

## The reality of social systems in pushing the disabled to engage in air-conditioned sports activities

واقع النظم الاجتماعية في دفع فئة المعاقين إلى مزاولة النشاطات الرياضية المكيفة

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### Abstract

This study aims to identify the reality of social systems in pushing the disabled group to engage in adapted sporting activities, and the researcher used the descriptive analytical deductive approach by referring to similar studies and researches, and analyzing the most important findings of the results, and the most important results of this study were not The provision of special care for the handicapped, including sports facilities, to encourage them to practice sports, especially in small cities. The most important recommendations of the study are the necessity to give stimulation to the handicapped in order to encourage them to engage in sports activities.

**Keywords:** Social systems; the disabled category; adapted sports activities.

ملخص: )

تهدف هذه الدراسة إلى الوقوف على واقع النظم الاجتماعية في دفع فئة المعاقين إلى مزاولة النشاطات الرياضية المكيفة، وقد قام الباحث باستعمال المنهج الوصفي التحليلي الاستنباطي من خلال الرجوع إلى الدراسات والبحوث المشابهة، وتحليل أهم ما توصلت إليه من نتائج، وقد كانت أهم نتائج هذه الدراسة عدم توفر الرعاية الخاصة لفئة المعاقين من مرافق رياضة لتشجيعهم على ممارسة الرياضة خاصة في المدن الصغيرة، وأهم التوصيات التي خرجت بها الدراسة ضرورة إعطاء التحفيز لفئة المعاقين من أجل تشجيعهم على ممارسة النشاطات الرياضية. كلمات مفتاحية: النظم الاجتماعية، فئة المعاقين، النشاطات الرياضية المكيفة.

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## **INTRODUCTION**

One of the most important indicators of the advancement of nations and the civilization of peoples is their interest in the humanity of man in all his forms that God created him, as a person may be exposed in his life to many situations and surprises that may be positive or negative, whether temporary or permanent, and which can afflict the individual to change From his livelihood and make him another person distinguished by other than the qualities that he had before, and this is because the injury has a direct effect on the disabled, so the disabled person is above this suffering that he is exposed to as a result of his injury, he is also exposed to psychological pain that is more painful and more impactful, especially if the injury Physical and resulting in a physical deformity or loss of a limb, as the disabled suffers psychological and nervous trauma when he finds himself unable to gain his strength and becomes in need of help from others and becomes dissatisfied with his fate and condition.

In addition to the difficulty of his interaction with his community, he may reach the limit sometimes to the degree of isolation and introversion, just as the Islamic religion paid great attention to the care of the handicapped, and emphasized on treating them well in a way that preserves their dignity, considering the state of disability as a test from God Almighty, and the way to care for the disabled and give them the right to a decent life In the community .

### **2. the study Problem:**

From the above mentioned in the introduction to the study, we can ask a number of important questions regarding the problem, namely:

- Does the family have a role in accepting the disabled category of its children to engage in air-conditioned sports activities?
- Do the systems in force in society have a course in accepting the disabled to practice sport?
- What is the impact of information exchange and community culture, especially in its interaction with the media, on the disabled persons' practice of adapted sports activities?

### **3. Objectives of the study:**

- Knowing the role of social systems in encouraging people with disabilities to engage in adapted sports activity.
- Identify the components of social systems and its effect on accepting the adaptive physical activity of sports for children with disabilities.
- Trying to understand the deficiencies in the aspects of social systems and to identify the pros and cons of the correction.
- Attracting the interest of specialists to actively participate in directing the interest of parents to push their children towards the practice of adapted sports activities
- Introducing the importance of adapted sports activity and its role in changing the disabled person's perception of his appearance and body image, and his acceptance of what he is.
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### **4. Defining study terms :**

#### **4.1. Social systems :**

A set of behavioral patterns that occur on a regular basis within society, and each of these patterns aims to achieve a specific goal in itself, and according to this progression of stereotypical behavior, a state of legalization of social behavior occurs in a manner consistent with the needs of the individual and society.

#### **4.2. Socialization:**

The process by which culture is transmitted from one generation to the next, and the way in which individuals are formed from their childhood in order to be able to live in a society of a specific culture, and this includes the language, religion, traditions, values that parents, school and society teach to individuals. Information and Skills (Abdulaziz, 2005, pge.13).

#### **4.3. Family:**

The family is the smallest social unit in society, so any change that occurs in other social systems such as the economic, political, religious, educational or industrial system will inevitably affect it. The family is the

reflective mirror of the image of social change on society.

Sociologically, the concept of the family is a group whose members are linked by blood and marriage ties, and they live a single social life, which entails rights and duties among its members, such as caring for and raising children.

#### **4.4. Adapted sports physical activity:**

Osama Riad defined it as a process of development and modification in the methods of practicing sports activities in line with the capabilities of individuals with special needs, and commensurate with the type and degree of their disability, and it also contains a set of measures that are taken in some sports activities, whether in terms of modification in physical performance or Amending some legal aspects, so that the disabled can safely and effectively practice sports activities (Osama, 2000, pge. 38).

### **5. Theoretical study:**

#### **5. 1. The concept of social systems:**

A social system can be described as an arrangement of social interactions on the basis of shared values and values. Individuals make up it, and each of them has a place and a job to do his job. In this process, one of them affects the other; Groups are formed and gaining influence, many subgroups come into existence. (<https://ar.triangleinnovationhub.com/social-system-meaning>)

Social order can be defined, after Parsons, which is a plurality of social actors involved in a somewhat stable interaction "according to common cultural norms and meanings". Individuals form the basic units of interaction. But interacting units may be groups or organization of individuals within a system.

The social system comprises, according to Charles B. Loomis, from the stylized interaction between visual actors whose relationship is related to one another through the definition of the mediation of a pattern of symbols, organized expectations and participation.

The social system is a comprehensive arrangement. Its orbit takes all the diverse subsystems such as economic, political, religious, etc., as well as the interrelationships between them. Social systems are related to the

environment like geography. This distinguishes one system from the other.

## **5. 2. Maintenance of social system:**

Social order is maintained through various mechanisms of social control. These mechanisms maintain a balance between the various processes of social interaction.

In summary, these mechanisms can be classified into the following categories:

1. Socialization.
2. Social control.

### **5. 2. 1. Socialization:**

Socialization is the process that allows individuals to follow the culture of their society and represent it through a series of educational activities and behaviors practiced by social upbringing institutions such as the family, school and the social milieu, and it is defined as the type of education that contributes to one's ability to perform social roles. The angle of some social patterns socialization is a desirable education (Helmut, 2003, pge. 103)

### **5. 2. 2. Social control:**

Like socialization, social control is also a system of measures in which a society places its members to conform to an approved pattern of social behavior. According to Parsons, there are two types of elements found in every system. These are integrative and degenerate and create obstacles in the progression of inclusion. (Helmut, 2003, pge. 104)

## **5. 3. Institutions of socialization:**

### **5. 3. 1. Family:**

The first social environment in which the child begins to form himself and get to know himself through the process of giving and giving and dealing between him and its members, this social environment in which the child receives a sense of what should be done and what should not be done in terms of work, and Sanaa Al-Khouli believes that the family represents the first group that The social structure consists of it and it is the most widespread and influential phenomenon in other social systems, It was and

still is an important and major factor in the education and socialization of children. In her definition, the researcher emphasized that the family is the basis of education and socialization of individuals that direct their behavior and behavior in life. For growth, experience, success and failure, it is also the basic unit of health and disease. The family is the basic fabric and the first cell of society, and on the basis of which society balances or loses its balance.

### **5. 3. 2. School:**

A formal social institution that carries out the function of education and transfer of advanced culture and providing the appropriate conditions for growth physically, mentally, emotionally and socially, and when the child begins his education in school, he is equipped with many social norms, values and trends, as the school considers the pedagogical atmosphere full of friends and learn the educational and social values, He learns new roles such as rights, duties, and controls emotions, learns responsibility, especially social education, such as respecting others, and the child interacts with his teachers as new leaders and exemplary behavioral models. Each child and his help in solving his problems and moving him from a dependent child to an independent adult relying on himself psychologically and socially compatible, and taking into account the capabilities of the individual in everything related to the education process

### **5. 3. 3. The media:**

The various media outlets such as radio, television, satellite channels, newspapers, magazines, books and advertisements affect the process of socialization because they provide information, facts, news, facts, ideas and opinions to inform people about specific topics of behavior while providing the opportunity for entertainment and recreation. The most important influential feature of the media in the process of socialization is that it is impersonal It reflects various aspects of culture and that its impact is growing and more important in modern society.

### **5. 3. 4. Religion and beliefs:**

Worship has a great role in the process of socialization due to its unique characteristics, the most important of which is its surrounding with an aura of faith and the positive behavioral standards that it teaches to individuals

and the agreement to support them, which requires the increase in the activity of places of worship and their playing a vital leading role in the process of religious social upbringing.

**5. 3. 5. Sport is a tool for socialization :**

Social upbringing is the process of indoctrinating the individual in the values, standards and concepts of his society in which he lives, and it is known that physical and sports education as a social phenomenon seeks to acquire the individual various aspects and aspects of acceptable social behavior, such as cooperation, good morals and good sportsmanship,

Sports have become large dimensions in the life of the individual and society, through sports participation becomes clear to us the important role in the process of social upbringing where the athlete is able to carry the correct traditions and habits, and all aspects of the social and civil development of his community, and emerges through competitions and sports participations All the lofty values and right practices to be a good model for his society, and thus sporting events take their importance and place in the process of socialization, which is an important process for both the individual and society.

**5. 4. Disability is defined linguistically:**

it means preventing a person from doing something compared to those of his age who are able to do this work (meaning that there is something that prevented this person from doing this work or was late in doing it). His daily functions or delaying them, amputation of the leg, hindrance and impairment of intelligence, impairment of vision and hearing. Within the limits that are considered normal(Hamed Hussein,2016).

Defining a person with a disability • a person with a disability: is an individual who suffers as a result of hereditary, congenital or environmental factors acquired from a physical or mental deficiency that has social or psychological effects, and prevents him from learning or performing some intellectual and physical work and activities that the average person performs with a sufficient degree of skill and success.

## **5. 5. Importance and objectives of practicing physical and sports activities adapted for the disabled:**

### **First: Importance:**

- Physical education contributes to the development of fitness and physical health, especially with regard to the functions of vital organs and organs such as the heart and lungs.
- Development of basic motor skills such as walking, running and jumping.
- Development of motor skills for sports activities such as kicking, throwing and standing.
- Development of health and psychological fitness in relation to stress, anxiety, depression and mental disorders.
- Developing the spirit of belonging to the country, the team, and society, by participating in various international and continental championships.
- Effective investment of spare time and avoiding negative activities that harm the individual and society. (Taha Saad, 2005, pge. 30,31):

### **Second: The Objectives:**

- Development of basic motor skills to meet the requirements of life, such as walking, running, changing direction, and maintaining balance and compatibility that help to participate in the various activities of life.
- The development of nerve compatibility by using the healthy body systems to perform the appropriate movement pattern and muscle tone of the healthy muscles, and the balance of the body's functional systems.
- The development of comprehensive physical and professional fitness commensurate with the type and degree of disability, in order to return the body to the closest natural one by increasing its ability to work and its efficiency in facing the requirements of life.
- Work to strengthen the vital body systems and the balance of all the different body systems, such as the muscular system, the respiratory system, and other systems.
- Acquiring movement skills that help increase attention, good behavior, and thinking in practicing sports activities



- The development of peaceful attitudes towards a normal personality and increased sensitivity, and increased self-confidence
- And with others, and developing his capabilities and adapting his conflicts and tendencies in a way that helps him acquire skills
- Self-reliance in fulfilling the needs and not being dependent on others, with the possibility of living independently and relying solely on oneself. (Helmy Ibrahim, 1998, pge. 50).

#### **5. 6. The importance of exercise for the disabled :**

- Motor skills development.
- To develop a sense of belonging and participation in groups.
- It increases general awareness and extends cognitive aspects and mental abilities.
- Helping the handicapped to go about their daily life like their ordinary peers so that they can live with them a normal life to the maximum of their abilities and social conditions.
- People with disabilities gain respect and appreciation for practicing sports, regardless of the type of disability.
- Strengthening the sense of self in the disabled person. (Helmy Ibrahim, 1998, pge. 50).

#### **6. Rehabilitation of the disabled person in the context of society:**

Rehabilitation is the recovery of a disabled person as part of his being to benefit from his physical and mental capabilities

And professionalism in an economic way as much as possible, which is a consistent process that aims to be restored a physically or mentally disabled person develops the greatest possible ability to work and spend a life It is socially and personally beneficial, and it is also that organized and continuous process that aims to deliver, For the individual with a disability to the highest possible degree in terms of medical, social, psychological and educational aspects and the professional and economic he can access (Ebeid, 1999, pge, 23).

Rehabilitation in the context of the local community is a social development strategy that aims to activate the energies at the community level to bring about change in people's knowledge, outlook, and behavior, and to empower individuals society to identify disability in its economic, social and cultural aspects and to provide a surrounding environment better than it is for people with disabilities and improving their quality of life (Abdat and Al-Bashtini, 2006, pge, 34).

### **7.Community services towards people with special needs:**

The community, with its responsible bodies, decision-makers and specialized centers, has the responsibility for the largest part to provide the necessary services to the disabled category of different disabilities and abilities, which are represented in the following: (By Rakhee S, 2012,page,1)

- Laying down and following up the implementation of laws related to the care of the handicapped, especially those related to their right to practice sporting activities.
- Providing them to live in safety within the community, and providing them with full protection for their legitimate rights without prejudice to them.
- Providing special centers: so that their role is not limited to providing diagnostic methods for disability cases, but also to rehabilitate, train and empower the disabled within the community and the family,
- Programming for members of the family of the handicapped. Educational and awareness sessions on the importance of their role at home, and continuing to provide rehabilitation and support services to the handicapped.
- Holding psychological release sessions for parents who are psychologically affected by the condition of their disabled child.
- Integrating people with special needs with the rest of the community, so that this provides them with feelings of acceptance and respect by the community after being able to clearly identify them and understand their capabilities and capabilities, and this is through the integration of children with special needs in regular schools.
- Providing suitable job opportunities for people with special needs within companies, directorates and public institutions.

## **7. CONCLUSION:**

In the conclusion of this study, it can be said that the results of research and studies we have examined, agree that there is some deficiency in caring for the handicapped in social terms by encouraging them and motivating them to practice adapted sports activity, and allocating them sports activities consistent with their needs, and we found no provision For the means and places for this category, although the state is keen on that through its recommendations and laws set in place, and we can come up with a set of recommendations for this study, which are:

- Encouraging families and society to take into account the disabled category, and to view them with a view of appreciation and respect.
- Programming sports tournaments and competitions for the disabled category.
- Providing appropriate facilities and places for practicing air-conditioned sports activity for the handicapped.
- Motivating the disabled to practice sports through media promotion of the importance of these activities, and the creation of sports symbols from the category of the disabled.
- Continuing research and study on such a topic until it is given its actual and applied right.

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