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*Original article*

## A PSYCHOMOTOR PROGRAM TO DEVELOP POSITIVE THINKING SKILLS AND ITS IMPACT ON SELF CONFIDENCE IN OBESE CHILDREN

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### Abstract

*Purpose.* The research aims to identify the impact of psychomotor program to develop the skills of positive thinking and its impact on self-confidence for obese children by age 5-7 years.

*Methods.* Researchers used the experimental approach using experimental design with two groups, one pilot and one adjuster Pre and Post measurements for its suitability for the application of the research

*Results.* The data revealed that significant improvement in POSITIVE THINKING SKILLS and self-confidence for children how applied the psychomotor program .

*Conclusions.* Finally, psychomotor program, for 8 weeks, resulted in an increase in POSITIVE THINKING SKILLS and self-confidence 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:* psychomotor, self-confidence, obesity.

### Introduction.

We have increased concern about obesity among children in early childhood that became a global phenomenon according to the description of the World Health Organization , that increase was not limited to the developing world but also included many of the developed countries alike and despite the fact that there are many different and multiple causes biological , psychological , economical , and social stands behind the obesity problem. (Yahaya, 2000)

Franklin refers (2006) that study for both obesity and movement activity for children during childhood is considered to be one of the research priorities at the present time, especially with the spread of obesity among children of all ages that leads to negative consequences for health. (Franklin, et al., 2006)

Obesity is one of the issues that affects many psychological , social and economic aspects , so we find great and growing interest globally for obesity problem, but locally there is decreasing interest specially in the field of psychological and basic sciences. (Reeves, Teodor, Soren, 2008)

The results of the research associated with obesity refers to psychological and social results that extremely dangerous and bad for that class of obese children who deeply suffer from poor psychological and social adjustment , they are always exposed to psychological pressure as a result of others criticism which leads to feeling of shame , depression and low self-concept. (Jensen, 2004)

Hence, it became necessary to give these children the skills of positive thinking which helps them to gain a positive personality capable of dealing with the future as positive thinking earns child self-confidence and self-reliance, and many of the qualities required and necessary to deal with the challenges of the future. (Fahim, 2005)

And refers Hazzah Mohammed Hazzah (2004) that there is a high probability that obese in childhood stays obese in adulthood and the risk of obesity in adulthood increases steadily as the child became obese after the age of three years old, and that there is a relation between obesity and decreased physical activity for children. (Hazzah, 2004)

Hence, it became necessary to prepare a psychomotor program that helps those children to acquire the skills of positive thinking, which will be reflected on acquiring self-confidence. Thinking positive helps build convictions and beliefs that enables the individual to succeed in solving the problems , it helps the individual to focus on the aspects of success in problem instead of focusing on aspects of the failure. (Marlene, Kelly, 2004)

We can help the obese child to acquire positive thinking by helping the child to identify and recognize his negative thoughts and that can be done by doing a series discussions with the child until we change these negative thoughts, but we should ensure that the child can share in such discussions. (Mohamed, Mona, 2003; Pate, Pfeiffer, 2004)

There are a set of phrases related to positive self talk we can train children to, like - I look beautiful, I've got the will to lose weight, all people must love me, should never disappoint any one, I can run. (Said, 2002; Trost, Sirard, 2003; Alfarhaty, 2005)

The imagination of the thinking process in a certain idea of the mind, which leads to generate a mental image of it, allowing the individual to live with the situation or the case that did not materialize in reality , and that is called Applied Imagination (Kariman, 2006; Kariman, 2005)

The movement story is a way of role-playing as well as it is a type of exercise in which a child's imagination determines a form of life based performance

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that he imitates, This encourage children's imagination, perception and simulation and love for imitation in addition to giving freedom to the child in the movement, creativity and varied activity, the movement story is considered the latest methods of giving movement exercises for young children and the most successful for suitability to their nature and their desires as well as they make them a great deal of joy and pleasure and make them tend to imagination, perception and love of imitation and simulation to gain new culture and sports information. (Ahmed, 2004; Afaf, 2003; Abdel Hamid, 2005)

Positive expectation skill relates to individual beliefs, if the individual predicted that everything he does wrong will lead to the assumption or expectation that it does not benefit from the hard work and here will become unexcited to work and not interested in it. Also, if the child believed that everything he does wrong and he do not succeed in doing a thing this will lead him to failure. (Stallard, 2002)

The researchers undertake such a study in an attempt to identify the "psychomotor program to develop the skills of positive thinking and its impact on self-esteem for obese children".

### Methods

Researchers used the experimental approach using experimental design with two groups, one pilot and one adjuster Pre and Post measurements for its suitability for the application of the research the sample Was selected from wadiDegla Club 6 of October city, total sample (38) preschool children, (8) Children used as a sample for the survey, thus the sample basic research were (30) children divided into two equal groups, one pilot and one adjuster each (15) child.

### Tools

- Rstamitrt to measuring length.
- Medical scales to measure weight.
- An integrated theatre of puppets.
- polymorphic balls.
- sports gaming room in the club.

### Results.

#### Significant differences between the averages of the measurements Pre and Post the Pilot group Determinants of positive thinking and self-confidence scale of n = 15

Determinants	The unit of measurement	Pre measurement		Post measurement		Differences between the averages	Percentage improvement	Value (v) the calculated	The level of significance
		M 1	P 1	M2	P2				
Self-talk	Degree	3.5	0.96	6.5	1.01	2.00	%57.1	*6.25	D1
Positive expectation	Degree	4.2	0.68	7.5	0.96	3.3	%78.5	*6.11	D1
Visualization	Degree	2.7	0.98	5.5	1.12	2.8	%50.90	*4.12	D1
Total measure	Degree	10.4	1.12	19.5	1.36	9.10	%87.5	*5.29	D1
Self-confidence	Degree	35.8	4.11	66.1	3.15	30.3	%84.63	4.15	D1

V When tabular 0.05 = 2.26

### The tests

- draw men Good enough-Haris to measure intelligence.

### Positive thinkingscale

The researchers had designed a positive thinking skills measurement to measure the child's ability to think positive, which is the skills of (self talk, imagination, positive expectation).

### Self-confidence scale

The researchers had designed to measure the self-confidence of children the sample included the following dimensions (self accept, pride of accomplishment, self-reliance, endure frustration, accept defeat).

### Pilot study.

Scoping study has been applied on (8) Children from outside the research sample for the application of each of positive thinking measurement and self-confidence measurement to make sure the weaknesses of these two scales were avoided.

### The Psychomotor program.

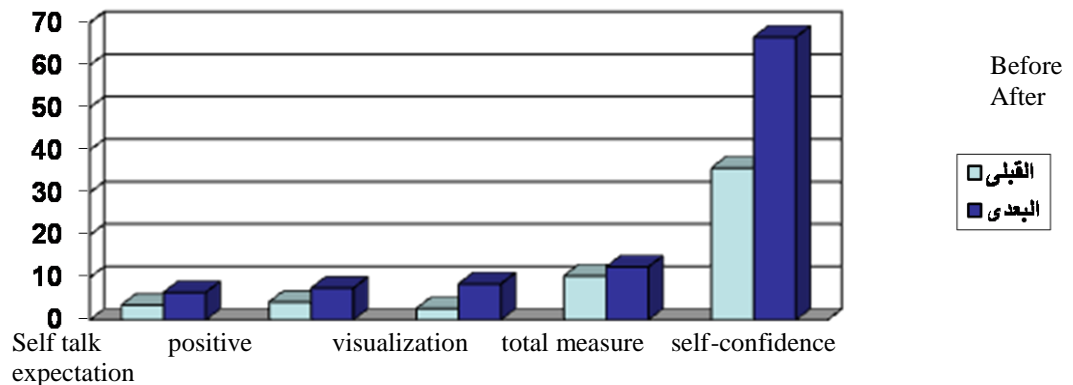
A psychomotor program was preparing to develop positive thinking skills in obese children (5: 7) years and to increase their self confidence and that is reflected necessarily on dealing with others, the program included a range of movement activities and stories and role-playing games for a period of 8 weeks, two sessions each week the total for the program 16 session.

### The programme foundations:

- Be guided by the results of previous studies when designing the program.

### 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.



Significant differences between averages of Pre and Post measurements for the pilot group for Determinants of positive thinking and self-confidence measurement

From Table (1) and Figure (1) the existence of statistically significant differences between the averages of the Pre and Post measurement for pilot group in all determinants of positive thinking scale and for the benefit of post measurement, and ranged improvement between 78.5% for positive expectation to 50.9% for imagination while the level of improvement in the level of self-confidence 84.63%.

#### 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 Psychomotor program which led to improved positive thinking and self-confidence.

The researchers attributed this improvement to the children of the group to the application of psychomotor program which takes into account the development of the mental capabilities of children at this stage in the form of group games and more incentive for the children of the research sample.

As for the discussions and movement games positive role in modifying non-useful child ideas into a useful ideas, for example I'm going to my running and I will win, I can stop eating candy, as it was to play roles through the program an important role in a teaching the child to think more positively through the representation of the role of a child can perform all the work by magic argument, "I can do it. (Yahaya, 2000)

The researchers see that the use of movement story has greatly helped in strengthening the positive self-talk, where scenes included many positive words such as I am going to win the competition, I'll be the star child because all my friends love me, I'll complete the game to end.

The researchers see that stories contribute in training children for positive expectation skills by

anticipating the end of stories and through participation in sports competitions appropriate to their physical level, that helped them to belief and expect to win

And thus first hypothesis have been achieved, no statistically significant differences between averages of pre and post measurements in the level of positive thinking and self-esteem in obese children of pilot research group.

There is a lack of statistically significant differences between averages of pre and post measurements in the level of positive thinking and self-confidence scale for children adjuster research group.

Researchers see that this is because of unavailability of the psychological foundations for applied motor programs within the nursery and its commitment to the traditional style which depends on the games only, without rationing the method of this games and the possibility of strengthening the psychological aspect of this play and this is what researchers tried to avoid when applying the research psychomotor program.

When we examine the scientific research that went to the study of the levels of physical activity and inactivity in obese children, we find that physically active children have their fat percentage decreases. (Davies, Gregory, 1995)

Thus, the second hypothesis has been achieved which states that there is no statistically significant differences between averages of pre and post measurements in the level of positive thinking and self-esteem in obese children for pilot research group

The existence of statistically significant differences between averages of post measurements of the pilot and the adjuster group in the level of positive thinking and self-confidence measurements for pilot research group.

The researchers attributed this to the application of the research psychomotor program which takes into account the development of the mental capabilities of children at this stage in the form of group games and more incentive for the children of the research sample.



The focus on a diverse learning environment which take into account the interests and the needs of children, and the use of different raw materials through various activities led to child-raising and attract his attention to participate.

And the diversity of strategies and techniques used in the activities like self positive dialogue, observation and reinforcement intermittent with rewards (material - spirits) in motor activity and repetition in musical, imitation, simulation, role playing, discussions activities and to correct wrong concepts and homework in narrative activity over the development and improvement of self-confidence. (Margherita, 2011)

Researchers see that discussion style and dialogue helped on lighten the minds of the child and to raise some questions with him which are mostly closer to his realistic problems, also take into account to clarify the program activities for children so they are not vague so they begin to feel bored while exercising them, and the sequence and arrangement of ideas and paragraphs program activities in a logical manner helps children practice these activities without feeling bored where motor activity is the first in the morning because the child needs to stimulate circulation and has a stored energy needs guidance in a suitable atmosphere, where the sun's rays at the time beneficial to the body and harmless.

The activity fiction has been exercised in the third period where the child's sense of relaxation and he needs to swim with his mind in a fantasy world full of animals and birds that are easy on the child's to coop with, and this is represented in the general objectives of the stories that were used in the current program which helps to gain self-confidence.

Thus, the third hypothesis has been achieved which states that there were statistically significant differences between the mean dimensions measurements of pilot and adjuster group in the level of positive thinking and self-esteem in obese children of pilot research group.

#### Conclusions

1 – The psychomotor program has a positive effect on the level of positive thinking for obese children of pilot research group.

2 - The psychomotor program has a positive effect on the level of self-confidence among obese children of pilot research group.

3 - The traditional programs does not have a positive effect on the level of self-confidence among obese children of adjuster research group.

4 - The traditional programs does not have a positive effect on the level of positive thinking in obese children of adjuster research group.

#### Recommendations .

1 - Applying positive thinking and self-confidence measurement in other studies and in different areas and different age stages.

2 – Care of parents food culture so they care their children health .

3 - Applying the proposed psychomotor program because of its positive effect on obese children.

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