

Issues and Challenges in the Way of Special Population towards Participation in Sports

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Received date: 11th July 2020

Revised date: 26th August 2020

Accepted date: 15th April 2020

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Abstract

Background

The main focus of this study was to identify challenges experienced in sports participation by children with disabilities

Objectives

This study was conducted with two main objectives: 1) to examine and determine the main issues and challenges in the way of special population towards their participation in sports and 2) to identify facilities available for special population towards their participation in sports

Methodology

This study employed a cross-sectional and analytical research design. Convenient sampling technique was used for the selection of sample for this study. In addition to taking the demographic information of the respondents; the necessary information on other variables such as the nature of the disability, the duration of treatment and the availability of the required facilities were obtained through the questionnaire. After the development of the questionnaire, a pilot study of the questionnaire was carried out to confirm the reliability and validity. The descriptive analysis involved the computation of frequency distributions of the responses. Non-Parametric analysis was done for hypothesis testing as the data was categorical.

Results

The results indicated that physical challenges were being experienced by CWDs. There were 3% students who reported "having no opportunity, 8% reported not having special aids and equipment, and 19% reported lack of sports fields, and 5% reported poor fitness" are the main challenges in sports participation. They also reported that psychological challenges also hindered their participation in sports. There were 6.1% who reported "fear of being rejected, 15.2% reported not being able to do sports, and 78.8% reported their own health" as challenges to take part in sports. They also reported that social factors including "financial problems (93.9%) and non-availability of trained coaches (6.1%)" as another type of challenge to take part in sports.

Conclusion

The findings of this study showed that internal motivation was present as CWDs want to play sports. Rather it is necessary to provide the necessary support from the administration of the schools and the Government of Punjab.

Keywords: *Children, Disabilities, Issues, Challenges, Sports, Schools*

Introduction

World Health Organization characterizes handicap as "absence of capacity to play out a movement in the way or inside the reach considered typical for a person". Of the all-out total populace around 15% or around one billion fit the above definition with a gentle, moderate or serious nature and 93 million of these are kids as announced by Helping Hand for Relief and Development (HHRD, 2012). In Pakistan, surmised or projected numbers gauge that, absolute populace of individuals with inability (PWDs) is 5 million (HHRD, 2012).

It was additionally announced by HHRD that the quantity of kids with handicap (CWDs) is 43.40% of all out CWDs, 55.60% male and 44.40% female as revealed by Population Census Pakistan in the last part of the 1990s. It is likewise assessed that around 1.4 million (28.9%) of complete number of CWDs are the offspring of school going age who don't approach training. Administration of Pakistan tends to the necessities of CWDs through a Directorate General of Special Education and Social Welfare and various foundations and focuses laid out in the Capital of Pakistan. Like all youngsters, CWDs expect that they get every single essential right and offices for carrying on with a useful life. It is worth focusing on that CWDs face numerous difficulties, not every one of them because of their handicap. Social exclusion because of disparagement is one of them. Notwithstanding the endeavors and accomplishments of "Training for all" and the Sustainable Development Goals (SDGs), it is perceived that CWDs stay one of the primary gatherings all over the planet that keep on being prohibited from instruction, and those that really do go to class are bound to be barred in the study hall and to quitter.

Survey drove on CWDs showed that 17.4% of them in schools live with a debilitation or have learning or change difficulties (Taliaferro, 2016)). Even more unequivocally, 3% of youth developed some place in the scope of 5 and 14 live with either physical disability (PD) or intellectual disability (ID) as itemized by Dunn, (2017) and as far as possible are associated with ID, language impediment, movability insufficiency, and low level of capacity to concentrate as uncovered by Moore, (2017). In actuality, 44% of youth developed some place in the scope of 5 and 14 years old residing with inadequacies and they see themselves as confined in their brandishing practices inferable from their powerlessness (Salaun, 2018). All the while, the transcendence of overweight and heaviness in CWDs increases by 2 to various times when differentiated and other strong children (Klavina, 2018). Thusly, it is fundamental to recognize troubles experienced by CWDs to get them related with PA or various games.

No doubt cooperation in sports can be trying for CWDs. They might have restricted portability and may get worn out more effectively as expressed by Scott, (2018) than their companions without incapacities. To defeat these difficulties, they might require exceptional help, for example, extraordinarily prepared mentors to assist them with partaking in PA and sports (George, 2017). Consolidate these with different difficulties, for example, the impact of prescriptions or tangible issues encompassing food and a high danger of corpulence (Copeland, 2018) as 80% of CWDs in are overweight or large as per Marks, (2017).

Literature Review

The Standard Rules on the equal opportunities for CWDs allude to "an incredible number of various utilitarian impediments happening in any populace in any nation of the world" as reported by Njike, (2019). Individuals might be crippled by physical, scholarly or tangible debilitation, ailments or psychological maladjustment. Such impedances, conditions or ailments might be long-lasting or short lived in nature (Robert, 2019). A few worldwide associations for CWDs add to this definition the way that individuals' capacity to complete at least one fundamental exercises in their day to day routines might be caused, restricted or irritated by their social and monetary climate (Jaarsma, 2015). This definition, which considers the impediments forced by the social and financial climate, is a more complete one.

Sports and recreational activities play significant role in the development of normal children but at the same time it serves vital role in the growth and rehabilitation of the children with physical disabilities (Ahmed, Sadeea, & Mahmood ul Hassan, 2020). "Handicap" for the most part infers separation, recommending that an individual is some way or another of less worth (IBI, 2019). As far as friendly obligation, "handicap" signifies the misfortune or limit of chances to participate in the existence of the local area on an equivalent level with others. It depicts the experience between the individual with impediment and the climate (Kennedy, 2017). As a rule, a "handicap" is viewed as a circumstance of disadvantage wherein an individual is totally or incompletely kept by a debilitation or incapacity from playing out a social job that is typical for their age, sex and social and social foundation (Carolyn, 2019). The present circumstance emerges when social, physical or because of biases boundaries bar debilitated individuals from the different social exercises that are accessible to different citizenry so that individuals with inabilities experience disparity as reported by Eyben, (2018).

It was accounted for by Subharati, (2017) that isolation should be seen to surmise any separation, denial, limit or tendency which relies upon any ground like race, concealing, sex, language, religion, political or other evaluation, public or social start, property, birth or other status, and which has the explanation or effect of negating or incapacitating the affirmation, pleasure or exercise by all individuals, on an identical equilibrium, of for the most part honors and amazing open doors. All detachment is laid out in fear, insecurity and mindlessness; it reflects an inability to recognize another person as a same. An unfortunate structure is unequipped for tolerating assortment and differentiations as finished up by Raymond (2017).

Llewellyn, (2018) stated that incorporation is the option to take part in each part of life as a full citizen. It infers the acknowledgment and acknowledgment of others' disparities. The degree of consideration is reflected in the families, schools and social orders way to deal with incapacity in children (Phillimon, 2019). This is additionally reflected in friendly, instructive, monetary and wellbeing strategies, both at nearby and public level. The outcomes are appeared in clear and open admittance to citizenship and the chance for individuals to completely practice their freedoms. Combination should be a cycle that offers all people the chance to partake in the advantages of improvement through the activity of their privileges and capacities as reported by Ferguson, (2017). The primary method for accomplishing social and useful mix is to work for equity and fairness, raising government assistance and advancement levels and empowering debilitated individuals to make a move whenever they are denied the open doors accessible locally that are important for the major components of living, including instruction, business, lodging, monetary and individual security, investment in friendly and political gatherings, strict action, private and sexual connections, admittance to public offices, opportunity of development and the overall style of day by day living (Anderson, 2017).

Material and Methods

This study employed a cross-sectional and analytical research design. This research study was conducted in the vicinity of District Kasur and focus of the researcher was upon the Center for Rehabilitation of the Special People Kasur. Convenient sampling technique was used for the selection of sample for this study. In addition to taking the demographic information of the respondents; the necessary information on other variables such as the nature of the disability, the duration of treatment and the availability of the required facilities were obtained through the questionnaire. After the development of the

questionnaire, a pilot study of the questionnaire was carried out to confirm its validity. Non-Parametric analysis was done for hypothesis testing mainly “Wilcoxon Signed Ranks Test”, because the data was categorical.

Results

The results indicated that physical challenges were being experienced by CWDs. There were 3% students who reported “having no opportunity, 8% reported not having special aids and equipment, and 19% reported lack of sports fields, and 5% reported poor fitness” are the main challenges in sports participation. They also reported that psychological challenges also hindered their participation in sports. There were 6.1% who reported “fear of being rejected, 15.2% reported not being able to do sports, and 78.8% reported their own health” as challenges to take part in sports. They also reported that social factors including “financial problems (93.9%) and non-availability of trained coaches (6.1^)” as another type of challenge to take part in sports.

Table-1
Gender of the student

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Male	68	68.0	68.0	68.0
	Female	32	32.0	32.0	100.0
	Total	100	100.0	100.0	

There were 68% male students and 32% female students with disabilities as shown in Table-1

Figure-1
Male and Female Students with Disabilities

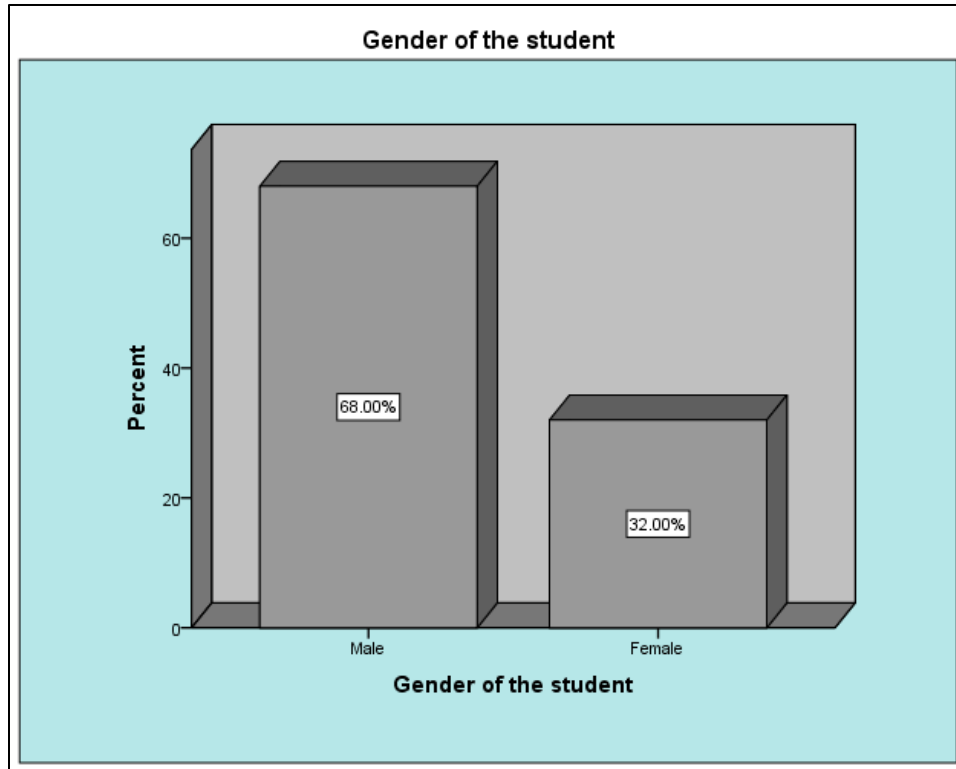


Figure-1 is showing percentage of male and female students with disabilities

Table-2

Differences of Challenges in Sports Participation

	Physical - Gender	Psychological - Gender	Social - Gender
Z	-4.723 ^b	-4.838 ^b	-3.944 ^b
Asymp. Sig. (2-tailed)	.000	.000	.000

Table-1 is showing the results of “Wilcoxon Signed Ranks Test”, which indicated that all the students were facing many challenges to take part in sports. These challenges included physical issues ($p=.000 < 0.05$), psychological issues ($p=.000 < 0.05$) and social issues ($p=.000 < 0.05$). Thus, null hypothesis number-1 is rejected.

Table-3

Differences of Facilities for Sports Participation

	Playing space	Facilities	Funds
Z	-2.147 ^b	-2.454 ^c	-2.400 ^b
Asymp. Sig. (2-tailed)	.032	.014	.018

Table-2 indicates significant differences for the availability of facilities to take part in sports as ($p=.032 < 0.05$) for playing space, ($p=.014 < 0.05$) for facilities available, and ($p=.018 < 0.05$) for the availability of funds. Thus, null hypothesis number-2 is rejected.

Discussion

This study focused to identify challenges of CWDs in sports participation. This objective was measured for the first time in District Kasur, Punjab. Different types of disabilities were identified in four different schools as shown in Table 12. There were 50% students with PD, 27% with mental/ID, 7% with psychological, 10% with auditory, 4% with visual, and 2% with linguistic disabilities. Table-13 indicates physical challenges being experienced by CWDs. There were 3% students who reported “having no opportunity, 8% reported not having special aids and equipment, and 19% reported lack of sports fields, and 5% reported poor fitness” are the main challenges in sports participation. Psychological challenges were also being experienced by CWDs. There were 6.1% who reported “fear of being rejected, 15.2% reported not being able to do sports, and 78.8% reported their own health” as challenges to take part in sports. Social factors “financial problems (93.9%) and non-availability of trained coaches (6.1%)” were different types of challenges, which hindered CWD to take part in sports.

These findings are in accordance with many of previous studies. The negative social perspective on inadequacy can have a staggering impact upon the confidence and mental self-picture of CWDs. The idea, engendered through the impression of inadequacy embedded in the clinical model talk, that CWDs are unequipped for finishing things for themselves clashes with the need of individuals to feel a sensation of opportunity inside their own lives. Thus, those CWDs limits who truly anticipate that help should play out explicit endeavors inside their ordinary schedules can be caused to feel a load by the exercises of those they team up with. This, got together with the lack of any impression of independency or control over their lives, can lead an extensive part of these children to feel that they have transformed into a load upon society and this feeling is undoubtedly compounded by the chance of CWDs as non-valuable populace as uncovered by Silva1 (2016).

For those CWDs who are urged to participate in game or who choose, notwithstanding the elements referenced above, to remove a portion independently the issues that they might experience reroute are possibly numerous and fluctuated. Coming up next are only a determination. Jaarsma, (2015) refers to a progression of studies, which demonstrate that a central point in the open doors for CWDs to partake in exercises outside their own homes is admittance to a vehicle having a place with their family or a companion. This dependence upon the philanthropy and openness of friends and family for transportation or even on adjacent concentrated vehicle systems has a couple of repercussions for CWDs.

Vinthagen, (2014) claims that it is generally accepted that CWDs cannot adjust, may stop or upset clients and will undoubtedly have setbacks. Winzer likewise guarantees that people with inadequacies are presumably going to encounter the evil impacts of the work place due to seen disappointments and, in this manner, face a continued with creation of dependence upon the state and everybody around them. These real factors influence the amazing open doors for people with impairments to become drawn in with sport by restricting the financial means critical to become related with and support an interest in most wearing leisure activities.

The findings of this study showed that internal motivation was present as CWDs want to play sports. Rather it is necessary to provide the necessary support from the administration of the schools and the Government of Punjab.

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