

# The Effect of Modified Motor Exercises to Reduce the Feeling of Social Phobia for People with Visual Impairment (Blind) at the Ages of 10-12 Years<sup>1</sup>

**\*Dr. Ahmed Allawi Saadoun, \*\*Dr. Haydar Kadhum Issa**

*\*University of Al Qadisiyah, Iraq*

*\*\*Ministry of Education, Iraq*

*Date of Receiving: 20<sup>th</sup> December 2022;*

*Date of Acceptance: 02<sup>nd</sup> February 2023;*

*Date of Publication: 03<sup>rd</sup> March 2023*

---

## ABSTRACT

The present study aims at identifying the level of social phobia among young people with visual impairment (blind), assuming that there are no differences in the level of social phobia according to the variable of age. The researchers identified their research community, which is the “students of the Al-Noor Institute for visually impaired people in Al-Qadisiyah” with (5) students distributed between 3 males and 2 females.

The researchers have utilized a research tool, which is *the scale of social phobia*, depending on the sources and references related to the variable of the study, and after conducting the scientific foundations on it, the scale was applied to a research sample for the period from 3-11-2022 to 20-1-2023 with the help of the assistant staff, and then the researcher extracted and tabulated the data for the purpose of processing it statistically using the statistical bag (SPSS). After interpreting the results, the researcher concluded that the pupils of the Al-Noor Institute for people with visual impairment have the lowest level of social phobia compared to females. The researchers also found that the modified kinetic exercises had a positive effect by reducing the level of social phobia among them by a remarkable percentage. Thus, the researchers recommended the continuous use of motor programs in the institutes, as well as urging the practice of sports activities by providing tools and requirements for the blind person inside the institutes, and urging students to practice sports.

## INTRODUCTION AND SIGNIFICANCE OF THE STUDY

The category of people with visual disabilities is one of the categories of society that did not receive the great and similar attention that the groups with other needs got, and that the human body’s awareness of the surroundings depends largely on its five senses, as it works on the individual’s connection with his environment and its ability to reach everything he wants to obtain. Each of them performs its basic function as a sense of the senses. However, we find that these senses work if they are added to their function as a sense of sight, especially for the blind. For the blind person, fear represents one of the problems he is exposed to, which may turn into a pathological disorder for him (Dua, 2016: 2). And we should differentiate between two types of fear, the first is the natural fear that any human being is exposed to over time, and it is the fear that works automatically to avoid harm from some sources of harm, and the second is pathological fear, which is the fear of topics that do not even cause fear in most people, such as fear of (places). open or closed, or fear of wind or rain) and other topics that do not raise fear (Imad Mukhaimer and Heba Ali, 2006: 149). Thus, many researchers in the field of people with special needs see that the need of the visually impaired for rehabilitation, training and sports programs may exceed the average individual as a result of the limited opportunities for their motor activity resulting from the lack of concepts of spatial relations used by the sighted. The

---

<sup>1</sup> *How to cite the article:*

Saadoun A.A., Issa H.K., The Effect of Modified Motor Exercises to Reduce the Feeling of Social Phobia for People with Visual Impairment (Blind) at the Ages of 10-12 Years; *International Journal of Law, Management and Social Science*, Jan-Mar 2023, Vol 7, Issue 1, 55-59

importance of the current study comes through the preparation of programs for rehabilitation and training of modified motor skills, which in turn are reflected in reducing social phobia, and this program is presented as a model for workers at Al-Noor Institutes for the Blind.

### RESEARCH PROBLEM

Through the field researcher's briefing at the Al-Noor Institute for the Blind in Diwaniyah, he did not find integrated and specific physical education curricula for this group of people with special needs. Likewise, there are no motor exercises that keep pace with the disability of the visually impaired child, especially his other senses, which play an important role in his private and public life, and in all his behaviors, because his senses are communication tools between him and his environment, through which he obtains knowledge, experience, and information. Therefore, the researcher decided to prepare motor exercises modified for basic skills and to know their impact on reducing social phobia among students of the Al-Noor Institute for the Blind in Diwaniyah for ages 10-12 years.

### RESEARCH OBJECTIVE

- *Preparing a modified motor exercises curriculum for visually impaired males and females at Al-Noor Institute for the Blind in Al-Qadisiyah.*

### RESEARCH HYPOTHESES

1. *There are no statistically significant differences between the pre and post test in some skills for people with visual impairments at Al-Noor Institute in Al-Qadisiyah.*
2. *There are no statistically significant differences between the pre and post-test in the measure of social phobia for people with visual impairments at Al-Noor Institute in Al-Qadisiyah.*

### RESEARCH LIMITS

- 1- The human field: students of the Al-Noor Institute for the Blind in Al-Qadisiyah Governorate for the academic year 2022-2023.
- 2- The spatial field: the classrooms and the playground of the Al-Noor Institute in Al-Qadisiyah.
- 3- Time range: 3-11-2022 - to 20-1-2023.

### RESEARCH METHODOLOGY AND ITS FIELD PROCEDURES

#### The Study Methodology

The researchers will resort to using experimental method with one group with pre and post-test due to its suitability to the nature of the problem.

#### Sample and Community of the Study

The researchers identified a community and the sample of the study, and they are the students of Al-Amal Institute for the Deaf and Dumb in Al-Qadisiyah Governorate for the academic year 2022-2023. They are 5 male students. The research conducted homogeneity between them according to chronological age, degree of disability, social phobia scale, and some selected motor skills. As shown in Table (1).

*Table (1): The Homogeneity of The Sample and The Classes to Which They Belong*

Control Variables	Measuring Unit	No. of Individuals	Mean	Std. Dev.	Coefficient of Difference	Torsion Modulus	
Chronological age	In Year	5	12.9	0.256	19.8	0.466	
Social phobia scale	In Degree	5	142	3.056	21.054	0.657	
Basic Motor Skills	Walking	In Second	5	17	19.8	11.352	0.546
	Jumping	In Centimeter	5	0.75	0.164	21.578	0.395
	Throwing	In Meter	5	3.8	0.763	20.078	0.105

### Research Instruments

The researcher reviewed the previous literature on the subject of the study, which is social phobia, after taking the opinions of experts and specialists. And (4) degrees of agreement, (3) degrees for neutral, (2) for opposition, and (1) one degree for strongly opposed (Abu Al-Latif, 38, 2021).

#### *The scientific basis for the social phobia scale*

It was presented to a group of experts, not extracting the apparent honesty, as approval was obtained for the paragraphs of the scale at a rate of (100%), and this is an indicator of high sincerity. Then the researcher proceeded to extract the stability of the scale by applying the scale to a group of 10 students from the Al-Noor Institute for the Blind, from outside the main research sample. After a period of two weeks from the date of the first application, the researcher resorted to re-application of the scale on the same sample. In the same conditions, after that, the total responses of individuals in the two applications were extracted and tabulated. The simple Pearson correlation coefficient was used, and the value of the correlation coefficient was (0.8067), which is a high percentage indicating the stability of the respondents' responses on the items of the social phobia scale.

#### *Movement Exercise Method*

The researchers prepared a curriculum for some motor exercises commensurate with the ages of the two research samples, including 6 training units, two units per week, for a period of three weeks. That is, the blind can perform well, which generates self-confidence, which in turn is reflected in participation with enthusiasm and continuous interaction. The time of the training unit is 30 minutes, divided into two preparatory parts of 5 minutes, and the main part of 25 minutes.

#### *The Main Experiment*

After confirming the validity of the scale and its suitability for the research sample, and after determining the counter and the types of the research sample, the researcher, with the assistance of the assistant staff, applied the scale on a research sample before applying the motor-mathematical approach in the hall of the Al-Noor Institute for the Blind in Al-Qadisiyah, and then the curriculum prepared for the period from 5/11 to 15 was applied. /12/2018. After completing the application of the vocabulary of the curriculum, the social phobia scale and some motor tests were re-applied on the same sample and in the same physical conditions, and after the responses of the sample were processed and corrected and classified for the purpose of processing them statistically.

## PRESENTATION, ANALYSIS AND DISCUSSION OF THE STUDY RESULTS

### The First Hypothesis

To answer the first hypothesis, which states (there are no statistically significant differences between the pre and post-test in some skills for people with visual impairments at the Al Noor Institute in Qadisiyah), the researchers applied *the rule (T. test)* for two interrelated samples as shown in Table (2).

*Table (2) shows the arithmetic mean and the hypothetical mean for the study sample*

Motor Skills	Test	No. of Individuals	Mean	Std. Dev,	Calculated Value	Sig,
Walking	Post-test	5	17	1.93	4.63	Significant
	Pre-Test		13.2	1.54		Significant
Jumping	Post-test	5	0.76	0.164	4.184	Significant
	Pre-Test		91.34	0.658		Significant
Throwing	Post-test	5	3.8	0.763	3.75	Significant
	Pre-Test		5.03	0649		Significant

From the above table, the value of the arithmetic mean for the pre-study sample in the walking test was (17 sec) with a standard deviation of (1.93), and the post-test arithmetic mean was 13.2 sec. When using the (T) rule for two interrelated samples, there were differences in favor of the post-test because the time here was less and in the jumping test it reached the arithmetic mean for the pre-test was 0.76 cm and the post-test was 91.34 cm. When using the T-rule for two related samples, there were differences in favor of the post-test, as well as in the throwing test, the value of the arithmetic mean before the test appeared 3.8, and in the post-test 5.03, and there were differences between the two tests when applying the *T-rule* for two interrelated samples, and this indicates that the students of Al-Noor Institute responded to the prepared curriculum, which It was reflected in their performance in the post-tests in perceiving surfaces, sizes, discrimination and distances between them, or in obtaining information and experiences that would enable him to adapt with himself and his environment. It was necessary and appropriate and the situation as well to activate and develop the sense of touch and train it from an early.

### The Second Hypothesis

To answer the second hypothesis, which states: "4- There are no statistically significant differences between the pre and post-test in the measure of social phobia for people with visual impairments at Al-Noor Institute in Al-Qadisiyah." The researcher applied the (T-.test) rule to two independent samples, and obtained the results as shown in Table (3).

*Table (3) shows the arithmetic mean and the calculated T value for the study sample*

Scale	No. of Individual s	Pre-Test		Post-Test		Calculated Value	Sig.
		Mean	Dev. Std.	Mean	Dev. Std.		
Social Phobia	5	139.68	3.847	128.53	4.427	6.894	0.00

From the above table, the value of the arithmetic mean for the sample in the pre-measurement study was (139.68) with a standard deviation of (3.847). As for the telemetry, the arithmetic mean was (128.53) with a standard deviation (4.427) when using the (T) rule for two interrelated samples. Additionally, there were significant differences at the level of significance (0.000). This indicates that the students of Al-Noor Institute for the Blind in Al-Qadisiyah, who applied the motor-modified sports approach, had a decrease in the level of their social phobia as a result of their active participation in the physical-motor exercises, which greatly increased their self-confidence, and this was reflected in a turn on the decrease in the level of fear of the social surroundings that they felt. Which positively affected their psychological state.

This shows us the role of practicing sports activities effectively. (Al-Salhi, 2017) sees the importance of the role of practicing sports activities in reducing fear and increasing self-confidence, as the individual (male and female) engaged in sports activities in the form of training or playing, as it provides them with greater opportunities to know their capabilities Subjectivity and entering into an environmental or psychological variable contributes to preserving self-confidence through self-knowledge and its ability to deal with these variables (Al-Salhi, 2016: 12).

## CONCLUSIONS AND RECOMMENDATIONS

### Conclusions

- 1- The motor performance developed clearly for the blind children participating in the modified motor curriculum.
- 2- The skill of walking had a better rate of development than the rest of the motor skills of the blind child.
- 3- The individuals who actively practiced motor activities had a lower level of social phobia than those who did not actively engage in sports activities.

### Recommendations

- 1- Work on urging educational institutions to give serious and escalating interest in sports activities within these institutions
- 2- Identifying individuals who are characterized by social phobia (males and females) and intensifying the modified and targeted sports programs.
- 3- Studying the level of social phobia in the achievement of the students of Al-Noor Institute for the Blind in Al-Qadisiyah.

## REFERENCES

1. Abdul Muttalib Amin Al-Quraiti (2003) *Mental Health*, Cairo, Dar Al-Fikr Al-Arabi.
2. Al-Khalidi, Adeeb (2001) "*Mental Health*", Dar Al Arabiya, Nasr City, Arab Republic of Egypt.
3. Al-Kinani, Ayed Karim (2009) *Introduction to Statistics and SPSS Applications*, 1st Edition, Dar Al-Diyala for Printing, Al-Najaf Al-Ashraf, Iraq
4. Al-Salihi, Haider (2017): *Lectures on Training People with Special Needs*, Educational College, unpublished. Al-Qadisiyah, Iraq.
5. Ayat Ribhi Abu Al-Taif (2012) *Psychological reassurance and its relationship to social phobia among a sample of children in social affairs centers in the Negev region*. Master Thesis, College of Graduate Studies, Hebron University, Palestine.
6. Emad Mohamed Mukhaimer, Haya Mohamed Ali (2006) *Psychological problems for children between risk factors and methods of prevention and treatment*, Cairo University, Anglo-Egyptian Library. Egypt.
7. John, Walker, Murray, Stein (2002) *Overcoming shyness, overcoming shyness and social anxiety*, Jarir Bookstore, Saudi Arabia.