

The effect of the health education program on the life skills for people of determination

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Introduction & research problem:

The mentally disabled category is considered one of the most important and largest categories of people with special needs. This category of children faces many problems resulting from poor psychosocial adjustment due to the poor level of communication between members of this category with each other.

A disabled child is a real starting point if the opportunity for his education and acquisition of knowledge is reconsidered, whether the curriculum in schools or private care institutions, or the extracurricular that aims to diversify the skills, to develop his energies to the maximum extent permitted by his mental, skillful and motor abilities (١٥:١١).

Societies' care with special needs people has become necessary and inevitable after the emergence of many problems, whether social, psychological or behavioral, which appeared as an inevitable result of the society's view of them as disabled individuals and not disabled; therefore it is useless for them or their presence in society.

Hence the feeling of frustration prevailed, and this feeling Often this feeling results in a lot of aggressive behavior against the society and its members, and this feeling and feeling make the disabled person not adapt to the society in which he lives. As a result, many social and psychological problems appear (١١:٥٤).

It is possible to reach at developing the healthy culture and follow a proper healthy behavior among schoolchildren and private care institutions by making a change in the information and knowledge of children and students about the importance of health education and awareness of the risks related to this aspect , helping students to maintain their health by following proper behaviors that prevent falling into various health problems, , convincing children of the need to abandon unhealthy practices and unhealthy ones that lead to problems in health behaviors by bringing about a change in the habits associated with that, and benefiting from programs that address the negatives or protect the individual from health problems (١٦:٥٥).

As the environment surrounding people with disabilities of any kind plays an important role in the positive or negative development of the disability, the morale and psychological comfort of the disabled. They have their dreams, ambitions, creativity and dazzling touches that the bad of us may be unable to do, but unfortunately our society has those who do not accept them at all until it reaches the point of ridicule and demeaning themselves (١٠: ١٥٦:١٦٣).

Medhat Abu Al-Nasr ٢٠١٦ indicates that the needs of the disabled are not much different from the needs of the non-disabled. The disabled is a person who has the same needs as any other person. As the disabled have special and additional needs from others, and for this reason the disabled were named in some writings as people with special needs and people of determination. These needs are (individual needs - social needs - professional needs).(١٧:٩٠:٩٢)

Osama Riyad and Nahed Abd al-Rahman (٢٠٠١) indicated that the mentally handicapped have problems that appear when learning motor skills, which is that they do not have motor memory and attention, and they lack physical fitness.

They develop motor aspects if they are suitable for their capabilities and the nature of the disability, but in a slower manner, and they also have more failure experiences if the activities provided to them are not appropriate for their capabilities. (٥:٦٣-٦٥)

Through my review of related studies that dealt with the problem of health education or health awareness, I noticed that these studies have led to promising and good results. These researches were conducted on different groups of children or on the teachers themselves.

Recently, it has been noted that special groups (People with special needs) people of determination have been cared to support and provide them with healthy habits and culture and life skills

And in my research, a program designed on the computer will be used to provide them with daily healthy life skills in an interesting way that raises their attention so that this group can properly deal with the surrounding environment in a healthy and sound way and adapt them to the surrounding community.

The aim of study:

The current research aims at acquiring and educating children with special needs (who are able to learn) about healthy life skills and identifying the main axes of the health values in question: (personal health, food health, security and prevention, environmental cleanliness, the importance of exercising).

Study Hypotheses:

-There are statistically significant differences between the mean scores of the pre and post measurements in the daily healthy life skills under study and in the direction of the post measurement.

There are statistically significant differences in the percentage of improvement between the pre and post measurements in the daily healthy life skills under study and in the direction of the post measurement.

Terminology of study

Life skills

Those basic skills that are indispensable to the individual, not only to satisfy his basic needs, but also to continue survival, continuity of progress, and develop the ways of living life in society. (١٣:١٠)

Health values

A set of habits, concepts and health information that the student must practice and learn through educational and instructional play situations that can affect his health habits and maintain his general health, that the more it improves, the greater his physical abilities and ability to achieve and motor performance increase.

Learnable

They mean students in schools and classes of intellectual education, and their IQ coefficients range between ٥٠-٧٠, and they are limited in mental abilities and need special educational methods ;so that they can acquire habits and skills that enable them to earn a living within the limits of their abilities and preparations. (١:٢٦)

People of determination

They are people who suffer from permanent or temporary complete or partial deficiency or impairment in their physical, sensory, mental, communicative, educational or psychological ability, in a way that limits their ability to meet their normal and daily life requirements.

Research plan & procedures:**Study Approach:**

The researcher used the experimental method for one group by following the pre and post measurements for its suitability to the nature of the study.

Community & sample research:

The study population represents the mentally handicapped who are able to learn, whose ages range between (٦-١٠) years, and their number is (٥) children of determination (mentally) who are able to learn from boys . The sample was chosen by the intentional method, due to the lack of availability of numbers from this sample at the same age and in the same place, they were chosen deliberately.

The researcher has found homogeneity among the members of the research sample by finding the moderation of the frequency distribution of the sample members in the variables of age and healthy life skills (under research) .

Table (١) shows the result

Table (١)

Arithmetic mean, standard deviation, median, and skew coefficient of the age variable and healthy life skills N=٥

N	variables	Measurement unit	arithmetic mean	median	standard deviation	skew coefficient
	Age	year	٨,٢٠	٨	٠,٨٤	٠,٥١-
	healthy life skills	degree	٣٦	٣٧	٣,٤٦	٠,٧٨-

It is clear from the previous table (١) that

The skew coefficients ranged between (٠,٥١, - ٠,٧٨), meaning that they were limited to (± ٣), which indicates that they lie within the equinox; where the closer to zero, the distribution is moderate.

Data collection tools

To collect the data, the researcher used several methods in line with the data to be obtained, as follows:

The tools that fit with the nature and objectives of the study were determined through the survey of the reference and theoretical studies, as well as through the expert opinion poll form in the special tests for measuring physical variables and health axes, and they were as follows:

١. Personal interview

٢. Healthy Life Skills Scale

٣. The program designed on the computer

-The researcher designed the proposed health program on the computer, which is a window through the axes under study appear, and it was designed as follows:-

- Part designed on Microsoft PowerPoint, which displays an educational story with audio and video.

-Within each of the axes, there is a set of educational situations, and each situation is a short story that appears in the form of two pictures with a voice telling the story.

-The other part, which is a calendar, designed by the Visual Basic program, and it displays the educational situation in two images, the positive and the negative images. The laboratory must choose and press the correct position in order to move to the other position and thus to reach the last page, which shows the result of the test. The positive attitude is given two marks for a negative position, give ١ mark.

Electronic health values measurement for children:

In order to design the measurement of health values, the researcher took several steps, from which she reached to develop an initial picture of the scale. The scientific parameters of the scale have been verified in order to become a valid codified tool for identifying the health culture of children with determination who are able to learn.

Initial design of the measurement:

The researcher reviewed many previous studies, specialized scientific references, information network and similar measures in child education, such as Ahmed Ismail Mohamed Ismail (٢٠٠٩) (٢), Ahmed Mohamed Abdel Fattah and Sameh Fawzy (٢٠١٣) (٤), Taghreed Omran (٢٠٠١) (٩), Asmaa Ibrahim Muhammad Shuair (٢٠١٥) (٦), Amir Muhammad Rifaat al-Sayyid (٢٠١٣) (٧), Anwar Abdullah Nouri (٢٠١٦) (٨), Muhammad Ahmad Naji (٢٠١٥) (١٤), Masoud Kamal Ghoraba and Taha Abd Al-Rahim Taha (٢٠٠٠) (١٨), Nasser Mustafa Al-Suwaifi and Essam Muhammad Azmy (٢٠٠٣) (١٩).

Through the previous studies, scientific references and research, the researcher was able to identify a number of axes of health values, and the following table (٢) shows these axes

Table (٢)
Healthy life skills axes and expert approval ratio

N	Health values axes	Percentage of expert approval
١	food health	٩٥٪
٢	personal health	١٠٠٪
٣	safety and prevention	٩٠٪
٤	The importance of exercising	٨٧٪
٥	Toilet habits	٧٠٪
٦	Passive smoking	٩٥٪
٧	body care	٦٥
٨	Periodic medical examination	٧٠٪
٩	environmental cleaner	٨٧٪
١٠	care for the senses	٧٠٪

It is clear from the previous table (٢) that

The researcher satisfied ٨٥٪

-These themes were presented to a group of experts specialized in the field of physical education, curricula, teaching methods, and sports health

sciences departments, so that their experience is not less than (١٠) years of a bachelor's degree or obtaining a philosophical doctorate in physical education in order to express an opinion on the suitability of these topics to the topic Healthy life skills, as well as the age group, and the number of experts reached (١١). Appendix

-The experts deleted some axes and modified others and included some other axes that could be expressed by another axe

-After deleting and modifying the axes according to the opinions of the experts, the researcher was able to identify (٥) main axes, all of which express the subject of health values: (personal health - food health - security and prevention - environmental cleanliness - the importance of practicing sports activity)

-The researcher modified the wording of the phrases, as well as the images expressing the axes of health values, according to the opinions of the experts. The final number of themes resulted in five main axes.

-The researcher developed the initial image for measurement (٥), five main axes that cross all of them on the main themes related to health values, the positions of each axis have been formulated and distributed among the axes as follows

First Axis (٥) situations

The second axis (٣) situations

The third axis (٣) situations

Fourth Axis (٥) situations

Fifth Axis (٤) situations

The researcher made a program on the computer and the positions were placed in it in a simplified way for the children, accompanied by a voice for each of the situations

Measurement application instructions:

The measurement is a computer program in which the child chooses the correct picture by himself

١- The program consists of (٢٠) illustrated positions, with a voice accompanying each position, to suit children

٢- Every situation has a behavioral goal and every behavioral situation contains two types of behavior: one is right and the other is wrong.

٣- The child records his response by choosing the position that he should be like

٤- It gives two marks for response in positive behavior, and one mark for response in negative behavior

- ٥- The total score of the measurement is (٤٠) forty marks
- ٦- This measurement runs individually
- ٧- There is no set time to answer this measurement.
- ٨- The final result appears on the final screen of the program

Final picture of the measurement:

The measurement was put in its final form after the modification suggested by the experts. The final number of the axes resulted in (٥) five axes containing (٢٠) educational positions. The educational positions were distributed on the axes of the measurement as follows, as shown in table (٣), then they were all placed in a program Special designed on the computer in a simplified way, and each educational situation is accompanied by an audio that explains the educational situation.

Table (٣)

Educational attitudes are distributed on the scale axes

axis	Situations number	Situations sum
١- Personal health	١,٢,٣,٥,٧	٥
٢- Nutritional health	٤,٦,٨	٣
٣- Security and prevention	١٠,١٢,١٥	٣
٤- Environmental cleanliness	٩,١١,١٣,١٧,١٨	٥
٥- The importance of practicing sports activity	١٤,١٥,١٦,٢٠	٤
Total sum		٢٠

Scientific parameters of the measurement:

The researcher found the scientific coefficients of the measurement by calculating the validity and reliability of the measurement of health culture under study on an exploratory sample from the research community and from outside the original sample to ensure the suitability of the measurement for the students in the sample of the research. The researcher used the following methods

Scientific transactions of the measurement:

The researcher found the scientific coefficients of the measurement by calculating the validity and reliability of the health culture measurement under study on an exploratory sample from the research community and from outside the original sample to ensure that the measure is

appropriate for the students of the same research. The researcher used the following methods:

First: honesty:

To calculate the validity of the scale, the researcher used the Mann-Whitney method to find the validity of the peripheral comparison. The following table shows the significance of the differences between the upper and lower quartiles with ٦ children for each one to measure the health values under study

Table (٤)

Significance of differences between the upper quartile and the lower quartile of the healthy life skills scale under study N=١٢

variables	means		mean of the ranks		sum of the ranks		(z) value	Statistical significance
	Lower quartile	High quartile	Lower quartile	High quartile	Lower quartile	High quartile		
Healthy life skills	٢٦,٨٨	٣٧,٨٦	٧,٧٠	١٣,٣٠	٧٧	١٣٣	٢,١٢	significant

It is clear from Table (٤) that

There are statistically significant differences between the mean of the upper and lower quartiles in the health values scale under study, in the direction of the upper quartile, which confirms the validity of the measure

Second: Constancy:

To calculate the stability of the measurement under study, the researcher used the method of application and reapplication. The following table shows the stability coefficient of the measurement of health values under study.

Table (٥)

The stability coefficient of the healthy life skills measurement under study

variables	The first application		The second application		(R) value	Significance
	S ± A		S ± A			
Healthy life skills	٣٧,٨٦	١١,٤٧	٣٧,٢٣	١٢,١٣	٠,٩٠	significant

The value of tabled (R) is at the level of $0.05 = 0.81$

It is clear from Table (٥) that

The correlation coefficient between the first and the second application of the measurement reached 0.90 , which is a statistically significant correlation coefficient, which confirms the stability of the measurement under study.

Research application:**pre measurement:**

The researcher conducted a pre-measurement of the research sample in the health life skills measurement under study, during the period from ١٠/١٩/٢٠٢١ to ١٠/٢١/٢٠٢١.

Program implementation:

The researcher implemented the proposed program to acquire health values and life skills for children of determination who are able to learn in the period from ١٠/٢٤/٢٠٢١ to ١٢/٢/٢٠٢١

Post measurement:

After completing the implementation of the proposed program, a post-measurement of the research sample in the healthy life skills measurement under study has been conducted, in the period from ١٢/٧/٢٠٢١ to ١٢/٩/٢٠٢١. The measurements were carried out exactly as they were done in the pre-measurement.

The used Statistical method:

The researcher used the following statistical method

-the arithmetic mean - the median- standard deviation - modulus of torsion-

T-test for the significance of differences between the means for one group-

The rate of improvement:

-The researcher used the level of significance (0.05) to ensure the significance of the statistical results.

The researcher used the statistical program (spss) to calculate the previous statistical coefficients.

Presentation & discussion of results:

The researcher will review the results of the research according to the order of the research hypotheses as follows:

- The significance of the differences between the pre and post measurements in the healthy life skills under study.
- The percentage of improvement between the pre and post measurements in the healthy life skills under study

Table (٦)

The significance of the differences between the mean scores of the pre and post measurements in healthy life skills n=٥

variabl es	Measureme nt unit	Pre measureme nt		Post measureme nt		(T) calculat ed Value	Significan ce level
		S ± A		S ± A			
Healthy life skills		۳۶	۳,۴۶	۳۹,۴	۱,۵۲	۳,۳۰	significant

The value of tabled (T) is at the significance level of $٠,٠٥ = ٢,٧٧٦$

There are statistically significant differences between the means of the pre and post measurements in healthy life skills

Table (٧)

The percentage of improvement between the pre and post measurements in Healthy life skills

variables	Pre measurement	Post measurement	Improvement percentage
Healthy life skills	٣٧,٨٠	٤٣,٤٠	١٤,٨١

Table (٧) shows the following

- There are differences in the percentage of improvement between the pre and post measurements in the healthy life skills under study in favor of the post measurement

Second: discuss the results:

It is clear from the results of Table (٦) that there are statistically significant differences between the averages of the pre and post measurements of

the second group in healthy life skills, and this indicates that the healthy life skills program has a significant positive effect in gaining the healthy life skills under study. This result is consistent with the results of each study. From Abeer Muhammad Muhammad (١٢), Ahmed Ratib Ali (٣), Masoud Kamal Gharaba, Taha Abdel Rahim Taha (١٨), Nasser Al-Swaifi and Issam Azmy (١٩)

And with what Nasser Al-Swaifi and Issam Azmy mentioned, health values are among the important basics that we must focus on in our sports programs in the lesson of physical education, and we must allocate a large space for them within the motor activities

With what Ikbal Rasmi mentioned, health is the ultimate goal of every human being on earth, and that there are three bases for health, which are the physical condition, the psychological state, and the social condition. Among the factors for maintaining health are nutrition in its qualitative and quantitative sense, and a healthy environment in terms of nature, behavior, and sound habits, as well as following prevention instructions from the diseases.

The researcher believes that the proposed healthy life skills program has provided the child with daily and real situations to acquire healthy life skills and allowed the child to gain personal experiences through life skills and healthy values, especially since this category of children neglects this aspect and lacks the activities through which healthy life skills are developed with. Although behavior and health aspects can be modified by learning through health programs, with the need to pay attention to teaching these programs within the educational process

The results of table (V) also indicated that there was an improvement percentage between the pre and post measurements in the physical variables and healthy life skills under study, and in favor of the post measurement, and this percentage ranged between (١٠,٩٦: ٢٤,٢٨)

The researcher attributes this improvement in the healthy life skills under study to the proposed program, which contains organized and directed activities, and to the different situations that provided children with opportunities to acquire life and educational attitudes

Conclusions:

In light of the objectives and results of the research, the researcher reached the following conclusions

١-The proposed program has a positive impact on modifying, improving and developing the healthy life skills for children of determination who are able to learn directly and indirectly.

٢- The importance of directed and organized programs to develop, modify and improve the healthy life skills for children of determination.

٣-The program designed on the computer has a clear effect in attracting the attention of children, especially children of determination who are able to learn in better consolidation of information such as cooperation with others, imitation of positive work and other positive relationships.

٤-The program contributed to the acquisition of positive psychological traits such as self-reliance, happiness in victory, and discussion with others, as well as the education and acquisition of different social relationships

Recommendations:

In light of the research results, the researcher recommends the following

١-Applying the proposed program to children of determination in all bodies and institutions concerned with this category, because of the positive impact of the program on acquiring healthy life skills.

٢-Inviting those in charge of organizations and institutions that care for children of determination to pay attention to developing the healthy life skills through the results of the program under study.

٣-Inviting those in charge of organizations and institutions that take care of children of determination to use the measurement of healthy life skills under research programmed on the computer in raising awareness, educating and providing children with healthy life skills.

٤-Inviting researchers to design other programs to develop healthy life skills.

٥- Conducting studies and research using the same computer method

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The effect of the health education program on the life skills for people of determination

The research aims at acquiring and educating children with special needs (who are able to learn) healthy life skills and identifying the main axes of health values in question (personal health, food health, security and prevention, environmental cleanliness, the importance of sports activity) for a sample of children with special needs. (People of Determination) who are able to learn. The researcher used the experimental method on a sample of (٥) children of boys. The results showed an improvement in healthy life skills due to the health education program.

ملخص البحث باللغة العربية

تأثير برنامج للثقافة الصحية على المهارات الحياتية لدى ذوي الهمم

يهدف البحث إلى اكتساب وتنقيف الأطفال ذوي الاحتياجات الخاصة (القابلين للتعلم) المهارات الحياتية الصحية والتعرف على المحاور الأساسية للقيم الصحية موضوع البحث (الصحة الشخصية، الصحة الغذائية، الامن والوقاية، نظافة البيئة، أهمية ممارسة النشاط الرياضي) وذلك لدى عينة من الأطفال ذوي الاحتياجات الخاصة (ذوي الهمم) القابلين للتعلم وقد استخدمت الباحثة المنهج التجريبي على عينة قوامها (٥) أطفال من البنين وقد أظهرت النتائج تحسن في المهارات الحياتية الصحية يرجع إلى برنامج الثقافة الصحية.