personal characteristics of the hearing disabled, as well as in accepting the disability, as well as in how to reduce or overcome the sense of shame and obstinacy by engaging in recreational sporting activity as a means of developing personal characteristics.

This has led us to ask the following question: **Does recreational sporting activity play a role in the development of some of the personal features of children with hearing impairments?**

Underneath were the following partial questions:

- **Does recreational sport play a role in reducing the shyness of children with hearing impairments?**
- **Does recreational sports play a role in reducing introversion of children with hearing impairments?**

2. Hypotheses:

2.1 General Hypotheses:

Sports activities play a role in the development of some of the personal features of children with hearing impairments.

2.2 Partial Hypotheses:

- Recreational sports activity play a role in reducing the shyness of children with hearing impairments.
- Recreational sports activity play a role in reducing the introversion of children with hearing impairments.

3. Objectives of the research: Our study aimed to:

- Whether recreational sports help reduce the shyness of children with hearing impairments.
- Whether recreational sports help reduce the introversion of children with hearing impairments.

4. Identification of key concepts and terms for research:

4.1. recreational Sports activities:

Games or sports in leisure and non-competition, or in other words, sports outside the federal framework, are recreational physical activity as a means of generating leisure time. (Rahmeh, 1998, p. 23)

4.2. Shyness:

An emotional situation characterized by a tendency to avoid interaction in social attitudes accompanied by anxiety, tension, and dissatisfaction, especially in situations facing others, a feeling of lack of self-attendance and others, a preference for isolation, and withdrawal from social interaction. (Rahmeh, 1998, p. 98)

4.3. introversion:

Psychiatry, due to congenital or pathological reasons, educational factors, or economic conditions, makes the personality entwined, a manifestation of social maladjustment that makes the person lonely and concerned when he is among the people. (Christophe, 1999, p. 113).

4. Audio-disability:

It is a complete or partial loss of hearing and limits the ability to communicate verbally, leading to a lack of language and speech. (Al-Ansari & Bader , 1996, p. 209)

5. Previous and similar studies:

First study:

Wafi Abdulkader and Bouaziz Shaban study: adapted sports activity in the development of some of the social skills of children with hearing disabilities (10–13 years of age) (2016–2017).

Research on the role of adapted sports activity in the development of some social skills (communication, participation, and cooperation) among children with hearing disabilities was conducted at 10–13 years of age. In this research, researchers opted for a survey methodology because of its relevance to the nature of the study. A sample of 50 children, distributed among 40 pupils for basic studies and 10 children for exploratory studies, was selected. After analysis and discussion, researchers were able to highlight the role of adapted sports activity in the development of some social skills, such as communication and participation, as well as cooperation and social integration skills, by comparing the two research samples. The results of the research were positive for practitioners of this type of activity, highlighting in the same context the role of schools for persons with disabilities in building the personality of this group and trying to integrate them socially.

Second study:

The study of Wally Dhaya Eddine: 2016 The role of adapted sports physical activity in the development of certain ethical values among deaf and dumb individuals:

The study aimed to learn about the role of physical sports in the development of the values of respect and love for others, humility, and good manners. The researcher used a descriptive approach to fit the nature of the study. The researcher also used the questionnaire technique, which included a series of questions addressed to deaf and dumb children. This included a sample study of 36 individuals. The main findings were as follows:

The exercise of adapted sports physical activity develops the value of respect and love among deaf and dumb children.

The exercise of adapted sports physical activity develops the value of the humility of deaf and dumb individuals.

The exercise of adapted sports physical activity develops the value of good morals for deaf and dumb individuals.

6. Reconnaissance study:

The survey is the first step that will help the researcher take an overview of the field study aspect of his research, so we conducted it before the field study was launched to ensure that the study proceeded well and was aimed at identifying the problems that might be encountered and the extent to which researchers understand the questions of the form. By sorting out these distributed forms, we were able to find out which questions were not understood and which were not clear. We removed some of the questions from the initial form, and we were able to formulate some questions clearly and conceptually until we were able to design a questionnaire in its final form for distribution to the study sample.

7. Research methodology:

The use of a curriculum by a researcher is based on the nature of the subject that he wishes to study. Different subjects in terms of specificity and clarity require a difference in the methods used. In accordance with the nature of the proposed topic, we have relied on the descriptive approach, which is one of the

most widely used research methods, especially in educational, psychological, social, and sports research. Descriptive research is concerned with the collection of precise scientific descriptions of the phenomena studied, the description and interpretation of the current situation, as well as the identification of common practices and the identification of views, beliefs, and trends in individuals and their methods of growth and development, with a view to studying the relationships between the various phenomena. (Kashef, 2001, p. 23)

8. Areas of research:

8-1. Time area:

Following the approval of the questionnaire by the professors, we distributed it to athletes and collected it from March 7, 2021, until April 15, 2021.

8-2. Spatial area: We conducted the research field study at the School for the Deaf Mute in Chlef.

9. The research community:

Grawitz defines it as a finished or unfinished set of predefined elements based on observations. (Angers, 2004, p. 298).

The study community consists of all students with hearing impairments at the School for Deaf and Dumb Children in Chlef, which is 23 pupils. In light of these data, we can identify a sample of the research.

10. Research sample:

The research sample can be defined as a "sub-group of elements of a particular research community." (Angers, 2004, p. 301).

The research sample was selected in an intentional manner (a comprehensive survey), with all 23 deaf children with hearing disabilities attending the school.

11. Research tools:

Questionnaire:

It is a practical tool and one of the most effective means of gathering information for research, and the questionnaire has been designed and defined based on the views and guidance of a number of researchers and specialists in this field, in line with its problems and the premise of research. (Angers, 2004, p. 301).

After drafting the questionnaire, which contained a list of phrases containing 22 sentences, the questionnaire was used for the **Likart scale**, and after it was approved by the presiding professors, we directed it to the samplers, the group of hearing impaired at the deaf dumb school in Chlef, who helped to distribute it to the educational supervisor, Daoudi Tahar, a qualified teacher in sign language, who facilitated contact with the sample, in order to obtain information on the subject and answers to the problem to be studied, and it was answered by placing an x mark in the selected box.

scale	Strongly agree	Agree	Neutral	Disagree	Strongly disagree
Degree	5	4	3	2	1

Table 01 represents the answer to the phrases.

Source:Ait Ziane Mohamed, 2021, 87

Table 02: Explains the name and possible values of the Likart scale

Scale	Arithmetic average (possible value)
Strongly agree	4.20 - 05
Agree	3.40 – 4.19
Neutral	2.60 – 3.39
Disagree	1.80 – 2.59
Strongly disagree	01 – 1.79

Source:Ait Ziane Mohamed, 2021, 87

This section contains the 22-sentences questionnaire, which represents the total scores of personal characteristics.

It is divided into two axes:

- The first axle contains 11 sentences dealing with the role of recreational sporting activity in reducing shyness.
- The second axle contains 11 sentences deals with the role of recreational sports activity in reducing the character of introversion.

12. Scientific requirements of the instrument:

There are standard requirements that must be taken into account during the completion of tests according to the correct scientific basis:

12.1 In order to ascertain the compatibility of the questions of the questionnaire with the questions, problems, and research assumptions and to investigate the truth and objectivity of the scientific tool, the two arbitrators presented the form to some of the department's professors, who were recognized for their scientific level and specialization in the field of study, with a view to their arbitration. In light of the observations submitted to us, we made the agreed amendments, most of which were based on better drafting, the deletion of others that were incompatible with the subject areas, and the transfer of some words from one axis to another.

13. Research variables:

Independent variable:

This type of variable is called the factors that influence, and this variable is what is considered to be the principal influencer of the phenomenon or behavior that he or she notices or studies. And in our research, this independent variable is " recreational sports activity."

Dependent variable:

It is the relationship between the two variables that is affected and does not affect them, and in our research, this dependent variable is "personal characteristics."

14. Statistical tools used:

Statistical data were processed using the Social Science Statistical Package software (SPSS), which included the following statistical methods:

- percentages and repetitions to describe the sample.
- Statistical averages measure the degree of centralization of responses.
- standard deviation to measure agreement and non-dispersion of responses.

15. Presentation and analysis of the results of the questionnaire:

15.1 Presentation and analysis of the results of the study on the first hypothesis:

- **15-1-1-Sentences 04: Physical activity reduces my sense of shyness**

Table 03:

Scale	Rates	Percentage	Arithmetic average	Standard deviation	Torsion coefficient
Strongly agree	09	%39.13	3.80	0.152	-0.487
Agree	07	%30.43			
Neutral	03	%13.04			
Disagree	04	%17.40			
Strongly disagree	00	0%			
Total	23	100%			

Source:Ait Ziane Mohamed, 2021, 117

Through the results of table (03) showing the response rate, the Arithmetic average, and the standard deviation of Sentence N°04, we have found that the Arithmetic average is 3.80 which is in the scale of Agree (3.40 . 4.19), this means that the majority of the sample members agreed with the fourth term. From this, we conclude that individuals who engage in physical activity have less sense of shyness, as evidenced by the findings of the table and the figure (03) shown, as 69.56% responded with strong approval and approval.

- 15-1-2-Sentences 07: Recreational sports enhance my ability to express my views in front of my colleagues.

Table 04:

Scale	Rates	Percentage	Arithmetic average	Standard deviation	Torsion coefficient
Strongly agree	07	%30.43	3.80	0.152	-0.487
Agree	09	%39.13			
Neutral	03	%13.04			
Disagree	04	%17.40			
Strongly disagree	00	0%			
Total	23	100%			

Source:Ait Ziane Mohamed, 2021, 119

Through the results of table (04) showing the response rate, the Arithmetic average, and the standard deviation of Sentence N°07, we have found that the Arithmetic average is 3.80 witch is in the scale of Agree (3.40 . 4.19), this means that the majority of the sample members agreed with the seventh term. From this, we conclude that Recreational sports enhance ability to express the views in front of the others, as evidenced by the findings of the table (04) shown, as 69.56% responded with strong approval and approval.

15.2. Presentation and analysis of the results of the study on the second hypothesis:

- 15.2.1 - The 19th phrase: recreational sports activity allows me to forge new friendships.

Table (05):

Scale	Rates	Percentage	Arithmetic average	Standard deviation	Torsion coefficient
Strongly agree	09	% 39.13	4.20	0.182	-1.018
Agree	09	% 39.13			
Neutral	02	% 08.69			
Disagree	02	% 08.69			
Strongly disagree	00	0%			
Total	23	100%			

Source:Ait Ziane Mohamed, 2021, 129

Through the results of table (05) showing the response rate, the Arithmetic average, and the standard deviation of Sentence N°19, we have found that the Arithmetic average is 4.20 which is in the scale of strongly agree (4.20 – 05) which means that the majority of the sample members strongly agreed to the nineteenth term.

From this, we conclude that recreational sporting activity allows individuals to form new friendships, which is illustrated by the results of Table 5, which show that 78.26% responded with strongly agree and agree and 08.69% responded with Neutral.

• 15.2.2 - The 21st phrase: Entertainment sports reduce my desire to sit alone

Table (06):

Scale	Rates	Percentage	Arithmetic average	Standard deviation	Torsion coefficient
Strongly agree	09	% 39.13	4.20	0.182	-1.018
Agree	09	% 39.13			
Neutral	02	% 08.69			
Disagree	02	% 08.69			
Strongly disagree	00	0%			
Total	23	100%			

Through the results of table (06) showing the response rate, the Arithmetic average, and the standard deviation of Sentence N°21, we have found that the Arithmetic average is 4.20 which is in the scale of strongly agree (4.20 – 05) which means that the majority of the sample members strongly agreed to the nineteenth term.

From this, we conclude that entertainment sports reduce the desire to sit alone, which is illustrated by the results of Table 4, which show that 78.26% responded with strongly agree and agree and 08.69 % responded with Neutral.

16. Discussion and comparison of results with hypotheses:

• 16.1. Discussion of the first hypothesis, which is worded as follows: recreational sports activity plays a role in reducing the shyness of children with hearing impairments.

By table 03 and table 04 we note that the Arithmetic average of the role of recreational sports activity in reducing the shyness of hearing-impaired persons was 3.80 and the standard deviation was 0.15, which is close to 00, meaning that the focus of the sample responses around the average was not dispersed. So the calculation average of the sample's responses to the first axle terms is within the corresponding area of 3 to 4 and by a percentage of 65%, so the reduction of the shyness feature is associated with the exercise of recreational sports activity.

From there, the results obtained after the analysis and interpretation of the results prove to us the validity of our first hypothesis.

16.2. Discussion of the second hypothesis: formulated as recreational sporting activity has a role to play in reducing introversion of children with hearing impairments.

In table 05 and table 06 we note that the Arithmetic average of role of recreational sports activity in reducing the introversion of children with hearing impairments was 4.20 and a standard deviation was 0.18, close to 00, which means that the focus of the sample responses around the average is not dispersed.

So the mathematical average of the sample's responses to the second axle is within the corresponding area of 3 to 4 and by a percentage of 55%, so the reduction in the form of obsession is associated with the exercise of recreational sports activity.

From there, the results obtained after the analysis and interpretation of the results prove to us the validity of our second hypothesis.

General conclusion:

As soon as we began the study we discussed, we tried, as far as possible, to anticipate the results that could be obtained, where we proved their validity and the validity of the hypotheses, and through the analytical study, which analyzed the responses of the samplers to the questionnaire, we came to the following conclusions:

- Recreational sports play a role in reducing the shyness of hearing impaired people, which is reflected in the majority of the following terms:

- Physical activity reduces my sense of shyness.
- Recreational sports enhance my ability to express my views in front of my colleagues.
- I do not find it awkward to exercise with strangers.

The majority of the sample members responded either with or without strong approval.

- Recreational Sports activity play a role in reducing the introversion of the hearing impaired, as shown in the majority of the following terms:

- Entertainment sports reduce my desire to sit alone.
- Entertainment and physical activity allow me to form new friendships.
- I prefer collective sports over individual sports.

The majority of the sample responded either with approval or with strong approval.

Through these results, it can be said that recreational sporting activity has a role to play in the development of certain personal characteristics of the hearing disabled students at the deaf dumb school in Chlef. Thus, the general premise of our study, which says that "recreational sports activity has a role to play in the development of certain personal characteristics of the hearing disabled, has been realized.

Conclusion:

The field of special education, which deals with the special group of persons with disabilities, is an important indicator of the development of countries. The conventions and laws of the state emphasize the need for attention to be paid to those groups that face various difficulties in integrating and adapting to the rest of society.

Among the most common disabilities we find with hearing impairments, which are among the most important, it has been shown that even before the birth of the fetus, the hearing begins, and the fetus can discern the voices three months before the birth of the child (al-Tib, 2010, p. 28) where the greatest importance of this sense is that it helps individuals to participate positively and to acquire language that is the most accessible and popular form of communication and understanding among people. (Ibrahim & Farhat, 2003, p. 26) Given that the group with hearing impairments undergoes physiological, psychological, and social transformations and continuous change in all its personal and psychological aspects, recreational physical activity is concerned with all the characteristics of their development, their inclinations, their motives, their past experience, their preparations, and their disorders, the most important of which is shame and conceit, which are considered an obstacle to these individuals so as to confuse them with their lives and cause them to lose confidence in themselves.

We have therefore undertaken this study in order to provide assistance to this group and to rehabilitate them through physical exercise in a normal manner.

Recommendations:

- Compulsory exercise of physical and sports education in all centers.
- Inclusion of a special program of physical activity in the curricula of the centers
- discovering, caring for, and assisting capacities to promote sport and disability, achieve results, and represent the nation.
- Work to improve society's perception of the disabled.
- Making people with disabilities an effective component of society.
- The need to pay attention to all psychological, health, social, and educational aspects of this group.
- Equipping schools with hearing impairments with pedagogy centers and sports equipment.
- Establishment of competitive and recreational sports courses in various sports

Bibliography list

- Al-Ansari, & Bader , M. (1996). Theory of Personality. Kuwait: Al-Manar Islamic Library.
- al-Tib, O. b. (2010). Dans Higher Education in the Rehabilitation of the YY Special Audio Needs (pp. 28 - 29). Arabie Saudia: Centre for Strategic Studies, King Abdulaziz University.
- Christophe, A. (1999). Shame. Lebanon: Awadat for Publication and Printing.
- Ibrahim, H., & Farhat , L. (2003). Promotional Sports Education for the Disabled. Arab Think House.
- Kashef, I. F. (2001). Psychological Measurement and Educational Guide to Audio Disability. Alexandria: Modern Book House.
- Rahmeh, I. (1998). Impact of Health Aspects on Physical Sports Activity,. Amman: Dar El Fikr.