

SPECIAL CHILDREN AND SPORTS: BARRIERS AND BREAKTHROUGHS

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ABSTRACT: Today's major problem of not including disable people in every field are the all types of barriers that are restricting the society and special people to show their skills that lead to the discouragement of the disable athlete and made them feel as a burden and excluded from society. It is the need of this era to find out the breakthroughs of the barriers and promote the disable athlete so that they should become an important part of the society. Literature was reviewed on breakthroughs for special people, problems and barriers for special persons, architectural barriers, poverty and disability, technology breakthrough etc. Population for data collection was special education teachers from different schools and training centers of Lahore. Data was collected from 39 sports based special education teachers and the tool used was questionnaire, based on different questions accordingly. So in the major findings the researcher found that mostly teachers accepted the barriers and claimed that there are no proper breakthroughs for their students.

Key terms: Disabilities, Children with special needs, Institutions

INTRODUCTION

Life is a precious gift from Allah and everyone whether black or white, tall or short, normal or disabled etc. have equal right to live and enjoy it in full extent. Unfortunately, in some of the under developed countries neither every living being has equal right nor they are treated equally. There is still a visible discrimination present in those countries. Along with the black and poor the disabled people have been rejected by the society. Even in this era which we called as "the modern era" there is still no scope and hope for a disable child [1]. For a disable person hope and encouragement are the key components to motivate and assure them that they are able to do something and they can change their miserable life into a happy and joyful life by converting their disabilities into the abilities to do what normal people cannot do with all their abilities. Families play an important role in this regard. It depends upon their families to decide that whether they want their child to be confident to fit into the society or make them a coward by abusing them because of their disabilities. They isolate them from their family and left unguided without acknowledging and exploring the hidden talent which they possess [2].

To explore their hidden talents than we should make sure that there should be scope for every disable child to participate in every kind of activity and the sport in which they are interested. Different organizations nationwide and worldwide still unable to guide and explore all the hidden talents and skills of the disable students [2]. By looking on national level than there are no specific and approachable facilities for these children to excel themselves particularly in sport field. They are being disrespected and neglected due to their disabilities while normal people have much more facilities rather than a disable person who need it the most [1].

LITERATURE REVIEW

Difficulties for people with disabilities

People with disabilities may be present in our community, but too few are actually part of it. They struggle to be noticed, they struggle to be seen, they struggle to have their voices heard [3].

The difficulties that people with disabilities face in obtaining jobs can be explained in several ways, these include: low access of people with disabilities to the labor market caused,

for example, by the gap between their education and qualifications and labor demand; limited number of vacancies opened for jobseekers with disabilities; lack of specialized placement services and working places for them; lack of sound institutional mechanism for employment of people with disabilities; inefficiency of cooperation between the Public Employment, Fund for Social Protection of People with Disabilities, vocational and training rehabilitation centers, employers and people with disabilities themselves, as well as other stakeholders; lack of motivation of employers to employ people with disabilities; low degree of job search of persons with disabilities, because of discouragement, relatively low level of wages, disbelief in the effectiveness of employment services; shortcomings of vocational training provided to people with disabilities [4].

Sport as a tool for the inclusion of persons with disabilities

Sports for people with inabilities is not another idea, but rather its maximum capacity as an intense, minimal effort intends to cultivate more noteworthy consideration and prosperity for people with handicaps is just start to be figured it out [5].

Sports attempts to enhance the consideration and prosperity of people with handicaps in two routes — by changing what groups ponder people with incapacities and by changing what people with inabilities contemplate themselves. The first is important to decrease the shame and segregation connected with inability [4]. The second engages people with inabilities so they may perceive their own particular potential and backer for changes in the public arena to empower them to completely acknowledge it. The people group effect and individual effect of game decrease the segregation of people with incapacities and incorporate them all the more completely into group life. Wear changes the individual with an incapacity in a similarly significant way. For a few, it denote their first experience of human office that is, it empowers them to settle on decisions and go out on a limb all alone. For others, the slow procurement of aptitudes and achievements assembles the fearlessness expected to go up against other life difficulties, for example, seeking after instruction or work. Wear additionally gives chances to people with inabilities to create social abilities, manufacture

fellowships outside their families, practice duty, and go up against initiative parts. Through game, people with incapacities learn essential social communication aptitudes, create freedom, and get to be distinctly engaged to lead and get change going [6]. Include persons with disabilities in their education materials as examples of participants.

- Make people with handicaps an objective gathering in their crusades.
- Provide data to people with handicaps on the area of available game offices.
- Encourage specialist co-ops and game clubs to target people with handicaps for consideration in their exercises (e.g., set aside a few minutes is given to them).
- Educate physical training instructors, brandish specialist organizations, and game clubs on techniques for adjustment and incorporation in game.
- Plan national games days or occasions that highlight the consideration of people with handicaps.
- Have legislators and government pioneers perceive people with incapacities in game and show up at their occasions.
- Develop instructive battles that utilization positive pictures of competitors with incapacities required in game.
- Support the consideration of people with incapacities in game administration positions (e.g., instructor or mentor).
- Devote assets to creating tip top competitors with incapacities.
- Promote handicap don amusements, particularly universal rivalry, for example, the Paralympics.
- Ensure wear stadiums and settings are available.
- Promote media scope of celebrated competitors with handicaps and their achievements.

Social barriers

One of the greatest issues that rose up out of the study is the impact of "nervousness and absence of certainty" on day by day and normal exercises. The outcomes express that 19% of grown-ups with impedances refer to "nervousness and absence of certainty" as a boundary to business though this drops to 4% for grown-ups without debilitations [7].

Attitudinal Barriers

Inferiority: As a man might be hindered in one of life's real capacities, a few youngsters trust that individual is a "peon." However, most children with incapacities have abilities that make the weakness disputable in the work environment [8].

Pity: Children feel frustrated about the individual with a handicap, which tends to prompt to disparaging states of mind. Children with handicaps for the most part don't need pity and philanthropy, simply measure up to chance to win their own specific manner and live autonomously [8].

Hero worship: Children consider somebody with an inability who lives autonomously or seeks after a calling to be overcome or "exceptional" for defeating a handicap. Be that as it may, most children with handicaps don't need awards for performing everyday assignments. The inability is there; the individual has essentially figured out how to adjust by utilizing his or her abilities and information, similarly as everyone adjusts to being tall, short, solid, quick, accommodating, uncovered, and blonde, and so forth [8].

Ignorance: Youngsters with incapacities are frequently rejected as unequipped for achieving an assignment without the chance to show their aptitudes. Indeed, children with quadriplegia can drive autos and have youngsters and who are visually impaired can read a clock on a watch and visit historical centers. Youngsters with formative handicaps can be inventive and keep up solid hard working attitudes [8].

Structural Barriers

Any structure or configuration highlight that makes a building difficult to reach to a man with an inability; like absence of slopes, thin lifts or ecological prompts that are not likewise written in Braille, for example, open declarations or lift catches. Verifiably, individuals with incapacities were successfully denied passage to most open spots. For those individuals who utilized wheelchairs or had other physical incapacities, checks and stairs were obstructions, toilets were frequently unusable, water fountains and pay telephones were distant, and doorknobs and washbasins were hard to utilize [9].

Barriers in Participation in Sport

On an individual level, individuals with a handicap may confront some of extra hindrances to interest in game contrasted and individuals without an inability. Some normal hindrances include [10];

- Lack of early game competitions
- Lack of comprehension and familiarity with how to incorporate individuals with a handicap in game.
- Limited openings and projects for support.
- Lack of open offices, for example, recreation centers and structures.
- Limited open transportation.
- Limiting mental and sociological variables including dispositions towards handicap of guardians, mentors, instructors and even individuals with disabilities themselves.
- Limited access to data and assets.

With respect to of creating nations in worldwide games there is an augmenting hole amongst created and creating nations. This crevice has been connected to a deficiency of physical instruction and game for all projects, an absence of financing for game, few game offices and little hardware, a 'muscle deplete' to created nations, and no ability to host major wearing occasions with the outcome that creating nations have less world-level game exhibitions than created nations.

Stigma: A barrier to participate in Sport

In a few spots, people with handicaps have prevailing with regards to being seen for their capacities, as opposed to their incapacities. Somewhere else, individuals experience the ill effects of social shame connected with their inability Stigma comprises of unwarranted generalizations, wrong presumptions, negative observations and partiality [11]. In numerous groups, disgrace is profoundly established. A considerable lot of the prejudicial practices and approaches that are hindrances to people with incapacities emerge from disgrace. Shame is the thing that causes a few children to decline to play with youngsters with incapacities, instructors to

abstain from asking what an understudy with an incapacity can do and managers declining to procure a man with a handicap since they trust they are sub-par compared to people without handicaps [12].

In a few societies, the shame connected with handicap is severe to the point that it brings about child murder. Since people with incapacities are now and then less esteemed than those without handicaps, they may likewise be barred from fundamental human services. This circumstance is especially intense in groups without administrations and backings for people with disabilities and their families, for example, casual settlements and ghettos. The more that inability issues are tended to in standard society, the more people with incapacities will be accepted. Stigma is not just an outer boundary, keeping people with handicaps from getting to social, financial and political rights, yet it is frequently an inner obstruction, bringing about people with disabilities to scrutinize their own particular worth in the public eye [13].

Breakthroughs for special children

Technology breakthroughs

The capability of innovation to interface individuals and give access to instruction, business, work and stimulation has never been more prominent or all the more quickly evolving. Correspondence advances and new media guarantee to 'upset our lives' by separating obstructions and growing access for impaired individuals. Correspondence advances and new media guarantee to 'upset our lives' by separating boundaries and growing access for incapacitated individuals [14].

Innovation is regularly portrayed as freeing – compensating for social, instructive and physical hindrances to full support in society. Disabled individuals progressively have admittance to instructive open doors that were not accessible to them previously. As advancements get to be distinctly littler, speedier and less expensive, innovation is likewise getting to be distinctly less demanding to utilize and get. Truth be told, rather than wiping out inability, innovation frequently makes 'new measurements of incapacity [15].

Architectural breakthroughs

The potential breakthroughs for the special children can be to [16];

- Ensure that open transportation is available.
- New transports or prepares ought to have a wheelchair lift and effectively explored passageways; courses ought to be outwardly shown and verbally reported.
- Policies ought to be produced to guarantee no separation happens openly transport (e.g., transports don't drive past those in wheelchairs since they would prefer not to set aside the additional opportunity to help with boarding and landing).
- Elevators ought to be introduced in metro frameworks where suitable.

- If existing open transport is not available, elective transport ought to be given. In Washington, DC, a taxi administration is accessible to people with incapacities at a cost practically identical to open travel, in light of the fact that not all travel is available.

- Maps of available courses ought to be given.

Social breakthroughs

- Encourage freedom by utilizing game to draw in members with disabilities to professional and life-abilities preparing.
- Distribute data on assets and techniques for adjusting materials for people with disabilities.
- Host national amusement days that advance game as a device for social change for people with incapacities and others. For instance, Argentina has the Evita Games, empowering broad support in game and advancing game as an apparatus for social incorporation.
- Encourage diplomat programs where people with disabilities instruct groups on handicap.
- Help people with disabilities create professional abilities through game related endeavors.
- Develop enterprises and markets for ease, low-tech, versatile hardware.
- Educate organizations on the abilities of those with disabilities and the ways that game can create solid, committed specialists.
- Encourage corporate sponsorship of game projects for people with handicaps.

Objectives of the Study

The main objective of the study was to see the perception of special education teachers about problems and breakthrough for special children in sports.

METHODOLOGY

Qualitative research is a descriptive form of research in which results are concluded in theoretical frame work. In this research population was the teaching staff of the disable children. Convenient sampling technique will be adopted by the researcher for the conduction of research. In this research survey method was used for collection of data and research instrument was questionnaire. The statements of the questionnaire was patterned according to Likert scale with five possibilities agree, strongly agree, undecided, disagree and strongly disagree. SPSS version 16 was used for the analysis of the collected data.

DATA ANALYSIS AND INTERPRETATION

Perception of special education teachers about statement, "sports management ignore the disable players". Table shows that 1 respondent strongly agreed with the statement, 11 were agreed, 5 remain undecided, on the other hand 20 respondents were disagreed and 2 were strongly disagreed with the statement. While p-value of the statement is .000 which mean there is a significant difference between respondents' perception about the statement.

Table 1: Perception of special education teachers regarding special people in sports; barriers and breakthroughs

Sr.#	Statements	SA	A	UD	D	SD	χ^2	P
1	Sports management ignores the disable player.	1	11	5	20	2	31.641	.000
2	Usually special players have lack of social relations in society.	4	18	3	11	3	22.410	.000
3	Special Players needs are often devalued by their management.	5	18	8	7	1	20.359	.000
4	Special players have difficulty in moving from one place to another.	12	15	2	10	0	9.513	.023
5	There are no sports proper modified facilities for special players which cause delays in their sport skill learning.	7	18	5	9	0	10.128	.018
6	Special players are not well supported by their parents.	7	14	6	12	0	4.590	.204
7	Special education institutions do not promote sports in their students	1	10	1	20	7	31.641	.000
8	Needs of the disabled players are often neglected during the construction of any sports facilities.	3	13	8	5	0	8.897	.031
9	There are no proper / specialized coaching skills for disable players.	1	15	5	14	4	20.359	.000

Perception about statement, “usually special players have lack of social relations in society”. There are 4 respondents were strongly agreed with the statement, 18 were agreed, 3 remain undecided, on the other hand 11 respondents were disagreed and 3 were strongly disagreed with the statement. While p-value of the statement is .000 which mean there is a significant difference between respondents’ perception about the statement. Perception about statement, “Special player needs are often devalued by their management”. There are 5 respondents were strongly agreed with the statement, 18 were agreed, 8 remain undecided, on the other hand 7 respondents were disagreed and 1 respondent strongly disagreed with the statement. While p-value of the statement is .000 which mean there is a significant difference between respondents’ perception about the statement. Perception about statement, “Special players have difficulty in moving from one place to another”. Table shows that 12 respondents were strongly agreed with the statement, 15 were agreed, 2 remain undecided, on the other hand 10 respondents were disagreed with the statement. While p-value of the statement is .023 which mean there is a significant difference between respondents’ perception about the statement. Perception about statement, “There are no sports proper modified facilities for special players which cause delays in their sport skill learning”. There are 7 respondents were strongly agreed with the statement, 18 were agreed, 5 remain undecided, on the other hand 9 respondents were disagreed with the statement. While p-value of the statement is .018 which mean there is a significant difference between respondents’ perception about the statement. Perception about statement, “Special players are not well supported by their parents”. There are 7 respondents were strongly agreed with the statement, 14 were agreed, 6 remain undecided, on the other hand 12 respondents were disagreed with the statement. While p-value of the statement is .204 which mean there is a significant difference between respondents’ perception about the statement. Perception about statement, “Special education institutions do not promote sports in their students”. There are 1 respondent strongly agreed with the statement, 10 were agreed, 1 remain undecided, on the other hand 20 respondents were disagreed and 7 respondents strongly disagreed with the statement. While p-value of the statement is .000 which mean there is a significant difference between respondents’ perception about the statement. Perception about statement, “Needs of the disabled players are often neglected during the construction of any sports facilities”.

Table shows that 3 respondents were strongly agreed with the statement, 13 were agreed, 8 remain undecided, on the other hand 5 respondents were disagreed with the statement. While p-value of the statement is .031 which mean there is a significant difference between respondents’ perception about the statement. Perception about statement, “There are no proper /specialized coaching skills for disable players”. There are 1 respondent strongly agreed with the statement, 15 were agreed, 5 remain undecided, on the other hand 14 respondents were disagreed and 4 respondents strongly disagreed with the statement. While p-value of the statement is .000 which mean there is a significant difference between respondents’ perception about the statement.

Major Findings

Major findings of data analysis are as follows:

- Majority of the special education teachers disagreed that sports management ignore the disable players, similarly special education teachers agreed that usually special players have lack of social relations in society.
- Majority of the special education teachers agreed that special player needs are often devalued by their management and teachers also agreed that players have not proper access to the updated information due to their disability.
- Majority of the special education teachers agreed that disabled players are unable to show their skills due to remote facilities, on the other hand respondents agreed that mostly disabled players are uneducated because they do not have equal access to the education system.
- Majority of the special education teachers disagreed that special education institutions do not promote sports in their students and teachers also agreed that needs of the disabled players are often neglected during the construction of any sports facilities.
- Majority of the special education teachers agreed that there are no proper / specialized coaching skills for disable players.

CONCLUSION

The purpose of this study was to study the factors that are a cause of difficulty for disabled people in participating different sport and during research it was founded that these factors affect the skills and talent of disable people, which restrict them from participating in sport. During research and after passing through all the data it is concluded that special people are mostly ignored by the society and often by their

parents which is a major barrier for them in participating any kind of physical activity. People think that they are a spare part of our society and should not be given proper attention and care.

RECOMMENDATIONS

- People should be more receptive towards a special player.
- People should value their needs rather than making fun of them.
- While drawing the blue print of any building architects should keep in mind that the needs of disable people should not be ignored.
- There should be proper coaching centers for them to train and refine their skills.

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