

## Disability Sports as a Psychological Well-Being Intervention Tool for Persons with Disabilities

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**Abstract:** The purpose of this study was to find out the role of disability sports on the psychological well-being of persons with disabilities. The research method uses a literature review by searching the selected keywords, namely "Disability Sports", "Psychological Well-being", and "Self-esteem". From the research that has been done, it can be concluded that sports with disabilities can improve and maintain physical and mental health, with physical and mental development, self-esteem will increase. Disability sports also motivate people with disabilities to be able to actualize themselves in all existing limitations so that psychological well-being can be achieved.

**Keywords:** Disability Sports, Psychological Well-Being, Self-Esteem

### 1 INTRODUCTION

Physical imperfections can be an obstacle in carrying out normal activities and daily life. From these conditions, it is not uncommon for people with disabilities to experience negative experiences (Tumanggor et al., 2021). The life conditions of normal individuals and individuals with disabilities are also very different. The existence of these differences will certainly affect the quality of life of the individual. Several studies have shown that people with disabilities have low levels of welfare. The low well-being is partly because they do not function optimally, feel worthless, and often have negative emotional experiences (Dewanto, 2014). In addition to this, people with physical and psychological disabilities usually experience a sense of inferiority which causes them difficulty in adjusting to society. People with disabilities often feel excessive anxiety, hopelessness, fear of meeting other people, excessive shyness and like to be alone (Hikmawati & Rusmiyati, 2011).

This general description of the quality of life and health of a person can be called the psychology of well-being. An individual can be said to have a good psychology of well-being if he is able to accept himself, is able to form a close and warm relationship with others, has a purpose in life, is able to be independent, and has the ability to develop talents and all development capabilities for himself (Sholichah et al., 2021). This also shows that the psychology of well-being is something that should be owned by every individual so that the individual can carry on his life by maximizing his cognitive aspects to be able to achieve full achievement of his potential and personally continue to develop well (Ryff & Keyes in Damayanti et al., 2021). One way to make people with disabilities have psychological well-being is to do sports with disabilities, especially achievement sports. People with disabilities also have the right, like other people, to be able to develop their potential interests and talents in the field of sports, including achievement sports based on disability categories that have been determined by disability sports rules that apply both within Indonesia and internationally (Ashadi, 2019). Sports for people with disabilities can be used as a means to develop their potential and talents, considering that every human being, apart from having weaknesses, also has their own strengths, abilities, and uniqueness. Sports activities themselves do not require many requirements and everyone has the right to participate, including people with disabilities.

## **2 MATERIALS AND METHODS**

Sport is one of the activities needed by humans (Saputra, 2020). Exercising can maintain health and fitness for the human body. With exercise, health is maintained and prevents the occurrence of dangerous diseases, such as heart disease, osteoporosis, type 2 diabetes, forms of cancer, obesity, and injury (Prasetyo, 2013). The body becomes more susceptible to various diseases, so it must be carried out by anyone. No exception for those with special needs (disability). They also need to do exercise. The benefits of exercise for people with disabilities is an opportunity for change, an opportunity to facilitate their potential in their social needs, improve fitness, and promote self-efficacy in the midst of their limitations, which then leads to an increase in self-determination and an increase in self-esteem (Saputra & Leonardo, 2020). For people with disabilities, exercise is not just about maintaining health, it can be more than that. Sports can help them to reduce stigma and discrimination related to their physical and physical disabilities, because sports can change people's attitudes towards people with disabilities by showing their skills in sports (United Nations, 2016). Disability achievement sports or what can also be referred to as 'disability sports' are achievement sports that strongly refer to sports carried out by people with disabilities. Just like non-disabled athletes, Paralympians (disabled sports athletes) can also participate in coaching with the aim of sporting achievements (Ashadi, 2019)

According to Diener, et al. (2009) Welfare consists of three things, namely: positive and negative thoughts, positive and negative experiences, and psychological well-being. Having positive thoughts and reducing negative thoughts can help individuals in gaining well-being. Individuals who have more positive experiences than negative experiences are more prosperous. Psychological well-being is represented as a maximal human function which includes meaning and purpose in life, mutually supportive and beneficial relationships, involvement and interest, contributing to the welfare of others, competence, self-acceptance, optimism, and respect for oneself and others (Dewanto & Retnowati, 2015). There is a positive correlation between self-esteem and psychological well-being, the higher the self-esteem, the higher the individual's psychological well-being (Triwahyuningsih, 2017).

Psychological well-being is a concept related to everything that is felt by individuals regarding their activities that occur in everyday life. Psychological well-being is a basic construct that conveys information about how individuals evaluate themselves, their quality and life experiences. Psychological well-being is a term used to describe a person's psychological health based on the fulfillment of positive psychological functioning criteria (Ryff, 1995). Psychological well-being is a healthy psychological condition, which is characterized by the optimal functioning of positive psychological aspects in the process of achieving self-actualization. Ryff (1989) constructs six aspects of psychological well-being, namely self-acceptance, positive relationships with others, autonomy, environmental mastery or expertise, life goals, and self-development.

The existence of disability sports can certainly help people with disabilities to be able to achieve psychological well-being. The participation of persons with disabilities in sports for persons with disabilities available nationally and internationally can be an effective means to improve their quality of life. Based on the opinion above, currently people with disabilities have the same rights in their activities (Wilson & Clayton in Setyaningrum, 2021). This is because the reality on the ground shows that not all persons with disabilities have limited lives. This is due to the discovery of individuals with disabilities who are able and able to develop and engage in active activities (Pinanty & Qodariah, 2019). According to Bangun (2016), the increased ability to be independent in this bio-psycho-sociological aspect of life means an increase in ability and quality of life which means an increase in the welfare of life (in Saputra, 2020). The rights of persons with disabilities have also been considered by the government, this is so that persons with disabilities do not experience discrimination which can prevent them from being able to actualize themselves so that they have a good psychology of well-being or psychological well-being. This can be seen from the government's efforts in 2011 to ratify the convention on the rights of persons with disabilities, which can be seen from the ratification of the Convention on the Right of Persons with Disabilities. This appreciation for the existence of people with disabilities is part of the government's role, one of which is in sports (Setyaningrum, 2021).

The research method used to write this article is literature review. Literature review is a critical review that seeks to summarize and evaluate a collection of writings on a particular topic (Knopf, 2006). The sources of writing used in this article are based on journals and books that have been sorted according to the criteria. In the search for sources, several keywords related to the research title were used, namely "Disability sports", "Psychological well-being", and "Self-esteem". The pages used as sources of journal search data are Sinta,

Scimago, Google Scholar, Psynet, Pubmed, and Research Gate. After doing a search, authors finally found the journal that was judged to be the most suitable. Overall, there are seven stages carried out in order to write this scientific article, namely determining the title, choosing the keywords that will be used as guidelines for searching the literature, searching for literature on the specified page, collecting the literature that has been found, re-sorting so that each journal used is truly appropriate, literature studies in the form of writing results and discussions, and drawing conclusions from the results and discussion of research that has been carried out. The limitation experienced by the author in making this article is the lack of availability of the latest journals related to the topic of this research.

### **3 RESULTS**

Research conducted by Kinasih (2010) and Perwitasari (2012) states that individuals with disabilities have a low level of welfare. Due to their physical limitations, individuals feel worthless and often have bad experiences. Limitations of physical function also make it difficult for people with disabilities to access work, this is because people with disabilities are considered less productive (Dewanto & Retnowati, 2015). This has a negative impact on persons with disabilities such as loss of role, independence, status, and financial stability (Falvo, 2005; Clifton, 2005; Sulistyorini, 2005; Bastaman, 2007 cited in Dewanto & Retnowati, 2015). Physical limitations also cause people with disabilities to feel different from others, which causes low self-esteem. Therefore, it is necessary to have an activity that can increase their confidence.

One of the activities to create self-confidence in people with disabilities can be done by exercising. This is in accordance with the article by Scifo et al. (2016) which states that sports activities are an opportunity to move, and contribute to body development, with the end result being able to improve and maintain mental and physical health. With the development of mental and physical health, self-confidence will increase. Roebyantho (cited in Muzaqi et al., 2020) argues that the social welfare experienced by people with disabilities will be closely related to phenomena in the community that can be resolved optimally because social needs are fulfilled so that they will create a sense of security, and have the same opportunities for freedom as the general public.

For people with disabilities, the environment provides many puzzles in it. The dilemma of differences that exist in physical conditions, becomes a gap for them to develop. The environment places a lot of emphasis on differences and stigmatizes or hinders disability from developing because they feel that disability is different (Silva & Howe, 2018). However, with the persistence that exists, people with disabilities try to show that they are the same, by doing the same activities as normal people in general, such as exercising. If understood from different perspectives, the differences will actually support positive development and provide a place for people with disabilities. In the field of sport itself, for example, to get wide recognition in the field of sports, people with disabilities can exercise and gather in a branch of parasport which generally sports activities are the same as normal people in general (Silva & Howe, 2018). Of course, with this equality, inequality will decrease and people with disabilities will feel valued and their social welfare will increase when they are accepted in the environment, and get recognition for equality.

### **4 DISCUSSIONS**

The persistence of people with disabilities to improve their social welfare in sports activities sometimes still faces various obstacles. They feel a lot of injustice because of the lack of support from various parties. For example, the welfare of the amputated soccer team, to get just social support, is still not getting enough attention from the community and the government. How not, they always find it difficult to get facilities and funding to accommodate the sports activities they do (Snaz, 2022). There should be an institution that oversees disability in achieving social welfare in the field of sports. In this regard, it may be possible to assist the global body of the International Paralympic Committee as a supporter of the rights of persons with disabilities in addressing injustice, discussing a case that is sensitive to the experience of persons with disabilities to obtain similar social welfare in the field of sports. (Dowling et al., 2018).

Sports for people with disabilities are still a soft place to be a political attraction and a place for political manipulation by the government, with empowerment not always reaching the daily lives of people with disabilities (Silva & Howe, 2018). So that the influence of various parties to assist the social welfare of persons with

disabilities is also great, not just exploitation. But helping them achieve their social welfare in terms of exercising whether it's being an athlete or just exercising in general, with the government providing adequate facilities.

We support in the future to carry out further research on the welfare of persons with disabilities when they exercise, both in general sports and as athletes. This research can be a new reference for other researchers in the future, because the topic in this study tries to raise an issue that is rarely raised. But on the other hand, there are still many shortcomings in the making of this paper. Because the data presented is less accurate and raises the existing topic. In addition, the data presented is not corroborating and cannot provide data with certainty. It is hoped that in the next research with a similar topic, the researcher can refine the data so that the paper will be even better.

## **5 CONCLUSIONS**

Based on research that has been carried out through the literature study method, it can be said that the existence of disability sports can improve the psychological well-being of people with disabilities. This is because people with disabilities can see various aspects and can be motivated to continue to be able to actualize themselves in the midst of limitations. By making this disability sport a means of self-actualization for people with disabilities, it also allows people with disabilities to accept their existing limitations and make peace with themselves. In addition, disability sports can improve physical and mental development, in line with this self-esteem also increases as well as psychological well-being for people with disabilities. Increasing self-esteem and psychological well-being is needed to be able to achieve psychological well-being for people with disabilities. We suggest that in the future, people with disabilities will pay more attention to their welfare, especially through sports with disabilities, for example the government builds sports facilities for people with disabilities. People with disabilities can also get up immediately and actualize themselves with sports activities.

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