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Exercise and self-efficacy in people with mobility disabilities

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Abstract:

The study aims to identify the importance of sports practice on self-efficacy among people with mobility disabilities, as it is closely related to it. Self-efficacy is an individual's confidence in his ability to perform tasks and achieve goals, as it plays a pivotal role in the extent of individuals' readiness to participate in sports activities and overcome difficulties associated with disability. Regular exercise develops a sense of competence and achievement, which increases self-efficacy. In contrast, high self-efficacy leads an individual to continue sports activities and increase his commitment to them.

Keywords:; Sports practice – self-efficacy – physically disabled..

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1. INTRODUCTION

Motor disability is a social and health issue that is receiving increasing attention in various societies, due to the psychological, social and physical challenges it poses to the individual. The effects of motor disability are not limited to physical aspects only, but extend to include self-esteem, self-confidence, and the ability to adapt to the requirements of daily life. In this context, self-efficacy emerges as one of the basic psychological concepts that reflects the extent to which an individual believes in his ability to control his behavior, accomplish tasks, and confront various difficulties.

Sports practice is one of the most effective means of improving the psychological and physical condition of people with mobility disabilities, as it helps develop remaining functional abilities, enhance independence, and promote social integration. Regular physical activity also contributes to raising the level of self-efficacy by providing the individual with repeated experiences of success and developing a sense of competence and ability to achieve, which reflects positively on his psychological health and quality of life.

Based on this, studying the relationship between sports practice and self-efficacy among people with motor disabilities is of great importance, because of its role in directing rehabilitation, educational and sports programs towards meeting the needs of this group and enhancing their effective participation in society. This study also contributes to highlighting the importance of sports as an empowering tool that helps people with mobility disabilities overcome challenges and build a more balanced and self-confident personality (*Abu Allam Raja Mahmoud, 2006, p. 65*).

The problem of the study

Motor disability is a phenomenon that poses multiple challenges to individuals, affecting physical, psychological, and social aspects. Motor disabilities often suffer from low self-esteem and low self-confidence, which can negatively impact their level of self-efficacy and ability to adapt to the demands of daily life. Self-efficacy is considered one of the basic psychological variables that influence an individual's behavior and motivation to achieve and face difficulties, especially

among people with disabilities. (*Hassan, Muhammad Abd al-Ghani, 2010, p. 111*)

On the other hand, numerous studies indicate that sports practice is one of the most important rehabilitation methods that contribute to improving the physical and psychological abilities of the physically disabled, as it provides opportunities to gain successful experiences and foster a sense of competence and independence, in addition to its role in developing social relationships and integration into society. However, the reality of sports practice among people with motor disabilities remains uneven, and may not receive sufficient attention in some settings, raising questions about the extent to which this practice affects the development of their self-efficacy.

Based on this, the problem of this study is determined by the following main question:

To what extent does exercise contribute to developing self-efficacy among the physically disabled?

Research hypothesis: Sports practice contributes to developing self-efficacy among the physically disabled

First: Study objectives

This study aims to:

1. Identifying the level of self-efficacy among people with motor disabilities.
2. Revealing the role of sports practice in developing self-efficacy among people with motor disabilities.
3. Comparison between the level of self-efficacy among motor disabled people who practice and do not practice sports activity.
4. Studying the nature of the relationship between sports practice and self-efficacy among the physically disabled.
5. Contributing to highlighting the importance of sports activities as a



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psychological and social means of improving the quality of life of people with mobility disabilities.

The importance of the study

1. Theoretical importance:

- Enriching the theoretical aspect related to the variables of sports practice and self-efficacy among the physically disabled.
- Highlighting self-efficacy as an important psychological variable in the field of disability and rehabilitation.
- Providing a knowledge base that can be used in future studies related to the topic.

2. Applied importance:

- Directing those in charge of sports and psychological rehabilitation programs towards the importance of integrating sports activity into the care of the physically disabled.
- Helping specialists in psychology and physical education design purposeful sports programs that contribute to raising self-efficacy.
- Support efforts to improve the quality of life and social integration of people with mobility disabilities.

Define terms and variables

1. Define terms:

Sports practice:

It is a group of organized or unorganized physical and sporting activities that an individual practices regularly according to his physical abilities, with the aim of improving physical fitness and psychological and social health. *(Al-Khatib, Jamal*

Mohamed, 2008, p. 77)

Self-efficacy:

It is the individual's belief in his ability to organize his behavior and carry out the actions necessary to achieve certain goals and face various challenges, according to what Pandora put forward.). (*Shahata Hassan, Al-Najjar Zainab 2011, p. 34*)

Kinematically disabled:

They are individuals who suffer from a permanent or temporary deficiency or defect in the motor system, which limits their ability to perform some daily movements or activities normally. (*kacem, Ahmed Abdallah 2016, p. 42*)

2. Define variables:

- Independent variable: sports practice

(practitioner / non-practitioner, or depending on the duration and regularity of practice)

- Dependent variable: self-efficacy

- Control variables (if any):

Age, gender, type of motor disability, duration of injury, educational level.

- The approach followed:

The method used in any scientific research is one of the essential elements that the researcher relies on to arrive at the truth. Choosing the appropriate methodology for the study depends on the type of topic that the researcher is studying.

In our study, we used this descriptive analytical approach, and we adopted this approach due to its suitability to the nature of the subject under study (the study of the self-concept of a physically disabled athlete). This method relies on



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collecting information, data, opinions, and facts, which aim to clarify the phenomenon or problem being studied comprehensively. This explanation includes the factors and variables that affect it and those that are affected by it, as well as the branches in which we can find the solution and which ones are best to use. (*Abd el-Rahman Saad 2009 p. 43*)

Exploratory study:

An exploratory study is the cornerstone of establishing the entire research, as it is a vital and essential step in the field of scientific research. Through this study, the researcher can test the research tools he will rely on to ensure their accuracy, integrity, and clarity . (*Bandura, A 1997 p33*)

Accordingly, before starting to conduct the applied study, we conducted an exploratory study, the aim of which was the following:

-Knowing the original size of the community (the physically disabled who practice various physical and sports activities adapted to the Psycho-Pedagogical Center for Physically Disabled Children in Djelfa), its features and characteristics.

- Verifying the validity of the study tool (the scale prepared on self-concept among people with motor disabilities) by touching on the following aspects:

A – Clarity of the scale items and their validity for the level and characteristics of the study sample.

b – Verifying the psychometric properties of the scale to be applied (validity and reliability)

c – Ensure clarity of instructions.

- Prior knowledge of the circumstances of conducting the field study, thus avoiding the difficulties and obstacles that we will face in the future.

The original community and the research sample:

The researcher begins his research work with the problem of determining the scope of the project, which includes selecting the research population and the sample. It is known that one of the main goals of scientific research is the ability to generalize the results related to the phenomenon studied to other phenomena. This depends on how efficient the sample used in the study is. (*Schwarzer, R., & Jerusalem, M 1995 p57*).

The sample, then, is that part of society, and is chosen according to scientific rules and methods, so that it correctly represents society.

On this basis, our research community consists of physically disabled people practicing various types of air-conditioned physical and sports activities at the state level. Their number is estimated, according to the latest statistics of the State Federation of Sports for the Physically Disabled (60 athletes)

A sample of physically disabled athletes was selected in a selective (intentional) manner in terms of the geographical distribution of club locations for this category at the state level so that we can conduct a comprehensive survey of all regions of the state, and in a random manner in terms of the individual characteristics of the physically disabled (gender, age, educational level, type of motor disability, degree of motor disability, origin of motor disability, type of adapted sport practiced "individual – group") Their number is estimated at (12 athletes with physical disabilities), and this is a percentage exceeding (20%) of the members of the community representing them, who are distributed among the clubs for the category of the physically disabled in the various regions of the state.

The sample that did not practice air-conditioned sports was randomly selected in terms of the individual characteristics of the motor disabled person (gender, age, educational level, type of motor disability, degree of motor disability, origin of motor disability), most of which were selected from the Pedagogical Psychological Center in Djelfa, 12 motor disabled people, to obtain in the end two samples of the same number as we need to study the differences in levels of self-concept.



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– Data collection tools:

The research tool is the only means by which the researcher can solve the problem presented in the study, verify the hypotheses formulated in the form of a research project, and help him collect information, data, and facts from the field about the subject of the study. (*Sherrill, C. 2004 p 87*).

In this research, we used the Self-Concept Scale for the Motor Disabled, accompanied by a form containing a set of personal data for the motor disabled (gender, age, educational level, type of motor disability, degree of motor disability, origin of motor disability). This is due to our detailed study of everything that can affect the self-concept of this group, especially athletes with motor disabilities, in addition to studying the effect of the two types of adapted sports practiced in this (individual sports, Team sports)

Therefore, the research tool is the only means by which the researcher can solve the problem. In this research, we used the following:

– Information form:

In this study, we relied on providing an information form attached to the scale applied as a tool for collecting information, and provided to each member of the sample, as the form contained information about the gender and age of the subject, his academic level, the type of motor disability he suffered from and its degree, the origin of the motor disability he suffers from and the type of adapted sports he practices, and the aim of all this was to identify the general characteristics that distinguish the study sample. (*Hutzler, Y 2007 p 31*).

– Self-concept scale:

–Reference framework for the Self-Concept Scale for People with Motor Disabilities:

Before the researcher began to build a measure of self-concept among the physically disabled, he resorted to preparing a theoretical framework that included the opinion of a number of researchers about the possibility of measuring self-

concept among people with special needs. The researcher derived, through a group of Arab and foreign tests and measures, what was found to serve the purposes of the current research. He also resorted to studying self-concept among the physically disabled based on the fact that they are normal individuals suffering from a motor disability. It may not affect their self-concept.

In constructing the scale for self-concept among the physically disabled, the researcher relied on a number of Arab and foreign tests and scales that serve the purposes of the research, and among the techniques he relied on while constructing this scale were:

- 1- Self-esteem test (prepared by Mousa Abdel Khalek Jibril)
- 2- Self-concept test for adults (prepared by Mohamed Imad al-Din Ismail)
- 3- The Self-Concept Scale in its Arabized form by (Pierce and Harris)
- 4- Self-concept list for children from (07 to 16 years old) (prepared by Abdallah Zaid Al-Kilani, Ali Hassan Abbas)

Steps to build a self-concept scale for people with mobility disabilities:

Before taking its final form, the scale was built through a series of steps, starting with the stage of defining the concept through indicators represented by the dimensions that make up the concept of the self, then the stage of preparing the paragraphs that each dimension represents, then making some modifications, whether to the paragraphs or dimensions, according to the opinion of the expert professors and specialists, or through the initial results of the survey visit to determine the extent to which the surveyed sample understood the paragraphs. Then verify the psychometric properties of the validity and stability of the self-concept scale for people with motor disabilities.

Discussing the research hypothesis, which states: Sports practice contributes to developing self-efficacy among the physically disabled

1 – Presenting and analyzing the results of self-concept levels among members of the two samples:



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The following table shows the percentage and number of sample members (practitioners and non-practitioners of recreational sports) according to each level of self-concept:

– Presenting and analyzing the results of the self-concept scale among members of the two samples:

Table No. (01): Shows the levels of self-concept among members of the two samples

<i>Sample</i>	<i>Physically disabled people practicing sports</i>		<i>Movement disabled non-sports practitioners</i>	
<i>Self-concept levels</i>	<i>Repetition</i>	<i>Percentage</i>	<i>Repetition</i>	<i>Percentage</i>
<i>Very negative self-concept</i>	01	8.33%	05	41.66%
<i>Negative self-concept</i>	01	% 8.33	04	33.33%
<i>Positive self-concept</i>	04	% 33.33	02	16.66%
<i>Very positive self-concept</i>	06	50%	01	%8.33

The results of Table (01) show that most of the levels of self-concept among the members of the sample of physically disabled people practicing sports were either positive or very positive, at a rate of 83.33%, while the lowest percentage (8.33%) of the sample members were at the (very negative) level, while the levels reached very high among others (very positive) at a rate of 50% Which shows that the very high level of positive appreciation for self-concept among the practicing group is limited to [126 – 168], which are scores greater than the typical arithmetic average (126).

As we can see from the results of the same table, more than half of the sample who did not practice sports had a negative level of self-concept, as their percentage exceeded (33.33%), and most of the scores of non-practicing motor disabled people were limited to the negative and very negative levels, reaching (75%), The levels of the non-practicing sample varied on the applied scale, taking the highest score among some individuals (very positive) at (8.33%), which is a very weak percentage. By comparing the levels recorded in this sample with the typical arithmetic mean (42), we find that the percentage of physically disabled people who do not practice sports and who are distinguished by a positive level or



more does not exceed (12%) This is a weak percentage compared to the number and percentage of sample members represented by the negative and very negative levels, who belong to the range [72 – 216 [of self-concept scores.

Based on the above, it can be said that sports practice has a prominent and effective role in raising the level of self-esteem among the physically disabled, even if these levels differ from one individual to another according to some factors that have direct effects on the personality of the physically disabled athlete. This is confirmed by the research hypothesis, which states that sports practice contributes to developing self-efficacy among the physically disabled

Research conclusion

At the conclusion of this research, which addressed the topic of sports practice and self-efficacy among people with motor disabilities, the study sought to verify the hypothesis that sports practice contributes to developing self-efficacy among this group. Through theoretical processing and field analysis of the study sample data, it was possible to reach results that confirm the validity of this hypothesis, as the results showed a positive effect of sports practice on the level of self-efficacy among people with motor disabilities.

The study showed that individuals who practice sports activity enjoy higher degrees of self-confidence, a sense of competence, and the ability to face challenges compared to non-practitioners, which reflects the effective role of sports activity in enhancing psychological aspects in addition to physical aspects. Sports practice also contributes to providing physically disabled people with repeated success experiences, helping them build a positive self-image and achieve greater independence and psychological and social adaptation.

Based on the above, it can be emphasized that sports practice is an essential and effective means of developing self-efficacy among people with motor disabilities, which calls for the need to pay attention to providing appropriate sports programs adapted to their abilities, and integrating them into rehabilitation and educational programs. The study also recommends encouraging this group to engage in sports activities, as they have a positive impact on improving their quality of life and enhancing their integration into society.



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Recommendations

-In light of the study results, which confirmed the positive role of exercise in developing self-efficacy among people with mobility disabilities, the study recommends the following:

-The need to integrate sports practice into rehabilitation and psychological programs targeting the physically disabled, as it is an effective tool for enhancing self-efficacy.

-Providing appropriate and prepared sports facilities and equipment that suit the abilities and needs of persons with motor disabilities.

-Encouraging people with mobility disabilities to engage in regular sports activities through awareness and guidance programmes directed at them and their families.

-Training and qualifying trainers and specialists in physical education and sports activities adapted to deal with the category of motor disabled people.

-Supporting associations and centers specialized in the field of disability and providing the necessary capabilities to activate sports activities.

-Including the psychological dimension, especially developing self-efficacy, among the objectives of sports programs directed at people with motor disabilities.



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