Combined effect of inclusive games and yogic relaxation on the selected domestic skills among physically challenged boys

Sir,

We report a study on the effects of inclusive games and yogic relaxation on selected domestic skills among physically challenged boys. Children with movement differences have the same desires, interests and expectations to belong and achieve as their more skilled peers. These children must be given access to physical activities and games through the use of modified equipment, adapted rules and creative programming.

The purpose of the present study was to determine the combined effect of inclusive games and yogic relaxation on selected domestic skills among physically challenged boys. Forty physically challenged schoolboys in the age group of 14–16 years were selected for this study from Chennai city. They were randomly divided into control and experimental groups using the sealed envelope technique, with each consisting of 20 subjects. Domestic skills mean practical knowledge necessary to successfully operate a household. Some necessary domestic skills are accounting, bookkeeping, cookery, first aid, sewing and tailoring. Before training, pre-tests were conducted on domestic skills such as toilet training skills, washing, cookery, first aid and sewing by three experts of special schools. The experimental group was exposed to selected inclusive games, namely airplane fly, centipede, crows and cranes, hotdog, octopus tag, poison ball, popcorn, sticky marshmallow, turkey pluck and progressive muscular relaxation technique. The training was given for a period of 12 weeks. The experimental group was intervened with the following yogasanas for relaxation.

**SHAVASANA (CORPSE POSE)**

The body is motionless and at ease, but the mind should be quiet as well, like the surface of a still lake. The result will be a deep and stable relaxation that will extend into meditation or be felt through the activities of daily circumstances.

**MATSYAKRIDASANA (FLAPPING FISH POSE)**

Lie on the stomach with interlocked fingers under the head. Bend the left leg and bring the left knee close to the ribs. Keep the right leg straight. Swivel the arms to the left and rest the left elbow on the left knee. Rest the right side of the head in the crook of the right arm. Relax in this position and, after a while, switch sides.

**MAKARASANA (CROCODILE POSE)**

Lie flat on the stomach. Raising the head and shoulders, rest the chin in the palms of the hands and elbows, touching the floor. Keep the elbows together for a more-pronounced arch to the spine. Separate the elbows slightly to reduce strain on the neck. Close your eyes and relax the whole body.

The control group was not exposed to any type of experimental treatment. Post-tests were conducted on similar domestic skills. The collected data were fed for SPSS in the computer and were analyzed using Student’s t-test. The results are tabled below in Table 1.

Based on the results of the present study, it was concluded that the selected inclusive games and yogic relaxation had a significant \( P < 0.05 \) effect on the domestic skills, namely toilet training skills, washing, cookery, first aid, sewing and tailoring, among physically challenged boys. Telles *et al.*\(^3\) proved that the use of yoga for rehabilitation has diverse applications. Yoga practice benefited mentally handicapped subjects by improving their mental ability as also the motor co-ordination and social skills. Physically handicapped subjects had a restoration of some degree of functional ability after practicing yoga. Brittina Graysten\(^4\) has also shown benefits with the practice of yoga in mental and physical health. Tom Baranowski *et al.*\(^5\) have demonstrated, in their work, the usefulness of interactive games in improvement of motor skills in

| Variable               | Mean   | S. D. | t-ratio |
|------------------------|--------|-------|---------|
|                        | Pre    | Post  | Pre    | Post  |
| Toilet training skills |        |       |        |       |
| Control                | 50.63  | 51.31 | 2.09   | 2.08  | 1.66   |
| Experimental           | 50.60  | 50.39 | 2.0    | 1.61  | 12.56* |
| Washing                |        |       |        |       |
| Control                | 52.00  | 52.70 | 2.01   | 2.0   | 1.70   |
| Experimental           | 51.90  | 60.7  | 2.02   | 2.8   | 11.5*  |
| Cookery                |        |       |        |       |
| Control                | 51.70  | 52.2  | 2.00   | 2.0   | 1.56   |
| Experimental           | 51.60  | 61.00 | 1.96   | 1.99  | 10.7*  |
| First aid              |        |       |        |       |
| Control                | 52.00  | 52.99 | 1.99   | 2.12  | 1.75   |
| Experimental           | 52.00  | 55.66 | 2.25   | 2.24  | 4.22*  |
| Sewing                 |        |       |        |       |
| Control                | 52.00  | 53.00 | 2.11   | 2.22  | 1.78   |
| Experimental           | 52.10  | 60.00 | 1.98   | 2.1   | 9.02*  |

\( t = 2.093; *\text{significant} \)
disabled children. Our findings go along with their findings that the combined effect of inclusive games and yoga has significant benefits in domestic skills. Our study is deficient in that it does not individualize the effect of either games or yoga on domestic skills and the small sample size. Still, we can conclude that inclusive games and yogic relaxation had a significant positive effect on the domestic skills among physically challenged boys.

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