

Effect of Mixed Martial Arts Training on Emotional Stability Among Children with Intellectual Disability

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ABSTRACT

The purpose of study was to examine the effect of mixed martial arts training on emotional stability among children with intellectual disability. For this investigation pre-test and post-test group with control group research design was selected. The subjects chosen for the study were divided into two experimental groups and one control group, each group consisting of 35 subjects out of two experimental groups as group A Normal children group B group Intellectual disable group C Control group. Subjects of the control group were not allowed to participate in any of the training programme except in their routine activities. The experiment group was performed the MMA training program for twelve – week, subsequently emotional stability variables was selected as dependent variables for this IQ test of A. Sen Gupta and A.K. Singh was. After the collected pertinent data on emotional stability among children with intellectual disability, to identify the result of twelve - week MMA training program protocol on selected emotional stability of children with intellectual disability to recognized any significant differences between the pre-tests and post-tests means values of experiment groups and control group for selected dependent variables paired t-test was employed with the help of Statistical Package for the Social Sciences (SPSS) 16.0. The level of significance was set at 0.05 percent. The result was confirmed that after the 12 weeks mixed martial arts training programme was showed impact on emotional stability amid normal children and intellectual disabilities students, it was concluded by compared the findings of normal children and intellectual disabilities students that normal children improve more significantly than intellectual disabilities students.

1. Introduction

Physical workout and the terrific degree of bodily health are each viewed applicable for the fitness of men and women who are intellectually disabled, whilst normal bodily pastime throughout one's lifetime is advocated for the cause of prevention of sickness and the make bigger of emotional stability. Physical pastime amongst men and women struggling from mental incapacity contributes to their psycho-physical progress, helps their overall performance of primary each day things to do and will increase their motivation to live. Taking phase in activity can assist persons with mental incapacity amplify their self-respect and recognize their social skills, as nicely as collaborate with different humans struggling from the equal disability. Regular bodily recreation can be used as a preventive measure, can limit the danger to one's fitness and stop the incidence of positive illnesses, as properly as promote an energetic way of life and extend the bodily and work capacities amongst participants of this unique population. Nevertheless, many centered research have indicated that men and women with mental incapacity rating decrease effects on standardized exams of bodily health at some stage in all the phases of their existence than the participants of the populace of everyday individuals. Because of this, persons who are intellectually disabled are regularly unable to properly function daily things to do and have constrained skills for performing their work-related duties. One of the modern day research in this place has decided a direct connection between the stages of bodily health and the time wished to function every day

duties in the case of adults with mental incapacity. These findings point out that bodily pastime can enhance the fantastic of existence of folks with mental disability. Nevertheless, some research have proven that bodily state of being inactive and weight problems amongst persons with intellectual incapacity motive terrific issues for their customary health. For this reason, it is endorsed that the professionals start to consist of this populace into quite a number applications and initiatives for the advertising of health, along with higher participation in bodily activities.

2. Procedure and Methodology

To reach purpose G.C Ahuja Group Test of Intelligence was used to diagnose a student with intellectual disability. Test was conducted on 500 students with age groups of 13 to 18 years of Senior Secondary Model School Punjabi University, Patiala and Punjab. Out of 500 students 70 students were diagnosed with Mild Intellectual disability, 70 MID students were selected purposive sampling technique and 35 students with average (IQ 90-109) were selected for the study. To analyze the impact of the MMA training program for twelve – week. A Solomon three group design was used. 70 MID students and 35 students with average (IQ 90-109) were assigned to 3 equal groups; a) A Normal children group B group Intellectual disable group c) control group. 70 students of MID (IQ range 50-69) were assigned to two equal groups randomly, 35 MID students to the experimental group after pre test and 35 MID students control the group after pre test

respectively and 35 students with Average (IQ 90-109) were assigned to the experimental group without pre test. After the collection of pertinent data, to know the effect of twelve – week mixed martial arts training on emotional stability among children with intellectual disability, to find any significant

differences between the pre-tests and post-tests means values of experiment groups and control group for the dependent variables paired t-test was employed with the help of Statistical Package for the Social Sciences (SPSS) 16.0. The level of significance was set at 0.05 percent.

3. Results

Table 1
Comparison between Pre-Test and Post-Test Means of Two Experimental Groups and Control Group on Emotional Stability

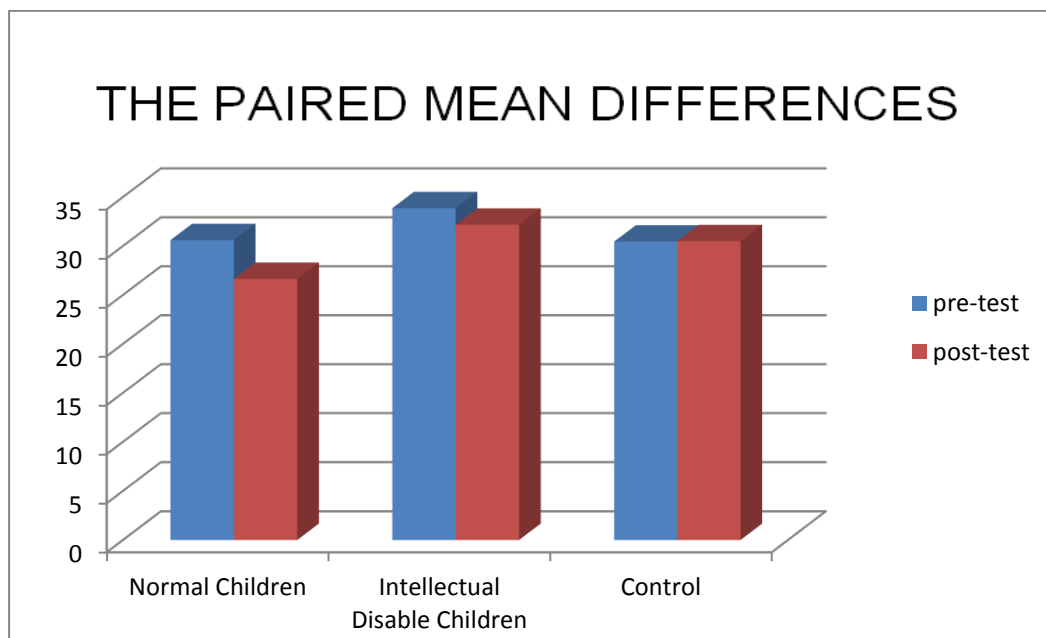
Groups	Pre test	Post test	Difference between mean	Standard error of difference	't' Ratio	P value
Normal Children	8.62	7.91	.712	.190	3.738	.001<0.05
Intellectual Disable Children	9.04	8.54	.507	.213	2.382	.023<0.05
Control	8.38	8.36	.020	.178	.115	.909>0.05

* Significant at .05 level

t.05 (34) =2.03

It was evident from Table – 1 indicated that the Normal Children group and Intellectual Disable group were significantly improved in the variable emotional stability as measured in pre-test post-test 't' ratios after participated in twelve weeks training programme 3.738 and 2.382 for two experimental groups respectively were found greater than the tabulated value 2.03 required and the p value of was below than 0.05 level of

significance. In case of control group insignificant difference found between pre-test and post-test means and obtained 't' ratio 0.115 was lesser than the tabulated value 2.03 required and the p value of control group was .909 > 0.05 higher than 0.05 level of significant. The results of Table – 1 were also obtainable in Figure - 1.



4. Conclusions

The results of the study indicated that after the 12 weeks weeks mixed martial arts training programme was showed impact on emotional stability amid normal children and intellectual disabilities students, it was concluded by compared the findings of normal children and intellectual disabilities students that normal children improve more significantly than intellectual disabilities students.

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