

RELATIONSHIP OF HEALTH AWARENESS TO PERFORMING SOME OF THE PHYSICAL ACTIVITIES FOR THE CHILDREN OF ORPHANAGES IN BAGHDAD

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Abstract

The importance of the research lies in the possibility to insight the interested in childhood and those in charge of the implementation of health programs to the importance of physical activity, which is associated with health awareness among children in orphanages institutions. It is an objective treatment in a large part of health care as well as it opens more future prospects in the field of health for these children and the extent of the improvement in their health responses to the different programs that offered to them. The research problem lies in finding the relationship between physical activity and health awareness for children of orphanages in order to keep their public health and determine the effect of physical activity on them. The researcher used the descriptive relational approach manner, and selected sample of children of orphanages aged between (16.8 years) for the application of search objectives. The researcher addressed the results reached statistically and organized them in illustrative tables and are discussed in a scientific manner supported by sources. The researcher concluded that there is a positive relationship between physical activity and health awareness.

KEYWORDS: Health awareness. Physical activity. Orphan care. Balance. Flexibility. Jumping from stability.

1. INTRODUCTION

Health development is one of the areas of the comprehensive development of the countries of the world to its importance which constitutes a goal, purpose and a means of development in all countries. Health awareness is considered one of the important themes in health development which enjoys all the attention. The children in orphanages are the biggest groups interested in the various countries of the world, and the care to their health is one of the essential matters that countries seek to achieve by all means possible ways.

The interest in the issue of orphan child increased in recent years, considering it a national and cultural issue, related mainly to the future of society and construction and development plan. In spite of this growing interest, there is a high percentage of these children live in difficult conditions and suffer from deprivation and many of the conditions within the community.

All the studies on the health aspects associated with the children confirmed the need to take care of the orphaned children, by providing guidance and health awareness for these children that affect their health.

For these reasons, the researcher to study the relationship between health awareness and physical activity

By reviewing the previous studies, I have noticed that there are many studies on child health problems in pre-school and during basic education for children in general, but did not discussed health problems of children in orphanages.

The researcher also noted the lack of studies on health program and physical activity in orphanages, here the idea of this study crystallized, which represented in two important branches, are; the physical health awareness within the orphanages, especially those children spend most of their time inside the orphanages.

This research derives its importance of the possibility to insight the interested in childhood and those in charge of the implementation of health programs as well as the importance of physical activity, which is associated with health awareness among children in orphanages institutions, namely: objective treatment in a large part of health care as well as opening other future ways in the health of these children and the extent of improvement in health responses towards the different programs that offered to them. The research problem focused on the loss of family for boys and living in orphanages that result in many physical and psychological health phenomena on the child and caused him weakness as a result of the deprivation suffered as a result of the loss of family. For the seriousness of this problem, which may lead to decrease fitness and health awareness among these children, leading to a negative impact on these boys, the researcher decided to examine the relationship between physical activity and health awareness in order to increase their activity and awareness of health. She sets a goal, is: identifying the relationship of health awareness by performing some physical activities for the children of orphanages in Baghdad.

2. MATERIAL AND METHODS

The researcher used the descriptive relational approach for its appropriate to solve the problem of search.

Research Sample: The study was conducted on a sample chosen intentionally from Dar Al Wazeriya orphanages, about 25 male students aged (16-18 years). 5 students were excluded for their involvement in exploratory tests of physical activity, as well as tests for paper and pen (a measure of health awareness).

Field research procedures

Identifying Tests: Through referential test, the researcher adopted the following tests in the measurement of search variables

Balance Test (Lily Al Sayed Farahat: 2007, 310-311)

Flexibility Test (Kazem Jaber Amir: 1997, 350)

Throw the medical ball weighing 3 kg of a sitting on the Chair (Osman Mohammad: 1990, 136)

The vertical jump of stability: (Mohammad Hassan Allawi: 1994, 84)

Main Test: The researcher conducted the main test of physical activity tests on the search sample on Sunday, 13/10/2013 and ended on Thursday, 17/10/2013.

As for the scale of health awareness, it was conducted on Sunday, 20/10/2013 on the same sample.

3. RESULTS AND DISCUSSION

Present and analyze the results of the mathematical averages and deviations of the sample of research.

Table 1: shows the mathematical averages and deviations of the sample of research

No	Tests	Unit of Measurement	Mathematical Averages	Deviations
1	Health Awareness	Degree	3.15	0.31
2	Flexibility	Cm	37.94	0.99
3	Balance	Second	2.46	0.35
4	vertical jump of stability	Cm	17.514	0.68
5	Throw the medical ball	Meter	1.39	0.23

Table (1) shows that the mathematical average of deciding health awareness is (3.15) and deviation (0.31), while the mathematical average of flexibility test is (37.94) and deviation (0.99), the mathematical average of balance test is (2.46) and deviation (0.35). The mathematical average of vertical jump to the top is (7.514) and deviation (0.68), the mathematical average of throw the medical ball weighing 3 kg is (1.39) and deviation (0.23). The mathematical average showed a clear reduction in health awareness and physical activity, and that the students have not exercised daily physical activity on a regular basis, which affecting their health awareness and this is consistent with what indicated by (Nahed Shawqi 2006.45).

Present, analyze and discuss the results of Pearson Labs among search variables

Table 2: shows the correlation between health awareness and physical activity

No	Search variables	Coefficient of reliability	Indication level
1	Health awareness - flexibility	0.100	0.674
2	Health awareness – balance	0.105	0.661
3	Health awareness - vertical jump of stability	0.425	0.062
4	Health awareness – throw the medical ball	0.069	0.773

Table (2) shows that there is a positive correlation between health awareness and physical activity represented in flexibility, balance, vertical jump of Stability and throw Medical ball tests that comes through the exercise of physical activity as a whole, i.e., without exercising daily physical activity, we cannot do these tests because it depends on flexibility, strength and balance. Physical activity affects the health awareness, as those children participate in daily physical activities, their health awareness increased and attention to nutrition, exterior styling and personal hygiene increased. Qandil supported this regard (Qandil 1990.170) stated that health awareness is a translation of knowledge, information correct and expertise that can be accomplished in any positive behavior had responses and effects on health and the ability to apply them.

The researcher believes that the lack of interest of educational institutions in the field of physical and health awareness at an early age, either at the household level or schools or orphanages and the content of the curriculum of key aspects in the development of physical activity and health awareness. The results also indicate the absence of an independent educational curricula for teaching physical and health activities in schools and orphanages.

4. CONCLUSIONS

1. The level of health awareness among students in orphanages was low and this is what indicated by the arithmetic of the degrees.
2. There is a positive correlation between health awareness for the children of orphanages and physical activity variables and this is what indicated by parameters, i.e., as the physical activity increased, health awareness for these children increased.

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