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## The Effect of the Educational Program of Basketball on the Skills Variables and Reducing Behavioral Deviations of Orphans Children.

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### Abstract

*The research aims to identify the impact of the educational program for technical learning of offensive skills of basketball and improving the physical and cognitive abilities of orphan children as well as reducing the deviations in behavior, The researcher used the experimental method , The research sample include 15 illegitimate orphaned girls from Ibnati Association in 6th October City. Average age:  $14.8 \pm 0.45$ , average height:  $159.8 \pm 2.88$  and average weight:  $53.3 \pm 3.79$  , Results ; statistically significant differences between the pre and post measurements in some physical and technical variables as well as the cognitive tests and behavioral deviations measurements in favor of post measurements .*

**Key Word :** basketball , skills , reducing behavioral , orphans , children.

### Introduction

Educational and social science focus on orphans children as a special social group because they need educational, psychological, and social attention which help them to integrate into society, and overcome their conditions of losing their families which leads to lack of social activities. The loss of a father, mother, or both of them lead to strong psychological pressure on the individual which may prevent him from leading a normal balanced life because the child did not find the support which help him to overcome this ordeal and guide him to the proper behavior and productive work. [6]

Naglaa Abbas indicates that a child who grow up away from his family usually have a delay in his physical, mental and emotional development beside he generate a sense of inferiority which may lead to self-rejection and rejection of others. [21] On the other hand, the loss of family care negatively affects some social and psychological aspects of the orphans such as lack of self-confidence and social growth as well as lack of physical motor skills. [20]

A behavioral deviation is one of the problems that adversely affects the child's behavior and impede his social or psychological efficiency in the society [8].

Behavioral deviation means all bad or obnoxious behavior of the child which harms him and others. [1]

Mahmoud Al Sayed (2010) refers in his study that behavioral deviation appears in the image of some symptoms, such as lying, aggression and disobedience as well as other rejected social behaviors. [16]

Somen 1984 also indicates that the most important problem in Orphanages is the lack of sports programs. [21] There are no various kinds of tracks in Orphanages, which makes it difficult to those children to achieve the physical education goals [2]

There are various methods which may have educational effects on these youngsters, but the most successful method is the one lead by individual's desire and self-motivated. Sport activities represent one of the best methods that can be invested in this area. [14] From this perspective, the importance of physical education and sport in general is demonstrated in orphanages through the practice of sports activities that can invest different sports situations in developing cooperation qualities and team spirit as well as reducing the feeling of inferiority, in addition it helps in the formation of Integrated personality of orphan children. [2]

Sport develops the personality of youngsters up to puberty as well as social awareness, beside, it contributes to the elimination of aggressive behaviors and allow youngsters to achieve self-realization and develop physical and motor abilities, which in turn help in developing self-confidence. [5] On the other hand, the great effort made when performing different sport exercises makes sports activities a preventive and therapeutic mean against various behavior deviations. [13]

Basketball has great prestige among other sports in terms of its popularity because the nature of basketball makes people of various categories busy watching and practicing it. Basketball is one of the most valuable sports activities for young people of both sexes. [27] For those youngsters, basketball is an excellent educational opportunity in addition; it contributes to enhance the physical abilities. Reza Baledi 2011 has pointed to the positive changes on the social development and physical abilities and skills of a group of youngsters after undergoing skillful basketball program. [31]

The researchers have used the following references to configure the content of the training program for offensive skills in basketball [10][11][17][25][28][29]

**The Objective:**

The research identify the impact of the educational program for technical learning of offensive skills of basketball and improving the physical and cognitive abilities of orphan children as well as reducing the deviations in behavior.

**The Hypothesis:**

1. There are statistically significant differences between the pre and post measurements in the physical variables in favor of the post measurement.
2. There are statistically significant differences between the pre and post measurements in the offensive skills of basketball in favor of the post measurement.
3. There are statistically significant differences between the pre and post measurements in the cognitive achievement of basketball approach in favor of the post measurement.
4. There are statistically significant differences between the pre and post measurements in reducing the deviations in behavior in favor of the post measurement

**Research Procedures:****Methodology:**

The researcher used the experimental method due to its relevance to the nature of the research. He used the pre-post measurements for the physical variables and offensive skills of basketball for the research sample and the pre-post measurements in the cognitive achievement in basketball, as well as measuring the deviations in behavior of the research sample.

**Sample:**

The research sample include 15 illegitimate orphaned girls from Ibnati Association in 6th October City. Average age:  $14.8 \pm 0.45$ , average height:  $159.8 \pm 2.88$  and average weight:  $53.3 \pm 3.79$ .

The coefficient body torsion and physical variables between (0.11 -0.83), in the skill variables and cognitive test between (0.11 - 0.90), the technique variables between (0.12 - 0.43).

Table(1)

The Mean , meddle , Sd. And skwness in the physical and technique variables, cognitive tests and behavioral deviations. N=15

Variables	Mean	Meddle	±SD	Skwness
Flexibility	159.8	160.0	2.88	0.24
Aerobic Endurance	53.3	53.0	3.79	0.12
Muscular capacity	14.8	15.0	0.45	0.83
Speed	1.13	2.00	2.85	0.86
Strength endurance	59.33	62.0	11.61	0.64
Agility	128.6	120.0	2.23	0.84
Free-throw Shooting	1.00	1.00	0.93	0.62
Passing	10.00	10.00	0.85	0.82
Lay-up Shooting	1.2	1.00	0.68	0.26
Dribbling	11.43	12.00	2.24	0.90
Cognitive test	3.8	4.00	0.56	0.11
Aggressive	7.93	8.00	1.86	0.12
Relielition	9.26	10.00	2.81	0.22
Lying	8.73	9.00	1.62	0.43
Total	25.92	26.00	4.38	0.42

Show in table ( 1 ) The Mean , meddle , Sd. And skwness in the physical and technique variables, cognitive tests and behavioral deviations.

### Research Tests:

#### Physical tests:

- Legs muscular ability: broad jump
- Transition speed : dynamic 30m sprint
- Agility : BarrowZig –zig– run
- Muscular endurance : sit-up
- Aerobic Endurance: running in place
- Flexibility: trunk forward bend while sitting

#### Skill (technique) tests:

- Lay-up shooting test
- Free-throw shot Test
- Dribble Zig - zig
- Passing speed test

These tests have been applied in many studies and references [9][15][24] where high sincerity coefficients have been proved which indicate the sincerity of their content.

#### The cognitive test

The cognitive test was designed to identify how much the research sample has acquired the basketball approach. The researcher has draft the questions of the test and put it in a form that includes ten vocabularies. Some phrases have been amended to get the final form of the test for application.

The researcher has used the following references in designing the cognitive test [4][12]

#### The psychological test :

The researcher has used behavioral deviations measurements of orphanage children .

#### pre test

The pre test at from 19 – 1 – 2013 to 23 – 1 – 2013 .

#### Main study :

The main study at from 25 – 1 – 2013 to 22 – 2- 2013 .

#### post test

The post test at from 1 – 3 – 2013 to 2 – 3 – 2013 .

## Results

Table(2)  
Significance differences between the pre and post measurements in the physical and technique variables, cognitive tests and behavioral deviations N=15

Variables	Pre-measurement		Post- measurement		Ratio ofimprovement	t.
	m	±SD	m	±SD		
Flexibility	1.13	2.85	4.93	1.22	% 77.07	5.56
Aerobic Endurance	59.33	11.61	70.2	11.44	% 18.32	3.52
Muscular capacity	128.6	2.23	177.3	1.75	% 37.87	4.46
Speed	7.77	1.24	4.96	0.52	% 36.16	9.19
Strength endurance	23.8	7.37	35.33	10.58	% 48.44	1.77
Agility	12.28	0.93	9.62	0.40	% 21.66	6.83
Free-throw Shooting	1.00	0.93	3.73	2.12	% 73.19	8.84
Passing	10.00	0.85	11.93	1.09	% 19.3	9.34
Lay-up Shooting	1.2	0.68	2.46	0.83	% 51.21	8.98
Dribbling	11.43	2.24	7.77	1.25	% 32.02	6.52
Cognitive test	3.8	0.56	7.33	1.04	% 100.00	3.83
Aggressive	7.93	1.86	12.66	1.76	% 59.65	4.51
<b>Relielition</b>	9.26	2.81	13.06	1.03	% 41.04	9.03
<b>Lying</b>	8.73	1.62	12.80	0.94	% 46.62	3.56
Total	25.92	4.38	38.52	2.87	% 48.61	3.98

$p < (0.05) = 2.145$

Table (2) shows statistically significant differences between the pre and post measurements in some physical and technical variables as well as the cognitive tests and behavioral deviations measurements in favor of post measurements.

## Discussion

Throughout the significance differences between pre and post measurements of the physical tests of the research sample which is illustrated in Table (2), it is clear that there are statistically significant differences between the pre and

post measurements in favor of post measurements in flexibility and aerobic endurance as well as muscular ability, speed and agility, while there were no significant differences between the pre and post measurements in regard to strength endurance. The highest value for (v) calculated in the previous variants of the speed was 9.19 while the lowest value for (v) calculated in the above variables to strength endurance was 1.77.

Table (2) shows the differences in the percentage of the improvement in the physical variables of basketball between the pre and post measurements which were as follow: 7.7% in aerobic endurance, 39.46% in flexibility for post measurement, where the differences in the improvement percentage in the rest of the physical variables was 37.87%, in the muscular ability, 36.16% in speed, 12.52% in strength endurance, 27.65% in agility in favor of post measurement.

The significance differences between pre and post measurements of the offensive basketball technical skills tests for the research sample which is illustrated in Table (2) shows that the value "T" is greater than the value "T" in static and peaceful shooting variables as well as passing and interviewing which indicates the statistically significant differences between the pre and post measurements in favor of the post measurement in the offensive skill of basketball. The value of "T" was 4.07 in static shooting , 2.63 in peaceful shooting , 6.52 in interviewing variable, 9.34 in passing in favor of post measurement.

Table (2) also show that the differences in the percentage of improvement in the offensive skills of basketball between the pre- post measurements was ranged between 19.3% in the passing technique in basketball, 39.46% in the static shooting technique in basketball for post measurements. The differences in the percentage of improvement in the peaceful shooting technique in basketball was 37.87%, as for the interviewing skill in basketball, the percentage of improvement was 32.02%.

As for the cognitive skills, Table (2) show that the calculated value "T" greater than the table value "T" as the calculated value "T" was 5.46, which indicates statistically significant differences between the pre and post measurements in cognitive skills, and the percentage of improvement in the cognitive skills illustrated in table (2) was 100.00%.

Finally, the significance differences between pre and post measurements shown in table (2) on the behavioral deviations of the research sample. There are statistically significant differences between pre and post measurements in reducing behavior deviations in aggression, disobedience, and lying in favor of post measurement. The highest calculated value for (T) in the previous variables to aggression was 9.03 while the calculated value (T) in disobedience was 3.56 and lying 3.58. The value of calculated (T) of the total reduction in behavioral deviations was 4.51 as shown in table ( 2) that the differences in the percentage of improvement in reducing behavioral deviations between the pre and post measurements was 59.65 % in aggression,

while the percentage of improvement in the reduction of the disobedience was 41.04 % , and the percentage of improvement in the reduction of lying was 46.62 % in favor of post measurement. Finally, the total percentage of improvement in behavioral deviations was 48.61 % .

This result agrees with the opinion of Wafaa Darwish (22) , Khalil Michael (7) and Osama Kamel Rateb (3) that the practice of physical activity is one important means to control feelings and emotions and reduce aggression among youngsters. This also agree with the opinion of Fatima Dirar (13) and Walid Abdel Kawi (23) that the practice of sporting activities and regular motion during different technique training makes youngsters accustomed to obey orders and reduce the disobedience of those youngsters. Physical duties assigned to those youngsters also contributed to develop qualities of honesty and truthfulness among them (9). Finally this also agreed with David Derezote 1995 (26) and Reza Baledi 2011 (31) who stated the possibility of the contribution of basketball in reducing behavioral deviations among youngsters and enhance their social skills.

#### Recommendations:

1. Develop sport programs for orphanage children throughout cooperation between Ministry of Sports and Ministry of Social Affairs.
2. Organize training courses and workshops to educate personnel working in orphanage, to help them organize recreational sport activities.
3. Organize recreational sports competitions between orphanages children of different governorates and within the same governorate and award participants with prizes.
4. Develop physical education curriculum for each age category within orphanage which consider the distinctive features of this special group of youngsters
5. Organize recreational sports competitions between children of orphanages and junior basketball players and sport activities in different clubs to integrate those children within society and take advantage of their abilities in the development of society.

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