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Effect of physical exercise on behavior: Inattention among person with special needs

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Abstract

Purpose of the study was to facilitate the Effect of physical exercise on Behavior – Inattention among person with special needs, for this study thirty (N=30) male subjects with special needs were randomly selected from Deepam and AGAPAE special school in Chennai with 18-25 years of age. They were randomly divided in to two equal groups of fifteen (n=15) subjects each. Those two groups have named as experimental and control group. Experimental group underwent physical exercise for the period of twelve weeks and for the control group no training was given. Behavior – Inattention was selected as dependent variable and independent variable was physical exercise. The data was collected before and after the experimental treatment period. Analysis of Covariance (ANCOVA) test was used in this study as statistical technique. It was concluded that Behavior – Inattention was significantly altered to person with special needs due to the influence of twelve weeks practices of physical exercise to comparing the control group.

Keywords: Inattention among, physical exercise, ANCOVA

Introduction

Consistent physical activity is a method to maintaining personal health. Currently, less than half of all adults meet the physical activity guidelines, making it increasingly important to provide knowledge of the benefits of physical activity (Center for Disease Control and Prevention [CDC], 2014) [3]. Some broad categories of the benefits of regular physical activity are well documented, including physical, social, psychological and cognitive. Besides helping with the improvement of daily activities, evidence also exists proving physical activity can reduce the risk of dying early (CDC, 2014). Adapted physical education generally refers to school based programs for students ages with varies age category but adapted physical activity is common for all disabled peoples. The purpose of study was to find out the effect of physical exercise on Behavior – Inattention among person with special needs.

Methodology

For this study thirty (N=30) male subjects (18-25 years of age) with special needs were randomly selected from Deepam and AGAPAE special school in Chennai and their Age ranged between male. They were randomly divided in to two equal groups of fifteen (n=15) subjects each. Those two groups have named as experimental and control group. Experimental group underwent physical exercise for the period of twelve weeks and for the control group no training was given. Behavior – Inattention was selected as dependent variable and independent variable was physical exercise. The data was collected before and after the experimental treatment period. Analysis of Covariance (ANCOVA) test was used in this study as statistical technique.

Result

The following table illustrated the statistical results of the effects of physical exercise on Behavior – Inattention of person with special needs.

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Table 1: Computation of Analysis of Covariance of Behavior-Inattention

Test	Con. Group	Exp. Group	SV	SS	df	MS	F
Pre test	17.47	17.87	between	1.20	2	1.200	1.32
			within	25.47	28	0.91	
Post test	17.73	15.07	between	53.33	2	53.33	53.59*
			within	27.87	28	1.00	
Adjusted	17.85	14.95	between	60.33	2	60.33	85.59*
			within	19.03	27	0.70	
Mean gain	-0.27	2.80					

*Significant-Table F-ratio at 0.05 level of confidence for 2 and 28 (df) =4.21.

Taking into consideration of the pretest means and post test means were determined and analysis of covariance was done and the obtained post test F value 53.59 was greater than the required value of 4.21 and hence it was accepted that the adapted physical activity significantly altered the Behavior – Inattention among person with special needs at 0.05 level.

Discussion on the findings of behavior – inattention

The result revealed that the Behavior – Inattention of experimental group (adapted physical activity) was significantly decreased than the control group and it is due to the effects of adapted physical activity.

Conclusions

It was concluded that person with special needs Behavior – Inattention was significantly altered due to the influence of twelve weeks practices of physical exercise when comparing to the control group.

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