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Preliminary inquiry on population with disabilities and physical activity participation based on the internet resources

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Abstract
The purpose of this preliminary inquiry was to navigate internet-based resources with related to population with disabilities, and physical activity participation. With content analysis, the findings of this study revealed diverse perceptions on population with disabilities and sports and/or exercise participation. There were several subcategories emerged based on the data. These subcategories were related to positive images, social inclusion, competition, and health and fitness. Other findings indicated that all the types of disabilities were included in the data collection. Follow up inquiry should analyze more broad datum by considering the specific contexts within the specific type of disabilities.

Keywords: Population with disabilities, internet-based resources, content analysis, physical activity

1. Introduction
Physical activity participation has a crucial role in improving emotional and mental health, physical fitness, independence, and the sustenance to live [1, 2, 3]. There is a difference between sports, leisure, and exercise, however, these three terms are frequently used to explore diverse physical activity participation of population with and without disabilities. Corbin *et al*. (2000) explained fitness and health related components using process and product concept. Process concept is related to any health-related behavior or lifestyle (e.g., regular exercise engagement), whereas product concept can be described as the current physical fitness health and wellness status of individuals (e.g., cardiovascular fitness, and muscular strength) [4]. There is plethora number of studies which reported population with disabilities can take both process and product outcomes by regularly engaging in diverse physical activities in terms of lifetime [5]. However, population with disabilities could meet multiple barriers to physical activity participation within individual and/or societal level [6, 7, 8]. Furthermore, population with disability are more likely to have inactive and sedentary lifestyle, and health issues compared to individuals without disabilities [9, 10, 11]. There are two dominated views regarding population with disabilities and physical activity engagement. Medical and social frameworks of disability describe that disability can be viewed from two distinct approaches [12]. First, medical framework perceives disability as an impairment within individual level which should require treatment or some sort of remediation. Second, social framework describes disability beyond an individual level. The social framework explains any inequalities due to disability can be created by society [13]. In the same context, disability itself cannot pose any limitation and/or barriers to engagement in diverse activities, while society is accountable those discriminations and limitations that populations with disabilities would have. This implies that public requires to have more balanced understanding about population with disabilities and their activity participation. Depending on how individuals and the society perceive disability, any positive and negative attitudes could be made which would influence on any social exclusion and inclusion ad well [14].

2. Materials and Methods

2.1 Purpose of the study

This inquiry used an inductive approach to find public information against population with disabilities and physical activity participation. By randomly searching information centered on the internet, this content analysis tried to conceptualize the findings and implications for the follow up inquiry.

2.2 Methodology

This preliminary investigation aims to conceptualize the findings regarding population with disability and their activity participation based on public media view. The researcher utilized the internet search for the data collection. Particularly, any public posts and articles based on the search were analyzed to explore public media views with related to population with disabilities and physical activity. There were multiple keywords utilized for the study (e.g., population, individuals, and persons with disabilities, and sport, exercise, leisure).

3. Findings

To conceptualize the findings regarding population with disability and physical activity, data was crawled based on the internet search by the researcher. Next, the findings were analyzed to observe the pattern and meaning of the data. There was a total of 312 resources reviewed. Table 1 provides subcategories, focus and format of the data. Additionally, Chart 1 included the information of % of the subcategories from the data. Table 2 includes information about the types of disabilities in the data. The findings indicate the importance of regular physical activity for population with all the types of disabilities. Due to personal and environmental barriers to exercise participation, many contents implies that importance of health and fitness of population with disabilities. Also, social inclusion was frequently emphasized subcategories. The social inclusion was related to prevent any discrimination in the community or society. Similarly, the social inclusion was related to improve public understanding towards people with disabilities. Positive images were often described in the findings. Specifically, the research could check that there was a continuous effort to create positive images towards population with disabilities in many media, articles, and posts on the web. Other contents included regarding competition such as disability sport events. Not only competition itself was the focus on but also there were several purposes such as recruitment of volunteers and fund. Intellectual disability, developmental disability, physical disability, visual impairment, and hearing impairment were most mentioned disability types in the findings of this study. There were many other type of disabilities and/or impairment found from the data. Table 2 included all the information found from the findings of the data.

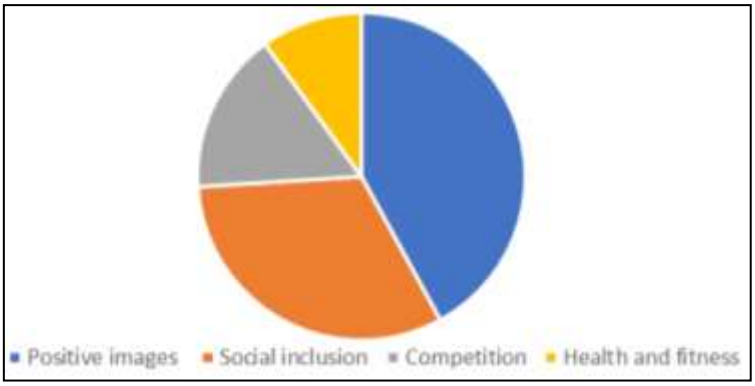

Chart 1: % of the subcategories from the data

Table 1: Subcategories, focus and format in the data.

Subcategories	Focus	Format
Positive images (42%)	Empowerment Empathy and/or sympathy Self-esteem of individuals with disability Attitudes/mindset of public	New articles Public and or private posts (e.g., social media and/or any other social network system)
Social inclusion (32%)	Education Equality Disability awareness Discrimination The perception surrounding individuals with disability Communication	Campaign Educational news article Public and or private posts
Competition (16%)	Environmental barriers Community involvement Fund and volunteering Equal opportunity	Advertisement News articles Public and or private posts
Health and fitness (10%)	Health promotion Knowledge Health disparity	Campaign Medical news article Policy

Table 2: Categories of disability and percentage

Categories of disability	Percentage (%)
Intellectual and/or developmental disability	33%
Physical disability - Cerebral palsy, muscular dystrophy, spinal cord injury	28%
Visual impairment - Blindness, and low vision	13%
Hearing impairment - Deaf, and hard of hearing	6%
Other categories found in the data - Multiple sclerosis, overweight and obesity, traumatic brain injury, asthma, cardiovascular disease, learning disability, emotional disturbance, deaf-blindness, attention deficit hyperactivity disorder, arthritis, and musculoskeletal disability	24%

4. Discussion and Conclusion

The findings of this study implied that contents on the web have a significant tole in shaping a particular image and/or stigmatization in the society. In the same context, internet-based resources (e.g., internet media, and news articles) have an important role in shaping disability awareness of public in direct and indirect approaches. There were several subcategories from the findings of the study in the table 1. Population with disabilities could not be seen with negative conceptions, misunderstanding, empathy and vulnerability. Individuals can get plethora amount of data on population with disabilities and sport related activity participation. Not only media has an important role in providing the quality of contents, but also general population should have a balanced view and on population with disability. Thus, there should be an effort to describe population with disabilities and any sport-related activity participation in positive approaches to prevent any misconceptions and stereotypical images on population with disabilities. In a follow-up inquiry, the researcher should consider contextual factors such as the types of disabilities, age groups and activity types (e.g., competitions, outdoor or indoor options, leisure, and regular exercise). For instance, public media view could be observed depending on the types of disability such as intellectual and developmental disability, and any physical disability and/or impairment (Schantz. & K. Gilbert, 2001). Also, follow-up inquiry should use data analysis tools such as NetMiner or RStudio to systematically analyze the big data to provide clear indicators.

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