Chapter – III

Methods and Procedure
In this study the survey method is used.

Survey Method

The survey method gathers data from a relatively large number of cases at a particular time. It is not concerned with the characteristics of individuals as individuals. It is concerned with the statistics that result when data are abstracted from all number of individual cases. It is essentially cross-sectional.

In present study we analyzing Deaf & Dumb, blind and normal boys physical fitness. First step is to get the fact about the situation that is developing this data may be gathered from surveys of the entire population other are inferred from a study of a sample group carefully selected from the total population. At times the survey may described a limited population that is the only group under consideration.

The survey is an important type of study. It must not be confused with the mere clerical routine of gathering and tabulating figures. It involves a clearly defined problem and definite objectives.
It requires expert and imaginative planning, careful analysis and interpretation of the data gathered, and skillful reporting of the finding.

Survey means to study the present status of particular things. e.g. every ten year we make our census. Survey method given the real fact, present status of the things.

A Survey study describes and interprets what is it is concerned with conditions or relationship that exist, opinions that are hard, processes that are going on, effects that are evident, or trends that are developing. It is primarily concerned with the present, although it often considers past events and influences as they relate to current conditions.

In present study researcher measure the physical fitness of deaf-dumb, blind and normal boys that’s why researcher used the survey methods for the present study.

3.1 Pilot Study

To be familiar to the problem of solutions to conduct the study the pilot study is necessary.
3.1.1 Pilot Study

On own experience of researcher & consulting with experts in Physical education will selected the test items to be measure explosive power, strength & speed of hand, leg & as well as hole body, To conduct test a pilot study will be conducted & the procedure of collection of data will be related with minimizing problem & difficulties noted in pilot study. The score of sample noted in pilot study will be added in final data collection.

3.2 Selection of Sample

a. The list of blind & deaf-dumb schools collected from Marathwada Region Divisional office of Social Justice department.

b. These schools were classified in urban and rural areas. Out of these 80 percent schools from urban and rural areas each selected randomly for the study.

c. The lot of schools from Marathwada Region collected from Latur and Aurangabad Divisional Education Director office.

d. The number of normal students schools selected randomly in proportion to blind, deaf & dumb urban & rural school.
e. The list of students participated in inter-school tournament collected from head of department of sport selected school, & selected as sample for the study.

f. The samples score 1350 out of which 450 blind, 450 deaf and dumb and 450 normal students.

3.3 Data Collection

The selected test will be administered on the selected sample with expert tester. The sufficient time will be given in the interval of each test. The test will be administered in morning and evening session. The score of sample will be noted & this will be the raw score.

The statistical analysis of the data gathered for the comparison of physical fitness of deaf & dumb students and Blind students given in this chapter. The raw and composite scores are given in the Appendix A, B and C.

The data was collected on the basis of their performance in Test items. The following three items were conducted for deaf and dumb, Blind and normal students groups.

a) Running
b) Standing Broad Jump
c) Chin-up
The mean and standard deviation of both the groups of the above mentioned items were found. After the mean and standard deviation of all the three items i.e. running long jump and chin-up were found, with the help of mean and standard deviation of the raw scores the comparison of all the three groups has been made.

For testing the hypothesis that there was significant difference in physical fitness of all the three groups the level of significance was set at 0.01 percent.

The students in three groups i.e. Deaf & Dumb, Blind and Normal are compared in three different test items in following order.

**Explain Separately**

100 mt running for Normal
100 mt running for Deaf & Dumb
100 mt running for Blind
Standing Broad Jump for Normal
Standing Broad Jump for Deaf & Dumb
Standing Broad Jump for Blind
Chin-Up for Normal
Chin-Up for Deaf & Dumb
Chin-Up for Blind
3.4 100 meters Running for Normal Students

Purpose: To measure a speed.

Facilities and Equipment

An area on a track or play ground with a starting line a 100 meters run course and a finish line. Two stop watches, clap/gun.

Procedures

After a short warm-up period the child takes a position behind a starting line. Best results are obtained when 2 children run at the same time for competition. The starter uses the command “Are you ready? Get Set and Go!” The latter is accompanied by a downward seep of arm as a signal to the timer. The children run across the finish line.

Instruction

You may take any position behind the starting line you wish. On the command “Go” you are to run as fast as you can across the finish line. Do not slow up until you are across the finish line. Then you may slow down gradually.

Scoring

The score is the elapsed time to the nearest tenth of a second between the starting and the instant the child crosses the finish line.
Illustration 3.1: Normal Students in Running Position
3.5 100 meters Running for Blind Students

Purpose: To measure a speed.

Facilities and Equipment

An area on a track or playground with a starting line a 100 meters run course and a finish line. Two stop watches, clap/gun, one Haki.

Procedures

After a short warm-up period the child takes a position behind a starting line. Best results are obtained when 2 children run at the same time for competition. The starter uses the command “Are you ready? Get Set and Go!” The latter is accompanied by a downward seep of arm as a signal to the timer. The children run across the finish line. For this procedure Researcher used the ‘Halk’ a musical instrument for the blind students to give the instruction about the running.

Instruction

You may take any position behind the starting line you wish. On the command “Go” you are to run as fast as you can across the finish line. Do not slow up until you are across the finish line. Then you may slow down gradually. For this Researcher used the ‘Haki’ instrument for giving the instruction about the running for blind
students that run across finish line from where a noise of Haki is coming.

**Scoring**

The score is the elapsed time to the nearest tenth of a second between the starting and the instant the child crosses the finish line.
Illustration 3.2: Blind Students in Running Position
3.6 100 meters Running for Deaf & Dumb Students

**Purpose:** To measure a speed.

**Facilities and Equipment**

An area on a track or play ground with a starting line a 100 meters run course and a finish line. Two stop watches, One Flag.

**Procedures**

After a short warm-up period the child takes a position behind a starting line. Best results are obtained when 2 children run at the same time for competition. The starter uses the command for a Deaf & Dumb boys indicate by the help of flag down. The latter is accompanied by a downward seep of arm as a signal to the timer. The children run across the finish line. For this procedure Researcher used the 'Halk' a musical instrument for the blind students to give the instruction about the running.

**Instruction**

You may take any position behind the starting line you wish. On the command "flag down" you are to run as fast as you can across the finish line. Do not slow up until you are across the finish line. Then you may slow down gradually. For this Researcher used the 'Haki' instrument for giving the instruction about the running for
blind students that run across finish line from where a noise of Haki is coming.

**Scoring**

The score is the elapsed time to the nearest tenth of a second between the starting and the instant the child crosses the finish line.
Illustration 3.3: Deaf and Dumb Students in Running Position
3.7 Standing Broad Jump for Normal Students

This test measures the power of legs in jumping horizontal distance and may be applied to children of both sexes aged seven years and above.

Equipment

Long jump pit may be used, measuring tape, marking tape/chalk or a peg.

Test Administration

A demonstration of the standing broad jump is given to a group of subjects to be tested. The subject is then asked to stand behind the starting line with the feet parallel to each other. He is instructed to jump as farthest as possible by bending knees and swinging arms to take off for the broad jump in the forward direction. The subject is given three trials.

Scoring

The distance between the starting line and the nearest point of landing provides the score of the test. The best (maximum distance) trial is used as the final score of the test.

Comments

This is quite simple, practical, reliable and objective test of measuring athletic power of legs in jumping forward.
Illustration 3.4: Normal Students in a Standing Broad Jump Position
3.8 **Standing Broad Jump for Blind Students**

This test measures the power of legs in jumping horizontal distance and may be applied to children of both sexes aged seven years and above.

**Equipment**

Long jump pit may be used, measuring tape, marking tape/chalk or a peg.

**Test Administration**

A demonstration of the standing broad jump is given to a group of subjects to be tested. The subject is then asked to stand behind the starting line with the feet parallel to each other. He is instructed to jump as farthest as possible by bending knees and swinging arms to take off for the broad jump in the forward direction. The subject is given three trials.

**Scoring**

The distance between the starting line and the nearest point of landing provides the score of the test. The best (maximum distance) trial is used as the final score of the test.

**Comments**

This is quite simple, practical, reliable and objective test of measuring athletic power of legs in jumping forward.
Illustration 3.5: Blind Students in a Standing Broad Jump Position
3.9 Standing Broad Jump for Deaf & Dumb Students

This test measures the power of legs in jumping horizontal distance and may be applied to children of both sexes aged seven years and above.

**Equipment**

Long jump pit may be used, measuring tape, marking tape/chalk or a peg.

**Test Administration**

A demonstration of the standing broad jump is given to a group of subjects to be tested. The subject is then asked to stand behind the starting line with the feet parallel to each other. He is instructed to jump as farthest as possible by bending knees and swinging arms to take off for the broad jump in the forward direction. The subject is given three trials.

**Scoring**

The distance between the starting line and the nearest point of landing provides the score of the test. The best (maximum distance) trial is used as the final score of the test.

**Comments**

This is quite simple, practical, reliable and objective test of measuring athletic power of legs in jumping forward.
Illustration 3.6: Deaf & Dumb Student in a Standing Broad Jump Position
3.10 Chin-Up for Normal Students

Procedure

The subject hangs from a horizontal bar and pulls himself up until his chin is above the level of the bar. The student asked by the Researcher until the arms are fully straight. He hangs himself with a natural grip on the horizontal bar. He is not permitted to kick, swing or to rest. He continues at a moderate rate of speed to do the movement as long as possible.

Apparatus

Chinning could be performed on the horizontal bar. The space should be from three to four feet wide and the bar eight feet above the ground. Steps should be provided at each bar for those unable to jump and reach the bar easily.
Illustration 3.7: Normal Student in Chin Up position
3.11 Chin-Up for Blind Students

Procedure

The subject hangs from a horizontal bar and pulls himself up until his chin is above the level of the bar. The student asked by the Researcher until the arms are fully straight. He hangs himself with a natural grip on the horizontal bar. He is not permitted to kick, swing or to rest. He continues at a moderate rate of speed to do the movement as long as possible.

Apparatus

Chinning could be performed on the horizontal bar. The space should be from three to four feet wide and the bar eight feet above the ground. Steps should be provided at each bar for those unable to jump and reach the bar easily.
Illustration 3.8: Blind Student in Chin Up position
3.12 Chin-Up for Deaf & Dumb Students

Procedure

The subject hangs from a horizontal bar and pulls himself up until his chin is above the level of the bar. The student asked by the Researcher until the arms are fully straight. He hangs himself with a natural grip on the horizontal bar. He is not permitted to kick, swing or to rest. He continues at a moderate rate of speed to do the movement as long as possible.

Apparatus

Chinning could be performed on the horizontal bar. The space should be from three to four feet wide and the bar eight feet above the ground. Steps should be provided at each bar for those unable to jump and reach the bar easily.
Illustration 3.9: Deaf and Dumb Student in Chin Up position