

# Influence of Recreational Activities on Physical and Social Self of Physically Disabled Children

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## Abstract

Therapeutic recreation is a special service within the broad area of recreation services. It utilizes recreation services for the purposive interventions in some physical, emotional and social behavior to bring about a desired change in that behavior and to promote the growth and development of the individual. The purpose of the study was to determine the influence of six weeks adapted physical education programme on the physical and social self of physically disabled male children of nine to fourteen years of age. The programme was conducted thrice a week at Amar Jyoti School (an integrated school for handicapped children), Delhi, India with each session lasting 45 minutes to an hour. Recreational activities included modified hockey, handball, volleyball, aerobic and minor games. Twenty moderate physically disabled male children who had no previous experience of recreational game were selected and made to participate in recreational programme. For the collection of data interview method was used before and after the recreational programme. The interview method consisted of two sets of questionnaire of fourteen questions each on physical and social self. Descriptive analysis of respondents' answers was done to know the influence of recreational activities. It came through analyzing that the overall recreational programme brought out certain changes in their spirit, communication and cooperation level which brought significant changes in their physical and social self.

**Key words-** Therapeutic recreation, physical activities, physical education, disabled children, amar jyoti school

## Introduction

Every physically disabled individual has a right to grow up in a world which does not set him apart, which looks at him not with scorn or pity or ridicule but which welcomes him, exactly as it welcomes every child, which offers him the identical privileges and identical responsibilities. The best way to enhance self-perception of an individual with physical disability is through participation in sports and recreational

activities. Because body is the mechanism through which this activity is manifested and through these manifestations perceptions about physical self can be altered. Sports and recreational activities further facilitate interaction with others broadening social experiences to enhance perception of social self as well. Therapeutic recreation is a special service within the broad area of recreation services. It utilizes recreation services for the purposive interventions in some physical, emotional and social behavior to bring about a desired change in that behavior and to promote the growth and development of the individual. Participation in games and sports helps to learn and inculcate good habits like adjusting in a group through sharing and considering need of others. Recreation through games and sports further help to develop human virtues as courage, justice, patience, tolerance and fairness. Parents should motivate, guide and help their children to take active part in community recreational programmes, irrespective of their disability.

## Experimental

In this study influence of six weeks, adapted physical education programme on physical and social self of physically disabled male children of nine to fourteen years of age. The programme was conducted thrice a week at Amar Jyoti School, Gwalior, India with each session lasting fourth five minutes to an hour. Twenty physically disabled male children who had no previous experience of recreational games were selected and made to participate in recreational programme. The variety of the recreational games provided full enjoyment resulting in wholesome participation of subjects. Motivation in the form of sweets and praise was also helpful. The great sense of enjoyment and to perform better made them realize their sense of enjoyment and to perform better made them realize their dormant capacities which were heartening to see. Recreational programme includes following activities:



### **Influence of Recreational Activities on Physical and Social Self of Physically Disabled Children**

1. Modified Volley ball
2. Modified Hockey
3. Modified Handball
4. Aerobics
5. Minor games;
  - i. Dodge Ball
  - ii. Partner Spud
  - iii. Number
  - iv. London
  - v. Do this Do That
  - vi. Fast Passing
  - vii. On The Line, Off The Line
  - viii. Musical Chair
  - ix. Crows and Cranes
  - x. Come With Me

Assessment of performance was done through interview, questionnaire schedule which was prepared in consultation with the experts in area and my personnel understanding. It consist of two areas namely the physical and the social self and it was kept in the mind that all the questions asked were related to these areas only. The interview method consisted of two sets of questionnaire of fourteen questions each on physical and social self. The questions on Physical self were like: How you feel about recreational programme?, Did you feel that you have started doing your daily routine work more actively and efficiently?. The questions on social self were like: Do you like to stay alone and if sent in a group, become conscious of your disability?, Did you feel shy of your disability earlier to participate in game and sports?. After the completion of the recreational programme the subjects were asked relevant questions and they were descriptively analyzed.

### **Results and Findings**

Subjects were personally interviewed by the research scholar and the influence of the recreational programme in the light of changes observed by the subjects in respect of physical and social self was obtained. After thoroughly analyzing the responses it was concluded that the overall programme of adapted physical education was greatly effective and adequate to influence and bring changes in physical and social self of physically disabled males. The changes brought were as follows:

1. The physical fitness and playing ability got improved significantly.
2. They improved in their body image and developed a sense of complete well being.
3. They became confident and independent of themselves.
4. They started enjoying group activities and developed team spirit.
5. They became more co-operative and understanding with parents and friends.

### **Humble Request**

Like every able person disabled person should have the right to live in a world that does not see him or her as disabled but as a person with unique set of abilities and life potential. Disabled individuals lack leisure skill and the functional ability to participate in a variety of leisure offering. Therefore, therapeutic recreation specialist should concentrate towards educating quality leisure functioning and using leisure and recreation to improve, correct, habilitate or rehabilitate the physical socio-emotional and intellectual functional abilities.

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