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Examination of Swimming Exercises' Effects on Disabled Individuals' Life Satisfaction Levels

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Abstract

This research was done to determine how disabled individuals', who were let doing swimming exercise, life satisfactions get shaped depend on gender, age and obstacle situation variance. With this aim there were 24 female and 26 male, whose ages differ 16 and 21 ± 3 , 54 totally 50 people were included to the study. For the research permission was taken from both participants and their families that they were volunteers for it. To the participants there was 6 weeks swimming exercise program (3 days in a week for one hour) applied. In the beginning and the end of the program as pretest and posttest for determining the participants' life satisfaction levels the Life Satisfaction Scale Form was applied. In the result of the research while there was not any statistically difference observed ($p>0,05$) in the disabled individuals' life satisfaction levels depend on age, there was a statistically meaningful difference determined in the life satisfaction levels of disabled individuals ($p<0,05$). According to this it can be sad that swimming exercises is a positive activity that positively affects especially ladies' life satisfaction levels.

Keywords: Disabled, swimming, life satisfaction, sport

Introduction

Sport provides an environment for the person to escape from his/her limited world by means of making communication with other people and interaction. With its this aspect it can be said that sport provides supply and burden really important role for making new friendship and especially letting disabled individuals to have place in society (Yetim, 2005).

Sport's social and psychological utilities such as discipline, trust, competition and emerging friendship feelings are more important than physical utilities such as individual's interaction with society, giving the probability of being useful (Tatar, 1997). On disabled individuals writers who make comment and emphasize the contributions on much more for emotional development and psychomotor development (Aygün, 2004). For the sports disabled individuals; to deal with his/her obstacle situation and teaching him/her to lower its severity, giving fun, providing communication and sharing, increasing life motivation, helps to acquire positive personal characteristics such as; kindness and collaboration (Özer, 2001).

Disabled individuals' problem for cannot doing the same activities as normal people do might lead them to be offended from social environment, being regretted from their friends and continue an isolated life (Kabasakal et al., 2008). Besides its effect about limitation for the disabled individuals by the strict issues will also lead to pettishness, introversion, shyness and depressive emotions (Ekşi, 2011), it also negatively affects the life satisfaction that individual experience. Thus, on any individual that he/she does not attend to life satisfaction, does not take responsibility for anything, can lead to negative emotions for life and his/her environment (Akçamete, 1992; Tarsuslu et al., 2010).

Disabled individuals' social life participation has been restricted because of the inequalities in every part of the life` (Groff et al., 2009). For this restriction it is seen that disabled individuals live an inactive life when it is compared with society. World Health Organization grabs attention to this situation as a serious public health problem (Fernhall et al., 2008). Besides all of these, it is determined that being disabled is a factor that generally lowers the quality of life (Kılıçoğlu and Yenilmez, 2005).

Disabled individuals see themselves insufficient because of their obstacles and they experience decreases in their ego perceptions. On the disabled individual with low ego perception cannot use current potential and because of this there will be decrease in the life quality. And this situation affects the disabled individual's life negatively and leads to decrease of life satisfaction (Tarsuslu et al., 2010). On the disabled individuals these kind of problems which lead to depression will cause to lower individual's fun of life and he/she will experience problems about life satisfaction.

Life satisfaction generally affects the whole life of person and different dimensions of this life (Yoltaş, 2007). In this context, physical functions of people, psychological situations, social relationships inside and outside the family, social environment interactions and beliefs have an important place for the life satisfaction. Moreover, when individual feels himself happy it is an important sign of life satisfaction. Life satisfaction includes whole life of the person and all dimensions' of this life, it also expresses being nice in terms of different aspects such as morale (Koçoğlu, 2006).

In one sense, life satisfaction is the degree that individual determine aims and reaches to them. The reaching level to the aims that individuals determine also increases the life satisfaction. Life satisfaction is held as the general evaluation of the individual's own criteria.

Diener et al., (2007) comment on life satisfaction as current life satisfaction, past life satisfaction and thoughts of the relatives of the person. The satisfaction areas can be business, family, leisure time, health, money, ego and immediate vicinity of the person (Dost, 2007). The basic aim of the areas of education, health and environment in society should be increase of the subjective goodness and the effect of different social policies subjective goodness effect should be observed closely (Diener ve Seligman, 2004).

Research that is done for this sense is aimed to examine the effects of the swimming exercises' effect on life satisfactions and evaluation of these issues by means of health and social interaction.

Material Method

Research Group

With this aim there were 24 female and 26 male, whose ages differ 16 and 21 ± 3 , 54 totally 50 people were included to the study. For the research permission was taken from both participants and their families that they were volunteers for it. To the participants there was 6 weeks swimming exercise program (3 days in a week for one hour) applied. In the beginning and the end of the program as pretest and posttest for determining the participants' life satisfaction levels Life Satisfaction Scale Form, which was improved by Diener et al. (1985) and adapted into Turkish by Köker (1991), was applied.

Data Collecting Tool

At the beginning and end of the swimming program as pretest and posttest for the determination of life satisfaction levels of the participants the Life Satisfaction Scale was applied. Scale was improved by Diener, Emmons, Laresen and Griffin (1985) and adapted to Turkish by Köker (1991). The scale is consisted of five articles related to life satisfaction. Each article is answered according to septet graded answering system (1: it is not suitable –7: very suitable). Scale which aims to measure general life satisfaction is suitable from adolescents to adults. The point that might be gotten from scale differs between 5 and 35 and while point increases the life satisfaction level also increases. Turkish translations and validity of the scale through 'superficial validity' technique, were done by Köker (1991). In the analysis of substance, the correlation between total points and the acquired points were found sufficient. Test-repeat validity coefficient of the scale is specified as .85.

Analyzing of the Data

For the evaluation of the datum that was acquired by research group frequency percentage and arithmetic averages calculated with Paired Sample t test if there was a difference or not between pretest and posttest values according to life satisfaction levels average values. Statistical meaningfulness degree was dealt as (Alpha) $p < 0.05$.

Findings

Table1. Analysis results according to research group's age variance.

Life satisfaction	Age	n	Mean	SD	t	p
Pretest	18-21 age	27	11,72	2,75	1,528	,121
	22-25 age	23	12,53	1,61		
Posttest	18-21 age	27	12,65	2,14	,679	,562
	22-25 age	23	12,25	2,05		

According to Table1' there was not a statistically meaningful difference determined between the pretest and posttest point averages in life satisfaction levels according to research group's age variance($p>0.05$).

Table 2. Analysis results according to research group's gender variance

Life Satisfaction	Gender	n	Mean	SD	t	p
Pretest	Female	24	12,89	1,25	1,426	,235
	Male	26	12,02	1,63		
Posttest	Female	24	14,54	1,04	2,679	,012*
	Male	26	12,71	2,02		

* $p<0.05$

According Table 2 it is determined that there was not a statistically meaningful difference among pretest life satisfaction point averages according to research group's gender variance ($t=1,426$; $p>0.05$) but it is determined that there was a difference for the good of females in the post test point averages ($t=2,679$; $p<0.05$).

Table 3. Analysis results according to research group's obstacle situation variance

Life satisfaction	Obstacle Situation	N	Mean	SD	t	p
Pretest	Congenital	38	14,42	2,07	3,561	,001*
	Adventitious	12	9,87	1,53		
Posttest	Congenital	38	15,12	1,18	4,253	,000*
	Adventitious	12	10,21	2,16		

* $p<0.05$

According to Table3' it is determined that there was a statistically meaningful difference among pretest life satisfaction point averages for the good of congenital obstacle situation ($t=3,561$; $p<0.05$) and also for the good of congenital disabled individuals among the posttest point averages ($t=4,253$; $p<0.05$).

Table 4. Research group's pretest and posttest life satisfaction levels

Scale		N	Mean	SD	t	p
Life satisfaction	Pretest	50	11,24	2,32	2,472	,038*
	Posttest	50	13,47	1,53		

* $p<0.05$

According to Table 4 it is determined that there was a statistically meaningful difference among pretest and posttest life satisfaction point averages of the research group ($t=2,472$; $p<0.05$). According to this point averages it is determined that research group's life satisfaction levels are at the average level.

Discussion

In the research that was done for the physically disabled individuals that were done swimming exercise for the aim of how their life satisfaction levels get shaped according to gender, age and obstacle situation variances;

As it is seen in the Table 1 it is determined that there was not a statistically meaningful among pretest and posttest point averages in the life satisfaction levels of physically disabled individuals according to age variance ($p>0.05$). Swimming exercises of the physically disabled participants there was not a meaningful difference found in their life satisfactions depend on age ranges. Some acquisitions that is provided by sports for each age groups it also provides this facility for the disabled individuals. Whatever the obstacle situation or kind it is an important device to increase the motivation with moving, doing exercise, participating to sportive activities give the individual happiness (Eichsteadt ve Lavay, 1995).

In the Table 2 it is seen that there was a positive development in the life satisfaction point averages of the physically disabled individuals that are in the research group, according to gender variance and in the result of swimming exercises program. People feel a subjective goodness when they feel many good or bad feelings, doing interesting activities, experience many happy and painful situations and pleased with their lives (Diener, 2000). Yet, disabled individuals that mostly keep out of the society or being kept away from care takers then they will be out of major rights such as completing the education career. And also their keeping away from society will lead to be ignored and let them coincide with abuse possibilities (Jones et al., 2012). In our culture it is the behavior type that is burden by the families for a protective environment especially for female children to keep away from negativities of the outer world. This attitude can be seen as a factor that restricts the disabled individual's life motivation and social interaction. Including the conducted research female disabled individuals that attended as other disabled group and feeling this belonging emotion in the swimming exercise program, this might provide contributions to life satisfactions with helping them feel of sharing in the group, communication and interactions in the social life, letting individual feel happy and achieve something. In the researches, the factors that provide life satisfaction reported positively and these are such as; culture, self respect (Cheng ve Furhham, 2003), being able to manage the situation that he/she stands, having the emotion of meaningfulness feeling for himself and his/her environment (Compton, 2000).

In different countries it is reported that some factors such as age, stress, physical health situation, parent attitudes, personality characteristics, and variances about education that examines and has a big role in the college students' life satisfaction (Chow, 2005). However, life satisfaction is affected by cultural features and value systems at an important range. (Dorahy et al., 2000; Rask et al., 2002).

Duman et al., (2011) specified that participation to sports has a high average in the life satisfaction and self respect in the females and this burdens them much more responsibility by means of our culture and on the other hand Şahin (2015) specified that females' expectations

are lesser than males in the society and this low expectation is thought that it might increase the life satisfaction.

According to Table 3 it is seen that there was a statistically meaningful in the pretest and posttest point averages life satisfactions for the research group's obstacle situation variance. According to this result when it is compared with disabled individuals the individuals that were being disabled in later life it can be said that they are not able to deal with their obstacles and this will lead to negative effect on their life satisfaction levels. Life satisfaction includes individuals' lives and every dimension of their lives. Life satisfaction does not mean to be a satisfaction to a specific situation or a specific process it generally means to be satisfaction of all experiences (Avşaroğlu et al., 2005). In this sense feeling of hopelessness in the living of later life as a disabled individual will lead to increase in anxiety and with this situation it will create negative effects on the life satisfactions. Gündoğar et al., (2007) reported that in a study that university students' life satisfactions are predicted when hopelessness point and continuous anxiety level decrease then life satisfaction increases.

As a result on the physically disabled individuals the swimming exercises' effects on life satisfactions were examined and it is determined that there was not an effect on life satisfaction and according to gender and obstacle situation it shows difference in the life satisfaction levels and swimming exercises has positive results on individuals life satisfaction levels. Sports ease the disabled individuals' physical, spiritual and social developments and in the society it helps them to make communication and their interaction with people (Eichsteadt and Lavay, 1995). With this reason, it is important to provide disabled individuals' adaptation to society, speed up this process and for the contribution of their socializing sports is needed to be dealt as a device (Dunn and Fait, 1997).

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