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The Importance Of The Needs Arising In People When Organizing Classes Rink Bandy (Mini Hockey).

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ABSTRACT

Continuous humanization of the modern world is manifested, among other things, by the active development of adaptive sports. This is an important factor in the active socialization of disabled people and the maximum possible rehabilitation. This process should always take into account the opinion of the athletes themselves with disabilities. On the example of the disabled by hearing, their basic wishes for the development of mini-hockey have been clarified. As a result of the study, it was found that the main groups of needs of people with hearing impairment regarding the organization of group sessions are the desire to improve the infrastructure and logistics of classes, optimize the organization of the training process, train personnel and ensure the quality of the rink. The need of people with disabilities to raise their awareness and quality of educational work with athletes with disabilities is high. Timely consideration of the opinion of athletes with disabilities on how to improve sports and apply it at all levels is the key to the success of the development of adaptive sports in Russia.

Keywords: mini-hockey, training, disabled, adaptive sports.

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INTRODUCTION

The prevalence of various pathologies in human society is quite high [1-4]. This poses serious problems for modern science [5-7], compensation [8,9] and the maximum possible recovery [10-12] of different categories of patients. This circumstance is extremely important for ensuring social intergenerational ties [13] and establishing links within generations [14], as well as maintaining the maximum possible working capacity for all members of society [15,16]. It becomes clear that in this regard, not only the medicinal options for influencing the body [17-19], but also non-medicinal ones [20,21] are effective. Among the latter, a prominent place is occupied by dosed physical activity [22,23]. They are the most accessible and very effective in different forms [24,25,26], especially in the form of adaptive sports [27]. At the same time, the more physically disabled a person is, the greater the healing effect can be provided by adaptive sports [28,29].

At the same time, to stimulate the involvement of disabled people in sports, it is necessary to take into account their most common wishes for the most popular sports [30-33]. As an example, you can consider Rinkbandy (mini-hockey with the ball), which became very popular in different regions of Russia in the 1990s [34]. Rinkbandy (mini-hockey with the ball) is an indisputable factor in the mass participation of people in hockey. It is very popular because of its spectacularity and low traumatism. In this regard, competitions are often held at the municipal level, at the regional level and at the local level. The prospect of making this sport mass and economically accessible has become the subject of serious analysis when considering the needs of people with hearing impairment. Participation of disabled people in physical exercises within the framework of hockey classes positively influences their social adaptation and increases their integration into society [35]. In this regard, it became clear the need for a study to determine the basic requirements of people with hearing impairment with regard to the organization of mixed groups. Objective: to determine the list of basic requirements of people with hearing impairment to organize sports activities, their importance and structure.

MATERIALS AND METHODS

The study was approved by the local ethics committee of the Russian State Social University on September 15, 2015 (protocol No. 9). The study was conducted on the basis of the Russian State Social University in Moscow, Russia.

77 sportsmen with disabilities with a hearing impairment were examined. Research methods were used, including the method of interview, the method of interviews, the method of interviewing the questionnaire. The method of mathematical statistics is also applied.

RESULTS AND DISCUSSION

Processing of the results of the survey made it possible to develop a list of requirements for the hearing impaired in the organization of training rinkbandy: 1) the existence of well-organized ice rink (arena); 2) the availability of special sports equipment (clubs, balls, shin, etc.); 3) holding free classes; 4) the availability of qualified coaches who have experience working with hearing-impaired, 5) convenient schedule of classes, 6) participation of healthy athletes in training and competition; 7) conducting competitions in similar sports clubs; 8) individual approach to disabled athletes during classes; 9) the existence of a special program (methodology) for training athletes with disabilities for competitions on the basis of the individual characteristics of their nosology; 10) care and assistance of local authorities in the development of shells among the deaf; 11) the possibility of obtaining sports qualifications; 12) the opportunity to participate in municipal and regional competitions among healthy people; 13) wide popularization of sports achievements of sportsmen with disabilities with the help of mass media (newspapers, television, the Internet); 14) the presence of shower cabins; 15) convenient schedule of competitions; 16) spacious, comfortable, warm cloakrooms; 17) convenient location of seats for spectators at competitions; 18) the existence of a security system (protection against terrorism); 19) conducting educational work with athletes. The results of the survey are presented in Table 1.

Table 1: Factor structure of the requirements of persons with hearing impairment for the organization of classes rinkbandy (according to the survey of disabled athletes n = 77)

No of factor	Shareof factor, %	Factor content	Factor name
1	37,2	Presence of well-prepared ice rink (arena) (789). Available shower (771). The presence of special sports equipment (clubs, balls, shin guards etc.) (768). Convenient schedule of classes (745). Convenient schedule of competitions (669). Spacious, comfortable warm dressing rooms (571). Convenient location of seats for the audience at competitions (555). Availability of security system (protection against terrorism) (535).	Requirements for infrastructure and maintenance supply of rinkbandy classes
No of factor	Shareof factor, %	Factor content	Factor name
2.	24,6	Opportunityto participate in municipal and regional competitions among healthy people (654). Free Classes (647) Competitions among similar sports clubs (633). Involving healthy athletes in trainings and competitions (573). Possibility of sports qualification (category, judicial category) (562). Care and assistance of local authorities in the development of rinkbandy among the deaf (514).	Requirements for organization of training process
No of factor	Shareof factor, %	Factor content	Factor name
3	14,8	Availability of qualified specialists, trainers with experience of work with hearing impaired people (673). Individual approach to disabled athletes during classes (639). The presence of a special program (technique) of training of disabled athletes for competitions based on the individual characteristics of their nosology (617).	Requirements for staff and methodological assistance of rinkbandy classes
4.	6,3	Popularization of sports achievements of disabled athletes via mass media (newspapers, television, Internet, etc.); (580). Availability of educational work with athletes (503).	Requirements for information and communication support and educational activity for disabled athletes

Notes: The figures shown have the most significant factor loads. In the factor weights zeros before the decimal point are omitted.

The structure of the requirements of athletes with hearing impairment regarding the organization of rinkbandy classes can be represented by four groups of characteristics (their total contribution is 82.9%). Group 1 (share - 37.2%). Requirements for infrastructure and maintenance of rinkbandy classes: accessible

well-prepared ice rink (arena), downpours, special sports equipment (clubs, balls, shin); convenient schedule of classes and competitions, spacious, comfortable, warm rooms, etc. Group 2 (24.6%). Requirements for the organization of the educational process: the opportunity to participate in municipal and regional competitions among healthy people, free classes, competitions among similar sports clubs, participation of healthy athletes in training and competitions, the possibility of obtaining sports qualification, attention from local authorities to the development of sports of the deaf. Group 3 (14.8%). Personnel requirements and methodological support of rinkbandy classes: availability of qualified specialists, coaches with experience in working with hard of hearing people, individual approach to disabled people during classes, availability of a special program (technique) for training disabled athletes for competitions on the basis of available individual features of their nosology. Group 4 (6.3%). Requirements for information and communication support and educational work with athletes with disabilities: popularization of sports achievements of disabled athletes through the media (newspapers, television, the Internet), accessible training for disabled athletes.

CONCLUSION

The dynamic development of adaptive sports in the world is an important factor in the active socialization of disabled people and the maximum possible improvement of their health. It becomes clear that this process should always proceed taking into account the opinion of the athletes themselves with disabilities. On the example of the disabled by hearing, their basic wishes for the development of mini-hockey have been clarified. As a result of the study, it was found that the main groups of needs of people with hearing impairment regarding the organization of group sessions are the desire to improve the infrastructure and logistics of classes, optimize the organization of the training process, train personnel and ensure the quality of the rink. The need of people with disabilities to raise their awareness and quality of educational work with athletes with disabilities is high. Timely consideration of the opinion of athletes with disabilities on how to improve sports and apply it at all levels is the key to the success of the development of adaptive sports in Russia.

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