



وزارة التعليم العالي والبحث العلمي

جامعة الموصل

كلية التربية الأساسية

فاعلية برنامج الترويح الرياضي لعلاج اضطرابات ما بعد الصدمة للأطفال النازحين في المخيمات

عمر عامر عبدالله ابراهيم العبادي

رسالة ماجستير

التربية البدنية وعلوم رياضة / علوم رياضية

بإشراف

الأستاذ الدكتور

عكلة سليمان علي الحوري

مستخلص الرسالة

فاعلية برنامج الترويح الرياضي لعلاج اضطرابات ما بعد الصدمة للأطفال النازحين في المخيمات

الباحث

عمر عامر عبدالله ابراهيم العبادي

المشرف

أ.د. عكلة سليمان علي الحوري

اهداف البحث:

١. اعداد برنامج الترويح الرياضي لعلاج اضطرابات ما بعد الصدمة للأطفال النازحين في المخيمات بأعمار ١١-١٢ سنة.
٢. تقنين مقياس اضطراب ما بعد الصدمة ليلائم الاطفال (عينة البحث الحالية).
٣. التعرف على الفروق في درجة اضطرابات ما بعد الصدمة بين المجموعتين التجريبية والضابطة في الاختبار القبلي للأطفال النازحين في المخيمات بأعمار ١١-١٢ سنة.
٤. التعرف على الفروق في درجة اضطرابات ما بعد الصدمة بين الاختبارين القبلي والبعدى للمجموعتين التجريبية والضابطة للأطفال النازحين في المخيمات بأعمار ١١-١٢ سنة.
٥. التعرف على الفروق في درجة اضطرابات ما بعد الصدمة في الاختبار البعدى بين المجموعتين التجريبية والضابطة للأطفال النازحين في المخيمات بأعمار ١١-١٢ سنة.

فروض البحث :

١. يعاني الاطفال النازحين في المخيمات وبأعمار ١١-١٢ سنة/ من ارتفاع درجة اضطرابات ما بعد الصدمة.
٢. للبرنامج الترويح الرياضي فاعلية ايجابية في علاج اضطرابات ما بعد الصدمة للأطفال النازحين في المخيمات بأعمار ١١-١٢ سنة/ للمجموعة التجريبية.
٣. توجد فروق ذات دلالة معنوية في الاختبار البعدى في درجة اضطرابات ما بعد الصدمة للأطفال النازحين في المخيمات بأعمار ١١-١٢ سنة/ بين المجموعتين التجريبية والضابطة ولصالح المجموعة التجريبية.

Thesis abstract

**Effectiveness of the sport recreation program to treat PTSD for
displaced children in camps**

researcher

Omar Amer Abdullah Ibrahim Abadi

Supervisor

Prof. Dr. Okla Sulaiman Ali Al-Houry

The objectives of the research are as follows:

١. Preparation of a sports recreation program to treat PTSD for displaced children in camps aged ١١-١٢ years.
٢. Standardization of PTSD for children (current research sample).
٣. Identify the differences in the degree of PTSD between the experimental and control groups in the tribal test of displaced children in the camps aged ١١-١٢ years.
٤. Identify the differences in the degree of PTSD between the tribal and remote tests of the experimental and control groups of the displaced children in the camps aged ١١-١٢ years.
٥. Identify the differences in the degree of PTSD in the post-test between the experimental and control groups of the displaced children in the camps aged ١١-١٢ years.

Research hypotheses:

- ١- Displaced children in camps and ages ١١-١٢ years suffer from high levels of PTSD.
- ٢- The sport recreation program has a positive effect in the treatment of PTSD for displaced children in camps ١١-١٢ years of age for the experimental group.
- ٣- There were significant differences in the post-traumatic testing of PTSD for children displaced in camps between the ages of ١١-١٢ years between the experimental and control groups and for the benefit of the experimental group.

The researcher used the experimental method to suit the nature of the research. The sample included (٣٦) children, and they were divided into two groups (١٨) children per group.

They were paralleled in the PTSD scale. The experimental group implemented the sport recreation program, while the control group implemented the program prepared by the French TGH (Triangle).

The program took ٨ weeks and ٢ units per week. The total number of educational units for the program was ١٦ units, each unit was ٤٠ minutes. The program included exercises. The programs were started on Monday, ٢٣/١٠/٢٠١٧ until Wednesday, ١٣/١٢/٢٠١٧.

For the purposes of the present research, the researcher used the statistical means calculated using SPSS and the Averag hypothesis.

The researcher concluded the following:

- ١- The high degree of PTSD in displaced children in camps aged ١١-١٢ years, supervised by the French Triangle organization in Salameh camp.
- ٢- The effectiveness of the sport recreation program for the treatment of PTSD for displaced children in camps aged ١١-١٢ years for the experimental group.
- ٣- The low degree of PTSD in displaced children in the camps aged ١١-١٢ years who applied the sport recreation program in Salameh camp (١) to the experimental group in the post-test and with significant differences from the tribal test.
- ٤- The low degree of PTSD in children displaced in the camps aged ١١-١٢ years supervised by the French Triangle organization in Salameh camp (١) for the control group in the post-test and significant differences from the tribal test.
- ٥- The experimental group over the control group in the degree of reduction of post-traumatic disorders in the tests of the dimension of the two groups.

The researcher made several recommendations, the most important of which are:

- ١- Adopt the sports recreation program prepared by the researcher to treat PTSD for displaced children in camps ١١-١٢ years old for the experimental group on the rest of the children of the camps who suffer from the same problem.

- ٢- The establishment of training courses for teachers and teachers of physical education in the primary stage to familiarize them and train them to apply recreational sports programs, which contains a variety of games in various sports education lesson to achieve the development in the psychological, physical and motor aspects of children.
- ٣- The necessity of providing sports devices and tools that enable teachers of physical education to apply various games in the lesson of physical education.
- ٤- Conduct a similar study for this stage in comparison between male and female children.
- ٥- Adopting the PTSD as modified by the researcher to determine the degree of this variable for children of displaced people of these ages suffering from the same disorders.
- ٦- The need to prepare guidance programs in the psychological preparation (psychological security) for the development of mental health of displaced children in the camps after the completion of the program sport recreation.
- ٧- The need to develop a psychological guidance unit in the camps, which means studies and psychological research and educational guidance for displaced children.
- ٨- Conduct research and studies regarding the relationship of mental and behavioral disorders to the physical and skilled performance of the various sports of the displaced children.

Ministry of Higher Education

and Scientific Research

University of Al Mosul

Faculty of Basic Education



Effectiveness of the sport recreation program to treat PTSD for displaced children in camps

Omar Amer Abdullah Ibrahim Abadi

Master Thesis

**Physical Education and Sport Science / Mathematical
Sciences**

Supervised by

Prof. Dr

Okla Sulaiman Ali Houry