Investigation of Sports Participation Motivation in Disabled Individuals In Terms of Various Variables

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Abstract

The aim of this study was to examine the impact of various factors on the sports participation motivation of individuals with disabilities. A total of 206 participants with different types of disabilities and demographic characteristics volunteered for the study. Data was collected through a Google form, which consisted of two parts. The first part included 8 personal questions developed by the researcher, covering topics such as age, gender, education level, financial income level, sports participation history, sports background, health insurance status, and disability type. The second part of the form included the Sports Participation Motivation Scale for Disabled Individuals, developed by Demir and İlhan (2019). The data was analyzed using IBM SPSS 22.0, with frequency, percentage, mean, standard deviation, and Cronbach's alpha calculations. The normality of the data was tested using the Kolmogorov-Smirnov and Shapiro-Wilk tests, which indicated that the data did not follow a normal distribution. As a result, non-parametric tests were used: The Mann-Whitney U test for variables with two levels, and the Kruskal-Wallis H test for variables with three or more levels. The analysis found no significant relationship between sports participation motivation and gender or education level. However, significant findings emerged in relation to other variables and their impact on the overall scale and its sub-dimensions. Specifically, it was concluded that variables such as individuals' sports history, active sports participation, financial income level, and type of disability play a significant role in motivating disabled individuals to engage in sports.

Keywords: Sports, Motivation, Disabled Individual.

Introduction

In the definition of the Turkish Language Association (2014) for the concept of disability, it is defined as an individual who has lost their physical, mental, spiritual, sensory or social abilities to various degrees, either from birth or for any reason, and who has difficulties in adapting to social life and meeting their daily needs. As can be understood from the definition, the disability of individuals is a condition that may occur either congenitally or later and may occur permanently or temporarily throughout our lives. This situation in individuals may cause them to experience mental or physical difficulties while fulfilling their social or individual duties and needs and may have a negative impact on their quality of life. This difficult process that life brings, undoubtedly has a role in contributing to this process in the formation and advancement of healthy human living standards, both by the individuals who exist in this process due to their situation, as well as by the family or other segments of the society.

While advancing this process, contributing appropriately to the situation of disabled individuals and making them a part of life as a whole is as important for their individual health as it is to ensure socialization with every element existing in society. Undoubtedly, individuals' disabilities

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affect what they can do in their living spaces and to what extent, and this affects their physical and mental development as well as their socialization. In the disabled and elderly statistical bulletin published in the bulletin of the Ministry of Family and Social Services (ASHB, 2022) regarding the disability situation in our country, while classifying disabled individuals, vision, hearing, language and speech difficulties, orthopaedic, mental, spiritual and emotional, those with chronic diseases and other groups are classified. It is categorized as: In the same study, it is reported that 6.9% of 4,876,000 people in our country are in at least one disabled group, and this rate is 5.9% for men and 7.9% for women. Data show that the phenomenon of disability is a social reality for our country. In addition, the fact that the data within the social structure is at this level shows how important the studies to be carried out are.

A person has a natural desire and structure to move, whether he is disabled or not. Tamer and Pulur (2001) state that sports include elements in the development of physical and mental health, including the desire to compete within certain rules, to struggle, to feel excited, to compete, and to prevail in the competition. It is a condition that affects especially disabled individuals in terms of physical and physiological negativities such as obesity, cardiovascular diseases and weakening of muscular strength caused by a sedentary life, as well as psychological factors such as depression, stress and anxiety. In this respect, sports is a protective factor against these negative situations by meeting people's need to move, and it also supports individuals in socializing, staying fit, and maintaining and developing a healthy physical and mental structure. It can be thought that being in a social environment for individuals with different levels and different types of disabilities participating in such sports activities will provide a significant positive return for both them and the society in terms of understanding each other and being understood by the other individuals they are in. Disabled individuals may need to make more physical and mental effort than healthy individuals to perform these activities.

In this regard, being especially mentally motivated will contribute positively to their performance in the sports activities they will do by supporting psychological elements such as desire, effort, fighting spirit, perseverance and determination. It can be thought that individuals' participation in sports activities can increase their self-confidence, strengthen their communication with the environment, and become spiritually stronger individuals. For this reason, every individual who is interested in sports and other elements within sports should know the relationship between motivation and sports and know very well what these concepts mean on their own (Karaaslan et al., 2021). So, sport is a reality with physiological, psychological and social dimensions and its own content (Duyan et al., 2024; Eren, 2024; Karadağ et al., 2024). Şahan (2010) defines motivation as a concept that includes wishes, desires, needs, impulses (such as hunger, thirst, sexuality) and interests. In another definition, Budak (2000) states that it is a state of internal arousal that pushes people to action and directs the action. Dizdar (2009) states that motivation is a changing and mobile process and defines motivation as a process that makes people act behaviorally to meet their needs and pushes them towards their goals. As can be seen from the definitions, motivation is a process and can vary from individual to individual. It can also be expressed as a force that mobilizes individuals' behavior or pushes them forward in the desired direction to focus on the process. Motivating disabled individuals about how important an active life is and knowing which variables make differences for them will make a significant contribution to motivating them. This study was carried out with the aim of ensuring that disabled individuals benefit from the benefits of sports at the highest level, determining the variables that affect the motivation sources that will activate them, and contributing to the quality of life of disabled individuals.

Method

In this part of the research, information is given about the research model, sample, data collection tools, and statistical methods used in data analysis.

Model and Group of Research

Descriptive scanning model was applied in this research. Descriptive screening models are statistical processes that enable the determination, collection and presentation of numerical values related to a variable (Büyüköztürk et al., 2019). Appropriate sampling method was used when creating the research group. The convenient sampling method is a preferred method because it provides the researcher with the advantage of quickly collecting data (Büyüköztürk et al., 2019). The survey form was administered to the participants by obtaining the necessary permissions from Vefa Special Education and Rehabilitation Center, Akçay Fizyo Special Education and Rehabilitation Center and Özgüven Special Education and Rehabilitation Centers located in Balıkesir/Edremit district. The implementation was carried out with the support of institutional trainers and families of

disabled individuals. In addition, the research group was conducted with visually, hearing and physically disabled individuals who were categorized by the General Directorate of Family and Social Services for disabled individuals. In addition, Alpar (2016) states that if the total number of items in the studies is not less than one-fifth of the total number of people, the study will be a reliable and valid analysis in terms of analysis.

Data Collection Tools

Data collection in the research consists of two parts: "Personal Information Form, Sports Participation Motivation Scale for Disabled Individuals ".

Personal Information

In the first part, a personal information form consisting of 8 questions developed by the researcher (age, gender, education level, do you actively do sports? do you have a sports background? financial income level, do you have health insurance? what is your disability type?) was used.

Sports Participation Motivation Scale in Disabled Individuals

Sports Participation Motivation Scale in Disabled Individuals The scale developed by Demir et al. (2019) consists of 22 items and three sub-dimensions (intrinsic motivation (first 12 items), extrinsic motivation (between 13 and 17 items) and amotivation (18 and 22 items). Cronbach Alpha for intrinsic motivation (.94), Cronbach Alpha for extrinsic motivation (.84), Cronbach Alpha for amotivation sub-dimension (.88), and the Cronbach Alpa value explaining the scale was reported as (.82). The amotivation factor consists of reverse items: 12-60 for intrinsic motivation, 5-25 for amotivation, and 22-110 for the entire scale. points out.

Analysis of Data

In this study, data was analyzed using IBM SPSS 22.0 program and frequency, percentage, arithmetic mean, standard deviation and Cronbach alpha calculations were made. Whether the data conformed to normal distribution was analysed using the Kolmogorov-Smirnov and Shapiro-Wilk tests. As a result of the analysis, it was determined that the data did not show a normal distribution. As a result, the Mann-Whitney U test was used for binary variables and the Kruskal-Wallis H test was used for variables with three or more levels. Tamhane's T2 test was applied to determine the source of the differences. 95% confidence interval was taken as reference in the applied analyses.

Findings

Table 1

Reliability Analysis Results

Scales Cronbach Alpha Coefficient	Scales Cronbach Alpha Coefficient
Sports Participation Motivation Scale in Disabled Individuals	.94
Intrinsic Motivation Sub-Dimension	.96
Extrinsic Motivation Sub-Dimension	.87
Amotivation Sub-Dimension	.90

In the reliability analysis carried out to determine the internal consistency of the sports participation motivation scale (0.94), intrinsic motivation sub-dimension (0.96), extrinsic motivation sub-dimension (0.87), amotivation sub-dimension (0.90) in disabled individuals used in Table 1, Cronbach's Alpha values were found to be conclusion has been reached. The values show that the scale used is reliable.

Table 2

Normality Analysis Results

	Kolmogorov-Smirnov[a]			Shapiro-Wilk		
	Statistic	Df	P	Statistic	Df	P
Sports Participation Motivation Scale in Disabled Individuals	.090	206	.000	.965	206	.000

p<0.05

As a result of the Kolmogorov-Smirnov and Shapiro-Wilk normality analysis applied to the data set in Table 2, since the significance level ($p < 0.05$) was low, it was concluded that the data did not show a normal distribution, and non-parametric tests were found suitable for analysis. Mann-Whitney U test was used for variables with two levels, and Kruskal-Wallis H test was used for variables with three or more levels.

Table 3

Descriptive Statistics for İndividuals Participating in the Research

Variables		n	%
Gender	Woman	100	48,5
	Male	106	51,5
Age	10 Age and Below	18	8,7
	11-20 Age Range	64	31,1
	21-30 Age Range	64	31,1
	31 Years and Older	60	29,1
Education Level	Primary School	36	17,5
	Middle School	48	23,3
	High School	68	33,0
	Bachelor's Degree and Above	54	26,2
Do You Actively Do Sports?	Yes	70	34,0
	No	136	66,0
Do You Have a Sports Background?	Yes	72	35,0
	No	134	65,0
Financial Income Level?	Low	32	15,5
	Middle	102	49,5
	Good	66	32,0
	Very Good	6	2,9
Do You Have Health Insurance?	Yes	164	79,6
	No	42	20,4
What ıs Your Disability Type?	Physically Disabled	112	54,4
	Blind	46	22,3
	Deaf	48	23,3

According to the demographic information of the individuals who participated in our research in Table 3; In the gender variable, 100 for women and 106 for men; 10 years old and under 18, 11-20 years old 64, 21-30 years old 64, 31 years and above 60; Education level: primary school 36, secondary school 48, high school 68, bachelor's degree or above 54; Do you actively do sports? In the variable, 70 in the yes group and 136 in the no group; Do you have a sports background? In the variable, 72 in the yes group and 134 in the no group; In financial income level, low 32, medium 102, good 66, very good 6; Do you have health insurance? In the variable, 164 in the yes group and 42 in the no group; What is your disability type? It is seen that the variable consists of 112 individuals with physical disabilities, 46 individuals with visual impairments, and 48 individuals with hearing impairments.

Table 4

Mann Wittney U Test Results According to The Gender Variable of the İndividuals

Scales	Gender	n	Rank Avg	Rank Total	U Value	z	p
Sports Participation Motivation Scale in Disabled Individuals	Woman	100	102,42	10242,00	5192,00	-,253	,801
	Male	206	104,52	11079,00			
Intrinsic Motivation Sub-Dimension	Woman	100	101,80	10180,00	5130,00	-,398	,691
	Male	206	105,10	11141,00			
Extrinsic Motivation Sub-Dimension	Woman	100	103,52	10352,00	5298,00	-,005	,996
	Male	206	103,48	10969,00			
Amotivation Sub-Dimension	Woman	100	103,96	10396,00	5254,00	-,109	,913
	Male	206	207,25	43729,50			

$p<0.05$

In Table 4, no statistically significant difference was found as a result of the Mann Witney U Test between the sports

participation motivation scale in disabled individuals and all its sub-dimensions and the gender variable (p>0.05).

Table 5

Kruskal Wallis H Test Results According to The Age Variable of the İndividuals

Scales	Age	n	Rank Avg.	X^2	Df	P	Post Hoc
Sports Participation Motivation Scale in Disabled Individuals	(1) 10 Age and Below	18	101,28	6,904	3	0,75	
	(2) 11-20 Age Range	64	111,44				
	(3) 21-30 Age Range	64	111,59				
	(4) 31 Years and Older	60	87,07				
Intrinsic Motivation Sub-Dimension	(1) 10 Age and Below	18	100,72	2,670	3	,445	
	(2) 11-20 Age Range	64	111,38				
	(3) 21-30 Age Range	64	105,13				
	(4) 31 Years and Older	60	94,20				
Extrinsic Motivation Sub-Dimension	(1) 10 Age and Below	18	91,61	5,706	3	,127	
	(2) 11-20 Age Range	64	109,97				
	(3) 21-30 Age Range	64	112,41				
	(4) 31 Years and Older	60	90,67				
Amotivation Sub-Dimension	(1) 10 Age and Below	18	103,61	14,714	3	,002	3>4
	(2) 11-20 Age Range	64	107,03				
	(3) 21-30 Age Range	64	121,03				
	(4) 31 Years and Older	60	81,00				

p<0.05

Table 6

Kruskal Wallis H Test Results by Education Level Variable

Scales	Education Level	n	Rank Avg.	X^2	Df	P
Sports Participation Motivation Scale in Disabled Individuals	Primary School	14	90,39	5,027	3	,170
	Middle School	207	110,04			
	High School	138	96,97			
	Bachelor's Degree and Above	35	114,65			
Intrinsic Motivation Sub-Dimension	Primary School	14	95,94	4,552	3	,208
	Middle School	207	109,96			
	High School	138	94,32			
	Bachelor's Degree and Above	35	114,35			
Extrinsic Motivation Sub-Dimension	Primary School	14	90,67	5,738	3	,125
	Middle School	207	115,63			
	High School	138	95,68			
	Bachelor's Degree and Above	35	111,13			
Amotivation Sub-Dimension	Primary School	14	90,33	2,351	3	,503
	Middle School	207	103,88			
	High School	138	108,29			
	Bachelor's Degree and Above	35	105,91			

p<0.05

In Table 5, it was concluded that there was no statistically significant difference (p>0.05) as a result of the Kruskal Wallis H Test conducted between the sports participation motivation scale, intrinsic motivation, extrinsic motivation sub-dimensions of disabled individuals and the age variable, but there was a significant difference in the amotivation sub-dimension (p<0.05). As a result of the post hoc analysis conducted to see in which direction the difference was, it was concluded that the amotivation levels of the participants in the 21-30 age group were significantly higher than the participants in the 31 and above age group.

In Table 6, it was concluded that there was no statistically significant difference as a result of the Kruskal Wallis H Test between the sports participation motivation scale and the education level variable in disabled individuals (p>0.05).

Table 7

Kruskal Wallis H Test Results According to Material Income Level Variable

Scales	Financial Income Level	n	Rank Avg.	X^2	Df	P	Post Hoc
Sports Participation Motivation Scale in Disabled Individuals	(1) Low	32	80,19	17,377	3	,001	4>1,2,3
	(2) Middle	102	99,83				
	(3) Good	66	113,38				
	(4) Very Good	6	181,50				
Intrinsic Motivation Sub-Dimension	(1) Low	32	79,13	17,676	3	,001	4>1,2,3
	(2) Middle	102	100,54				
	(3) Good	66	112,74				
	(4) Very Good	6	182,17				
Extrinsic Motivation Sub-Dimension	(1) Low	32	110,19	11,493	3	,009	4>1,2,3
	(2) Middle	102	101,68				
	(3) Good	66	96,11				
	(4) Very Good	6	180,17				
Amotivation Sub-Dimension	(1) Low	32	82,75	12,942	3	,005	4>1,2,3
	(2) Middle	102	96,89				
	(3) Good	66	120,65				
	(4) Very Good	6	137,83				

p<0.05

In Table 7, it was concluded that there was a statistically significant difference as a result of the Kruskal Wallis H Test conducted between the sports participation motivation scale and all its sub-dimensions in disabled individuals and the financial income level variable (p<0.05). As a result of the post hoc analysis conducted to see in which direction the difference was, it was concluded that the participants in the very good group had higher score levels than the participants in the other groups.

Table 8

Do You Actively Do Sports? Mann Whitney U Test Results by Variable

Scales	Do You Have Health Insurance?	n	Rank Avg.	Rank Total	U Value	z	p
Sports Participation Motivation Scale in Disabled Individuals	Yes	70	125,70	8799,00	3206,000	-3,836	,000
	No	136	92,07	12522,00			
Intrinsic Motivation Sub-Dimension	Yes	70	122,90	8603,00	3402,000	-3,355	,001
	No	136	93,51	12718,00			
Extrinsic Motivation Sub-Dimension	Yes	70	127,44	8921,00	3084,000	-4,146	,000
	No	136	91,18	12400,00			
Amotivation Sub-Dimension	Yes	70	112,33	7863,00	4142,000	-1,547	,122
	No	136	98,96	13458,00			

p<0.05

In Table 8, it was concluded that there was a statistically significant difference as a result of the Mann Witney U Test conducted between the sports participation motivation scale, intrinsic motivation sub-dimension, extrinsic motivation sub-dimension and the variable of actively doing sports in disabled individuals (p<0.05). It was concluded that the difference is that the score levels of the participants who answered yes in the sports participation motivation scale, intrinsic motivation sub-dimension, and extrinsic motivation sub-dimension in disabled individuals were higher than the participants who answered no. However, no significant difference was found between the amotivation sub-dimension and the active sports variable (p>0.05).

Table 9

Do You Have a Sports Background? Mann Whitney U Test Results According to Variable

Scales	Do You Have a Sports Background?	n	Rank Avg.	Rank Total	U Value	z	p
Sports Participation Motivation Scale in Disabled Individuals	Yes	72	131,94	9500,00	2776,000	-5,022	,000
	No	134	88,22	11821,00			
Intrinsic Motivation Sub-Dimension	Yes	72	125,89	9064,00	3212,000	-3,956	,000
	No	134	91,47	12257,00			
Extrinsic Motivation Sub-Dimension	Yes	72	121,06	8716,00	3560,000	-3,106	,002
	No	134	94,07	12605,00			
Amotivation Sub-Dimension	Yes	72	125,42	9030,00	3246,000	-3,923	,000
	No	134	91,72	12291,00			

p<0.05

In Table 9, as a result of the Mann Witney U Test conducted between the sports participation motivation scale in disabled individuals and all its sub-dimensions and the sports history variable, it was concluded that there was a statistically significant difference (p <0.05). It was concluded that the score levels in all sub-dimensions were higher than the participants who answered no.

Table 10

Do You Have Health İnsurance? Mann Whitney U Test Results by Variable

Scales	Do You Have Health Insurance?	n	Rank Avg.	Rank Total	U Value	z	p
Sports Participation Motivation Scale in Disabled Individuals	Yes	164	112,23	18406,00	2012,000	-4,156	,000
	No	42	69,40	2915,00			
Intrinsic Motivation Sub-Dimension	Yes	164	111,02	18208,00	2210,000	-3,584	,000
	No	42	74,12	3113,00			
Extrinsic Motivation Sub-Dimension	Yes	164	105,54	17308,00	3110,000	-,971	,331
	No	42	95,55	4013,00			
Amotivation Sub-Dimension	Yes	164	113,74	18654,00	1764,000	-4,943	,000
	No	42	63,50	2667,00			

p<0.05

Table 10 shows that there is a statistically significant difference as a result of the Mann Witney U Test conducted between the sports participation motivation scale, intrinsic motivation sub-dimension, amotivation sub-dimension and health insurance variable in disabled individuals (p<0.05), and the participants who answered yes have a disability. It was concluded that individuals' scores on the sports participation motivation scale, intrinsic motivation sub-dimension, and amotivation sub-dimension were higher than the participants who answered no. However, no significant difference was found between the extrinsic motivation sub-dimension and the health insurance variable (p>0.05).

In Table 11, it was concluded that there was a statistically significant difference as a result of the Kruskal Wallis H Test conducted between the sports participation motivation scale in disabled individuals and all sub-dimensions and the disability type variable (p<0.05). As a result of the post hoc analysis made to see in which direction the difference is, the score level of physically disabled individuals in the sports participation motivation scale and all its sub-dimensions in disabled individuals was

significantly lower except for the hearing-impaired variable in extrinsic motivation. It was concluded that individuals had significantly higher score levels than visually impaired individuals

Table 11

Kruskal Wallis H Test Results According to Disability Type Variable

Scales	Engel türünüz nedir?	N	Rank Avg.	X^2	Df	P	Post Hoc
Sports Participation Motivation Scale in Disabled Individuals	(1) Physically Disabled	112	84,48				
	(2) Blind	46	119,02	26,291	2	,000	1<2,3 3>2
	(3) Deaf	48	133,00				
Intrinsic Motivation Sub-Dimension	(1) Bedensel engelli	112	85,55				
	(1) Physically Disabled	46	121,63	22,563	2	, 000	1<2,3
	(2) Blind	48	128,00				
Extrinsic Motivation Sub-Dimension	(3) Deaf	112	97,57				
	(1) Physically Disabled	46	97,20	6,992	2	,030	1<3
	(2) Blind	48	123,38				
Amotivation Sub-Dimension	(3) Deaf	112	86,04				
	(1) Physically Disabled	46	119,85	22,184	2	,000	1<2,3
	(2) Blind	48	128,58				

p<0.05

Table 12

Minimum, Maximum and Average Values of The Sports Participation Motivation Scale in Disabled Individuals

Scales	N	Minimum	Maximum	Average
Sports Participation Motivation Scale in Disabled Individuals	206	29,00	110,00	76,77
Intrinsic Motivation Sub-Dimension	206	13,00	60,00	42,08
Extrinsic Motivation Sub-Dimension	206	5,00	25,00	14,99
Amotivation Sub-Dimension	206	7,00	25,00	19,69

In Table 12, participants' sports participation motivation scale in disabled individuals (76.77); It was concluded that they had a score level of intrinsic motivation sub-dimension (42.08), extrinsic motivation sub-dimension (14.99) and amotivation sub-dimension (19.69).

Discussion

In Table 4, no significant difference was found in the analysis made between the sports participation motivation scale and all its sub-dimensions and the gender variable in disabled individuals (p>0.05). In her study on disability and difficulty in participating in sports, Handan Yılmaz (2023) concluded that female participants had more difficulty in participating in sports than male participants in the scale and all sub-dimensions. In their study on recreation and urbanization, Karaküçük and Gürbüz (2007) stated that female participants were more affected by all kinds of obstacles than male participants, regarding the reasons that prevent them from participating in recreational activities. Similarly, Ergül (2008) reported in his study on university students that men had higher score values in sports participation than women. There are studies in the literature reporting that female individuals have higher motivation levels than male individuals in participating in sports activities (Blinde & McCallister, 1999; Shihui et al., 2007).

Another study conducted on the sports participation motivation of physically, hearing and visually impaired athletes similarly concluded that the motivation levels of female individuals are higher (Mutlu Bozkurt et al., 2019). Studies show that the gender factor regarding participation in sports may vary from society to society, culture to culture and region to region. However, considering that female individuals are especially disabled and that some environmental, physical or family difficulties from the past to the present affect female individuals more, it can be thought that female participants may have a lower level of motivation in participating in sports activities. In Table 5, it was concluded that there was no significant difference in the analysis made between the sports participation motivation scale, intrinsic motivation, extrinsic

motivation sub-dimensions and the age variable in disabled individuals (p>0.05), but there was a significant difference in the amotivation sub-dimension (p<0.05). In the analysis conducted to examine the direction of the difference, it was concluded that the amotivation levels of the participants in the 21-30 age group were significantly higher than the participants in the 31 and above age group. In their study on the motivation to participate in sports in individuals with special needs, Yılmaz and Eliöz (2022) concluded that there was a significant difference in the sub-dimensions of intrinsic and extrinsic motivation and amotivation when looking at the motivation sub-dimensions of the participants according to their age categories. In the analysis conducted to examine the direction of the difference, a significant difference was obtained in favor of those aged 18-24 in intrinsic motivation and extrinsic motivation, and in favor of those aged 31-40 in the amotivation sub-dimension. Similar to our study, Demir and İlhan (2020), in their study on the motivation to participate in sports in disabled athletes, concluded that there was no significant relationship between the scale itself and the internal and external motivation sources, which are one of its sub-dimensions, and their age, while amotivation increased significantly with the increase in age. They reported that it decreased. Amotivation is defined as individuals doing or participating in sports without any internal or external reason (Bayar, 1997).

It is thought that amotivation may occur depending on age, but individuals' extrinsic motivation levels can be expected to increase depending on age (Brodkin & Weiss, 1990; Demir et al., 2019), and there may be a decrease in sports participation rates (Çeker et al., 2013). In Table 6, it was concluded that there was no statistically significant difference between the sports participation motivation scale and the education level variable in disabled individuals (p>0.05). Emamvırdı et al. (2020) reported in their study on physically disabled athletes that there was a significant difference in the scores the research group received from the sports participation motivation scales depending on the education level variable. They concluded that this difference was a statistically significant difference in favor of the university group in the internal dimension of sports participation motivation. Zhou et al. (2016) stated in their study on disabled athletes playing table tennis that the family education level of the athletes positively contributed to the intrinsic motivation levels of the athletes. Considering that the level of education will increase individuals' perspectives on life and their perception level of what sports will bring to individuals in terms of a healthy life, it can be thought that the level of education may have an impact on the motivation to participate in sports.

In Table 7, it was concluded that there was a significant difference in the analysis between the sports participation motivation scale and all its sub-dimensions and the financial income level variable in disabled individuals (p <0.05). As a result of the analysis conducted to see in which direction the difference was, it was concluded that the participants in the very good group had higher score levels than the participants in the other groups. Esatbeyoğlu and Karahan (2014) reported in their study titled "Barriers to disabled individuals' participation in physical activity" that there was no significant difference between the financial situation variable regarding disability groups. Emamvırdı et al. (2020) concluded in their study that there is no significant difference between income level and sports participation motivation and all its sub-dimensions. Supporting the result of our study, Jaarsma et al. (2014) conducted a study to determine the factors that hinder and facilitate sports, and found that lack of facilities, expensiveness of sports equipment and lack of equipment, which are related to the economic level of participation in sports, are important factors in preventing participation in sports.

They reported that this situation may cause a decrease in the level of motivation in participating in sports. In Table 8, it was concluded that there was a statistically significant difference between the sports participation motivation scale, intrinsic motivation sub-dimension, extrinsic motivation sub-dimension and the variable of actively doing sports in disabled individuals (p<0.05). As a result of the analysis conducted to examine the direction of the difference, it was concluded that the score levels of the participants who answered yes in the sports participation motivation scale, intrinsic motivation sub-dimension and extrinsic motivation sub-dimension in disabled individuals were higher than the participants who answered no. However, no significant difference was found between the amotivation sub-dimension and the active sports variable (p>0.05). Demir et al. (2020) concluded in their study of disabled athletes according to their status as national athletes that there was a significant difference only in the extrinsic motivation dimension. When we look at the literature studies, there are studies reporting that especially physically disabled athletes have a positive motivation to do sports actively (Güler et al., 2019; Gürsel, 2006).

Table 9 shows that there is a statistically significant difference ($p<0.05$) as a result of the analysis between the sports participation motivation scale in disabled individuals and all its sub-dimensions and the sports history variable, and the score levels of the participants who answered yes in the sports participation motivation scale in disabled individuals and all its sub-dimensions. It was concluded that it was higher than the participants who answered no. In their study on visually impaired athletes, Demir et al. (2019) concluded that there was a highly significant positive difference between the sports age variable and the sub-dimensions of intrinsic motivation, extrinsic motivation and amotivation. Demir et al. (2020) concluded in their study that there is no significant relationship between the athletes' internal and external motivation sources and their sports age, but that there is a low, statistically significant negative relationship between the amotivation dimension and the sports age variable. In her study on disability and difficulty in participating in sports, Handan Yılmaz (2023) reported that participants who do sports have a meaningful and positive attitude towards situations that may constitute an obstacle compared to those who do not do sports. Motivation is a process and can vary from individual to individual.

Motivation, which is also expressed as a force that motivates individuals' behavior or pushes them forward to focus on the process in the desired direction (Eren, 2024), can be an element that can mobilize individuals if they are athletes or have a certain sports background and can be an element that can motivate individuals regarding sports activities. It can be stated that it will contribute positively to motivation levels. In Table 10, it is seen that there is a statistically significant difference ($p<0.05$) as a result of the Mann Witney U Test conducted between the sports participation motivation scale, intrinsic motivation sub-dimension, amotivation sub-dimension and health insurance variable in disabled individuals, and that the participants who answered yes did not participate in sports in disabled individuals. It was concluded that the motivation scale, intrinsic motivation sub-dimension, and amotivation sub-dimension score levels were higher than the participants who answered no. However, no significant difference was found between the extrinsic motivation sub-dimension and the health insurance variable ($p>0.05$). The fact that the score levels of disabled individuals, especially the intrinsic motivation and the scale itself, are high in individuals who answer yes, indicates possible injuries etc. during sports activities. It can be expressed that it can contribute to them having an attitude towards feeling safe in situations. In the literature review, no comparison was found regarding the motivation to participate in sports and the variable of health insurance. It is thought that the results and data obtained regarding this variable will create an area that can be used as a resource for other studies and researchers. In Table 11, it was concluded that there was a significant difference between the sports participation motivation scale in disabled individuals and all sub-dimensions and the disability type variable ($p<0.05$). As a result of the analysis carried out to examine the direction of the difference, it was determined that physically disabled individuals had significantly lower score levels in the sports participation motivation scale and all its sub-dimensions, except for hearing impaired individuals in extrinsic motivation. It was concluded that hearing-impaired individuals had significantly higher score levels than visually impaired individuals on the sports participation motivation scale in disabled individuals.

In their study on sports participation motivation in disabled athletes, Demir et al. (2020) found a significant difference between the average scores of physically, visually and hearing impaired athletes on the sports participation motivation scale in disabled individuals. Accordingly, the intrinsic motivation score averages of physically disabled athletes are higher than those of visually impaired and hearing impaired athletes; In the extrinsic motivation dimension, the average score of visually impaired athletes is higher than that of physically and hearing impaired athletes; In the lack of motivation sub-dimension, it was determined that the mean scores of physically disabled athletes were significantly higher than visually impaired and hearing impaired athletes. In their study on individuals with special needs, Yılmaz and Eliöz (2022) reported that there was a significant difference in the motivation sub-dimensions, extrinsic motivation and amotivation sub-dimensions of the participants according to their need type. They concluded that extrinsic motivation is in favor of individuals with hearing needs, and in the amotivation sub-dimension, in the comparison between individuals with hearing needs and individuals with visual and physical needs, it is in favor of individuals with hearing special needs, and in the comparison between individuals with physical needs and visual needs and other groups, it is in favor of individuals with physical needs. While Mutlu Bozkurt et al. (2019) did not find a significant difference in intrinsic and extrinsic motivation in their study with individuals with physical, hearing and special needs ($p>0.05$), they found a significant difference in the

amotivation sub-dimension.

In their study, Esatbeyoğlu et al. (2014) reported that especially hearing-impaired individuals were more willing to participate in sports activities than physically and visually impaired individuals. It can be said that this is a finding parallel to our study. When the studies are evaluated together, it can be seen that the results between the scale and its sub-dimensions and the disability type variable are similar or different. It can be stated that this situation may be due to the different economic or social conditions that the participants benefit from in different time periods and different regions. In our study, the reason why the general level of motivation for participation in sports is in favor of the hearing impaired can be interpreted as the fact that the areas where the study was conducted are rehabilitation centers and that they can participate in sports activities without needing anyone else in these areas, which can be a more source of motivation than the physically and visually impaired.

In Table 12, the participants' motivation to participate in sports scale in disabled individuals has a good score (76.77), intrinsic motivation sub-dimension (42.08) has a good score, extrinsic motivation sub-dimension (14.99) has a medium score and amotivation sub-dimension (19.69) has a good score. It was concluded that they had Esatbeyoğlu et al. (2014); intrinsic motivation sub-dimension (60.50) is very good, extrinsic motivation sub-dimension (21.05) is very good and amotivation sub-dimension (19.34) is good, Demir et al. (2020); intrinsic motivation sub-dimension (75.18) is very good, extrinsic motivation sub-dimension (20.67) is good and amotivation sub-dimension (19.21) is good, Yilmaz and Elİöz (2024); They reported that they had a very good score on the intrinsic motivation sub-dimension (60.52), a very good score on the extrinsic motivation sub-dimension (21.05), and a good score on the amotivation sub-dimension (19.34). It is seen that the score values obtained in the studies are close to each other and support each other.

Conclusion and Recommendations

Conclusion

Motivation to participate in sports in disabled individuals was analysed in terms of various variables and as a result, it was seen in the research that the group with the highest motivation to participate in sports in terms of total score averages was the hearing-impaired individuals, followed by the visually impaired and physically disabled individuals. No significant conclusion was reached between sports participation motivation and all its sub-dimensions and gender and education level variables in disabled individuals, but a significant result was reached in other variables and the scale and its sub-dimensions. In particular, the results obtained from the variables related to individuals' history of doing sports, active sportsmanship, financial income level and type of disability constitute an important situation in terms of motivation to participate in sports in disabled people, and the fact that individuals have a culture of doing sports or have a connection with sports activities in some way affects the motivation levels of disabled individuals in participating in sports activities. It increases. Considering the physical, mental and social contributions of sports on individuals, it can be thought that its effects on disabled individuals will undeniably manifest itself.

Recommendatıons

Increasing motivational resources for individuals with disabilities to participate in sports can be achieved through various means, such as encouraging family involvement, providing individual incentives, offering financial and equipment support, and meeting their specific sports equipment needs. Ensuring that sufficient physical space and safe environments are created for disabled individuals to engage in sports or physical activities is also crucial. Additionally, transportation options to the activity areas should be made accessible. Public awareness can be raised through seminars or public service announcements focused specifically on sports and physical activities for disabled individuals. Information media can be prepared and published to further educate the public and increase participation. To enhance the motivation levels of disabled individuals and help them engage in sports more consciously, sports fields can be tailored to meet their needs. Furthermore, providing support from psychologists and sports experts in these areas, at least during certain periods, would be beneficial. Increasing the number of studies focusing on individuals with disabilities and exploring the variable of disability types would contribute to a deeper understanding of their specific needs. Finally, it would be a wise approach to invest in and direct these efforts through both public and private sectors, ensuring sustainability in the long term.

Ethical Text

“In this article, journal writing rules, publishing principles, research and publication ethics rules, and journal ethics

rules have been followed. "The responsibility for any violations that may arise regarding the article belongs to the authors." For this study, ethics committee approval was received from Bitlis Eren University Ethical Principles and Ethics Committee dated 12.03.2024 and numbered 2024/02- E-84771431-050.04-128777.

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