



## **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 statistics 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

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## 1.. INTRODUCTION

Psychology is the science of behaviour and mind. The mental or behavioural characteristics of an individual or group. The study of mind and behaviour in relation to a particular field of knowledge or activity.

Psychology includes the study of conscious and unconscious phenomena, as well as feeling and thought. It is an academic discipline of immense scope. Psychologists seek an understanding of the emergent properties of brains, and all the variety of phenomena linked to those emergent properties, joining this way the broader neuro-scientific group of researchers. As a social science it aims to understand individuals and groups by establishing general principles and researching specific cases. In this field, a professional practitioner or researcher is called a psychologist and can be classified as a social, behavioural, or cognitive scientist. Psychologists attempt to understand the role of mental functions in individual and social behaviour, while also exploring the physiological and biological processes that underlie cognitive functions and behaviours. Psychology explore behaviour and mental processes, including perception, cognition, attention, emotion, intelligence, subjective, experiences, motivation, brain functioning and personality. This extends to interaction between people, such as interpersonal relationships, including psychological resilience, family resilience, and other areas. Psychologists of diverse orientations also consider the unconscious mind. Psychologists employ empirical methods to infer causal and correlational relationships between psychosocial variables.

Now a day's disability is the important issue in the world. We are hard and soul training to do fight against disability. But I don't know, how to reach our goal.

Recreational comes from the term recreation. It is an activity done for enjoyment when one is not working. Recreational means, relating or denoting activity done for enjoyment when one is not working. It refers to the time spent in an activity one loves to engage in, with intent to feel refreshed. Recreational activities help you to take a break from monotony and diversion from the daily routine. It gives people the benefit of a positive change from the stereotypical lifestyle and involves an active participation in entertaining activities that one is interested in. When one does engage in recreating activities that he or she likes, it would naturally give them enjoyment. Recreational activities provides source of joy and relaxation to one's mind and body.

Disability is a disadvantage for a given individual, resulting from impairment or a disability that prevents the fulfillment of a role that is considered normal (depending on age, sex and social and cultural factors) for that individual'. Disabled means "differently abled"; as they are popularly called. The world health organization (WHO) defines disability as: "disability is an umbrella term, covering impairments, activity limitations, and participation restrictions". Types of disabilities include various physical and mental impairments that can hamper or reduce a person's ability to carry out his day to day activities.

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

## 2. METHODOLOGY

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 static's and ANCOVA. The result of the study revealed that the experimental group significantly improve the Self concept.

### 2.1 Selection of 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.

### 2.2 Description of Questionnaire

Self concept was considered as the selected variables for the study. It was tested by Self Concept- Self Concept Questionnaire method. The data was recorded in total no / 100.

### 2.3 Research Design

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.

### 2.4 Statistical Analysis

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

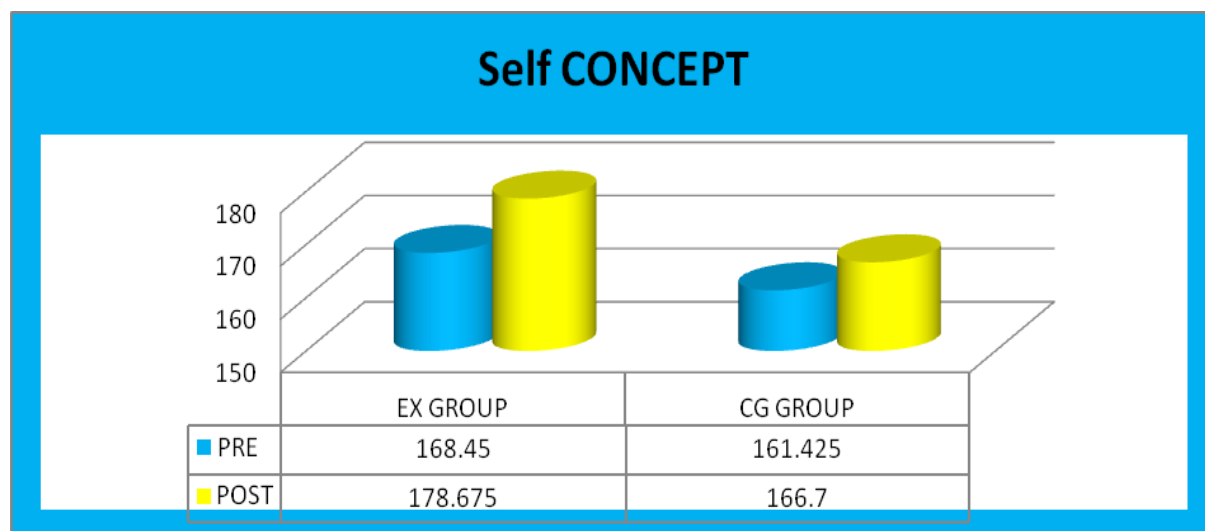
## 3. RESULTS

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	SD	$\sigma$ DM
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** Scores of pre-test and post-test mean for Experimental Group and Control Group of self Concept.

**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	F <sub>yx</sub>
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 Difference	CD
<b>Experimental Group</b>	<b>40</b>	168.45\	178.68	175.59	<b>5.8*</b>	<b>1.192</b>
<b>Control Group</b>	<b>40</b>	161.43	166.70	169.79		

**\*. The mean difference is significant at the 0 .05 level**

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.

#### 4. 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 **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.

#### 5. 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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