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## EFFECT OF RECREATIONAL ACTIVITIES ON SELF CONCEPT OF DEAF AND DUMB STUDENTS

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**ABSTRACT:** The objective of the study was to find out the effect of recreational activities on self concept of deaf and dumb students. For the purpose of study, eighty boys & girls school going children, age ranged between 9-13 years, were randomly selected from Dr Sailendranath Mukherjee Mukavadhir Vidyalaya, Burdwan district and Suri Deaf and Dumb School, Suri, Birbhum District, West Bengal. Among them forty were randomly selected for experimental group and forty were selected as control group for the study. Self concept was considered as the selected variables for the study. Twelve weeks recreational activities were administered to the experimental group. The data was computed by paired sample statics and ANCOVA. The result of the study revealed that the experimental group significantly improve the Self concept.

**Key words :** Self concept, recreational activities, Deaf and Dumb

### INTRODUCTION:

Humans spend their time in activities of daily living, work, sleep, social duties, and leisure, the latter time being free from prior commitments to physiologic or social needs. There are no doubt in this stage that our health would be beneficial for participating in physical activity & we can say it flounce that in our life physical activity were played a "flourish role". That opinions not only the documentary word, it also proved by scientific research.

Now a day's disability is the important issue in the world. We are hard and soul trining to do fight against disability. But we dont know, how to reach our goal. Without any medical way that means operation, medicines, well instruments etc we can't decreased the any kind of impairment of disabled children's but we can enhanced their physical ability, mental ability, social acceptance etc through engaging them in various kind of recreational activities & we can also open a new windows in their life.

No doubt about that mid 19<sup>th</sup> century, people were so busy in their daily life. But now a day, they are most busy than that day but from their busy schedule they give few times for their health by engaging few physical activity. Because peoples are very much known about the results of physical activity.

**Recreation** is an activity of leisure, leisure being discretionary time. The "need to do something for recreation" is an essential element of human biology and psychology. Recreational activities are often done for enjoyment, amusement, or pleasure and are considered to be "fun".

Recreation is difficult to separate from the general concept of play, which is usually the term for children's recreational activity. Children may playfully imitate activities that reflect the realities of adult life. It were been proposed that play or recreational activities are outlets of or expression of excess energy, channeling it into socially acceptable activities that fulfill individual as well as societal needs, without need for compulsion, and providing satisfaction and pleasure for the participant.

Recreation is an essential part of human life and finds many different forms which are shaped naturally by individual interests but also by the surrounding social construction. Recreational activities can be communal or solitary, active or passive, outdoors or indoors, healthy or harmful, and useful for society or detrimental. A significant section of recreational activities are designated as hobbies which are activities done for pleasure on a regular basis. A list of typical activities could be almost endless including most human activities, a few

examples being reading, playing or listening to music, watching movies or TV, gardening, hunting, sports, studies, and travel. Some recreational activities - such as gambling, recreational drug use, or delinquent activities - may violate societal norms and laws.

### AIM OF THE STUDY:

The aim of the study was to find out the effect of recreational activities on self concept of deaf and dumb students.

### METHODS:

For the purpose of study, eighty boys & girls school going children, age ranged between 9-13 years, were randomly selected from Dr Sailendranath Mukherjee Mukavadhir Vidyalaya, Burdwan District and Suri Deaf and Dumb School, Suri, Birbhum District, West Bengal. Among them forty were randomly selected for experimental group and forty were selected as control group for the study. Self concept was considered as the selected variables for the study. Twelve weeks recreational activities were administered to the experimental group. The data was computed by paired sample statics and ANCOVA. The result of the study revealed that the experimental group significantly improve the Self concept.

### SUBJECTS:

Eighty (80) hearing impaired school going children (boys 40 and girls 40) were selected as subject for the study. In this study the subjects (age ranged between 9 to13 years) were randomly selected from Dr Sailendranath Mukherjee Mukavadhir Vidyalaya, Burdwan District and Suri Deaf and Dumb School, Suri, Birbhum District, West Bengal. The age of the subjects were collected from school admission register. Among them forty were randomly selected for experimental group (EG) and forty were selected as control group (CG) for the study.

### CRITERION MEASURE OF PSYCHOLOGICAL VARIABLE:

Self Concept was assessed by Self Concept Questionnaire standardized and developed by Dr. Raj Kumar Saraswat.

### TOOLS OF THE STUDY:

**Self Concept:** Through Self Concept Questionnaire the Self Concept variable was measured. This Questionnaire was created and ascertained by Dr. Raj Kumar Saraswat. It consisted of 48 items and six dimensions which were physical, social, intellectual, moral, educational and temperamental. Each dimension had eight items. Each item was provided with five alternatives. Responses were obtained on the test booklet itself. There was no time limit. Very easy scoring system was given by the author. The maximum obtained score was 240 and minimum 48. High score in this inventory indicated a higher self-concept, while a low score showed low self-concept. Reliability of the inventory was 0.91 for the total self-concept measure. The reliability coefficient of various dimensions varied from 0.67 to 0.88.

**Scoring :** The scoring system of Self Concept questionnaire, where alternatives or responses were arranged in such a way that the scoring system for all the items remained the same i.e. 5,4,3,2,1, whether the items were positive or negative. The summed score of all the items was regarded as total Self Concept score.

The data was recorded in total no / 100.

### DESIGNE OF THE STUDY:

Simple randomized group design method was used for the study. They were randomly divided into two groups of equal number (N-40 in each), one experimental group and one control group. Pre-test data were collected from all the two groups. Thereafter applied the training programme of 3 alternate days in a week for 12 weeks to the experimental group and as well as the control group post test data were collected from all the two groups. The control group were not participated in any specific training but engaged in their regular practice.

### STATISTICAL ANALYSES:

For the determining the effect of recreational activities, psychological variables, paired sample statics and ANCOVA were used for the analysis of the data.

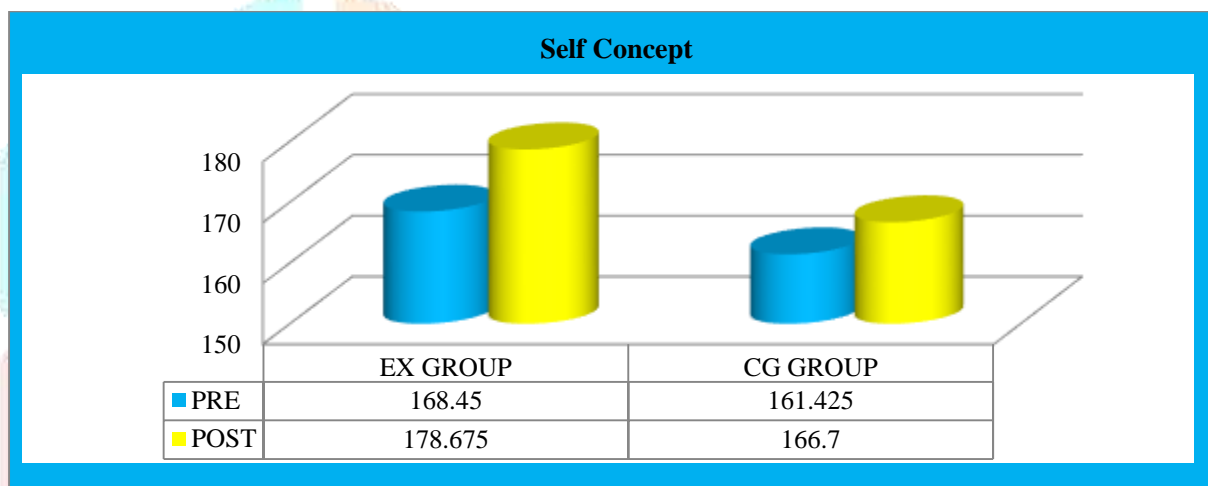
### RESULT:

The findings pertaining to the study are presented in table-1, 2 and 3

**Table 1: Paired Samples Statistics on Self concept of Different Groups**

Treatment Group		Mean	N	Std. Deviation	Std. Error Mean
Experimental Group	Pre-test	168.4500	40	5.89633	.93229
	Post-test	178.6750	40	6.23632	.98605
Control Group	Pre-test	161.4250	40	3.00331	.47487
	Post-test	166.7000	40	3.02299	.47798

Table- 1 describes the mean (M), Number of Students (N), Standard deviation (SD) and Standard error Mean of subjects in Self Concept. In the pre test phase, the mean of Self Concept of Experimental Group (EG) and as well as the Control Group (CG) were **168.4500** and 161.4250 respectively. In the post test phase, the mean of Self Concept of Experimental Group (EG) and as well as the Control Group (CG) were **178.6750** and 166.7000 respectively. The standard deviation for pre-test phase of Self Concept of Experimental Group (EG) and as well as the Control Group (CG) were **5.89633** and 3.00331 respectively. The post test standard deviation for Self Concept of Experimental Group and as well as the Control Group (CG) were **6.23632** and 3.02299 respectively. The numbers of students for Self Concept of experimental group (EG) were **40** and as well as the control group (CG) were **40** respectively.



**Figure-1** describes the pre-test and post-test mean for Experimental Group (EG) and Control Group (CG). Here the pre-test and post-test mean of Experimental group and Control group were 168.45, 178.675, and 161.425, 166.7 respectively.

**Table 2: ANCOVA for distinct groups on Self Concept test for Pre-Test and Post-Test Data**

Source of Variation	df	SSx	SSy	SSxy	MSSx	MSSy	Fyx
Treatment Group	1	987.013	2868.013	1682.487	425.824	425.824	<b>59.381*</b>
Error	77	1707.675	1873.175	1501.950	552.166	7.171	
Total	78	2694.688	4741.188	3184.438	977.990		

**Table value of F (1,77) = 3.97\* Significant at the 0 .05 level**

Table-2 reveals that the significant improvement in Self Concept ( $F=59.381^*$ ) among the Experimental Group pre-test, post-test, and Control Group pre- test, post-test of the deaf and dumb students. The obtained F value **59.381\*** was found to be greater than that of tabulated F value **3.97\*** at 0.05 level of significance with 1, 77 degree of freedom.

**Table 3: Pair wise Comparisons of Distinct Groups of Adjusted Means on Self Concept Test Obtained in Pre-Test and Post-Test Data (N = 40)**

Group	N	Pre-Test	Post-Test	Mean Adjusted Myx	Mean Diffarence	CD
Experimenta l Group	40	168.45	178.68	175.59	<b>5.8*</b>	<b>1.192</b>

<b>Control Group</b>	40	161.43	166.70	169.79		
<b>*. The mean difference is significant at the 0 .05 level</b>						

Table-3 (Post hoc test), in the paired adjusted final mean differences in self concept test clearly indicates significant differences between Experimental Group and Control Group (MD-5.8\*) and where as the CD was 1.192. However, there was significant difference on intelligent test between the Experimental Group and the Control Group (MD-5.8\*) was observed where the critical difference was 1.192 at 0.05 level of significance.

### DISCUSSION:

The result of the study revealed that the recreational activities for twelve weeks improve self concept of deaf and dumb students. The result may be due to the effect of recreational training programme for 100-120 minutes per unit for three alternative days for twelve weeks. The result of the present study is supported by the study of Kabita Choudhary (2012) conducted a study on the "Psychological Perspectives on Physically Disabled Children". She wants to compare the attitude and behavior of normal students and disabled students. For this purpose she took 200 students, out of those students 100 students were physically disabled and 100 were normal students. In this study through questionnaire and picture frustration test she shown that due to disabled individual had functional impairment, they had confined social relationship and also this quality they occupy few competency in the society than the others. Result of the study also revealed that the selected psychological variables of the training group were improved significantly to the control group.

### CONCLUSION:

On the basis, the result of the study, it may be reasonably be concluded that recreational activities improve self concept of deaf and dumb students.

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MISCELLANEOUS

[http://www.isrj.net/may/2011/Psychology\\_Self\\_concept\\_of\\_high\\_and\\_low\\_achieving\\_adolescents.aspx](http://www.isrj.net/may/2011/Psychology_Self_concept_of_high_and_low_achieving_adolescents.aspx)

