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### THE EFFECTS OF SHADOW PLAY ON MOTOR ABILITIES AND SELF-ESTEEM FOR CHILDREN

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#### Abstract

*Purpose.* The traditional shadow play which is a traditional storytelling art has a great potential to be incorporated into a virtual storytelling environment. In this paper we explore and investigate the possibility of developing the motor abilities and self-esteem for children by age 5-7 years by using shadow play.

*Methods.* Participants were 20 children (M age = 6.35 years, SD = 1.87) who all regularly participated in school activities. The sample was distributed into one group, the experimental group contains (20 kids) the experimental group participated in the shadow play program for 8 weeks. All participants completed the self-esteem checklist, which used to measure self-esteem for kids.

*Results.* The data revealed that significant improvement in motor abilities and self-esteem for children the findings indicated that the implication of this research for teachers working with shadow play is that to match preferences.

*Conclusions.* Finally, shadow play, for 8 weeks, resulted in an increase in motor abilities and self-esteem for children. These results have to be taken into account by teachers in order to better understand and implicated of these concepts in movement education lessons.

*Key words:* shadow play, self-esteem, kids.

#### Introduction

The play is the main activity of which depends upon the kind of exploration into the mysteries of life, and so the dramatic nature games, which depend on the simulation, have a major role in the emotional growth and cultural and social child. They are basic that from which the child learns and grows and arrange his thoughts and regulates feelings, they also help the child to employ his body to express a certain idea of the best way.

The teacher can, through this type of games hire stories and short stories that are defined by the child to which highlights some aspects of the game itself you can drama for example modify certain personal qualities as conformity and a personality that is represented.

And the most important childhood stages in human life, at this stage the child's capabilities and grows talents and is capable of influencing the direction and composition. So the children's care and attention to the activities of the most important influences that contributes to the progress of societies (Arwa, 2006).

The children developed societies are characterized by the growth of my body and my mind sound as they are more educated and more educated

compared with other communities so the existing educational process educational for the children of pre-school care planning and design of educational programs and educational measures to include different types of experiences that aim to grow the integrated child using teaching aids different (Hasaniya, 2003).

And the most important childhood stages in human life, at this stage the child's capabilities and grows talents and is capable of influencing the direction and composition. So the children's care and attention to the activities of the most important influences that contribute to the advancement of societies and children developed societies are the growth of my body and mind healthy and are more educated and more culture in comparison with other communities so the educational process educational preschool children take care of the planning and design of educational programmes that include different types of experiences aimed at the integrated development of children by using different teaching methods (Sharon, 2006).

The child's first live dramatic experiences through simulation simplified some of the attitudes that belong to human, animal or inanimate objects as well as being dynamic exercises of great benefit.

The theatre in general also means that the

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children imagining things exist in fact compared each other and change it and accept or reject them (Plotnik, 1993).

Puppet theatre is a form of theatre which employed in educational processes and educational and behaviour modification in kindergartens depending on the child's relationship with the bride so unite child bride and acquire the knowledge and information of how interesting and granulated in the theatrical fun and forms of these brides shadow that had children much acclaim for its uniqueness in form and diversity of movements that can raise a child's imagination, which increases motivation Children towards learning and raise the degree of their understanding of what they learn (Fatma, 1983).

(Tracey, 2007) noted that the puppet theatre is a form of theatre which employed in educational processes and educational and behavior modification in kindergartens depending on the child's relationship with the bride so unite child bride and acquire the knowledge and information of how interesting and granulated in the theatrical fun and forms of these brides shadow that had children much acclaim for its uniqueness in form and diversity of movements that can raise a child's imagination, Which increases the motivation of children towards learning and raise the degree of their understanding of what they learn.

The use of puppetry helps children gain educational experiences that help them to realize themselves as well as their leisure and recreation and, on the other, this art is a powerful way to express ideas and different themes so used puppetry in kindergarten in many countries of the world through his Theater activities that provide an opportunity for collaboration and creative work in drawing and puppet making and representation. (Sharon, 2006).

(Kamal Eldin, 2003) noted that the shadow theatre is a theatre which uses the flat screen on the brides face the masses white paper chips are manufactured and installed on a wooden frame and left a few feet on the other side of the light source off a bridesmaid spot light adjacent to the screen to configure the shadow image

And agreed with Kamal Eldin, 2003; (Sabu moghli, 2002) it is shadow puppets of the oldest types of puppet and shadow puppets feature from other types of brides that they see during the show indirectly through which that falls on the curtain with the help of light which goes beyond just turn to the picture viewer just a silhouette of cartoon characters has its own charm.

(Awatif, 1990; Nahla 2008; . Aza, & Fatima, 2008) indicated that the importance of the shadow games in kindergarten, which combine the following:- improve the intelligence of children and develop their thinking.

- Help with exactly the motor body and motor skills.

- The importance of approaching the body of the display, and the importance of placing the light source vertically, to be the shadows of the body and its movements and clear shades.
- Using their bodies and using shadow puppets in the expression of body positions and trends and movements in contact with others.
- Shadow puppets with a strong fascination for children and are beneficial for children.
- Enrich the shadow shows the experiences of children, develop the mentality of the child gives it focus its attention to the puppet performance and give the characteristics of personality.
- Develop the child's skills handwriting because all movements studied and implemented the shadow bride slowly in accuracy and consistency with speech and performance.

Children begin to configure the initial feelings of appreciation of themselves since the sixth week of life and based on their calendar for how the world responds to the emotional and physical needs and self-esteem in children varies during different stages of their development and depending on how important people respond in their lives to their needs and depending on the degree of their success in passing each stage of growth (Risonr, 2000).

Self-reveals the true identity of the individual and shows trends toward the same whether positive or negative trends and thus began this term of great interest in the theories of personality.

And that many of the problems of children from feeling low self-esteem, feeling the children about themselves is one of the basic determinants of behavior, and a child as a person without self-esteem lacks value, and affects their motivation and attitudes and behavior. (Aml, 2008)

Self-esteem refers to a positive individual for himself, in the sense that the same individual to look high look includes self-confidence, as well as a sense of individual competence and merit and willingness to accept new experiences.

(Ahmed, 1999) notes positive self-concept in children depends greatly on receiving a positive assessment of the child unconditionally and that means acceptance of the child regardless of his behavior.

And the only factors that determine the level of self-esteem in children including how others treat us like individuals who were treated with the respect and attention by other people such as teachers and colleagues often have a high degree of esteem.

In this study we will explore and investigate the possibility of developing the motor abilities and self-esteem for children by age 5-7 years by using shadow play.



## Methods

The sample included (20) kindergarten children (5: 7) from the kindergarten which connected with the kindergarten College in Fayoum governorate, plus (10) children to conduct the survey research.

### Sample conditions.

- Regular attendance to the role of children in the kindergarten.
- The consent of guardians to their children's participation in research.

### Tools.

- Rstamitr to measuring length.
- Medical scales to measure weight.
- An integrated theatre of puppets.

### The tests

- Throw a tennis ball on the numbered circles for measurement accuracy.
- Stand on one foot to measure the level of balance.
- Walk in a straight line to measure the level of walking.
- Jump over the hurdles to measure power.
- Running 30 meters to measure the level of speed.

### Self-esteem scale

The researchers had designed a questionnaire to measure self-esteem of children where this scale contains four dimensions: (self-family-friends-custody)

#### First dimension:

Very confident about and means feeling confident with himself through the internal sense of complacency. (Through the researchers with kindergarten teacher).

#### Second dimension:

Confident with family and means that individual members of the family have loved and appreciated within the family. (By parents)

#### Third dimension:

Confident self with friends "means that the individual has the appreciation and interest with friends and love and rating friends. (Through the researchers with kindergarten teacher).

#### Fourth dimension:

Confident self in kindergarten "means an individual feeling that his role in working on the highly important and effective in action. The researchers with a school class and went through the process of designing the form in several steps starting from the dimensions form and paragraphs prepared and they maintain to fit specific jobs during the survey reference

for studies on the level of self-esteem and self-esteem of the child in particular.

As well as an expert survey form for specialists in education and psychology contains some questions relating to each of the four dimensions form and Bah, symptoms of self-esteem in children and drafting of paragraphs and display scale dimensions, and paragraphs on the areas of specialists in the field of psychology, sports psychology and concluded that the results of the expert opinions to the adoption (25) paragraph distributed on four dimensions of scale and approved by experts (100%).

### Pilot study

The researchers applied the survey from 10/2/2011 to 12/2/2012 on a sample of 10 children of a sample of the research community and outside of basic research to sample.

- Select the time that could be spent on tests.
- Validation of devices used in the measurement.
- Identify any constraints and try to avoid them.
- For optimal arrangement for measurements.

### The shadow program

The proposed program aims to effectively use shadow theatre in development of some motor skills and self-esteem in children.

### The program foundations:

- Taking into account the principle of diversity in the performance of motor skills using puppet so children do not feel bored.
- Principles of gradient from easy to hard, from the simple to the complex in motor skills.
- Be guided by the results of previous studies when designing the program.

The temporal distribution (to the program) for the proposed unit by using the shadow theatre:

- Listen and watch.(10 minutes)
- Explanation from the teacher. (10 minutes)
- Module to apply what has been seen. (20 minutes)
- Calm down. (5 minutes)

### Statistical Analysis

All statistical analyses were calculated by the SPSS statistical package. The results are reported as means and standard deviations (SD). Differences between pre and post measurements were reported as mean difference  $\pm 95\%$  confidence intervals (mean diff  $\pm 95\%$  CI). Student's t-test for independent samples was used to determine the differences in parameters between pre and post measurements in the experimental group. The  $P < 0.05$  was considered as statistically significant.

## Results

Table 1. Mean  $\pm$  SD and Skewness among experimental group

o.	Variables	Mean	$\pm$ SD	Median	Skewness
	Age	5.2	2.15	5.00	0.65
	High	60.5	1.15	60.2	0.98
	Weight	24.3	2.61	24.1	1.12
	Accuracy	8.5	1.12	8.2	1.10
	Balance	4.6	1.10	4.3	1.36
	Level of walking	6.9	1.35	6.5	0.65
	Power	3.5	0.98	3.2	0.98
	Speed	17.2	1.02	17.0	0.65
	<b>Self-esteem scale</b>	31.5	1.98	31.2	0.47

Table 1. Shows that all valueless ( $\pm 3$ ) which indicated that the sample is homogeneity

Table 2. Mean  $\pm$  SD and T sign between pre measurements and post measurements in movement skills and Self-esteem scale for the experimental group

o.	Variables	Pre Mean	$\pm$ SD	Post Mean	$\pm$ SD	Change %	T Sign
	Accuracy	8.5	1.12	11.6	.15	26.7	2.45*
	Balance	4.6	1.10	6.7	.18	31.3	2.33*
	Level of walking	6.9	1.35	12.6	.17	45.2	3.15*
	Power	3.5	0.98	7.15	.20	51.00	3.21*
	Speed	17.2	1.02	15.7	.31	9.50	2.45*
	<b>Self-esteem scale</b>	31.5	1.98	42.1	.15	25.1	3.31*

Table. 2 Shows that there are significant differences between pre measurements and post measurements in all physical variables and the improvement rate between 9.50% to 51.00% .Adding

there are significant differences between pre measurements and post measurements on all items of the Self-esteem scale test. The improvement rate is 25.1%

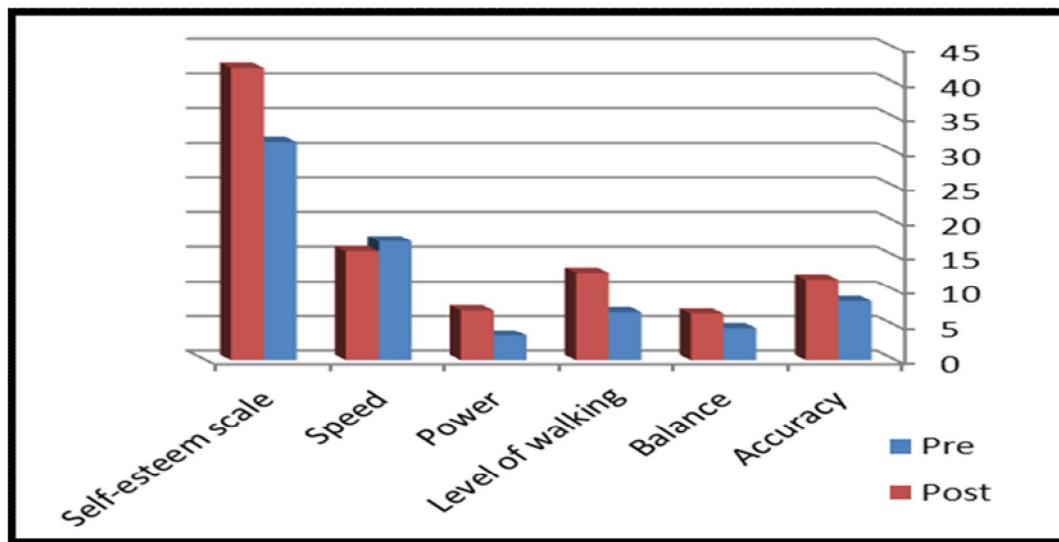




Fig 1 explain the improvement between pre measurements and post measurements in movement skills and Self-esteem scale for the experimental group.

### Discussion

According to the results and the improvement. The researcher attributed significant differences between measurements as a result of the application of fingerprinting program proposed by using shadow theatre which led to improved physical qualities and particular level jump and walk because of the repetition of the story presented in the shadow theatre.

According to (Arwa, 2006) that Theater activities help in education of the child and the education which turns the classroom into a drama and graduated with a teaching process of traditional form to an interesting break-bored and used to teach many activities or as a method of teaching, activities or idea how attractive and entertaining through representation. that children developed societies are the growth of my body and mind healthy and are more educated and more culture in comparison with other communities so the educational process educational preschool children take care of the planning and design of the educational programmes include different types of experiences aimed at the integrated development of children by using different teaching methods. (Shaimaa, 2010)

and the gameplay is basic activity that supports this kind of exploration of the secrets of life, and so the games are simulation-based drama has a key role in emotional development, cultural and social, it is essential the mechanism through which the child learns and grows and arranged his ideas and organize his feelings, it also helps the child his body to express an idea in the best way. ( Hamid, 1997)

As a result of the application of the proposed program with shadow theatre which led to improve self-esteem in question to exercise the puppet stories collectively and for children in Shadow Theater.

The results of this study are consistent with the study of (Aladdin, 1989) refers to an individual's self-esteem, positive, meaning that the same individual to look high look include self-confidence, as well as a sense of individual competence and merit and willingness to accept new experiences. and finds (A. Roberts, et al. 2004) the level of appreciation for our characters is affected by how he treated others, individuals who were treated with the respect and attention by other people such as teachers and colleagues often have a high degree of esteem, and the children, especially adolescents, associated more with their friends and their colleagues, who might have different beliefs and opinions about the family, which gives greater appreciation and sometimes results from this relationship with comrades estimate Autonomous low if compared with the last estimate (Abdalla , 1994). And the researchers sees to grow with child concept only for itself and thus achieve the same positive assessment, parents and educators should

develop those negative aspects of factors affecting self-esteem into account so as to avoid and overcome and the engagement of children peer esteem factor increases. (Aricak, 2002). In this regard, notes (Hamid, 1997) for the peer group, they play an important role in shaping the individual help in the physical development of the child by providing opportunities to practice sports, and mental growth through hobbies, and social growth through social activities, making friends, and emotional growth and the more rational peer group was positively impacted individual and that the negative impact was perverted. has been the second hypothesis, which States the existence of significant differences between the tribal walbadi of the MRDS degrees children experimental group on self-esteem for telemetric.

### Conclusions

- Effectiveness of shadow theatre in some motor skills improved (throw-balance-walking-jump-run) to the kindergarten as a result of the use of shadow theatre.
- Effectiveness of shadow theatre in improved self-esteem as a result of the use of the kindergarten shadow theatre.

### Recommendations

- Guided by the proposed programme for shadow theatre in the educational process in kindergartens.
- Studies and research are similar to some other motor skills to the children of the kindergarten which can develop through the shadow theatre.
- Linking types of performing arts and learn the motor skills in kindergarten.

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