

Barriers to sport for disabled people from 1964 2012

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Introduction

Participation in sport has much health, social, economic and environmental benefits that encompass self-concept, self-esteem, reduced depressive symptoms, decreased anxiety, improved self-acceptance, changes in anti-social behavior and enhanced psychological well-being[1,2]. Sport is of particular importance for improving the quality of life, self-esteem, independence and social integration of people with disabilities[3-6]. People with disabilities who participate in sport have significantly higher self-esteem and are more present in leadership positions[7-9], particularly in the sport industry, than inactive people with disabilities[10-12]. Elisabeth Walker-Young who was Canada's assistant Chef de Mission for the London 2012 Paralympic summer games stated that she "is thrilled by the increase in participation at the Paralympics and the awareness the Games generate for people with a disability"[13]. However, at the same time it still frustrated her that "this growth at the elite level has not "trickled down" into more people with disabilities becoming active"[13].

Method

We used the software called KnowledgeShare(KSv2) developed by Dean Yergens (<http://people.ucalgary.ca/~dyergens/ksv2.htm>) With this software the following databases were scoured for suitable journal articles. ScienceDirect, Scopus, EBSCO (All), Web of Science, and JSTOR. To 472 articles inclusion/exclusion criteria were applied (English, available as PDF and covering barriers to sport or physical activity for people with disabilities. 174 were found to fulfill the inclusion criteria and were included in a full content and thematic analysis using the ATLAS.ti software.

Results

- Various body and ability differences are mentioned (table 2)
- USA, UK and Canada are the three countries from where the most academic articles on barriers originated (table 3).
- The seven highest mentioned barriers were Attitudes, Money, Facilities/Arch, Knowledge/skill, Transportation, Trained Staff and Health (table 3).

Results continues

- Various solutions are envisioned such as increase knowledge of staff empower the disabled person and changing attitudes (table 4)
- Solutions mentioned differ between country origin of article (table 5)
- Solutions mentioned differ between ability differences mentioned (table 6)

Table 1: Distribution of articles by years

decades	2010-2012	2000-2010	1990-2000	1980-1990	1970-1980	1960-1970
#	43	57	9	1	1	1

Table 2 Mentioned Body/Ability Differences

CF	CP	SCI	Developmental Disability	Down Syndrome	Traumatic brain injury TBI	Learning disability	Multiple disability	MS	Neurological disability	Physical disability
3	7	9	2	3	3	20	31	4	2	13

Table 3: Barriers cross tabulated for countries

Barrier	USA (44)	UK (19)	Canada (21)	Australia (9)	Israel (3)	Ireland (2)
Attitudes	22	17	10	4	2	1
Money	14	15	9	4	1	2
Facilities/Arch	22	8	10	3		2
Knowledge/skill	13	8	3	4	1	1
Transportation	9	9	3	2		1
Trained Staff	11	8	3	2	1	
Health	12	5	9	3	1	1

Table 4: Solutions envisioned

Increase Knowledge	22
Empower	15
More funding	10
Activity of preference	13
Increase family resources	8
Consider each person's ability	9
Change attitude	8
Change architecture	8

Table 5: Solutions cross tabulated for countries

	USA	UK	Canada	New Zealand	Sweden	Australia	Israel	Hungary	Norway	Portugal
Increase Knowledge	7	1	4	1	1	3	1	1		
Empower	3	4	5						1	
More Funding	2	5	2			1				
Activity of preference	3	4	4	1	1					
Consider individuals ability	4		4							1

Table 6: Solutions envisioned in articles cross tabulated for an ability difference

Solutions	CP	SCI	Learning Disability	Multiple Disability	MS	Physical disability
Increase family resources	1		1			1
Empower	2		3	2		3
Activity of preference	1	1	4	2	1	1
More funding	1		3	3		1
Increase knowledge	1		3	3	2	2
Activity partner	1	1	2	1	1	1
Make it fun	1		2			
Change attitude			2	4		1
Health provider being solution			1	2	1	11
Rewards for activity			1			
Staff training			3			
Change architecture			3	1		

Discussion:

- Elizabeth Walker Young as indicated in the introduction feels that the success in increased visibility of the Paralympics does not trickle down to increased physical activity/sport of 'normal' disabled people.
- More research is needed that looks into the utility of the Paralympics for the average disabled person.
- We also need action on the well documented barriers.

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