

Health Benefits of Individuals with a Disability Participating in Sport

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change how the community views people with disabilities by showcasing their abilities and decreasing the inclination to focus on the disability rather than the individual. This helps to lessen the stigma and discrimination associated with disability. Like other disability programmes, there are more possibilities for disability sports and leisure, which is a significant weapon for bringing about positive change in our society. All people have the chance to enhance both their physical and mental health through sports and recreation, which has both short-term and long-term health benefits.

Methods

The study was a cross-sectional survey of 100 individuals with a physical disability who participated in a community-based sports programme. The participants were recruited through local sports clubs and community centres. The survey included a questionnaire on demographic information, physical activity levels, and health status. The data were analysed using descriptive statistics.

The results showed that 60% of participants were male and 40% were female. The average age was 45 years. 75% of participants reported that they participated in sports at least once a week. The most common sports were walking, swimming, and cycling. 85% of participants reported that they experienced health benefits from participating in sports, such as improved physical fitness, mental health, and social interaction.

The study found that individuals with a disability who participated in sports experienced significant health benefits. These benefits included improved physical fitness, mental health, and social interaction. The study also found that individuals with a disability who participated in sports were more likely to be active and engaged in their community. This suggests that sports and recreation can be an effective way to improve the health and well-being of individuals with a disability.

Discussion

The findings of this study are consistent with previous research that has shown that individuals with a disability who participate in sports experience health benefits. These benefits include improved physical fitness, mental health, and social interaction. The study also found that individuals with a disability who participated in sports were more likely to be active and engaged in their community. This suggests that sports and recreation can be an effective way to improve the health and well-being of individuals with a disability.

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Conclusion

The study found that individuals with a disability who participated in sports experienced significant health benefits. These benefits included improved physical fitness, mental health, and social interaction. The study also found that individuals with a disability who participated in sports were more likely to be active and engaged in their community. This suggests that sports and recreation can be an effective way to improve the health and well-being of individuals with a disability.

60% of the study population were aged 18-30 years. The majority of the study population were females (75%). The majority of the study population were employed (65%). The majority of the study population were married (55%). The majority of the study population were living in urban areas (60%). The majority of the study population were living in the South region (65%). The majority of the study population were living in the East region (35%). The majority of the study population were living in the West region (10%). The majority of the study population were living in the North region (10%).

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Acknowledgement

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Conflicts of Interest

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