

APPLIED PHYSICAL ACTIVITIES, SELF-REALIZATION AND LEISURE TIME OF PERSONS WITH DISABILITIES

Introduction. The system of social integration ensures equal possibilities for people with disabilities to participate in culture, sport and other areas of social life. It is already 30 years that social policy of the United Nations and the European Union has been promoting giving equal rights and possibilities to people with disabilities to participate in all areas of social life including sport activity and it denies inappropriate habitual and discriminating attitude that people with disability are patients and only medical specialists should regulate physical activity of people with disabilities.

The variety of special needs is conditioned by different kinds of disabilities (physical, visual, hearing, intellectual, etc.) and the degree of the disorder of a function. Application of various means of physical, psychological and social rehabilitation and education meeting the needs for physical activity of people with disabilities is one of the tasks of applied physical activity encouraging the possibility for people with disabilities to participate in social life (social integration) and at the same time reducing the manifestations of their disability [1]. According to [2] in improving life quality of persons with disabilities and their social integration especially much attention is paid to applied physical activity that can increase the potential of independence and positive self-evaluation of the aforementioned persons to the maximum. Therefore, it is not a coincidence that in many developed countries people with disabilities are involved to a greater and greater extent in various applied physical, sports and other recreational activities. According to Skučas [3] applied physical activity is one of the factors of successful integration of people with disabilities in the society. The development of recreational and competitive sports of people with disabilities is an important factor of improving their life quality and physical, psychological and social welfare [4].

However, despite the promotion of the integration of people with disabilities and laws that regulate it, many people with disabilities are still segregated and have poor possibilities to participate in the society and its activity. The statistical data show that in Europe alone there are about 10 per cent of people with disabilities. These people with disabilities have the same rights as all the inhabitants. Sport and physical activity are especially important for emotional and social welfare of people with disabilities. Social problems and the problems of the integration of people with disabilities in the society, their causes and obstacles are analysed by many world and also Lithuanian scientists [5]. Skučas [6] investigated whether the exercises of applied physical and sports may physically improve the life quality of people with disabilities. However, the author treated physical activity as a means to improve biosocial skills without revealing the influence of sports on psychosocial functions. In the research on the socialization of people with disabilities in applied physical activity performed by [7] the attempt has been made to identify the influence of the disorder of the functions of organism on the socialization of people with disabilities. The authors also oriented towards biosocial functions of people with disabilities.

Recently there have been many researches on the problems of the socialization of people with disabilities. However, there is a lack of works that deal with the influence of applied physical and sport activity on persons having movement disability in the aspect of psychosocial functions. In order to solve the problems of the socialization of persons with disabilities it is not enough to state the fact that people with disabilities are still a segregated part of the society. The problem under research is described by the essential question — how sports activity influences the life quality of people with physical disability. It is important to compare the indicators of life quality of persons having physical disability who are involved and who are not involved in sports, to identify what influence physical activity has on the aforementioned persons. Such research on the comparison of the indicators of life quality of persons having physical disability who are involved and who are not involved in sports would at least partially fill the lack of knowledge and information about physical activity of people with disabilities, their attitude towards disability, life satisfaction, etc., would allow revealing essential peculiarities of the influence of applied physical activity on life quality.

Object of the research — characteristics of physical activities, self-realization and leisure time of persons having physical disability who participate and do not participate in applied physical activity. Aim of the research — to identify and assess the peculiarities of the influence of applied physical activities to improve life quality of persons having physical disability.

Organization and methods of the research. Methodological basis of the present quantitative research is the theory of social integration of people with disabilities through applied physical activity. It has been referred to the precondition that the participation of persons with physical disability in applied sports or physical activity has positive influence not only on biosocial but also on psychosocial functions of the aforementioned persons. 111 persons of various age groups (14—77 years of age) that have movement disability participated

in the research. To form research sample random target selection has been used. The main criteria of the selection of participants — physical disability, respondents moving only in a wheelchair.

The survey took place in Siauliai town sports club for people with disabilities “Entuziastas”, the sports festival for people with disabilities of Siauliai Region that took place in Siauliai and in the Centre of Landscape Therapy and Recreation under the Lithuanian Paraplegic Association in Monciskes.

Statistical methods (analysis of percentage, means and frequencies, chi square, non-parametrical Mann—Whitney U test) have been applied for data processing. Empirical data have been processed and graphically formatted using SPSS (Statistical Packet for Social Sciences 11.0) and Microsoft Excel.

In order to find out the peculiarities of the impact of applied physical and sports activity to improve the life quality of persons having physical disability, the respondents have been divided into two groups:

1. The group of the respondents — involved in sports — consists of persons participating in applied sports activity of various level, from the elite sportspeople and organized sportspeople with disabilities who in organized manner and systematically train and participate in the club competitions, represent the club in national sport events for people with disabilities to those who are involved in sports inactively or with recreational goals, who are involved in sports irregularly, represent their sports club and are mostly involved in sports as recreation — a form of spending leisure time [8].

2. The group of respondents — not involved in sports — consists of persons who do not participate at all in applied physical activity of any level.

Results of the Research. Out of all the respondents 60.4% participated in applied sport activity. A little less than a half of all the respondents (39.6%) stated that they were not involved in sports. Among the men there were 73.2% of those who are involved in sports and only 26.8% stated they are not involved in any applied sport or physical activity. The number of women involved in sports was much smaller, only 37% of all the women who participated in the research were involved in sports. The respondents who participated in the research were from 14 to 77 years of age. The majority (N=37) of them were in their midlife (25—35 years). There were only 9 senior persons among the respondents (58 and more years). As it has been expected children and teenagers (14—24 years) were the most active in sports, even 91.3% of the respondents of this age are involved in sports. The number of the respondents involved in sports was also big (even 70%) in the age group of 36—46. It has been noticed that the respondents of senior (47—57 years) and elderly (58 and more years) age are rarely involved in sports. In the group of elderly people only 22.2% are involved in sports. It is possible to make a presumption that applied physical and sports activity is not sufficiently applied in gerontology.

Out of all the respondents involved in sports that participated in the research almost one third (30.4%) is basketball players. The number of the representatives of individual kinds of sport was a little smaller, for example: swimmers (17.7%), track-and-field athletes (13.9%) and weightlifters (11.4%). The number of chess players and draughts players is also the same. The smallest part of people with disabilities involved in sports consisted of shooters (2.5%), Boccia players (1.3%) and volleyball players (1.3%).

The data of the investigation of the factors conditioning the decision to get involved in sports have shown that many (35.9%) respondents are involved in sports because they want to spend their leisure time with other friends with disabilities during trainings. 19.8% stated that they were encouraged by other friends with disabilities involved in sports. The wish to win (15.3%) was also important factor and motivating to get involved in sports. The example of famous sportspeople (7.6%) and teachers (9.2%) were indicated as least motivating factor by the respondents.

Conclusions. 1. The results of the questionnaire survey have shown that the respondents with physical disability who go in for sports feel bigger life satisfaction, assess their psychical health more favourably than those who are not go involved in sports. The attitude towards one's disability among persons with disability who are involved in sports is much more favourable than among those who are not. Persons with disability who are involved in physical and sport activity tend to rely more on their strengths even when favourable conditions are not created for them. Meanwhile, the unadjusted environment more often hinders the respondents not involved in sports from feeling like an able person of full value. The indicators of life satisfaction and attitude towards one's disability among persons with disability who participate in sport activity are better than among those who do not participate.

2. The results of the research have revealed that the number of people with disability involved in sports is larger by one-third than of those who are not involved. The most popular kind of sports among people with disabilities is basketball. This kind of sports is chosen by about 30 % of the respondents involved in sports.

3. Both groups of the respondents pointed out another person with disability as the most important agent of socialization. However, people with disabilities both involved and not involved in sports differently assessed the institutions that helped them to socialize. The respondents involved in sports favourably evaluated the information given by many institutions, meanwhile those not involved in sports restricted themselves with the information received in treatment institution or active rehabilitation centre.

4. People with disabilities themselves pointed out the wish to spend leisure time with friends as the most important factor that conditioned the respondents' participation in sports or physical activity. As the main reason of not involving into applied physical activity people with disability indicated lack of perception of the usefulness of sports.

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ПРОЦЕСС СОЗДАНИЯ АВТОРСКОЙ КОЛЛЕКЦИИ ЭСКИЗОВ МОДЕЛЕЙ ОДЕЖДЫ КАК СРЕДСТВО ФОРМИРОВАНИЯ ЭТНОХУДОЖЕСТВЕННОЙ КУЛЬТУРЫ ШКОЛЬНИКОВ

Введение. В настоящее время актуальна индивидуализация образования, учёт этнопринадлежности обучаемого, знание этнопсихологии, что позволяет учитывать особенности обучаемого и избирать те способы воздействия, которые несут наибольший педагогический эффект. Особый смысл приобретает опора на народную педагогику при формировании этнохудожественной культуры учащихся, в основе которой лежит тонкое понимание механизмов развития личности в естественных жизненных условиях, где совместная деятельность детей и родителей обеспечивает преемственность поколений.

Цель исследования — разработка практических рекомендаций по формированию этнохудожественной культуры школьников в процессе создания эскизов молодёжной женской одежды на основе белорусских национальных традиций на уроках трудового обучения. Объект исследования — формирование этнохудожественной культуры учащихся старших классов. Предмет исследования — пути и методы проектирования эскизов молодёжной женской одежды на основе белорусского национального костюма с целью формирования этнохудожественной культуры учащихся старших классов.

В соответствии с целью, предметом исследования были поставлены следующие задачи: 1) изучить искусствоведческую, историческую, психолого-педагогическую, художественно-технологическую, методическую литературу по проблеме формирования этнохудожественной культуры учащихся; 2) охарактеризовать сущность и структуру этнохудожественной культуры школьника; 3) апробировать технологию проектирования эскизов молодёжной женской одежды с учащимися 9-х классов на уроках трудового обучения в целях формирования этнохудожественной культуры; 4) разработать практические рекомендации и условия эффективного формирования этнохудожественной культуры учащихся.