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Effectiveness of gymnastics for all some of the physical  
variables And psychological characteristics children of  
at sheltering institutions

*Research Submitted in Partial Fulfillment of Requirement  
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## **Research problem: -**

The phenomenon of street children is a global phenomenon, exacerbated in the recent period has been largely focused on States to Intnj them from many problems that affect the exclusion of a large number of these children to satisfy their needs, psychological and social development.

Global statistics indicate that there are between 100 million - 150 million children wander around in the streets and in the statistics issued by the Arab Council for Childhood and Development, about the size of the phenomenon in the Arab world has shown that the number between (10:7) million Arab children.

The phenomenon of children without shelter and one of the most important social phenomena experienced by not only the developing world, but also industrialized countries developed because of the existence of the phenomenon at the global level to the many economic and social causes, political and family environment that works interactively to create a general climate for the growth of the phenomenon and its evolution.

These children Vkaddo the family atmosphere that works to satisfy the basic needs Kalihsas security and peace of mind is reflected in the behavior of the child with his entourage Vengda always scared and violent due to exposure to psychological stress is the largest multi-psychological burden felt by the street children a sense of community to renounce it.

Despite the growing interest in the cause of children and considered a national issue and civilized but that a high percentage of these children live in difficult conditions and suffer from deprivation and many of the abnormal situation within the community, where a phenomenon known as street children or homeless children with different classifications.

That is why the researcher to enter into this world and the application of one of sports with modern Gymnastics offers sports, which is the philosophy and objectives spread the spirit of fun and excitement to the practitioners as it also targets improved health of the individual and to continue to exercise and work in the spirit of community maternal grandfather researcher found that gymnastics offers sports is a good activity perpetrated by these children within the institution.

## **The importance of research and the need to:**

The importance of research in an attempt to ID the effectiveness of Gymnastics offers sports some of the variables of physical and psychological characteristics of children in institutions for the homeless.

**Research procedures:**

**Research Methodology: -**

The researcher used the experimental method (experimental group one) using measurements of the three (pre and intra-and post), where the researcher to conduct measurements Tribal all the research variables to all members of the sample before applying the phrase gymnastics year, and measurements interfaces of the variables physical question and measurements dimensionality of the variables of physical and mental being Search

## **Research community:**

One of the social institutions that care for street children and include the number (38) children from their stage between the Sunni (14.7) years the research community as a whole.

**The research sample:**

**The sample was selected in the manner intentional The total number (20) child of the core sample under discussion.**

**Methods and tools of data collection: -**

**The researcher has used in the collection of data under consideration by:**

- **Form measurement of psychological characteristics of the sample under discussion.**
- **A form of physical tests of the variables under consideration.**
- **Interview with experts in this area and working in the organization.**
- **Note substantive members of the sample and place of subsistence and place of the application within the enterprise.**
- **Some records by the individuals within the sample.**
- **A tape measure.**
- **Stopwatch.**
- **Ruler (30 cm).**

**Some utilities in the application: -**

- **Some cones.**
- **Some of the balls, small medical**
- **Cords long (2 m)**
- **Football**
- **Some plastic hoops**
- **Cutting wood, fitted with ropes**
- **Awnings children**

**Measure of psychological traits.**

**The researcher under the procedures required by the research work of a measure of psychological attributes. These features are (emotional balance - self-confidence - social - audacity - proactive) Measuring the physical variables under consideration: -**

**The researcher under the procedures required by the research to measure the variables of physical question the work of the Survey of reference for the references and previous studies of the changes the physical sample in question has hired a researcher variables physical dealt with previous studies, references and commensurate with this sample, namely, (Strength - Speed - Flexibility - Fitness)**

**Balacht bart also has used, which gives an indication of the physical and these variables used in these studies and references:**

- 1 - Test the sit lie down.**
- 2 - Test the enemy (30) m.**
- 3 - Test the flexibility numbered ruler on a wooden box.**
- 4 - Achtbararashaqp (lie on the italics of standing)**

**The researcher from the data form the work to measure the physical variables under consideration.**

**(Width Sports Club)**

**The researcher introduced the work of the inter Gymnastics offers a mathematical tool (umbrellas children) and was composed of: -**

- 1 - Group exercises and solar (closed in the form of a stick).**
- 2 - Group exercises and solar open.**

- 3 - some simple gymnastics skills within groups of exercises.
- 4 - Some formations in groups (blocks boxes - services - classes - trains)
- 5 - use some of the initial conditions and derived during the performance of exercise.

Researcher has taken into account the situation and easier to use mass formations to suit this stage, children also use awnings, using four different colors, namely, (Red - Blue - Yellow - Green), which gives the child a kind of appetite and stimulation.

### **The survey: -**

- 1 - The researcher examined preliminary reconnaissance on 14/11/2009 through visits to the institution in varying residential in order to study the place and make sure the tools and the nature of the sample under discussion.
- 2 - The researcher conducting a survey on 21/11/2009 in order to check the validity of physical measurements used and the transaction account of scientific measurements of physical
- 3 - The researcher conducting a survey on 22/11/2009 in order to check the validity of psychometrics used and account transactions Alalmiplmkies psychological characteristics.

### **The baseline study: -**

The researcher has to start in the activities of the baseline study in the period from 6/12/2009 to 6/3/2010, corresponding to where the course of the study included: -

(Tribal measurement - the basic experience (view gymnastics year) - measurement of the variables physical interface - telemetric)

### **Measurement tribal:**

- The researcher measures tribal measurement to search on (3,2,1 / 12/2009)

The basic experience (view gymnastics year)

The researcher has to start the basic experience on (6/12/2009), where the researcher has to give buyers offer sports practice in the form of educational unit over the period of application, three times a week

### **Measurement Interface: -**

The researcher re-application of physical tests during the period of application on 21.2.2010 as an indicator of the researcher for the percentage of improvement in the physical variables under consideration.

### **Telemetric: -**

The researcher re-apply standard tests of physical and psychological characteristics in the telemetric on this (9,8,7 / 3 / 2010) to know the results of the study after the completion of what it has achieved and to be telemetric the same conditions as

### **Statistical treatments: -**

- 1 - the arithmetic average. 2 - the mediator. 3 - % rate of improvement.
- 5 - factor twist. 5 - the correlation coefficient. 6 - Standard Deviation
- 7 - analysis of variance. 8 - The difference between the averages. 9 - Test (v)

### **Conclusions and recommendations: -**

### **(Insights):**

In light of the objective research and Frodah through statistical treatment

and discussion of results possible for the researcher to draw the following: Gymnastics offers sports on the sample in question had an impact Aijaiali calendar and modify the degree of psychological traits.

1 - Gymnastics offers sports on the sample in question has had a positive impact on an improvement in the development of physical variables under consideration.

2 - resulted in the experiment under consideration during the Gymnastics offers sports to the existence of significant differences were significant between pre and post measurement of the variables of physical and psychological characteristics under consideration for telemetric.

- Where the rate of the improvement in the physical Almngraat ranged between (35.33:12.37%).

- As the rate of improvement in psychological traits ranged between (22.38:20.71%).

- The existence of extreme poverty in the programs and activities, sports practice within the institutions.

### **(Recommendations): -**

Based on the results and conclusions, and in the light of the research objectives and limitations, and based on the data and information contained in this research, and because it refers to the results and conclusions of the research lead researcher with the following recommendations: -

1 - You must need to engage in Bjmpaz offers sports programs and sports activities set for this category of society as a sport practiced by all small or large

2 - attention to developing sports programs include sports activities commensurate with the physical and psychological variables of children in institutions.

3 - increased attention to studies and research into this phenomenon from various aspects associated with them and work on a course that would qualify how to deal with this category