

## **Sport and Psychological Need Satisfaction: A Cross Sectional Study Applied to Children and Adolescents with Disabilities**

**Authors :** Isabel Stolz, Vera Tillmann, Volker Anneken

**Abstract :** The relationship between sport participation and psychological need satisfaction was examined by an analysis of interest and involvement in the sport of 937 children and adolescents with disabilities and their self-perceived need satisfaction. The Children's intrinsic need-satisfaction Scale (CINSS) has been used to measure sport-related need satisfaction in this cross-sectional study. CINSS scores for the dimensions competence, autonomy and relatedness of the study's participants were generally located in higher score levels. Significant relations between interest and involvement in sport and higher levels of psychological need satisfaction were found in the questioned children and adolescents. Examining the results of each need, the competence-dimension displayed a particular relevance for an increased sport-related lifestyle. The further results showed a negative correlation between children's need satisfaction and a lack of confidence of participating in sport. A negative correlation was also found between children's need satisfaction and experiencing difficulties in making contact with others. Despite the general interest in sport and the wish to participate in another sporting activity, the participation of the questioned children and adolescents in organized sport is comparatively low and decreases with age. Participation in sport seems to be beneficial to children and adolescents with disabilities' psychological need satisfaction. This research highlights the positive impact of sport on psychological need satisfaction of children and adolescents with disabilities and emphasizes the demand for greater participation in organized sport for children and adolescents with disabilities.

**Keywords :** children and adolescents, health, physical activity, sport

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