

## Psychological and social variables among people with disabilities Visually and its relationship by practicing sports activities at Al Noor School for the Blind

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### Introduction and research problem

create God man in better calendar And in better image , And for wisdom what He sees it creator Glory be to Him Come on robs him One of them This is amazing blessings or Some of them little or a lot , And robbed One of them This is amazing blessings Many he in fact The order type from Disability , And the disabled he “that man that robbed From him job One Members Vitality in His body a result disease or Injury or heredity, And it resulted on that that it become helpless on investigation His needs “And Ali this The disabled not he that The person Dih disability The phenomenon Like a blind man And the deaf And the lame But he all derogation For a job vitality in body man, And there several Types from Disabilities like Disabilities Auditory And visual and movement and mentality.

**Ahmed Adam and Ahmed Maher (2005)** agree: Recent years have witnessed a scientific and practical interest in disability and the disabled, considering that man is a social being who cannot live apart from others, but rather needs to interact

positively with them and to be connected to them so that he influences them and is influenced by them, which achieves stability and psychological security for him. This interest is due to the growing conviction in different societies that the disabled, like other members of society, have the right to life, growth, and services to the maximum extent that their abilities and energies enable them. This is also due to Attention also needs to be paid to changing the societal view of these individuals. (9:3)

**Hassan Al-Bate’ (2010 AD)** **pointed out:** that The issue of education for people with disabilities no Special needs and their rehabilitation Represents civilizational challenge for nations and societies, Because it is primarily a humanitarian issue, it can hinder the progress of nations, given that disabled people They represent no less than 10% of the total population at the local and international levels, and these large numbers of people with...no Special needs, educational loss, threaten the national and global economy. According to some statistics published online, the number of people with disabilities in the

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world is 600 million, more than 80% of whom are in developing countries. (24:12)

**Both Ramadan Muhammad (2000 AD) and Abdul Hamid Sharaf (2001 AD)** agree that: No matter how different the statistics and conflicting the numbers are, the biggest problem is the small number of people who receive services and care from them in developing countries, as Only 1.9% of people with disabilities receive the required services in this area. no Special needs, whereat requires institutions, whether governmental or non-governmental, in addition to the fact that its costs are very high, as it requires training, accommodation, and employees, which necessitates cooperation and solidarity .no Social among all categories in the care of people ichnospecies needs, while seeking donors to try to include these groups, the majority of whom are poor and low-income, in the development process instead of being a burden on it.(17:1)(81:20)

He mentions: **Abu Al-Naja Ezz El-Din(2003) about** The United Nations General Assembly defines the term in the Declaration on the Rights of Disabled Persons, 9 December 1975, which states that disabled persons are individuals who are unable to be totally or partially self-sufficient. In carrying out the tasks assigned to them and participating in sports, they are only provided with special assistance and

facilities with the aim of integrating them into public life according to the level of disability or impairment, whether organic, mental, or physical (1: 216).

And remember **Kawthar Hussein"**(2003 AD Disability has repercussions on the life of the disabled person because the psychological problems caused by disability have a profound impact on him, as they prevent him from achieving psychological harmony and have psychological effects related to the sensory and emotional aspects, such as feelings of pain, bitterness, and deficiency, in addition to emotional imbalance and nervous tension. Disability also affects the personality of the disabled person in general. (3:24)

And he points out Hosni El-Gabala (2005MThe visually impaired can be considered a group with its own characteristics compared to other groups. Visual impairment may be one of these factors that have a negative impact on the feelings of the visually impaired. He finds it difficult to describe his feelings towards others and towards himself, because the disability creates a feeling of lack of self-confidence within him, which forces him to separate from the society in which he lives. Blindness also creates a state of social isolation within the visually impaired, such

that he cannot interact with those around him, nor with the external environment with all its variables. (11:13)

and the concept of self the blind has It is the individual's idea of himself or his perception of himself, and it is affected by the nature of his feelings, attitudes, personal characteristics, abilities, strengths and weaknesses. The deficiency in the concept of self in blind people results from the dominance of the external point of control over him, and this means his lack of confidence in himself and his capabilities, his dependence on others, and a lack of successful experiences that he goes through. (45:3) (48:6)

"It indicates "**sincerity Abdul Hafeez**(2002M) Physical education is an integrated educational activity that cares for the individual as a whole and works to develop him in all aspects: physical, mental, psychological, social, educational, and others. Therefore, educators must pay attention to providing appropriate sports activities for the visually impaired and for them to be an essential part of preparing them to achieve the highest levels of mental health. (19:5)

and male "**Samira Abu Zeid**"(2001 **AD** The mere feeling of being different from normal individuals causes

psychological anxiety for the individual, because the visually impaired person's disability imposes a specific world on him, and when he wants to get out of his narrow world and integrate into the world of the sighted, he finds himself in need of independence and liberation, but when he does that, he collides with the effects of his disability that push him back into his limited world, and then he is exposed to severe psychological disturbances as a result of his feeling of his inability to move with complete freedom and to control his environment as the sighted person controls it. The movement of the visually impaired person appears disturbed and confusion is clearly evident on him. (54:15)

Hence this category in There is a need for special educational, training, rehabilitation, medical and cultural programs and services, as the civilization of nations is measured by the amount of educational and health care they provide to members of society in general and the disabled in particular. The degree of this care varies according to the economic and intellectual foundations prevailing in those societies. There is also an important problem, which is the prevailing belief in some societies that providing services for the disabled and developing them is a favor to the service. The truth is that we must

appreciate and be certain that these services are a right of the citizen and not a favor in providing services. (32:11)

"Tami son" states: Thompson (2001 AD) The skills that disabled children are trained on so that they are able to depend on themselves and can meet their daily needs, which increases their ability to depend on themselves, which helps them to live a more independent life. (79:33)

The researcher noticed, through visits to schools for the blind, that the first years in The age of the visually impaired child is one in which there is a noticeable and rapid progress in psychological characteristics with the ability to learn motor skills. It is a stage of growth in which the known forms of movements improve greatly, and most motor behaviors are due to a return. The child's psychological state can be translated into behaviors and movements, so it is expected that this age is suitable for practicing sports activities.

The researcher sees That activities Sports It is considered a fertile field from which the individual acquires psychological and social values, so providing programs Sports Suitable for the visually impaired is considered a must. It is one of the duties of society towards its children, as the success of these programs

depends to a large extent on the extent of the officials' understanding of the nature of visual impairment., The researcher was interested in studying some psychological aspects of visually impaired children, as they segment of society They should receive adequate care like others, as It became clear rare in the Programs or Activities Sport the Especially for them, which requires the need to care for them, look after them, and develop programs .Sports Especially suitable with Type of disability so that we can contribute to achieving psychological compatibility and sound mental health for this group From children.

### **Research objective:**

The research aims to identify Psychological and social variables among the visually impaired and their relationship to practicing sports activities At Al Noor School For the blinding the State of Kuwait This is done through:

- 1- Get to know the effect practicing sports activities On psychological anxiety in visually impaired children.
- 2- Get to know the effect the effect of sports activities on the self-concept of visually impaired children.

### **Research hypotheses:**

- There are statistically significant differences between the averages of the pre- and post-measurements in the level of psychological anxiety among the visually impaired in the research sample.
- There are statistically significant differences between the averages of the pre- and post-measurements in the level of self-efficacy among the visually impaired in the research sample.

#### **Some terms contained in the research**

##### **disabled people Visually:**

They are less severe Their sight About (6/60) with both eyes together or with the stronger eye after correction with eyeglasses (17:7) (67:10)

##### **anxiety:**

It is an unpleasant emotional experience that an individual experiences when he feels afraid or threatened by something without being able to clearly identify it.(32:19)

##### **concept self:**

An organized, unified, and learned cognitive formation of emotional perceptions, perceptions, and evaluations of the self, which the individual crystallizes and considers as a psychological definition

of the self, and which determines the individual's actual achievement and appears partially nan individual's experiences of reality are greatly influenced by the judgments he receives from people of emotional importance in his life and by his interpretations. For their responses Towards it (3:18)

##### **Methodology Search:**

use researcher Curriculum experimental where that it Curriculum appropriate For nature this Search And that Using Design experimental For the group one Pre-post measurement to achieve the objectives and hypotheses of the research.

##### **community Sample Search:**

Includes community Search on children disabled people Visually At Al Noor School for the Blind In the State of Kuwaiti For the academic year (2022 AD) , And He reached size the society(60)child And ranged Their ages what between9to12year , And He did researcher By choice sample Random Its texture(40)forty child “To conduct the basic study from community Search In addition to (20) children to conduct the exploratory study of the research And Take care in to choose Sample Availability Terms and Conditions Next:

1- stage Sunni from9:12year.

2- It is not They have disability  
Accompanying For disability  
Visual.

And It was completed account  
Moderation distribution Sample in  
Variables shackles Search The table (1) It is  
clear the result:

table (1)  
Average Arithmetic the Mediator And deviation Standard and coefficient twisting for age  
temporal and variables Psychological shackles Search I have children disabled people  
Visually  
(N=60)

Variables	Unit of measure ment	Average	The mediator	deviation Standard	Factors twisting
the age temporal	degree	10.81	10.90	0.91	0.30
gauge anxiety For the blind	degree	135.40	136.00	3.14	-0.57
gauge concept self For children	degree	38.53	39.00	3.72	-0.38

It becomes clear from table(1)that it  
ranged Values Transactions twisting For  
variables: Age , And anxiety , and the  
concept of self-have sample Search what  
between (30:-0.57), any that it is confined  
what between( $\pm 3$ )Which indicates to  
Moderation distribution Sample in that  
Variables.

#### tools collection Data:

to collect Data Private By searching  
use researcher Tools Next:

#### Firstly.: Scales Psychological

numbers/fair left- 1-gauge anxiety  
handed, And Abdul for the blind  
dear the person

Numbers / Adel left- 2- Self-Concept  
handed Scale for  
Children

#### the study exploratory:

He did researcher By conducting  
Study exploratory On the exploratory  
research sample in period from 16/1/2022  
to 20/1/2022 to learn more on bezel suitable  
Scales used And also The program athlete  
For application on Sample shackles Search,  
And It resulted in the study exploratory on:

- suitable content The program  
And its occasion To level  
Capabilities students.

- suitable The stadium and tools and devices used.

- suitability Scales used for application on sample Search.

- Conducting scientific transactions for the scale used in the research.

### 1-gauge anxiety for the blind:

He did By design this Scale all from “left-handed , The person(1984)And he is Measures anxiety I have The blind , It consists of Scale from(78)eight Seventy phrase Express Combined on degree anxiety I have The blind , And it is done Response on expressions Scale in a light Two responses They are Yes It is estimated she has(2)Two degrees no It is estimated she has(1)degree

one And that in phrases in direction Scale But phrases in reverse direction Scale So it will be Response Yes It is estimated she has(1)degree one no It is estimated she has(2)Two degrees And it is limited grades Scale what between78 - 156degree.

### Transactions Scientific for scale:

#### A-honesty:

To verify from sincerity Scale in the study Current He did researcher By account sincerity consistency Internal And that By applying it on sample randomness Its texture (20) twenty child from community Search And not Sample Basic And it was done account Transactions connection between degree all phrase from phrases and the degree College For scale The table the next (2) It is clear The result.

**table (2)**  
**Correlation coefficients between the score of each item of the scale**  
**Anxiety for the Blind and Total Score of the Scale (n =20)**

number phrase	Correlation coefficient	number phrase	Factors connection	number phrase	Factors connection	number phrase	Factors connection
1	0.612	21	0.591	41	0.703	61	0.593
2	0.629	22	0.740	42	0.667	62	0.699
3	0.679	23	0.629	43	0.699	63	0.681
4	0.679	24	0.704	44	0.679	64	0.806
5	0.681	25	0.704	45	0.667	65	0.814
6	0.664	26	0.797	46	0.704	66	0.842
7	0.757	27	0.679	47	0.637	67	0.672
8	0.842	28	0.679	48	0.814	68	0.752
9	0.659	29	0.754	49	0.699	69	0.595
10	0.672	30	0.672	50	0.699	70	0.629
11	0.579	31	0.704	51	0.697	71	0.814
12	0.757	32	0.629	52	0.690	72	0.591
13	0.721	33	0.699	53	0.754	73	0.620

14	0.630	34	0.679	54	0.641	74	0.721
15	0.721	35	0.814	55	0.697	75	0.754
16	0.757	36	0.620	56	0.772	76	0.680
17	0.622	37	0.717	57	0.754	77	0.595
18	0.629	38	0.806	58	0.752	78	0.620
19	0.761	39	0.630	59	0.687		
20	0.704	40	0.754	60	0.591		

value(R)Tableau when degree freedom (10) And level indication (0.05) = 0.576

It becomes clear from table (2) ranged Transactions connection between degree all phrase from expressions gauge anxiety For the blind and the degree College for him what between (0.579,0.842) And it is Transactions correlation function Statistically Which indicates to consistency Internal For scale.

#### for-stability:

He did researcher By account stability Scale Using road re The test where

It was completed application Scale on sample randomness Its texture(20)twenty child from community Search And not sample Search Basic then I repeat Application on same Sample And in the same conditions Application the first And with a break My time capacity(15)five ten One day between The two applications the first The second , And it was done account Factors connection between The two applications .

Table (3)  
Significance of differences between the first and second application in the level of anxiety scale for the blind  
n=20

Variables	First application		The second application		Differences between the two averages	Correlation coefficient	Significance level
	arithmetic mean	standard deviation	arithmetic mean	standard deviation			
gauge anxiety For the blind	135.10	2.78	137.50	2.91	2.40	0.820	Dal

\* The tabular value of (r) at the significance level (0.05) = 0.412

It is clear from Table No. (3) that the correlation coefficient between the first and second application reached (0.820) And he

is Factors correlation Dal Statistically Which indicates to Enjoy Scale degree suitable from Stability.



## 2- gauge concept self

He did “left-handed(1984)By design this Scale And that To measure concept self I have children , It consists of Scale from(79)eighty phrase Express Combined on concept The child For himself from various Aspects character and physical and social , It indicates The answer on expressions Scale to appreciation The child For himself and his feelings about same And it is done Response on expressions Scale in a light Two responses They are Yes It is estimated she has(1)degree one no It is estimated she has(zero)And that in phrases in direction The scale is phrases in reverse direction Scale So it will be

Response: Yes It is estimated she has(zero)no It is estimated she has(1)degree one.

### Transactions Scientific for scale:

#### A-honesty:

To verify from sincerity gauge concept self in the study Current He did researcher By account sincerity consistency Internal And that By applying it on sample randomness Its texture (20) twenty child from community Search And not Sample Basic And it was done account Transactions connection between degree all phrase from phrases and the degree College For scale The table the next (4)It is clear The result.

table (4)  
Correlation coefficients between the score of each item of the scale  
Self-concept and total score of the scale (n =20)

number phrase	Correlation coefficient	number phrase	Factors connection	number phrase	Factors connection	number phrase	Factors connection
1	0.648	21	0.624	41	0.644	61	0.713
2	0.601	22	0.609	42	0.667	62	0.704
3	0.696	23	0.719	43	0.704	63	0.674
4	0.638	24	0.625	44	0.616	64	0.719
5	0.725	25	0.704	45	0.667	65	0.820
6	0.678	26	0.719	46	0.704	66	0.727
7	0.747	27	0.717	47	0.740	67	0.601
8	0.853	28	0.708	48	0.820	68	0.610
9	0.616	29	0.616	49	0.625	69	0.616
10	0.719	30	0.745	50	0.704	70	0.719
11	0.745	31	0.616	51	0.625	71	0.820
12	0.783	32	0.708	52	0.623	72	0.624
13	0.747	33	0.704	53	0.710	73	0.719
14	0.613	34	0.616	54	0.616	74	0.667
15	0.747	35	0.820	55	0.704	75	0.717
16	0.747	36	0.609	56	0.790	76	0.744
17	0.783	37	0.640	57	0.620	77	0.616
18	0.652	38	0.745	58	0.717	78	0.675

19	0.713	39	0.719	59	0.651	79	0.820
20	0.704	40	0.616	60	0.624	80	0.624

**value(R)Tableau when degree freedom (10) And level indication (0.05) = 0.576**

It becomes clear from table (4) ranged Transactions connection between degree all phrase from expressions gauge concept self and the degree College for him what between (0.601,0.853) And it is Transactions correlation function Statistically Which indicates to consistency Internal For scale.

#### **for - stability:**

To make sure from stability Scale He did researcher Using road re The test where It was completed application Scale And re- Apply it on sample randomness Its texture (20) twenty child from community Search And not Sample Basic And with a break My time capacity (15) five ten One day between The two applications the first The second .

Table (5)

Significance of the differences between the first and second application in the level of the self-concept scale  
n=20

Variables	First application		The second application		Difference s between the two averages	Correlation coefficient	Signific ance level
	arithmeti c mean	standard deviation	arithmeti c mean	standard deviation			
gauge self-concept	35.87	1.98	36.11	1.78	0.24	0.860	Dal

\* The tabular value of (r) at the significance level (0.05) = 0.412

It is clear from Table No. (5) that the correlation coefficient between the first and second application reached (0.860) And he is Factors correlation Dal Statistically Which indicates to Enjoy Scale degree suitable from Stability.

#### **secondly: The program The athlete**

He did researcher By viewing on Many from the reviewer Scientific and studies previous Associated In the field this Research (25),(28),(30),(31),(32) And

survey Opinions Many from Professors Specialists attached(2)until maybe to set ingredients The program including Fits with stage Sunni For children , And with type Disability , And in a light Their abilities and their needs.

#### **goal the program:**

Aims The program to the job on investigation Compatibility psychological For the disabled Visually from during Practice Sports and development concept

self-positive I have that Sample from during Gain them Skills Kinetics Miscellaneous.

### **Foundations Scientific To build The program:**

He did researcher Considering Foundations Scientific Next when building The program:

-that Includes The program Types Multiple from Activities.

-that Includes The program Training on feeling In place.

-interest with development feeling with movements body in Trends Different.

-Guidance For performance on road touch parts body.

-that Fits Activities The Chosen One with tendencies and desires and capabilities students And it excites In them desire and enthusiasm on do effort.

-that verification Activities The Chosen One Objectives Specific gesticulate Includes attic that Objectives from purposes Psychological.

-that Challenge Activities The Program Capabilities disabled people.

-that Allows Activities The Chosen One Opportunities Participation Positive For students.

-that fit Activities The Chosen One with capabilities materialism Available At school.

- that Available in Activities The program Factors excitement And suspense and integration.

- Consideration Availability Factors Security And safety.

### **content the program Practitioner for the visually impaired:**

To achieve Objectives Desired from The program He did researcher Considering that It contains The program on Activities Sportswoman Miscellaneous To excite agitation children about Subscription in His activities And Includes The program(12)praised ten weekly , And it was done Training In fact(3)three Units weekly , And He reached number Units Total For the program(36)six Thirty loneliness Training , as He reached time Unity Training(120)hundred Twenty minute , And He reached time kidneys For the program(72)two Seventy hour , And It was completed distribution time Unity(120)hundred Twenty minute.

### **Introductory part:**

He should Getting started always With exercises Warm-up before practice any activity athlete To avoid Exposure To

be injured as that the goal from Doing With exercises Warm-up Activate The cycle bloody And generation Energy in body To enable it from Doing Actively The physical In addition to Acquisition body flexibility And excitement maximum ready myself For training And alert Devices body Different To do In turn as He should practice This is amazing Exercises on about moderate until no It is done overwork students

#### **main part:**

form that Exercises basically big For preparation Physical The year And private For all Types Activities Kinetics as Contribute As much as big in to lift level Fitness Physical For students from during development Attributes Physical They have Like power And speed and endurance And agility and flexibility and balance and compatibility.as that it no Requires Fate high from Capabilities or Preparations or Talents Private For her performance , So It is Possible performance For all Levels as It does not You need to possibilities or place private To practice it.

#### **Games small:**

It is distinguished This is amazing Games With fun And happiness In addition to Its value Educational and its contribution in Ascension With capabilities students, as

that it It works on more interconnectedness and cooperation between students from during Participation Collective in that Games.

#### **Games Sports Collective:**

He did researcher By choice some Games Collective and recreational Which Available she has capabilities To practice it inside the school And that Games she: The ball The plane , And a ball hand , ball the goal(The bell)as that acquisition students For skills that Includes it that Games And its application in Competitions especially With that Games Contributes in Acquisition students Many from Attributes Educational Desired Like cooperation , And trust By the soul , and compatibility Psychological And leadership.

#### **Concluding part:**

lies importance Exercises Relaxation in that it phrase on movements Vibration For members body Performed mostly After Exercises Stressful or Exercises power that It is characterized by Increase stress Muscular.as Aims This is amazing Exercises to laxity muscles Which He works on speed Supply it With blood, And which Performed Therefore To feed muscles , Which Produces About him more ability on the job And improve Response Muscular.as that it Help on mitigation

sharpness anxiety I have students , and control in Their emotions , And get rid of from stress.

### **application Search:**

#### **Measurement tribal:**

He did researcher By conducting Measurement tribal For variables Psychological shackles Search And it is: anxiety psychological, And the concept self, This is done by reading the statements of each scale to the child in the presence of the guardian, and facilitating the formulation of unclear statements for the child. And that during period from 2-3/2/2022 And that on Grammar the next:

- It was completed application gauge anxiety in 2/2/2022 AD
- It was completed application gauge concept self in 3/3/2022

### **application the program:**

He did researcher By applying the program on Sample shackles Search And that in period from 2/3/2022 to 25/5/2022, And It was completed Application after End from today Academic with

Consideration Use means Multiple To motivate children on Subscription in Activities The program.

### **Measurement The distant:**

after an end period Specific To implement the program He did researcher By conducting Measurements Dimensionality For the group Search in Variables shackles Search And it is anxiety, And the concept Self and that during period from 29/5/2022 to 30/5/2022.

### **style statistician user:**

To account results, Search use researcher Methods Statistics The following:

- Average Arithmetic.
- The mediator.
- deviation Standard.
- Factors twisting.
- Factors connection.
- a test(T) .

- ratio Centennial For the average change.

### **Firstly: an offer Results:**

table (6)

The significance of the differences between the pre- and post-measurement in the level of anxiety of the blind I have Sample shackles Search  
(N=40)

Variables	Unit of measurement	Measurement tribal		Measurement The distant		Differences between average	improvement rate	value (t)	Significance level
		M	A	M	A				
gauge anxiety For the blind	degree	141.80	2.19	125.11	2.60	16.69	13.34 %	4.55	Dal

\* Table (t) value at significance level (0.05) = 1.708

Table (6) shows that there are statistically significant differences between the averages of the pre- and post-measurements in the level of anxiety scale among the

blind. The research sample where the calculated value of (t) came to (4.55) with an improvement rate of (13.34%) in favor of the post-measurement.

table(7)

The significance of the differences between the pre- and post-measurement in the level of self-concept I have Sample shackles Search  
(N=40)

Variables	Unit of measurement	Measurement tribal		Measurement The distant		Differences between average	improvement rate	value (t)	Significance level
		M	A	M	A				
gauge self-concept	degree	38.53	3.72	45.14	2.18	6.61	17.15 %	3.70	Dal

\* Table (t) value at significance level (0.05) = 1.708

Table (7) shows that there are statistically significant differences between the averages of the pre- and post-measurements in the level of the self-concept scale for the blind. The research sample, where the calculated value of (t) came to (3.70), with an improvement rate of (17.15%) in favor of the dimensional measurement.

### Discussion of results

It becomes clear from results Search table(6)presence Differences same indication Statistics between My standard average tribal And the farthest damn Search for the blind At level psychological anxiety And in direction Measurement Al-Baade and the researcher attributes that The result to that The program athlete Sports and what Includes from Activities Different contributed In a way positive in mitigation

sharpness anxiety I have Sample shackles Research and so Lost showed Results presence Differences in degree anxiety before application The program And after Application And in direction Measurement The dimensional

The researcher believes that this improvement Back to that The recreational sports program included: Exercises To relax Which Contributed In a way positive in sense disabled Visually Take it easy And peace of mind where helped that Exercises in cut speed strikes the heart And get rid of from stress The limit from impact Changes Physiology in body Which Leads In turn to feelings disabled With tension And anxiety.

In this regard, Suhail Kamel Ahmed (1999) indicates that visual impairment changes the mental life of the individual completely, and that the lack of social adaptation that the visually impaired person suffers from, which in turn appears in the increased level of psychological anxiety, is due to the visual and intellectual isolation that he feels. (52:16)

"Ihab" sees The boy (2003 AD) Loss of sight, especially in the early stages of life, causes the disabled person to lose self-confidence and feel insecure, and then become isolated and withdrawn. (62:11)

And agree that The result with results studies all from "Ahmed Adel Lofty (2009 AD)(2)Ahmed Mohamed Ali (2002 AD) (4),"hope Fahmy(2006)(8) Which She pointed out to Impact positive For activities Sports Guidance on mitigation sharpness anxiety I have students disabled people Visually.

Thus, the first hypothesis has been achieved, which states that: There are statistically significant differences between the averages of the pre- and post-measurements in the level of future psychological anxiety among the visually impaired in the research sample.

It becomes clear from results table(7)presence Differences same indication Statistics between My standard averaging tribal And the farthest damn Search for the blind At level Concept self And in direction Measurement Al-Baade and the researcher attributes that The result to that The program athlete Encourage the blind to work within the sports program and motivate them, and Self-concept is an individual's idea of himself or his perception of himself, and is influenced by the nature of his feelings, attitudes, personal qualities, abilities, strengths, and weaknesses and that The blind have a deficiency in their self-concept due to the dominance of an external control point of

view. This means that they lack confidence in themselves and their abilities, depend on others, and lack successful experiences. The researcher avoided this issue within the sports program by motivating the blind.

Both agree "Emotions **Ibrahim AL -Huangdi, Manal slave Al-Fattah Mohammed**(2006 AD) Visual impairment has a negative impact on an individual's self-concept and psychological health, which in turn leads to personal and social maladjustment, psychological distress, feelings of helplessness, inferiority, frustration, stress, and loss of a sense of reassurance and security. On the other hand, completely different aspects such as pity, over-protection, disregard, and neglect lead to heightened feelings of helplessness, deficiency, and difference from others. Although blindness may make life more difficult, the mere fact of sight loss does not explain the physical, social, and psychological difficulties faced by the visually impaired. The more important factor lies within the individual himself, his relationship with society, and attitudes toward him.(37:23)

Both So hair Kamel (1999) and Abdel Rahman Ibrahim (2003) agree: Social adjustment is related to the individual's acceptance within society by others, bearing responsibility, knowing the

needs of others for the individual and the individual's needs for others, and the person's awareness of the relationship that connects him to the different components of society, and reaching a state of balance from satisfaction, deprivation, conflict and interactions. The individual's ability to adapt to changes in the environment and surrounding circumstances reflects a state of emotional, psychological, mental and behavioral balance. (88:16)(18:21)

The results of this study are consistent with "**Magdy Aziz** (2007M) Visual impairment has negative effects on the individual's concept of himself and his psychological health, which consequently leads to personal and social maladjustment, psychological disturbance, lack of self-confidence, feelings of helplessness and inferiority, frustration, tension, and loss of a sense of reassurance and security. Although...blindness It may make life more difficult, but the fact of losing sight does not explain the physical, social and psychological difficulties that the visually impaired encounter. The most important factor lies in the individual himself, his relationship with society and his attitudes towards it.(487:26)

Thus, the second hypothesis has been fulfilled, which states that: There are statistically significant differences between



the averages of the pre- and post-measurements in the level of self-efficacy among the visually impaired in the research sample.

### Conclusions

- 1- The proposed sports program had a positive impact on the level of psychological anxiety among the visually impaired in the research sample.
- 2- The proposed sports program had a positive impact on the level of self-concept among the visually impaired in the research sample.

### Recommendations

- 1- interest Providing Programs Sports occasion For the disabled Visually until We contribute in investigation health Psychological healthy For those Category.
- 2- Attention from Officials Providing all capabilities necessary from playgrounds and tools Sports To practice Activities Sports For the disabled Visually.
- 3- the job on to provide Opportunities occasion To achieve expertise success For the disabled Visually Which earn it

trust By the soul and compatibility with the society.

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