
THE INFLUENCE OF RECREATIONAL AND TOURIST ACTIVITY ON THE PSYCHO-EMOTIONAL STATE OF CHILDREN WITH HEARING DEFECT

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- recreation,
- tourism,
- disabled children,
- hearing defects,
- psycho-emotional state.

Abstract:

The state of recreational and tourist activity for disabled children in Ukraine, its place in the process of rehabilitation, adaptation to public life, integration to the environment of healthy people are analyzed. The positive influence of the author's program, in the conditions of educational-breeding process, on the psychological state, motivation and social adaptation of children with hearing defect as a result of realization of recreational-tourist activity is proved.

INTRODUCTION

Children's disability is an important problem for modern society. One of substantial instruments in the complex rehabilitation and integration of disabled children to the society can be recreational and tourist activity [3-6].

The analysis of the all-round approaches to problems and reasons of disability in different cultures and its perception in society refers to following conclusion: the determinative factor, that limits participating in tourist activity is not disability, but social interpretation of this fact. On the background of general positive progress of recreational and tourist industry in Ukraine, disabled people remain aside from this process, where after public stereotypes, a disabled person is not the valuable participant of social life. A tourist market for disabled persons in Ukraine is often ignored and inaccessible, collides with the row of problems and obstacles [2]. One of the main tasks of social policy of Ukraine is providing the equal rights for every child at the level of possibility and access to all spheres of social life, including rest and recreation.

Hearing disorder influences on the child's state, attention, coordination, however in any case they cannot be the reason of avoidance of tourist and recreational activity. The traditional existent models of recreational-tourist activity in Ukraine do not provide equal chances for the youngest inhabitants. For this reason development of the authorial program of tourist-recreational measures and research of its influence on the psychological state of children with hearing disorder is the main task for our researches.

MATERIALS AND METHODOLOGY

Research was conducted on the base of the specialized general education school for children with the hearing defect of the Kalush of the Ivano-Frankivsk region (Ukraine). Influence of the authorial program on the psycho-emotional state of disabled children is determined by self-appraisal of mental condition, Lusher's and Kettel's tests; Rodger's and Diamond's test of social-psychological adaptation.

The author's program is realized during 9 months in the form of optional employments, taking into account the morphological and functional and psycho-emotional features of children in the conditions of educational-breeding process, with combination of theoretical and practical and curative tourist activity. The program is directed to proceeding the psychological health of child with hearing defect, harmonious psycho-physical development, addition and enriching the program of rehabilitation, integration and adaptation to the environmental conditions.

RESULTS

The results of researches testify a positive influence of recreational and tourist measures on the psychological-emotional state of disabled child, in particular with hearing defects (Figure 1).

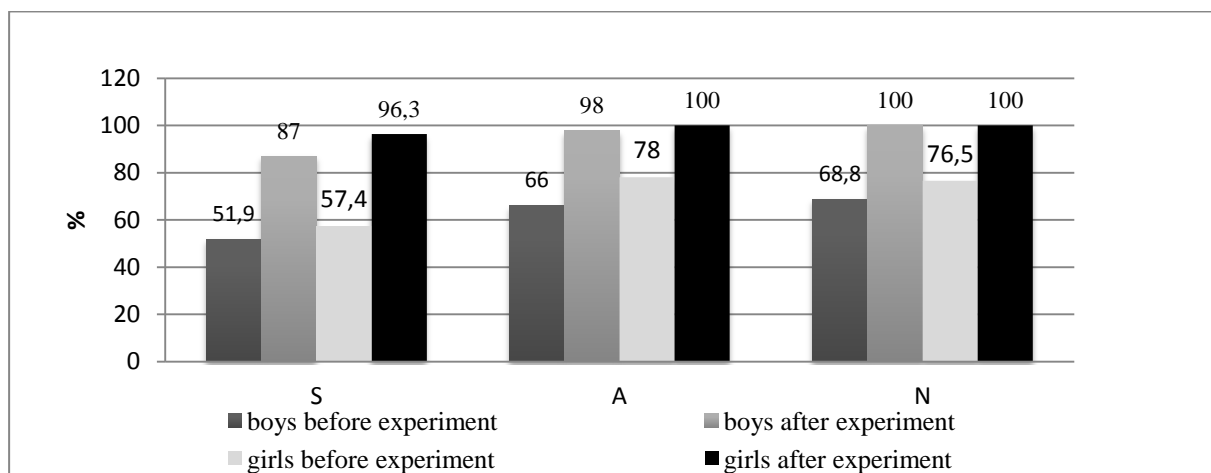


Figure 1. A change of indexes SAM (self-feeling, activity and mood) as a result of experiment

Therefore, at the beginning of experiment, indexes of self-feeling, activity and mood were lower than the set norms, there were observed displays of reserve, anxiety, vulnerability, fear, low level of emotional and communication comfort. The results of the psychological tests after realization of the program testify the positive changes in subjective perception of psycho-emotional state of children with hearing defects. The indexes of self-feeling, activity and mood (FAM) became better (with significance $P < 0,001$).

There were changes in the choice of colors after the Lusher's test. At the beginning of experiment 76 % of respondents chose on the first positions the so called "additional" colors, that symbolized the anxiety, fear. After experiment choice on the first positions of the main colors to 89,5 % as a symbol of joy, activity, interest, vigorousness ($P < 0,001$) has grown.

The results of indexes of emotional sphere in accordance to the Kettel's test showed decrease of impulsiveness, emotional discomfort. Self-control, equilibrium became better. The communicative features also became reliable better also. Children became more open, communicative and friendly. The change displayed on the factor of development of imagination, abstract and emotional thinking.

The measures of recreational and tourist character positively influenced on social-psychological adaptation of children with hearing defects (Figure 2).

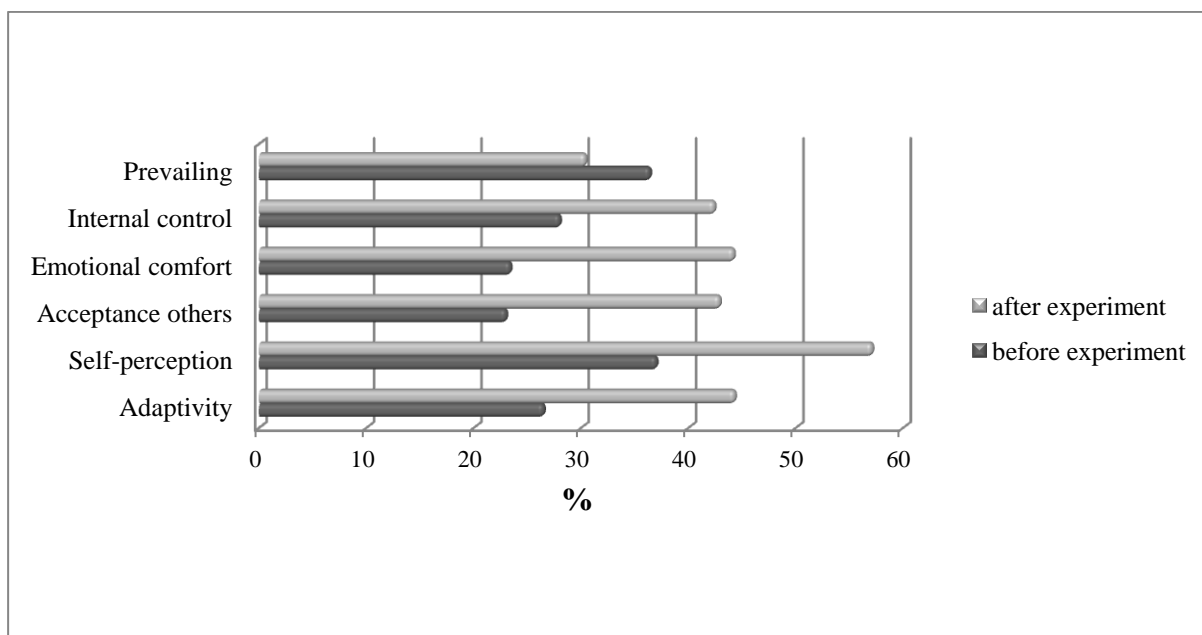


Figure 2. Integral indexes of social-psychological adaptation of disabled children before and after an experiment

Results of the questionnaire at the end of the realization of the program, showed positive dynamics in motivation of children with hearing defect. At the importance of such reasons as a self-confidence, integration to society, the role of recreational and tourist facilities grew in active rest, increased the role of motive activity and improvement of the state of health (Figure 3).

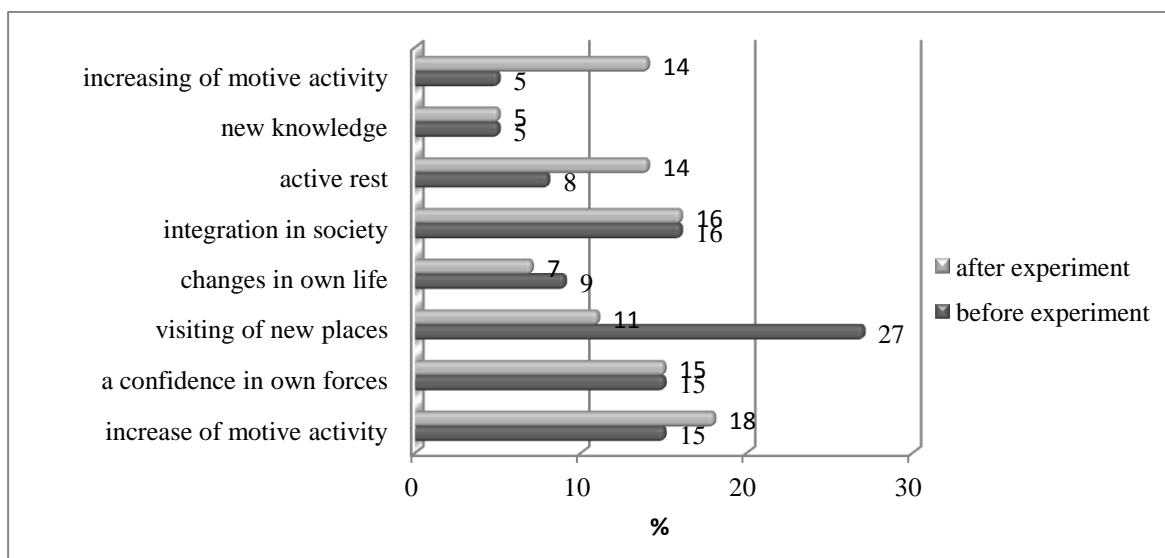


Figure 3. Change of motivation of participation children with hearing defects in tourist activity

It should be noted that the recreational and tourist measures realized during the experimental program, besides health-improving function, executed also regional educational, that influenced on the psychological and emotional state of disabled child, promoted to harmonious development, and the study of new objects, places, history, culture of edge became substantial addition of educational-breeding process.

CONCLUSION

Results confirm a hypothesis that recreational and tourist activity is one of the most substantial elements of psychological rehabilitation. It also diminishes the consequences of limitation of motive activity and assists gradual adaptation to social life.

Research results confirm the fact that the hearing defects do not limit participating in tourist activity. Efficiency of the experimental program is well-proven by the positive changes of the psychological-emotional state of children with hearing defects, increase of interest to motive activity, learning of the new knowledge and abilities from recreational and tourist activity, by harmonious development of disabled child.

LITERATURE

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