

Sports and recreational activities to encourage the physical and motor development of the disabled
Actividades deportivas-recreativas para incentivar el desarrollo físico-motor de los discapacitados

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ABSTRACT

This work responds to a need of the direction of the National Institute of Sports and Recreation: the development of sports-recreational activities with the disabled, as part of the work and human work of the Cuban Revolution. There is a problem in the Bayate Popular Council of how to encourage the physical-motor development of the disabled since their insertion in them is low due to the non-systematic realization of the same and their poor participation, detecting that they have not been encouraged to these companions so that they can be integrated into sports-recreational activities.

RESUMEN

Este trabajo responde a una necesidad de la dirección del Instituto Nacional de Deporte y Recreación: el desarrollo de actividades deportiva-recreativas con los discapacitados, como parte del trabajo y la obra humana de la Revolución Cubana. Existe en el Consejo Popular Bayate la problemática de cómo incentivar el desarrollo físico- motor de los discapacitados ya que la inserción en ellas es poca debido a la realización no sistemática de las mismas y la pobre participación de ellos, detectándose que no se han incentivado a estos compañeros para que se integren a las actividades deportivas – recreativas.

Keywords

Activities; Development; Physical-motor; Disabled.

Palabras clave

Actividades; Desarrollo; Físico-motor; Discapacitados.

INTRODUCTION

The work with the disabled becomes a necessity of the National Institute of Sports and Recreation as part of the sports enjoyment of the majority of people regardless of age, sex or race, being a process that needs support in which all factors must be exercised by their influences to enhance the performance of sports-recreational activities.

Sports activity is very useful and necessary for people with physical and motor disabilities since it promotes physical and mental health and provides multiple benefits such as: enjoyment, better social relationships, physical development and allows full integration into the society. Based on the foregoing, we can affirm the need to carry out activities with the disabled in each Popular Council with the support of the ECDER. The country presents significant achievements in Paralympic sport and its results are due to working with them. We have been able to verify that there are insufficiencies and weaknesses in the work with the disabled and proof of this is latent in the Bayate Popular Council where the activities carried out are not systematic, they have done it only when they are called, there is no planned organization with days programmed and a specific schedule, there being a lack of control and evaluation of the work of the ECDER teachers who serve this small sector of the population, for which reason the development of sports-recreational activities that allows encouraging their physical-motor development is insufficient. The activities must have their planning taking into account their disability for a better execution and enjoyment of it.

They must not forget that man recreates not only with something, but most of the time with someone, that, unlike passive rest, recreational sports activities require the cooperation of people.

Hence, they reflect not only the knowledge and skills acquired in the course of work and daily life, but also interhuman social ties in the form of norms and rules defined in games, as well as ceremonies and attitudes that accompany these activities. uniting the socialization that these links tend to create between the participants, also producing a better coordination of movements and an increase in the physical and motor capacity of people. For all of the above, it is of vital importance to carry out sports-recreational activities with the disabled.

Sports-recreational activities not only provide permissible scenarios to express their emotions, assume roles different from the daily ones that enable the innovation of strategies and preserves and even increases health, providing self-confidence as well as being a recognized factor of socialization.

Through these sports-recreational activities we managed to integrate our disabled into society since there are taboos regarding their manifestations in social life due to their limitations. Taking into account the surveys, interviews and conversations in the Bayate Popular Council, we know that these disabled

people do not have an incentive to carry out recreational activities and it is due to the lack of work tools that make it possible to insert them into social life using physical-sports recreation activities.

An exploratory study was carried out in the Bayate Popular Council of the El Salvador municipality based on observation, interviews and surveys, revealing a set of problems in the satisfaction of the disabled in terms of not practicing sports-recreational activities.

During the application of the diagnosis, together with the daily experiences and realities, the following irregularities are detected in the offer, organization and realization of recreational activities for the disabled of this Popular Council, which bring about their dissatisfaction.

Given the criteria of community recreational actions as a necessity and right of the people, the authors carry out a study of a whole series of options, tastes, needs, preferences and desires of the young people of the 25th constituency of the Carrera Larga Popular Council of the municipality El Salvador those who have referred do not have a varied offer. This could be verified through observations, surveys and interviews carried out with the inhabitants, together with the factors linked to said activity.

For all of the above, the scientific problem arises: How to encourage the physical-motor development of the disabled of the Bayate Popular Council?

The objective of the research is defined: to develop sports-recreational activities to encourage the physical-motor development of the disabled of the Bayate Popular Council. In the development of this research the following scientific methods were used:

METHODS

Observation: allows observing the psychological and social characteristics of the disabled, as well as their pathology, as well as their concerns about the work carried out, their motivations to participate in activities and verify the effects of the work carried out.

The survey: made it possible to learn about the development of sports-recreational activities with the disabled, as well as the sports to be performed, their assessments about the benefits of practicing these activities in their daily actions.

The interview: provided information about the points of view, tastes, needs and preferences of the recreational activities that can be developed, their preparation, as well as the work carried out by the recreation activists who care for these disabled people in the Popular Council.

Statistical technique

Mathematics – percentage calculation as a statistical mathematical method to determine the behavior of the sample, the percentages, as well as the result of the information obtained in the applied techniques and instruments.

DEVELOPMENT

Physical activity, are all those that can be developed in free time for various purposes, whose objective is to contribute to satisfying the movement needs of man to achieve health and joy as a result of this influence.

In this perspective, recreation is, therefore, a biological - social and psychological need, being a need to recreate, highlighting this importance our Commander in Chief Fidel Castro Ruz has expressed:

"What we gain in Sports and Recreation, you can be completely sure that we will save it in public health expenses and we will gain it in the well-being and extension of citizens."

When analyzing what is expressed in this quote, we can state that health is a cornerstone on which the social process was built, if there is a healthy people, everything we propose can be carried out and as this is overcome, the chance to be happy. The character of social recreation and care provided to disabled people depends on many factors. In the first place, of the level of development of the productive forces, of the economy, of the character of the relations of production; as well as superstructural factors such as political, rural, religious conceptions. Secondly, the level of development of education, health, science and culture in general exerts a direct influence.

In capitalist countries, comprehensive development and incorporation into active social life in these people are not taken into account because the necessary conditions are not created to incorporate them into society. In our society, people with physical and mental deficiencies have a different situation from the social point of view.

Al respecto Áreas Beatón plantea:

"Educations in our country have the purpose of training the new generations and all the people in the scientific conception of the world."

Therefore, its fundamental objective is to incorporate these people into social life; creating a system of special institutions to achieve this. Special Education as a flexible and dynamic integral process of orientations, activities and attention in its individualized application is intended for those people whose evolutionary, social and language development make learning and essential adjustment difficult with respect to the environment in which they live.

For this reason, we reaffirm the criterion that physical recreation for the disabled is not only a very important matter, but one of the fundamental ones; in addition to reflecting the activity that surrounds man and at the same time represents activities of initiatives and own freedoms that are aimed at joyful experiences.

By including the disabled in sports-recreational activities, we are contributing to a great extent to their social integration, with encouragement, good disposition and the conviction that everything we achieve is a benefit of education and incorporation into the social life of this part of the population that constitutes a gesture of humanity and an unsociable duty of all those who have this high responsibility. As recreation is a phenomenon that is characterized by the consumption of cultural activities which give the superstructure of society and where the framework for carrying out recreational activities of man is located, the superstructural character that this possesses is explained to us. We can define:

Definition of terms

Free time: part of the time that is not worked and that remains after deducting all the investments of utilitarian time (domestic, physiological, transport activities) that is, the time to fulfill various obligations.

Sports-recreational activities: sports-recreational or tourist activities to which man voluntarily engages in free time for active rest, fun and individual development.

Magnitude: amount of time that, on average, a human group has available for the relationship of recreational activities, measured in hours and minutes.

Structure: time dedicated to carrying out each recreational activity, time of day in which the activities are carried out and the frequency.

Content: individual character of recreational activities.

Recreational offers: activities oriented to recreational consumption that are carried out in free time.

Recreational infrastructure: number of facilities, state of conservation, technical and service personnel, equipment and material means available for the execution of the programs.

Physically Limited: is a person who has a physical limitation and these can be caused by different causes.

Physical recreation as a multilateral social phenomenon represents a more active factor, or one of the fundamental forms of man's preparation for work activity and other socially essential genres, and at the same time one of the most important means of ethical and aesthetic education. : The satisfaction of the spiritual demands of society and the consolidation of its ties.

In this consists the rehabilitation of the disabled, it arises through the practice of sports-recreational activities.

Rehabilitation is a conscious process aimed at traumatic people as a result of suffering from some diseases or accidents, whose main objective is to enable optimal development of the personality of the

individual offered and their full integration into the socially useful life. In this direction we can define two aspects of work.

- 1.- Functional medical rehabilitation.
- 2.- Cultural, professional training and/or promotional recovery.

The first direction of work tries to provide the individual with the necessary conditions for their mental, physical or sensory recovery and that truly constitutes a serious obstacle for their reintegration into productive, educational and social activities.

On the other hand, the second direction if we keep in mind the principle of full integration into the society in which he lives. The physically limited must receive both cultural and professional technical training, within the national system of political and labor education and in cases that require it for temporary or permanent reasons, they will be attended by the special education subsystem, since it has a suitable structuring and the services of highly qualified personnel in centers of Higher Education.

The peculiarity of people with deficiencies has its limits, on the basis of the balance altered by the deficiency in the adaptation functions, the entire adaptation system is reorganized on new bases, which tends towards a new equilibrium. Compensation as a reaction of the personality to the deficiency, initiates new processes of detour, development, superstructure and balances the psychic functions. Much of what is inherent to normal development disappears or is reduced due to the defect.

First of all, the very action of the defect always turns out to be secondary, indirect and reflexive.

As already expressed, the person does not directly feel his defect, he perceives the difficulties that result from the defect. The direct consequence of the defect is the loss of the social position of the person. The defect is performed as a Social Dislocation “.

All relationships with people, all movements that determine a person's place in the social environment, his role and destiny as a participant in life, and all social functions of being are reorganized. In this way, the development process of the person with disabilities is socially conditioned in a double way:

1. The social realization of the deficiency (the feeling of handicap) is an aspect of the social conditionality of development; the social tendency, of the compensation towards the adaptation to the environmental conditions that have been created and formed for all the time of normal human being, constitutes its second aspect.
2. The schematic formation of the social conditionality of this process is the deep peculiarity of the path of the mode of development of the disabled person and the normal person, having final goals and common forms, hence the double perspective of the past and the future. future in the study of development complicated by defect.

Western makes the following postulate:

” Particular functions may represent a deviation from the norm, and yet the personality, or the organism as a whole, may belong to the completely normal type. The person with a defect is not necessarily a different person”.

The degree of abnormality depends on the result of his social compensation, that is, on the final formation of his personality in general.

As a better illustration of the secondary social complications of the development of the person with a defect and his role, the compensation of moral difference considered as a special type of organic defects or disease can serve.

The history of the cultural development of the disabled person constitutes the most serious and acute problem of current defectology. It reveals a whole new blueprint for scientific inquiry. The attachment of the normal person to civilization generally represents a unique combination with the processes of organic maturity. Both planes of development, cultural and natural, coincide and merge with each other. Both sets of varieties converge, interpenetrate each other and essentially form a single form of socio-biological formation of the personality, since that organic development takes place in cultural development and becomes a historically conditioned biological process.

The approach to the problem of the cultural development of the person with a defect, as a special level of development subordinated to special laws that has difficulties and special means for its conviction, constitutes a serious conquest of current defectology.

According to the expression of J. Dewey:

“The problem of compensation for the development of the person with a defect and the problem of the social condition of this development includes all the problems of the organization of collectives of the socio-political education of the formation of personality”.

People with physical or mental deficiencies have always existed, the different civilizations and social personalities through which humanity has passed throughout development have had to consider the existence of these people, so we have to say that the form of care they have had deficient people throughout the history of humanity has moved to increasingly progressive and optimal positions regarding their development and possibilities.

For the development of the investigation carried out in the Bayate Popular Council with the physical-motor disabled belonging to the ACLIFIM, a population of 30 disabled people was taken, taking 25 of them as a sample, 10 females and 15 males with 40% and 60% respectively. With an age range of 25 to 47 years

Statistical technique and procedure for the analysis of the results.

To carry out an objective diagnosis, we have used several empirical methods, with a sample of 25 physically-motor disabled people from ACLIFIM belonging to the Jamal Popular Council where the Community Sports and Recreation School (ECDER) # 3 is located together with two recreation teachers. In the survey applied to the disabled, interesting results were collected that corroborate the insufficient development of physical-recreational activities in this territory. For example, in the question, do you work or study? 2% gave a positive response and 98% do not carry out any activity. In question # 2, do you do physical-recreational activities? 3% allege that they do physical activities in the Rehabilitation room twice a week and 97% do not do them. Regarding recreational activities, 25% say yes, once a month and 75% say no. In the question, do you participate in the physical-recreational activities carried out by the Community School of Sports and Recreation (ECDER) in your community? 80% say no, since they have not been summoned or motivated to carry them out and are unaware of these activities, 20% say yes, and say that some have been done with the cultural promoter and others with the recreation activist but not they are all linked and are mainly based on artistic activities such as music, painting and others of a physical and sports nature but they are not systematic, it is only when they are summoned and the few times they have attended they have felt physically motivated, useful, they use their time free and want to participate more. The foregoing shows that the work by recreation activists who care for the disabled is weak.

In later conversations with the disabled, it was found that they feel the need to carry out these activities according to their limitations. Another technique used was an interview with disabled people to find out their willingness and desire to carry out sports-recreational activities.

In question #1, would you like to do sports-recreational activities? 100% said yes. Of the proposed activities such as:

- Camping.
- Sports games.
- Traditional games.
- Excursions.
- Watch TV.
- Listen to the radio.
- Video room.
- Visit to facilities of interest (museum, sports, galleries).
- Creation of sports instruments.

70% accepted camping as their first option, joining sports games, 10% preferred to go to facilities of interest and visit the video room, the rest opted to go on excursions and do other activities. As you can see, they all have different preferences for recreational activities and give their options, highlighting camping and sports games.

In the survey applied to the disabled, interesting results were collected that corroborated the insufficient development of sports-recreational activities in the Popular Council.

Others, such as visits to institutions and video rooms, were your preference: in question #3, could you suggest others that you like? 35% asked for cultural activities and 90% for sports activities. 100% joined the previously proposed activities. In question #4, what are the fundamental causes that limit your participation in physical-recreational activities?

90% of the interviewees do not participate in the activities since they are not summoned, they do not have knowledge about them and this is supported by insufficient work with the disabled. 10% allege that their participation is low and is limited by the little systematicity with which it is developed.

In the survey of recreation teachers, it was observed that 80% carry out their work occasionally and the activities

They have not been developed with the objective of encouraging physical-motor development, but to carry it out to achieve compliance with the activity and occupy their free time.

The methodological and control visits of those who attend this activity have been made at times, which demonstrates the lack of control and demand. The result of the applied activities has not been good since the work is not systematic and the integration of the disabled is poor.

System of sports-recreational activities.

Activity 1: creation of the club.

Objective: to create a club for the disabled to achieve their insertion into sports-recreational activities.

Organization: it will begin with an educational talk where the importance of the systematic practice of physical exercises will be discussed, as well as the activities to be carried out and the reconciliation of the class schedule.

We will integrate the teams taking into account their pathologies or we will exchange opinions and ideas for the development of said activity.

Driving the ball for the disabled (with lower extremities)

Objective: to contribute to the strengthening of skills, driving the ball with the feet, speed of reaction and translation, as well as the mood of the competitors.

Organization: after preparing the ground, all the means to be used are located.

We proceed to the formation of the teams and the demonstration of said activity, the first competitors will start from the starting line at the sound of the whistle, they will drive the ball with their feet as quickly as possible without losing control of it when they reach the goal will be prepared the next competitor to carry out the activity with the same procedures will win the team that best performs the execution of the game.

Variant: driving the ball between obstacles.

Recreational basketball for disabled people with upper extremities (Wheelchairs)

Objective: to contribute to the development of movement coordination, mutual aid, with competitiveness, teamwork and the desire to win.

Organization: form two teams with similar ages and pathologies.

Explanation and demonstration of the activity.

The disabled from their chairs facing each other at a distance of three meters will begin by passing the ball in front with both hands.

Then they will launch the hoop individually, trying to insert the ball, the game will start with 6 players, 3 for each team. The other members will animate the activity with the help of the teacher.

The team that manages to insert the ball more times will win.

wheelchair table tennis

Objective: to improve the coordination of arm movements and the reflex through the development of the game for the acquisition of skills and abilities.

Organization: teams are formed

Game demo.

This game is played by placing the players at the table where they will have their rackets and a ball and will start the game at the warning signal.

At each table there will be an assistant in charge of controlling the activity.

The one who performs the game the best will win.

Variation: you can play with four rackets each player with one in each hand.

Effectiveness of the system of activities to encourage the physical-motor development of the disabled. After applying the system of activities proposed by the club for the disabled, we can conclude by affirming that positive results were achieved in encouraging their physical development and that it has been verified in daily social practice and during the execution of the activities using essential methods. the observation of their behavior and the performance of social, sports and physical practice during the application of the system and after its application.

During the application of the observation it was possible to verify that 91% acquired a greater mobilization capacity seen in their daily performance to move more easily to carry out movements with better coordination, fending for themselves in some tasks of daily life. 4% did not obtain many benefits due to their age and the disability they present, but they still have to continue doing more sports exercises.

Regarding interpersonal relationships, they improved in 100% of them since they made new friends with people outside their community, they visited each other and in their neighborhood they acquired new relationships starting from their insertion in cultural, recreational and sports activities, sometimes as spectators and others as actors, for which 90% were more linked to the activities of the Committee for the Defense of the Revolution (CDR), the Federation of Cuban Women (FMC) and in volunteer work encouraging and supporting the dissemination of realization.

For all the above, self-esteem and social integration was shown 100% since they demonstrated their usefulness in social tasks and how they can even carry out a sporting activity that is very useful and necessary for their physical and mental health, integrating the community through their activities and promoting actions of social enjoyment in a healthy way. In addition, a greater spirit of leadership and desire was observed, and a greater use of their free time. The application of these activities provided a unit within the disabled and the theoretical transmission of their actions and knowledge, as well as their possibilities.

In the group interview that was carried out with the disabled to find out their criteria and evaluations of the results of the applied activities, where they explained that it had been a very positive experience both physically and spiritually, they belong to the club since the activities were not only sports - recreational since they took into account the cultural development and the acquisition of knowledge of the municipality and the country in the sport and traditions of their locality.

100% expressed that in their daily performance they have felt more secure in their transfer, joining strength and resistance and taking heavy objects has also improved their physical and mental health using their free time, freeing themselves from stress and monotony. They have made new friends, they have become more involved, deepening their interpersonal relationships, raising their self-esteem by feeling useful and achieving their full social integration according to their disability.

In the interview with relatives, 98% of the interviewees support the disabled in their family so that they can participate in the recreational sports activities of the Community School of Sports and Recreation (ECDER). 100% have developed a change in emotional state to see them more active, happy, enthusiastic, hardworking and with new friends, belonging to the club. 97% have been more

independent in some of the household tasks, feeling more vital with greater spirit and strength. 98% attributed an important role to carrying out these activities and that they have encouraged them physically and spiritually since people with disabilities tend to express their possibilities, their motivation after creating the club is completely different in a positive way allowing an improvement in his health and his person. The implementation of this system of activities demonstrates the possibilities offered by ACLIFIM to carry out sports-recreational activities for the disabled.

CONCLUSIONS

1. The implementation of the system of sports-recreational activities and the theoretical and practical conceptions support that what is proposed is viable. Applying well-planned activities according to the limitations and possibilities of the disabled person appropriate to their possibilities allowed us to affirm that it is possible to encourage physical-motor development.
2. An important aspect is the integration of the family and the community into the activities, the result that is obtained once the system of activities is applied.

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