

An Evaluation of Self-Esteem in Physically Disabled Adults Who Participated in Sports

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Abstract : Objective: Physical disability includes impairments, activity limitations, and participation restrictions. Individuals with physical disabilities have lower self-esteem compared non-disabled people. Self-esteem is widely accepted as a key indicator of emotional stability and adjustment to life demands. There is very limited study to investigate the effect of sports on self-esteem in physically disabled people. The aim of the present study was to evaluate of self-esteem in physically disabled adults who participated in sports. Methods: Fifty physically disabled adults who participated in sports aged between 18 to 35 years participated in the study. Self-esteem of the participants was assessed by Rosenberg Self-Esteem Scale. The scale is a 10-item measure of global self-esteem. The higher score on the scale indicates greater self-esteem. Scores between 15 and 25 are the normal range of and scores below 15 suggest low self-esteem. Results: Average age of participants was 25.18 ± 6.20 years. 58% of the participants were 23 (46.0%) of the participants were wheelchair users, 8 (16.0%) were mobile with a walking aid and 19 (38.0%) were mobile without a walking aid. The length of physically disabled adults had been participating in their sports (basketball: 54%, athleticism: 32%, volleyball: 6%, cycling: 6%) was 4.94 ± 3.86 years. The average Rosenberg Self-Esteem Scale score of the participants was 21.88 ± 4.34 . Conclusions: Our results suggest that physically disabled adults who participated in sports have the healthy level of self-esteem. Participating in sports could have positive effects on self-esteem in that physically, disabled people. There is needed future comparative studies on this topic.

Keywords : adult, physical disability, self-esteem, sport

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