PSYCHOLOGICAL AND SOCIAL BENEFITS OF REGULAR PHYSICAL ACTIVITY FOR INDIVIDUALS WITH VISUAL IMPAIRMENT

JUDIT GOMBÁS
ELTE BGYK
GOMBASJUDIT@GMAIL.COM
LITERATURE

• CONSPICUOUSLY LOW NUMBER OF WRITTEN RESOURCES, ESPECIALLY INTERDISCIPLINARY STUDIES, ON LEISURE SPORT AND DISABILITY HÉAS (2015)

• LACK OF LITERATURE ON VISUAL IMPAIRMENT AND LEISURE SPORT IN HUNGARIAN
INACTIVE POPULATION

More than 21 million US adults 18-64 years of age have a disability. These are adults with serious difficulty walking or climbing stairs; hearing; seeing; or concentrating, remembering, or making decisions. Adults with disabilities are three times more likely to have heart disease, stroke, diabetes, or cancer than adults without disabilities. Aerobic physical activity can help reduce the impact of these chronic diseases, yet nearly half of all adults with disabilities get no leisure time aerobic physical activity. (CDC, 2014)
STIMULI TO GET INVOLVED IN LEISURE SPORTS –

• SUCCESS IN SPORT PROMOTES THE ACCEPTANCE OF A DISABILITY (SPORNER ET AL., 2008).
• MULTIPLIES SOCIAL RELATIONS (STEPHENS, 2012).
• BOOSTS THE INDIVIDUAL’S ENERGY LEVEL, THUS RESULTS IN INCREASED WORKING CAPACITY (ANNEKEN ET AL, 2010).

• REPRESENTATIVE HUNGARIAN SURVEY AMONG PEOPLE WITH DISABILITIES (N=500)
  • COMPETITION
  • IMPROVEMENT OF ABILITIES
  • A WAY TO SOCIAL INCLUSION
  • BEING FIT
  • SOCIALIZING (SÁRINGERNÉ, 2014)
WHY IS REGULAR PA (PHYSICAL ACTIVITY) BENEFICIAL FOR PEOPLE WITH VI?

• IMPROVES BALANCE, WHICH IS GENERALLY WEAKER IN PEOPLE WITH VI (RAY ET AL., 2007; RUTKOWSKA ET AL., 2015; LŐRINCZ PAJOR, GOMBÁS, 2015)

• DECREASES THE NUMBER OF FALLS IN ELDERLY PEOPLE WITH VISUAL IMPAIRMENTS (WATERMAN, 2016)
METHOD AND SAMPLE

- SURVEY RESEARCH, MULTIPLE CHOICE AND OPEN QUESTIONS
- BUDAPEST RESIDENTS, AGED 18-65 WITH VISUAL IMPAIRMENTS (N=140)
RESEARCH QUESTIONS

• WHICH FACTORS MOTIVATE PEOPLE WITH VI TO GET INVOLVED IN LEISURE SPORTS AND WHICH PREVENT THEM FROM DOING SO?

• DOING SPORT TOGETHER WITH SIGHTED PEERS MOTIVATES PEOPLE WITH VI TO GET INVOLVED IN LEISURE SPORTS OR PREVENTS THEM FROM DOING SO?

• IN VI PEOPLE’S PERSONAL OPINION DOES INVOLVEMENT IN LEISURE SPORT HAVE A POSITIVE IMPACT ON THEIR SOCIAL ACCEPTANCE AND PRESTIGE?
### Respondents’ Gender

<table>
<thead>
<tr>
<th></th>
<th>Person</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>67</td>
<td>47.9</td>
</tr>
<tr>
<td>Female</td>
<td>73</td>
<td>52.1</td>
</tr>
<tr>
<td>Altogether</td>
<td>140</td>
<td>100.0</td>
</tr>
</tbody>
</table>
## Respondents' Age

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Person</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>19-35 years</td>
<td>97</td>
<td>69.3</td>
</tr>
<tr>
<td>36-50 years</td>
<td>24</td>
<td>17.1</td>
</tr>
<tr>
<td>51-65 years</td>
<td>19</td>
<td>13.6</td>
</tr>
<tr>
<td>Altogether</td>
<td>140</td>
<td>100.0</td>
</tr>
</tbody>
</table>
## Severity of Visual Impairment

<table>
<thead>
<tr>
<th></th>
<th>Person</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blind</td>
<td>69</td>
<td>49.3</td>
</tr>
<tr>
<td>Low vision</td>
<td>71</td>
<td>50.7</td>
</tr>
<tr>
<td>Altogether</td>
<td>140</td>
<td>100</td>
</tr>
</tbody>
</table>
## FREQUENCY OF DOING LEISURE SPORTS

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Does sports and/or walks at least 3 times a week</td>
<td>27.9%</td>
</tr>
<tr>
<td>Does sports once-twice a week</td>
<td>27.1%</td>
</tr>
<tr>
<td>Almost never does sports</td>
<td>30.7%</td>
</tr>
</tbody>
</table>
FACTORS WHICH DISCOURAGE PEOPLE WITH VI TO GET INVOLVED IN LEISURE SPORT

1. LACK OF INFORMATION:

‘I’D GO TO THE GYMN WITH PLEASURE BUT I DON’T KNOW HOW TO USE THE MACHINES AND I JUST DON’T WANT TO SEEM AWKWARD.’

2. FEELING OF NOT BEING ACCEPTED:

‘PEOPLE THINK WE ARE LESS WORTHY. THE LACK OF SIGHT MAKES US MORE UNCERTAIN THAN SIGHTED PEOPLE ARE. THE FACT THAT THEY DON’T ACCEPT ME MAKES MY MOTIVATION VANISH.’

3. LACK OF VISUAL FEEDBACK:

‘I’D GO TO DANCE OR DO GYMNASTICS WITH A TEAM, BUT I’M WORRIED ABOUT BEING UNABLE TO CATCH UP WITH THE OTHERS, SO I JUST DON’T GO.’
DOING SPORT WITH SIGHTED PEERS

• ’I FEEL SPORT IS ONE OF THE AREAS OF LIFE WHERE PERSONAL FREEDOM IS MOST LIMITED, SINCE THERE ARE FEW SPORTS WE CAN DO WITHOUT A SIGHTED GUIDE.’

• ’I AM STILL LEARNING VISUAL IMPAIRMENT, SO IT IS HARD FOR ME TO ASK FOR AND ACCEPT HELP. I AM IMPATIENT WHEN PEOPLE DON’T UNDERSTAND WHAT I NEED.’

• ’IT IS GOOD TO MEET PEOPLE BEFORE/DURING/AFTER SPORT AS IT MAY RESULT IN NEW FRIENDSHIPS.’
THE POWER OF SPORT IN BRIDGING GAPS AMONG SIGHTED AND NON-SIGHTED PEOPLE

• ’NON-SIGHTED PEOPLE CAN TURN THEIR DISADVANTAGE INTO AN ADVANTAGE THROUGH SPORT, AS IT SHOWS HOW VALUABLE AND SPECIAL THEY ARE.’

• ’WE, PEOPLE WITH VISUAL IMPAIRMENTS, HAVE A CRUCIAL ROLE IN CHANGING THE ATTITUDES OF SOCIETY TOWARD US.’
LITERATURE


FORRÁS: HTTPS://WWW.AFB.ORG/JVIB/JVIBABSTRACTNEW.ASP?ARTICLEID=JVIB010205

LITERATURE


SPORT ENGLAND (2000). PLANNING POLICIES FOR SPORT. SE, LONDON.