IMPACT OF SELECTED MINOR GAMES ON PSYCHOLOGICAL FACTORS AMONG DEAF STUDENTS

PRADEEP.C.S*; AJEESH.P.T**; ARUN.C.NAIR***

*Lecturer,
G.V.Raja Sports VHSS,
Thiruvananthapuram, Kerala, India.

**Research Scholar,
Research and Development Centre,
Bharathiyar University,
Coimbatore, Tamil Nadu.

***Research Scholar,
Research and Development Centre,
Bharathiyar University,
Coimbatore, Tamil Nadu.

ABSTRACT

Disability is any physical or mental condition that limits a person’s movements, senses or activities. The term disability is conventionally used to refer to attributes that are severe enough to interfere with, or prevent, normal day-to-day activities. The present study shows that there was a significant decrease in the depression and anxiety level due to influence of eight week minor game programme. Hence minor game programme could be included as one of the relaxation methods to reduce the level of depression and anxiety in deaf students.