SUMMARY

The present study was conducted with the objective to find out the effect of unified sports on confidence, peer inclusion and psychomotor abilities (finger dexterity and reaction time) among individuals with intellectual disability. Pre test post test control group design was employed for the study. 30 Students with Intellectual Disability (SwID) and 30 Regular School Students (RSS), were selected as samples, who were equally divided in to experimental group (15 SwID + 15 RSS) and control group (15 SwID + 15 RSS). SwID and RSS were explained about objectives of the study and informed consents were taken from their parents. During present study investigator prepared three tools; Tool for Confidence among SwID; to measure peer inclusion two tools were prepared viz. tool for Acceptance of RSS among SwID and tool for SwID among RSS. To measure finger dexterity and reaction time Pegboard Dexterity Test and Reaction Time Apparatus was use, respectively. By using these tools pretesting was conducted for subjects of both the groups followed by intervention of Unified Sports for experimental group, for 45 sessions; weekly for 6 days and 1 hour in each day. Thereafter 45 sessions of the intervention, researcher conducted post test for both the group. A delayed post test was conducted after six months to find out the retention of effect of intervention. Over all study concludes that Unified Sports are effective measure to improve, confidence, peer inclusion and psychomotor abilities among individuals with intellectual disability.