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Comparison of knowledge non-medical and medical students about the sport of people with disabilities

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Summary

Introduction and aim: Physical activity is a very important part of everyone's life. Positive effect on the functioning of the body of both healthy people and people with disabilities. Many disabled people take competitive sports with very good results. These individuals can find support in a number of organizations dealing with disabled athletes. The main aim of this work is to compare the knowledge of students enrolled in medical and non-medical universities about disability sport.

Material and methods: Research was carried out among students of medical and non-medical. Tested 152 people - 93 women and 59 men. During the test method was applied using a

technique diagnostic survey questionnaire. The questionnaire consisted of 17 questions and specifications relating to sport for the disabled.

Results: The definition of a disabled person were able to identify 70% of the surveyed students. 42% of respondents could not indicate the names of the disabled athlete. The majority of respondents studying at universities in both medical and non-medical professions Disabled seen on television or the Internet. The most important benefits of sport for disabled respondents recognized rehabilitation and improvement of mental health.

Conclusions: The level of knowledge of students about sport for the disabled can be considered good.

Keywords: disability, disabled sports, knowledge, rehabilitation.

Introduction

The World Health Organization (WHO) defines a disabled person as "a person who cannot independently, partially or completely, to secure the possibility of a normal individual and social life as a result of congenital or acquired impairment of physical or mental fitness" [1] .

There are three degrees of disability [2]:

1. Significant - include here a person having compromised the efficiency of the body unable to take up employment; capable of carrying out employment in a sheltered workshop or factory professional activation; requiring necessary in order to perform social roles permanent or long-term care or assistance from another person in connection with a much reduced possibility of independent existence.

2. Moderate - a person disturbed the efficiency of the body capable of carrying out employment at the workplace properly adapted to the needs and opportunities arising

from disability that requires in order to perform social roles partial or temporary assistance from another person in connection with the limited possibility of independent existence.

3. Lightweight - people disturbed the efficiency of the body capable of carrying out work which does not require the help of another person in order to perform social roles.

According to data from the Central Statistical Office for the year 2011 in Poland was 4,697.5 thousand persons with disabilities, of which 2167.1 thousand of them were male, while 2530.4 thousand. are women. People with disabilities were at that time 12.2% of the population [3].

Over the centuries, changed the attitude of the society towards people with disabilities. Long functioned as a disabled image "of another person", the dependent, needing help in every situation and not able to work. Today, the ratio of people with disabilities is changing for the better compared to the old times. As research indicates Opinion Research Center in 2007, 45% of Poles believe that our society has a good attitude to people with disabilities, and 48% that it is bad [4]. Many workplaces offer employment for people with disabilities. As a result, they have the opportunity to develop and integrate with healthy people, and become financially independent.

In the life of every person plays an important role physical activity that affects the physical fitness and health of the whole body. Movement plays an important role in the existence of a disabled person. It is regarded as a form of rehabilitation and the opportunity to make new friends interpersonal. It also allows you to reduce or even completely overcome mental barriers faced by people affected by disability.

A large part of people with disabilities has taken various forms of physical activity. Some of them treat it as a recreation or rehabilitation. Many disabled people take the activity associated with competitive sports. They achieve very good results in numerous sports competitions, including during a performance at the Paralympics. According to the Polish Sports Association for the Disabled "Start" 2014 senior athletes participating in Paralympic disciplines consisted of 231 people.

The first Summer Paralympic Games took place in Rome in 1960 under the name Olympiad paraplegics. In turn, the Winter Paralympic Games was first held in 1976 in Ornskoldsvik in Sweden [5]. Paralympic Games are held every four years, within 2-3 weeks

after the Olympic Games. Polish representatives for the first time participated in the Paralympics in Heidelberg in 1972, Polish Paraolympics take part in 25 disciplines - 20 summer and winter 5 [6]. In the world there are many disabled people's organizations who want to play sports, for example. International Wheelchair and Amputee Sports Federation and amputated (Iwase), the International Sports Federation of the Blind (IBSA) and the International Sports Federation of Persons with Intellectual Disability (INAS-FID). In Poland, the importance of play: Polish Sports Association for the Disabled "Start" (Polish Sports Association "Start"), the Association of Physical Culture Sport and Tourism of the Blind and Visually Impaired - CROSS, Foundation for Active Rehabilitation - FAR [7,8].

Objective of the work

Comparison of knowledge of students of medical and non-medical sports persons with disabilities. On the basis of the social conviction can introduce the hypothesis that students of medical faculties are more knowledgeable about the sport of disabled persons in comparison with their colleagues from other fields of study.

Material and methods

The study involved 152 students (93 women and 59 men) aged 19 to 30 years. Among them 69 are students and 83 university medical education in other universities. 29% of respondents were students living in rural areas, while 71% in the cities.

Proprietary research tool was a questionnaire consisting of 9 multiple choice test questions, and 8 multiple-choice questions with the possibility of adding your own answers (for the purposes of this reports selected only a few of them).

Results

Below are the results obtained after the author's survey.

The first question concerned the definition of a disabled person to indicate that indicates the WHO. The correct answer was given by 74% of students from medical faculties and 67% of non-medical (Fig. 1).

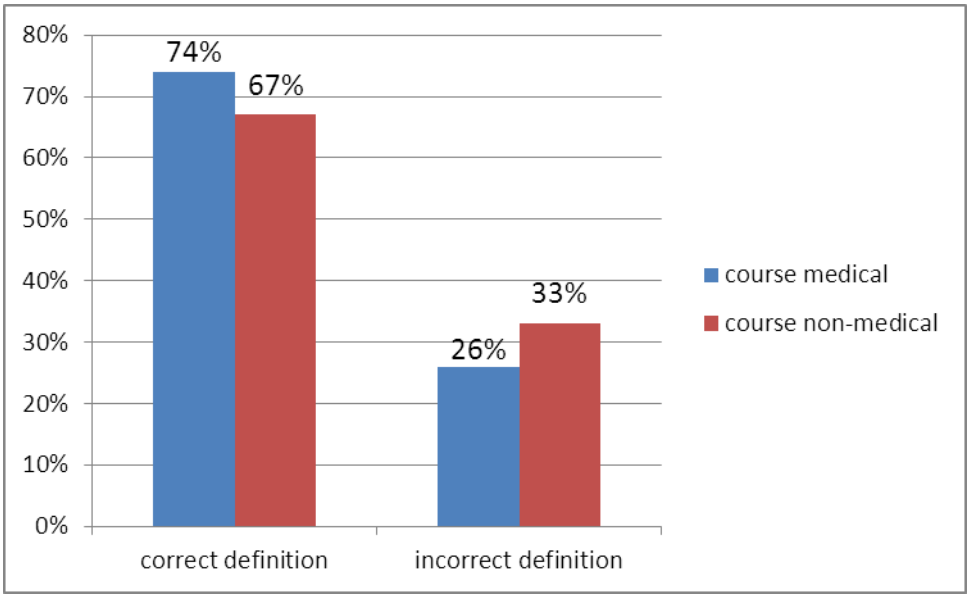

Fig. 1. Knowledge of the definition of a disabled person.

99% of all students, of which 100% of medical and non-medical 98%, declared that they have heard about disabled sport. When it comes to discipline practiced by people with disabilities, respondents could choose among several multiple proposals with the possibility of adding other disciplines which are heard. The most common among students of medical universities fell answer swimming - 93%, pedal table tennis and basketball, respectively 81% and 74%. Their colleagues from other universities pointed to basketball - 78%, table tennis - swimming and 77% - 66%.

Among medical students 51% were able to identify the names of two athletes with disabilities, 16% of one athlete, while 33% could not identify any athlete with a disability. Among students from other directions, these responses were respectively 25%, 25%, 50%. In total, all students 42% of them could replace an athlete with a disability (Fig. 2).

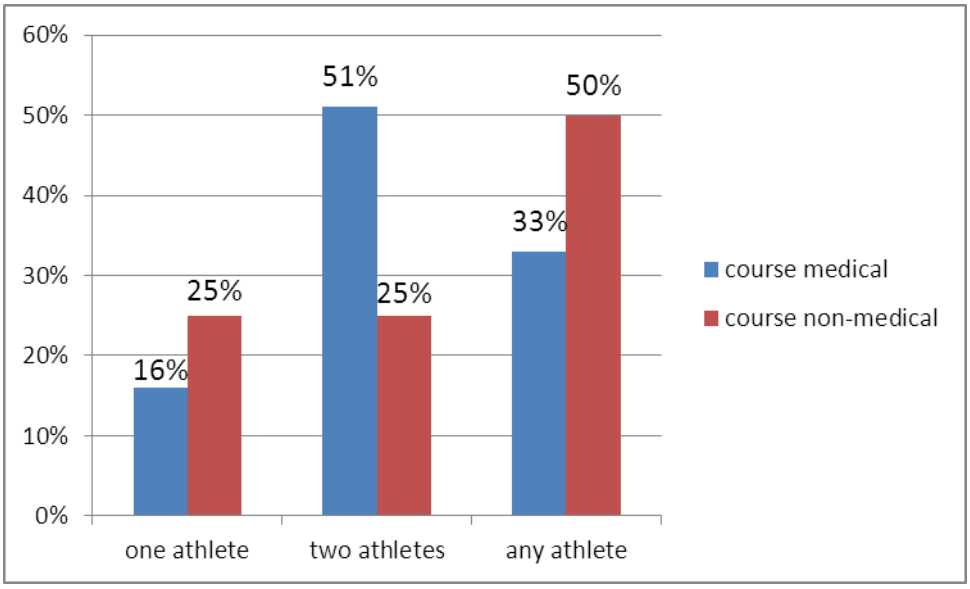

Fig. 2. Knowledge of the names of athletes with disabilities.

Of the respondents 88% (93% medical and 83% non-medical) saw the competition of persons with disabilities, of which 22% - in medical and 5% - other directions of live, 71% (medical) 78% (non-medical) on TV or the Internet, the rest not seen at all.

As many as 87% of students enrolled in medical schools and 73% of people from other universities recognized that disabled sport is not sufficiently widespread, 4% (medical) and 17% (non-medical) have no opinion on the subject. The others believe that it is well known (Fig. 3).

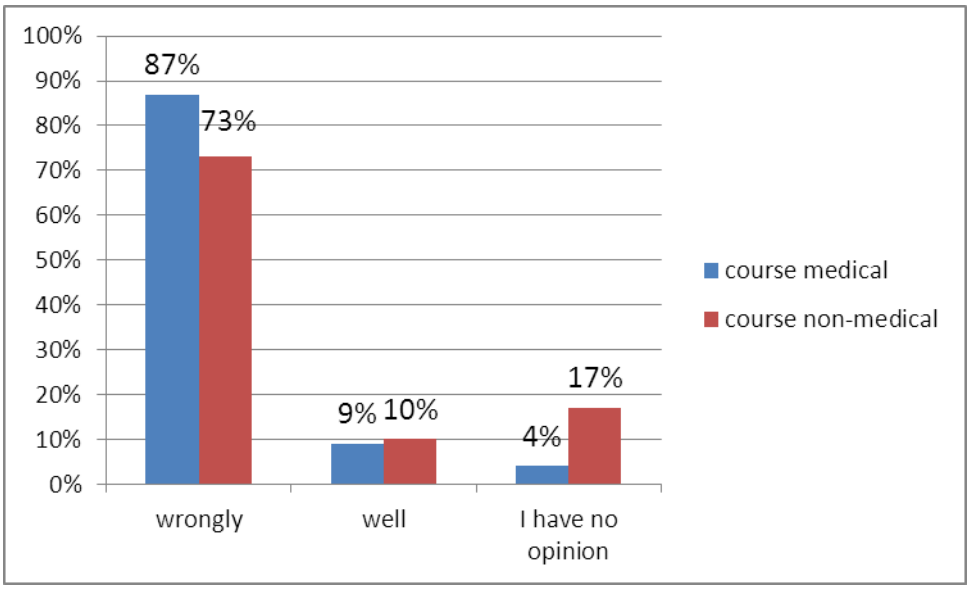

Fig. 3. The prevalence of disability sport.

The subjects had to identify the barriers that in their opinion the most limited with disabilities in sporting activities. They had the ability to choose from multiple limitations stated. And so, as the most important obstacles to students of medical universities recognized "the lack of qualified people engaged in sports activities with handicapped / trainers" - 71%, "the lack of suitably adapted sports" - 67%, "Financial - too expensive equipment" - 61%. Their colleagues from non-medical universities responded as follows: "the lack of suitably adapted sports" - 71%, "Financial - too expensive equipment" - 63%, and "lack of qualified people engaged in sports activities with handicapped / trainers" - 52%.

On the question of institutions bringing together athletes with disabilities 77% of respondents makes up 61% of students and 90% of medical students from other universities answered that they did not know and 39% of those are medical and nonmedical 10% declared that they had heard about them. Most often mentioned was the Polish Sports Association for the Disabled "Start" and the Foundation for Active Rehabilitation. Among the people who have heard of these institutions were also responses indicating that respondents do not remember their names.

Medical students decided that the best sports disabilities is promoted through television (49%). Group of respondents from other universities recognized the Internet as a main source of promoting disability sport (46%) (Fig. 4).

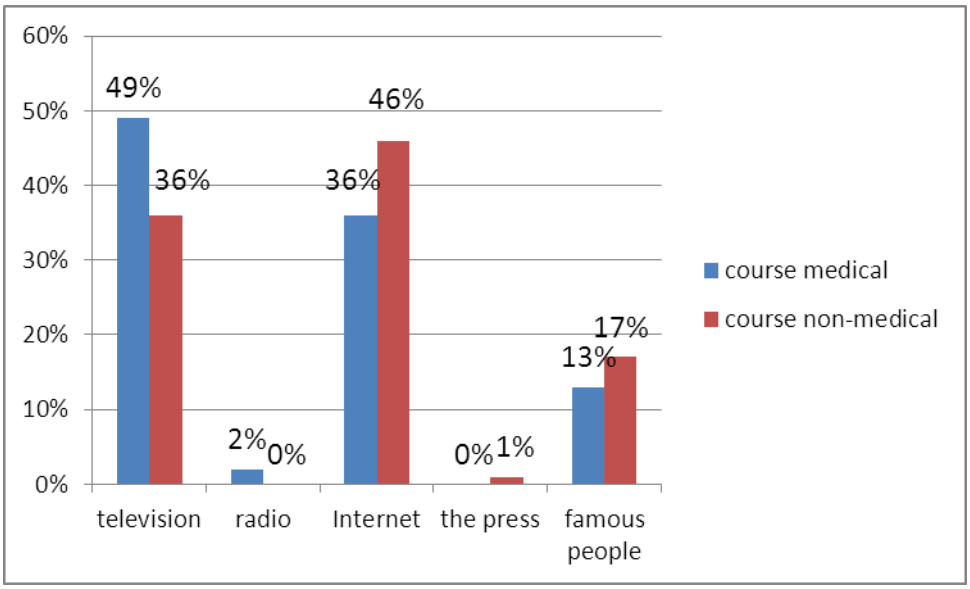

Fig. 4. Forms of media to promote disabled sports.

Among the students of medical universities as the most important benefit flowing from the sport for rehabilitation of people with disabilities was - 32%. Non-medical college students as the main benefit received improve mental condition - 46%. When it comes to sports mentally disabled 86% of the medical faculties and 69% from other fields of study believes that these people play sports, and as a discipline frequently pointed swimming and racing. However, in determining the sport of people with disabilities within the locomotor system is 96% medical and 89% of non-medical students know about the possibility of practicing sport by this group of people and shows mainly on table tennis, football and basketball amp wheelchair.

Respondents were asked to indicate, among these, the number of medals won by the representatives of the Polish Paralympic Games in Rio de Janeiro from 2016 years. The correct answer - 39 discs granted 38% of students of medical and non-medical college 28% (Fig. 5).

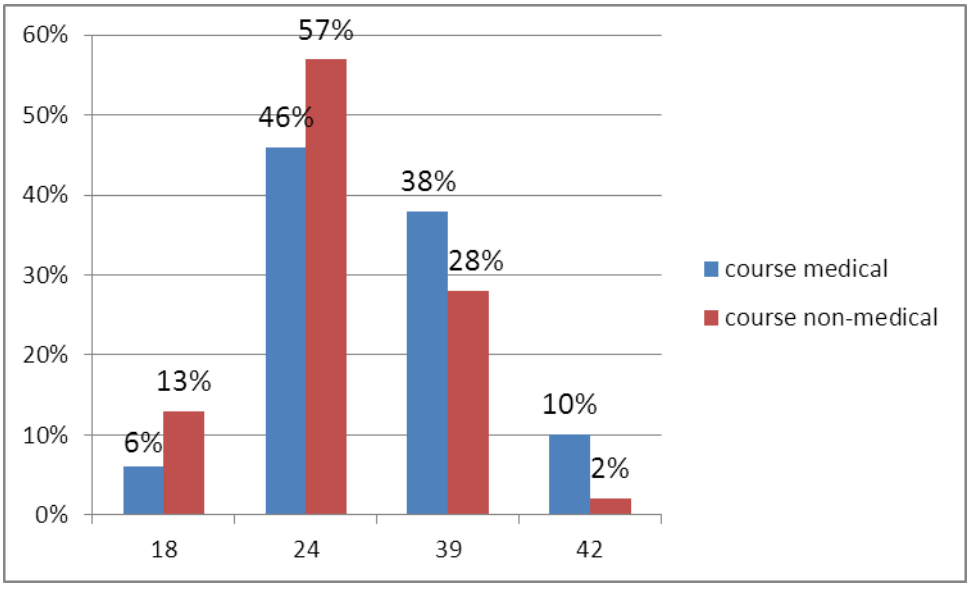

Fig. 5. The number of medals won by the representatives of the Polish Paralympics in 2016.

Of the respondents 13% of medical schools and 27% from other universities believes that people with disabilities physically and intellectually compete in the same sports events. Then the students were asked whether they thought the blind and visually impaired practice racing. Affirmatively answered 81% of the fields of medical and non-medical 65%. Another question concerned the skiing amputated. 78% of college students and 71% of medical students from other universities granted the correct answer, that is the part that deals with disabled sports discipline. The last question on playing Goalball 58% of college students and

48% of medical students of the other directions, correctly pointed out that this discipline is through entitles the blind and visually impaired.

Discussion

Disabled sport has developed significantly over the past several years. You can indicate growing public interest in the struggles of disabled sports. According to Sahaj "number tracking struggles sports arenas in London during the Olympic Games in 2012 exceeded 5 billion people" when it comes to Paralympic Games is "the opening ceremony of (...) watched more than 11 million Britons, and the race has sold more than 2 million tickets," [9].

From the above study conducted by the authors shows that 74% of students from medical universities and 67% of non-medical can indicate the definition of a disabled person.

Test results Dywejko et al. Indicate that 73.3% of respondents, non-medical college students, cannot indicate a disabled athlete. A group of students surveyed considered that disabled sport is treated primarily as a form of rehabilitation. The respondents as the main source of information about the sport with disabilities find television [10]. According to research their own up to 50% non-medical students and 33% of medical students is not able to provide the names of a disabled athlete. As for the impact of sport on people with disabilities is a non-medical college students believe that the most important is to improve the mental state (46%) and medical students recognize that rehabilitation (32%). They also show television and the Internet as the main source of promoting disability sport. In turn, another study by Dywejko et al. Shows that 98.2% of college students and 93.2% of medical students from other universities declared that they had heard about disabled sport. Regarding knowledge of the names of the athlete with a disability 92% enrolled in the fields of medical and 84.1% of non-medical fields could not identify that person. As a source of knowledge about disabled sports activity all the respondents give the Internet. Listens medical schools as the main benefit flowing from the sport for people with disabilities feel satisfied, while the non-medical fields of rehabilitation [11]. In our study we demonstrated that a disabled sport 100% of the respondents have heard of students of the medical degrees and 98% from other fields of study. It is also shown that 33% of students in medical schools and 50% from other universities could not indicate the names of the disabled athlete. With regard to the promotion of the sport respondents indicated television (physicians) and the Internet (not doctors). Medical students consider rehabilitation as a major benefit of sport for people with

disabilities, while the rest of the respondents indicate improvement in mental status. Lewandowski et al. Report that they studied a group of students of physiotherapy as institutions associating with disabilities pointed Polish Sports Association for the Disabled "Start" and the Foundation for Active Rehabilitation. Whereas the main barriers to people with disabilities for sports exchange restrictions by the architectural and financial [12]. In discussed the results of their research can be seen that the students here and also pointed to the Polish Sports Association for the Disabled "Start" and the Foundation for Active Rehabilitation authorities as support athletes with disabilities. As for the restrictions on the practice of sport study group, apart from those mentioned above, also pointed to "the lack of qualified people engaged in sports activities with handicapped / trainers." As indicated Bolach et al., The main motivator for people with disabilities to play sports are competitive and the desire to achieve success and health considerations, which points to the need and desire for this sport in the population [13]. Frydlewicz-Bartman Rykała in their studies show that people with spinal cord injury your motivation to define sport as a continuation of the rehabilitation and maintenance of contact with the public [14].

Conclusions

Students' knowledge about the sport with disabilities can be assessed as good. Greater knowledge on this subject is distinguished students enrolled at medical degrees which may result from the curriculum at medical schools.

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