

Comparative Study of Development of Flexibility Among Physically Challenged Boys with Normal Boys as a Parameter

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Abstract

Sound instruction is the specialty of helping people of any age to develop and create to a more full stature of psyche, body and soul and to live well in their reality. Most kids discover euphoria in development; guardians and youngsters together savour the experience of the kid's initial steps; more established kids appreciate moving, climbing and sliding.

Key words: flexibility, physically Challenged, parameter.

Introduction:

Unfortunately, numerous kids don't encounter the rush of physical test in light of the fact that their train powers are seriously constrained, in light of the fact that they have weakened tactile observation or on the grounds that their home conditions limit physical play, a few, who are allowed to play with other youngsters, experience the ill effects of youth games.

Objective of the Study:

1. To find out the degree of physical deformity among the selected subjects.
2. To find out the initial level of motor abilities through pre-test among the physically challenged boys.
3. To design adapted physical education exercises to develop flexibility among the physically challenged boys.
4. To impart training for six months in the adapted physical education exercises to develop flexibility among physically challenged boys.

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5. To organize tests periodically for the observation of monthly developments and to bring about the rectification in the adapted physical education exercises if any required.
6. To find out the final level of motor abilities through post-test of the physically challenged boys.
7. To compare the difference in the initial and final development in motor abilities in the physically challenged boys and to check the development of the normal children as a parameter

Hypothesis:

- 1: The research scholar hypothesizes that there will be significant difference in the development of Shoulder flexibility among the Physically Challenged Boys'
- 2: The research scholar hypothesizes that there will be significant difference in the development of Trunk flexibility among the Physically Challenged Boys'
- 3: The research scholar hypothesizes that there will be significant difference in the development of Hip flexibility among the Physically Challenged Boys'

Delimitations:

1. The study is delimited to the physically challenged subjects with moderately postural defect.
2. The study is delimited to age 8-10 years boys only.
3. The study is further delimited to the training program in specially designed adapted physical education and is defined only in gross and fine motor abilities
4. The training program is imparted for a period of six months.
5. Standard tests for the physically challenged are administered.
6. The study is delimited to the subjects selected from different schools in the vicinity of Aurangabad city of Maharashtra
7. Normal boys norms are used as a parameter to check the development status among physically challenged boys.

Limitations:

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1. The study is with the school subjects and hence the regularity of the subjects was the limitation.
2. The involvement of the subject during the training and tests are the limitation of the study
3. Food, daily routine other than schooling hours, rest, recovery, environment at home, health were few limitations of the study, which are beyond the control of the researcher.

Methodology:

Population: The population is the physically challenged school children and normal school children's norms of boys with definite age group ranging between 8 to 10 years of Aurangabad city.

Sample: The samples of this study are randomly selected from different schools in physically challenged subjects (boys). The selected age groups of the subjects are from 8 to 10 years.

Variables:**Independent Variables:**

1. Special Exercises Designed
2. Standard Tests to Evaluate various Motor Abilities

Interweaving Variables:

1. Sex: Boys
2. Age: 8 to 10 years.
3. Criteria: Degree of Physically Challenged
4. Times: Initial and Final

Dependent Variables: Development (flexibility – motor ability)

Performance of Development of Motor Abilities:

1. Shoulder rotation test for Shoulder flexibility.

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2. Forward bend and reach for Trunk flexibility.
3. Side split test for Hip joint flexibility.

Collection of Data:

The subjects were selected from different schools in physically challenged school children (boys). In all testes were selected for evaluating the growth and development of motor abilities of the subjects between 8 to 10 years. To have the difference of data for assessing the development it was decided to impart training and organize the test on subjects and the same subjects to be evaluated after a gap of six months with periodical evaluation for alteration in training.

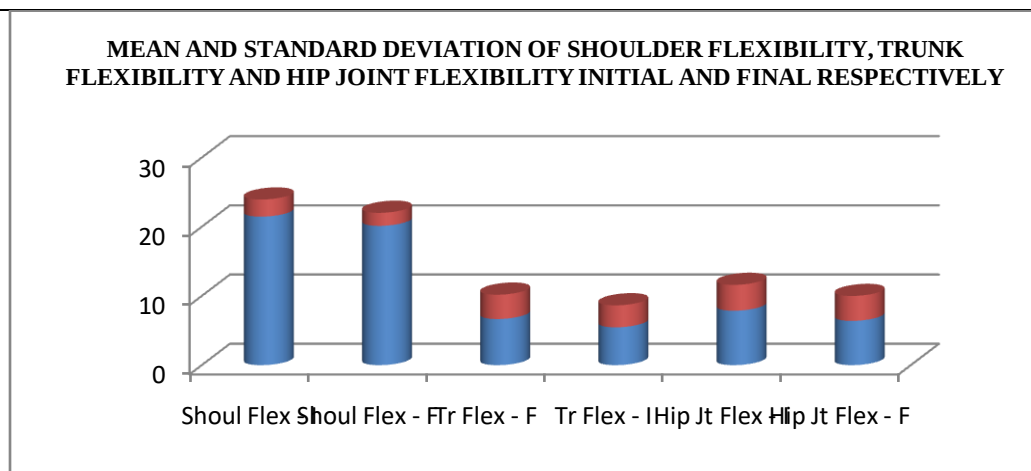
Table: The table is depicting the mean, standard deviation and t-test of motor development aspects (Shoulder flexibility, trunk flexibility, Hip Flexibility) of Physically Challenged Boys between 08 to 10 years of age

CODE (PCB 08-10)	Shoul Flex - I	Shoul Flex - F	Tr Flex - F	Tr Flex – I	Hip Jt Flex - I	Hip Jt Flex - F
Mean	16.3	17.3	6.63	6.07	7.86	6.4
S. D.	8.1	5.8	4.67	3.9	3.73	3.60
T - test	0.39	Df=28	0.39	Df=28	0.14	Df=28

* Significant at .05 level

Graph: The graph is depicting the mean, standard deviation of motor development aspects (Hip flexibility, Shoulder flexibility, trunk flexibility) of Physically Challenged Boys between 08 to 10 years of age

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The table and the graphs states that the mean of initial Shoulder Flexibility of Physically Challenged boys between age group of 08 to 10 years is 16.3 Inch (SD = 8.1) and the mean of final Shoulder Flexibility taken after six months is 17.3 Inch (SD = 5.8) the calculated value of the t-test is 0.39 at .05 level of significance and the table value is 1.701 at the Df=28, hence it can be stated that when compared there is insignificant difference appeared in the development in Shoulder Flexibility after adapted physical education exercises hence H-1 hypothesis is rejected

The table and the graphs states that the mean of initial Trunk Flexibility of Physically Challenged boys between age group of 08 to 10 years is 6.63 Inch (SD = 4.67) and the mean of final Trunk Flexibility taken after six months is 6.07 Inch (SD = 3.9) the calculated value of the t-test is 0.39 at .05 level of significance and the table value is 1.701 at the Df=28, hence it can be stated that when compared there is insignificant difference appeared in the development in Trunk Flexibility after adapted physical education exercises. Hence H-2 hypothesis is rejected

The table and the graphs states that the mean of initial Hip Joint Flexibility of Physically Challenged boys between age group of 08 to 10 years is 7.86 Inch (SD = 3.73) and the mean of final Hip Joint Flexibility taken after six months is 6.4 Inch (SD = 3.60) the calculated value of the t-test is 0.14 at .05 level of significance and the table value is 1.701 at the Df=28, hence it can be stated that there is insignificant difference appeared in the development in Hip Joint Flexibility after adapted physical education exercises. Hence H-3 hypothesis is rejected.

Suggestions:

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1. The games should have simple structures such as circles, lines and stations with challenges that give him success
2. Small group activities or a 1 to 1 ratio for specific motor skills learning are often useful.
3. Individual differences are always important for motor activities and may games can be used for differences in abilities.
4. Verbal directions should be kept at a minimum and visual and auditory stimuli used with demonstrations.
5. Reinforcement should be given frequently for their strengths
6. Physical education students should be prepared to teach the exceptional person by enrolling in courses in adapted physical education and taking part in as many affiliated laboratory experiences as possible. Actual work with the handicapped seems to be most helpful.

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