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The Effect of the Local Game on the Development of Mental Ability in Mazandaran

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Article	Abstract
<p>Received: 25th July 2022 Received in revised form: 13th August 13, 2022 Accepted: 15th August 15, 2022</p> <p>Keywords: Native local game, children, Gross motor skills, Mental Ability</p>	<p>This research aimed to investigate the effect of native games on preschool children's gross motor skills development. In the same way, 30 children who can be educated from the welfare organization centre of Sari city of Mazandaran with an average age of $12/8 \pm 1/12$ years and an IQ of $33/61 \pm 7/81$ are happy with the sample of the purposive method. All the children were pre-tested, and then the samples were randomly divided into two groups, the intervention group and the control group. In this research, in the parts related to gross motor skills of the motor proficiency test, the baronieses-osertetsi were native. The experimental group practised the use-local game during 32 training rounds, each round 50 to 60 and four days a week. After 32 rounds of practice from both groups, the post-test was completed. To determine the parameters of the research, the non-parametric tests of Wilsacto and Yeoman-Vitii (SPSS 16) were used. The statistical tests showed no significant difference in the post-test scores between the experimental and control groups ($P < 0/05$). The obtained results show that the training program used in the current research effectively improves gross motor skills in trainable children.</p>

Introduction

As a result of the development of sound morals, even the organization of the period of eloquence, interpretation, and skill in the even-movement of the lungs, methods such as meta genetic, infection, damage caused by trauma, lack of stimulation, and on the other hand, even emotional deprivation, lead to fatigue in these cases, and as a

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result, gross and fine motor skills, as well as motor coordination in the medical process. Don't push yourself; the child won't achieve efficient motor skills. The child learns the sounds of effective movement from the point of view of psychology step by step. These changes are qualitative; It improves the quality of children's activities [1]. This results from the complex nature of the developing child and the skills and environment available to him. Most kids use the methods to practice this method in the results of growth and implementation. You cannot automatically write down skilful movement patterns. You can provide training for children's motor development and meet their needs by creating contexts and presenting different types of objects.

The ability to act is one perceptual abnormality - the development of motor skills that occurs before adolescence. Kidman is specifically meant for children with mechanisms in specific domains and skills. The American Association for the Classification and Statistics of Mental Disorders divides these one displacement compromise defects into four categories; Children who are borderline or late learners, who are mildly retarded, who are trainable and those who are profoundly retarded; national and international statistics have also estimated the prevalence of this disorder in children to be 5-13%. 18, 17, 6 (about 75-90% of them are trainable (late and mild), and about 7% of them are trainable [2]. In the development of intellectual and mental skills, they have a movement in the perceptual ability, an activity that requires the implementation of a decision to make a decision. Usually, you write lower grades. Judge et al. (1999), in their research comparing the gross abilities of older children with younger children, came to this conclusion. They found that children with SAH scored better in all gross motor skills than children under two. Learning disability is a characteristic of disorders caused by genetic disorders, pregnancy infections or developmental deprivations in the nervous system [3]. Therefore, it can be said that in some children, there is a connection between perception and movement during the development process and especially during the periods of Getman three has not seen six. The importance of these exercises for even-motor development during childhood has been well confirmed. Therefore, motor exercises and perceptual-motor skills could stimulate the cause of the ability to act for the nervous system. The fact that the delay or lack of human development under normal conditions is not able to adapt socially and adapt to the environment, and they are deprived of the understanding of basics and concepts, the power of reasoning, correct judgment and the ability to be accurate and learn to different degrees [4]. The development of gross and fine motor skills is also faced. The lack of processing and processing of information is one of the common problems in the movement problems of these children. Even by improving the functioning of the central nervous system in processing and transmitting data, concentration can improve motor development [5]. Male differences among them are less than in other groups. This group usually has disorders, even apparent abnormalities. By using unique rehabilitation methods, you can take care of your personal affairs and achieve some basic life concepts and independence. The empowerment of this group is done by spending a lot of time and effort. Since they quickly forget what they have learned, persistence and consistency in learning are essential [6].

The game has been assigned a special place as one of the valuable and practical tools in the world of social empowerment. The importance of games and sports for children is their characteristics, which help alleviate the effects and complications caused by disability. Unfortunately, some abilities can be trained after the severity of the disability, and we also look at them from the program's sports are banned, and exercise programs are delayed. What obstacles, intentional or unintentional, lead these people to immobility [7]. Considering the lack of movement skills in these children and the importance of these skills and considering the importance of physical properties to mental health, improving rational functioning, and perception of memory and the emotions and

personality of the man becomes a major, it is possible that physical training can have many benefits for this type of children. By examining the health of these children and the results of the research that has been done, which is very small in the group of children with severe intellectual disabilities, it seems that these children need more studies on their motor development. The teachers have said that these children can go to some extent by improving the growth environment and creating training opportunities [8]. He returned the everyday life, especially in the field of children who could be brought up effectively.

Their social experiences, as a means of social and emotional training, playing in a group of peers with similar conditions, led to the development of their motor and social experiences to continue their lives. It is worth noting that this basic idea for the researcher is the ability of children to be modified in terms of development (cognitive, emotional, skilful) that by presenting movement exercises, it is possible to influence the movement experiences of these children and to some extent from Secondary salt, which is caused by low jet-main readiness, is caste [9].

Today, when the game is one of the leading life of people, children and teenagers often have a particular fascination for different ways, such as escaping from classes and curricula and serious things that lead to evaluation and criticism. They give their best to the game and show their best energy while playing. Therefore, it is essential as perceptually gifted children have a significant role in the perceptive abilities, interpretation and refinement of data and stimuli, and their comparison with the original data. The better the child's movement and perceptual learning experiences, the better the perceptual-motor matching and the development of an adaptive response to different movement times [9]. Play is one of the factors that make movement easier for the child. It is necessary to raise the excitability of the child with the help of different tools and ways and to strengthen the memories of even the child in his life by presenting suitable stimuli and their intensity. According to some research, there is a lack of motivation among the people, and the nation should look for ways to test motivation. Yesi game is one of the ways to motivate. According to the theories of Piaget and Vygotsky, play is the most critical aspect of a child's intellectual development. It is also one of the purest contagious ways of access for minors, in which children can develop by understanding facts and developing personal skills. If the environment is drawn into the well, the man's intelligence will not give a good test score [10].

As the climate becomes more hostile, the brain's core becomes thicker, and the dendritic branches form more densely. Specializing in the environment through experimenting with social, perceptual and emotional stimuli will reduce the developmental delays characteristic of the local headquarters and the native local game that the lung has in the creativity and goodness of this border and environment. It is a social-training tool that can create maximum even-nervous stimulation and motor skills with the best use of physical and emotional skills. It can also test their perceptual-motor and emotional skills. The native games of Iran have different types and styles; in general, each of them in some way tames and engages the nervous system [11]. In this way, in addition to creating a rhythm and anxious preparation, they cause the stimulation and completion of the even-perceptual and decision-making parts. In general, it is a kind of commitment. Even they bring a movement; however, takio, the native games of Iran, have received some attention from the social-educational age. The therapeutic and educational-restorative functions of the child have been neglected. Since the disorders of children and the objects related to children with special needs are various neurological, intellectual, emotional, social and nervous phenomena, they are abnormal in terms of development and device malfunctions [12].

The nervous system and especially the brain play an important role; therefore, the importance of game-based educational and therapeutic programs based on the mental and native conditions is also essential and according to the severity of the organizers. The native games of the earth, the necessity and identity of the rational nerve analysis, and the presentation of their therapeutic and educational profiles are also revealed. The words and names of native games are so simple that sometimes it prevents us from interpreting and being precise in their functions and effects [13]. But researching native games and examining them from the point of view of the even-motor skills and skills involved in each nature reveals the high neuro-skillfulness hidden in them and Juuls' ideas for designing and implementing educational and recreational programs from native games. By analyzing the essence, or in other words, by breaking down the game into its components and steps and considering the small details of a game, it is possible to find even-movement and skill features in native games. Considering that The importance of this game is that it has simple rules and complexity, the question that is being asked is whether it is possible to find a way to carry out these essences and experiences of the T-category for a movement of them to grow [14].

Method

Participating in this semi-experimental research were 30 children with an average age of $12/8 \pm 1/12$ years and an IQ of $33/61 \pm 7/81$, who were selected from among the children covered by the welfare organization of Sari city as follows: First, a list of the children with The intended owners was chosen from among all the children according to their medical records based on their knowledge of the disease and physical disorders. Then, following the ethical considerations, the procedures and objectives of the research were fully informed and consented to by 43 children. Who was qualified, and candidates for examination in this study arrived? They were assured that no harm would be done to their children; in the end, thirteen children refused to participate in the training program due to the lack of consent of their parents. In the phase of gross motor skills, 30 children were evaluated using the Bronies-Yauzerts motor skills test. Still, due to the nature of the local-local games selected in this research, the emphasis was on performing movements and gross muscles and, later on, the involvement of gross body skills (models). The data relating to the skills of gross motor tests (fine 1,2,3,4) were analyzed. According to the homogenous distribution of the samples in two intervention and control groups, 30 participating children were divided into two homogenous groups based on IQ and pre-test scores. One group was considered the intervention group and the other the control group (8 boys and 7 girls in each group). The control group continued their usual routine of life. They played native and local games and imitated the coach's movements [15]. After the end of the course, I again learned from the two post-test groups.

Bruneiss-O'Rettesi's motor skills test, the movement scale for children's gross and fine motor skills is 4/5 to 14/5. This test helps researchers to distinguish healthy children from children with motor disorders. This scale is a subtest; the long one has 46, and the short one has 14 items. Four subtests of gross motor skills, three other subtests of fine motor skills and one subtest of both motor skills. The retest reliability coefficient of this test is 87% in the extended test and 86% in the quick test. The criteria for entry into this program were: voluntary and informed consent, IQ 20 to 50. Criteria for exit were: non-participation in the training period at maximum weight, the presence of severe acute disorders, and the presence of cardio-pulmonary disorders and illness.

The general goals of native games - the selection of localized locations that you choose from the game - the site of different areas of Iran, the skill in aiming, strengthening the sense of proprioception, strengthening neuro-

muscular coordination, strengthening bilateral coordination and testing strength, flexibility, attention and concentration, stimulation of the vestibular system and balance [16].

The seven wives are to strengthen and improve their skills, the people are divided into two groups, and each chooses one of their players as the leader. A group is placed in a masala of seven cigarettes, which are arranged on top so that you take turns to target and hit the cigarettes with the ball; The second group also waits for the results in the Haft sang game, so that whenever the first group threw the ball does not hit the Haft sang, they switch places with the first group. If it hits and breaks their makeup, they should pick up the ball and hit the first group with it by passing and targeting the first group. Whenever they get, all the people of the first group go to the sigs to put them on top and get the point. Notably, one of the friends must throw himself and cover the friend in front of the ball, and if this person is hit by the ball and expelled from the game, the other will finish the job, and if no more matches are left, the game is over, and the groups' roles change in a bad round. Finally, the group that scores 7 points first is the winner.

Gorg Hawa: the goal is to improve our uncles and aunts. In this game, first, you gather in a place and will be chosen from among them by lot. He chased the other kids chasing him, scattered the game surrounded by a pet with the same kid. Dear children, don't be afraid of a wolf, but instead of a sharper sword, you will be in the hands of another wolf because if someone catches you, the wolf will hide under them in the corner of the earth. So, if the help of the teammates is taken, it is used outside the scope of the coach's opinion, or instead of doing the job, if you and the kid are always playing, they will be played by the coach's team. Some of these steps can be performed slightly differently. Let it happen that when the wolf kills one of them, they are playing with him, and he turns to the other side and leaves the dead wolf to chase the others. In the continuation of the game, the wolf will be attacked, and the game will continue until the last person, and the man who survives this situation is the winner of the match (in this research, this simple game was used).

Projectile: this is done again and in a group. According to the previous game, you can place two or three walnuts of a certain number on each. From the game, a walnut is larger than the number of walnuts arranged in the field game, which you can tell by hitting the game's direction. The hand that is supposed to warm the walnuts in the 4 to 5-meter area of the mesa starts the game by heating it with the pieces in its hand. If you can knock the walnuts out of the circle where the walnuts are arranged, you will take possession of all the walnuts, you will win all the walnuts, and you will pick your walnuts again in the game. Other players would play on the field; a pair of beets would be played in the mesa. At this stage, the winner of the game is the one who started the game. At each step of the game, three walnuts are left in the game, and the bad guys continue the game.

Since the game is not played, in each period of the game, you can find more pairs of walnuts. At the end of the game, the player who gets the most nuts is the winner of the game. Strengthening the muscles and maintaining the reason for the home game: these six legs and in the stage that is reinforced and strengthened by playing the game, the game's environment can be performed. It would help if you had a piece of plaster to mark the line on the ground. The way to play the game is that you make six rare hexadecimal and number them in a better way. The players should throw in the first house and move one foot (to the sixes) to the wrong places; then, it will hit the ground, and in the same way, he transfers to other houses until he reaches the last home, and when he has finished six houses successfully, he starts from house number two in the second stage. It is easier to play the repeated game,

and he played this game by arranging the first two legs and then one leg (in this research, it was used for this reason).

Statistical Method

Data analysis was done using SPSS version 16 software. Descriptive statistics were used for the classification and sharpness of the data and the determination of the central index (mean) and the index of dispersion (standard deviation). Inferential statistical analysis was used.

Research Results and Findings

In this study, 30 educable children were placed in two experimental groups of 15 (7 girls and 8 boys) and control (7 girls and 8 boys). The results of the test showed no significant difference ($P=0.71$). $\chi^2=0.13$) was between the two groups in gender. The mean and standard deviation of gross motor skills in two groups of control and training during pre-test and post-test are given in Table 1.

Table 1. Distribution of mean and standard deviation of gross motor skills components in two control and training groups during pre-test and post-test

Component	Control Group		Training Group	
	Pre-test	Post-test	Pre-test	Post-test
Speed	1/86±1/92	2/06±1/86	0/93±1/22	3/20±1/08
Balance	3/13±1/68	3/46±1/80	3/73±2/05	6/53±2/35
Harmony	0/93±0/79	0/93±0/79	1/26±0/96	1/93±0/88
Power	8/00±2/44	8/26±2/37	8/06±2/78	9/00±2/56

As you can see in Table 1, the training group, after a period of native-local games, in the post-scale stage of the test, wrote down the progress in each sub-skill to determine the effect of local-native games on growth. Gross motor skills were used from Vilsacto's test. The results of this test are presented in Table 2.

Table 2. The results of the Wilcoxon test to show the effect of local games - on the pre-local test from the post-test in the training group

Component	Pre-test	Post-test	Z	Significance Level
Speed	0/93± 1/22	3/20±1/08	-3/32	0/001

Balance	3/73±2/05	6/53±2/35	-3/32	0/001
Harmony	1/26±0/96	1/93±0/88	-2/64	0/008
Power	8/06±2/78	9/00±2/56	-3/50	0/000

After the intervention, the difference between the post-test and pre-test scores was calculated, and then the t-test was used to check these two groups. The results of the test are presented in Table 3. Local- games do not affect running speed and memory agility skills ($P=0.000$), strength ($P=0.008$) and two-way coordination ($P=0.001$, $P=0.001$). In particular, the difference between the training group and control has improved these skills.

Table 3. The results of the Mann-Whitney test to show the difference between the control and training groups after the intervention

Component	Z	Significance Level
Speed	-3/99	0/000
Balance	-3/99	0/000
Harmony	-2/84	0/004
Power	-3/29	0/001

As shown in Table 3, there is a difference between the control group and training in running speed skills ($P=0.001$) and ($P=0.004$) two-way coordination ($P=0.000$). /000) there is agility and endurance.

Discussion and Conclusion

One of the essential factors in developing motor skills is the learning resources and the material environment for the books on perceptual and movement experiences in the developmental periods, especially during childhood [17]. Whether it can be done with a specific behaviour like playing a game is the local retardation of the movement hindrances of a particular group of children that can be trained and improve their excellent behaviour. The results show that for children with mental disabilities, the participation of children with disability reduces the severity of some of their movement disorders. In explaining the research results, the benefits of play are helping the cognitive and psychomotor development of standard and disabled children. The game is a physical essence that leads to the child's overall development [18]. Since children have some natural movement, learning group games makes them learn and imitate the psycho-motor skills of children, and they find the opportunity to perform these skills. Therefore, they will play these games and develop their skills without hesitation or disappointment. Do the benefits of these games match the abilities of these children?

These exercises significantly affected the exercise group's heart rate—the importance of events in developing motor skills. A subtle movement of children did not give a trainable voice [19]. Comparing two types of movement profiles, the Spark and basketball technique improves the movement skills of mental disability. The learner concluded that the market improved the movement program of Spark and basketball technique. Gross motor skills can be learned in childhood. It was also determined by the average of the Spark and basketball groups that the Spark movement program was based on

basketball having a more significant effect on the movement skills of your large boy. "Effect of native-local and commercial games on the development of practical hands-on skills of students, " the two groups differed in the hands-on skills of natives [20]. You had success, but the success of the local gaming group was much better than that of the native gaming group. Based on the opinion of the researchers and the results of this research, it can be said that group games have a beneficial effect on different infrastructures of psycho-motor abilities, and group games are compatible with children's motor abilities if they are practised in the correct way and to a sufficient extent. Play a significant role in improving and improving the movement skills of children you can train.

It can also be said that when group games are matched with the characteristics and abilities of children, the child will be able to use his powers that are suitable for the type of game. Thus, if he has hidden skills, he will reveal them, and if he should be a skill, the conditions of growth and getting better skills should be met. Helping the child find the right tools and the right time to allow him to experience different things and games leads to the child's growth. These elements develop gross motor skills when the child jumps in the game. One of the main effects of perceptual-motor training on gross motor skills is this type of training meets the needs of these children. Factors such as materials, equipment, time and pace play an essential role in children's training programs to improve motor skills. Many visible benefits are bound to be lost due to the lack of facilities and equipment, and the lack of approval leads to these people today. A child not trained and appropriately guided by the parents is bound to be disillusioned with that experience and lose the benefits. In real life, the equipment, time and development for the development of special motor skills are not enough for children; But you can't cause movement growth for children; without a suitable developmental program, children will never be good at motor skills [21]. Therefore, one of the ways to compensate for these shortcomings is to provide suitable and high-quality developmental movement programs and games. Another general effect of local movement games on the development of the local skill of subordinating the components of the movement is the application of learning in conjunction with this name. That is the reason for the need for tools for the child to help him to develop better skills, abilities, and physical abilities that allow him to play different games and enjoy the experience. Therefore, it seems that the child's development may be hacked into a native local language so that they can be more skilled in gross motor development in the present experimental research. According to the scientific study of infectious and interventional sciences, there are limitations. This research was also associated with limits that ranged from the average to the variable of the movement abilities of the samples.

Everyone is following you is possible to conduct research with this disability on other developmental pockets and other disabilities. Due to the results of the study is recommended that by designing movement exercises and group and group exercises in rehabilitation and well-being centres, these children will benefit from the lack of movement skills. At the same time, thanks to those who participated in the research, all of you are welcome and trainable, and the obtained results can be applied to other disability groups.

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