

The role of recreational sports physical activity in reducing some of the psychological pressure of students with hearing disabilities.

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Summary:

The aim of this study is to identify the role of physical activity recreational sports in reducing some of the psychological pressure of students with hearing disabilities. The researchers relied on the descriptive approach using questionnaire on a sample of (13) teachers in the school of the hearing disabled in "Om El-Bouaghi" municipality, and the researchers reached the following results:

Physical activity recreational sports have a positive role in reducing some of the psychological stresses (depression, Hyperactivity and distraction, aggressive behavior) of students with Hearing disability.

There were no statistically significant differences in the responses of teachers about the role of recreational sports activity in reducing some of the psychological pressure of students with Hearing disability due to the variable (gender, years of experience, and the stage in which the teacher works).

Keywords: Recreational Sports Activity; Depression; Hyperactivity; Aggressive behavior; Hearing disability.

ملخص:

هدفت هذه الدراسة التعرف إلى دور النشاط البدني الرياضي الترويحي في التقليل من بعض الضغوط النفسية لدى التلاميذ المعاقين سمعياً، حيث اعتمد الباحثان على المنهج الوصفي مستخدمين استمارة استبيان على عينة قدرها (13) مدرس بمدرسة المعوقين سمعياً ببلدية أم البواقي بواقع (07) مدرسات و(06) مدرسين تم اختيارهم بطريقة قصدية، وقد توصل الباحثان إلى النتائج التالية:

- للنشاط البدني الرياضي الترويحي دور إيجابي في التقليل من بعض الضغوط النفسية (الاكتئاب، فرط الحركة وتشتت الانتباه، السلوك العدواني) لدى التلاميذ المعاقين سمعياً.

- لا توجد فروق ذات دلالة إحصائية في إجابات المدرسين حول دور النشاط الرياضي الترويحي في التقليل من بعض الضغوط النفسية لدى التلاميذ المعاقين سمعياً تعزى لمتغيرة (الجنس، الخبرة المهنية، الطور الذي يعمل فيه المدرس).

الكلمات المفتاحية: النشاط البدني الرياضي الترويحي، الاكتئاب، فرط الحركة وتشتت الانتباه، السلوك العدواني، الإعاقة السمعية.

Résumé:

L'objectif de cette étude est d'identifier le rôle de l'activité physique et sportive récréative en réduisant une partie de la pression psychologique des élèves ayant une déficience auditive, ou les chercheurs se sont appuyés sur la méthode descriptive en utilisant un questionnaire sur un échantillon de (13) enseignants de l'école des sourds de la municipalité d'Oum El-bouaghi (06 hommes et 07 femmes) ont été choisis de manière intentionnelle, les chercheurs ont trouvé les résultats suivants :

- L'activité physique et sportive récréatives jouent un rôle positif dans la réduction de certains stress psychologique (dépression, hyperactivité, distraction, comportement agressif) des élèves ayant une déficience auditive.

- il n'y avait pas de différences statistiquement significatives dans les réponses des enseignants sur le rôle de l'activité sportive récréative dans la réduction de certaines pressions psychologiques des sourds en raison de leur variation (sexe, années d'expérience, l'étape à laquelle l'enseignant travaille).

Mots-clés : activité physique et sportive récréatives, dépression, hyperactivité et distraction, comportement agressif, déficience auditive.

I- Introduction :

Some individuals in the community suffer from diseases or injuries that may limit their mental, psychological or physical abilities, which in turn affect in one way or another their normal life, and true humanity through the ages has always called for the need to care and care for the individual as an individual, if all of this is required of a normal person, a person who suffers from deficiency or deficiency in any aspect of human development, such as physical, mental or sensory, is more urgent in demand.

One of the sensory limitations that can affect the individual is the hearing disability, which is defined by both "Kawafha" and "Fawaz" as the presence of problems or dysfunction that prevents the hearing system in the individual, where the term of hearing disability includes both hearings impaired and deaf , The hearing impaired is the individual who suffers from hearing loss ranging from 35 to 69 dB makes him suffer from understanding speech using or without hearing aids, deafness is the one who has a hearing loss of up to 76 decibels or more¹.

People with hearing impairments have many psychological or emotional characteristics. "Myklebust" mentions people with hearing disabilities suffers from more emotional and psychological distress than the normal ones and that they have higher levels of nervous disorders than anxiety, introversion, and depression².

Hala Al-Saeed" mentions that hearing disabled people are characterized by high anxiety and depression³.

Many studies indicate that deaf children are more susceptible to stress and anxiety because of the difficulties they face in expressing their feelings. For the same reason, children express their anger and frustration nervously and are more prone to physical aggression.⁴

The main stressors of our study are on depression, aggressive behavior, and hyperactivity.

Several studies point to the role of recreational sports in reducing depression, aggressive behavior, and hyperactivity. Neil (2006) emphasizes that regular exercise has a low level of depression, in a study of North and others (1990), the results indicated that sports practice reduced depression, Motel et al. (2001) also studied changes in the level of physical activity and depression on a group of adolescents. The researchers found that the most active adolescents had the lowest levels of depression.

In a study of "Hafsawi" (2008) under the title "The effectiveness of a proposed behavioral program in the modification of aggressive behaviors of primary school children," the researcher found that the proposed program has a positive role in the modulation of aggressive behavior in the sample of the study, In a study of Cynthia (1988) on a training program on good behaviors to reduce aggressive behavior in primary school children, the researcher found that the change in behavior is related to the percentage of children receiving the highest number of good qualities of the program, In a study of "Nasser" (2008) under the title "The impact of external physical activity in reducing the aggressive behavior of adolescent students," the researcher concluded that the practice of extra-curricular activities and physical activity, in general, helps students to get rid of all manifestations of aggressive behavior. "Abdulmalek" (2015) conducted a study entitled "The role of recreational sports physical activity in reducing psychological stress among high school students."The researcher found that recreational physical activity plays a positive role in reducing the psychological pressure on the adolescent.

In order to identify the role of recreational sports physical activity in reducing some of the psychological pressure of students with hearing disabilities, this study was conducted under the title "The role of recreational sports physical activity in reducing some of the psychological pressure of students with hearing disabilities" and came to answer the following questions:

- Is recreational physical activity a role in reducing both depression and aggressive behavior and hyperactivity in students with hearing impairment?

- Are there any statistically significant differences in teachers' answers about the role of recreational sports activity in reducing some of the psychological pressure of students with hearing disabilities due to the variable (gender, years of experience, stage in which the teacher works)?

II- Methods and Materials:**1-Study Approach:**

The researcher relied on the descriptive analytical method because of its suitability to the subject of the study

2- Community and sample of the study:

2-1 Community of the study: The study community is composed of all teachers working in the school of the hearing disabled in «Oum El-bouaghi » municipality; they number 20 teachers (14 females and 06 males)

2-2Sample of the study: The research sample consists of 13 teachers working in the school of the hearing impaired in «Oum El-bouaghi» municipality, they were chosen intentionally, the sample represents 65% of the research community.

2-3Characteristics of the study sample:

Table (01): Table representing the distribution of the sample characteristics of the study

Variable	Type	number	standard deviation	percentage
Gender	Male	06	0,51	46,20%
	female	07		53,80%
Educational stage	primary	08	0,50	61,50%
	average	05		38,50%
Years of Experience	Less than 10 years	08	0,50	61,50%
	Greater than 10 years	05		38,50%

3-Research limits:

Spatial limit of study: The location of the study is the School of the Hearing Impaired in the Municipality of « Oum El-bouaghi », located in the Freedom District.

Time limits for study: The period of study has been extended from 15 April 2018 to 04 June 2018.

4- Study variables:

The Independent Variable: The independent variable in this study is the recreational physical activity

The dependent variable: The dependent variable in this study is the psychological stress that is confined to our subject in (depression, aggressive behavior, hyperactivity)

5-Study Tools:

5-1Data collection tools:

In order to achieve the objectives of the study, the researchers used a questionnaire as a tool for collecting information under the title "Psychological pressure among students with hearing disabilities", prepared by the researchers after reviewing many references such as: measure of aggressive behavior in children for Majdah al-Shahri, questionnaire to diagnose hyperactivity and distraction in children of specialized centers of America, Pearson Scale for Depression in Children and Adolescents, The questionnaire consisted of three axes:

Axis I: Depression: It contains 10 questions from 01 to 10

Axis II: hyperactivity and distraction: It contains 10 questions from 11 to 20

Axis III: Aggressive behavior: It contains 07 questions from 21 to 27

Psychometric characteristics of the questionnaire:

Stability of the questionnaire: The coefficient of persistence of this questionnaire was calculated according to the internal consistency (Alpha Kronbach), on a sample consisting of 07 teachers in the school of the hearing impaired in the municipality of « Oum El-bouaghi », The value of stability was 0,852 and It is a high value.

Veracity of the questionnaire: The value of veracity was 0,923 and it is a high value.

5-2Statistical processing tools:

The Statistical Package for the Social (SPSS) was adopted during statistical data processing, Using the following tests and statistics:

Calculation of the Alpha Cronbach coefficient, "T" test is available for one sample, Levine test, Arithmetic mean, standard deviation, percentages...

III- Results and discussion :

1-Discuss the results related to the first question:

The first question hypothesis states "Physical activity recreational sports have a positive role in reducing some of the psychological stresses (depression, Hyperactivity and distraction, aggressive behavior) of students with hearing disability", And in order to validate the hypothesis calculation averages, theoretical averages and the value of "T" were calculated for each of the questionnaire terms. Each axis was divided separately:

1-1The first axis (depression):

Table (02): table showing the values of the arithmetic mean, the mean, the value of T, of the teachers' answers to the questions of the first axis (depression)

Question number	arithmetic mean	standard deviation	Theoretical average	T value	Sig value	Resolution
Question No. 01	2,84	0.37	02	08.12	0.000	significant
Question No. 02	2,92	0.27	02	12.00	0.000	significant
Question No. 03	2.92	0.27	02	12.00	0.000	significant
Question No. 04	2.92	0.27	02	12.00	0.000	significant
Question No. 05	2.23	0.72	02	01.14	0.273	Not significant
Question No. 06	2.92	0.72	02	12.00	0.000	significant
Question No. 07	2.84	0.37	02	08.12	0.000	significant
Question No. 08	2.46	0.66	02	02.52	0.027	significant
Question No. 09	2.92	0.72	02	12.00	0.000	significant
Question No. 10	2.69	0.48	02	05.19	0.000	significant
Full axis	27.69	01.70	20	16.29	0.000	significant

In Table (02), given the mean and standard deviations on the one hand, as well as the difference between the theoretical averages, the arithmetic averages and the values of "T" for the sample, and comparing them with the sig values and the level of significance $\alpha = 0.05$, All statements were statistically significant except for the number 05, They are statistically insignificant, that is, the teachers' responses indicated that physical activity sports recreational has a positive role in reducing depression in students with hearing impaired.

These results are consistent with the results of bot study of "Springer et al"⁵. (1992) study aimed at identifying the effectiveness of a therapeutic program by reducing the depression and hyperactivity of alcoholics and drug users. The results of this program indicated the effectiveness of the therapeutic program in reducing symptoms of depression and hyperactivity in children, The results are also consistent with "Murphy" (2000) study aimed at identifying the effectiveness of play therapy in reducing symptoms of depression, anxiety, behavioral problems and improving health adjustment for children with diabetes. The results of the study indicated that therapy is effective as a method of therapeutic intervention with children in reducing Symptoms of emotional and health problems, the findings also agreed with the results of the study by "Zareapour" and all⁶ (2010), who studied the effectiveness of play therapy in reducing symptoms of depression in cancer children. The results indicated a decrease in the symptoms of depression in the experimental group compared to the control group.

1-3The second axis (Hyperactivity):

Table (03): table showing the values of the arithmetic mean, the mean, the value of T, of the teachers' answers to the questions of the second axis (Hyperactivity)

Question number	arithmetic mean	standard deviation	Theoretical average	T value	Sig value	Resolution
Question No. 11	02.61	0.50	02	04.38	0.001	significant
Question No. 12	02.92	0.27	02	12.00	0.000	significant
Question No. 13	02.76	0.59	02	04.62	0.001	significant
Question No. 14	02.53	0.51	02	03.74	0.000	significant
Question No. 15	02.69	0.48	02	05.19	0.000	significant
Question No. 16	02.84	0.37	02	08.12	0.000	significant
Question No. 17	02.92	0.27	02	12.00	0.000	significant
Question No. 18	02.53	0.51	02	03.74	0.003	significant
Question No. 19	02.30	0.48	02	02.30	0.040	significant
Question No. 20	02.61	0.50	02	04.38	0.001	significant
Full axis	26.76	01.87	20	12.99	0.000	significant

In Table (03), given the mean and standard deviations on the one hand, as well as the difference between the theoretical averages, the arithmetic averages and the values of "T" for the sample, and comparing them with the sig values and the level of significance $\alpha = 0.05$, All statements were statistically significant, that is, the teachers' responses indicated that physical activity sports recreational has a positive role in reducing hyperactivity in students with hearing impaired.

These results are consistent with the results of bot study of "Minshawi" (1999) aimed at identifying the effectiveness of the program of motor activities in alleviating some manifestations of attention deficit disorder

accompanied by hyperactivity in a sample of primary children. The results indicated a statistically significant effect of the proposed program of motor activities in alleviating some manifestations of attention deficit disorder accompanied by hyperactivity in the study sample. The results of this study are also consistent with the results of the study of "Al-Akkad" (2004). The aim of the study was to identify the effect of a proposed motor education program on reducing the hyperactivity of the mentally disabled students. Hyperactive activity accompanied by lack of attention. The results of our study were also consistent with the results of the "Al-Jeddawi" study (2015) entitled "The effectiveness of a recreational game program in reducing attention disorders in pupils with learning disabilities in the first cycle of basic education", The results of this study found that recreational games have a positive and effective role in reducing Attention deficit in the study sample.

1-3 The third axis (Aggressive behavior) :

Table (04): table showing the values of the arithmetic mean, the mean, the value of T, of the teachers' answers to the questions of the third axis (Aggressive behavior)

Question number	arithmetic mean	standard deviation	Theoretical average	T value	Sig value	Resolution
Question No. 21	02.76	0.43	02	06.32	0.000	significant
Question No. 22	02.61	0.65	02	03.41	0.005	significant
Question No. 23	02.38	0.76	02	01.80	0.096	Not significant
Question No. 24	02.61	0.65	02	03.41	0.005	significant
Question No. 25	01.92	0.75	02	-00.36	0.721	Not significant
Question No. 26	02.69	0.48	02	05.19	0.000	significant
Question No. 27	02.07	0.64	02	00.43	0.673	Not significant
Full axis	17.07	03.37	14	03.28	0.007	significant

In Table (04), given the mean and standard deviations on the one hand, as well as the difference between the theoretical averages, the arithmetic averages and the values of "T" for the sample, and comparing them with the sig values and the level of significance $\alpha = 0.05$, Most of the statements were statistically significant except for the number 23 and 25 and 27, They are statistically insignificant, that is, the teachers' responses indicated that physical activity sports recreational has a positive role in reducing Aggressive behavior in students with hearing impaired.

The results of this study were consistent with the results of a study Cynthia⁸ (1988) on a training program on good behaviors to reduce aggressive behavior in primary school children, the researcher found that the change in behavior is related to the percentage of children receiving the highest number of good qualities of the program, The results of this study are also consistent with the results of the study of "Nasser" (2008) under the title "The impact of external physical activity in reducing the aggressive behavior of adolescent students," the researcher concluded that the practice of extra-curricular activities and physical activity, in general, helps students to get rid of all manifestations of aggressive behavior.

Thus, through the results of each of the three axes, we find that the first hypothesis is realized that the Physical activity recreational sports have a positive role in reducing some of the psychological stresses (depression, Hyperactivity and distraction, aggressive behavior) of students with hearing disability.

2-Discuss the results related to the second question: The second question hypothesis states "There were no statistically significant differences in the responses of teachers about the role of recreational sports activity in reducing some of the psychological pressure of students with Hearing disability due to the variable (gender, years of experience, and the stage in which the teacher works).", And in order to validate the hypothesis Was calculated : Levin's test In order to verify homogeneity, "T" Student, Arithmetic mean, standard deviation, For each of the hypothesis variables and Table (05) shows all of the above.

Table (05): Table showing the results of difference for variables

variable	Levin's homo genization test			Type	N	arithmeti c mean	standard deviation	T value	sig	Resolution
	F	sig	Resolution							
gender	F	sig	Resolution	Male	06	71.83	5.84	0.16	0.874	Not significant
	0.039	0.84	There is homogeneity	female	07	71.28	6.23			
Educati onal stage	F	sig	Resolution	primary	08	71.50	6.04	-	0.029	Not significant
	0.34	0.57	There is homogeneity	average	05	71.60	6.10			
Years of Experie nce	F	sig	Resolution	<10 years	08	70.62	6.06	-0.70	0.49	Not significant
	0.038	0.84	There is homogeneity	>10 years	05	73.00	5.70			

Table (05) shows the following:

-The sig value for Levin's homogenization test was insignificant at the $\alpha = 0.05$ level, so there is homogeneity for the three variables (gender, stage of the teacher, years of experience).

- Table (05) shows the following:

The value of "t" and the value of sig for the three variables of the study and compared with the value of $\alpha = 0.05$, we find that it is not significant in all three variables.

It follows that the hypothesis that "There were no statistically significant differences in the responses of teachers about the role of recreational sports activity in reducing some of the psychological pressure of students with hearing impairments due to the variable (gender, years of experience, and the stage in which the teacher works)» Are realized.

IV- Conclusion:

Through the results of the study and discussion, the researchers reached the following results:

- the Physical activity recreational sports have a positive role in reducing some of the psychological stresses (depression, Hyperactivity and distraction, aggressive behavior) of students with hearing disability.
- There were no statistically significant differences in the responses of teachers about the role of recreational sports activity in reducing some of the psychological pressure of students with hearing impairments due to the variable (gender, years of experience, and the stage in which the teacher works).

Through the results of the study and based on the conclusions reached by the researchers recommend the following:

- Design programs for sports recreational activities for people with special needs in general and people with special hearing impairment.
- Provide mechanisms to ensure the implementation and implementation of these programs within educational centers for special needs groups.
- Emphasis on the role of sports activity in general and recreation, especially in the reduction of many psychological stresses such as depression and aggressive behavior and hyperactivity ...

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