

# **A COMPARATIVE STUDY OF DEVELOPMENT OF BALANCING ABILITY IN NORMAL AND DEAF AND DUMB BOYS BETWEEN 8 TO 14 YEARS**

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## **ABSTRACT**

A comparative study of development of Balancing Ability in normal and deaf and dumb boys between 8 to 14 years is administered on around 350 students of different schools who were taking formal education. Out of 350 students 175 were selected from normal category and 175 from physically challenged i.e., deaf and dumb category. In each age group 25 boys were selected (25 subjects in normal boys and in each age group i.e., 8, 9, 10, 11, 12, 13 & 14 years totaling to 175; 25 subjects in deaf and dumb in each age group i.e., 8, 9, 10, 11, 12, 13 & 14 years totaling to 175). These subjects were tested initially in Balancing Ability and the same subjects were exposed to the same tests after exactly one year without any formal sports training and the development in their Balancing Ability was noted. After the statistical treatment of data by utilizing t-test and f-test the following findings were noted: Balancing ability has been evaluated as the most uncertain ability as it has found a very low correlation among the same subjects when tested initially and finally. But can be developed at higher age groups.

## **INTRODUCTION:**

Motor development objectives are concerned with making physical movements, useful with as little expenditure of energy as possible. The term motor is derived from the relationship of a nerve or nerve fiber to the one that connects the Central Nervous System with muscles through their conceptions the movements' results. Effective motor movement can only result if there is harmonious working of the muscular and the nervous system. It helps in keeping a greater distance between fatigue and peak performance. The activities that involve hanging, jumping, dodging, leaping, kicking, bending, throwing will enable a person to perform his daily work much effectively without reaching a point of wearing out, so quickly.

A comprehensive list of components of motor ability for performance of various physical activities (including sports) include muscular strength, muscular endurance, muscular power, cardiovascular endurance (alternatively also known as cardiopulmonary endurance), agility, speed, balance, flexibility, reaction time, coordination (eye-foot coordination, eye-hand coordination, whole-body coordination). In addition, traits like simple motor response, reflexes, sensory input and awareness of space and tempo (characteristic speed and rhythm of movement) are also considered important in motor performance- ability especially during the early years of body development.

Balancing ability is the ability to maintain balance during whole body movements and to regain balance quickly after the disturbing movements. Balancing ability can be of two types: (a) Ability to maintain during stationary position or slow movements (static balance). It depends primarily on kinesthetic, tactile and to some extent on vestibular sense organs. (b) Ability to maintain or regain balance during large range movements and during rapidly changing positions of the body. It depends primarily on the functional capacity of the vestibular sense organs.

The need today is to search some extraordinary talent in an individual for the laurels in international sports arena. In this case it becomes obvious that the search should not limit only with the normal. The qualities that an individual possess should be innate and may be nurtured with good scientific platform, deaf dumb being no exception to it. Hence the search to prove the innate qualities of the deaf and dumb and bring them to equal stature with normal is the basic aim of the researcher.

#### **NEED OF THE STUDY:**

The population of the normal mass is comparatively more to the deaf dumb resulting the opportunities designed are more for normal mass. But at the same time there is a society always struggling to uplift the physically challenged and trying to give them the best and equal opportunities so that the handicapped ability should not be the hurdle in normal and natural unfolding of an individual.

Considering the inability, which has the opportunity to be converted into compensatory ability for excelling in the sports arena the researcher, felt high need to evaluate the development of Balancing Ability among the deaf dumb and compare with the normal, which is a performance prerequisite.

#### **OBJECTIVES OF THE STUDY:**

1. To find out, access and analyze the developments taking in Balancing Ability among normal boys and that of deaf dumb at particular age group.
2. To understand if any higher or compensatory ability among deaf dumb children is noticed when compared to the normal children.
3. To understand various parameters of coordinative ability in certain age group of certain physical abnormality.
4. To understand scientific base for methods of training physically challenged children.
5. To understand how the society would help its weak counterpart.

#### **SIGNIFICANCE OF THE STUDY:**

1. The study may reveal the physical and mental problems of deaf dumb children.
2. The study may also profound a training methodology and loading procedure in Balancing Ability training for physically challenged children in specific age group.
3. Results may also be helped to enhance sports terminology communication skills with physically challenged children.
4. Evaluation of development of Balancing Ability may fetch platform for establishing training methodology for enhancing performance in specific sports.
5. The comparison of development of Balancing Ability will give clear picture of the positive and negative aspects of Balancing Ability, which in turn ensure the proper training.

#### **DEFINITION OF THE TERMS:**

##### **DEVELOPMENT:**

Development is a process of qualitative transformation, which brings about progressive changes towards maturity and functional improvement in the organism of human being.

### **GROWTH:**

Growth is a process anatomical in nature involves structural changes and quantitative to measure.

### **BALANCING ABILITY:**

Balancing ability is the ability to maintain balance during whole body movements and to regain balance quickly after the disturbing movements. Balancing ability can be of two types: (a) Ability to maintain during stationary position or slow movements (static balance). It depends primarily on kinesthetic, tactile and to some extent on vestibular sense organs. (b) Ability to maintain or regain balance during large range movements and during rapidly changing positions of the body. It depends primarily on the functional capacity of the vestibular sense organs.

### **NORMAL CHILD:**

Normal: typical; usual; healthy; according to the rule or standard. If a child is found to be disease free, exhibits proper growth and development according to the age in its physical, mental and social health and status, then he/she may be defined as a normal child.

### **DEAF AND DUMB:**

Deaf: is unable to hear; hearing indistinctly; hard of hearing.

Dumb: is mute; speechless; unable to speak.

### **8 TO 14 YEARS (CHRONOLOGICAL AGE):**

Chronological age is the number of years and days elapsed since birth.

### **METHODOLOGY:**

#### **SAMPLE:**

The samples of this study is randomly selected from different schools with their date of birth lying between 1999 to 1993 in normal subjects (boys) and deaf dumb subjects (boys). The selected age groups of the subjects were from 8 to 14 years. In each group 30 subjects were selected initially with a margin of  $\pm 5$ . All the selected subjects were non-sportsman staying either in school hostels or at their residence to ensure the untrained development in motor abilities. In all 350 subjects were tested initially and the same 350 subjects were tested finally after one academic year (12 months). The tests were conducted for two days for four hours on each group of 25 subjects approximately. In all 350 subjects were considered for obtaining the difference between development is evaluated by subtracting the initial test from the final test score. Every subject was

allotted with a code and a separate self contained form for test results. The tests were selected in the aspects of development of Balancing Ability. The tests are administered individually under standard conditions applicable for specific tests and the time period required between two tests is amply considered.

### **VARIABLES:**

**Dependent Variables:** (1) Normal boys. (2) Deaf Dumb boys.

**Independent Variables:** Development of Balancing Ability (Stork Stand Test)

**Inter-weaning Variable:** Age groups (8, 9, 10, 11, 12, 13 & 14)

### **TOOLS AND MEANS:**

The research scholar has used some of the selected speed ability tests which are applicable to the selected age group and samples and are universally accepted and established standard tests for assessing development of motor abilities.

**Balancing Ability test:** (1) Stork Stand Test

### **PROCEDURE:**

The subjects were selected from different schools in normal category (boys) and deaf dumb schools (boys). In all 01 test was selected for evaluating the development of Balancing Ability of the subjects between 8 to 14 years. The test was administered with all specified and standard conditions. The conditions of the subjects were observed normal and motivated to take part in the tests. An introductory talk regarding the initial day's workout is assessed for confirmation of tirelessness and recovered state.

### **STATISTICAL METHODS:**

To analyze the collected data the scores are arranged according to the comparison and in sequential order so as to find out the statistical values. The following statistical variables are selected for comparing, analyzing and interpretation of numerical values and basing on which the findings are discussed.

(1) Mean is computed by adding all the scores and then dividing by the number of scores involved. The mean is used in the study to measure the average development.

(2) For testing the hypothesis for the difference between various sample means the t test is used at significance of .05 levels.

(3) For testing the hypothesis for the difference between various sample means the f test is used at significance of .05 levels.

### **RESULTS AND DISCUSSIONS:**

Balancing ability has been evaluated as the most uncertain ability as it has found a very low correlation among the same subjects when tested initially and finally. But can be developed at higher age groups.

**RESULTS OF THE COMPARISON OF THE DEVELOPMENT OF BALANCING ABILITY OF  
BOYS (NORMAL AND DEAF-DUMB) BETWEEN 8 YEARS TO 14 YEARS  
(NELSON'S SCALE DROP TEST)**

**Normal boys:**

1. The maximum mean of development of balancing ability in normal boys was found at the age of 11th year, which is 2.52 sec and the minimum at 12th year, which is 0.04 sec. The average mean of development of balancing ability normal boys between 8 to 14 years is found to be 0.58 sec.
2. The standard deviation of development of balancing ability in normal boys is found maximum at the age of 9th year, which is 3.41 and minimum at the age of 13th year, which is 1.55. The average standard deviation of development of balancing ability in normal boys between 8 to 14 years is found to be 2.30.
3. The correlation of development of balancing ability in normal boys between 8 years to 14 years of age groups is found as low as 0.37.

**Deaf-dumb boys:**

1. The maximum mean of development of balancing ability in deaf-dumb boys was found at the age of 14th year, which is 2.32 sec and the minimum at 10th year, which is -0.28 sec. The average mean of development of balancing ability in deaf-dumb boys between 8 to 14 years is found to be 0.03 sec.
2. The standard deviation of development of balancing ability in deaf-dumb boys is found maximum at the age of 14th year, which is 5.98 and minimum at the age of 9th year, which is 1.81. The average standard deviation of development of balancing ability in deaf-dumb boys between 8 to 14 years is found to be 2.53.
3. The correlation of development of balancing ability in deaf-dumb boys between 8 to 14 years of age groups is found as low as 0.10.

**COMPARISON OF BOYS (Normal and deaf-dumb):**

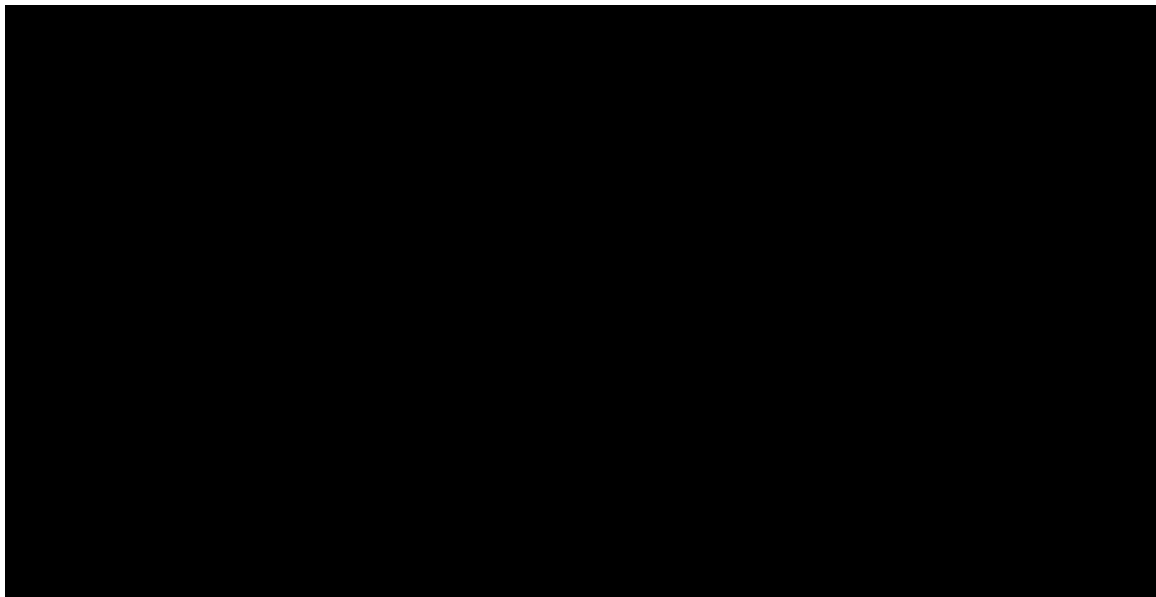
The average mean of development of balancing ability of normal boys between 8 to 14 years is 0.58 sec, which is more to 0.03 sec than that of the deaf-dumb boys between 8 to 14 years. The difference of mean of development of balancing ability between normal boys and that in the deaf-dumb boys is 0.55 sec, which is insignificant. The maximum mean of development of balancing ability in normal boys is found at the age of 11th year, which is 2.52 and that in the deaf-dumb boys it is at the age of 14th year, which is 2.32 sec.

**Table:** evaluation of significance of development of balancing ability in normal and deaf-dumb (boys) by using t-test and F-test.

<b>BOYS (NORMAL &amp; DEAF-DUMB)</b>	<b>t-Test Results</b>	<b>F-Test Results</b>	<b>COMMENTS</b>
<b>08 NB &amp; DDB</b>	0.004	0.068	Insignificant
<b>09 NB &amp; DDB</b>	0.030	0.003	Insignificant
<b>10 NB &amp; DDB</b>	0.243	0.735	Insignificant
<b>11 NB &amp; DDB</b>	0.364	0.050	insignificant
<b>12 NB &amp; DDB</b>	0.028	0.601	Insignificant
<b>13 NB &amp; DDB</b>	0.008	0.388	Insignificant
<b>14 NB &amp; DDB</b>	0.080	0.445	insignificant

\* Significant at 0.05 level.

<b>MEAN VALUES AND COMPARISON OF THE CATEGORY OF SUBJECTS: BOYS (N &amp; DD)</b>	<b>STORK STAND INITIAL</b>	<b>STORK STAND FINAL</b>	<b>STORK STAND DEVELOPMENT</b>
<b>NORMAL BOYS 08 YEARS</b>	3.48	2.56	-0.92
<b>DEAF &amp; DUMB BOYS 08 YEARS</b>	3.76	4.36	0.6
<b>NORMAL BOYS 09 YEARS</b>	3.76	5.56	1.8
<b>DEAF &amp; DUMB BOYS 09 YEARS</b>	3.84	4.16	0.32
<b>NORMAL BOYS 10 YEARS</b>	3.16	3.28	0.12
<b>DEAF &amp; DUMB BOYS 10 YEARS</b>	4.08	3.8	-0.28
<b>NORMAL BOYS 11 YEARS</b>	4.68	7.2	2.52
<b>DEAF &amp; DUMB BOYS 11 YEARS</b>	4.52	4	-0.52
<b>NORMAL BOYS 12 YEARS</b>	4.2	4.24	0.04
<b>DEAF &amp; DUMB BOYS 12 YEARS</b>	4.8	3.72	-1.08
<b>NORMAL BOYS 13 YEARS</b>	3.8	3.88	0.08
<b>DEAF &amp; DUMB BOYS 13 YEARS</b>	5	3.88	-1.12
<b>NORMAL BOYS 14 YEARS</b>	4.88	5.36	0.48
<b>DEAF &amp; DUMB BOYS 14 YEARS</b>	6.28	8.6	2.32



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