



Research Article

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# Psychological Satisfaction of Parents of Young Football Players with a Mosaic Form of Down syndrome By the Quality of Sports Training

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## Abstract

Physical culture and sports are still an effective means of rehabilitation and social integration of persons with weakened health. They allow people with disabilities to fully discover all their functional reserves and be active members of society. In this regard, the further development of physical culture and sports work with people with various health problems is very promising. One of the types of such activities is football groups, where children and young people with Down's syndrome are becoming more active. For athletes with a mosaic form of Down's syndrome, it is very important, first of all, that there are conditions for practicing football, that is, a gym with inventory, as evidenced by high marks to the quality of the classes. The use of visual training methods (instructions, drawings, schemes) in training improves the interaction of athletes with the coach, facilitates the assimilation of the training material and thereby increases the motor density of the session. It is clear that the personality of the coach plays the leading role in the training process. From how competently he interacts with his athletes, how attentive to them, how much he carries them into playing sports ultimately depends the result of his activities and the success of the students. It is also very important attention to the success of young athletes with a mosaic form of Down syndrome. Promotion of football among them and their active encouragement for sports success is a serious incentive for their further employment in football and increases the popularity not only of this sport, but also of a healthy lifestyle.

**Keywords:** Down syndrome; Football; Training; Psychology; Satisfaction

## Introduction

Violations in the human body are always accompanied by a weakening of its reserve capabilities; which requires an effective correction [1,2]. Its effective option is regular physical activity; which is actively used in our time in healthy and patients with various pathologies [3-5]. The modern organization of adaptive physical culture and adaptive sports in Russia is still significantly different from the system of organization of healthy children, young people, adults and does not allow to fully implement the standard rules for ensuring equal opportunities for people with disabilities [6]. Absence of real

conditions and practical realization of the rights of different categories of disabled people is largely due to the insufficient scientific and practical development of the problem of managing the development of adaptive sports in the regions of the Russian Federation [7]. At the moment in Russia; only a small part of people with disabilities are involved in physical fitness and sports work [8]. In this regard; the development and optimization of the activities of sports associations in the form of clubs; associations; federations should serve as a strong incentive for the development of adaptive sports for the disabled of many nosological groups [9].

Physical culture and sports are still an effective means of rehabilitation and social integration of persons with weakened health [10,11]. They allow people with disabilities to fully discover all their functional reserves and be active members of society [12]. In this regard; the further development of physical culture and sports work with people with various health problems is very promising [13,14]. One of such activities is football groups; where children and young people with Down's syndrome are more actively involved [15].

At the same time; there are still no specialized sports schools for football for people with Down syndrome. For them; there are very few specially created halls and grounds. The training process with children with Down's syndrome often takes place on the basis of ordinary sports schools or; if conditions permit; on the basis of boarding schools. This situation cannot fully meet the needs of children and boys with Down syndrome; regularly engaged in football. Objective: to identify the most important points for the successful work of a football group for young men with a mosaic form of Down syndrome.

## Materials and Methods

The study was approved by the local ethics committee of the Russian State Social University on September 15; 2017 (protocol No. 9). The study was conducted on the basis of the Russian State Social University in Moscow; Russia. A questioning of one of the parents of 32 players with a mosaic form of Down's syndrome aged 12-14 was conducted on the basis of the Russian State Social University. The study uses two questionnaires: "Requirements for the quality of employment in a sports group" (Table 1) and "Indicators of athletes' satisfaction with the work of a football team" (Table 2).

In order to establish the importance of the requirements for the quality of the classes and evaluate the work of the football team; the respondents were asked to indicate the degree (score) of their importance on a 10-point scale (1 point minimum; 10 points maximum). At the same time; depending on the degree of importance of the requirement and the score expressed in points; the answers were divided into groups: 9-10 points - "extremely important"; 7-8 points-"very important"; 5-6 points-"quite important"; 3-4 points-"not very important"; 1-2 points-"absolutely not important".

The results of the questionnaire were tabulated and processed using the mean value method (calculations were performed using the standard Microsoft Excel for Windows software package).

## Results and Discussion

The results of statistical processing of data on the degree of requirements for the quality of employment in the sports group of

young athletes with a mosaic form of Down syndrome are presented in Table 1.

No	Requirements for the quality of employment in a football group	X	$\sigma$
1	Availability of showers and spacious; warm changing rooms; points	9;66	0;778
2	Free lessons; points	9;58	1;164
3	Presence of specially equipped hall; points	9;33	1;775
4	Well-designed training program; scores	9;25	1;422
5	Constant attention to athletes and an individual approach to them in training; points	9;25	1;422
6	Sufficient number of official competitions held at the local level; points	9;16	1;642
7	Possibility to have a snack after classes in a canteen or a cafe; points	9;0	1;858
8	Qualitative sports equipment; points	8;83	2;329
9	Organization of photo exhibitions of sports achievements; points	8;83	2;208
10	Not indifferent (enthusiastic; active) coach; points	8;50	1;977
11	Convenient training schedule; points	8;50	2;067
12	Possibility of obtaining sports qualification (rank; rank); points	8;25	3;493
13	Involvement of volunteers in the section; points	7;33	2;741
14	Possibility to regularly hold friendly meetings with healthy athletes; points	5;91	2;353
15	Advertising the work of the sports section in the media; points	5;58	4;010
16	Having a qualified trainer with experience in dealing with people with Down's syndrome; points	5;58	3;964
17	Conducting educational work with athletes; points	5;50	3;205
18	The location of the training hall is close to the athletes' residence; points	3;75	3;720

**Table 1:** Results of statistical processing of the requirements of parents of sportsmen-players with a mosaic form of Down syndrome to the quality of employment in a football group.

The study found that in the group "extremely important" (9-10 points), respondents classified seven requirements. Leading positions took the requirements: "the availability of showers and spacious, warm dressing rooms" (9.66 points), free classes, (9.58 points); "the presence of a specially equipped hall" (9.33 points). It is worth noting that the social conditions of young athletes are different; so free classes are an important stimulating factor; as many sports sections outside schools are paid for. The football hall is undoubtedly one of the most important components of the training process; both for healthy athletes and for athletes with Down syndrome. But with regard to the practice of training football players with Down syndrome; it will be logical to have educational video films on football; visual means (light) for signaling the end or beginning of technical action. All these funds; of course; will help in mastering the training material for young athletes; this is evident from the assessments (9.33 points); which received the criterion "the availability of a specially equipped hall."

It was found out that in the opinion of parents; young athletes with Down's syndrome have a great desire to apply the acquired skills in competitions of various rank especially within the region. This is evidenced by the requirement "a sufficient number of competitions held at the local level" (9.16 points). At this point; attention should be paid to the regional and city sports committees to provide active

assistance in the conduct and preparation of football competitions for this contingent.

The group "very important" (7-8 points) included six requirements. Two requirements scored equally high score "quality sports equipment" and "organization of photo exhibitions of sports achievements" (8.83 points). This suggests that the availability of quality equipment for athletes with Down syndrome will help improve the development of football equipment and the training process in general. For children with disabilities; any achievements are significant; therefore the organization of photo exhibitions of sports achievements is an additional incentive for beginning football players; increases their self-esteem and authority among their peers; and makes them improve in the chosen sport.

High marks (8.50 points) received the requirements of "indifferent (enthusiastic; active) coach" and "convenient training schedule." Analysis of the data of the special literature showed that the disabled of this nosological group are very difficult to contact. To earn the trust of this category is possible only with a sincere attitude of the trainer to his business and to those involved. Therefore; for people with Down's syndrome; the coach is the person who can not only teach them the technical techniques of football and spend interesting time with them; but also will really involve them in the sports world; will become a

reliable guide in the matter of socialization and integration into society [16,17].

No	Indicators of psychological satisfaction	X	σ
1	Use of quality inventory in training; points	10;0	0;00
2	Annual solemn summarizing of the activities of the football section in your school; points	10;0	0;00
3	Interesting communication with the coach; points	9;81	0;404
4	Coaching activity; points	9;72	0;646
5	Enjoy competitive methods in the classroom; points	9;54	0;820
6	Like winning; points	9;36	1;566
7	Opportunity to participate in soccer competitions among people with Down syndrome in their region; points	9;36	1;501
8	The possibility of using the acquired knowledge not only in training; points	9;18	1;470
9	I like the chosen sport; points	9;00	1;949
10	Use in the classes of various tablets with the name of technical actions; points	8;90	2;300
11	Possibility to participate in All-Russian football competitions among people with Down syndrome; points	8;81	1;778
12	Possibility of further improvement of the received technical actions; points	8;63	2;110
13	Emotionality of classes (high; medium; low); points	8;63	2;838
14	Holding open competitive football competitions inside the school with the invitation of parents and friends; points	8;54	2;161
15	Increased level of physical fitness; points	8;36	1;629
16	Possibility of communication in the section in the circle of like-minded people; points	8;36	2;157
17	Increase in mobility levels in training; scores	8;27	2;284
18	Program of training (complex or vice versa too simple); points	7;63	1;629
19	Knowing the coach the characteristics of individuals with Down's syndrome; points	7;45	3;045
20	Interest and diversity to the material offered by the trainer; points	7;18	1;167
21	Help for volunteers in the classroom; points	6;09	4;134

**Table 2:** Results of statistical processing of data on the satisfaction of parents of football players with a mosaic form of Down syndrome by the work of a football group.

In the group "quite important" (5-6 points); athletes ranked four requirements; the leading position among them was the requirement "the opportunity to regularly hold friendly meetings with healthy athletes" (5.91 points). Obviously; this is due to the desire of football players with Down syndrome to show their abilities not only among athletes with intellectual disabilities; but also with healthy peers; to acquire a sporting experience in sports battles with them and; of course; the possibility of informal communication outside the training process.

It was also found out that the highest scores were received by ten indicators; which are classified as "extremely important" (9-10 points). Two indicators received an equally high score of "use of quality inventory in training" and "an annual solemn summarizing of football activities in your school" (10.0 points). Apparently; the high ratings for the criterion "the use of quality equipment in training" is due to the fact that the presence of a special coating allows you to fully carry out

football training. Summing up the work of the section is also very important. It plays a big role for young athletes and stimulates their motivation for soccer. High scores were also scored "interesting communication with the coach" (9.81 points) and "coach activity" (9.72 points). In this connection it is clear that in the work with individuals with Down's syndrome; the personality of the coach occupies one of the key roles; and further sports growth of students and their social activity largely depends on his talent and pedagogical skills. The rating "I like the chosen sport" (9.00 points); which characterizes football as a kind of sports activity in which they want to develop themselves; show their best skills and skills; was also classified as extremely important.

The group "very important" 7-8 points included eleven ratings. One of the first places was the evaluation of "use of various tablets with the name of technical actions" (8.90 points). This is due to the fact that it is very difficult for a coach working with athletes who have Down's syndrome to convey to their students educational material or its

semantic meaning. This is especially important in the methods; where athletes require high coordination and accuracy of technical actions. And the use of various visual aids helps students to better understand and quickly learn the teaching material. In the same category; there was an assessment of "the possibility of communicating in a section with like-minded people" (8.36 points). This should be related to the age of those involved. So; for teenagers the opinion of friends is very important; the evaluation of their activity in school and beyond the educational process in everyday life. It is important that the high scores (7.45 points) in the assessment of "the trainer's knowledge of the characteristics of individuals with Down syndrome." The presence of this quality; of course; contributes to better contact between the coach and athletes with Down's syndrome; as well as the organization and conduct of the training process.

Only one rating was classified by athletes as "fairly important" 5-6 points; this is "volunteer help in class" (6.09 points). This is due to the fact that during the training process the participation of volunteers is not so important; as many athletes are adapted to training in football and have the basic level of training necessary for classes in the group.

## Conclusion

For athletes with a mosaic form of Down syndrome; it is very important; first of all; that there are conditions for practicing football; that is; a hall with inventory; as high scores to the quality of the work say. The use of visual training methods (instructions; drawings; schemes) in training improves the interaction of athletes with the coach; facilitates the assimilation of the training material and thereby increases the motor density of employment [18]. It is clear that the personality of the coach plays the leading role in the training process. From how competently he interacts with his athletes; how attentive to them; how much he carries them into playing sports; ultimately depends the result of his activities and the success of the students. It is also very important attention to the success of young athletes with a mosaic form of Down syndrome. Promotion of football among them and their active encouragement for sports success is a serious incentive for their further employment in football and increases the popularity not only of this sport but also of a healthy lifestyle.

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