

Recreational Activities for People with Disabilities; A Traditional Systematic Review

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Abstract- The aim of this study is to review a literature survey on disabled recreation research. Recreation research in people with disabilities has become very popular in recent years. In parallel with the changing living conditions, the increase in the sensitivity towards people with disabilities has been reflected in the researches on this subject. Support for the promotion of recreational activities for people with disabilities can be considered as one of the most important results of these studies. According to World Health Organization data, the number of people with disabilities in the world increased in recent years. This increase reveals that societies should review their policies related to people with disabilities. We need to create suitable living conditions for people with disabilities to know that they feel free in society. One of the most important ways to improve the living conditions of people with disabilities is the creation of appropriate recreational areas. From this point of view, this research consisted of a literature survey which was prepared by reviewing the researches about the participation of people with disabilities in recreation. This study was designed according to content analysis method and used in Ebsco databases. The research is designed to contribute to the promotion of recreational activities in the handicapped.

Index Terms- Disability entertainment, Physical education for the disabled, Recreation, Recreational activities, Recreation for the disabled, Physical education for the disabled

I. INTRODUCTION

In the Special Education Services Regulation (2018), the individual in need of special education is defined as individual and his / her developmental characteristics and educational competence which are significantly different from their peers. Special education is defined as ile education in a suitable environment with training programs developed specifically to meet the educational and social needs of individuals who have significant differences in their individual and developmental characteristics and educational qualifications from their peers. As it is understood from these definitions, individuals with special needs may have different needs than their peers. If the needs of these individuals are not met properly, they have some difficulties both in the school environment and in the social life. These individuals' socialization depends on the provision of appropriate training for them (Özak, Vural, & Avcioğlu, 2015). Recreation can be defined as the activities of the people in their free time outside the time they spend to meet their work and compulsory needs. The emphasis on leisure activities in the definition of recreation this can be considered as a time for people with disabilities.

Because every person has the freedom to participate in social life and to do his / her own activities. People with disabilities often have discretion in terms of participation in social life. Although they are offered various opportunities, they often do not know how to reach these facilities (Karaküçük, 2016; Ragheb, 1980). In this case, trainings given to individuals with special needs may be a guide for this matter. It can be used as a teaching method in recreational activities for the education of people with disabilities regulations relating to individuals with special needs indicate that recreational activities should not be neglected. Today, the most important obstacles for people with disabilities are limited freedom to act.

In order for education to be permanent and effective, it is necessary to meet the recreation activities of the individuals at early ages. The habit of recreational activity acquired in childhood may become a permanent and desirable behavior in later periods. The aim of the education of children with special needs is to ensure that the children are able to be self-sufficient and integrate into society without being dependent on other individuals (Namlı & Suveren, 2017; King et al., 2003). In recreational activities, children have important opportunities in terms of gaining freedom of movement without the need of anybody. Therefore, it may be useful to include disabled people in the education of the disabled by considering the contributions of the recreation educators. It is observed that recreation researches related to disabled people are very common especially in Europe and America (Hammel et al., 2008; Rimmer, 1999; Rimmer, Riley, Wang, Rauworth, & Jurkowski, 2004; Sherrill, 1998; Taylor, Baranowski, & Young, 1998). Turkey, but it can be said that much more research needs to be done about it. Especially in the last 15 years it is also provided positive development on many issues related to people with disabilities in Turkey. President Erdoğan supported the participation of people with disabilities in recreational activities and met many times with disabled people who participated in sports (Presidency of the Republic of Turkey, 2018). In a period of increasing political support for people with disabilities, recreation and sports researchers are also required to investigate developments in this area. From this point of view, the purpose of this study was to examine the recreational researches related to the disabled.

II. METHODOLOGY

In this research which is about recreation activities in people with disabilities, data were obtained by content analysis method. Content analysis is a research technique in which the valid interpretations derived from the text are presented as a result of a series of operations. These comments are about the sender of the message, the message itself and the recipient of the message (Weber, 1990). In this research, some articles which have been published in the last 2 years in Ebsco databases have been analyzed. As a result of the analysis, studies on subjects related to recreational activities in disabled individuals were evaluated. There are many studies on the subject. With this method, the findings of more than one research on a subject are brought together and a critical analysis is performed to provide the best evidence. However, systematic review studies are an important research project and should be done within a specific protocol. "Traditional systematic review" protocol is used in this research. Traditional systematic review: Two or more studies published on a specific subject are reviewed and the results are the studies that synthesize the findings, results and evaluations. In this research, two articles are discussed. The titles of the research articles are as follows: "Having Fun and Staying Active!

Children with Disabilities and Participation in Physical Activity: A Follow-Up Study” and “Contribution of Leisure Participation to Personal Growth among Individuals with Physical Disabilities”.

III. FINDINGS

1. Having Fun and Staying Active! Children with Disabilities and Participation in Physical Activity: A Follow-Up Study

In this study, which aims to examine the recreational activities in disabled individuals. The first study to be analyzed is the study titled "Having Fun and Staying! Physical Activity: A Follow-Up Study". This study was published in the journal "Physical & Occupational Therapy In Pediatrics" by Baksjøberget, Nyquist, Moser and Jahnsen in 2017. The study primarily consisted of 3 weeks of intensive physical and recreational activities. Then, behavioral changes of children were examined during the 15 months follow-up. The study applied a 15-month semi-experimental single-group pre / post test design for the recreational and physical activity profiles of children. Children's Assessment of Participation and Enjoyment was used as a measurement tool(CAPE)(King et al., 2006) . The research was conducted in Norway. and the data collection process is planned by considering climatic variations. The sample group of the study consisted of 152 (67 girls and 85 boys) multiple handicapped ages ranging from 6 to 17 years of age. however, since the data collection process of the study consists of 3 stages, the number of different participants in each period was included in the study. There were 152 participants in the 1st stage, 118 participants in the second stage and 80 participants in the last stage. This scale consists of 55 creative activities and each activity is scored in 5 sections. The questionnaire sections were applied to disabled children with expert therapists. The data obtained from the research were analyzed by IBM SPSS program. Data were analyzed by nonparametric (Chi-square, Mann–Whitney U, and Fisher’s Exact tests) tests. The results of the study showed that the participation of 55 recreational activities for 15 months decreased significantly in terms of diversity and intensity. The most significant decrease was reported in children aged 10-13 years. In the study, it was found out that boys prefer more skill oriented activities than girls. They also stated that they preferred "fun activities" significantly more in the selection of recreational activities in both genders (Baksjøberget, Nyquist, Moser, & Jahnsen, 2017).

2. Contribution of Leisure Participation to Personal Growth Among Individuals With Physical Disabilities

The aim of the study is to examine the effects of individuals with various disabilities on individual development of participation in recreational activity. It is desired to determine potential predictors of participation in recreational activities in terms of personal development. Another aim of this research carried out in the country of Korea is to create a program proposal for recreation therapists and to raise awareness on this issue, according to cultural differences. Individuals with physical disabilities over the age of 18 were selected as participants. After obtaining the necessary permits, the subjects in various schools, hospitals and rehabilitation centers were included in the research sample. The data obtained for the surveys were obtained from a total of 254 questionnaires. The participants of the study were female 46.2%, male 53,8 % were female. A measurement tool used in research "Measures of Psychological Well-being" developed in 1989 by Ryff. Also A modified version of “Leisure Participation Involvement Scale” (LPI; Ragheb, 1980) was used to determine the frequency of participation in recreational activities. The findings obtained from the research were reached through

hierarchical regression analysis. Hierarchical regression analysis has been examined the relationship between independent variables and dependent variables. When the results of the research are examined, it is determined that the personal development of individuals in general is relatively high. The researcher also reported the participation rates for recreational activities in Table 1.

Table1. Distribution of participation scores for recreational activities

| | |
|-------------------------------|-----------------------|
| Cultural activities | (M = 4.69, SD = 1.59) |
| Social activities | (M = 4.61, SD = 1.52) |
| Outdoor activities | (M = 3.98, SD = 1.65) |
| Hobbies and indoor activities | (M = 3.90, SD = 1.73) |
| Physical activities | (M = 3.47, SD = 1.79) |
| Volunteer activities | (M = 3.07, SD = 1.71) |

IV. CONCLUSION

In this study, which deals with recreational activities in people with disabilities, traditional systematic review method used and the data collection process was conducted according to the content analysis. The selection of the articles discussed in the research was carried out in this method frame. When viewed from this angle in terms of the research methods used in research related to the Turkey-based recreation and physical activity it can be considered as a unique method. When the results of the research are examined, it is reported that the participation of disabled individuals in recreational activities has positive effects on their lives. There are a lot of research literature on this subject (Brandon, n.d.; Bult, Verschuren, Jongmans, Lindeman, & Ketelaar, 2011; Margalit, 1984; McCann, Bull, & Winzenberg, 2012; McConachie, Colver, Forsyth, Jarvis, & Parkinson, 2006; Shields, Synnot, & Barr, 2012; Shikako-Thomas, Majnemer, Law, & Lach, 2008; Young, Rice, Dixon-Woods, Colver, & Parkinson, 2007). however, it may be said that they need more research in Turkey-based. It is also important to promote joint research with physical education, physical activity, recreation researcher and health professionals. More particularly multidisciplinary research is needed in Turkey

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