



# Sports Participation Motivation in Disabled Individuals

Bekir Furkan TÜZER<sup>1A</sup>, Havva DEMİREL<sup>1B</sup>

<sup>1</sup> Faculty of Sport Sciences, Selçuk University, Konya/TURKEY

Address Correspondence to B.F: Tüzer: e-mail: [bekir.tuzer@selcuk.edu.tr](mailto:bekir.tuzer@selcuk.edu.tr)

(Received): 11/04/2021 (Accepted): 23.12.2022

A:Orcid ID : 0000-0002-1665-7205 B:Orcid ID: 0000-0003-2805-4281

## Abstract

With this research, it was aimed to measure the motivation levels of individuals with disabilities studying at Selçuk University to participate in sports. In the study, the "Motivation Scale for Participation in Sports for Individuals with Disabilities" developed by Tekkurşun et al. (17) was used and applied to a total of 87 volunteer participants, 35 women (40.2%) and 52 men (59.8%). In the study, the scanning method was used and in order to determine the differences between the variables, the Mann Whitney U test was used to compare the differences between two independent groups, and the Kruskal Wallis test was used to compare more than two independent groups. As a result of the analysis, no significant difference was observed in the motivation levels of disabled individuals for participation in sports in terms of gender and age factors. On the other hand, as a result of the analysis of the individuals' types of disabilities and the types of sports they do, there was a significant difference in the motivation levels of participation in sports. It has been determined that the extrinsic motivation levels of visually impaired individuals are significantly lower than those of physically disabled and hearing impaired individuals. In addition, it was found that the internal and external motivation levels of individuals who do individual sports are significantly higher than those who do not do any sports. As a result, the concept of motivation has a very important place in every aspect of human life. The concept of motivation is much more important for individuals with a disability, which sometimes arises due to genetic factors and sometimes by being exposed to various negative situations in the ordinary course of life. It is a very valuable phenomenon for them to express themselves in daily life, to be valued and respected, to hold on to life, and to increase their life expectancy. One of the biggest factors that gather people under one roof and support the individual both emotionally and physically in sports. It is a known fact that individuals who live their lives in a limited way are physically and psychosocially motivated by participating in various physical activities, and their situation of seeing themselves as inadequate or inadequate to other people is somewhat eliminated. With this power of sports, the life expectancy of individuals who feel inadequate will increase and their inadequacies will be felt to a lesser extent.

**Keywords:** Motivation , Persons with Disabilities, Types of Disability, Sports

## Engelli Bireylerde Spora Katılım Motivasyonu

### Özet

Bu araştırma ile Selçuk Üniversitesi'nde öğrenim gören engelli bireylerin spora katılım motivasyon düzeylerinin ölçülmesi amaçlanmıştır. Araştırmada Tekkurşun ve ark (17) tarafından geliştirilen "Engelli Bireylerde Spora Katılım Motivasyonu Ölçeği" kullanılmış ve 35 kadın (%40,2) ve 52 erkek (%59,8) olmak üzere toplam 87 gönüllü katılımcıya uygulanmıştır. Çalışmada tarama metodu kullanılmış olup değişkenler arası farkları belirlemek amacıyla bağımsız iki grup arasındaki farkların karşılaştırılmasında Mann Whitney U testi, ikiden fazla bağımsız grupların karşılaştırılmasında ise Kruskal Wallis testi uygulanmıştır. Yapılan analizler sonucunda engelli bireylerin spora katılım motivasyon düzeylerinde cinsiyet ve yaş faktörlerinde anlamlı düzeyde farklılık görülmemiştir. Ancak bireylerin engel türlerine göre ve yaptıkları spor türlerine ilişkin analiz sonucunda spora katılım motivasyon düzeylerinde anlamlı şekilde farklılaşma ortaya çıkmıştır. Görme engelli bireylerin dışsal motivasyon düzeylerinin bedensel engelli ve işitme engelli bireylere göre anlamlı düzeyde düşük olduğu tespit edilmiştir. Ayrıca bireysel spor yapan bireylerin hiç spor yapmayan bireylere göre içsel ve dışsal motivasyon düzeylerinin anlamlı olarak yüksek olduğu ortaya çıkmıştır. Sonuç olarak motivasyon kavramı insan hayatının her alanında oldukça önemli bir yere sahiptir. Bazen genetik faktörlere bağlı olarak bazen de hayatın olağan akışı

içerisinde çeşitli olumsuz durumlara maruz kalarak ortaya çıkan engellilik durumuna sahip bireyler için motivasyon kavramı çok daha fazla önem arz etmektedir. Nitekim günlük yaşam içerisinde kendilerini ifade edebilmeleri, değer ve saygı görmeleri onların hayata tutunmaları ve hayat beklentilerini artırmaları açısından oldukça değerli bir olgudur. İnsanları tek bir çatı altında toplayan ve bireye hem duygusal hem de fiziksel olarak destek veren en büyük etkenlerden birisi de spordur. Hayatı kısıtlı şekilde yaşayan bireylerin çeşitli fiziksel aktivitelerle katılarak fiziksel ve psikososyal olarak motive oldukları ve kendilerini diğer insanlardan eksik ya da yetersiz görme durumlarının bir nebze ortadan kalktığı bilinen bir gerçektir. Sporum bu gücüyle birlikte kendini yetersiz hisseden bireylerin hayat beklentisi artacak ve yetersizlikleri de bir nebze olsa az hissedilecektir.

**Anahtar Kelimeler:** Engelli Bireyler, Engel Türleri, Motivasyon, Spor

## INTRODUCTION

Some individuals in society have been exposed to some inadequacies due to developmental factors, sometimes congenital and sometimes due to environmental reasons brought by life, and they have chosen to maintain their lives in this way. Restriction of movements, lack of limbs, and sensory, emotional, or mental losses directly or indirectly affect people's social lives (19). The fact that individuals are affected by deficiencies and experience mental or physiological losses by being classified according to the degree of these deficiencies makes them different from other individuals in society (4). Several organizations have been established so that disabled people can lead a better quality of life, struggle with the problems they face, and overcome their difficulties, and the opportunities offered by these organizations have become very important for them to lead a more comfortable life (19).

According to data from the World Health Organization (WHO), the number of disabled people in the world is more than 1 billion and individuals can encounter a temporary or permanent disability at any stage of their lives. This number is increasing day by day due to demographic trends and chronic health conditions. In addition, it is known that the immune systems of disabled individuals are weaker than other healthy individuals and the risk of contracting diseases is higher. Especially today, with the Covid-19 epidemic, it is seen that disabled people are at more risk. For this reason, it is necessary to provide quality services for people with disabilities in health systems, especially in primary health care units (5, 26). The World Health Organization draws attention to the fact that the most important element among the services offered to society is physical activities, and every living thing that can survive needs to act instinctively. Physical activity has an important place, especially in the health sector, and contains many psychological factors and constitutes an important source of motivation for people with disabilities (1).

Motivation is a phenomenon that is used to determine the needs, behaviors, and desires of individuals, arouses desire and excitement in the fulfillment of the actions necessary for success, provides action for the action to be taken, and pushes individuals to action. The concept of motivation (20), which is known to derive from the root of "movere", "motum", which means action in Latin, generally includes wishes, needs, and interests, as well as directs the energy of action-oriented behavior. The concept of motivation is a broad concept that has an impact in every field that aims to explain the behavior of individuals, and it has undoubtedly found a wide place in the field of sports (25).

Disability is seen as a major disadvantage that individuals face in adapting to actions. Adaptation is another concept related to the extent to which individuals can fulfill their social requirements, and adaptation is a fundamental phenomenon that makes their lives easier by making individuals feel less of a disability. Sports are seen as one of the biggest mechanisms that are effective in enabling individuals with disabilities to adapt to social life and to carry out activities in unity and solidarity on equal terms with other members of society without any difference (17). In addition, sport is a concept that helps individuals to perform their actions in social life and is directly related to harmony and motivation.

While acting, individuals are sometimes motivated by external reasons such as reward, pressure, and punishment, or by internal reasons such as curiosity, interest, and need. Therefore, motivation is experienced in two different ways as intrinsic and extrinsic motivation (13, 19).

Sport is an important element that enables people to interact with other people individually and socially, and it is also a very comprehensive gain due to the physical and social contributions it will bring to the person. When we consider the income that an elite athlete can earn from his achievements, sports are also a good economic gain. The statement in

Article 59 of the 1982 constitution that "The State takes measures to improve the physical and mental health of Turkish citizens of all ages and encourages the spread of sports to the masses" has great meaning for the development of sports. Based on the principle that every individual can do sports, this situation has a very important position for disabled and non-disabled individuals (25). It is possible to see the positive effects of sports in individuals with normal development, but it is possible to see the same effects in individuals with disabilities with correct and personalized training, accompanied by expert trainers, and community and family support. Every organization held is an experience and a social interaction for people with disabilities. In addition, sports organizations and sports fields directly affect individuals and add value to them in terms of personal and social development (17).

The participation of people in physical activity provides physiological, mental, and psychological benefits and plays an important role in balancing the energy necessary for a healthy life in daily life. In addition, it is seen that body mass indexes are high in individuals who do not regularly engage in physical activities and do not do sports. The fact that this rate is high brings with it physical and psychological problems (3). Body mass index by the World Health Organization (WHO); 18.5 kg/m<sup>2</sup> and below are underweight, 18.5-24.9 are normal, 25-29.9 are overweight and 30-34.9 are I degree obese, 35-39.9 are II. If the degree is obese, 40 kg/m<sup>2</sup> and above, III. It is classified as grade (morbid) obese (27).

No matter what sport they are in, raising good athletes is subject to great effort and a long work process (7). The increase in the age categories in the competitions and the more competitive structure of the organizations cause individuals to need more motivation in every branch. However, the increase in diversity in social activities that individuals can participate in with advancing age causes them to spend their time in different areas, so their participation and motivation levels in sports decrease (15). In the research, it has been stated that the competitive performance of individuals with high motivation levels is also high. It is thought that individuals with high motivation to participate in sports, especially among the disabled, will both increase their continuity in sports and have positive reflections on themselves, their environment, and their families. Sport means communication, socialization, and interaction for individuals with disabilities. With planned exercises, people's life

energy increases, and their self-confidence increases (16, 17).

As a result, taking part in sports or any physical activity should be seen as a different identity, another personal design for each individual with or without a disability, and by creating the necessary motivational conditions, sports can make life healthy, fit, in society rather than being a necessity. It should express an inner necessity to live with society. In particular, it may be possible (although very few) to remove some people with disabilities from the world they have established by isolating themselves from society and living in isolation, by participating in sports or physical activity and to ensure their motivation toward life and success. In addition, a positive connection will be established between them and life thanks to the status and self-confidence they will gain through sports. Therefore, in almost all countries of the world, sports and physical activity are among the top sources used for the improvement, reintegration, and re-motivation of disabled people. The research, "Motivation of Participation in Sports of Individuals with Disabilities", whose importance and impact area is growing day by day, has been discussed and tried to be supported by literature studies.

## MATERIAL METHOD

The aim of this study is to examine the motivation of individuals with disabilities studying at Selcuk University to participate in sports. In the report announced by Selcuk University Disabled Students Unit Coordinator, it is stated that there are 256 disabled students studying in 2022. Due to the fact that there are students studying in the districts, the research was carried out in the center of Selcuk University. (29)

This research was approved by the ethics committee report numbered 121 of the Faculty of Sports Sciences of Selcuk University.

### Model of the Research

In the research, the "Scale of Motivation to Participate in Sports for Persons with Disabilities" was used. (17). A scanning method was applied in the study, in which the questionnaires applied to disabled individuals were evaluated together with gender, age, types of disabilities, and the types of sports they did. In this study, the scanning method was used to reveal what the current situation is. The screening method is a research method that aims to describe an existing situation as it is (9).

## Universe and Sample

While the population of the research consists of disabled individuals studying at Selçuk University, the sample group consists of 87 disabled individuals, 35 women and 52 men, who participated voluntarily. Physically, mentally, visually and hearing impaired individuals participated in the study. In addition, there are those who do individual sports or team sports among those who participate.

## Data Collection Tools

### Demographic Information Form:

The demographic information form developed to collect data about the participants' gender, age, disability types, and the type of sports they do was prepared by the researchers.

### The scale of Motivation to Participate in Sports for Persons with Disabilities (ESKMÖ):

“The Scale of Motivation to Participate in Sports for Persons with Disabilities” is a scale consisting of 22 items and 3 sub-dimensions developed by Tekkurşun et al. (17). “Intrinsic motivation”, “extrinsic motivation” and “non-motivation” shows the three sub-dimensions of the scale. Intrinsic motivation and extrinsic motivation contain positive items. Since the sub-dimension of motivation contains negative items, it should be scored in reverse coding. Scoring on the 5-point Likert-type scale ranges from 1 to 5 and is arranged as “1 = Strongly Disagree”, “2 = Partially Disagree”, “3 = Moderately Agree”, “4 = Agree”, “5 = Strongly Agree”. As the scores on the scale increase, the motivation of individuals to participate in sports increases.

### Analysis of Data

“Statistical Package for Social Sciences” (SPSS) Version 22.0 statistical program was used in the statistical analysis of the data obtained from the study. Since Kolmogorov-Smirnov values were  $p < 0.05$  in the analysis of the normality test, nonparametric tests were applied to the data obtained. Significance was accepted as  $p < 0.05$ . (21).

**Table 1.** Results of Normality Test

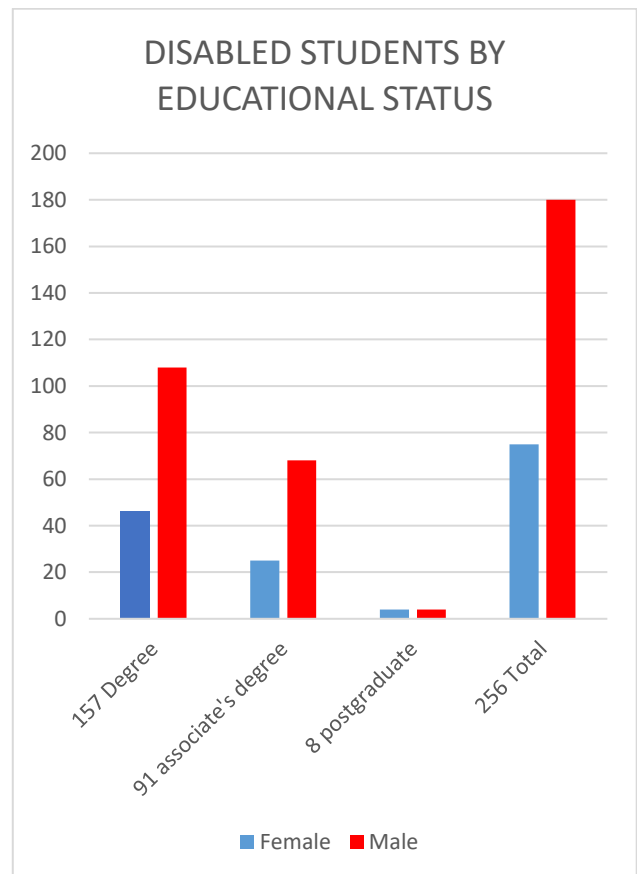
Variables	Kolmogorov-Smirnov			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Intrinsic Motivation	,141	87	,000	,891	87	,000
Extrinsic Motivation	,097	87	,044	,960	87	,009
Lack of motivation	,146	87	,000	,914	87	,000

$p < 0.05$

Descriptive statistics were used to define the characteristics of the participants, the Mann-Whitney U test was used to compare the differences between two independent groups, the Kruskal Wallis test was used to compare more than two independent groups, and the Tukey posthoc comparison test was used to determine between which groups the difference was.

## RESULTS

In the research, the number of students studying in 2022, announced by Selçuk University Disabled Unit Coordinator, is given. In this part of the study, the results of the analysis of the data obtained following the general purpose of the research are given.



**Graphic 1.** Educational Status of Persons with Disabilities (29).

**Table 2. Descriptive Statistics Results of the Data**

		N	%
Gender	Female	35	40,2
	Male	52	59,8
Age	10-20	18	20,7
	21-30	50	57,5
	31-40	9	10,3
	41 and above	10	11,5
Obstacle Type	Physically Handicapped	18	20,7
	Blind	18	20,7
	Hearing Impairment	26	29,9
	Mentally Handicapped	25	2,3
Sport Type	Individual Sports	40	46,0
	Team Sport	13	14,9
	Not Doing Sports	34	39,1
Total		87	100,0

The analyses obtained by applying ESKMÖ are given as a descriptive statistical table in Table 2. In the table, it is seen that 40.2% (35) of the participants are women and 59.8% (52) are men.

**Table 3. Comparison of Data According to Gender Variable**

Variables	Gender	Average Number of Rows	Mann-Whitney U	Z	p
Intrinsic Motivation	Female (N=35)	47,36	792,500	-1,019	,308
	Male (N=52)	41,74			
Extrinsic Motivation	Female (N=35)	44,11	906,000	-,035	,972
	Male (N=52)	43,92			
Lack of Motivation	Female (N=35)	44,96	876,500	-,291	,771
	Male (N=52)	43,36			
p<0.05					

Deciphering Table 3, it was found that there was no significant difference between the motivational values of the male and female participants participating in the research (p>0.05).

**Table 4. Comparison of Data According to Age Variable**

Variables	$\chi^2$	P
Intrinsic Motivation	2,927	,403
Extrinsic Motivation	7,386	,061
Lack of Motivation	3,223	,359
p<0.05		

When the analysis results of the individuals participating in the study were examined according to the age variable, there was no significant difference in the dimensions of intrinsic motivation, extrinsic motivation, and unmotivated (p>0.05).

**Table 5. Comparison of Data According to the Types of Disabilities of Individuals**

Variables	$\chi^2$	p
Intrinsic Motivation	6,077	,108
Extrinsic Motivation	13,295	,004*
Lack of Motivation	5,395	,145
p<0.05		

In Table 5, the results of multiple comparisons of disabled individuals according to their disability types are given. No significant difference was found in the dimensions of intrinsic motivation and motivation (p>0.05). On the other hand, in the results obtained, a significant difference was found in the extrinsic motivation dimension according to the disability types of the individuals (p<0.05). The multiple comparison analysis showing the differences between the participants is given in Table 6.

**Table 6. Multiple Comparison Results by Disability Types of Individuals**

Tukey HSD				
Dependent Variable	Disability Situation	Disability Situation	Mean Difference	Sig.
Intrinsic Motivation	Physically Handicapped	Blind	4,66667*	,015*
		Hearing Impairment	,25641	,998
		Mentally Handicapped	3,15333	,120
	Blind	Physically Handicapped	-4,66667*	,015*
		Hearing Impairment	-4,41026*	,012*
		Mentally Handicapped	-1,51333	,705
Extrinsic Motivation	Hearing Impairment	Physically Handicapped	-,25641	,998
		Blind	4,41026*	,012*
	Mentally Handicapped		2,89692	,113
p<0.05				

When the results of the multiple comparison analysis made according to the disability types of the individuals in the extrinsic motivation dimension are examined, it is seen that there is a significant difference between the visually impaired individuals and the physically and mentally disabled individuals (p<0.05). The mean values of visually impaired

individuals were found to be quite low compared to individuals with physical and auditory disabilities.

**Table 7. Comparison of Data by Types of Sports**

Variables	$\chi^2$	p
Intrinsic Motivation	11,071	,004*
Extrinsic Motivation	12,171	,002*
Lack of Motivation	1,984	,371

p<0.05

When the multiple comparison results obtained according to the type of sport that the individuals participating in the study were doing were examined, the dimensions of intrinsic motivation and extrinsic motivation were significantly different (p<0.05). There was no significant difference in the demotivation sub-dimension (p>0.05). The multiple comparison analysis results showing the differences between the individuals according to the types of sports are given in Table 8.

**Table 8. Multiple Comparison Results According to the Sport Type Variable**

Tukey HSD				
Dependent Variable	Type of Sport	Type of Sport	Mean Difference	Sig.
Intrinsic Motivation	Individual Sport	Team Sports	4,78462	,388
		Not Doing Sports	7,51765*	,016*
	Team Sports	Individual Sport	-4,78462	,388
		Not Doing Sports	2,73303	,742
Extrinsic Motivation	Individual Sport	Team Sports	3,46731	,052
		Not Doing Sports	3,51029*	,004*
	Team Sports	Individual Sport	-3,46731	,052
		Not Doing Sports	,04299	1,000

p<0.05

The results of the analysis of the participants according to the types of sports are given in Table 8. Participants in individual sports, team sports, or any other sports aren't the results when we examined the size of individual intrinsic motivation who don't do any sports with individuals who play sports no significant difference was observed between individuals (p<0.05). It was found that the average values of the participants who did individual sports were higher than the participants who did not do sports at all. On the other hand, when the exogenous motivation dimension was examined, it was seen that

there was a significant differentiation between those who do individual sports and those who do not do sports at all (p<0.05). This differentiation shows that the average values of the participants who do individual sports are higher than the participants who do not do sports at all.

### Discussion and Conclusion

The study, which was conducted to investigate the motivations of disabled people to participate in sports, was conducted with 18 physically disabled, 18 visually impaired, 26 hearing impaired, and 25 mentally disabled individuals.

There was no significant difference in terms of gender in the findings obtained as a result of our research (Table 2). Abdullah et al. (1) conducted a study on the levels of participation in physical activity of hearing impaired individuals and as a result, there was no significant difference in the findings between the sexes. In a study Deciphering the motivation levels of physically disabled elite athletes to participate in sports, no significant difference was found between male and female participants (25). In addition, in a study conducted by Çakır (3), in which individuals' motivations for participating in physical activity were measured, it was found that the gender factor did not make a significant difference. These results are consistent with the findings of our study.

In their study, Tekkurşun and İlhan (19) assessed in terms of gender and concluded that the demotivation scores of visually impaired female athletes were significantly higher than male athletes. It has been found that the scores of women differ decisively compared to men in the dimensions of extrinsic motivation and intrinsic motivation in the gender variable among hearing impaired individuals. In another study in which the motivations of tennis athletes to participate in sports were examined, it was concluded that there was a significant gender-related difference in the motivation of athletes to participate in sports, and it was found that the level of significance was in favor of female athletes in the competition sub-dimension (7). On the other hand, in the study conducted by Şirin et al (15), a statistical difference was found in the dimensions of entertainment, competition, and movement /activity. It has been observed that the average of men is higher than women in the dimensions of entertainment and movement/activity, and the average of women is higher than men in the competition dimension.

In a study that examined the awareness of the effects of sports in individuals with mental disabilities, a significant level of difference was found in favor of women in the gender factor (4). Also Yalçın (22), individuals with hearing impairment futsal athletes by sport-specific achievement motivation are examined in the study, it was observed that there are differences in terms of gender, female and male participants according to participants, and it was determined that the average scores were higher.

As is known, life is a turbulent process that brings with it several problems that increase with age, and the most basic need that allows you to survive and hold on to life in this process is motivation. Although motivation is a fairly general concept that can be adapted to any age and field, it is the main force that provides movement on the way to success. The fact that no significant differences were found when the age variable was taken into account in our research increases the importance of showing a motivated tendency to cope with problems and obstacles. As age progresses, the time allocated for leisure activities increases in individuals, while the time allocated for participation in sports decreases due to several internal or external factors. However, one of the basic building blocks that guide the health, time, and physical and psychological well-being of individuals in sports. When the research in the literature is examined, Şirin (14) stated that there is no relationship between age and motivation to participate in sports in the direction of positive significance. Yaşar (23) handicapped athletes by sport-specific achievement motivation that is evaluated in another study, significant findings were obtained according to the age variable and showed significant differentiation between the age group 24-29 age group 36-41. On the other hand, Tekkurşun and İlhan (18) found a moderate positive difference between the Deficiency and intrinsic motivation dimensions in their study. In a study that examined the motivation levels of individuals to participate in physical activity, a low level of positive difference was found between age and the environmental causes sub-dimension (12). In another study in which the motivations of individuals to participate in sports were examined, a significant difference was observed in the success status and competition sizes according to the age variable (7).

In our study, in which the motivations of disabled individuals to participate in sports were investigated, the motivations of contributing

individuals to participate in sports were examined according to the types of disabilities, and it was found that there was a significant difference in the dimension of extrinsic motivation (Table 5). A multiple comparison test was applied to Decipher which types of obstacles caused the difference (Table 6). It has been found that there is a significant difference in the dimension of extrinsic motivation between visually impaired individuals and physically Decimated and hearing impaired individuals. The average values of visually impaired individuals gave very low results compared to individuals with auditory and physical disabilities. The results show that visually impaired individuals maintain their social lives with much greater difficulties compared to individuals with hearing disabilities or any physical disabilities. At this point, a conclusion such as characterizing one obstacle as different or easier than the other should never be drawn. In one case, it may be about not being able to hug your loved one, in another, not being able to see what you love, or in another, not knowing the voice of your favorite, while perhaps not knowing at all. Each organ or limb has important tasks that are separated to meet the requirements of social life. However, it is more difficult for individuals with visual disabilities to continue their lives by touching or hearing only than other individuals. Based on this situation, it should be easier for them to achieve their goals with more advanced technology by taking measures to facilitate their lives in society, in their social lives, and their own living spaces. A world in which they can live on equal terms with other individuals in a society due to their losses at various levels in their physical, mental, spiritual, or sensory abilities will offer a positive way of life among other individuals in society. Article of Law No. 5378 "the fundamental rights and freedoms of disabled people by providing and promoting the benefits of and respect for the inherent dignity of individuals by strengthening their full and effective participation of social life on equal terms with other preventive measures to be taken to ensure the necessary arrangements to be made and disability," he says, and the article people with disabilities, their families, agencies, and organizations which provide services for the disabled covers and other related products (28). In the literature reviews, results were found that support the findings of our research. In the findings of the study conducted by Tekkurşun and İlhan (19), multiple comparison results were examined according to disability types and it was seen that significant and different results were reached in the

dimensions of intrinsic motivation, extrinsic motivation, and unmotivated. More studies about individuals with disabilities and disabled individuals have identified lack of motivation as a significant difference in the size of the existing diversity levels in visually impaired individuals was higher than the stated lack of motivation (11). In addition, Çelenk (5) in his study on participation in physical activity by disability type, found a statistically significant difference in the total scores of physically, visually, and hearing impaired individuals in the levels of difference in disability type and in the sub-dimensions between individuals who do sports and those who do not.

The positive effects of doing sports in human life are quiet a lot. It is possible to see these positive effects in individuals participating in both individual and team sports. In our study, the results of the analysis were examined according to the type of sports performed by disabled individuals. According to the results obtained, there was a significant difference in the dimensions of intrinsic motivation and extrinsic motivation (Table 7). A multiple comparison test was applied to Decipher between which groups this difference is (Table 8). There was a significant difference between individuals who do individual sports and individuals who do not do sports at all in the intrinsic motivation dimension. In addition, in the dimension of extrinsic motivation, differentiation has been Deciphered between individuals who do individual sports and individuals who do not do sports at all. Field-related studies examined Tekkursun and Ilhan's (19) size of individual intrinsic motivation of individuals who play sports handicapped, visually impaired, and hearing impaired individuals have revealed that significantly differed compared to. In addition, they stated that visually impaired individuals make a significant difference in the dimension of extrinsic motivation compared to physically disabled and hearing impaired individuals. When the results of individuals who play team sports are examined, it is seen that physically disabled individuals differ in the intrinsic motivation dimension compared to visually impaired and hearing impaired individuals. On the other hand, it has been determined that the scores of physically disabled individuals who play team sports are significantly higher in the dimension of lack of motivation compared to visually impaired and hearing impaired individuals. In a study conducted between hearing impaired individuals who play sports and hearing impaired individuals who do not

play sports, significant differences were found in the assertiveness of individuals who play sports and those who do not, and the average values of individuals who play sports Decisively differed (24). In another study in which the self-esteem of hearing impaired individuals were investigated, it was found that athletes and non-athletes differ significantly. The values of athlete individuals were found to be quite high compared to non-sport individuals (8). In addition, the motivation levels of physically disabled elite level athletes to participate in sports were examined and it was found that individuals who have a second branch at the elite level differ significantly compared to those who do not. When the results of the analysis were examined, a significant difference was found in the levels of intrinsic motivation and extrinsic motivation (25). The results obtained from this reveal that a second sports branch can make a difference even between individuals who play sports. In a study investigating the effect of sports on life skills, a statistically significant difference was found between those who practice sports and those who do not Çelenk (5) in the average and sub-dimensions of the total scores of physically, visually, and hearing impaired individuals. On the other hand, Polat et al. (13) examined competitive athletes and individuals who play sports recreationally. When the results of the analysis were examined, it was found that the motivation of the competitive athletes in sports differed significantly compared to the individuals who play sports recreationally. In a study in which the motivations of individuals to participate in physical activity were examined according to their playing status in the school team, it was observed that those who did not play in the school team differed significantly compared to the individuals who played in the school team (12).

In a study conducted by Çar et al (4), individuals were compared according to their sports playing status, but there was no difference.

The concept of motivation is very important in all areas of life, especially in the areas that individuals do on a daily routine basis. Sometimes genetic factors, and sometimes congenital or subsequent adverse conditions can force individuals to live a limited life. It is a well-known fact that individuals who are forced to live life with restrictions are physically and psychosocially motivated by participating in physical activities, and their situation of seeing themselves as deficient or inadequate by other people disappears to some extent. Sports have



the power to bring all individuals under the same roof under equal conditions. With this power, the life expectancy of individuals who consider themselves inadequate will also increase. However, some situations that keep individuals busy in daily life may reduce the participation rate in sports or the time allocated to sports. In their study, Esatbeyoğlu and Karahan (6) considered the barriers of disabled people to participate in physical activities primarily in two groups, environmental and individual and identified the sub-causes as social, physical, economic, psychological, and disability status. In general, when we look at the literature and the results obtained from the findings of our research, it is seen that the motivation of individuals with a low level of participation in sports is also low. As a matter of fact, in our research, it has been revealed that individuals who do individual sports differ significantly compared to individuals who do not do sports at all. Based on the results, it is seen that the motivation levels of individuals who can motivate themselves individually, find psychological strength in themselves, do not see their deficiencies as an obstacle, and can fight back in response are much higher than individuals who have never played sports. Being in different social environments, playing sports, receiving support or providing support, and interacting with others gives individuals the motivation to stand on their own feet, so individuals' intrinsic motivation levels also increase. In addition, when the positive effects of sports on physical appearance are noticed by people's social circles, the individual will be appreciated and rewarded with praise. This situation will affect extrinsic motivation just as it does intrinsic motivation. For this reason, the meaning and value attributed to sports express the same importance and value for disabled individuals as it means for healthy individuals. The range of opportunities offered by sports to individuals affected by various disabilities is quite wide. In addition to the physical benefits, there are also very important benefits such as making you feel good psychologically, improving problem-solving skills, and providing effective communication. These factors can acquire various dimensions over time. The sport appears as a very complementary element for disabled people to compensate for the inadequate and weak aspects they see in themselves. Kumcağız and Çayır (10) have revealed the importance of providing environmental support and familial support to individuals with physical disabilities to increase their participation in sports in their study. In addition, Aslan et al (2) stated

that sports support the individual in all areas and that individuals who play sports have high self-esteem compared to those who do not play sports. Based on this, it is important to raise the awareness of families, to determine the branch that is most suitable for individuals, direct them to that branch, and to do sports routinely. It is expected that the study, which will support the participation of people with disabilities in sports, will also be supported in the literature among athletes, national athletes, and other individuals who receive education and training in the field of sports sciences.

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