

The effect of an educational program on some basic taekwondo skills Hearing-impaired schoolgirls

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Introduction :

Despite the great progress that has occurred in the world, however, sport in the Arab world still faces many difficulties and obstacles, and it has become a space of studies and research carried out by researchers, so they discussed these difficulties to try to find solutions to them. (3:45) Among these sports is Taekwondo, a name for martial art that has turned into a modern global sport that has developed independently during the 20th (century in Korea (3:15)

Since that day, this sport is expanding and spreading by young people, due to its exciting and enjoyable skills that are clearly evident during international matches. Specialized magazines and articles in this type of sport indicate that there are approximately 40 million individuals around the world distributed among 143 federations practicing Taekwondo. Taekwondo arrived late to the Arab countries, as the Arab practice area did not expand except in the past few years, and it is one of the individual games in which the contestants are divided according to weight and the contest is in three rounds, each of two minutes duration, and there is a break between the rounds of a minute, The Korean Taekwondo Federation was the first federation to specialize in sports affairs in 1961, and this union was not satisfied with the mission of disseminating and caring for its practitioners on a local scale, but rather transferred it to the world by striving to help establish similar unions in the countries in which it is practiced, and Korea provides trainers and experts To the (countries of the world on their way to spread Korean sports. (1:13)

And taekwondo as a kind of sporting activities is considered an important educational means that works to create and prepare the citizen. Taekwondo, although it is the art of engagement and fighting, is also a

physical and mental activity that contains vehicle movements that work to develop the player comprehensive balanced development, which leads to raising its level and efficiency.

The issue of disability and the disabled occupies the attention of States and local and international bodies and organizations; Given that the human element is the main component on which countries depend for achieving social and economic development, therefore societies have witnessed in the past few years an unprecedented interest in the education and care of persons with disabilities in all their classes equal in that of developed and developing countries and the extent of interest in the disabled and the level of educational, social, and medical services provided They have one of the criteria for the progress of nations and their attendance. Disabled persons represent an important sector of the country's human wealth, and idle production capacity unless it is well utilized and invested to contribute to the renaissance and building of society. Therefore, the community must intensify efforts and capabilities to care for and develop them because they are energy if they are better invested and will benefit and benefit first and foremost. Society 0 The category of the hearing impaired is one of the categories of persons with disabilities that need more care and attention especially with the increasing numbers in developing countries, where the statistics of the World Health Organization for the year 2005 indicate that there are 278 million hearing impaired people in the world, of whom about 80% are in developing countries, which is not It is insignificant and reflects the necessity of caring for these individuals, especially since there are a number at the local level Disabled in Egypt, six million people with disabilities, including about 2 million hearing impaired people (2:221)

Research problem:

The problems of those with special needs occupied a lot of research, so she tried to help them with all his strength, so she took an accredited course (training for people with special needs) and then went to some of their institutions.

Because “God Almighty” is the most just ruler, we find that a person who has lost a member or a certain sense is compensated by God in place of it.

For example, you find that people with special needs acoustically, we find that their supervision exceeds the normal because this is the means of their communication and because God compensated them by jogging for hearing, as well as people with special needs Visually, we find that they lost their sight, but they see with their ears and hands, because God Almighty is the most just.

The researcher noted that many people with special hearing capabilities, especially girls, are exposed to harm and assault, and they cannot defend themselves and from here came the idea of the research, so the researcher tried to teach these girls how to deal with life and its difficulties, even if he was not afraid of anything and increased self-confidence, and so I worked hard. Help them with this specially designed program for them. Because the researcher is basically a player and coach Taekwondo until now, she is sufficiently aware of the basics of self-defense, so she detailed the use of taekwondo in the program and selections.

Psychology to help her achieve her goal. Through the work of the researcher in one of the schools for people with special needs, I noticed the students needing to learn a game to extract the potential energy they have as a way to defend themselves, as the research problem is determined in an attempt to design an educational program and know the extent of its impact on taekwondo skills and visual memory.

The state's interest in those with special capabilities is a good step and a real achievement, in light of President Abdel Fattah Al-Sisi's keenness to organize their own conference annually, meeting successful examples of them in various fields with various activities such as youth conferences and forums, and seeking to overcome difficulties before them, praising the accomplishments that he achieves. People with special abilities, in various sports, cultural, educational, and other fields, describing them as "knights of will", where they insist on achieving their dreams and hopes despite the difficulties they face, in their handicap.

We all pay tribute to the position of the president, who was quick to fulfill the request of one of the children of special abilities, during a celebration of "capable of difference", by creating a material in schools and universities that helps respect the other, in order to protect them from

what they are subjected to from being taunted or bullied in the street, where the president agreed to the request saying, " We will do it immediately, "in addition to allocating the president an amount of 80 million pounds from the Long Live Egypt Fund to people with special needs to support and provide their services and help them in any projects, and to announce it last year, a year with special capabilities.

The President said during his speech in the celebration of "Able to be able differently", organized by the Ministry of Solidarity, the Ministry of Youth, and the Egyptian Sports Federation for Mental Disabilities, on the occasion of the International Day of Persons with Disabilities: "This occasion is a guide to appreciation and pride of the state and society as a basic partner in building society and the renaissance of the country, including They own it and achieve it in all fields" .

The President affirmed the state's keenness to honor those with special needs, especially those excelling in them, to dedicate the value of diligence and hard work and sincere expression and faith in your important role in building the modern modern state, according to what we all look forward to, and added that it is a matter of pride and pleasure to see Egyptians with special needs achieve many One of the impressive results in several fields, which proves their ability to challenge difficulties.

On the youth and sports sector, the President said that the engineering availability code for people with special needs is expanded in all youth and sports facilities at the level of the Republic, with an increase in

International participation in cultural, artistic, social and sporting activities, and equating those who have Olympic, World and Continental medals at the international level with equal financial rewards for them.

Research objective:

The research aims to design an educational program on some basic skills of taekwondo for students with a hearing disability, and this requires achieving the following goals:

1. Identify the differences between pre and post measurement in the average scores of some basic skills of taekwondo for hearing impaired students.

Research hypotheses:

1. There are statistically significant differences between pre and post measurement in the mean scores of some basic skills of taekwondo among students with auditory disabilities in favor of dimensional measurement.

Research plan and procedures:

1. The curriculum used:

The researcher used the experimental approach to suit the nature of the research, and she used the experimental design with pre and post measurement for one experimental group.

2. Community and research sample:

The community of this research represents female students with a hearing disability in Al-Amal School of Hearing in the pyramid, and they are 30 pupils in the basic education class in (fourth - fifth - sixth) primary school with an average age of 11 years. Participation

A) Exploratory research sample:

The exploratory research sample was randomly chosen from the research community and from outside the main sample, and they number (7) students from outside the sample for the purpose of extracting scientific transactions.

B) The basic research sample:

The basic sample of the study was chosen intentionally from the research community and they numbered (30) students in order to implement the educational program for taekwondo skills.

3. Data collection tools:

After informing the researcher of the scientific references, researches and related studies that dealt with taekwondo, sports psychology, and people with hearing impairments, to choose the most appropriate means of measurement that is appropriate to the research goal, as follows- :

- A survey form for expert experts from the faculty members to allocate sports concessions, Appendix (B) in the content of the educational program for female students and determine the time period of the program, Appendix (C).

- Determining the duration of the educational program.
- Determining the number of units for the educational program for students with hearing disabilities.
- Determine the unit time for the educational program for students with hearing impairments.

Table (1)
The percentage of expert opinions on the components of the
educational program for the hearing impaired
N(7)

m	Program elements	Expert opinion	percentage
1	program duration	three months	100%
2	The number of weeks	12 weeks	100%
3	Number of units per week	2 units	80%
4	A time for all unit	45 minutes	80%
5	number of units	24 units	80%

It is clear from Table (1) that, the percentage of expert opinions to determine the elements of the educational program, and the researcher was satisfied with (80%) of the experts' approval, and the educational program included, according to experts' opinions, that the duration of the educational program for students with hearing disabilities be three months, by 12 A week for 24 educational units, including two units per week, and unit time is 45 BC.

E) Sincerity of the program:

The sincerity of the program was verified by presenting a sample of an educational unit to (5) experts in the fields of training sports fights and sports psychology, to identify the extent of verification of the units of the program for the goal for which it was set, and the time allocated to the program, Table (1)

Second: Research procedures:

1. Tribal measurements:

The researcher carried out the tribal measurements on the sample of the basic research, and their number is 20 students, on Sunday, 9/22/2018.

2. Application of the educational program:

The researcher applied the educational program for students with hearing disabilities on the research group for a period of (12) weeks, with a number of weekly units (2) units, from (9/22/2018) to (1/2/2019).

3. Dimensional measurements:

It carried out the dimensional measurements after the completion of the educational program for the students with hearing disability directly, on Sunday, 2/1/2019, and it was taken into account that the dimensional measurements be carried out under the same conditions that the tribal measurements were made.

4. Statistical treatments.

The researcher used the statistical program (SPSS) to process the data statistically and used the following statistical methods:

- Mean Arithmetic.
- Standard Deviation.
- The Cronbach`s alpha parameter.
- "T" test for the difference test "T."
- Rate of improvement. (4:20)

First: Present the results

To achieve the research objective and its hypotheses, the researcher reviews her findings as follows:

1.To know the differences between the pre and post measurements in the taekwondo skills averages for the students with hearing impairment.

The researcher computed the arithmetic mean, the standard deviation, and the torsional coefficient of the taekwondo skills for the research sample in the pre and post measurements. It also calculated the significance of the differences between the pre and post measurements averages in the taekwondo skills averages and the improvement rates.

Table (2)

The significance of the differences between the pre and post measurement in taekwondo skills for female students with hearing impairment

(N = 20)

Variables	measuring unit	Tribal measurement		Dimensional measurement		Mean Rank	Sum of Ranks	Calculated value (Z)	Rate of change
		Average Arithmetic	Phrase deviation	Average Arithmetic	Phrase deviation				
Area makki	Degree	1.87	0,42	7,53	0,62	10.50	210.00	-3.930	303%
Kyorogi – jumbe	Degree	2.00	0,45	8,08	0.95	10.50	210.00	-3.927	304%
Kiyong -Ri	Degree	2.10	0,44	8,48	0.72	10.50	210.00	-3.929	304%
Shiriot	Degree	2,21	0,47	8,95	0.84	10.50	210.00	-3.926	305%
Total marks	Degree	26,21	5,97	105,73	7.99	10.50	210.00	-3.927	305%

From Table (2), it is clear that there are statistically significant differences between the pre and post measurements in the averages of the taekwondo skills of the female students (Area makki / Kyorogi –jumbe/Kiyong-Ri /shiriot/ the overall score) in favor of the dimensional measurement where the calculated value of "Z" came statistically, and the rate of change ranged Between (299% - 305%).

Second: Discuss the results

From the presentation of the results of Table (2) it is clear that the hypothesis is validated, which states that "there are statistically significant differences between the pre and post measurements in taekwondo skills for the hearing impaired of the research sample in favor of the post-measurement", due to the fact that the proposed educational program gives the students a state of confidence. The same is represented by their progress in the sport of taekwondo, which reflects their strength and the possibility of self-defense for female students represented in the skills of taekwondo, and accepts the face of life with its difficulties and ongoing challenges. This led to an increase in the student's confidence in her abilities and capabilities and self-esteem, which is a reflection of the program and its uniqueness, since Taekwondo sports help practitioners to satisfy the needs of self-esteem and the respect of the individual for himself and for others, and that his practice gives them the ability to depend on oneself not on others in the performance of his daily activities. Life, lack of fear, and embarking on a new, independent life for themselves.

This is consistent with the results of the study "Sayed Abu Zaid" 2006 AD. One of the most important results was an improvement in the strength and speed of kicks performance in the experimental sample and an improvement in the time of the kick performance. Improved kinematic variables under study, as the control group achieved a significant increase in some kicks tests and kinematic variables under study.

Conclusions and recommendations

First: Conclusions:

In light of the results of the research and to achieve its goal and hypotheses and within the limits of the research sample and its procedures, the researcher provides the following conclusions:

1. The proposed educational program led to an improvement in the physical level of students with hearing disabilities
2. The proposed educational program led to the addition of new mathematical skills, represented in the skills of taekwondo, which increased the students' confidence in themselves and the ability to defend themselves and the ability to face life's difficulties.

Second: Recommendations:

In light of the findings of the findings of this research, the researcher recommends the following_ :

1. The need to pay attention to developing advanced educational programs for people with hearing disabilities, and visual memory is an essential component of these programs.
2. Necessity to pay attention to sports activities and pay attention to the share of sports education for people with special needs.
3. The necessity of paying attention to teaching self-defense skills for people with special needs.

List of references:

1. Ibrahim Zureikat 2003: Hearing Impairment, Wael Publishing House, Amman, Jordan.
2. Ahmed Hassan Mohamed 2004: Attention and working memory for different samples of people with learning difficulties and those with excessive activity and ordinary, unpublished Master Thesis, Faculty of Education, University of Benha.
3. Aman Khasawneh et al., 2005, a comparative study on some elements of physical fitness and their arrangement according to their importance among Taekwondo and Karate players at the Hashemite University, Muta for Research and Studies, Volume Twenty, Number Nine.
- 4- Mervat Ahmed Meizo 2012: The entrance to measurement and evaluation in the sports field.

List of accessories

Appendix(A): is a list of expert experts

Appendix (B): Expert Opinion Survey

Appendix (C): to a unit of educational unit

Appendix (D): of some basic taekwondo skills

Appendix (A)
List of expert masters

M	Name of the expert	His job
1	Prof. Ahmed Zahran	Professor of taekwondo training, Department of Sports Conferences, Faculty of Sports Education, Boys University of Helwan
2	Prof. Jihan El-Sawy	Professor of taekwondo training, Department of Sports Conferences, Faculty of Sports Education, Zagazig University
3	Prof. Mohamed Bakr	Professor of taekwondo training, Department of Sports Conferences, Faculty of Sports Education, Suez Canal University
4	Prof. Mahrousa Hassan	Professor of sports competitions, Faculty of Sports Education, Alexandria University
5	Prof. Wissam El-Ghamry	Professor of sports administration, Department of Administration And sports recreation, Faculty of Sports Education, Helwan University Egyptian team coach Taekwondo for Bumsa

Appendix(B)
Survey form expert opinion

Helwan University
College of Physical Education for Girls
Graduate Studies

Expert survey form to determine the time period and parts of the
program The proposed educational for hearing impaired female
students 11 years

Researcher / Yossr Hamdan Mohamed Abdulaziz, conducts a
research entitled:

"The effect of an educational program on some basic skills of
taekwondo for hearing impaired students."

And to obtain a master's degree in physical education for what
scientific research requires to benefit from your opinions and
experiences, I am honored to benefit from these opinions and
experiences in enriching scientific research and adding new things
in taekwondo sport

As the researcher thanks you for your kind views in the following
points- :

- Determining the total time of the educational units .
- Determine the number of times the educational unit per week.
- Determining the total time for the daily educational unit.
- Determining the most important elements of physical abilities.
- Determine the most important basic skills used for taekwondo
players 11 years.

By putting a tick (✓) in front of the choice
(appropriate – inappropriate)

Expert data- :

The name.:.....

Degree:

Years of Experience :

1. Determine the total time for the educational units

Content	Number of weeks				Other suggestions
number of weekly units	8 weeks	10 weeks	12 weeks	16 weeks	

2. Determine the number of times the educational units per week

Content	Number of units			Other suggestions
	twice	3 times	4 times	عدد الوحدات اليومية خلال الأسبوع

3. Determine the total time for the daily educational unit

Content	Time of unit				Other suggestions
Time of the unit	45m	60m	90m	120m	

2- Suggested tests to measure physical abilities

M	Tests	Physical ability	measruing unit	Appropriate	Inappropriate
1	Running 30 meters from the flying start	the speed	Time		
2	600 meters run	Endurance	Time		
3	Wide jump of stability	Feet strength	Distance		
4	He threw a medical ball 2 kg from the back	The capacity of the arms and torso	Distance		
5	threw a hockey ball	Arm capacity	Distance		
6	Shuttle Run 10m X 4	Agility	Time		
7	Jump the intersecting squares on the 15th	Compatibility	number of iterations		

3- The most important basic skills of taekwondo

M	skills of taekwondo	Appropriate	Inappropriate
1	Area makki		
2	Kyorogi –jumbe		
3	Kiyong-Ri		
4	Shiriot		

Appendix(C)

Educational unit template

Teach Area makki

Unit time: _ 45 minutes

Contents of the unit: _ warm-up _ general physical preparation _ special physical preparation _ main part (skill training) _ final part (calm down).

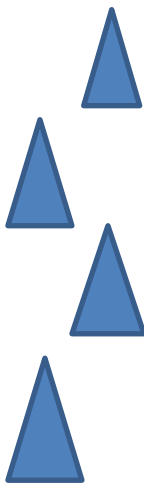

Physical purpose: general fitness


Skill purpose: _kill skill (see maki)

Educational purpose: _ cooperation, commitment, team spirit.

Exercise intensity: _ 50:25 from the student's maximum load.

Auxiliary tools: _ collars _ cones _ photos and videos of skills used _ computer.

Part of units	Time	Content	Tools	Prof
Warm up	10 m	<ul style="list-style-type: none"> – Running and walking around a square playground (40 x 60 m) for 10 s. – Warm-up exercises to create all parts of the body – Walk in front with the arms swing back and forth. – Walk in front with the arms up high and back. – Walk in front with the weighted arms in front and behind the body 		

<p>The main part is physical setup</p> <p>Muscular ability</p> <p>Agility</p> <p>Leg muscles strength</p> <p>Balance</p>	<p>30 m</p> <p>10 m</p>	<p>- Zigzag running (standing) in front of a line 3 meters away, lines are drawn on the ground in a gradual manner, and the bounce in the feet is graduated.</p> <p>- (Standing in the middle) The zigzag ran between cones</p> <p>- (Stand firmly in the middle) Jump in place, then bend your knees on the chest in all directions.</p> <p>- (Standing in the middle position) Draw a line on the ground with a width of 1 m and a length of 5 m, walking on the line with a metatarsal.</p>		
<p>Skill of taekwondo</p>	<p>10 m</p>	<p>Gradual skill</p> <p>_ Display a video of the skill I see Mackie on schoolgirls for 5 s</p> <p>Show a picture of "I see maki" skill on 30-second schoolgirls.</p> <p>Specify the number 8 to indicate the skill.</p> <p>The picture is hidden and the student is asked to perform the skill by indicating the number to the skill.</p> <p>_ The students are divided into (10) teams, each team consists of two students, one of</p>		 <p> * * * * * </p>

		<p>which is making a skill number sign and the other is making a correct skill.</p> <p>- The students are divided into (10) teams, cut the photos of the skills, and they are hidden in different forms, and the fastest team in collecting the correct image of the skill.</p>		
Call down	5 m	Free Spread - Lift the arms high with the inhale, then lower the arms down with the torso bent forward downward with exhalation and repeat several times slowly.		<p>*</p> <p>*</p> <p>*</p>

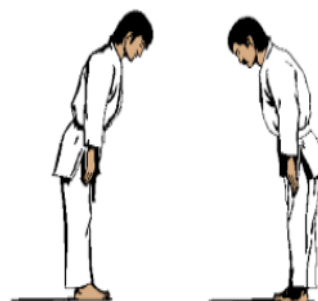
Appendix (D)

Some basic taekwondo skills

Shiriot



Kiyong-Ri



Kyorogi –jumbe

(3) Arae makki (underneath blocking)



▲ Arae makki 1



▲ Arae makki 2



▲ Arae makki 3

Area makki