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Reality of instruction and support to people with disabilities in hanoi city to participate adaptive physical culture

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Abstract

Through sociological investigation and interview, the project assesses the reality of instruction and support to the people with disabilities in Hanoi City, Vietnam, participate in adaptive physical culture, mainly through friends/healthy groups and family/relatives. This is one of the important scientific bases to propose solutions to develop adaptive physical culture for people with disabilities (PWD) in Hanoi City.

Keywords: Support, instruction, adaptive physical culture, people with disabilities, Ha Noi.

Introduction

Adaptive physical culture is a combination of health and sports measures to recover and adapt to the social environment of people with limited ability (including people with disabilities - PWD) 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. In adaptive physical culture, under the clear positioning of experts and practitioners, it mainly affects the body composition of interest to people with health deviations. Therefore, we must first consider how to use all possible means and methods of adaptive sports to correct our own shortcomings. Develop the necessary compensators while preventing the deviation of secondary diseases and PWD. Or other meaning is that we try to push up and encourage them to intergrate into society. Still, people with disabilities themselves, when sharing in adaptive sports conditioning, face numerous difficulties and obstacles and need to admit applicable support. Thus, the exploration dealing to reality of instruction and support to the people with disabilities in Hanoi City to share in adaptive physical culture is considered as critical issue.

Research Methods

Data analysis and synthesis, interview and sociological investigation were mainly applied in the study.

The reality of instruction and support to the people with disabilities in Hanoi City to share in adaptive physical culture is determined by the multi-level slice system, combining typical slice with multi-level arbitrary slice to elect locales and subjects. The disquisition period was conducted from November 2019 to April 2020.

The research data was collected on a group of 625 PWDs living in 4 districts of Hanoi City, including: Cau Giay, Thanh Xuan, Thuong Tin, Thanh Tri.

Results And Discussion

The results of the survey on the reality of people who practice sports with PWDs in Hanoi City are shown in Chart 1.

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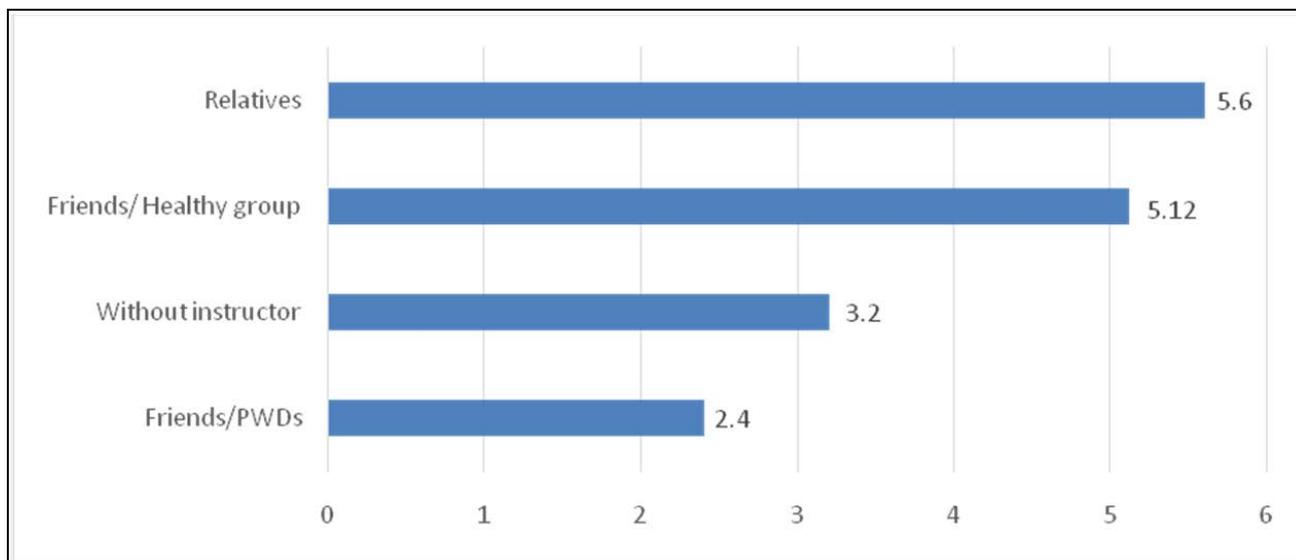


Chart 1: Reality of people who practice sports with PWDs in Hanoi City (%)

Through Chart 1, it shows that people with disabilities in Hanoi City practice adaptive physical activities with their relatives accounted for the highest percentage of 5.6%, followed by practicing with friends/healthy group (5.12%), and the lowest is practicing with friends/PWD groups (2.4%), especially only 3.2% of PWDs practice adaptive physical culture without instructors. Regarding this situation, we believe that the rate of PWDs practicing adaptive physical activities alone is very low because physical limitations cause many obstacles for PWDs. So it will be more affectively for PWDs to practice with the support of others than alone. In addition, some fighting or team sports with similar hobby

ones will bring excitement in training for PWDs, at the same time, it will be a very good opportunity for them to integrate in the society.

Other matter is concerned that not only needing people who participate adaptive physical culture together, PWDs, when participating in sports activities, also need the instruction and support of coaches to adjust appropriate training methods as well as limit injuries caused by wrong way training.

The results of the survey on Reality of the instructor and supporters for PWDs in adaptive physical culture in Hanoi City are shown in Chart 2.

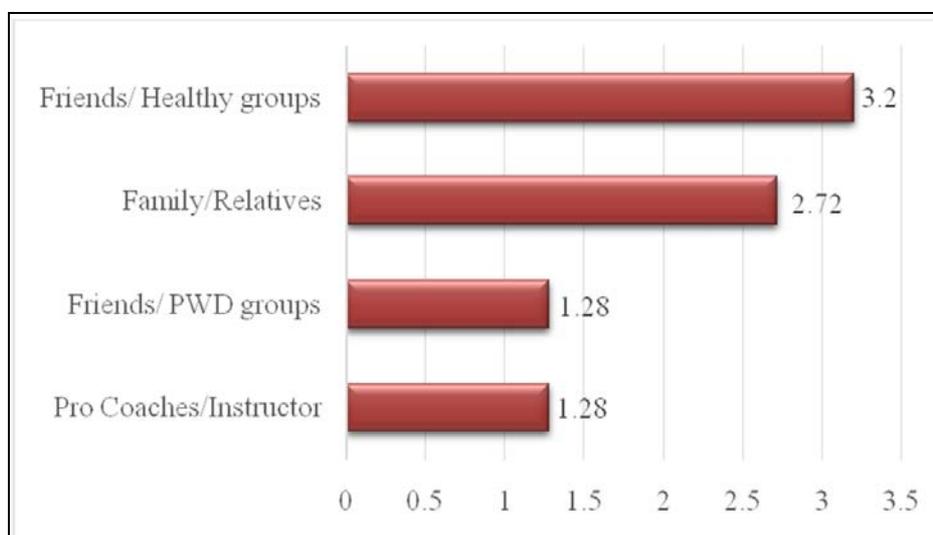


Chart 2: Reality of the instructor and supporters for PWDs in adaptive physical culture in Hanoi City (%)

Chart 2 shows that 8.48% of people with disabilities in Hanoi play sports with the participation of instructors and facilitators. In which, people with disabilities practice with the support of friends/healthy groups accounted for the highest rate of 3.2%, followed by family/relatives with the rate of 2.72%, and the lowest rate is the support of a professional coaches/instructor and group of friends/PWD group accounted for 1.28%.

Therefore, in addition to the important role of professional coaches/instructors in instructing and supporting adaptive physical culture for people with disabilities, attention should be paid to the role of friends/healthy groups and

family/relatives. They can act both as training partners and as facilitators of people with disabilities in adaptive physical activities. So the point is that in addition to strengthening the team of professional coaches/instructors, it is necessary to ensure they are trained in skills and knowledge.

On the other hand, when people with disabilities choose sports that need proper practice such as gym, yoga, aerobics, etc., people with disabilities definitely need to practice with the support and guidance of professional coaches to improve training efficiency and prevent injury caused by wrong methods.

Conclusion

The research process assesses the current status of instruction and supports people with disabilities in Hanoi to participate in adaptive physical culture, mainly through friends/healthy groups (3.55%) and family/relatives (2.72%). There are also professional coaches/instructors as well as friends/PWD groups to support and educate them. In particular, the friends/healthy groups and family/relatives have a particularly important role in participating in exercise, guiding and supporting people with disabilities in adaptive physical culture. This is an important scientific basis for building adaptive physical culture application solutions for people with disabilities in Hanoi city.

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