The effect of selected games of school on self-esteem and creativity of 10-12 years old girl students of Shoushtar

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ABSTRACT

The main aim of this research is description of the 8-weeks effect of selected games of school on self-esteem and creativity of 10-12 years old girl students of Shoushtar.

Method: Statistical population in this research is grade 4,5 and 6 of 18 girl school (N=620), which 2 school was selected random and 30 of them was selected random which 15 experimental group and 15 control group. Measuring instruments: tools of measurement in this study self esteem Alice Pope (1989), reliability 0.837 Torrance creativity questionnaire Abedi (1979) The reliability coefficient is 0.82. Results: The results showed that 8-week primary games of choice on self-esteem and creativity had a significant impact on self-esteem and creativity as well as between students and school groups 8 weeks, no significant difference in selected games that shows the effect on self-esteem and creativity of students is playing. Discussion and conclusion: The game is influenced by many factors (age and child development, environment, capacity of the child, socioeconomic status, culture, gender) that each of these factors in turn means that children and how children's play they can choose to play or intended to be set. Its important to say that family has first and most important role in grow the creativity and self-esteem in children by playing game. The general conclusion is that can be played by school choice, an important factor in the development of students' self-esteem and creativity are 10 to 12 years old.

INTRODUCTION

Childhood is a crucial role and has given his childhood there, especially in its early years by psychologists and scholars of education and training as the most important stage of formation of the human personality has been identified. Psychological research suggests that education begins at the age of confidence in their readiness, school and childhood. At this age, a new relationship between thinking and action can emerge in children [5].

Play is the way children learn by it and in the meantime, the way of living in the material world Meanings adults learn and to achieve the goal, its values are continuous efforts.

Self-esteem is the main factor in the personality development of children and has a special value. Emotional competencies - self-assessment of socially result is positive, it can shield or force against future serious problems to help children [5].

Creativity is one of the concepts in the field of psychology is controversial, and the current element is extremely popular and is being addressed. Undoubtedly these industries in the world today, one of the most important techniques to achieve creative discoveries, inventions and advancements in science, technology and the arts are considered. Perhaps it is because so much of the initiative in early childhood education and is protected.

Games, like other aspects of phenomena are vast. This has led various aspects of the game are a lot of definitions.

The great culture "Webster" (2003), is defined by the following game.

A) motion, movement and muscle activity as moving
B) freedom of movement or range for
C) activities or exercises for entertainment, recreation or sports

Play benefits include:
A) The game can affect a child's physical growth. Games and movement is an important aspect of children's development in the areas of motor, cognitive, or emotional.
B) playing a mentally draining, especially for children who have acquired the basic tools of reconciliation with society's language and be able to verbally express their intentions are.

C) personality growth and development of the game it is effective. Considering that the game is a kind of self-expression through their child represents, therefore, to identify the needs, interests, aptitudes and other personal characteristics of the method would be beneficial.

Much attention to the games of children for the purpose of training made some changes and also Newman said that using game as a training object should have some features: special place, adult supervision, taking special aim was bound to have a special tool.

Self-esteem:
Personality: A concept that different definitions and interpretations that have been made. Namely that "a person's character set of features and characteristics of their behavior or sober, self-control, and the impact that person has on others pointed out [7].

The roots of self-esteem:
1. Self: the self-esteem stems, most likely self is when people are experiencing success or failure. In fact, they take pride in the success and failure in time to experience shame.
2. Success rate within the territory of the people are different, some of the physical symptoms and exercise performance for others and for others, academic success is important, in the interests of dependent people success in different areas for different matters.

High self-esteem and take pride in their performance, ie, when a person nurtures talent with good quality.
Children with high self-esteem , those who felt confident to express their creativity by taking advantage of the ability to pay and are not easily influenced by environmental factors. A person with low self-esteem and attitudes toward artificial world desperately tries to show others that the person is worthy. May be kept within its shelter, and isolationism. In such a case, the person is afraid , and it avoids contact with others and at the same time is a little pride. A person with high self -esteem acts.powerlessness and helplessness, which are easily influenced by others. Blames others for his own shortcomings and failures can be attributed to chance [1].

Creativity:
Creativity is one of the most beautiful and amazing features. Dynamism and creativity of the people of Ghana and the survival of civilization depends and the fact that history has proven time and again has a critical role in determining childhood the exciter is driven.

Creative features:
A creative product usually being innovative by their origin and their performance will be judged. Mayres and Torrance defined as the creative learning process:

For allergy problems, deficiencies, gaps in knowledge, missing elements, disharmonies, and so on, gathering information, defining the difficulty or identifying the missing elements, search for solutions, indiscriminate speculation, assumptions in case of defects, testing and re-testing and re-examine their assumptions and changes, they completed and the results are transmitted.

Imagination and creativity are deeply rooted in the game and mood play a creative part of our lives during of our stay . Game flexibility and problem-solving skills that are required to be creative boost. Artists often say that the discovery of new compounds and materials for creative play. Playing mood to give wings to the imagination of Peru.

Jamali et al [11] study the impact of sports games on the increase in children's creativity did . In this quasi-experimental methods to study the effects of endurance, strength and flexibility on creativity, originality and fluid group of children to measure. The results showed that sports games on the three components of creativity, originality had a positive impact.

Emami Rizi et al, [3], this study examines the effects of group play in the development of innovative deals . The results showed that playing a positive effect on the fluid, initiative, flexibility and creativity in developing children and children with a total score increase.

Farahati A survey of sports participation on self-esteem in girls schools did, it was a quasi-experimental study. Results indicated that participation in sports has a significant effect on adolescents 'self-esteem and a good exercise program to improve adolescent girls' self-esteem and increases.

Heydari, [12] in a study on the effect of educational games 11-9 years of primary school students' self-esteem city DEHLORAN payment. At the end of the study, the researchers concluded that the educational games on all scales, has a significant impact on self-esteem in elementary school children.

Qeytasi, research on creativity in educational games as 8 weeks of second grade students pay poldokhtar city.
Razavi and Dowlatabadi [13] Comparison of two methods of teaching gymnastics in research on creativity and physical factors in the selection of girls’ physical education student study t-test (average of two independent groups) Traditional Teaching Methods on creative problem-solving group and physical factors, no significant impact.

Stephen, Truhan, study as a model of analytic philosophy, playfulness, creativity and play they did. The results showed that all the components will play creative growth.

Garaigordobil and Berrueco Research program, a substantial increase in the verbal creativity (fluency, flexibility, originality), visual creativity (elaboration, fluency, originality) and the behaviors and characteristics of creative identity revealed. In the pretest phase, there was no difference between boys and girls in creativity. This paper discusses the importance of implementing innovative programs with preschool children is emphasized.

Cheng This article is an introduction to creative movement activities in Hong Kong describes the creativity of preschool children to raise.

Health in their study of participation in physical activity and overall impact of these activities on a self-pay. The results of this study suggest that participation in physical activity leads to a positive impact on overall self-esteem among adolescent girls ages, especially low to.

Also Carl and Die in their study of the effect of exercise on self-esteem and physical balance three classes of elementary school children with their parents and teachers findings from the survey showed that more time in the activities of the children they spend the balance of their participation in team sports games individually showed higher physical self-concept. This study highlights the value of intervening processes to better balance between time spent on sports and physical self-identify.

Method:
Selected Methods of Game Week 8 school on students' self-esteem and creativity Branch from 10 to 12 years old and belonged to a semi. Population aged 10 to 12 students in the fourth grade, fifth and sixth in the 18 schools (620 = N) were studying. That the population of the two schools were randomly selected in the experimental group and control Grfndabazar test measure in this study self esteem Alice Pope et al test of creativity Torrance Abedi was used. Coefficient of reliability of self-esteem 0.83and the reliability creativity 0.82is obtained. independent t-tests were used. This research was conducted using a quasi-experimental field. Statistical analysis software was used for SPSS19. Significance level of p <0.05 is considered.

Creative Growth Games selective school female students aged 10 to 12 are affected Branch.

To investigate this hypothesis, paired t-test values of the overall creativity of the experimental group in pre-test and post-test was used. The t value equal to 5.68 and a significance level of 0.001, we conclude that the selected game 10 to 12 year old school girl student creativity Growth Branch has a significant impact. Therefore, the hypothesis is confirmed.

Results:
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Table 1: t depends on the values of the pre-test and post-test experimental group (overall creativity scores)

<table>
<thead>
<tr>
<th>Statistical index group</th>
<th>Average</th>
<th>Standard deviation</th>
<th>t</th>
<th>Freedom level</th>
<th>Significant level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-test</td>
<td>19.18</td>
<td>3.38</td>
<td>-5.68</td>
<td>59</td>
<td>0.001</td>
</tr>
<tr>
<td>After-test</td>
<td>22.3</td>
<td>3.12</td>
<td>-5.68</td>
<td>59</td>
<td>0.001</td>
</tr>
</tbody>
</table>
Selected games on primary school students’ self-esteem of girls aged 10 to 12 are affected Branch. To investigate this hypothesis, paired $t$-test on the total amount of self-esteem subscale of the experimental group in pre-test and post-test was used. Due to the amount equal to 5.06 and significance level of 0.001, we conclude that the selected game 10 to 12 year old school girl student self Brzt Branch has a significant impact. Therefore, the hypothesis is confirmed.

Table 3: Statistical Test $T$, related to pre-test and after-test amount in experimental group (total self-esteem grade)

<table>
<thead>
<tr>
<th>Statistical index group</th>
<th>Average</th>
<th>Standard deviation</th>
<th>$T$</th>
<th>Freedom level</th>
<th>Significant level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-test</td>
<td>13.29</td>
<td>2.61</td>
<td>-6.03</td>
<td>89</td>
<td>0.001</td>
</tr>
<tr>
<td>After-test</td>
<td>14.89</td>
<td>2.39</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
As can be seen in the pre-test and post-test, improved significantly on the game selected elementary school in overall self-esteem have been made.

Discussion:

The results indicated that the games are selected by growth in students creativity with research Jamali et al [11], Emami rizi et al [3], Qeytasi, Stephen, Tiruhan, and Garaigordobil and Berrueco, Cheng, is And the results of the Razavi and Dowlatabadi [13] is inconsistent.

Perhaps the difference between the results of the present study and the study by Razavi be very different type of game. Razavi has carried on his research and teaching Gymnastics two ways to evaluate the data. It focuses on the discovery of different teaching methods have led to the development of creativity research subjects, too. Also, students are more influenced by external factors that are not included in this study them

As the results of the study showed that increased self-esteem among school students selected to play for eight weeks during the school has been selected to play with the results Farahat heidari [12], consistent. The investigation confirms the influence games have on self-esteem.

The result of overall self-esteem, improving the previously selected game by Heydari [12], Health, to achieve the same result when playing sports activities have positive effects on overall self-esteem individuals are match .varies around him.

Usually the physical aspects of physical education simply are summarized below and are aware of the emotional and cognitive ,during games and activities for the image formation is crucial . Another important cause of this course is to increase students' thinking and general health , because an important factor for creating a positive image of their fitness and improve their self-esteem and creativity is why the use of teaching methods creative and effective in this regard would be useful Proposed applications

1. not just in the physical education lesson time, but combined with other materials to enhance children's self-esteem, creativity and design are used.
2. to inform parents and teachers play in the development of students' creativity.
3. The game is designed so that kids can get to solve the problem.
4. applications, games and tools for schools should be targeted.

REFERENCES


