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## Reality of guarantee conditions for people with disabilities in Cau Giay district, Hanoi city to participate adaptive physical culture

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### Abstract

Through sociological investigation and interview, the project assesses the conditions to ensure that people with disabilities in Cau Giay District, Hanoi City, Vietnam, participate in adaptive physical culture, including: Location; Participators; Mentor and supporter; The level of responsiveness of facilities and equipments. This is one of the important scientific bases to propose solutions to develop adaptive physical culture for people with disabilities (PWD) in Cau Giay District, Hanoi City.

**Keywords:** adaptive physical culture, people with disabilities, Cau Giay district, Hanoi

### Introduction

In society generally, there are always type of people suffering health deviations, such as: People with disabilities, unhealthy students; Pupils and students belonging to special medical groups; chronic disease groups ... (By S.P. Evseev, 2016) <sup>[4]</sup>.

Adaptive physical culture is a type of physical culture of health deviations (including PWD) and society. This is the type of activity whose results are socially and personally significant to create the whole person's readiness for health deviance in life; optimize its status and development in the process of inclusive recovery and social inclusion. It is based on knowledge of the disciplines of the psychological and pedagogical cycle (pedagogy, psychology, theory and methodology of physical culture, etc.) and the biomedical cycle (anatomy, biochemistry, physiology, bio mechanics, sports medicine, physiotherapy, hygiene), with the help of physical exercises, as well as elements of the natural environment and social hygiene.

In other words, adaptive physical culture is a combination of health and sports measures to recover and adapt to the social environment of people with limited ability to overcome psychological obstacles, preventing their feeling of a full life, as well as the sense of their individual need to contribute to the general development of society.

According to statistical data in 2016, in Hanoi, there were 105,492 PWDs aged 2 years and older, of which the rate of disability for children aged 2 to 17 years old is 2.83% and adults are 8.67% <sup>[3]</sup>. However, the number of PWDs participating in adaptive physical cultural activities is still limited for many different reasons, especially many PWDs want to attend, but not be able because of lack of necessary conditions. Therefore, this matter must be researched to set up a scientific basis for proposing solutions to develop adaptive physical culture for PWDs in Hanoi City.

### Research Methods

Data analysis and synthesis; Interview; Sociological investigation; Statistical math.

### Results and Discussion

For the purpose of assessing the current situation and the need to participate in adaptive culture of PWDs in Cau Giay District, Hanoi City, the study conducted a survey and interview using questionnaires with 243 PWDs aged from 14 to 60 years old (90 men and 153 women) in Yen Hoa and Nghia Tan wards, Cau Giay District, Hanoi City, Vietnam with the support of

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collaborators and families. The survey was conducted in December 2019. The survey results are presented in Tables 1, 2, 3 and 4.

### Location which PWDs participate adaptive physical culture in Cau Giay Distric, Hanoi City (Table1)

**Table 1:** Location which PWDs participate adaptive physical culture <sup>[1]</sup>

No	Location	Sex		Mixed (%)
		Male (%)	Female (%)	
1.	Residential Group Community House	0	0	0
2.	Community Sport Clusters	1.37	1.85	1.57
3.	Commune/Ward Cultural Hall	8.9	2.78	6.3
4.	Physical culture services Centers	0.68	0.93	0.79
5.	Others	7.53	6.48	7.09

The results in Table 1 show that PWDs in Cau Giay District, Hanoi mainly participate physical culture at the commune/ward Cultural Hall with the rate of 6.3%. This is a popular location for people to participate in adaptive physical culture activities. It is proved that PWDs need and want to participate in adaptive physical cultural activities, entertainment and integrate with the community. There are less PWDs going to physical culture services Centers, only 0.79%. In particular, Residential Group Community House

does not have PWDs participating, even though the distance is the closest. The reason is most of the Residential Group Community Houses are not equipped with adaptive physical culture facilities for PWDs.

### Subjects participating with PWDs in adaptive physical cultural activities in Cau Giay District, Hanoi City (Table 2)

**Table 2:** Subjects participating with PWDs in adaptive physical culture <sup>[1]</sup>

No	Subjects	Sex		Mixed (%)
		Male (%)	Female (%)	
1.	Alone	3.42	2.78	3.15
2.	Family/Relatives	5.48	5.56	5.51
3.	Friends/PWDs group	2.74	1.85	2.36
4.	Friends/Healthy group	7.53	1.85	5.12
5.	Others	0	0	0

The results of Table 2 show that, out of the rate of 16.14% of PWDs participating in adaptive physical cultural activities, up to 7.48% of their friends join together (Friends/PWD group is 2.36% and Friends/Healthy group is 5.12%). These groups are included of people at same age, having same desire and even in the same situation, it will be easy to understand, share and sympathize with each other and help each other in adaptive physical culture to improve and enhance health and integrate in to the community. Besides the group of friends of PWDs,

in the process of adaptive physical cultural activities, PWD's families and relatives also participated, accounting for 5.51%. Only 3.15% of PWDs participate adaptive physical culture alone.

### Reality of PWD's supporter during adaptive physical cultural activities in Cau Giay District, Hanoi City (table 3)

**Table 3:** Reality of PWD's supporter during adaptive physical culture <sup>[2]</sup>

TT	Supporter	Sex		Mixed (%)
		Male (%)	Female (%)	
1.	Supporting PWDs during activities	9.59	6.48	8.27
2.	Non supporting PWDs during activities	90.41	93.52	91.73
3	Types of supporter			
3.1.	Coach/ Professional Trainer	1.37	0.93	1.18
3.2.	Family/Relatives	2.74	2.78	2.76
3.3.	Friends/PWDs group	1.37	0.93	1.18
3.4.	Friends/Healthy group	4.11	1.85	3.15
3.5.	Others	0	0	0

The results in Table 3 show that only 8.27% of PWDs have supporters during the time of participating adaptive physical culture, in which, Friends/Healthy group (3.15%) and Friends/PWDs group (1.18%) are the main PWD's supporter. They are close to PWDs in daily life, so they can clearly

understand their needs and abilities. However, they are often limited in their skills of adaptive physical culture. Other subjects supporting PWDs are coaches/professional trainers (1.18%) and relatives (2.76%).

## Reality of responsive level of facilities and equipment for adaptive physical cultural activities of PWDs in Cau Giay District, Hanoi City (Table 4)

**Table 4:** Reality of responsive level of facilities and equipment for adaptive physical cultural activities of PWDs <sup>[2]</sup>

TT	Level of response	Sex		Mixed (%)
		Male (%)	Female (%)	
1.	Full response	53.42	49.07	51.57
2.	Part of response	34.93	35.19	35.04
3.	None	11.64	15.74	13.39

The results in Table 4 show that the percentage of PWDs who assess the quality of physical facilities and equipments that are adapted to the full level of response very low rate of 51.57% (Male: 53.42%; Female: 49.07%); part of response is 35.04% (Male: 34.93%; Female: 35.19%); None response is 13.39% (Male: 11.64%; Female: 15.74%). Thus, it can be said that, Hanoi's facilities and equipment for people with disabilities to participate in physical and cultural activities are much better comparing to other localities. However, only 15.75% PWDs in Cau Giay District, Hanoi City participating in adaptive physical cultural activities. Other matter that in the process of interviewing PWDs, there are some not participate in activities, but still saying that the facilities fully meet the needs of PWDs. So this matter is needed to have a further research in order to see a better view of the facilities for PWDs in adaptive physical culture in Cau Giay District, Hanoi.

### Conclusion

The research has assessed that there are still many shortcomings in the conditions for PWDs in Cau Giay District, Hanoi City to participate in adaptive physical culture, such as: Suitable locations for public community has not yet attracted a large number of PWDs to participate; The trainers and supporters for PWDs in the process of adaptive physical cultural activities is too thin and weak in terms of skills and professionalism; Facilities and equipment have not really met the needs of PWDs for adaptive physical cultural activities. These are important scientific bases, in order to propose solutions to develop adaptive physical culture for PWDs in Cau Giay District, Hanoi City.

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