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## Sport As A Means Of Social Rehabilitation Of People With Disabilities.

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### ABSTRACT

Disability is a serious social phenomenon inherent in any society. Disabled people in the world are about 15% of the population. At the same time, the prevalence of disability grows largely in connection with the aging of the population and the growing burden of chronic health disorders. To curb the spread of disability and improve the effectiveness of rehabilitation of disabled people is possible through the wide involvement of the population, and especially disabled people, in sports. In this regard, it seemed important to identify the problems faced by athletes and their coaches, the degree of satisfaction of athletes in the quality of employment in the sports club and to find out their motives for sports. One of the most common categories of people with disabilities is people with severe injuries of the musculoskeletal system. They very often experience an acute need for sports. The main motives for sports activities are the realization of the need for communication, new impressions and socialization. Currently, athletes with disabilities experience difficulties, which, among other things, are associated with a social environment that is not adapted to the needs of the disabled. Adaptive sports allow disabled people with musculoskeletal injuries to correct motor functions, satisfy the need of people with locomotor defect in communication, positive emotions, vivid impressions. Participation in mass and socially significant events allows people with disabilities to feel their importance and need for society. In this regard, adaptive sports should be regarded as an effective means of social rehabilitation of athletes, including with severe injuries of the musculoskeletal system.

**Keywords:** sport, social rehabilitation, athletes with disabilities, pathology, health.

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## INTRODUCTION

The process of modern medicine and rehabilitation allowed a new look at many aspects of human pathology [1,2], issues of disability [3,4], the formation of disability [5,6,7], the treatment of various severe conditions [8,9,10] and ways of rehabilitation [11,12]. Despite the successes achieved, there remains a great need to continue studying the disability aspects, which is an important destructive factor of modern society [13, 14]. According to the definition of the World Health Organization, "Disability is a term that unites various violations, restrictions on activity and possible participation in society." Disability is a complex phenomenon, reflecting the interaction between the characteristics of the human body and the characteristics of the society in which this person lives. To overcome the difficulties faced by persons with disabilities, measures are needed to remove environmental and social barriers [15].

Disability is a social phenomenon inherent in absolutely any society. About 15% of the world's population had some form of disability. From 110 to 190 million adults have significant difficulties in the functioning of their body. At the same time, the prevalence of disability grows largely in connection with the aging of the population and the increasing burden of chronic health disorders [16].

The current situation dictates the need for consistent management decisions [17,18], including in education, health care and mass methods of recovery [19,20,21]. Only through comprehensive measures it is possible to try to contain the spread of disability and improve the efficiency of rehabilitation [22] and the social protection of disabled people [23].

The Federal Law "On the Social Protection of Persons with Disabilities in the Russian Federation" defines rehabilitation as a system and process for the full or partial restoration of the abilities of the disabled to domestic, public and professional activities. The main areas of rehabilitation include, among others, physical culture and recreation, sports [24]. It is recognized that adaptive sport is one of the leading social institutions involved in the process of integrating people with disabilities into society. Sporting activities significantly increases the social status of the disabled, creates additional prerequisites for expanding its social and spatial mobility. A significant role in the current system of adaptive sports is played by various sports games. With their help, the socio-spatial mobility of a disabled athlete is achieved, going at the individual-personal level and at the level of a small social group, which is a sports team [25].

The classification requirements imposed on athletes and determining their "fitness" for sport show that Paralympic athletes are people with the pathology of different organs and systems, and especially often the musculoskeletal system. Obviously, in everyday life they experience difficulties in moving in space, and, as a consequence, are largely isolated from society, and therefore need social rehabilitation. In this regard, in order to determine the importance of sport for people with disabilities, it is important to conduct a survey of athletes with a lesion of the musculoskeletal system.

The purpose of the work is to identify the problems faced by athletes and their coaches, the degree of satisfaction of athletes with the quality of their work in the sports club and to find out their motives for sports.

## MATERIALS AND METHODS

The study was approved by the local ethics committee of the Russian State Social University on September 15, 2017 (protocol No. 9). The study was conducted on the basis of the Russian State Social University in Moscow, Russia.

Questionnaires of athletes from various regions of Russia were conducted using a questionnaire developed by members of sports clubs for the disabled, developed during the preliminary interview. The questionnaire contained three blocks of statements, each of which the athletes were assessed on a ten-point scale: the problem "is absolutely irrelevant" (1 point) - "absolutely relevant" (10 points); the degree of satisfaction with the quality of the classes is "absolutely not satisfactory" (1 point) - "absolutely satisfied" (10 points); the motive "absolutely not important" (1 point) is "extremely important" (10 points).

The obtained data were statistically processed using the mean value method (calculations were performed using the standard Microsoft Excel for Windows software package).

## RESULTS OF INVESTIGATION

The analysis of the problems faced by disabled athletes and the degree of their importance showed that respondents are facing difficulties related to sports, such as "lack of a special method for training athletes with regard to their illness" and "lack of (insufficient number) specially trained trainers for the disabled." The second group of importance was made up of problems that have a social coloring: "insufficient number of sports grounds for training", "insufficient number of competitions at the city and regional levels", "reluctance of parents (guardians) to drive disabled people to classes," "lack of information about disabled sports in the media mass media", "absence (insufficient number) of volunteers", "impossibility of transporting athletes to places for training". The presented list of difficulties identified by the disabled athletes themselves suggests that they feel largely detached from society, but at the same time dependent on the social environment, from close people to the environment in which they live. This is confirmed by the data obtained in the study of the degree of satisfaction of athletes with the quality of training in sports clubs for people with disabilities. A low degree of satisfaction with this requirement of athletes with disabilities, such as "holding sports events," indicates a lack of bright events and communication with new people experienced by people with musculoskeletal conditions. It should be noted that athletes with disabilities are in need, in need of an inclusive training and competition process. Respondents indicate that they need to "regularly hold friendly meetings with healthy athletes." Many participants in the study found it difficult to determine their degree of satisfaction with such requirements as "the presence of ramps, handrails, racks, elevators and so on", "the availability of specially equipped toilets", that is, the level of adaptation of the environment in which athletes train and compete, to their needs not high enough.

However, despite the existing difficulties and some degree of dissatisfaction with the organization of classes in clubs and other sports events, people with disabilities continue to play sports. In the course of the study, the following were the most important motivations for boccia: "getting new impressions (feeling of excitement, struggle, victory)", "desire to find friends, comrades", "desire to find a job outside the home", "the opportunity to get out of" 4 walls ". All of the motives listed above indicate that people with locomotor damage by means of adaptive sports try to overcome the lack of communication and escape from a closed space.

## DISCUSSION

Summarizing the results of the conducted research, it becomes clear that in everyday life athletes with disabilities experience isolation from the society, primarily due to insufficient adaptability of infrastructure to the needs of disabled people. The basis of the motivation of people with a severe defeat of the musculoskeletal system to engage in sports is the realization of the need for new impressions, socialization and communication [26].

Consider how adaptive sports can act as a means of social adaptation and rehabilitation of people with disabilities [27]. For people with musculoskeletal injuries, the most important goal is the maximum possible recovery of motor functions. A significant number of athletes with disabilities are people with infantile cerebral palsy. It is especially important for them to work out such movements as extension, removal, supination of the upper limb, extension of the fingers of the hand, especially the first (large), support on the full foot. When the ball is used in sports, athletes with disabilities simultaneously perform extension, retraction and supination movements, respectively, in the shoulder and elbow joints. During the aiming, they hold in the given position of the swing or swing along a certain trajectory, thereby fixing the motor skill. At the moment of the throw, setting the trajectory and speed of the ball, the athlete arbitrarily coordinates the muscles of the flexors and extensors, insteps and pronators, regulates the strength of muscle contraction. The athlete during the training coaches the coordinated work of the muscles of the fingers and toes to perform the exercise, if necessary to monitor the correct position of the trunk in space.

In this regard, the sports of disabled people are additional exercises in physiotherapy that contribute to the correction of motor functions, as the technique of this game develops strength, endurance, coordination of movements and accuracy. It is important that the formation of the necessary motor skills takes place in an interesting game form. Along with this, adaptive sports are practically not traumatic and suitable for people of any age, with different levels of initial physical training [28]. Correction of motor functions promotes an increase in the mobility of a person with the defeat of the musculoskeletal system,

allows him to master previously inaccessible labor operations, thereby contributing to the social rehabilitation of the disabled person [29].

Participation in competitions allows athletes to go to another city, meet new people, take part in a sports event, demonstrate their achievements in their sport, experience a sense of sporting excitement, feel their need and significance [30,31,32]. All of the above, in aggregate, largely meets the needs of people with disabilities in strong emotions and vivid impressions, fosters confidence in self-esteem, increases self-esteem, and, as a result, promotes the social rehabilitation of athletes with disabilities.

### CONCLUSION

People with severe injuries of the musculoskeletal system often have an acute need for sports. The main motives for sports activities are the realization of the need for communication, new impressions and socialization. Currently, athletes with disabilities experience difficulties, which, among other things, are associated with a social environment that is not adapted to the needs of the disabled. Adaptive sports allow disabled people with musculoskeletal injuries to correct motor functions, satisfy the need of people with locomotor defect in communication, positive emotions, vivid impressions. Participation in mass and socially significant events allows people with disabilities to feel their importance and need for society. In this regard, adaptive sports should be regarded as an effective means of social rehabilitation of athletes, including with severe injuries of the musculoskeletal system.

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