

# Problems and Prospectus of Disabled Sports Persons: An overview

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**Abstract** - In many advanced countries, opportunities exist from the ordinary to elite levels for people with a disability to showcase their abilities in sport and physical activity. Hence this is not the case in all parts of the world include in India. While there has been free-thinking and positive change in quality of life for people with disabilities and their interest in connection in sport which is not only in many developed countries but in developing countries like India also. The World Health Organization estimates (2015) that about 650 million about 10 per cent of the world population around the world are differently abled people and of this it estimates 80 per cent live in developed countries. According to the census 2011, there is 28% in Movement, 49% seeing, 6% Hearing, 7% Speech and 10% Mental Disability in India who constitute 2.13 per cent of the total populations. It is peculiar to say that 76 per cent of persons with disabilities live in rural areas, 49% per cent of disabled population is educated and only 34 per cent are employed. Special Olympics Bharat is a National Sports Federation, recognized by the Ministry of Sports and Youth Affairs, Government of India. The federation trains both male and female athletes in 25 summer and winter disciplines. Article 14 of the constitution and the right to live in dignity Article 21 of the constitution ensures a dignified life for the disabled persons in the country. Hence disabled citizens have the same rights as other citizens and should be given the opportunities to participate effectively in society.

**Index Terms** - Disabled, Spots Men, Stigma, Opportunities, Goals.

## INTRODUCTION

Sport has the potential to lessen the stigma attached to the disabled community. To make sports for the disabled. The World Health Organization observed the International Day of Persons with Disabilities on December 3, endorsing the theme, “a day for all”. The United Nations is embarking on its 17-point

sustainable development goals for the year, 2030, and inclusive measures for the disabled have been duly accommodated. India has been a signatory to the UN Convention on Rights of Persons with Disabilities since 2016. Currently in the modern world the idea of people with disability being able to play a vital part in sport and physical bustle is not so uncommon. In many advanced countries, opportunities exist from the ordinary to elite levels for people with a disability to showcase their abilities in sport and physical activity. Hence this is not the case in all parts of the world include in India. While there has been free-thinking and positive change in quality of life for people with disabilities and their interest in connection in sport which is not only in many developed countries but in developing countries like India also. Consequently, will help us to better understand and rise the contribution of various earlier as well as latest programs and organizations for the promotion for disable sports in India.

## WHAT IS DISABILITY?

Everyone may experience disability at some point in his/her lifetime due to some unfortunate incidents. Incapacity is a normal part of the human experience and people with disabilities are part of all sectors of the community; men and women and children, native and non-indigenous; employers and employees, students and teacher’s consumers and citizens.

## ESTIMATED DISABLE POPULATION IN THE WORLD

The World Health Organization estimates (2015) that about 650 million about 10 per cent of the world population around the world are differently abled

people and of this it estimates 80 per cent live in developed countries.

#### DEFINITIONS OF DISABILITY

The World Health Organizations (2015) defines disability that “disability resulting from impairment is a restriction or lack of ability to perform an activity in the manner or within the range considered normal for a human being”.

In Declaration on the rights of the disabled persons on December 9, 1975, United Nations Assembly defined disabled person as “any person unable to ensure by himself, wholly or partially, the necessities of a normal individual and or social life as a result of deficiency, either congenital or not, in his or her physical or mental capabilities.”

#### STATISTICS ON DISABLED POPULATION

Statistics on disability are difficult to compare nationally and internationally and also disability statistics do not always include the same definitions, types or categories of disability. The length of time a person is considered disabled affects the way the statistical data is restrained and interpreted. According to the census 2011, there is 28% in Movement, 49% seeing, 6% Hearing, 7% Speech and 10% Mental Disability in India who constitute 2.13 per cent of the total populations. It is peculiar to say that 76 per cent of persons with disabilities live in rural areas, 49% per cent of disabled population is educated and only 34 per cent are employed.

#### WHAT IS DISABILITY SPORT?

Disability sport is a term that refers to sport premeditated for, or specifically practiced, by people with disabilities. Sport for person with disabilities are inevitably sports organized specially for persons with disabilities, and center on the basis of providing evenhanded and fair categories, based on ability and disability, in order to provide level playing fields.

#### SPORTS AND PEOPLE WITH DISABILITIES

Sport can play a vital role in the lives and people of people with disabilities, the same as it can for people without a disability. There is a wealth of evidence to

support involvement in sport and physical activity for people with a disability concerning inclinations, barriers and benefits of participation. Over the past three decades, numerous studies have published that sport participation result in improved functional status and quality of life among people with designated disabilities. Scientific research has been conducted across disability groups proved that participation in sport leads to better-quality levels of physical health and well-being. It has also been exposed to improve physical fitness and general mood in psychiatric patients with depressive and nervousness disorders.

#### WHAT UN SAYS ON DISABLED PERSONS

UN Convention on the Rights of Persons with Disabilities the statement said. Estimating the number of people with disabilities worldwide at 1 Billion, or 15 per cent of the World’s population, the report from the WHO and World Bank confirms that disability is a major issue on a global scale. The causes of disability and evolving, mainly due to longer life expectancy, a higher prevalence of chronic illnesses and also an increase in armed violence and natural disasters.

#### CHALLENGES/PROBLEMS FACED BY THE DISABLED SPORTS PERSONS

- 1. No place to train**  
The most noticeable hurdle faced by disabled people is the lack of facilities and opportunities to train. Even an ordinary gym is often not conducive to a disabled athlete’s needs. Commercial gyms are typically crowded, loud and bright, with equipment made with non-disabled people in mind. For someone in a wheelchair, just getting to the upper level of a gym can be impossible if there is no elevator.
- 2. Stigma Attached**  
It is no secret that disabled people have been on the receiving end of narrow-mindedness and discrimination by greater society. While many have been ridiculed because of others’ prejudice, the new way of portraying disabled athletes is also not seen as helpful by those living with a disability themselves.
- 3. Social Apartheid**  
People with a disability are faced with workplaces which do not support those who work differently, public spaces which reject those who look dissimilar,

and social norms which shame those who communicate contrarily.

#### 4. Common Medical Problems

wheelchair athletes, amputees, athletes with cerebral palsy, visual impairment, intellectual impairment. Injury patterns have been identified for certain groups, with wheelchair athletes typically sustaining upper extremity injuries, blind athletes sustaining lower extremity injuries, and cerebral palsy athletes sustaining both.

#### 5. Finding Trainers and Equipment

Very low number of people take part in sport competitions. Many governments find out that training guide runners for people with visual impairments or a person with enough knowledge to train wheelchair users, for example, can be a complicated and time-consuming task.

### BRAVE PARALYMPIC ATHLETES WHO MADE INDIA PROUD

1. Devendra Jhajarja - Javelin Thrower - At the age of 8, his arm was amputated after an electric shock and today he is known to be India's most successful Paralympic Games athlete. He is the first Indian Paralympic athlete to win two gold medals at the Paralympics, in the year 2004 and 2016. The one-armed Indian Paralympic athlete was honored with the Padma Shri in 2012

2. Deepa Malik – Shotput - Since 1999, she has been in a wheelchair because of a spinal tumor which was followed by three surgeries and 183 stitches between her shoulder blades. But she wasn't ready to just be idle, she was a fighter and that's how she became the first female Indian Paralympics. She has 54 national medals and 13 international medals in shotput, javelin throw, and other sports. For her swimming performance, she won the Arjuna Award in 2012.

3. Amit Kumar - Club thrower - At the age of 22, after a road accident, he had a spinal injury that confined him to a wheelchair. But being a former junior national level hockey player, his love for sports made him reach where he is now. Today he is a famous Indian Paralympic athlete who won a gold and two silver medals. He found his path in discus and club throw and followed his dreams!

4. Farman Basha - Powelighter - At a very young age, he became polio-afflicted but despite all of

his difficulties, he continued to put efforts and finally he set a new national record in 49kg powerlifting by winning a gold medal. He won three Paralympics in the last 16 years and was honored with the Arjuna Award.

5. Pooja Rani – Archery - She was diagnosed with poliomyelitis during her childhood but her interest in para-sports is what kept her going. She had an inclination towards shooting but due to lack of infrastructure, she chose archery. In 2016 she won her first medal at the National Para Archery Tournament, she secured 5th place at the World Ranking Tournament in the Czech Republic and she represented India in the Paralympics.

### ORGANIZATIONS PROMOTING SPORTS FOR DISABLED IN INDIA

#### 1. National Paralympics Committee of India:

The Paralympic movements is more than just facts and figures. Over 3000 years ago sport was used as instrument to attain physical, mental and spiritual achievement. Today, Paralympic movement has high goals that encompasses the development of sports at all levels for people with a disability, the full involvement of women and girls with a disability and of athletes with a severe disability, the promotion of clean sport and the education of athletes about doping, and educational programmers at all levels to change perceptions about the abilities of people with a disability.

#### 2. Special Olympic Bharat

Special Olympics Bharat is a National Sports Federation, recognized by the Ministry of Sports and Youth Affairs, Government of India. The federation trains both male and female athletes in 25 summer and winter disciplines. The federation has 850000 athletes registered through 35 state chapters

#### 3. Indian Blind Sports Association

The Association has always played a prominent role in promoting sports among the visually handicapped. Indian Blind Sports Association was formed in 1986 as the national level for the promotion of athletics and different sports for the Blind. Indian Blind Sports Association is recognized by the Indian Olympic Association and is affiliated with the International

Blind Sports Federation, the apex world blind sports organization, and with Paralympic Committee of India Suggestions and Proposals for the Welfare of Disabled Sports men/women

- a. Rise the support and funding to conduct empirical studies on topics of disability sport and adapted physical activity including, participation levels, attitudes, legislation, barriers and benefits of sport and physical activity.
- b. Progress further studies of mental health and psychological well-being a for people with a disability.
- c. Simple technologies and increasing user-friendliness and universal designs in both the environment and structure and rules of sports.
- d. Promote comprehensive coaching manuals and educational material in multiple languages and formats to make it accessible to disabled persons.
- e. Research and develop monitoring and evaluation tools to ensure quality sport for the disabled sports men.
- f. Create opportunities to share knowledge, experience and best practice.
- g. Utilize new technologies and online communication to enhance sports facilities for disabled sports men/women.
- h. Encourage disabled sports men/women to participate in various district and national level sports.
- i. Set up Special Physical Education Universities in each district headquarters of a State.

### CONCLUSION

Persons with physical disabilities are unable to enjoy leisure activities on an equal basis with others as long as transportation system and public buildings continue to lack barrier free access a problem which has not been addressed on a consistent basis by the Government. However, organizations and establishment like the Wheelchair Sports Federation of India, The Indian Blind Sports Association and the special Olympics Bharat do provide Opportunities for physical and mentally differently abled athletes to participate in sporting activities. Unfortunately, there remains no institution available to coach elite differently abled athletes in India, leaving a gap in attainment of the goal outlined in state policy and program. Under the constitution of India, there are

certain fundamental rights that enforced in courts of law. These fundamental rights include the right to equality i.e, Article 14 of the constitution and the right to live in dignity Article 21 of the constitution ensures a dignified life for the disabled persons in the country. Hence disabled citizens have the same rights as other citizens and should be given the opportunities to participate effectively in society.

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