

<http://dx.doi.org/10.16926/sit.2021.04.18>

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A Qualitative Research on Sport and Education for The Disabled from The Perspective of Sports Managers and Trainers

Jak cytować [how to cite]: Sönmezoğlu U., Tosun A., Yıldız K. (2021): *A Qualitative Research on Sport and Education for The Disabled from The Perspective of Sports Managers and Trainers*. "Sport i Turystyka. Środkowoeuropejskie Czasopismo Naukowe", vol. 4, no. 3, pp. 49–73.

Badanie jakościowe sportu i edukacji dla osób niepełnosprawnych z punktu widzenia managerów sportu i trenerów

Streszczenie

Celem prezentowanych badań jest analiza aktywności sportowych osób niepełnosprawnych z perspektywy managerów sportu i trenerów. W badaniach użyto metody fenomenologicznej z wykorzystaniem metody badań jakościowych. W celu zgromadzenia danych posłużono się metodą wywiadu. Grupa badanych uczestników składała się z 10 ochotników (zarówno kobiet, jak i męż-

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czyn). Dla wiarygodności i zasadności badań porównano i potwierdzono wyniki uzyskane przez dwóch niezależnych badaczy. Aby uwiarygodnić badania, ich autorzy jasno i dokładnie określili metodę i etapy badań. Do analizy danych została użyta metoda analizy treści. W badaniach zauważono, że ich uczestnicy wybrali sport dla niepełnosprawnych z takich powodów, jak uspołecznienie tej grupy, dodanie niepełnosprawnym pewności siebie, przyczynienie się do ich rozwoju.

Uczestnicy podkreślali fakt, że niepełnosprawni są otwarci na zmiany i rozwój, będąc jednocześnie osobami wrażliwymi. Co więcej, uczestnicy badań zwracali uwagę na fakt, że sport poprawia jakość życia, stopień uspołecznienia i pewność siebie osób niepełnosprawnych. Z drugiej strony należy nadmienić, że niepełnosprawni stykają się z problemami takimi, jak brak wyposażenia i transportu, zatrudnienia, nastawienie własnej rodziny i społeczności, etc. Co więcej, badania pokazały, że istnieje potrzeba dyskusji na temat współpracy z uniwersytetami, włączenia dyscyplin sportowych dla niepełnosprawnych do federacji, opracowania podstruktur, edukacji dla osób niepełnosprawnych, gdyż tylko wtedy sport dla tej grupy społecznej ma szansę rozwoju.

Słowa kluczowe: sport dla niepełnosprawnych, edukacja dla niepełnosprawnych, socjalizacja.

Abstract

The purpose of this research is the analysis of sports activities for the disabled from the perspective of sports managers and trainers. In this study, a phenomenology pattern was used with a qualitative research method. An interview method was used in data collection. The research group consisted of 10 (female, male) volunteer participants. For the validity and reliability of the study, the findings of two independent researchers were compared and confirmed. For the reliability of the research, the researchers defined the method and stages of the research clearly and in detail. A content analysis method was used to analyse the data. In the study, it was noticed that the participants chose sport for the disabled for such reasons as socializing of the disabled, providing the disabled with self-confidence, contributing to their development.

The participants pointed out that the disabled are open to change and improvement and at the same time they are sensitive. Moreover, the participants underlined that sport increases the quality of life, socialization, and self-confidence of the disabled. However, it can be stated that the disabled face problems such as lack of facilities and transportation, employment, attitude of family and community, etc. Finally, the research revealed that studies discussing cooperation with universities, inclusion of sports disciplines in federations, establishment of substructure, education for the disabled, etc. should be carried out for the development of sport for the disabled.

Keywords: sport for the disabled, education of the disabled, socialization.

Introduction

Nowadays, the disabilities stand as a key social issue to be dealt with equally and fairly in order to achieve an overall social improvement. According to the data declared by the Organization for Economic Co-operation and Development (OECD), the European Union (EU) and Turkey, with the aging of the population and the increase of chronic diseases in the world, it is stated that 15% of the world population has a disability [12]. At present, disability can be named as a leading global issue with its social, medical, and financial aspects. In our age, more than a billion people all around the world are presumed to experience some kind of

disability [8]. Considering this negative picture, it is thought that developing policies for the disabled will play an important role in integrating the increasing disabled population into the society. One of these policies is undoubtedly the practice of increasing sports activities for the disabled. Sport ensures the improvement of physical qualities and social relationships of people with disabilities by enhancing their cognitive and physical skills [6]. The notion of disability is quite frequently associated with sports activities since it is thought that disabled individuals are able to take advantage of sport's several aspects [17]. Furthermore, sports activities are most likely to be a means of social involvement for disabled individuals [42]. While sport for the disabled was initially introduced for therapeutic purposes, it later became a field within sport. The presence of game and physical activity in the development and growth process of a disabled or healthy individual has great effects on the acceleration of these processes. Participation of people with disabilities in sport and recreational activities has positive results in socializing and performing their physical functions more comfortably [22, 23, 24, 39, 46]. Sport is used as a tool to increase motivation levels of people with disabilities [38]. It should not be forgotten that sport, as a source of motivation, can function as one of the effective factors in helping the disabled sustain their lives and get involved in social life [25]. Young people are encouraged to attain certain social and life skills by taking part in sport and leisure activities [35]. Since the second half of the 20th century in the world, interest in sport for the disabled has increased, it has reached the level of Olympic organizations and continues to develop [29]. Sport for the disabled is planned and held globally by several sports federations that schedule a sporting timetable for disability-specific groups [7]. "Adapted" sport dates back to the 40s and, though relatively young, it is effective in helping the disabled people live without assistance and feel socially included. Paralympic games have backed Olympic games for a long time with their increasing number of branches, federations, and athletes [18, 34].

However, in order to improve the lives of the disabled through sport within social, health and financial domains, and to set up more compelling objectives, the main doctrines of the enterprise management theory need to be revised according to the propositions of the model of disability management [17]. It can be stated that these developments have contributed to the development of sport and the diversity of sports activities for the disabled.

In recent years, parallel to the developments in the organizational structuring of sport for the disabled, the increase in the number of trainers and managers working in this field can be seen as an indicator of the interest and development in the field. The trainer contributes not only to the physical development of the athlete but also to their social development and self-confidence and can be a role model for the athlete. The trainer's good personality, character, mental health, and social aspects directly affect the athlete [49]. The way the trainer makes decisions, plans and implements trainings, the quality and quantity of the feedback

they provide to the athlete are important sources of motivation for them [53, 57]. It can be stated that high quality and positive communication between the coach and the athlete can play an important role in increasing the success levels of both. Another factor that contributes to the development of sport for the disabled is sports managers working in the field. Considering that the need for sports managers has increased with the increase in sports activities for the disabled in recent years, sports managers are of great importance in the development of athletes in the field and in managing and leading the service and activities of the organizations. In order to contribute to athletes' performance and their physical development, sport managers should have professional sports knowledge of movement and training and have the attitude and behaviour needed to solve a given athlete's problem [48]. With the help of using sport, management in disability sport serves the purpose of turning disabled people into productive and active individuals for both themselves and the economy [8]. These attitudes and behaviours of sport managers positively affect success and failure of disabled athletes, planning their goals and the paths they follow in line with these goals.

Given the above-mentioned situations, this research focuses on in-depth examination of sport for the disabled, taking into account the perspective of coaches and sports managers who have an important role in sports activities for the disabled. Accordingly, the research focuses on how trainers and sports managers perceive sport for the disabled, their goals, why they have chosen this field, as well as their opinions on the benefits of sport for the disabled, problems experienced in sport for the disabled and their offer of a solution and what needs to be done for the development of sport for the disabled.

Method

Phenomenology is the pattern of this study, in which the qualitative research method, which enables the evaluation of the opinions emerging from the participants' experiences, is used. In phenomenological studies, the experiences of individuals regarding an event or subject are revealed [14]. The phenomenology pattern focuses on issues that are recognized but need in-depth and detailed research [58].

Participants

This study was carried out with managers and trainers working in sports clubs operating in the field of sport for the disabled. 4 of the participants work as trainers, 4 as managers and 2 as both trainers and managers in sports clubs. Snowball sampling, one of the purposeful sampling methods, was used in determining the participants. Snowball sampling is a method that enables you to obtain new information by asking interviewees who else you can interview [41]. With this

method, one individual is interviewed, and with the help of this person, another interviewee is reached, and more interviewees are reached with the help of the latter interviewee [56]. 2 of the participants are women and 6 of them are men. The ages of the participants range from 24 to 50. In the group, one is a secondary school graduate, 2 are high school graduates, 6 of them have bachelors' degree and 1 has a PhD.

Instruments

In this research, which aims to reveal the opinions of sports managers and coaches working with the disabled and related to sport for the disabled in Turkey, the data were obtained with a structured interview form consisting of the consecutive interview questions.

Data Collection Process

The interviews were held at the time and location where the interviewees were available. The researcher asked permission from the participants to record the interviews and after their approval, the interviews were recorded with a recording device. Each interview lasted 50 minutes on average.

Analysis of the Data

The descriptive analysis technique was used in the analysis of the data obtained as a result of the interviews. While doing descriptive analysis, the data obtained are summarized and interpreted according to previously determined themes [58]. The data summarized by the descriptive analysis method were made ready for content analysis. Content analysis is a technique for characterizing and comparing the documents, interview transcripts or records [3]. Data summarized and interpreted by the data analysis is then coded. Similar themes were coded by two researchers. In order to determine which participant the interview notes belong to, all participants were marked with particular letters and all participants were listed from A to J. Then, the models were presented by the researcher with the help of Atlas.ti qualitative data analysis programme.

Validity and Reliability

For the validity of the research, face-to-face interviews were held and detailed information was collected by three researchers who are experts in qualitative research and in the field. During the acquisition of the findings, each researcher took short notes along with the digital recording. Thus, the data was recorded meaningfully. For the reliability of the research, the researchers defined the method and stages of the research clearly and in detail. Regarding the methods and processes followed during the research, the content of the records is explained clearly and in detail. In addition, in order to ensure the reliability of the research,

three researchers, who are experts in their field, worked with the qualitative research method, performed the coding of the data independently from each other. The codes produced by each researcher were compared and confirmed.

Findings and Discussions

As a result of the analysis of the data obtained in the research, six themes were obtained, based on the participants' responses and they are as follows: the reasons of the participants to choose sport for the disabled, the characteristics of disabled athletes, the benefits of sport to the disabled, the expectations of disabled athletes, the problems of sport for the disabled, and the things to do to develop sport for the disabled. Information on these themes and codes is shown in the Figures below.

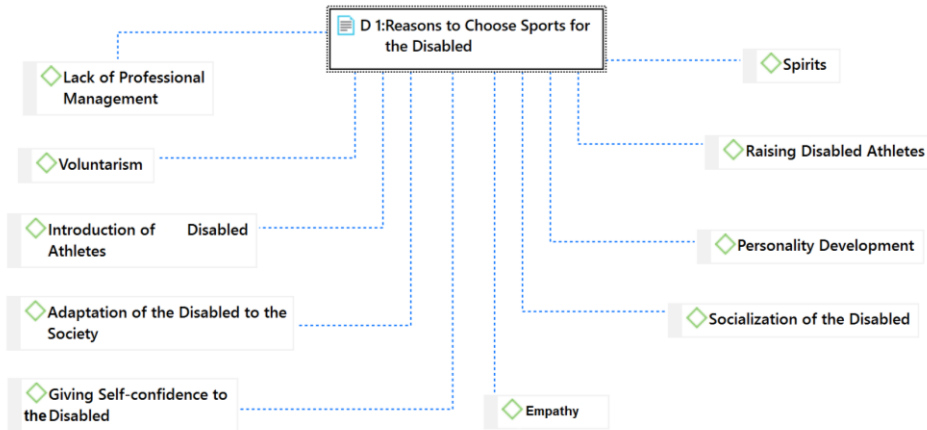


Figure 1. The participants' reasons to choose sport for the disabled

According to the findings obtained from the research, the reasons for trainers and managers to choose sport for the disabled are as follows: socialization of the disabled, giving self-confidence to the disabled, personality development, introduction of disabled people into the world of sport, raising disabled athletes, voluntarism, spirits, lack of professional management, adaptation of the disabled to the society, empathy. For instance, the participants' replies *Socializing and encouraging them to do sport (A)* and *My goal is integrating them into society rather than sport. Trying to make them live in society. To ensure they can go out and sit in cafés without any shame or hesitation (I)* show that their aim is socialization of the disabled. Given that sport facilitates integration of individuals into society, enables them to socialize, and social interaction opportunities that occur with sport help people to decrease and eliminate their feeling of loneliness [27], it can be stated that the participants have the right approach. Evaluating the statement

of participant I *From my point of view as a disabled person how I can touch the life of another disabled individual, to boost their self-confidence, my goal to get them on a par with a normal person (I)* it can be noticed that giving and boosting the self-confidence of the disabled is another individual goal [52]. This shows that disabled athletes have significantly higher self-confidence than disabled people not involved into any sports activity. In addition, Çevik and Kabasakal (2013) stated that sports activities make it easier for disabled people to adjust to the communal living by giving them a sense of personality development and self-confidence [10]. *I thought we could create our own value by creating an academy to appeal to kids, not only people's sports development but also individual, physical, spiritual and social one. This is my main goal, currently.* Evaluating the statement of participant D, it can be said that personal development is important for the participants. Therefore, considering that sport effectively increases the self-confidence of the disabled and helps in their personality development, it can be considered as a positive situation that the participants have personal goals related to these matters. *I wanted to send athletes to the national team which I could not be member of – this statement of participant A and My initial mission is to stay in the back and show these people somehow, somewhere. Make them give interviews, recognized by people – this statement of participant E* show that as trainers or managers the participants aim to raise disabled athletes and to promote them. A trainer or a manager is an important source of motivation for disabled people to start and continue doing sport. Yaşar (2017) revealed that a trainer in his inner environment motivated him to start playing wheelchair basketball [55]. Considering that the number of licensed disabled athletes in Turkey is increasing every year, it can be said that the presence of trainers and managers who aim to train disabled athletes has an impact on this. However, in Turkey we have very few national level and Olympic athletes. The crucial point of training athletes at the Olympic level is getting them into sport [31]. At this point, it can be stated that trainers and sports managers have an important mission to encourage disabled people to take up sport.

Participant D: *We need to mention voluntarism. I wanted to support them, thinking if as a volunteer I could touch their lives a little. Sure, the curiosity of knowing them is also there. After all, I didn't think I would have difficulties when it was first proposed to me.* Participant H: *We are in this sector as we are more fond of the spirits and contributing gives us more pleasure.* Participant E: *I am also deaf, so I just want them do sport as normal people.* And Participant I: *Because I am also physically impaired.* In addition, considering those statements it can be stated that the participants choose sport for the disabled for personal reasons such as voluntarism, spirits and empathy. Karakoç et al. (2012) state that educated people who want to work in sport for the disabled should be supported [30]. And Sarol et al. (2011) considered social responsibility as the main theme in voluntarily participating in sports projects addressed to the disabled, they stated

that working with disabled people makes them happy and peaceful, they feel comfortable in terms of conscience, their perspective has changed, and they can empathize with the disabled [44]. *Besides, I realized it is not considered as sport and I think the reason of this is that the managers are not professionals (E) and However, I thought the best way for the disabled to adapt is sport, that's why I started working in this field. Because they cannot set up a business, most of them have financial problems, as they isolate themselves from society, I thought their best way of adaptation is sport, that's why I started working in this field (F)* Again, analysing the participants' statements, it can be stated that the participants choose sport for the disabled to help the disabled to adjust to society and because of the lack of professional management in sport for the disabled.

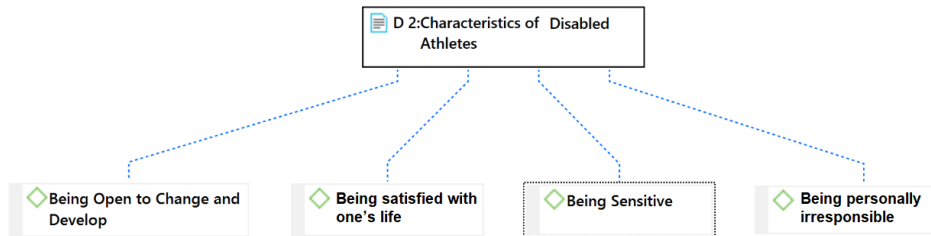


Figure 2. Characteristics of the Disabled Athletes

As it is shown in Figure 2, the trainers and managers emphasize some characteristics of athletes with disabilities. These characteristics are coded as being open to change and develop, well-being, being sensitive, being personally irresponsible. *Doing things with them and bringing them something takes effect very quickly; I can see how they change very quickly.* (B) this statement of that participant shows that disabled athletes are open to change and develop. It is stated that it is an important feature for disabled people to be open to constant change at the point of starting and continuing sport for disabled people as they develop differently from each other [50]. Athletes with disabilities exhibit significantly more life satisfaction and happiness than non-athletes with disabilities and are more extrovert [52]. We may suggest that it is on a parallel with the statement of participant D: *Disabled people who do sport are doing way better in terms of self-confidence, looking on the bright side of life and mental health compared to other disabled people; we can even say that they are better than many normal people.* Again, Tiryaki et al in (2000) similarly stated that disabled people participating in sports activities are more extrovert and feel better emotionally [51]. *They are much more sentimental. I can only shout at them once and then cannot three more times. Their sensuality also makes it very difficult for me. No one has ever yelled at them, they are so naive, fragile, and shy..., But when I get angry with my physically impaired child that drives me crazy, my child's eyes fill with tears immedi-*

ately. He gets upset easily when you don't do what he says (B). Considering such statements, it can be said that disabled athletes are sentimental, fragile and sensitive. People with disabilities have a different personality than non-disabled people. Reviewing the literature, one can find some studies similarly confirming that disabled people are sensitive, are easily hurt and need constant attention [1, 45]. As disabled individuals can be more sensitive and fragile, they can display a more conservative attitude towards their own values during, before or after a given competition, or in their social lives. Such behaviour can sometimes make it difficult to accept their own mistakes and lead to blaming others. It can be inferred from the following statement of participant I: *The problem in itself is that they don't admit the mistake very quickly, they blame others when they lose the match, they constantly blame the referee rather than see their own shortcomings.*

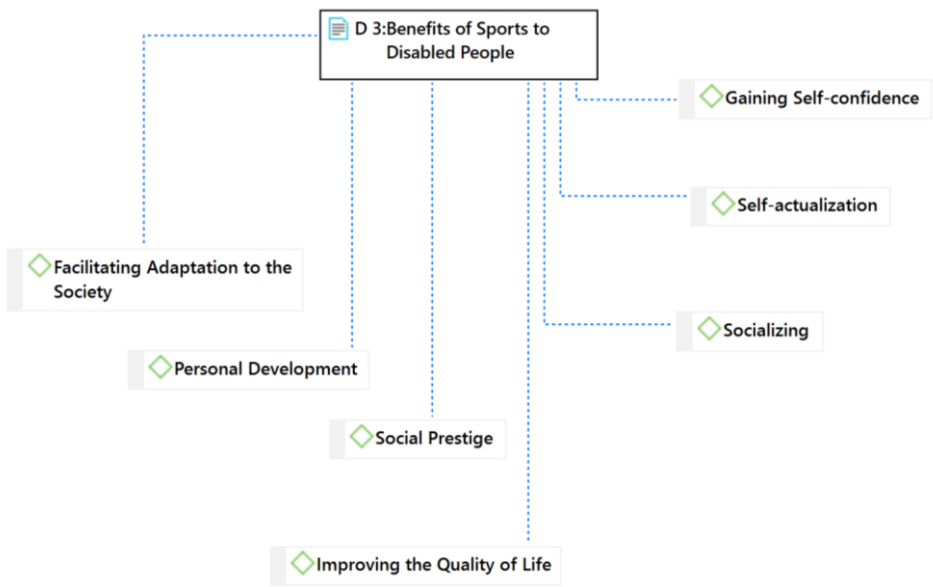


Figure 3. Benefits of Sport to the Disabled People

Another theme that emerged after the analysis of the participants' views is about the benefits of sport to the disabled people (Figure 3). Related to the theme, the following codes emerged: facilitating adaptation to the society, improving the quality of life, socializing, social prestige, gaining self-confidence, personal development (psychological, mental, physical), self-actualization. Looking at the participants' views, it is clear that sport facilitates the adaptation of the disabled to society, it increases their quality of life, contributes to their socialization and social prestige. For instance, the following statements of the participants support this suggestion: *Facilitating the adaptation of our disabled people to society by saving them from being imprisoned in their homes is the best way to adapt them*

to society. (F), Sport encourages them in many aspects such as socializing, holding on to life, making a difference in life, etc. (J), They meet people from all over Turkey because they work with different people with whom they practise sport. (I), Even though some are not successful at sport, doing the activity, seeing the gain of prestige and appreciation among other disabled people in society must hold them more on to life. (E), They accept themselves; they accept their disabilities. This actually paves the way for them to continue their life as a normal person, because when you see another disabled person who does not practise any sport, their self-confidence is much lower than others', unfortunately. It is more difficult for them to integrate with other people. (A) Reviewing the literature, in their research, Kumcağız and Avcı-Çayır (2018) similarly stated that the contribution of sport as a social area for disabled people is quite extensive [33]. Another research mentioned that a disabled person doing sport regularly affects their quality of life positively [11, 26, 40]. So, the impact of sport on disabled people is incredible. You create people with extraordinary self-confidence. (A), I asked her, 'What did swimming give you?' She answered saying, 'It gave me myself.' I asked her to be open and honest with me and she said that she was shy and too bashful and she gained self-confidence. (B), Their ego and self-confidence increase. (B), Initially, they gain self-confidence, live without fear. (I) What is more, As sport helps here by giving them self-confidence, extra advantages, as they integrate into society easily and feel themselves more valuable, they are not isolated from society in any way and this is crucial for their mental and psychological development. (C). Moreover, Most of the time, upon finishing a challenge happily, successfully, they even forget about their disabilities. Even that is a good feeling. Such statements clearly prove that sport gives self-confidence to disabled people and develops them personally, i.e. mentally, psychologically and physically. Aitchison (2009) stated that sport is effective in creating self-confidence and psychological well-being and it increases physical health and agility [2]. It is also noted that a disabled person doing sport makes themselves stronger physically in addition to their mental development [47]. The professional literature mentions that disabled people may achieve self-actualization as their physical, mental, and social development increases with the help of sport [21]. Maybe you can address them with self-actualization and Maslow's hierarchy of needs but in its simplest way it gives a person a reason to live and not to be ashamed of this, occupying a place in society, living like a normal person, what else can you expect? (C) Besides, Sport is crucial to show that they are also people that can contribute something to society. (F) Such statements of the participants reflecting those included in various studies show that sport is regarded as an area where the disabled have an opportunity to actualize themselves.

Another theme emerging from the analysis of the data in the research is expectations of disabled athletes (Figure 4). It is noted that disabled athletes have such expectation as being subject to positive discrimination, appreciation, success. In Turkey, there is always something that is said that by law, this is positive

discrimination. However, they are not even treated equally so don't even talk about positive discrimination. This statement of participant A states that disabled athletes should be subject to positive discrimination. Similarly, Dalkılıç et al., (2017) state that disabled people should be subject to positive discrimination in sport as well as in any other field [15]. It can be expected that being subject to positive discrimination will motivate them more about sport. Disabled athletes who are more motivated can achieve more success in their discipline. *Once there is success the rest is easy. Working, being patient brings success. In my case, we did not have a sports hall in our school. After the European Championships in Finland in 2007, a goal ball hall was built in our school. As far as investment goes, if there is local or national success, local governments also help a little.* Reading this statement of participant I, one can conclude that success achieved by disabled athletes brings about support. Martin (1999) emphasized that necessary factors must be provided for disabled athletes to succeed. Considering the statements of the participants, it can be said that one of these elements is discriminating the disabled positively [36]. Another subject is related to the expectation of appreciation of disabled athletes. You can see it in the following statement of participant D: *And their biggest problem is not being appreciated. There are self-sufficient teams which achieve success despite all the problems, but they are not appreciated, and this is the worst part. When you are not appreciated, then you feel worthless. No one ever says, 'Good job to you, you are the champions despite all the drawbacks, lack of money, impossibility, you are trying hard.'* Maybe if someone said so, it would be enough for them. Given that sport, which is an educational activity, reveals the power to express common goals and the sense of appreciation [16], it can be stated that the appreciation of disabled athletes in this sense shall positively affect their motivation. It is noticeable that Tekkurşun-Demirand İlhan (2020) considered appreciation as one of the external factors which is crucial to encourage disabled athletes.

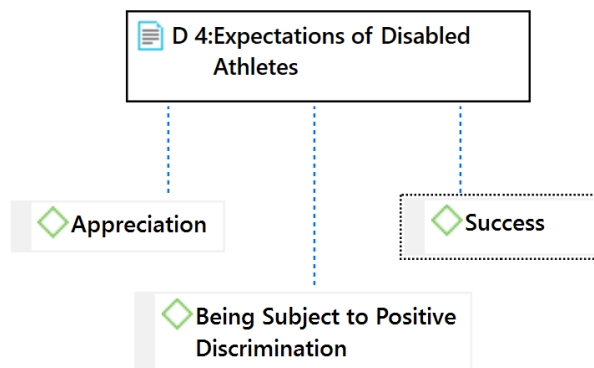


Figure 4. Expectations of the disabled athletes

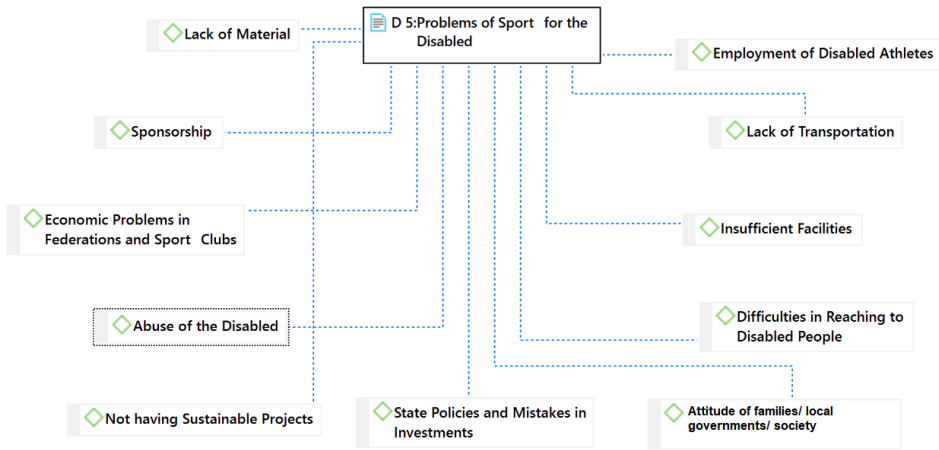


Figure 5. Problems of Sport for the Disabled

“State policies and mistakes in investments, not having sustainable projects, attitude of the families and society, abuse of the disabled, difficulties in reaching to disabled people, economic problems in federations and sports clubs, insufficient facilities, sponsorship, lack of transportation, lack of material, employment of disabled athletes” – having studied the codes emerged from the analysis of the data, it is evident that the participants talked about the problems of sport for the disabled. It is noted that the state needs to develop policies to solve problems about education, health, rehabilitation and care services, transportation, employment and assuming life roles [37]. It can be noticed that the participants talked about the very same problems. *They use the same facilities that normal people use. I don't think there are big investments, if there are big investments, they are only in mega cities. I don't think the investments are sustainable and widespread. (D), I don't think there are investments in my community. (E), There are no investments for the disabled in Turkey. (C), The Ministry of National Education and the Ministry of Youth and Sport have little if any studies about that but just projects. And these projects last only 1 or 2 months so Turkey is inadequate in this regard. (C), As a healthy person I can barely do this with the money I make, whereas he cannot find any job already. (E).* For instance, such statements of the participants clearly demonstrate the issues of insufficient investments, lack of employment for disabled athletes, lack of sustainable projects. *There are some parents who I haven't met yet. The mother is not there. I think family makes our children go down in a way because I think they blame themselves. (B), All of us, all our lives, we have called mentally or physically impaired people, in our neighbourhood or somewhere, crazy and made fun of them and because we were raised in such a system this is in our subconscious. (E).* Again such statements of the participants show that the attitude of the family and society is a problem. It can be stated that the family's indifferent and unconscious attitude towards an indi-

vidual is carried on from the role of this individual in sport to their role in their social life. For example, a study conducted on the mentally disabled states that to ensure the participation of people with disabilities in all types of sports events, it is necessary to reach their families first [10]. *You cannot have the court for the match or training and even if you can, it is at an inconvenient place and at an inconvenient time. (D), But the disabled can practise, yet there is no appropriate court, equipment, there are problems with booking the court. When we try to book a gym, they don't give us the place thinking we will damage it while practising. It is quite insufficient in terms of facilities. (I), In some branches it may be difficult to find appropriate equipment. For instance, consider that I have a national athlete in basketball. He needs a wheelchair and wants to buy it, it costs around 20 or 30 thousand Turkish liras. (D) and They don't have the necessary equipment, they don't know where to buy it. They wander and beg around like crazy to find the wheelchair in question. (F)* Clearly, such statements of the participants show that important problems concern facilities and equipment. Similarly, in the studies of Esatbeyoğlu and Güven-Karahan (2014) the participants also stated that facilities were not designed for the disabled, facilities are not enough and appropriate [19]. Kızar (2018) shows that one of the major obstacles against the desire and opportunities of the disabled to do sport is that the physical condition of sports facilities is inadequate [32]. *Families do not have enough time for their disabled athletes, getting into the car may be a problem because cars need to be adjusted to them. (C), Management and administration of the competitions, finding the right court, making the schedule, transportation are serious problems. (D)* Again the statement of the participants clearly demonstrate that means of transport are inadequate. In their study on physically disabled people Rimmer et al., (2008) state that transportation is one of the obstacles for disabled people to participate in physical activity [43].

In the research, one of the issues regarding problems of sport for the disabled emerged as "Abuse of the disabled". It can be illustrated by the following quotes: *On 3rd December, the International Day of Disabled Persons, they say they are with them. On 4th December when we go near them, that man doesn't care about you. Simple and clear. That's how it is, unfortunately. We are just a tool of abuse and exploitation for them. (A), To me, it seems that people going there and watching are kind of taking advantage of the disabled. Of course, there are people doing it for a good cause in the community but, there are some doing it to get unearned income, to abuse. (D)* The following opinions of participant B confirm that the issue is serious: *Initiated something new in Denizli, I created my team, I go there everywhere, I am on the news, but nobody calls me, I can't find any physically disabled child. I go to hospitals and they say that they can't give telephone numbers because it is forbidden. You may think that they are big criminals, as if we wanted to harm them. Participant A adds: How will you discover a disabled individual who has never gone out? You ask for the disabled lists in official*

institutions. You can't get them because it is against the policy of protecting private life. So you go to the city centre, Çınar and see the same disabled people. You can't get names from people and official institutions. You are stuck, I mean this kind of attitude and behaviour prevents the disabled from doing sport. Participant F touches upon the same issue showing that access to disabled people might be really difficult: Being able to access them is also really important. When I was working for the Municipality, I made banners to reach them. I distributed the posters on buses, in hospitals, and doctors' surgeries. There was only one application, and his first question was the amount of money he would receive. First, reaching people in society and being able to persuade them.

The list of problems does not seem to reach the end. *But we have problems. The biggest of them is economic problems as you may know. (J), When you want to admit someone as an athlete to the club, that person has expectations. They start to think whether they can earn something as they do not work, have a job or income and if the economic state of the club cannot satisfy this, then you can make that person do sport, socialize, maybe you make them see what they lack mostly but you don't offer anything economically. And unfortunately, this prevents sustainability in sport. (A), For instance, this year the deaf league has not played, it was divided, in the preliminaries they had 80 matches a day, they were defeated, eliminated and it finished. That is season 2019/2020. Why is it like that? They didn't have the league as the state had an economic crisis and didn't have any money. (D). Such statements reveal that economic difficulties in federations and sports clubs are one of the main problems in the development of sport for the disabled. Moreover, In Denizli, speaking of football, Denizli sports shopkeepers get involved in some way, they sponsor. There are clubs for the disabled doing the same. But they are not supported. There is no support for sports clubs for the disabled. We want sponsorship but don't receive any support, they perceive us as beggars, it is the same everywhere in Turkey. (I), As they cannot find any funds, they cannot find any sponsorship either, when they find one, they are treated as if they were beggars. (E) Such statements show that sports clubs lack sponsorship. In their research, Cottingham et al., (2013) mentioned that in sports clubs for the disabled there are problems with sponsorship and finances [13].*

As a result of the analysis of the data obtained in the research, it is seen that in order to develop sport for the disabled it is necessary to take into account the following aspects: education of the families, cooperation with universities, paying a salary to disabled athletes, support of the local governments, including the branches in the federations, providing promotion and media support, developing audience policies, creating academies for clubs, expansion of facilities, professional management, obtaining some income from broadcasting (Figure 6). Participant C emphasizes the necessity of cooperating with universities: *Universities, especially cooperating with the faculty of sport, I think. We should think how they can develop sport more and integrate disabled individuals.* Professional literature

points out that universities should cooperate with sports clubs and associations and produce supportive projects for the development of sport for the disabled [9, 28]. Beacomand, Golder (2015) noted that universities shall contribute to the development of sport for the disabled and to the disabled as far as information sharing and awareness are concerned [5]. Bearing that in mind, participant E says, *Regardless of one's department, a university student at least in one term should do a project about the disabled in one of their 2 lessons, I believe.* and participant H adds, *University students should be assigned a duty, given a sense of mission. I am a recreation department graduate; I did not work even with one disabled person during my student's life at university.* These statements definitely highlight the importance of educating university students about the disabled. *A certain amount of monthly salary can be given to them for doing sport. Many businessmen, the municipality can afford it. (D), The solution is that, first of all, the economic situation of these individuals needs to be improved. And if the disabled do sport, they should be paid at least the minimum wage. For this, local governments need to back the clubs. There are 4 sports federations for the disabled such as The Blind, The Deaf, The Mentally Disabled and The Physically Disabled. If Metropolitan Municipality takes over one branch of a federation, Merkezefendi (Municipality) takes another, Pamukkale (Municipality) takes another, one of the closest of 14 districts takes the last one and this problem is completely solved. (A)* Such statements show that disabled athletes should obtain a salary and local governments should support disabled athletes. Atalay et al., (2016) point out that for sport to develop, local governments must step in, provide support and provide financing to clubs [4]. *Psychological education should be given to families with a disabled member. Education should be given to families of disabled people by The Ministry of Family and Social Services. (I), I cannot explain this to the family, I cannot teach them. Special training should be given at minimum capacity in Turkey. Education should be provided, private psychologists should be arranged by the state. (B), First of all, families should be educated. (C)* The aforesaid participants' statements suggest that to develop sports activities for the disabled, families should be educated. There should be educational activities which effectively teach the whole society that the disabled constitute its part and should have an opportunity to participate in social life, learn about culture, lifestyle and rules of their society. It is an important social process with a clear purpose. Professional trainers likewise have an important role in the process of developing all skills and behaviours of disabled people [20].

Another issue that draws the researcher's attention are the participants' opinions about "including branches in the federations." It is possible to see this in the following participant's statement: *When it comes to various branches of sports disciplines for the disabled, for instance, amputee football should be assigned to a football federation. Shooting sport should be assigned to a shooting sport federation, basketball should be assigned to a basketball federation. That's the only*

reasonable solution. And in that way we can introduce more disabled people to sport. (A).

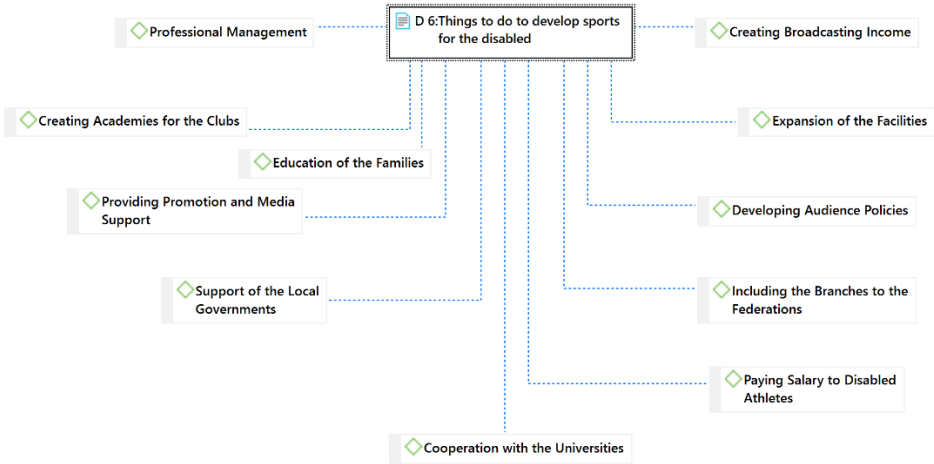


Figure 6. Things to do to develop sport for the disabled

Participant F: *You can do it if you can draw people's attention and convey your message to these people. Our people do not read but believe what they see, so television is quite effective. We need to drum it into people's heads, show them banners.* Participant I adds, *Sport for the disabled needs to be promoted more. There must be advertisements broadcast on sports channels, they should occur like public ads on TV, social media. There must be compulsory broadcasts. It should be visually advertised shortly, loudly, and clearly. Advertisement comes before anything else.* Participant E reckons that *In Turkey to get support, success is needed but to be successful, first you need to be supported. To promote this thought, they (the disabled) should be seen in advertisements, news at least for a month and in this way we can promote this idea in society. At least I believe it is the role of social media.* Participant A is of the same view, saying that *First, it is necessary to get a substantial income from advertising. TRT (a state channel) streams amputee football matches alive. They spend millions of dollars to stream very ordinary matches. But they do not pay anything to stream amputee football alive. They just say they are state channel fulfilling their social responsibility, duty. To buy the broadcasting rights of the second league of ordinary football they pay lots of money. Here, it is the same.* Considering these statements, it can be concluded that obtaining some income from broadcasting via promotion and support of the media will contribute to sport for the disabled in terms of economy and prestige. In their study on sport for the disabled, Cottingham et al., (2013) mentioned positive effects of the media on the promotion of sport for the disabled [13].

And fans are another part of it, there is a match and many young people are wandering around, they can be taken to the match in 2 or 3 buses for recreation. That's the policy to popularize it. Popularization of a given sports discipline does not consist only in doing it, spectators are also an important element of this puzzle. You can popularize sport not only by practising it but also by presenting it to spectators. (D) Football clubs creating an academy on their premises, creating a department for the disabled and appointing some people who will care about this would really help us greatly. (E) There is a question of transportation, appropriate facilities and an academy which I talked about. If you do that, there are also talents you choose or you don't even need talents. You can just invite young disabled people to your academy and encourage them to do sport. (D) There should be more sports facilities, indoor sports gyms. In Denizli, there is one hall called Hasan Güngör. Everybody is there. As Pamukkale Municipality 66 sports club we cannot train or train poorly because there is no system, there are very few appropriate sports halls. (F) These participants' statements demonstrate that sufficient work has not been done about audiences, facilities and academies.

In order for disabled people to become professional in sport, clubs must first become professional. Their management needs to be professionalized. We have many friends who are just in the board but don't come to meetings. I mean how are we supposed to manage? Some take on the responsibility to fulfil it the best they can, and do their best but it's not enough. (A) Last but not least, this research proved that professional management appears as an important feature for the development of sport for the disabled. Wicker and Breuer (2014) emphasized in their study that sports clubs for the disabled have problems in corporate planning and professional management, and they are incompetent in overcoming these problems [54].

Conclusions and Recommendations

This research shows that sport for the disabled in Turkey is studied from the point of view of trainers and managers. In the research, firstly, the reasons of coaches and managers to choose sport for the disabled were focused on. In this regard, it was revealed that the participants aimed to socialize disabled athletes through sport, make them more self-confident, to contribute not only in terms of sport but also to their physical, mental, and psychological development, and to have a positive effect on the training and promotion of disabled athletes. Moreover, it was observed that they chose sport for the disabled for reasons such as volunteering, spirits, empathy, and ensuring the adaptation of disabled people to society. The fact that coaches and trainers aim to benefit disabled people rather than to obtain personal benefits is noted as a positive trend for the development of sport for the disabled. The participants stated that disabled athletes are open to

change and development, and that they are physically, mentally, emotionally, and psychologically better than disabled people who do not do any sport. But, at the same time, it can be stated that disabled athletes have a fragile and sensitive nature, and this causes them to behave irresponsibly when faced with certain challenges. The study of the participants' opinions discloses another aspect regarding the benefits of sport for disabled people. The participants noted that sport facilitates the adaptation of disabled people to society, improves their quality of life, level of socialization, social prestige and self-confidence, individual development (psychological, mental, physical). Moreover, they are offered an opportunity of self-actualization. A person with a disability gets better understanding of social relationships that they can establish, social, cultural, sports events that they participate in, and a physical or mental disability they suffer from is not an obstacle to their life which can be fulfilled and of high quality. It can be stated that adaptation, self-confidence, personal development, social relations, status, and a role of the disabled in society can be positively affected by sport. An individual's introduction to sport at an early age shall have an impact on long-term positive feedback. It shall make their struggle with their social environment, personal development, business life, sports life, successes and failures bearable. A disabled person can turn into a successful athlete who continues their life more confidently with sport. Moreover, the study showed the participants' views that disabled athletes also expect to be appreciated for their achievements along with being subject to positive discrimination. It can be stated that positive discrimination and appreciation are factors that shall positively affect the motivation of disabled athletes. According to the trainers and managers, such problems as improper implementation of state policies and investments, unsustainable projects, insufficient facilities and equipment, insufficient transportation are among the factors that negatively affect the development of sport for the disabled. Moreover, it is clear that a negative attitude of family and society is one more important issue. For success of a disabled athlete to be permanent, their family and environment also have duties. The correct guidance of the family directly affects the success of the disabled athlete. Besides the family, professional management of sports clubs also has an impact on the solution of the problems that a disabled athlete faces. What is more, the study revealed that economic problems experienced in federations and sports clubs also affect disabled athletes negatively. Again, some senior people (administrative officials, politicians, businesspeople, etc.) show up on 3rd December, the International Day of Disabled Persons and pretend to be interested but they do not show the same interest afterwards, which show the abuse of disabled people. Another problem revealed in the research is the problem with accessing disabled people. In this regard, it is seen that there is no systematic policy of accessing the disabled and that the state also needs to create solutions to access disabled people. Finally, the participants expressed their concern about finding sponsors and employment for disabled athletes.

Considering the above-mentioned issues in their entirety, it is believed that a disabled athlete and sport for the disabled can develop and advance with the right guidance, financial and moral support, education and awareness of the environment and family, solving the current and potential problems. In the process of development and advance, cooperation will play a crucial role. It is expected that this development and advance can only be realized with the cooperation and common projects done together by local governments, federations, universities, sports clubs, associations, municipalities, and the media. At universities, physical education and sports classes for the disabled should be prioritized. Both students and academics should play an active role in the development of this field, elimination of social prejudice, and in providing necessary information policy to create social consciousness. A disabled person, their family, other individuals forming society should be educated and informed about the achievements and success this disabled person can gain via sport, the problems they can overcome and other benefits of sport. Education, joint projects, activities, and actions should be well advertised to disabled people and their families. Announcements, publicity, and media bodies should be actively involved in ensuring the access of disabled people to activities and practising sport. Efforts should be made to increase audience participation in the activities that are held and to be held. Policies should be developed for employment or income for disabled athletes who do not have any job. It is necessary to establish academies which already operate in sport for the disabled in ordinary sports clubs to ensure that disabled individuals are introduced to sport at an early age and adapt to life earlier. In this regard, it is thought that the federations and the ministry should also display positive discrimination regarding access to facilities for disabled people.

Education, as an indispensable part of social life, should be expanded and offered not only to disabled individuals but also to those who are responsible for bringing up and managing these people. Social and life skills, and educational development through sport and leisure activities may facilitate the development of all the disabled. It must be kept in mind that sports environments are a key factor affecting social change by means of sport; and more effort must be made to ensure that disabled individuals can take the advantage of these opportunities.

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Deklaracja braku konfliktu interesów

Autorzy deklarują brak potencjalnych konfliktów interesów w odniesieniu do badań, autorstwa i/lub publikacji artykułu *A Qualitative Research on Sport and Education for The Disabled from The Perspective of Sports Managers and Trainers*.

Finansowanie

Autorzy nie otrzymali żadnego wsparcia finansowego w zakresie badań, autorstwa i/lub publikacji artykułu *A Qualitative Research on Sport and Education for The Disabled from The Perspective of Sports Managers and Trainers*.

Declaration of Conflicting Interests

The authors declared no potential conflicts of interests with respect to the research, authorship, and/or publication of the article *A Qualitative Research on Sport and Education for The Disabled from The Perspective of Sports Managers and Trainers*.

Funding

The authors received no financial support for the research, authorship, and/or publication of the article *A Qualitative Research on Sport and Education for The Disabled from The Perspective of Sports Managers and Trainers*.
