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THE EFFECT OF SPECIAL EXERCISES IN ACCORDANCE WITH INTEGRATION WITH NORMAL PEOPLE ON THE PERFORMANCE ENDURANCE OF PEOPLE WITH MILD MENTAL DISABILITIES IN FUTSAL

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ABSTRACT

Providing rehabilitation programs for the disabled instead of isolating them has a significant impact on developing and improving all mental and physical abilities and capabilities, thus helping the disabled individual to overcome some problems by recovering the maximum possible of their potential in life through integration with normal people and developing the learning and comprehension process effectively and quickly with the least time and effort for the disabled individual and providing special training programs away from isolation and restrictions imposed on them by society in a natural and non-isolated environment, thus eliminating the feeling of frustration and shock when failing to perform or improve and being pursued by these consequences, as well as improving the feeling of society in general towards the disabled and their abilities and increasing confidence in them and even forming friendships by integrating them with normal people and reducing the differences between them and providing services and helping them by directing them on ways to deal with society and the environment surrounding them, and through activities, events, training and sports competitions with normal people that develop the spirit of competition in an effective and strong way, here the level of the disabled can develop in a better and more beneficial way than in isolation from normal people, so the researchers saw that it should be the starting point for addressing the problem Slow development of the disabled through integration into performance and training for special exercises with healthy people to reduce the differences in the speed of development and improvement of the disabled player compared to his healthy counterpart by improving physical and skill performance and for the sake of athletic excellence and reaching distinguished levels globally in the field of Futsal for this category.

Keywords: *Special exercises, performance, endurance and mental disabilities.*

INTRODUCTION:

Sports can play a significant role in developing the physical, social, and psychological capabilities of individuals with mild intellectual disabilities. The idea of integrating people with disabilities with their normal peers into training units is an important step toward achieving integration in the training process from a technical, educational, and even social perspective for all athletes with disabilities in general, and those with mild intellectual disabilities in particular. This integration impacts them in all aspects, especially mental ones. This approach seeks to provide a comprehensive training and educational environment that supports the growth and development of all abilities, helping them reach their full potential.¹ Futsal is a dynamic sport that requires a variety of physical, functional, and tactical skills, through which athletes' abilities are distinguished and developed, and to instill a spirit of competition among them to achieve the highest level of development of these abilities by emulating and matching the performance of normal athletes from a mental, physical, and tactical perspective. This is where the idea of this research emerges.

RESEARCH PROBLEM:

The research problem revolves around the weakness in the development process for people with disabilities. This process is difficult when compared to those with normal abilities due to the differences in mental abilities between the mentally disabled and normal individuals. This is evidenced by the use of a lower level of training intensity, such as the intensity level for normal individuals, which is of a higher nature compared to those with disabilities. The significant impact of determining a player's ability level and potential is determined by the level of neuromuscular coordination, upon which the physical aspect is based, and its reflection on the skill aspect of performance during competition and before training. Training for people with disabilities is characterized by a lower level of intensity and a higher volume through repetition of exercises due to the weak response in their mental processes. Using the integration process between people with disabilities and normal individuals in training units to raise the level of development in physical and skill abilities has a significant impact on the development and improvement of all mental, physical, and skill abilities and capabilities, helping the disabled individual overcome some of the problems caused by isolation in training with others. Integrated training with normal individuals facilitates development and advancement in all abilities, primarily through the process of competing with normal individuals and then through the process of the disabled imitating normal individuals. Second, the process of observing the optimal model of performance and applying it correctly. Third, by regaining the maximum possible potential of their abilities in life in general and in training in particular.

RESEARCH OBJECTIVES:

1. Develop special exercises according to the mechanism of integrating the mentally disabled with normal individuals to develop the performance endurance of futsal players with mild mental disabilities.
2. Identify the effect of special exercises according to the mechanism of integrating the mentally disabled with normal individuals to develop the performance endurance of futsal players with mild mental disabilities.

RESEARCH HYPOTHESIS:

- There are statistically significant differences between the pre- and post-tests, in favor of the post-test, using applied physical skill exercises for the research sample.

RESEARCH AREAS:

- Human Domain: 10 players from the Iraqi national futsal team for people with mild mental disabilities.
- Location: The Youth City affiliated with the Ministry of Youth and Sports in Baghdad.
- Time frame: January 22, 2022, to May 30, 2023.

RESEARCH METHODOLOGY:

The nature of the research methodology requires the researcher to choose the nature of the research he uses, according to the requirements of the research circumstances. Accordingly, the researcher used the experimental method by designing a single experimental group with pre- and post-tests, due to its suitability to the nature of the problem the researcher wishes to address. The experimental method is "an attempt to control all the basic factors of change or dependent variables in the experiment, except for one factor that the researcher controls and changes in a specific manner, with the aim of determining and measuring its effect on the dependent variable or variables."²

Table 1. Shows the experimental design of the research

Group	Step One	Step Two	Step three	Step Four
	Pre-test	The Independent Variable	Post-test	
Experimental group	Average performance endurance	Special physical and skill-based applied exercises according to the mechanism for integrating the mentally disabled with normal people.	Average performance endurance	The difference between pre- and post-tests

RESEARCH COMMUNITY:

The research community was determined using a comprehensive census method. They comprised the Iraqi national Futsal team players with mild mental disabilities, representing 100% of the original research population (10), i.e., the entire research population. They were classified based on their degree of disability, according to intelligence tests, with an IQ of (55 to 70) on the Pixel Intelligence Scale, the highest score of which is (100) for a normal individual. They are internationally classified as having mild mental disability, and their ages ranged from 21 to 26 years, excluding goalkeepers, as goalkeepers do not participate in performing all skills. Special physical skill exercises were implemented according to the mechanism for integrating disabled players with normal players. The researcher agreed with the team's coach that the highest intensity of the training load in his methodology applied to the sample would be during the period designated for using the independent variable (special physical skill exercises prepared by the researcher). This was to better control the extraneous variables in the research, during the special preparation phase for the research sample members.

RESEARCH METHODS, TOOLS, AND EQUIPMENT USED:

1. Futsal field.
2. 20 Chinese-made Torshen five-a-side Futsal.
3. Test scoring form.
4. 50 Chinese-made small and large cones, along with five Fox whistles.
5. Cotton swabs with alcohol-free disinfectant solution, a medical glove, and a medical razor.
6. One Korean-made HP laptop.
7. Four Chinese-made Sewan stopwatches.
8. Arab and foreign sources.

TEST USED IN THE RESEARCH:

1. Average performance endurance test for futsal players with mild intellectual disabilities. A score-based scoring and dribbling test for futsal players³:
 - Objective of the test: To measure average performance endurance for futsal players with intellectual disabilities.
 - Tools used: (13) futsal balls, (11) markers, and a stopwatch.
 - Performance method: The tested player stands at the starting point next to the goal and upon hearing the start signal, he runs towards the marker which is (10m) away from the goal, then

returns to score six balls into the goal which is divided into six areas numbered from (1) to (6), three upper areas and three areas below them, each area is a square measuring (1m). Scoring is done according to the sequence of six balls located at a distance of (8m), so that he returns to the marker which is (2) meters away from the balls after each time to score. After completing the station, he runs to the middle of the field from the side to roll the ball between (9) markers of different dimensions to the other side of the field to stop the ball, then runs without the ball to a marker which is (22m) away from the end of the center line towards the other goal, to turn around the marker placed in it and return to the other side of the field for the running station on the ground ladder consisting of (8) ladders, then runs to the second scoring station to score (6) more balls on the goal according to the sequence, after which he finishes the performance, as shown in Figure (2).

- Performance Conditions: If the correct sequence is achieved, the player receives one point, and if they make a mistake, they receive zero. The first ball is scored in zone (1), the second in zone (2), the third in zone (3), and so on up to the sixth ball in zone (6). Performance at all stations and throughout the test is at maximum speed.
- Note: The highest scoring accuracy score is (12) points, and the lowest is zero.
- Scoring:

1. The time of the entire situation (test) is calculated, and the accuracy score is calculated for both scoring stations.

2. The score recorded by the player is divided by the total score to obtain a (success rate), and this is subtracted from the correct one to obtain the failure rate for performance accuracy.

3. Multiply the accuracy failure rate by the total time to produce a fraction of the performance time.

4. Add the result of the previous score as a fraction of the performance failure rate to the total time to produce the final unit of measurement for performance endurance. For example, if a player scored (8) points in scoring accuracy out of (12) and completed the test in (80) seconds, his score for the test would be:

A. Calculate the accuracy success rate: $8 \div 12 = 0.75$

2. Subtract this rate from one to produce the accuracy failure rate: $1 - 0.75 = 25.0$

3. Multiply the accuracy failure rate by the time to produce the accuracy failure time: $80 \times 25.0 = 20$

4. Add the failure time to the total time to produce the final score: $80 + 20 = 100$.

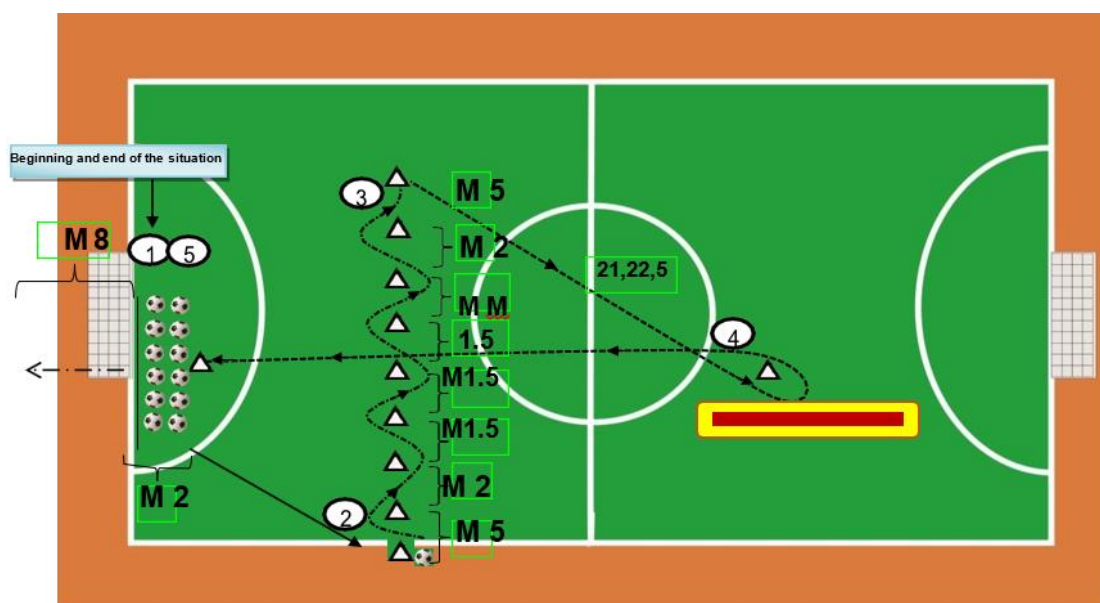


Figure 1. Shows the average performance of the load bearing capacity

EXPLORATORY EXPERIMENT:

This is a small experiment or mini-work for a general study conducted by the researcher with the aim of identifying the negatives and positives that may accompany conducting the main experiment of the research. The aim of the exploratory experiment was to:

Identify the difficulties that the researcher will face and work to avoid them, determine the time required to conduct the tests, determine the sample's ability to perform the selected tests, and determine the support team's ability to identify and determine the tests and the extent to which the tests are appropriate for the research sample. The first exploratory experiment was conducted on Sunday, February 20, 2022, to test the modified average performance endurance on two players with mild mental disabilities within the research sample. The test was conducted in the specialized hall for Futsal owned by the Ministry of Sports and Youth in Baghdad. The test was then re-administered to the same two players on February 23, 2022, to extract the scientific basis for the modified average performance endurance test. The researcher conducted an exploratory training session to apply the exercises prepared by the researcher for the research sample at maximum intensity on Sunday, February 27, 2022, to the research sample members to extract the maximum pulse for the time of the exercises used in the research. This was distributed to each (2) player. By applying (2) exercises, and to build the vocabulary of the independent variable under study according to the curriculum prepared by the trainer, and implemented under the supervision of the researcher, to determine the difficulty and suitability of the exercises with the duration of the training units, to determine the maximum pulse resulting from each exercise by determining the assumed intensity, and to determine the work and rest times for each exercise.

SAMPLE HOMOGENEITY:

In order to work to find a single starting point among all players and to control the influence of influences that may work to produce inaccurate results regarding the levels of the experimental sample for the research, and thus affect the research results, the researcher performed homogeneity for the research variable of endurance average performance, as shown in Table (2).

Table 2. Shows the homogeneity of the research sample individuals in the studied variables

Variable	Units	Mean	Std	Median	Skewness	Variation	Significance
Performance endurance	Degree	98.28	7.695	97.75	-0.705	7.830	Homogeneous

SCIENTIFIC PARAMETERS OF THE TEST:

Calculating scientific bases is a fundamental condition in research. Therefore, the efforts of those interested in testing have focused on increasing the accuracy of scientific bases, which can be indicators of their accuracy in measuring what they were designed to measure and conducting the measurement process with the least possible errors. Measurement scientists have emphasized that "validity, reliability, objectivity, difficulty and ease coefficients, and discriminatory ability are among the most important characteristics of measurement. Without them, one cannot be confident in the tool's ability to measure what it was designed to measure, nor in the accuracy of the results obtained when used."⁴ Accordingly, the modified average performance endurance test was administered to (2) players with mild mental disabilities from the research sample on February 22, 2022. The test was then repeated on February 25, 2022.

1. Validity: This is one of the most important basic concepts in the field of testing. It means that "the test measures what it was designed for, i.e., it provides a degree of reflection or representation of the individual's ability" ⁵. Therefore, the researcher used content validity,

which is "a measure of the extent to which the test represents aspects of the measured aspect" ⁶. Through the use of the opinions of a group of experts and specialists were collected through the questionnaire distributed to them. Discriminant validity was also used to extract the validity coefficient, relying on a method of arranging the test results in ascending or descending order, and taking a percentage (50%) from the highest and lowest ends of the test results using the t-test statistical law for independent samples, as shown in Table (3).

2. Reliability: Reliability means stability, meaning that if the test is administered more than once, it produces the same result. This indicates that the test-retest method is one of the most valid methods for finding the reliability coefficient in performance tests in physical education⁷. Therefore, the researcher extracted the test reliability coefficient by administering the test and retesting it on the same group of individuals, but after a period of (3) days, February 22, 2022, and retesting on February 25, 2022, using the simple correlation coefficient (Pearson).
3. Objectivity: Objectivity is one of the most important foundations that must be present in a good test, as it indicates the exclusion of the subjective judgments of the judge and reliance on the controls and foundations that were established to conduct the test and upon which the evaluation process was based. Objectivity is "an evaluation standard for knowledge that is described as certain and is based on evidence that others can prove its validity" ⁸. Therefore, the researcher extracted the correlation coefficient between the results of two of those conducting the test (judges) by matching their opinions.
4. Ease and difficulty coefficient: The ease and difficulty coefficient mean that the individuals of the research sample are distributed in a moderate distribution, which indicates the ability of players with mild mental disabilities to perform the tests well, which is neither too difficult nor too easy. Since the nature of the test is a physical and skill performance test and not a paper and pen test, the calculation of the ease and difficulty coefficient depends on the normal distribution through one of its indicators, which is the skewness coefficient, the results of which, using the ready-made program⁹ (SPSS), showed that the individuals of the research sample were distributed in an ideal moderate distribution in the test, which indicates the absence of abnormal or extreme values, and thus the results of the sample are not greatly skewed to one side of the distribution, as the values of the skewness coefficient came in a form less than (1, -1), which indicates the achievement of the moderate curve of the test among the results of the players, as in Table(3).

Table 3. Shows the results of the (scientific foundations) of the average performance endurance test

Objective foundations	Units	Top Group		lower group		T calculate d	Correlation coefficient	Skewness	Sig. value	Significance level
		Mean	Std	Mean	Std					
Honesty	Degree	96.57	3.04	107	3.57	6.66			0.001	Sig.
Consistency	Degree						0.868			Sig.
Objectivity	Degree						0.91		0.000	Sig.
Difficulty and Ease	Degree	101.78	5.93					-0.426		Normal distribution

Mechanism for Implementing Skilled Physical Exercises According to Integration with Able-Bodied Players:

- Determine the duration of the special preparation phase, which is eight weeks, and determine the number of daily training units per week, which is three.

- Determine the duration of each training unit, which is (120) minutes, by the trainer.
- Determine the duration of the main part of the training unit, which is (90) minutes, by the trainer.
- Determine the time of the independent variable (skilled physical exercises according to integration with Able-Bodied Players) to range from (20-30) minutes.
- Calculate the total time for the total training units $(120 \times 30) = 3200$ minutes.
- Include five able-bodied players in each training unit, and perform all exercises with disabled players.
- Repeat the exercises alternately, once with the able-bodied player and once with a fellow player (the mentally disabled player).
- Calculate the total time for the independent variable over the course of the curriculum implementation $(25 \times 24) = (600)$ minutes.
- Calculate the weekly training load fluctuations (1-2).
- Determine the number of physical skill exercises according to integration with healthy individuals in the training unit, which ranges from (4/3).
- Determine the training methods and techniques used in implementing physical skill exercises according to integration with healthy individuals, namely the high-intensity interval training method (80-90%).
- Determine the mechanism for using the training load components (intensity/volume/rest) according to heart rate regulation.
- Determine the rules for calculating the intensity and difficulty of the training unit according to specific equations.
 - $\text{Partial intensity percentage} = \text{Heart rate per exercise} / \text{Maximum pulse} \times 100\%$
 - $\text{Heart rate per exercise} = \text{Partial intensity percentage} \times \text{maximum pulse} / 100$
 - $\text{Percentage of difficulty of the training unit} = \text{Total (partial intensity} \times \text{exercise volume)} / \text{Exercise volume}$

FIELD RESEARCH PROCEDURES:

After identifying the variables and conditions specific to the research by conducting the field experiment, the researcher determined the days and dates for conducting the pre-tests for the research sample, including the performance endurance test and the period for applying the physical skill exercises for integration with normal individuals, as well as the dates for conducting the post-tests using the same method, as follows.

1. PRE-TEST FOR THE RESEARCH SAMPLE:

Before conducting the test, the researcher explained and clarified how the test was administered to the research sample. The pre-test was conducted to measure the average performance endurance on the research sample, consisting of (10) futsal players with mild intellectual disabilities representing the experimental group, on Sunday, February 27, 2022, at 10:00 a.m., in the indoor futsal hall at the Ministry of Youth.

2. MAIN EXPERIMENT:

The number of units was (24), from the first training unit on March 2, 2022, to the last training unit on Monday, April 25, 2022.

The researcher relied on the training curriculum established for the sample by the training staff to include physical skill exercises to develop physical skill capabilities within the sample's training curriculum. The application of these exercises for the main section of the training unit would be (20-30) minutes throughout the period of application of the curriculum components established for a period of (8) weeks, with (3) training units per week (Sunday/Wednesday/Friday). Thus, the total number of training units would be (24) units, with an average time of (25) minutes per training unit. The total would be (600) minutes, which is the time period for applying the exercises under study. They would be implemented from easy to difficult, i.e., in a scientific and gradual manner, and the training load would be standardized in a manner that is commensurate with the abilities and capabilities of the disabled players, taking into account the scientific principles specific to training this sample.

3. POST-TESTS FOR THE RESEARCH SAMPLE:

Post-tests for the research sample were conducted after the application of physical skill exercises in the main section of the training units within the training curriculum vocabulary for the research sample over the course of (24) training units. The post-tests were conducted on Friday, April 29, 2022.

STATISTICAL METHODS:

The test results were processed using appropriate statistical methods using the Statistical Package for the Social Sciences (SPSS) program, which includes the following approved rules:

1. mean.
2. Standard deviation.
3. Median.
4. Skewness coefficient.
5. Simple correlation (Pearson).
6. T for correlated samples.
7. Coefficient of variation.

RESULTS

- Presentation, Analysis, and Discussion of Results
- 1. Presentation, Analysis, and Discussion of the Results of the Average Performance Endurance Values for the Research Sample Individuals:

Table 4. Shows the differences between the pre- and post-tests in the average performance endurance values for the sample individuals

Variable	Units	Pre-test		Posttest		Mean Diff.	Std Diff.	T value	Significance level
		Mean	Std	Mean	Std				
Performance endurance	Degree/Sec.	98.28	7.695	84.349	5.821	13.931	4.864	9.057	0.000

Degree of freedom $10-1 = 9$ and significance level 0.05.

In light of the extracted data for the research sample members, Table (4) shows the differences in the values of the average performance endurance in the pre- and post-test for the research sample members. The mean value in the pre-test was ($S = 98.28$) with a standard deviation ($S = 7.695$), and the mean value in the post-test was ($S = 84.349$) with a standard deviation ($S = 5.821$). The differences between the means were ($S = 13.931$) and the differences between the standard deviations were ($S = 4.864$). Using the (T) test for correlated samples to extract statistical differences, significant differences were revealed in favor of the post-test, as its calculated value reached ($T = 9.057$) at a significance level of (0.000), a degree of freedom of (9), and a significance level of 0.05, between the pre- and post-tests. For the research sample individuals.

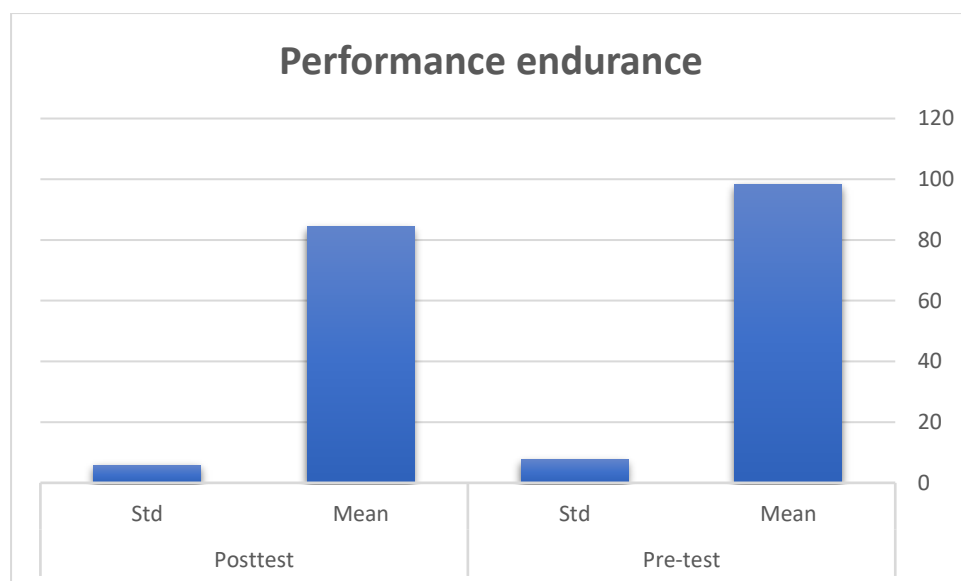


Figure 2. Shows the differences in the pre- and post-tests in the values of the variable bearing the average performance of the sample members

DISCUSSION:

The researcher attributes this improvement in physical and skill performance, demonstrated by the post-test, to the positive effects of integrating people with mental disabilities with normal individuals. This effectively helps build strong relationships that leverage various training, educational, and even social aspects. This enhances a sense of belonging, mutual acceptance, and a sense of belonging to society as a normal individual, eliminating the sense of disability that had previously been a constant presence. The researcher attributes this improvement in the training process for people with disabilities, demonstrated by the post-test results and significant differences in their favor, through new communication skills, interaction, and daily integration with their normal peers, even after the training sessions.

The researchers standardized the training load for stomach exercises, which was appropriate to the sample level in terms of intensity, volume, and rest, leading to a state of stability in performance by increasing the intensity of the training load and the complexity of the exercises during training units in a gradual manner over the time period allocated to the independent variable (specific exercises), and using appropriate rest between exercises as well as between groups within training units. That is, organizing the training load is based on a scientific basis through intensity, volume, and density in a manner appropriate to the sample level. The loads used are standardized at the athlete's level, through the maximum pulse index and its return to the normal level before starting, from one repetition to the next, and from one group to the next, as "one of the most important basic factors for developing performance endurance is that the training load is compatible with the athlete's level, degree of training, and age" ¹⁰.

The development that individuals with disabilities in the research sample could achieve was achieved through utilizing mixed training sessions with individuals with normal abilities. This motivation for achievement was enhanced by their frequent attempts to imitate the normal individual and achieve the same level of performance as the normal individual, setting a distinguished example in physical and skill performance through participating in exercises together. Joint performance in training sessions builds self-confidence, as integration helps improve and build self-confidence among disabled players, making them feel like an integral part of society.

The improvement achieved by individuals in the research sample stems from the sense that individuals with mental disabilities in general, and athletes in particular, have changed society's perception of them through the contribution of integration with normal individuals. This allows them to feel that there are no individual differences with normal individuals, and a change in the perception of people with mental disabilities through encouragement. This encourages them to become more accepted and appreciated

within the team and even within the family, which leads to increased energy and effort during training sessions and even during testing.¹¹

The physical and skill development of the research sample members is also attributed to the competitive spirit created by the sense of challenge, which produces an effective level of effort. The mentally disabled athlete's ability to rise to the potential challenge and feel it in training sessions, by striving to achieve good performance and keeping pace with normal players, provides the mentally disabled with a high level of motivation during performance, creating a competitive atmosphere to achieve good physical and skill performance.

The role of the additional support needed by mentally disabled athletes from normal individuals is an important factor in motivating the mentally disabled athlete to perform well physically and skillfully, and to move quickly toward improvement and development, which is often tangible through calculating performance times and skill forms within the exercises performed within training sessions each week to meet their individual or group training needs.¹²

Including five able-bodied players in all training sessions and performing all exercises with mentally disabled players has a significant impact on physical and skill performance. The repetitions of the exercises alternate, one with the able-bodied player and the other with a fellow (mentally disabled) player on the team, to develop teamwork and cohesion. The first performance has a motivating effect, while the second performance with a fellow player is designed to stimulate the spirit of competition. The disparity in the abilities of disabled people compared to their able-bodied peers eliminates the difficulty of keeping up with performance differences by providing training programs specifically designed for integration with able-bodied players. The improvement achieved through integrating training with able-bodied players gives the mentally disabled player a path to being of equal ability and competence to that of the able-bodied player, and a sense of satisfaction and happiness that there are no differences between them.¹³

The method used in training (high-intensity interval training) enables the trainer to control and manage the intensity and rest of each exercise between repetitions within and outside each group, and this is what the researchers implemented, as the application and implementation of this type of training affects the muscles, i.e. they perform their role during physical effort well through the application of special exercises due to the intensity followed (high) in the exercises, which makes the ability of the muscles to improve their capabilities in the case of performance and delays the appearance and feeling of fatigue.¹⁴ Also, the nature of the volume of special exercises used is not high due to the high intensity of their performance and the rest period increases and rises relatively without becoming sufficient, as well as using it positively (positive rest) between repetitions of exercises and groups, taking into account reducing rest with the aim of improving and developing the training load and maintaining the volume and intensity of exercises within the permissible limits of the players' capabilities and abilities. Therefore, repeating a group of exercises interspersed with rest periods, and this rest depends on the intensity of the load used and the direction of its effect, whether to develop aerobic or anaerobic work.¹⁵

CONCLUSIONS:

1. The success of integrating disabled players with able-bodied athletes is achieved through training units that utilize special physical skill exercises in the main section and training them in conjunction with able-bodied athletes.
2. Proper planning using exercises designed by the researcher, such that the performance is performed once with an able-bodied athlete and then repeated with a fellow athlete, is essential for developing collaborative work and performance, understanding, and simulating the performance requirements of competition.
3. Continuous training using an integrated approach between disabled and able-bodied athletes is one of the factors influencing success and improvement in performance, both physically and skill-wise, providing an indication of the physical and skill development of the research sample.
4. The supportive environment in preparing for integrated training provides a true indicator of the development and improvement of skill and physical effort, with motivation and encouragement of the player through the performance of able-bodied athletes, as demonstrated by the research

findings reached by the researcher and the value of the post-test differences, which were significant for the research sample members.

RECOMMENDATIONS:

1. Integrating people with disabilities with those with normal abilities into sports training programs is of great importance.
2. The need to develop special training programs tailored to the abilities of individuals with mild mental disabilities.
3. Study the impact of integrating people with disabilities with those with normal abilities into training programs on improving social and psychological interaction.
4. Encourage sports institutions to adopt inclusive training programs that contribute to developing the physical, social, and psychological capabilities of individuals with mild mental disabilities.

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