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Research Article

## EFFECT OF EIGHT WEEKS OF HANDBALL EXERCISES ON SOCIAL DEVELOPMENT OF STUDENTS

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## ABSTRACT

In this study, the effects of eight weeks of handball exercises on social development of Khorramshahr high school male students were surveyed using Witsman social development questionnaire. This research used a quasi-experimental method. The sample was composed of 40 subjects who were selected using cluster sampling. Comparison of various aspects of individual and social development in experimental and control groups showed that there are significant and positive factors at  $p < 0.5$  level difference. After eight weeks of handball exercises, there was a significant difference regarding all aspects of social development except hope and optimism. Team sports of handball made significant progress in social development and its dimensions.

**Keywords:** Handball Exercise, Social Development, Students, Jahrom.

## INTRODUCTION

How to interact and communicate with each other has been concern of all people all around the world in the past and the present. Mankind, always have tried to pave path for issues such as business using communicative skills to meet their essential needs. Social development is to improve social behavior, so it is consistent with its population. A person is called sociable when not only seen with others, but to interact with them<sup>2</sup>. Social development is the indicator of those competencies that in association with a range of environments show our learning.

Social development study aimed at determining the extent to which an individual is able to perform activities of daily living or social interactions<sup>1-3</sup>. Social development is another kind of growth even harder to diagnose than mental development<sup>3</sup>. So this issue is more important among adolescents and young adults who are gaining experience and starting progress. Adolescence is considered important for physical growth that soon leads to sexual maturity and the ability of reproduction in one hand, and as a result of mental growth in another hand creates a competent social personality. Everything is changing during these years<sup>4,7</sup>. It would have to be developed, so that the person could acquire independence, accountability and communication skills as well as prospectiveness to

achieve an acceptable social development. One way to achieve social development is to be engaged in sports activities, which in most cases is a good way to show off without any side disadvantages. Team sports such as handball due to their spirit of the plurality of participants interacting with each other can play an important role in social development.

Research suggests physical activity as an essential component of children and adolescents behavior. Therefore, an individual's level of social development will be required to satisfy their basic needs<sup>8,9</sup>. Shoari nejad (1991) believes that social development means that individuals will be able to socialize, in other words, when a person learned to act in conformity with the criteria and mood of a group and reached the stage to interact and communicate with his community he is known to be socially grown<sup>2</sup>.

Advances in technology and automation industries and job have increased industrial relations based on the task and role of the individual and the relationship among groups of individuals has lost the spirit of emotion and cooperation. Also, in a more detailed and closer look we can observe the scourge of war and behavioral consequences of it in Khorramshahr daily life that adds to the previous problems. Such issues affect specific age groups such as adolescents more severely, according to their certain psychological conditions. Adolescence is a period of not only rapid physical

change, but also social and psychological characteristics; it is the transition period from childhood to adolescence<sup>2</sup>. So, this transition affects the social development of children and teenagers who are growing personality. If these effects are negative, it can make them faced with personal problems when adults.

Since the physical and psychological problems are closely linked together, so with physical exercises can also help to overcome psychological problems. team sports cause extraversion that makes individuals to become more social<sup>10,12</sup>. Now the question arises, whether it is the influence of these group activities on social development?

### METHODOLOGY

The current study is a quasi-experimental study using Witsman social development questionnaire to evaluate the research hypotheses.

#### The population

The survey population consists of all 13 to 18 year high school male students in the city of Khorramshahr in the academic year of 2007-2008. (N=7116)

#### Sample

In this study, cluster sampling has been done, so five schools were randomly selected from the schools of the city of Khorramshahr. Then a total number of 200 social development questionnaires were randomly distributed among students of three schools. Then, based on analyzing the responses, 40 students who had the lowest score in terms of social development were selected as samples.

#### Measuring Tools

Witsman social development questionnaire has 25 questions that determine social growth of people aged 13 to 18 years. It assesses 4 dimensions of independence, accountability, communication, and compatibility with others and hope and optimism.

#### Research findings

Social development as well as its different aspects of has been assessed in pre-and post-test in two experimental and control groups using a questionnaire. The results of the tests are given in the tables.

**Table 1 Descriptive statistics for the entire sample at pre-test score**

Maximum score	Minimum score	Standard deviation	The mean	The number	Statistical indicators of dimensions
6	1	366.1	93.4	40	independence
7	1	256.1	75.4	40	accountability
25	12	129.3	58.19	40	compatibility and communication
13	4	00.2	28.8	40	Hopefulness
00.45	00.30	76.3	55.37	40	Total social development

Eight weeks of handball exercises have an influence on social development, sense of independence, a sense of accountability, compatibility and communication, hopefulness and optimism of male students.

There is a significant difference between experimental group and control group regarding social development after eight weeks of handball exercises. There is a significant difference between experimental group and control group regarding Sense of independence. There is a significant difference between experimental group and control group regarding

sense of accountability. There is a significant difference between experimental group and control group regarding adaptation and communication. There is no significant difference between experimental group and control group regarding hopefulness and optimism. The results showed that eight weeks of handball exercises has had an impact on all aspects of social development and social progress in general, except for hopefulness and optimism. Also, Social growth in the two groups differ, and these differences are all significant in the  $p < 0.05$  level.

**Table 2: Results of the independent t-test for the impact of handball exercises on social development of the students (the experimental group)**

P	Df	T value	The mean difference	Standard deviation	The mean	The number	Statistical indicators of subjects
001.0	19	-06.14	-5	354.3	25.37	20	Experimental group pre-test
				075.3	25.42	20	Experimental group post -test

**Table 3: A comparison of social development of the posttest between experimental group and the control group**

P	Df	T value	The mean difference	Standard deviation	The mean	The number	Statistical indicators of subjects
001.0	38	-817.3	-55.4	354.4	70.37	20	Control group
				075.3	25.42	20	subjects

## DISCUSSION

According to the research findings, eight weeks of handball exercises have an influence on social development, sense of independence, a sense of accountability, compatibility and communication, hopefulness and optimism on male students. findings that show a weak association between the socialization and independence through exercise<sup>13-15</sup>. This inconsistency may be due to different research settings. Since the independence values obtained from the participating students in handball exercise are appropriate, and according to these results, we can say that a group exercise creates a suitable setting to promote the level of independence in teens and young individuals.

Sense of independence at an acceptable level show significant effects on the lives of individual, so that the person can, with high confidence make decisions and only rely on their abilities, without dependence on others to reach their goal. Having such people together in a community provides a community with improvements.

The findings showed that accountability among students who participated in handball exercises had the higher level than those who were not present at the exercise. In the investigations, accountability has been studied as one aspect of social development in terms of social development and has not been dealt with separately. Results comparing the two experimental and control groups regarding compatibility and communication showed that there is a significant difference between the two groups in regard to the compatibility and communication after eight weeks of handball exercises. In other words, compatibility and communication among students participating in team handball exercises is in a higher level than those who have not participated in the exercises<sup>11</sup>.

Based on the findings, handball exercises can enhance the compatibility and communication of students and this will contribute to the advancement of the society. Clearly, having such a personality feature or trait provides the possibility to interact with others to achieve their individual goals.

The results obtained from the comparison between the two experimental and control groups regarding hopefulness and optimism showed no significant difference after eight weeks of handball exercises in both groups<sup>9</sup>. This inconsistency may be due to factors such as educational, cultural, and economical differences of subjects.

The finding of this study on the comparison of social development in experimental and control after eight weeks of handball exercises showed that there are significant differences between the social developments of the two

groups. In other words, students who participated in the handball exercise had higher levels of social development than those who did not participate in practice, significantly<sup>14-17</sup>.

## CONCLUSION

Handball as a team sport can develop and enhance student's social development. Socially developed society means that there are people who can do their work independently and assume yet the responsibility to do different things.

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