

# "Perception of Recreational Sports in Spinal Cord Lesion Women in Dhaka, Bangladesh."

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## Key words

Perception, Spinal cord lesion, Spinal cord lesion in women, Recreational sports, Rehabilitation.

## Summery

The objectives of the research project is to explore the perception of recreational sports activity in spinal cord lesion female and to investigate the satisfaction of sports activity as recreation of those female. The study design is mixed using both qualitative and quantitative design. It was conducted at Gonokbari, the rehabilitation project of CRP. 100% of the participants of this project like the sports program and want to continue the sports further. The recreational sports was effective for their psychology to change and it satisfied them. The women with spinal cord lesion enjoyed the sports program. The concept of the research project was enhancement of quality of living by introduction of recreational sports for women with disability. It can be generalized recreational sports is effective to other population of women in Bangladesh.

## Introduction

In Bangladesh , a disabled women is cast aside, isolated , marginalized , socially unaccepted and neglected- an object of pity and considered to be a burden barely borne out of sheer humanistic obligations. It is necessary to understand clearly why and how disabled women are at a disadvantage compared to disabled men . For both men and women ,disability becomes more of a disadvantage when compounded by low socio-economic and educational status. In the majority of Asian countries, women are assigned a low status culturally.( Bangladesh Protibondhi Kalyan Somity, BPKS; 2002).

About 80% spinal cord injuries are sustained by men. As a result research rarely focuses on the needs and issues of the remaining 20% of persons with SCI, who are women.

The main objectives of sports and recreation activities for spinal cord injured persons is physical improvement as well as perfection of wheel chair skills. It has been demonstrated that involvement in sports by wheelchair users improves their rehabilitation outcome, aids the adjustment to their disability, increases their independence, gives them greater self- confidence, improves their quality of life and gives them aspirations for their further development ( Guttman L 1975 -1976. Jackson RW et, al 1983, 1987. Shephord RJ 1991.Stotts KM 1986.Tasiemski T1996 ).

Sports has been proven to improve the psychological status

of the tetraplegics and paraplegics. In Bangladesh , even now , disability is not accepted normally. In CRP the situation is different than the other areas of Bangladesh. At CRP, patients from all socio-economic classes receive the same treatment and same level of care . Rehabilitation programs include sports for all patients, both male and female.

The word " "perception" has a depth meaning and the participants would express their perceptions about sports may be positive or negative.

## Aims and objectives

The aim of this research is to explore the perceptions of recreational sport in spinal cord lesion women in CRP's rehabilitation centre at Gonokbari. The specific objectives of this research are to explore the need for equipment in orders for participants, to carry out sports activity to investigate their satisfaction of sports activity as recreation, to explore the changes of their perceptions of sports activity, to identify whether continuing opportunity for recreational sports should be recommended or not.

## Methodology

Subjects: The study design is mixed using both qualitative and quantitative design. The approach of this research was "action research". The research showed the opinion of those participants to recommend to CRP to continue the sports program.

The method of selecting sample was convenience. From 26 patients at Gonokbari 20 was choose to participate. The inclusion criteria for the samples were females at Gonokbari, no socio-economic discrimination, paraplegic or tetraplegic, traumatic or non-traumatic spinal cord lesion. The Exclusion criteria for the samples were Females not staying at Gonokbari , male, mental retarded female.

## Method of data collection

The participants were divided into 3 groups ( random selection ) and 3 sports were played with each group over 3 a week period. Each group played each sports 3 times.They played 3 sports for the first 2 weeks , then at the request of the supervisor of Gonokbari center another one sports played. Then they expressed their perception , experience about sports. The 4 sports were- Frisbee ,Bin ball , Ring through and Discus.

A diary was used to record the attitude, experiences, time , date, place to collect data. After 3 weeks an interview arranged with the participants to determine the perception of those participants about recreational sports they had played.

The data was collected by face to face interview, recorded by a tape recorder and questionnaires are open ended and semi

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structured. It was conducted at Gonokbari, the rehabilitation project of CRP. The interview continued until standard information was collect. It means data collection fulfilled i.e. saturated. Then data collection stopped and interview closed. The data was Tran scripted and exact quotations from the participants have been collected. The data were translated into English .The translated English was compared with the original Bangla transcript by a second researcher for accuracy of translation /meaning .

### Data analysis

It was a mixed design research so the qualitative interview was ascertained the perception of the spinal cord lesion female about sports activity as recreation. The quantitative measurements had taken to ascertain the effect of sports activity as recreation and those displayed in descriptive statistics.

All the participants were asked the same questions. Individual participant's responses were read thoroughly for several times and the themes identified from the responses and then listed. Codes were developed as they came out from these list of themes and made a list of codes

The interviews were read again and identified several important topics or categories. The categories are – opinion about sports activity after playing, causes to continue the sports, influencive aspect of sports for them, effectiveness of sports for them, psychological benefits for them, experience of effectiveness of sports for disabled women. All the codes were listed at first then placed in to these categories according to the definition

### Results

Descriptive statistics were used for the presentation of the results.

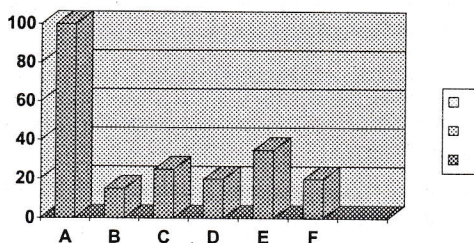


Figure 1: Opinions about sports activity after playing.

Here A= Like sports; 100%, B= Competition makes it more enjoyable;15%, C= Mind becomes fresh by playing with everybody; 25%, D= Help to forget painful thinking and sorrows ; 20%, E= It helps to pass the time with joy;35%, F= If there will more sports , it will be good; 25%

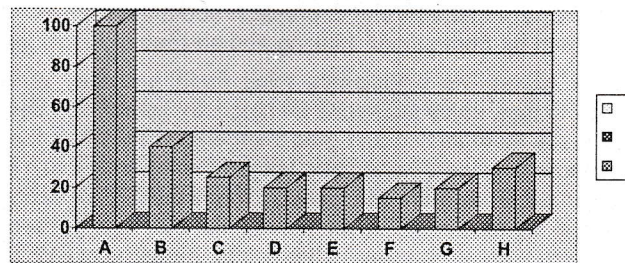


Figure 2: Causes to continue the sports.

Here A=Like sports; 100%, B= To pass the time; 40%, C= To play with everybody; 25%, D= To make fresh the mind; 20%, E= For recreation; 70%, F= To become free from depression; 15%, G= To study attentively; 20%, H= To do exercises; 30%

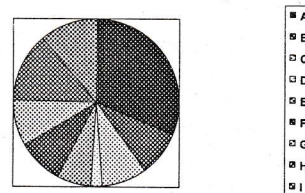


Figure 3: Psychological benefits from sports.

Here A= Mind always fresh; 70% , B= If win felt joy; 20%, C= If loose felt sorrow; 20%, D=As a disable got the chance to play, so felt happy; 5%, E= Can make good relationship with others; 15%, F= Life is easy now; 20%, G= More better than before; 20%, H= Free from tension and depression; 30%, I= Increase strength of mind; 25%

### Discussion

After analysis of the result the main themes were emerging are discussing below- The respondent described different reasons of practicing sports. From their comment, they like it very much. It also help to maintain a good physical condition and improve the upper body strength. Tasiemski et al ( 1996) also support this comments in his study. He shows these are the most important factors for practicing sports. So that they were more active than before to do other physical activities. Bengstrom et al ( 1990) studied the most important reason given for practicing sport was to improve health.

Momin A K M ( 2001) found that women were kept hidden inside the four walls of their living room, not because they were immobile but because the people in society focus that women are unable and therefore they should not participate in community activities and functions. The participants can not live with their relatives. They had to depend on other family member to do their daily activities. In this condition they cant even think about sports to play. When they women therefore, comprise one of the most neglected, if not almost totally ignored segment of the population rehabilitate here, they got many opportunities. With those opportunities they are also given chance to play for recreation. This makes

them free from tension and depression about themselves. It took them far from painful thinking and sorrows.

Sports makes the participants mind fresh and they were happy to play, enjoy the sports so much. In sports, competition made them thrilled and give them enjoyment when they win game they were happy and felt joy. When they loose in the game it made them sad. Loosing made them more strong to win in the next game, which proved that they also got benefit psychologically by playing the sports. Berger et al ( 1988) and International society of sports psychology presented that vigorous physical activity is suitable to gain psychological benefits. Savic et al ( 1998) showed in his study the sports and recreation involvement after injury was significant( $P < 0.001$ ). Noreau et al (1992); Curtis et al ( 1986) and Foreman et al ( 1997) stated that active involvement of spinal cord lesions in sports and recreation increases their likelihood of work.

The respondents also lost their motivation to go forward and do some purposeful activity. They did not get any support from their family. They had to live alone in this rehabilitation center . They had to be independent and need to found the sources of income. That they need to be more functional and active.

Playing the sports the participants co-operative with each other and assists but also they become competitive. Gardner et al (1993) proved in his study the enjoyment of practicing sport is competition and improved self-esteem. They were competitive in sports and also in their other works that they had to do . It helped to be independent and earn money by becoming more functional and active. Davis et al (1991), DiCarlo et al (1983), Hooker et al (1989) and Miles et al (1982) shows in their studies in spinal cord relations persons functional training with a frequency over three times a week indicated physical adaptation such as an increase in physical work capacity .

When a person neglected then she may lost her strength of mind, she might had negative thought about other people and society. In this research project 5% of participants were complaining about the negative attitudes of others. Overall in our society this percentage is not low.

Tighe CA(2001) studied that qualitative examinations of the meaning of health and disability for women with disabilities revealed them to spend tremendous energy struggling and coping with negative disability stereotypes in society they encountered daily. When playing in a close community the participants should understand others psychology and their conditions. They need to be positive about each other .

## Conclusion:

The overall concepts of this research project was enhancement of quality of living by introduction of recreational sports activity for women with disability. This can be generalized to other population of women in Bangladesh e.g. woman with acid burns , garments factory workers , female students etc recreational sports activity for them .This research project identified the need of continuation of recreational sports activity for disabled woman. It also need to continue for the able bodied woman, because they have also get less chance

to play sports . This research project showed the sports activity as recreation but for the further research sports can be used for treatment purpose and study would it helpful or not for the disabled woman as treatment. The participant would be selected not only selected area like Gonokbari but also from the different place of Bangladesh.

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