

The role of a semi-sports games in reducing child hyperactivity during the home quarantine period of covid-19

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Abstract:

this study aims to identify the effect of semi-sport games program in reducing hyperactivity in children during confinement due to covid-19 from the parents perspective and to achieve the objective of the study the Experimental method was used, where the scale was sent to parents of the sample(12) students of second year primary school with hyperactivity disorder, After statistical processing the study concluded that there are statistically significant differences between pre-measurement and post-measurement on the scale conners for hyperactivity in favor of post-measurement.

Keywords: semi-sport games; hyperactivity disorder; Home quarantine; Covid-19.

المخلص:

تهدف هذه الدراسة الى التعرف على دور برنامج ألعاب شبه رياضية في الحد من فرط حركة الأطفال خلال فترة الحجر المنزلي لفيروس كوفيد 19 من وجهة نظر الأولياء، ولتحقيق اهداف الدراسة تم الاعتماد على المنهج التجريبي، حيث تم ارسال المقياس على اولياء عينة الدراسة المكونة من (12) تلميذا من ذوي اضطراب فرط الحركة السنة الثانية ابتدائي، وبعد المعالجة الاحصائية توصلت الدراسة الى وجود فروق ذات دلالة احصائية بين القياس القبلي والبعدي على مقياس كونز لفرط الحركة لصالح القياس البعدي،

الكلمات المفتاحية: الألعاب شبه رياضية؛ اضطراب فرط الحركة؛ الحجر المنزلي؛ فيروس كوفيد19.

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1 – Introduction :

Childhood is considered a very important era in human life. For that, it is obligatory to care about the child and try to reach a complete growth through detecting issues and recognizing their reasons and thus provide solutions for them.

As it happens to the child when his growth and development process gets disturbed, a range of behaviours appear like aggressiveness, sabotage, brawl, the movement excess and instability, some psychological problems may also seem on him like stress, feeling of being inferior and moody in behaving, isolation and no participation in group activities.

Among these behaviours, the excessive movemental activity which is considered a physical and kinesthetic activity where the child can not control his body movements. He passes most of his time in the continual movement instead. This phenomenon occurs within brain injury cases or psychological reasons. It is also considered a common disturbance since the survey studies indicate that this disturbance appears on more than 5% of children and its spreading rate increases on males in an average of (3-9) double that of females. (Elkamech, Elmaaita, 2014).

The excessive activity is due to many problems that tend to happen together. These problems are the excessive activity or the excessive movemental activity, the impulsivity, careless behavior, susceptibility to distraction and the inattention towards the suitable stimuli (Mostafa, 2011).

The impact of this disturbance has increased within the pandemic period that the world witnesses nowadays. The COVID-19 pandemic which obliged most countries to keep individuals inside homes. A period called Quarantine where all the sport facilities are closed. This affects negatively the children.

In order to manage this difficult period in children's life, we should find the appropriate tools and measures to avoid the effect of the psychological disturbances of the child in this period. Among these tools, practicing sport and movemental games in the leisure time.

Among the common games, there are the small games which are considered multiple group of ball games and the games practiced using small games and agility games and other games characterized by pleasure and joy, competition within its flexible rules, its missing tools, its easy practice and its repetition for simple clarifications. (Hadej, Rouab, 2021).

Among the studies conducted in this field is the study of "Elkahtani" which aimed to developing the kinetic abilities among the hyperactive kindergarten pupils in the Kingdom of Saudi Arabia. A playing based program was utilized for fulfilling the purpose of the study. The experimental design pre-posttest with control group was adopted in the light of the nature of the study. The population of the study were the kindergarten hyperactive children at Saudi Arabia kindergarten schools (The North Area) for the academic year (2015/2016 A.D.). The sample of study, which consisted of 30 pupils, was assigned purposefully from the hyperactive children enrolled in the governmental schools. The results of the study revealed that there were statistically significant differences between the pre and posttests of the experimental group in favor of the posttest indicating the effectiveness of the proposed program (Elkahtani, 2016)

And the study of researchers Baazi and Guendouzen, which aimed to know the effectiveness of educational games in reducing hyperactivity and distraction in children. The study sample consisted of 10 students studying in the second year of the Shahid Al-Shaikh School. They were divided into two equal groups: a control group and a pilot. The researcher used the Konners mini scale to diagnose the attention disorder accompanied by hyperactivity. Education in reducing hyperactivity and distraction in children (baazi, Guendouze, 2020).

The researchers Barzegary and Zamini also examined the effect of play therapy (watch ring) on ADHD boys. Using randomized sampling, among ADHD boy had referred to Shams clinic in Tabriz- Iran in 2010. 14 children were selected. They were randomly placed in 2 groups (experimentation and control group), CSI-4 questionnaire was performed by parents as pre and post- test. Using of covariance analysis, results showed that there is significant difference between control and experimental group. It's resulted that play therapy (watch ring) may be effective method for treating children with ADHD (Barzegary, Zamini, 2011).

From the foregoing presentation of the these studies, it was noted that they differ in the way of analyzing the variables and their aims. As for the current study, it varies from them since it aims at recognizing the role of the semi-sport

games program in reducing the children's excessive movement during Quarantine period of covid19virus and thus we ask the following question :

-Are there statistically significant differences between pre- measurement and post- measurement on the hyperactivity test?

From this question, we propose the following hypothesis:

There are statistically significant differences between the pre -measurement and post - measurement on the hyperactivity test in favor of the post measurement

1-1- General objective of the study:

-Learn about the role of semi-sports games for children in controlling hyperactivity behavior

1.2- Procedural definition of the concepts mentioned in the research:

semi-sport games:

It is a group of comforting and entertaining movements or events with the purpose of developing the physical and mental abilities in an active and comfortable way. Pseudo-sports are a special physical activity for children and it takes many forms according to age and it concentrates on the inclinations taken from the activity entirely where it is considered as the main engine for developing the personality of the child and most of the time pseudo-sports are competitive without the need or resorting to official competitive rules such as the duration of playing and the number of players and the field and the nature of means used in team sports in general (serbout, and all,2017,p 538).

Hyperactivity:

Hyperactivity is a state of being unusually or abnormally active. It's often difficult to manage for people around the person who's hyperactive, such as teachers, employers, and parents.

Hyperactivity can be caused by mental or physical conditions. For example, conditions that affect your nervous system or thyroid may contribute to it (Goodwin, 2019).

- Impulsivity:

It means that the child does things and thinks about them later (Ben amara. 2017).

Corona viruses:

Corona viruses (CoV) are a large family of viruses that cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV). A novel coronavirus (nCoV) is a new strain that has not been previously identified in humans. Common signs of infection include respiratory symptoms, fever, cough, shortness of breath and breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death (The World Health Organization, 2020).

2- Method and Tools:

2-1Method of study:

Based on the aim of this study, to know the role of a semi-sports program in reducing the excessive movement of children during the period of the home quarantine of Covid

19 virus from the viewpoint of the parents, and given the nature of the study, the researchers relied on the Experimental method as it fits with the nature of the study.

2-2 The sample of study:

The sample of the study consisted of all elementary second year students in the class of hyperactivity disorder, as they represented 12 pupils at the milav foundation for training and training in oued romman

2-3- Tools of study:

connors scale to measure hyperactivity:

The researchers applied the connor scale for the parent -directed version of children with ADHD. The scale consists of 28 items with a four-step measurement as follows: (rarely, a little, dearly, always), the scale is applied through the guardians 'answers to the child's behavior inside the home during the quarantine of Covid-19, whether these behaviors are related to the attitude of children towards individuals, household means, and kinetic and impulsive behaviors (Solimane,2013).

2-4- Statistical methods:

- The Paired Samples *t* Test
- ETA squared to calculate the effect of size.

Where the statistical processing has been done using the statistical package of human sciences SPSS version 22.

3- Results and Discussion :

Table (1) : shows the differences between the pre- measurement and post-measurement of the dimension of Hyperactivity.							
statistical methods	Pre – T		Post – T		T	Sig	η ²
	\bar{x}	sd	\bar{x}	Sd			
hyperactivity	63.25	7.39	48.75	7.78	8.94	0.001***	0.44
(***) :Significant at the level(0.001)							
Source : The researchers using spss version 22,2020							

From the above table, we notice that there are differences in hyperactivity between the pre-measurement and the post-measurement in the significance level $p \leq 0.001$, and the effect size equal to 0.44, which is a large effect size .

. this study agrees study of Elkahtani,2016, study of Barzegary, Zamini,2011, and study of baazi and Guendouze,2020, all of them concluded the importance of semi – sport in reducing hyperactivity in children

The explanation of these results is that the nerve transporters are considered chemical rules that work on transporting the different nerve signals of the brain. Scientists see that the chemical disbalance of these nerve transporters leads to the disturbance of attention activity. Thus, the individual's ability on attention and concentration weakens and his impulsiveness and movemental activity increases. (Ained Tabet,2017).

An American research team at Georgia Institute of Technology confirmed that the physical exercises and the movemental games are related to the increase of the activity of particular parts inside the brain which permit the treatment and the improvement of the signals and the transporters inside the brain. Thus, the excessive activity of a child will decrease through the practice of these games (Boudebza,2018).

4- Conclusion:

There are statistically significant differences between pre - measurement and post - measurement on the connors scale of hyperactivity in favor of post measurement

- Through the study, we also showed the importance of semi -athletic games in a child's life to get rid of extra energy.

-The importance of using sports activities and motor play programs as an educational therapeutic method to improve children's behavior and get rid of unacceptable behavior.

The proposed training program had an extreme impact and scale of impact on modifying behaviors with hyperactivity and this is consistent with previous studies and research literature as behavior of hyperkinetic activity hampers parents in homes, especially in the period of home quarantine, which affects children's behavior socially and in terms of academic achievement.

Programming a daily session within 1 hour of entertaining sports games that help in achieving the family compatibility of the child and isolating him from behaviors that are rejected family such as jumping and breaking utensils and household means, and the large number of fights and chaos inside the home.

Recommendations and suggestions:

In light of the study and its findings, we suggest the following:

-The necessity of using semi-sport games to reduce violence and aggression behaviors and get rid of excess energy.

- Holding seminars and meetings to discuss the phenomenon of hyperactivity of children, especially as the problem hampers teachers and parents and search for solutions to reduce the phenomenon.

- The necessity of designing sports programs to develop various children's skills and reduce hyperactivity and impulsivity.

-The importance of holding training days for the benefit of parents of children who are distinguished by hyperactivity and impulsivity.

- The necessity of providing recreational and sports facilities for this category.

- The need to create channels to benefit from these studies by educators and those who supervise children with hyperactivity and various disorders.

- The necessity of carrying out studies dealing with aggressive behavior, family and social relationships for those with hyperactivity and ways of sponsorship

-The necessity of re - conducting similar research on different samples and variables.

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