

Impact of the Gymnastics Training on the level of social interaction and learning kinetic skills in Gymnastics within Children with Alexithymia

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Introduction and research problem

The exercise of sports activities in the correct educational ways affect the individual and gain the right attitudes, values and behaviors that make him fit with him and with the members of the society in which he lives.

The various sports activities play an important role in the development of the areas of lack of individuals. If man loses his ability to enjoy any aspect of life these activities are compensated for by their sense of potential during practice

Some children need social skills or they will become socially isolated. Children who share behaviors that are thought to have deficits in their operating system for social information and those with impaired ability to identify and describe feelings (Alexithymia) are more isolated and aggressive, Most

of the social attitudes that require them to talk about their own feelings and describe them to others, and to identify their views and ideas. (62: 3) (27: 26-32)

And that is one (Alexithymia) of the relatively recent problems as the beginning of its emergence as a term refers to the efforts of the American researcher Peter Svenius in 1972, where it was found that the (Alexithymia) Latin word origin consists of three sections are A = lack, LEXIS = words, THYMIA = feeling (the total meaning of the word is) Lack of speech expressing feelings. (84:18) (9: 5)

(Alexithymia) is the inability to identify, describe, and distinguish emotions from the physical sensations associated with physiological arousal of feelings, limited imagination, and outward-thinking thinking (88: 5)

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And that the feelings and emotions have a large role in shaping the personality of the individual and affect the role of the behavior and therefore any imbalance in this configuration leads to many disorders and the ability of the human to identify and describe and distinguish these feelings are the basis of the individual's contact with those around him

If able to understand and describe the feelings and then By expressing it to others, it becomes more effective in society, whereas a person who cannot understand and describe his feelings cannot express it and thus cannot satisfy his need for social and emotional communication with others, which leads to the emergence of many different problems and mental disorders.) (32:19)

Thus, the ability to recognize, recognize, describe and distinguish feelings is one of the important determinants of human behavior.

Ashraf Atia (2010) emphasizes that social interaction is a process of participation among children through daily life situations. It is worth mentioning that social interaction is the basis of the process of social upbringing, in

which the individual acquires acceptable social behavior patterns,

And also acquires the prevailing trends in society and plays social interaction (8: 8) is an important role in the process of social growth in children, whether ordinary or special needs, providing them with the necessary expertise to learn social, linguistic and kinetic skills as well as appropriate ways to express feelings and emotions.

Social skills training are important in the treatment of various disorders and behavioral deviations. Social skills training has been extended to include individuals with a tendency or withdrawal behavior and socially isolated individuals by peers,

As well as children who are deficient in social relations with others. Attention should be given to this disadvantaged group of children from participation in the interaction with the comrades and their support (51: 2) (66:10) (31: 7) (45:14)

Play-therapy can be used with children individually or collectively depending on the child's problems. If associated with adaptation, it is

preferable to use the group mode.

If these problems are of the type associated with emotional disorder, it is preferable to use the individual pattern. In both cases, different types of toys and toys are safe so as not to hurt the child himself or others, taking into consideration the exchange between the two types from time to time.

This may be available in attractive group games that attract them so that they can learn independent and behavioral behavior for social also can reduce their aggressive behavior and helps them to integrate with others. (51:21) (74: 1)

Gymnastics is one of the most important sports in the preparation of all sports. We find that the gymnastics apparatuses vary in performance from the movements that lead to the greater reliance on the arms and on the other machine is the greatest reliance on the two men,

And we find that the performance varies between running and jumping and jump and payment and weighted and all these skills require the

availability of many (4: 2-4) of the physical elements important for the performance of such and other skills,

Hidayat Ahmed Hassanein (2007), quoting Aziza Salem et al., Pointed out that Gymnastics occupies an advanced position for the various colors of sports activity. It is a sport that is beloved to the same child and contributes to giving practitioners many educational values as well as control and control of All parts of the body in the air and on the ground increase self-confidence and balance as well as develop the elements of fitness and reach the highest level of neuromuscular compatibility (17: 8, 9)

And the study of the researcher of scientific references and previous studies such as the study of Nicole Rosprach (2013) (24) entitled the relationship between (Alexithymia) and the investment of the body tattooing and shock exposure to university youth, and the study of Mohammed Shaaban Ahmed (2015) (12) entitled "the effect of rational treatment emotional behavioral (17), entitled "The Effectiveness of

Cognitive Behavioral Therapy in the Reduction of (Alexithymia) in Children with Learning Disabilities, and the Brittany Berbati Study (2012) (27) entitled "Regulation of Emotion between (Alexithymia) Eating disorders, and a study Marc Lovis (2012) (23) entitled "Alexythemia and control of dizziness and the risk of suicide to university students, and Sabrina Freund (2012) (26) entitled Test of the cognitive, emotional and physiological aspects of Alexythemia, (16), entitled "Development of coping methods to reduce the clinical symptoms associated with Alexythemia in a sample of children with self-symptoms, and the study of Fouad Al-Dawsi (2011) (11)

Entitled "Alexythemia and its relationship to the behavior of water In a sample of different educational stages, all of which indicated the importance of using games to improve the level of social behavior in people with (Alexithymia)

The researcher believes that by playing the role of supervising the summer clubs in the college, it is necessary to play a positive and effective

role in children with dyslexia, taking into account the link between play and behavior. This is considered a basic requirement in the educational field to develop social interactions among children. This gives joy in the same child researcher to do this study to know the effect of the use of gymnastics at the level of social interaction and learn some of the motor skills in gymnastics in children with (Alexithymia?)

Research goal

The aim of the research is to identify the effect of the use of gymnastics on the level of social interaction and to learn some kinetic skills in gymnastics in children with (Alexithymia)

Research hypotheses

There were statistically significant differences between mean and remote measurements in the level of social interaction in children with (Alexithymia)

There were statistically significant differences between mean and remote measurements in the level of (Alexithymia) in children with the research sample.

- There are statistically significant differences between

the averages of pre and post measurements in the level of learning some motor skills in gymnastics in children with (Alexithymia)

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.

Community and Sample Search:

The research community includes children who suffer from emotional disorders and distressed people at Al-Jazira Social Sports Club (6-9 years).

The research sample was randomly selected from children who were previously absent from Al-Jazira Social Sports Club, 15 children, and 8 children for the exploratory study Search.

Table (1)

Homogeneity of the research sample in growth rates and level of social skills , level Efficacy and skill performance in gymnastics in the research sample (N = 23)

Variables	Measuring unit	SMA	deviation Standard	Mediator	Torsion coefficient
Anthropometric variables					
	age	8.68	0.32	8.65	0.58
Height	Cm	118.41	0.87	118.40	0.52
Weight	Kg	29.51	0.61	29.50	0.63
The level of skillful performance in gymnastics					
Rotating front rotor	Degree	2.17	0.36	2.10	0.21
The front balance	Degree	2.13	0.11	2.10	0.14
Side rolling Flat	Degree	2.14	0.21	2.10	0.32
Stand on the head	Degree	2.07	0.21	2.00	0.17

Follow Table (1)

Homogeneity of the research sample in growth rates and level of social skills , level Efficacy and skill performance in gymnastics in the research sample (N = 23)

Variables	Measuring unit	SMA	deviation Standard	Mediator	Torsion coefficient
Social interaction					
Child behavior					
Make friends	Degree	28.18	1.12	28.10	0.28
The emotional involvement of others	Degree	27.36	0.96	27.15	0.71
First in establishing relationships with others	Degree	30.14	0.78	30.00	0.055
Cooperation and strengthening relations with others	Degree	34.98	1.72	34.50	0.21
The total score of the first scale	Degree	120.66	4.58	119.75	0.32
Interviews					
Conversation and dialogue	Degree	6.52	0.18	6.50	0.75
Social understanding	Degree	12.88	0.72	12.80	0.28
Favorite interests and games	Degree	4.92	0.11	4.90	0.23
Behavior in social attitudes	Degree	4.18	0.28	4.10	0.71
Total second scale	Degree	28.50	1.29	28.30	0.62
Total metric as a whole	Degree	145.16	5.87	148.05	0.82
Difficulty identifying feelings	Degree	28.62	1.10	28.60	0.62
Difficulty describing feelings	Degree	19.52	1.32	19.50	0.31
Thinking outward	Degree	32.84	0.85	32.80	0.921
Scale Set	Degree	80.98	0.98	80.90	0.0265

It is clear from Table (1) that the torsion coefficient is limited to + 3. This means that the variables achieve the mean curve, which confirms the degree of homogeneity

between the sample members as a whole.

Means of data collection

First: The tools and tools used in the research

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:

- * Mat floor movements *
- Mattresses *
- Wooden box *
- Swedish seats
- * Ruler included in centimeter
- * Hoops *
- Tape measure *
- Grain bags

Second: The scale used in the research:

1- The measure of social interaction of ordinary children and people with special needs prepared by Abdul Aziz al-Sayyed person (2014)

The first part focuses on the assessment of children's behaviors (reflecting their skills and social interaction) from the perspective of parents and teachers, and includes four axes (forming friendships,

emotional involvement, initiating relationships with others, cooperation and strengthening relationships with others)

It is a personal interview form (diagnostic) for the child applied by the researcher or examiner or specialist, and includes five axes, namely, conversation and dialogue, social understanding, activities and interests, behavior in social attitudes, and general observations about the child.

2- The Toronto Scale of Alexithymia "Emotional Folly", prepared and translated by Alaeddin Kafafy (2011):

- Description of the meter:
The standard consists of (20) words that measure the emotional dullness. The phrases were formulated in the form of positive and negative expressions, with (15) positive expressions, (5) negative expressions, correcting the scale on a continuous of (5) starting points of strong rejection, Midpoint is neutral. The top cheek is 100 degrees at the height of the affective folly, while the minimum score is 20 degrees when the emotional depression is reduced. The

eclectic scale is composed of three main factors.

Third: the skills tests of the skills of ground movements in the research:

The level of performance of the children of the research sample was assessed by a committee consisting of (3) arbitrators of the faculty members who obtained the arbitration certificate from the Egyptian Gymnastics Association to evaluate the performance level of the gymnastics skills in the front wheel, the front balance, the side roll, On the head) and the average of the two grades was calculated after excluding the highest and lowest score, and the score for each skill was distributed as follows:

- The preliminary stage is 1.5 degrees.
- Basic stage 2.0 degree.
- The end is 1.5 degrees.

Based on the opinion of the experts and through the scientific references (4) (17) show that each skill contains three stages (preliminary, main, final).

- Sports Gymnastics Skills in Search:

From the knowledge of the scientific references related to the subject of the study and

through the experience of the researcher in this field, some skills were chosen that are consistent with the nature of this stage, which children can perform on the ground movements.

- 1 - The rotary front rotor on the ground movement device.
- 2 - Rolling the side of the isolated on the device movements ground.
- 3 - The front balance on the ground movement device.
- 4 - Standing on the head on the device movements ground.

• Objective of the program

The program aims at customizing the effect of the use of gymnastics on the level of social interaction and learning some kinetic skills in gymnastics in children with Alexythmia through:

- The level of learning some motor skills in gymnastics.
- The level of social interaction in gymnastics.
- The level of social alienation (Alexythmia).

Program Parts:

A) Preliminary activity: duration of 10 minutes

And aims to prepare the child psychologically and physically and stimulate the blood circulation and enthusiasm for active

participation in the active units of the program, and willingness to participate in sports activity, which is a set of simple exercises.

Basic activity: 45 minutes.

It is a collection of sports and simple contests as an educational activity that is fun, fun and cooperative for the

development of social interactions using the skills of the ground gymnastics system C - Closing activity: duration of 5 minutes.

It aims to calm the body and prepare it to return to normal and includes a range of relaxation exercises.

Table (2)
The differences between the pre and the post measurement in the level of interaction in the research sample N = 15

Serial	Tests	Pre measure		Post measure		Differences Between The average	Improvement rate	T value	Significance
		S	E	S	E				
First: the behaviors of children									
1	Make friends	6.52	0.18	44.75	2.18	16.57	58.80%	3.69	Significance
2	The emotional involvement of others	12.88	0.72	45.17	0.55	17.81	65.09%	3.21	Significance
3	First in establishing relationships with others	4.92	0.11	48.90	1.17	18.76	62.24%	3.58	Significance
4	Cooperation and strengthening relations with others	4.18	0.28	52.11	0.69	17.13	48.97%	3.98	Significance
Total scores of the first axis		28.50	1.29	190.93	4.59	70.27	58.23%	3.21	Significance
Second: The diagnostic form									
1	Conversation and dialogue	6.52	0.18	10.58	0.52	4.06	62.26%	3.21	Significance
2	Social understanding	12.88	0.72	21.58	0.87	8.70	67.54%	3.88	Significance
3	Favorite interests and games	4.92	0.11	8.52	0.22	3.60	73.17%	3.24	Significance
4	Behavior in social attitudes	4.18	0.28	8.11	0.14	3.93	94.01%	3.98	Significance
Total scores of the second axis			28.50	1.29	48.79	1.75	20.29	71.19%	3.21
Total metric as a whole			145.16	5.87	239.72	6.34	94.56	56.14%	3.88

- The value of (t) the table at the level of significance (0.05) = 1.714

Table (2) shows that there are statistically significant differences between the averages of the tribal and remote measurements in the level of social skills in the

children of the research sample, where the value of (T) is greater than the value calculated at the level of significance (0.05)

Table (3)

The significance of the differences between the pre and post measurement in the level of Alexithymia in the research sample N = 12

Variables	Measurement unit	Pre measurement		Post measurement		Differences Between The average	Improvement rate	T value	Level of significance
		M	E	M	E				
Difficulty identifying feelings	Degree	28.62	1.10	19.10	0.21	9.52	49.84%	3.25	significance
Difficulty describing feelings	Degree	19.52	1.32	11.20	0.28	8.32	74.28%	3.84	significance
Thinking outward	Degree	32.84	0.85	19.21	0.11	13.63	70.95%	3.61	significance
Scale Set	Degree	80.98	0.98	49.51	0.74	31.47	63.56%	3.64	significance

* Tabular value (T) at significance level (0.05) = 1.714

Table (3) shows that there are significant differences between the mean of the measurements of the tribal and remote measurements at the

level of the Alexithymia scale of the research sample where the value of (t) calculated is greater than the tabular value at the level of significance (0.05)

Table (4)

The significance of the differences between the pre and post measurement in the skill level of the research sample N = 12

Variables	Measurement unit	Pre measurement		Post measurement		Differences Between The average	Improvement rate	T value	Level of significance
		M	E	M	E				
Rotating front rotor	Degree	2.16	0.17	4.10	0.22	1.94	47.31%	3.85	significance
The front balance	Degree	2.15	0.21	4.05	0.17	1.90	46.91%	3.65	significance
Side rolling Flat	Degree	2.16	0.16	4.11	0.32	1.95	47.44%	3.14	significance
Stand on the head	Degree	2.10	0.21	3.98	0.28	1.88	47.23%	3.52	significance

* Tabular value (T) at significance level (0.05) = 1.714

Table (4) shows that there are statistically significant differences between the averages of the tribal and remote measurements at the level of the skilled performance measure of the research sample where the value of (t) calculated is greater than the tabular value at the significance level (0.05)

Discussion of results

Table (2) shows that there are statistically significant differences between the averages of the tribal and remote measurements in the level of social skills in children. The sample of the research was more than the value of (T) It is an important aspect of the adjustment and guidance activities of the child, for the enrichment that is characterized by the development of social and psychological values such as self-control and experience of success in different emotional dimensions, activity and movement helps to acquire and develop their mental, physical and social capacities as much as possible to feel Their humanity and their worth.

The researcher sees the increasing interest of researchers in the second half

of the twentieth century to study the growing sense of social isolation as a phenomenon spread among individuals in different societies, attributed to the phenomenon of this phenomenon of signs that reflect the crisis of contemporary human suffering and conflicts resulting from the growing gap between physical progress, And the moral and social and moral, which led to the human insecurity and insecurity about the reality of life.

Social interaction is concerned with the development and acquisition of the child social skills that help him to integrate effectively and in a suitable manner with the members of the community to which he belongs, and to increase the volume of cooperation and communication with others, so that their relationship with comrades is good and active and gain the ability to express himself and in the formation of social and emotional relations with those around him through To take care of their work, activities, and participation in them, so that they become aware of the importance of

social relationships that help them to be compatible with others (22: 271).

And that sports maintain the safety of the body and health beside helping them in the development of the mind through training on the strength of observation and thinking properly in addition to what you gain for the individual social qualities through the exercise during the exercise of cooperation and participation requires a lot of good qualities such as restraint and obedience and a sense of satisfaction and responsibility

And leadership and dependence, and also extends to the strength of determination, boldness, initiation and many other psychological qualities required, thus creating an individual integrated physically, mentally, psychologically and socially, thus ensuring great educational and educational values (12:20)

In this regard, "Amani Abdel-Maqsoud (2003) points out that it is possible to learn or master some social skills, whether alone or in a small game, in which a number of points of law, such as the number of players or the

playing field, can be overlooked. Without regard to the state of competition between children (2: 76).

Thus, the first hypothesis of the research, which states that there are significant statistical differences between the averages of tribal and remote measurements in the level of social interaction in children with Alexithymia"

Table (3) shows that there are statistically significant differences between the averages of the tribal and algebraic measurements at the level of the Alexithymia"scale. The value of the calculated value (t) is greater than the tabular value at the significance level (0.05) Gymnastics Games and applied to children with Alexythemia. In this regard, Fuad Mohammed Al-Dawsy (2011) 14 indicates that the prevalence of Alexithymia"varies between 9% -17% between different age samples and male sex than females, while the percentage of a Alexithymia"mong children is 13% (74: 11)

Individuals with Alexithymia"have some basic features that some researchers, but most researchers in the

field of Alexithymia", consider to be the main components of this disorder. Muhammad Sha'ban (2015), 13 (Mahmoud Shehata, 2013) They suffer from Alexythemia, the difficulty of identifying emotions, the difficulty of pronouncing feelings or expressing them to others, and the limited imagination, and the pattern of thinking with an external orientation and this is what the researcher noted with the sample research during the study.

The results of the Marc Lovis study (2012) confirm that individuals suffering from Alexithymia"suffer from a lack of self-confidence and a sense of psychological abuse to a higher degree of their families, and find it difficult to use some emotional methods in the face of stress as well as some of the psychological characteristics and behavioral characteristic of individuals suffering from Alexithymia" A semi-permanent tendency to loneliness and loneliness, poor ability to make friends, low self-esteem (102: 23)

Thus, the second hypothesis, which states that there are statistically significant differences between

mean and remote measurements of the level of Alexithymia" in children with Alexithymia"

Table (4) shows that there are statistically significant differences between the averages of the pre and post measurements at the level of the skilled performance measure of the research sample where the value of (t) calculated is greater than its tabular value at the level of significance (0.05) and for the sake of telemetry. Children to Gymnastics and Contraception Program contributed to their involvement in an organized motor activity, which helped develop their abilities.

According to Ellen Wadie Faraj (2002), gymnastics and contraception work to develop children's physical abilities such as speed, agility, flexibility, endurance and balance, as well as improving the body's various organs, 1)

The results of this research are consistent with the results of many previous studies and research. Asman Abdul Aziz (2007) (4) examined the success of a proposed program for gymnastics in developing the motor skills and skill level of

the junior children in gymnastics.

Has a positive effect on the special physical characteristics and raises the level of skillful performance among the beginner of gymnastics

Thus, the third hypothesis of research, which states that there are statistically significant differences between the averages of tribal and remote measurements in the level of learning some motor skills in gymnastics in children with Alexithymia"

Conclusions

- The gymnastics program of the Games improved the level of social interaction in children with Alexithymia"

- The gymnastics program of the Games improved the level of learning some of the kinetic skills in gymnastics in children with Alexithymia"

- The gymnastics program of the Games reduced the level of alienation in children with Alexithymia"

Recommendations

1- Using the proposed program using gymnastics games because of its positive impact on improving the social interaction of children.

2- Conducting further studies that are concerned with the use of gymnastics games to improve the psychological side of children.

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