

The impact of a group recreational games upon the quality of Social life and psychological depression among the elderly

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Introduction and research problem

The aging stage is one of the most age-related stages in which man predicts his nearness, which is generally characterized by a kind of physiological and psychological disorder, which is characterized by indolence, helplessness, isolation, sadness and great emptiness.

As the coldness of vitality and effectiveness of life gives a sense of sadness and despair for the elderly, especially when he feels the difference of changes that occur with the passage of time and at all levels and fields may be one of the most severe of these variables and the most sad and isolated is the lack of interaction with the family and community that lives It is in him (25: 8) (41:16)

And that among the reasons which leading to the depression of the elderly are those related to the changes in physiological and functional, which occur at this age (60-70) years and taking a negative regression line in the functional processes of the various organs of the body. (58:14) (55:22)

Despite the importance of sports for all ages, which is confirmed by the results of research and studies all the time, many are looking As a kind of well-being, and few who take a lifestyle and continue to exercise regularly and despite their importance to everyone, the exercise For older people take special importance and become a necessity to be cared for for a better life for the elderly. (22:23) (95:17)

One of the major problems that experienced by older people is their loss of self-reliance and exercise Regularly sports and get an appropriate degree of fitness can seniors meet their daily needs without The need to help someone

Contrary to popular belief that exercise is not suitable for individuals in the large age Due to the decline of their physical strength and increased vulnerability They are injured during exercise (74:11)

Depression is a medical, psychological and social problem. From a medical point of view, depression is part of a multi-instrumental system, which is reflected in the difficulty of diagnosis and treatment. (74: 1) (55:15)

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In terms of social, it lies in the increasing numbers of elderly at the present time accompanied by increased preoccupation of children with the burdens of life different,

Which gives the elderly to be another burden on them and this may feel isolated, where no longer need him and this is reflected negatively on his self - (7: 2), and he did not know how much

Psychologically, the elderly feel and co-exist with feelings of loss worse than those related to the loss of the husband or friends,

Especially the friends of his youth and his mentors, as well as the loss of job and the ability to gain and loss of the goal of life, especially as he feels near the inevitable end. (105: 4)

That depressive images in the elderly are often mixed with physical symptoms such as malnutrition, gastrointestinal disorders and dementia,

Where they often complain of multiple areas of the body and lose appetite for food and drink are weak, and this may lead to urination in the body and the general condition. (77:21)

The importance of the present study lies in the fact that depression is generally a risk to the community and to varying degrees.

Cohen (2003) emphasizes that the risk of depression in its morbidity indicates the risk of common and severe physical diseases such as cardiovascular disease)

And that the chances of recovery from physical diseases and dysfunction of the organ, which are often suffered by the elderly take longer if accompanied by depression, while the chances of recovery and rapid treatment when the patient is optimistic and cheerful (153: 6)

This may be due to the fact that the elderly tend to exaggerate their sense of pain, unwillingness to pursue medical treatment or to adhere to treatment plans and to take medication, which is reflected negatively on the chances of recovery from the diseases they suffer from. (78: 7)

Data from some studies indicate that 50 to 60% of the elderly suffer from old age depression, which in fact leads to work and research to identify the psychological nature of the elderly and to diagnose their dimensions,

As well as to study the psychological negatives associated with them, which helps to know the best way to deal with these The slide (108: 9) (201:20)

The sense of quality of life is relatively relative, because it is associated with certain subjective factors such as positive self-concept, satisfaction with life and work, social status, and happiness felt by the individual, as well as some objective factors such as available material

resources, (10: 5), the environment, the health condition, the residential and functional situation, and the level of education.

Adaptation to physical, psychological and social effects is a major challenge for many elderly and is associated with satisfaction with life.

The overall deterioration in physical, sensory and cognitive abilities is the most prominent feature of growth in the older age group. Many studies indicate that older people in residential care homes ‘The older people need social support, challenge, respect, self-understanding, acceptance and decision-making (74: 3)

Donta Lun Dunnellon (2012) emphasizes the importance of caregiving services for the elderly in improving their sense of satisfaction with life, as it enables them to engage in new social relationships. (34:13)

In the opinion of the researcher that the elderly stage may accompany the elderly from 60 to 70 years of some psychological changes as a result of low per capita income monthly and narrow the circle of social relations to separate from colleagues and friends, he lives a phase called "low optimism and psychological isolation," where sitting at home and lack of movement due to the existence of vital links in the elderly,

We find that the biological clock inside the elderly is disrupted, begins to become sick health and gradually lose the ability to estimate time and his sense of excess that he is no longer productive and has become a burden on his family,

These feelings lead to loneliness and isolation and low level of optimism, The sense of narrowness of life and this was confirmed by Saleh Mohammed al-Saghir (2008) (4), Mohamed Tamadr Taha (2006) (8)

Through the researcher's view of the studies and references to the relationship between depression and interaction with the community and family,

Whose results indicate the correlation level of depression personal variables of the individual, and the elderly role in the important Egyptian society, and attention to the psychological aspects of them are matters of interest to all The researchers urged the researcher to carry out this study to learn about the impact of the recreational games program on the collective quality of social life and psychological depression in the elderly

Search Goal- :

The aim of the research is to identify the impact of a recreational program on the quality of social life and psychological depression among the elderly.

Research hypotheses

There are statistically significant differences between the averages of pre and post measurements in the quality of social life in the elderly and in favor of the research group.

-There are statistically significant differences between the averages of pre and post measurements in the and furor of the Research group psychological depression among the elderly.

Research plan and procedures

Research Methodology

The researcher used the experimental method of post-pre measurement for one experimental group

Research community

The research society included the older persons who are the elderly in **Cairo governorate** and residing in the same role.

The research sample :

The research sample was selected by the elderly, aged 60-65 years, located at **Dar Resala** for the elderly,(38) elderly **6th of October in Cairo Governorate**.

The experimental group was (15) elderly, in addition to (8) elderly To conduct the exploratory experiment for research.

Homogeneity of the research sample

Table (1)

The homogeneity of the research sample in the level of psychological depression and quality Social life in older persons

N = 38

Variables	Tests	Measurement unit	Average	deviation	Mediator	Torsion coefficient
Quality of social life	Social happiness	degree	2.28	0.63	2.25	0.21
	Social relations	degree	3.11	0.52	3.10	0.52
	Psychological tranquility	degree	2.11	0.52	2.10	0.17
	Social stability	degree	2.26	0.52	2.25	0.36
	Social respect	degree	2.51	0.52	2.50	0.147
	Total score of the scale	degree	12.27	1.52	12.20	0.51
Psychological depression	Sadness and pessimism	degree	2.22	0.32	2.20	0.63
	Guilt and dissatisfaction	degree	1.96	0.14	1.95	0.21
	Suicidal tendencies	degree	1.44	0.21	1.40	0.58
	Disorders and mental energy	degree	1.65	0.11	1.60	0.62
	Illusory Illness And feeling stressed	degree	1.74	0.17	1.70	0.32

<i>Feeling of blame and failure</i>	<i>degree</i>	2.36	0.32	2.30	0.87
<i>Psychiatric Depression Scale</i>	<i>degree</i>	11.37	1.01	11.15	0.96

It is clear from Table (1) that the values of torsion coefficients in the quality of life and psychological depression in question were limited to (+/-3).

This indicates that the distributions are closer to moderation in all tests, indicating the homogeneity of the research sample.

Data collection tools:

(A) Instruments and equipment used:

- Resistameter to measure both length and weight of the research sample.

- Stopwatch to measure pulse rate (pulse / s)

- Medical balls + ropes + colored balls + hoops

(B) Data collection form:

- A questionnaire for measuring the quality of social life in the elderly (preparation of Amani Safa 2015)

- A form to measure the level of depression in the elderly. (Amel Jamil 2009)

- Expert feedback form on the proposed recreational program. (Prepared by the researcher)

Proposed recreational program

Program Objective

The proposed program aims at identifying the impact of a recreational program on the quality of social life and psychological depression among the elderly.

Program development steps:

After reviewing the references and studies related to the subject of the research, the researcher developed a vision for the program, which was presented to the experts in Annex 4, which resulted in the following:

- The total program time is three months with (3) recreational units per week.

- The time of the recreational unit (50) minutes divided as follows:

A: Warm-up (10)

B: Main part (30)

A: Closing (10)

- Divide the program into three stages to severely scale the load as follows:

Contents of the proposed sports program:

In order to achieve the goal of the recreational program, the content of the program was developed in a number of units aimed at

improving the physical aspects within the recreation program. The content of each unit was divided as follows:

A. The introductory part:

Which aims to:

1-Preparing the body and preparing it physically, physiologically and psychologically to accept work in the next stage.

2-Try to reach the best ways to move to the next part with the introduction of the spirit of fun in the instructions to have a good impression of the participants.

3-Gradually increase recreational activities.

ξ- Good preparation to avoid injuries that may be exposed to the elderly and can be warm-up exercises in the following forms:

-Warm up exercises

B. Main part:

Which aims to maintain the physical and physiological condition of the elderly and this period of the most important periods in the program where the content achieved the desired goal and consisted of two stages were gradually given over the entire period of the program are as follows:

-The first stage:

included many free physical exercise and exercise tools, which increase the efficiency of the work of large muscles, such as muscles of the arms and legs, trunk, abdomen and neck.

-The second stage :

Which included many of the games recreational.

C. Closing part:

The researcher has considered that the main part follows a gradual cooling period using walking, swings and light running.

1-Access to the state of the body to the case of rest.

-Choosing games to increase the attention of the individual and not to the performance, but the possibility of the resurrection performance again and the sense of the elderly marketing until the waiting time next.

View and discuss the results

Table (2)

The significance of the differences between the pre and the post measurement in the quality of life Social development of older persons

N = 15

Measures	Variables	Measurement unit	Pre measurement		Post measurement		Differences between the two averages	Improvement rate	" Value "t	Significance
			M1	E1	M2	E2				
Quality of social life	Social happiness	Degree	2.28	0.63	4.18	0.33	1.90	83.33%	3.45	Significance
	Social relations	Degree	3.11	0.52	5.84	0.2	2.73	87.78%	3.52	Significance

Psychological tranquility	Degree	2.11	0.52	3.95	0.85	1.84	87.20%	3.45	Significance
Social stability	Degree	2.26	0.52	3.78	0.62	1.52	67.25%	3.88	Significance
Social respect	Degree	2.51	0.52	3.91	0.58	1.40	55.77%	3.65	Significance
Total score of the scale	Degree	12.27	1.52	21.66	0.66	9.39	76.52%	3.21	Significance

The value "T" is a tabular at the level of $0.05 = 1.951$

Table (2) shows statistically significant differences between the averages of pre and post measurements in the level of quality of social life in the elderly, where the value (T) of the table is greater than the value calculated at the level of significance (0.05)

Table (3)

Significance of the differences between the pre and the post partum measurement in the level of psychological depression among the elderly

N = 15

Measurements	Variables	Measuring unit	Pre measurement		Post measurement		Differences between the two averages	Improvement rate	Value of "T"	Significance
			M1	E1	M2	E2				
Psychological depression	Sadness and pessimism	Degree	2.22	0.32	1.90	0.11	0.32	14.41%	3.58	Significance
	Guilt and dissatisfaction	Degree	1.96	0.14	1.55	0.14	0.41	20.91%	3.52	Significance
	Suicidal tendencies	Degree	1.44	0.21	1.10	0.32	0.34	30.90%	3.21	Significance
	Disorders and mental energy	Degree	1.65	0.11	1.12	0.17	0.53	47.32%	3.87	Significance
	Illusory illness And feeling stressed	Degree	1.74	0.17	1.22	0.32	0.52	42.62%	3.69	Significance
	Feeling of blame and failure	Degree	2.36	0.32	1.65	0.11	0.71	30.08%	3.21	Significance
	Psychiatric Depression Scale	Degree	11.37	1.01	7.32	0.21	4.05	35.62%	3.47	Significance

The value "T" is a tabular at the level of $0.05 = 1.951$

Table (3) shows statistically significant differences between the averages of pre and post measurements in the level of psychological depression among the elderly, where the value of (t) of the table is greater than the value calculated at the level of significance (0.05)

Discussion of results

It is clear from Table (2) that the rate of improvement in the quality of social life measurement form ranged from (55.77%) to social change variable (87.20%) to the variable of social relations.

The researcher attributed these percentages to the fact that the program contains recreational activities, The social relations of the contribution of the program in strengthening the relations between the elderly, which played a major role in improving the psychological

stability of the elderly in the dimension (social happiness - psychological reassurance)

The researcher explained the percentage of improvement in the social stability variable and the social assessment, which obtained (67.25%) (55.77%), which are the least affected by comparing the rest of the quality of social life questionnaire to the relative stability in that stage, Psychological, and so after the elderly work for public servants led to an acceptable state of social appreciation for these group.

The researcher believes that exercise in general has an effective role on the psychological aspects of practitioners, especially the elderly, where the practice of group exercises and friction with peers generates a spirit of cooperation and joy among the individuals practicing and less sense of loneliness.

In this regard, Ayman Siddiq (2001) states that in order to reduce these changes that accompany age, physical activity should be given to adults aged 55-65 years and above. Physical activity should include recreational activities, Walking, grading) Home work for improving physical fitness, cognitive and psychological deterioration (149: 3)

The result is that those with high grades in the quality of social life have a sense of optimism and well-being, are satisfied with their existence, find life rewarding, and those with low scores are pessimistic, depressed, and depressed.

Thus, the first hypothesis of the research, which states that there are statistically significant differences between the averages of pre and post measurements in the quality of social life of the elderly and for the benefit of the research group

Table (3) shows that there are statistically significant differences between the averages of the pre and post measurements in the level of psychological depression in the elderly where the value of (T) table is greater than the value calculated at the level of significance (0.05) and attributed the researcher to the result to the proposed recreational program where The practice of sports recreational activities in general has an active role on the psychological aspects of practitioners, especially the elderly,

Since the practice of group activities and friction with peers generates a spirit of cooperation and joy among the practicing individuals and less feelings of loneliness.

In the opinion of the researcher that the age and its various effects are only natural changes that accompany the progress in life and lead to changes observed in the construction and function and increase in the exposure to disease pressure changes in aging involved in all systems of the body.

Thus, the second hypothesis of research, which states that there are statistically significant differences between the averages of pre and post measurements in the quality of psychological depression among the elderly.

Conclusions

-1The proposed recreational program has led to a reduction in the level of depression among the elderly.

-2 The proposed recreational program has led to an improvement in the quality of life of the elderly.

Recommendations

- *Implementation of the proposed recreational program for the development of satisfaction with the social life of the elderly.*
- *.Involve the elderly to the greatest extent possible with social activities and benefit from their experiences as this leads to the enhancement of the quality of social life.*
- *Setting up social programs that will alleviate the grief of the elderly.*
- *.Conduct more studies and research on the level of elderly social skills.*
- *Recommends the researcher to circulate the proposed program to clubs and homes for the elderly*

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The impact of small water games on the level of aggressive behavior and social withdrawal in children with autism

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Introduction and research problem

The issue of disability and the care of the disabled represents a noble humanitarian and civilized principle that emphasizes the need to respect the rights of the disabled and to provide them with the opportunity to integrate into society.

The care of these groups is urgent, necessitated by social and humanitarian necessity, where not only do these individuals have the right to be cared for and cared for, but also their right to an active role in society.

Autistic disorders are one of the most difficult problems for a child. Autism is not a single disorder, but a collective name for a group of disorders under a single name called Autistic disorder Spectrum, an evolutionary disorder (i.e., during the first three years of life) Human) and lasts a lifetime.

For a variety of aspects and symptoms, the diagnosis of a child's autism is actually a complex process, requiring the intervention of many competent specialists. (55:26) (74:21)

Symptoms of autism vary, and it is rare to find two children that are very similar in symptoms due to the multiplicity and variety of factors that cause autism disability. (44.41: 13)

It is also a state of self-containment that leads to major disorders in the child's social, educational and family life as well as affects many aspects of growth, which is the result of neurological disorders affecting a group of areas of intellectual and sensory growth.

The Autism Society of America notes that the Autistic Child suffers from poor verbal and nonverbal communication and poor social communication as they lack the ability to respond to audiovisual stimuli, which are an essential part of overcoming language difficulties. (17:16) (57:18)

The autistic child also shows an inability to translate his impressions of his environment and communicate with the others and get confused when he undergoes a new cognitive experience, so he needs a stable environment where playing is a basic ground for

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adjusting his behavior and developing his connection with his surroundings. (227: 15) 35)

Many scholars, including Omar Khalil (2001), Adel Abdullah (2004), and Muhammad Adnan (2007) have found that there is a severe lack of social relations where these children live in isolation from each other. They do not have any interest. (66:16) (31:13) (45:2)

Social withdrawal and severe social inequalities remain a key characteristic of autistic children as well as introversion and inability to establish social relationships.

For autistic children, sport is the best way to speed up the return of the disabled person to his or her community. (52:33)

Sports play a big role in the treatment of many diseases of different ages for the healthy and the disabled, and swimming is a sport that gives an atmosphere of fun pleasure and away from the routine life complex and daily work exhausting in the physical activity is beloved to the souls, especially for children. (47:2)

The need to play in the positive impact in the social interaction, whether the individual in general or the disabled person in particular, and the opportunity to adapt to disability. (124: 2)

Adel Abdullah (2001), Hala Fouad (2004), agreed that play is the first form of communication in children with the environment in which it helps to release the emotions and internal conflicts that stress the child. The scientists use the treatment program to play with autism children,

And play tools are the source of the autistic child's words that cannot be uttered, and the ability to play them is not nil but they are latent, as they have some special skills for mind play and imaginary play.

From the above, the researcher found the need to study this category in society and to take care of and benefit from them and turn them into a productive category that affects and is influenced by the surrounding society and individuals and by informing the researcher of previous studies (2), (3), (5), (10), (20)

The researcher learned that they did not have a study on the use of water sports in the teaching of basic skills in swimming and its impact on some psychological skills such as withdrawal behavior and social interaction as well as the level of aggressive behavior of autistic children and hence the problem of the current research in an attempt to identify the " Level of behavior Aggressive social withdrawal in children with autism.

Research goal

The aim of the research is to identify the effect of a small water games program on the level of aggressive behavior and social withdrawal in children with autism

Research hypotheses

- *There are statistically significant differences between mean and post measurements of aggressive behavior in children with autism.*
- *There are statistically significant differences between the averages of pre and post measurements in the level of social skills children with autism research sample*

Search procedures:

Research Methodology:

The researcher used the experimental approach in the design of pre-post measurement for one experimental group in order to suit the nature of the research.

Research community :

The research community includes children with autism and distressed people on the Degla social sports club, accompanied by parents from the ages of 10-13 (20) children.

The research sample:

The sample was randomly selected from autistic children (20) children, 12 children were used as a basic group, and 8 children were selected for the exploratory study

Table (1)

Homogeneity of the research h sample in growth rates and the level of aggressive behavior and skills In the research sample

(N = 20)

Variables	Measurement unit	SMA	deviation Standard	Mediator	Torsion coefficient
Mind age	Year	7.62	0.24	7.60	0.65
Real age	Year	11.68	0.32	11.65	0.58
Height	M	128.41	0.87	128.40	0.52
Weight	Kg	48.51	0.61	48.50	0.63
Clear Aggressive behavior	Degree	59.87	0.15	59.85	0.98-
General Aggressive behavior	Degree	38.14	0.52	38.10	0.47
Anarchist behavior	Degree	24.62	0.47	24.60	0.62
Ability to adjust self	Degree	7.25	0.98	7.20	0.87-
Measurement in general	Degree	129.88	8.18	129.80	0.62
Social skills	Degree	24.83	1.77	24.80	0.11

It is clear from Table (1) that the torsion coefficient is limited to 0.65 to 0.98. This means that the variables achieve the mean curve, which is limited to + 3, which confirms the degree of homogeneity between the sample members as a whole.

Means of data collection

Data collection methods differ depending on the type of data to be obtained. The researcher used the following methods to suit the nature and objectives of the research:

- Access to documents (records of the club as one of the official documents)
- Scientific references and related studies.
- Expert opinion poll forms.

Psychological tests

Document Analysis (Club Records as Official Documents)

The records of the club management were used to obtain the data of the sample members represented in:

- Obtain the age of the children's sample of the research by date of birth.
- Medical records to ensure the health safety of the students sample the research.
- Test the aggressive behavior of autistic children

The researcher used a measure of aggressive behavior patterns for autistic children

Description of the meter

This measure is designed to measure the aggressive behavior of children with mental disabilities (Autism) at different ages.

The scale consists of (60) words, each of which expresses a position. The trainer evaluates the scale and the answer is marked with) in front of one of the choices

(Yes / Sometimes / No) (Yes = 2 degrees) (Sometimes = 1 degree) (No = 0)

Test the social interactions of autistic children.

* The measure of social interactions of children of autistic children from the age of (15:10) year prepared by Adel Abdullah (2001) and the coefficients of honesty 0.79 and stability of 0.681 on the Egyptian environment.

Description of the meter

* This scale is designed to measure the social skills of children with special needs (children of autism) Adel Abdullah (2001). At different ages, the scale consists of (31) words.

Devices and tools used in the search

The researcher used the following devices to collect data:

- Resistameter device to measure length in centimeters.
- The medical balance of weight in kilograms.

- *Measuring tape for measuring distances.*
- *Stopwatch to calculate time.*

The following tools were also used in the application of the proposed program:

- * *Tennis Balls*
- * *Handballs*
- * *Wooden Box*
- * *Swedish Seats*
- * *Rulers included in centimeter*
- * *Hoops*
- * *Metal or wooden casual*
- * *Grain bags*
- * *Swimming pool 60 cm*
- * *Balloons*

Proposed Program:

1. Setting the objectives of the program:

Based on the theoretical and related studies, a water games program has been developed for the children. The proposed program aimed to acquire the children's sample of physical abilities and psychological variables within the study. To achieve this, the researcher took into account the following aspects:

- *Thrill through games in the program.*
- *Suitability for sample members.*
- *Gradient from easy to hard.*
- *Suitable games to achieve the objective for which it is.*
- *Suitable tools for sample members.*

- Program Time Division:

The program was divided according to the nature of the sample of children. The program was implemented within two and a half months by 3 units per week for the unit duration (60) minutes with a total of (30) hours.

The program has been divided into five phases:

- *Stage 1 (getting used to water and removing the fear factor)*

The aim of this stage is to establish how to communicate with the child to the ability of motor performance where the researcher found it very difficult to start the application of the program because:

A - Fear of the child from the water.

B - Not adapt the child with the researcher.

C- The child does not respond to the performance of any movement initially required.

D- The child is not familiar with the terms used.

E- Distraction of the child and inability to concentrate due to multiple stimuli.

This phase was implemented during the first three weeks of the program with (9) sessions.

- *Stage II (breathing and opening eyes*

This phase was implemented during (3) sessions.

- *Phase III (buoyancy and sliding)*

This phase was implemented during (6) sessions.

- *Stage 4 (motor mobility in water)*

This phase was implemented during (6) sessions.

- *Stage 5 (standing in water):*

This phase was implemented during (6) sessions.

View, interpret and discuss the results:

No: View results:

Table (2)

**"The significance of the differences between the pre and post measurement in the level of aggressive behavior Autistic Children"
N = 12**

Variables	Pre measurement		Post measurement		Difference between the two averages	Improvement rate	T value	Level of significance
	M	E	M	E				
Clear Aggressive behavior	59.87	0.15	35.18	8.15	24.69	70.18%	7.85	Significant
General Aggressive behavior	38.14	0.52	30.14	1.36	8.00	25.69%	4.62	Significant
Anarchist behavior	24.62	0.47	15.84	2.18	8.78	55.42%	4.68	Significant
Ability to adjust self	7.25	0.98	4.20	0.61	3.05	72.61%	4.11	Significant
Measurement in general	129.88	8.18	85.36	1.64	44.44	52.06%	3.41	Significant

The t value of the table is at a significant level of 0.05 = 1.714

Table (2) shows that there are statistically significant differences between the averages of pre and post measurements in the level of aggressive behavior in autistic children, where the value of (T) of the table is greater than the value calculated at the level of significance (0.05)

Table (3)

**"Significance of the differences between the pre and the post in the level of social interactions
In autistic children"**

N = 12

Level of significance	T value	Improvement rate	Difference between the two averages	Post measurement		Pre measurement		Variables
				E	M	E	M	
Significant	3.88	18.32	4.55	0.87	29.38	1.77	24.83	Social interactions

The t value of the table is at a significant level of 0.05 = 1.714

Table (3) shows statistically significant differences between mean and post measurements in the level of social interactions in autistic children, where the value of (T) is greater than the value calculated at the level of significance (0.05)

Second: Interpretation and discussion of the results:

Table (2) shows statistically significant differences between the averages of the pre and post measurements in the level of aggression behavior in autistic children where the value of (T) of the table is greater than the value calculated at the level of significance (0.05). The researcher attributed the improvement to the use of water games in autistic units in autistic children.

The researcher attributed this improvement in the level and aggressive behavior to the use of the proposed water games program.

This may be due to the fact that the water games were guided by scientific guidance during the initial preparation part and the main part of the educational unit which showed its effect on reducing some behavioral disorders social skills.

As Amina Hassanein and Manar Shahin (2003) note (3), these small games take into account the renewal and change in square shape, circle, locomotive, change in the basic state from which the game starts, change in shape and direction of student movement,

Or increase or decrease the number of skills which used and increase and decrease the number of balls and the number of players.

Ibrahim Mahmoud Bader (2004) 1 mentions that there are some general characteristics that characterize individuals with intellectual disabilities.

The extent of these characteristics or some of them in the mentally disabled person depends on the degree of disability and the level of training he receives.

They are well educated and have a similar understanding with their peers rather than their differences. Their basic need for play and motor efficiency are not very different. They do not show much delay in normal movement and compatibility.

The results of this study are consistent with the study of Jamal Al-Khatib, Mona Al-Hadidi (2004) (4) and Sayed Jarhi Al-Sayed (2004) (11) on the importance of using the method of playing in improving the physical and psychological abilities of children of autism.

Table (3) shows statistically significant differences between mean and post measurements in the level of social interactions in autistic children,

Where the value of (T) was greater than the value calculated at the level of significance (0.05). The researcher attributed the improvement to the water games program whose contents have resulted in positive participation among children, which has led to a reduction in the level of aggressive behavior and improved social interactions

The researcher attributed this improvement to the diversity and the multiplicity of exercises and games within the program, which led to the interaction of children and their integration into activities and recreational games that bring joy and the spirit of fun as well as the use of material and moral incentive within the program, which helped to attract children to participate and not isolation and reluctance to practice and interact with peers, Helping them to have successful social relationships with others.

Rabia Ibrahim (2003) pointed to the importance of providing educational, therapeutic and recreational programs for children with disabilities and the two who are working to find the appropriate methods to deal with these children, who may contribute to shaping their social behavior and social interactions and reduce their withdrawal behavior. (13: 7)

In this regard, both the Dalrymple agree that games can teach or master some social skills together or individually in the form of a small game that can overlook some points of law such as the number of players or the area of the stadium and thus help them to achieve their goal in a cooperative spirit without looking To the state of competition among children (29: 79).

The results of this study are consistent with Jamal Al-Khatib, Muna Al-Hadidi (2004) and Sayed Jarhi Al-Sayed (2004) (11) on the

importance of using the method of play to improve the physical and psychological abilities of autistic children.

CONCLUSIONS:

- *The proposed aquatic program has an impact on the modus operandi of autistic children.*
- *The proposed small games program has a positive effect on the social interactions of children with autism.*

Recommendations:

1. *Conduct more scientific studies to identify the impact and application of water games on the psychological and social characteristics of this stage.*
- 2 - *Conducting other studies by developing proposed programs using water games and applying them in other stages to determine the impact of water games on the physical and skill characteristics of these stages.*
- 3 - *Interest in the establishment of specialization special groups in the colleges of physical education during the preparation of the new regulations to graduate specialized cadres can deal with various disabilities.*

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