

The Effect of Practicing Volleyball as Recreational or Competition Activity on Some Voluntary Characteristics for Physical Disabled Population

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Abstract:

This study aims for identifying the effect of practicing volleyball as a recreational and competition activity on some voluntary characteristics for physical disabled population. The researchers used the descriptive method on 115 physical disabled volleyball practitioners including 62 competition practitioners and 53 recreational practitioners. The researchers used two voluntary characteristics questionnaires as means of data collection, where the reliability of the questionnaires was proved statistically. The most important results showed the presence of significant differences between the competition practitioners and the recreational practitioners in favor of the first group in all the items of the two applied questionnaires except for self-confidence. The order of characteristics for competition practitioners was insistence, achievement motivation, responsibility, goal setting, self-confidence, courage self-control and independence. As for recreational practitioners, the order of characteristics was insistence, achievement motivation, responsibility, goal setting, self-confidence, self-control, courage and independence. The researchers recommend paying more attention to building more sports facilities for the disabled population either for competition or for recreation in addition to conducting further researches to study the effect of different sports activities on the voluntary characteristics of the disabled population with different types of disability.

Keywords: *physical disabled – volleyball – competition – recreation – voluntary characteristics.*

Introduction:

God's wisdom is willing for the inequality among the human race either in richness, health, well-being, intelligence, or losing any of the senses of the human body naturally by birth or through a disease or an accident that led to a kind of physical or sensory deficit (11:8)

All communities now pay a high attention to the people with special needs in all fields, educationally, socially and psychologically due to the rise of the percentage of their presence in their societies as Annan (1990) pointed out that between 10% and 13% of the whole world

population are those who have special needs and a survey for UNICEF (1981) mentioned that they can be estimated with 530,000,000 person with disability including 122,000,000 children living in third world countries representing 10 – 11 % of the whole total world population. In Egypt the total number of disabled population has reached 7 million. By monitoring these high figures we can easily identify the volume of the problems that face this big population in all societies. (14:30) (1:12)

The field of handicapped sports has witnessed a very big progress lately on local, provincial or international levels. Sitting volleyball is one of the most important sports events for physical disabled athletes as it gives them the chance for maximum enjoyment, as they move without a ball, they move easily while being seated on the ground, there is no physical contact with

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opponents in addition to the readiness to participate in games in any time.

This is why sitting volleyball is one of the most common sports activities for physical disabled athletes either in competition level or as a recreational activity as it helps in bringing back the acceptable balance to all the aspects of personality of the handicapped person in addition to giving him the feeling of relaxation, satisfaction and various psychological and physical needs. (18:56, 57)

Attiat Khatab (1990) mentioned that the motivations for recreational activities are extended to other fields like gaining psychological and social benefits in addition to releasing psychological troubles and tension (3:31-33)

In addition to its advantages as a recreational activity for disabled population, sitting volleyball also takes a wide range of attention as a competitive sport since it was accepted as an Olympic game on 1980 with 7 countries into the first tournament, where the Egyptian national team had a progressive record in these tournaments entitled by the bronze medal on Athens Olympic games on 2004, and the 4th place in Beijing 2008 and the silver medal in the Continental cup 2012. (5) (6) (7)

Voluntary characteristics play a big role in forming the sporting personality and developing the abilities and readiness of individuals. Researches proved that athletes who lack these moral and voluntary characteristics always perform with a level that does not reflect their real performance level and their real abilities. This means that the psychological factor is a main deterrent in winning competitions and titles. (1:50)

Handicapped personality is still in a very bad need to further efforts of researchers to identify the positive aspects that help in developing the achievement level in their lives and their sports performance as well. As they face many psychological and physical obstacles resulting from their own assessment to their abilities and shape in addition to the surrounding community and environment. These aspects build up an internal feeling that they form a kind of an overcrowding for the healthy athletes when they are practicing sports activities which finally

leads to forming an unconfident handicapped human being who is afraid of facing others or dealing and reacting with them.

Based on the researchers' belief that the psychological factor and the voluntary characteristics are the most important factory for handicapped to beat the obstacles and difficulties that they might face in their lives, in addition to making the best use of their efforts to make them feel that they are an important reproductive element in their communities and to help them achieve their independence and the feeling of well-being as well. Sports activities have more importance for handicapped than healthy people as it includes more therapeutic, physical, psychological, social and rehabilitation benefits in addition to unite the disabled person back to his society to achieve his own success through reacting with his surrounding community.

The researchers had also monitored that most coaches do not give much attention to the psychological side of handicapped athletes as they do not help them to promote their voluntary characteristics and this can be referred to the lack of information about voluntary characteristics and why and how they should be developed which pushed the researchers to conduct this study to investigate the effect of practicing sitting volleyball as a recreational and a competition activity on some voluntary characteristics for physical disabled population.

Research Aim:

1. Identifying the voluntary characteristics for sitting volleyball handicapped recreational practitioners.
2. Identifying the voluntary characteristics for sitting volleyball handicapped competition practitioners.
3. Identifying the significant differences between the level of voluntary characteristics for sitting volleyball recreational and competition practitioners.

Research Hypothesis:

1. What are the voluntary characteristics for sitting volleyball handicapped recreational practitioners?
2. What are the voluntary characteristics for sitting volleyball handicapped competition practitioners?
3. What are the significant differences between the level of voluntary characteristics for sitting volleyball recreational and competition practitioners?

Research Procedures:

Research method:

The researchers used the descriptive method due to its suitability for the research nature, aim and hypothesis.

Research sample:

The sample included (115) handicapped sitting volleyball players of which (62) are engaged in national and international competitions and (53) are only recreational practitioners.

Data collection tools:

According to the past researches' and studies' survey that was performed by the researchers that was related to the same topic of research, the researchers re-regulated a scale for evaluating the level of voluntary characteristics for sitting volleyball handicapped competition players "annex 1" that was also modified to suit sitting volleyball handicapped recreational players "annex 2" with preserving the scientific

style of the scale. The questionnaire measures 8 voluntary characteristics including insistence, achievement motivation, responsibility, goal setting, self-confidence, courage self-control and independence. The scale's item has been agreed as an acceptable measurement tool for the voluntary characteristics according to the high rates of agreement among scientific references. The total statements of the scale were 80 with 10 statements per item including 5 positive statements and 5 negative

The researchers used the quintet assessment balance "totally agree – highly agree – slightly agree – highly disagree – totally disagree" as multiple choices for the scale statements with considering the corresponding degrees for each choice according to the correction key. "Annex 3"

The scale re-regulating:

The researchers re-regulated the scale through adjusting the scientific correlation factors through the internal consistency method by applying both questionnaires on a sample of 11 competition practitioners and 6 recreational practitioners where the ICF was calculated for the statements of the both scales using Spearman statistical processing as well as confirming the consistency of the scale using Alpha Cronbach as it is based on the differentiation of each statement and the scale as a whole in the same time.

Statistical processing:

The researchers used SPSS to conduct statistical processing using arithmetic mean, standard deviation and T test

Results and Discussion:

Table (1)
The significant voluntary characteristics for sitting volleyball competition practitioners

| Voluntary characteristics | Mean | SD | Least record | Highest record | Estimated record | Percentage | Order |
|---------------------------|-------|------|--------------|----------------|------------------|------------|-------|
| Courage | 37.31 | 5.98 | 24.00 | 50.00 | 2263 | 74.197 | 6 |
| Self-control | 36.98 | 5.19 | 21.00 | 42.00 | 2262 | 74.164 | 7 |
| Insistency | 42.52 | 5.47 | 31.00 | 50.00 | 2592 | 84.984 | 1 |
| Independency | 31.82 | 4.08 | 25.00 | 42.00 | 1941 | 63.639 | 8 |
| Goal setting | 38.82 | 5.86 | 26.00 | 48.00 | 2373 | 77.803 | 3 |
| Self confidence | 37.24 | 5.48 | 22.00 | 49.00 | 2273 | 74.525 | 5 |
| Achievement motivation | 41.81 | 4.48 | 30.00 | 50.00 | 2549 | 83.574 | 2 |
| Responsibility | 38.00 | 4.93 | 28.00 | 50.00 | 2322 | 76.131 | 4 |

Table1 shows that the distinctive voluntary characteristics for sitting volleyball competition practitioners were insistency with a percentage of 84.984% then the achievement motivation with 83.574% then goal setting with 77.803%

then responsibility with 76.131% then self-confidence with 74.525% then courage with 74.197% the self-control with 74.164% then independency with 63.639%.

Chart (1)
The percentage of the significant voluntary characteristics for sitting volleyball competition practitioners

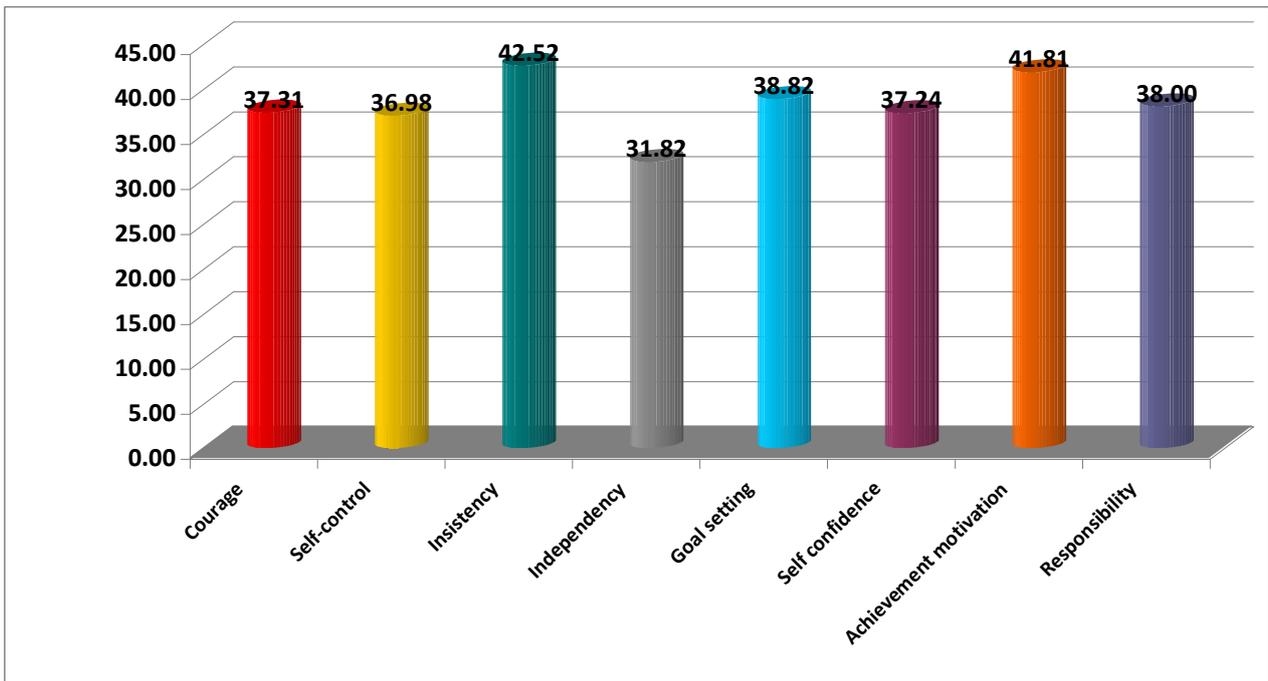


Table (2)
The significant voluntary characteristics for sitting volleyball recreational practitioners

| Voluntary characteristics | Mean | SD | Least record | Highest record | Estimated record | Percentage | Order |
|---------------------------|--------|-------|--------------|----------------|------------------|------------|-------|
| Courage | 33.321 | 5.814 | 20.00 | 41.00 | 1816 | 68.528 | 7 |
| Self-control | 34.491 | 4.882 | 20.00 | 39.00 | 1859 | 70.151 | 6 |
| Insistency | 40.340 | 4.953 | 30.00 | 48.00 | 2182 | 82.340 | 1 |
| Independency | 29.170 | 4.080 | 22.00 | 39.00 | 1578 | 59.547 | 8 |
| Goal setting | 35.943 | 5.275 | 26.00 | 45.00 | 1939 | 73.170 | 4 |
| Self confidence | 35.283 | 5.275 | 19.00 | 47.00 | 1906 | 71.925 | 5 |
| Achievement motivation | 40.038 | 4.519 | 28.00 | 48.00 | 2165 | 81.698 | 2 |
| Responsibility | 36.076 | 4.941 | 26.00 | 48.00 | 1946 | 73.434 | 3 |

Table 2 shows that the distinctive voluntary characteristics for sitting volleyball recreational practitioners were insistency with a percentage of 82.340% then the achievement motivation with 81.698% then responsibility with 73.434%

then goal setting with 73.170% then self-confidence with 71.925% then self-control with 70.151% the courage with 68.528% then independency with 59.547%.

Chart (2)
The percentage of the significant voluntary characteristics for sitting volleyball recreational practitioners

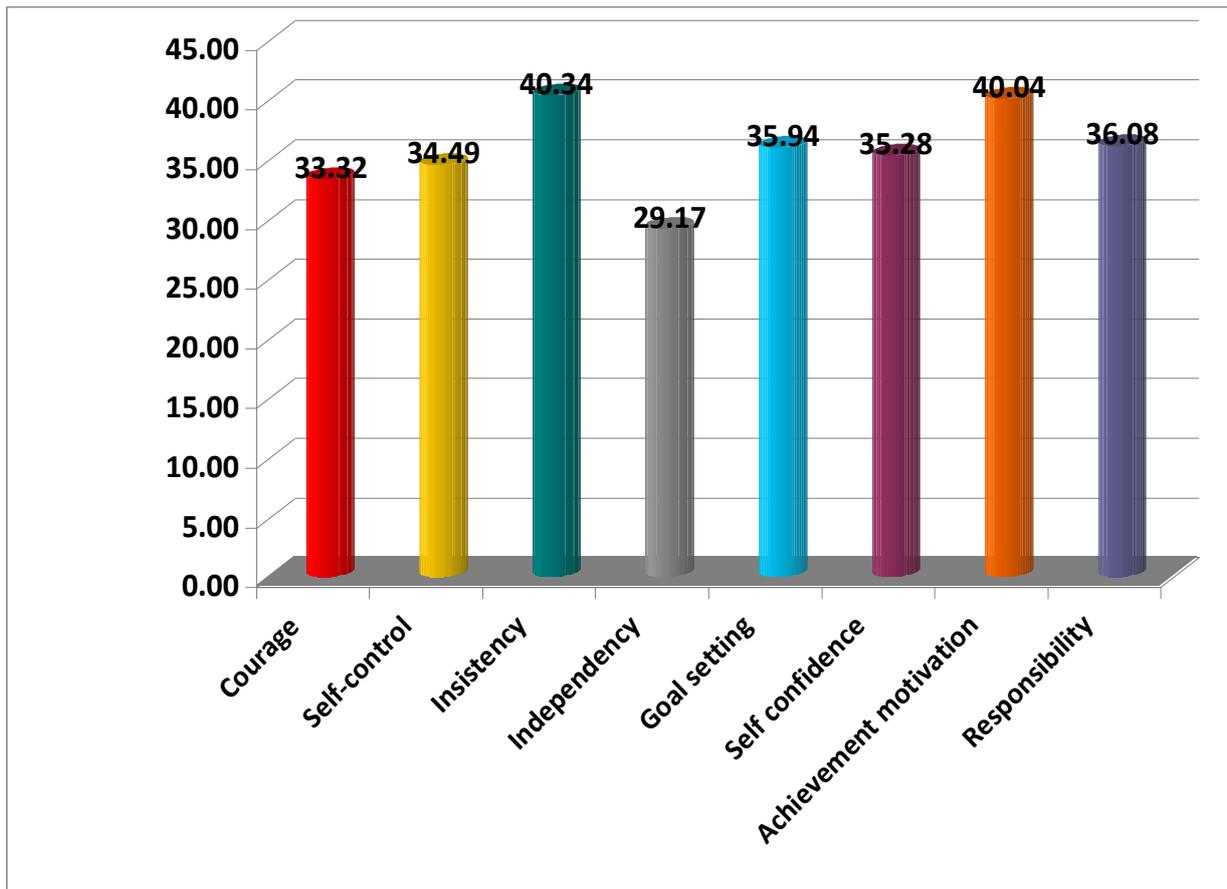


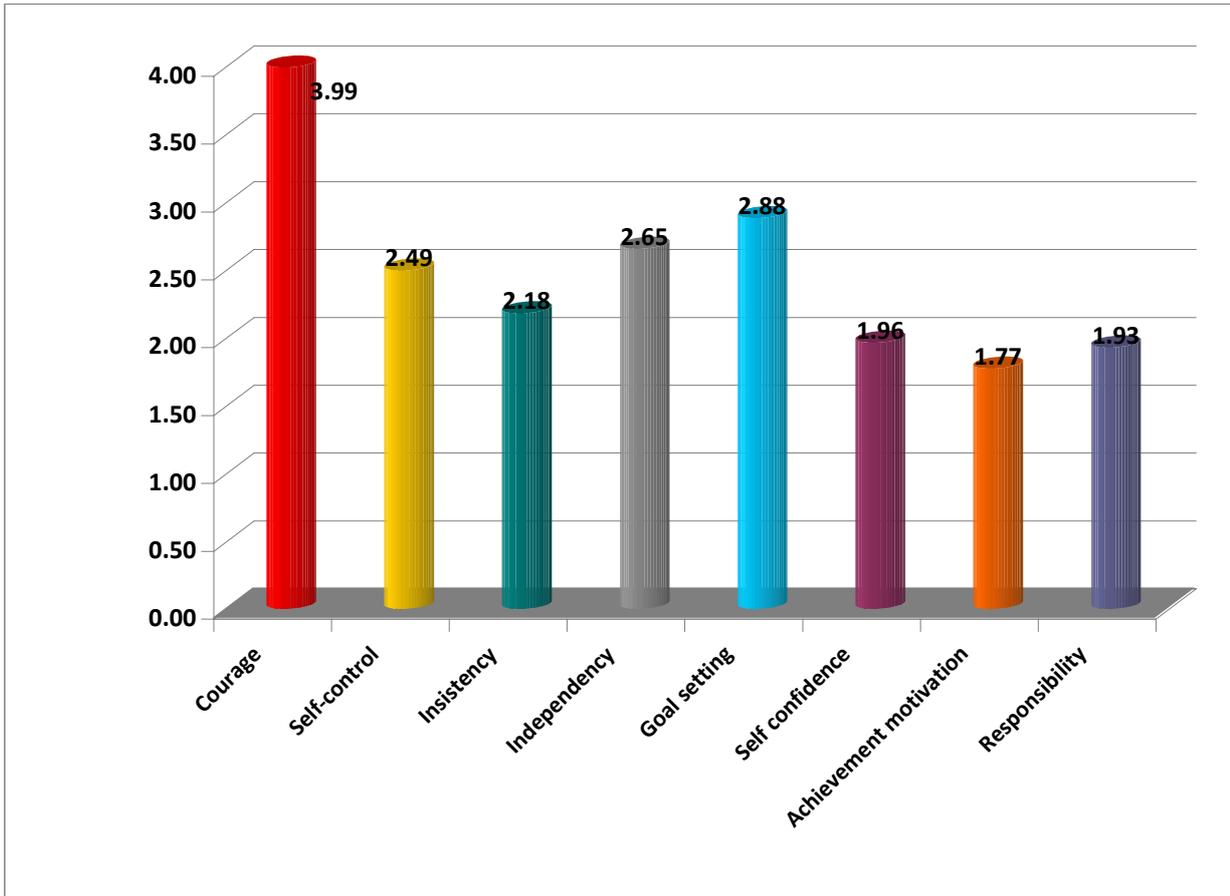
Table (3)

The significance of differences of voluntary differences between recreational and competition sitting volleyball practitioners

| S | Voluntary characteristics | Competition practitioners | | Recreational practitioners | | Difference Between means | T |
|---|---------------------------|---------------------------|-------|----------------------------|-------|--------------------------|-------|
| | | Mean | SD | Mean | SD | | |
| 1 | Courage | 37.307 | 5.980 | 33.321 | 5.814 | 3.986 | 3.617 |
| 2 | Self-control | 36.984 | 5.193 | 34.491 | 4.882 | 2.493 | 2.651 |
| 3 | Insistency | 42.516 | 5.467 | 40.340 | 4.953 | 2.177 | 2.239 |
| 4 | Independency | 31.823 | 4.083 | 29.170 | 4.080 | 2.653 | 3.474 |
| 5 | Goal setting | 38.823 | 5.863 | 35.943 | 5.275 | 2.879 | 2.771 |
| 6 | Self confidence | 37.242 | 5.482 | 35.283 | 5.275 | 1.959 | 1.949 |
| 7 | Achievement motivation | 41.807 | 4.483 | 40.038 | 4.519 | 1.769 | 2.100 |
| 8 | Responsibility | 38.000 | 4.932 | 36.076 | 4.941 | 1.925 | 2.084 |

Chart (3)

The significance of differences of voluntary differences between recreational and competition sitting volleyball practitioners



Discussion:

Table (3) shows the presence of statistical significant differences between the voluntary characteristics rates for competition and recreational sitting volleyball practitioners in favor of competition practitioners in all characteristics except for self-confidence and the researchers referred these differences to their participation in sports teams and in national and international competitions for the aim of winning which helped them to enhance the level of their psychological characteristics in addition to their organized enrollment in training sessions and facing many physical and psychological loads due to undergoing different training loads in addition to facing the same during championships in addition to injury probabilities which in the end leads to conquering their disability and adapting to living with it in addition to increasing their self-confidence and reacting positively with their surrounding communities and increasing the levels of their self-confidence and getting them out of the zone of loneliness and their new feelings as distinguished members in their societies.

But for recreational practitioners they only practice this activity for recreational purposes and spending their spare and leisure time in addition to keeping fit and well-being, this reflects their less records than competition practitioners due to the big difference in the demands of each of them as recreational practitioners are not exposed to organized training sessions or high intensity competitions and high training loads or psychological stress or even injury.

These results agree with the findings of Fawzy Kadoos (1981), Aleya A. Moniem (1986), Fawzy Kadoos et al (1988) and Elsayed Badr (1994) which all points to the distinction of disabled athletes at the competition level than recreational practitioners in all of the psychological elements.

Tables (1) and (2) shows the increase in the mean of the corresponding record for each of the voluntary characteristics for competition practitioners than recreational practitioners as in consistency, competition practitioners stick to

their goals regardless time, effort or degree of disability as they always seek to enhance their abilities and skills as they always perform their sessions strongly bearing fatigue and exhaustion and facing all difficulties and obstacles to achieve their goals and this is how they react positively with their communities in comparison to recreational practitioners.

For the independency characteristic, competition practitioners should depend totally on themselves within the limits of their abilities and efforts without any external help as athlete is obliged to do specific jobs that suits his abilities and his degree of disability, thus he feels independent which will raise his own value which in turn pushes him to achieve better performance standards.

For goal setting, competition practitioners always aim for developing their sports achievements through setting some goals that they will fight and struggle for it through the different stages of the season where these goals provoke and challenge their abilities and develop their motivations towards doing more efforts to enhance their physical and technical performance in order to achieve these goals.

For self-confidence, it was high for both types of practitioners as they always depend on themselves and their own abilities without any external help during doing these activities which helped in increasing their belief in their own physical and technical abilities in spite of their disability so they work on achieving their goals with the best use of their abilities where they become more aware of themselves which makes them appreciate themselves and increases their motives and their self-confidence.

For achievement motivation, competition practitioners seek for achieving sports victories as a result of depending on their own abilities through challenging their disability where they always aim for developing their performance levels that works as a motive that makes them feel self-confident and able to gain the respect and appreciation of others.

For responsibility, competition practitioners always seek to preserve the level of performance through being enrolled into organized training sessions and error correction and trying to increase their abilities to bear the

loads that they face during training or competition which makes them very keen to master their jobs and enhance their performance levels which means raising the degree of their responsibilities.

Although the records of voluntary characteristics for recreational practitioners were lower than competition practitioners, but there were significant developments on the levels of these characteristics which agrees with previous studies for Mohamed A. Salam (2001), Safaa Ouda (1996), Layman (1996), Hines G (1996) and Mac Hon (1996) which all confirmed the importance and the positive role of recreational activities in improving the psychological characteristics of handicapped persons in addition to fighting depression feelings, bringing happiness, vitality, releasing tension and loneliness, making new friends and developing their voluntary characteristics.

Kamal Darwish (1999) mentioned that enrollment into organized performances leads to strengthening the personality and the will in addition to learning the team work and the ability of self-evaluation as well as experiencing the life of winning and losing and reacting with life in general.

Mohamed el Hamahmy et al (1997) and Ibrahim Motawea (1995) also agreed that the positive participation in recreational activities plays an important role in forming the one's personality where he can achieve the integrated and balanced development for all the personal aspects

Conclusions:

The researchers concluded the following in the light of the research's results:

1. The presence of significant statistical differences between sitting volleyball recreational practitioners and sitting volleyball competition practitioners in all of the voluntary characteristics in the used scales except for the self-confidence.
2. In spite of the low records of the recreational practitioners, still there is a significant development in all of the voluntary characteristics.

3. The distinctive voluntary characteristics for competition sitting volleyball practitioners were insistency – achievement motivation – goal setting – responsibility – self-confidence – courage – self-control – independency in consecutive order.

4. The distinctive voluntary characteristics for sitting volleyball recreational practitioners were insistency – achievement motivation – responsibility – goal setting – self-confidence – self-control – courage – independency in consecutive order.

Recommendations:

1. Constructing more sporting clubs that are specialized in handicapped sports activities either for competition or recreation purposes.
2. Conducting more researches and studies to identify the effect of practicing sports activities on the psychology of handicapped persons.
3. Conducting more researches to identify the psychological state for different age levels for people with disability.

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