

# **A SURVEY ON RECREATIONAL ACTIVITIES FOR CHILDREN WITH VISUAL IMPAIRMENT**

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## **Abstract**

*This paper examines the importance of recreation to individuals with visual impairment, issues disorder includes, the concept of recreational activities, objectives, recreational activities for individual with visual impairment impacts of recreational activities for individual with visual impairment; conclusion and suggestion was proffered*

## **Introduction**

In the early days, food, shelter, clothing, protection were very important to the primitive man humanly. But due to economic needs other factors surfaces, man had to find a time on his own for rest recreation etc today. The idea and need for recreational became necessary, and most popular or common traditional recreation is dancing, music, art etc. later people tried to do more than dancing. They went for sight seeing, walking etc. but when religion came into being, there was a restriction to the dances. There came to the period of Renaissance (revival) and reformation, which had some impact on recreational activities. As a result of the Renaissance activities what people did after hours, serve as recreational activities and later facilities were designed to meet the of people. Sport and game were less brutal.

When the industrial revolution came, it brought pleasure, high standard of living, there were more defined recreational activities, which gave room for more people to take part in recreation. And since, recreational activities had been accepted due to it value it have been undergoing changes, hence are various changes up till the present time are in the process.

## **The Concept of Recreational Activities**

Recreational activities have different meaning attributed to it, due to its great variety of activities and situations. Recreation means literally to re-create or to refresh oneself in body and or mind. In other words, recreational activity is an activity, which is for the most part voluntarily exerting mental and physical pressures upon individual mind and body.

Butter (1987) defines recreational activities as the activities, which are not consciously performed for the sake of any reward beyond itself. It offers man an outlet for his physical, mental, or creative part in which he engaged because of the inner desires, not because of alter compulsion.

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The most acceptable meaning is that, “recreational activities are socially acceptable and worth-while activities in which a person voluntarily participates during his/her leisure hours and through which he she has opportunities to develop physically, mentally, emotionally and socially”.

### **Objectives of Recreational Activities**

There are many worth- while objectives in the field of recreational activities. They are as follows:

**1. Personal Fulfillment:** Each person needs self fulfillment. Each person wants to belong and to feel important. Recreational activities help each person to achieve full *integration* of total personality attributes to mental, physical, social and emotional development, and help fill the gaps that work does not provide especially to individual with special needs.

**2. Democratic Human Relations:** Recreational activities recognize that its main goals exist on the level of functions best through associated effort that are directed toward accomplishing those goals that are in the best interest of the majority. Which evident gives individuals with special needs to fully engage on if for their overall function irrespective of higher condition.

- a. Recognizes each individual has worth and each person must be respected.
- b. Co-operates for the common goal, of human development
- c. Citizen living in a democracy guide, his or her behavior by acceptable moral and ethical value.

**3. Leisure Skills and interests:** Recreational activities are concerned with meeting the interests of those people who voluntarily participate in its programs, developing skills that provide the incentive, motivation for spending free time in a constructive and worthwhile manner. Therefore, it should be considered along variety of interests such as physical, social and learning activities which can benefit individual with visual impairment most.

**4. Health and Fitness:** Many individuals are sedentary resulting in poor health and fitness. Recreational activities emphasize the importance of a vigorous and active life and seek to meet the challenge of a society in which mental illness, stress and inactivity are prevalent. This would the idleness of visual impairment.

**5. Creative Expression and esthetic Appreciation:** Recreational activities seek to contribute to each individual desires for creative expression and esthetic appreciation by providing the environment, leadership, materials, and motivation for such experiences, recognizing that creativity can flourish.

### **Types of Recreational Activities**

The types of recreational activities are stated as follows:

- a. **Community Recreational Activities:** This is that in which villages and towns and cities sponsor a recreational programme for inhabitants. It is controlled, financed and administered by the community.
- b. **Industrial Recreation:** This is the type where an individual concern or other business establishment sponsors recreation programme for its own employees.
- c. **Hospital Recreational Activities:** These are types of recreational activities that include recreational activities for the ill and disabled. The therapeutic values of recreational activities are increasingly being recognized.
- d. **School Recreational Activities:** It refers to the programme provided by a board of education for the students that attend a particular school system. The Board of Education also provides recreation programmes for the adult population of a community.
- e. **Family Recreational Activities:** These means the activities that are engaged in by a family unit during their own leisure hours and that have resulted from their own initiative.
- f. **Commercial Recreational Activities:** These are forms of recreation that are found at amusement parks and that are conducted for profit.

### **Characteristics of Recreational Activities for Children with Visual Impairment**

1. The activities must be conducted in hours other than work. It is a leisure time activity. The activity must not be associated productive labour that is aimed at profit or that is regular of one's daily routine as a means of making a living.
2. Recreational activities are enjoyable. It is activities that produces satisfaction, serenity and happiness.
3. Recreational activities to contribute to the individual's physical, mental, emotional social welfare.
4. Recreational activities are non-survival in nature. Therefore such things as sleep cannot be labeled as forms of recreation.
5. Recreational activities are voluntarily: The person engages in the activity because he or she has chosen to participate. There has to be no compulsion and the choice made freely.
6. These are also limited in space and time by the actor and require no preparation or training. –
7. Recreational activities are also non-utilitarian in product.
8. Recreational activities may not be carried out within the structure of rules.

### **1. Recreational Activities for children with visual Impairment**

These are evidences that low vitality and perceptual motor development lags often prevent the blind individuals from participating in activities. This section tries to

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come up with possible ways the blind can take part in recreation programmes. But before they can take part the following facts must be clearly understood and noted for paper placing.

- i. The taxonomy of visually impaired for educational purposes are:
  - a. Partially sighted (seeing) are those who can use their eyes to read.
  - b. Blind (Braille) are those who can use their fingers to read.
- ii. The causes of blindness may include, prenatal development deficits, diseases, poisoning, injury, trachoma, severe infection of the eyelid, and outer covering of the eye.
- iv. With all necessary adjustments, the blind children can participate successfully in some physical activities i.e. basket ball, volley ball, tracts and field events and fitness activities.
- v. iv. Creative movement programmes would improve children's motor skills, orientation, posture, balance and self-concepts.

These activities provide practical skill essential to their life styles. Also, recreation will provide healthy outdoor living to them. The blind will feature well in the following recreational activities experiences:

**Music and Dance:** it is universally accepted as a highly desirable activity. It can be enjoyed alone or in group. It provides emotional relaxation. it contributes immensely to developing sense of personal adequacy. Usually music activities involve listening, singing, or playing.

Sport and games such as wrestling, track and field events, swimming are good recreational activities for the blind

Movement exploration activities such as walking on a line, walking across obstacles.

In performing each of these skills, the instructor should use manual guidance approach, which involves taking the blind through the movement from the beginning to the end. This should be repeated many times until he or she shows mastery of the skills. Audition such as whistles, rattles, bells drums can be used to focus the blinds attention to the direction of the activities. The recreational activities leader for the blind should be conscious of their physical and visual impairment. He should accept and design particular way each blind person learns the skills, must be patient and respect individual differences in the of blind. The leader should endeavor to simplify the rules of the games to facilitate comprehension.

Efforts should be made by our recreational centres, government agencies and private agencies in reaching this particular population for their recreation

### **The Impact of the Recreational Activities for Children with Visual Impairment**

The idea of Heewood (1988), Peterson (1988) showed that exceptional children tend to demonstrate poor body co-ordination, unusual behavior, aggressive behavior, low confidence, and tension, pain and shock. Peterson with the above problems by

expressing. Exceptional children have been excluded from finding meaning, within the context of leisure. Their tasks have been to acquire a job, attain acceptance by normal people, and achieve functional levels of behavior.

Little effort has been exerted in assisting this group to achieve the socio-leisure skill so essential for daily life the rest culture. Yet, if there was ever a group who needed to be release from tension and problems and who needed to find ways for self development and expression, social interaction, relaxation, mastering of skills and plain fun, it is the

### Conclusion

Recreational activities play a significant roles in the life of individual with visual impairment by facilitating their potentialities, as aquensicies maintain equilibrium that is, what man losses during the moments of frustration experience. Equilibrium and sense of proportion may regain through unifying power of recreational activities.

Finally, recreational activities can also be seen as antidotes to work. In essence, it takes place during leisure hours; it is opposite to work, not forced or imposed, it bears the emblem of democracy that is atmosphere of freedom must prevail. Its concept creates freedom for exceptional individuals to participate and selected activities at one's leisure hours. How, we have realized out the recreational activities play vital roles in the life of exceptional children and adults (aged).

### Suggestion

Both Government and private oraganisation must provide centres that can serve as a recreasional centres, where individual with visual impairment can be encouraged to utilize it effective government must sponsor individual with visual impairment to register with centre. Also private organization can also support and sponsor them.

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