

Some life skills of female wheelchair basketball players

Mostefa Ayad
Mouloud Kenioua

Institute of Sciences and Techniques of Physical and Sports
Activities (ISTAPS), University of Ouargla, Algeria

Original Paper

DOI: 10.15391/sns.v.2022-3.002

Received: 07.07.2022;
Accepted: 19.07.2022;
Published: 30.09.2022

Citation:

Ayad, M. & Kenioua, M. (2022).
Some life skills of female
wheelchair basketball players.
*Slobozhanskyi Herald of Science
and Sport*, 26(3), 71-74. doi:
10.15391/sns.v.2022-3.002

Corresponding author:

Mouloud Kenioua

Institute of Sciences and Techniques
of Physical and Sports Activities
(ISTAPS), University of Ouargla,
Algeria

orcid.org/0000-0002-5405-5723
e-mail: moukenioua@gmail.com

Mostefa Ayad

orcid.org/0000-0002-2325-8501

Key words:

the life skills
female players
with special needs
wheelchair basketball

Ключові слова:

життєві навички
спортсменки з особливими
фізичними потребами
баскетбол на візках

Abstract

Purpose: the current study aimed to know the level of life skills of female wheelchair basketball players and statistical differences in the life skills of female wheelchair basketball players according to team affiliation.

Material & Methods: the study was conducted on female wheelchair basketball players, where the study sample amounted to 30 players. The life skills scale prepared by Al-Sutri (2007), which contains four dimensions, was adopted; the skill of communication, the skill of teamwork and cooperation, the skill of taking personal responsibility, and the skill of physical and technical.

Results: the results showed that the mean values of the life skills dimensions ranged between (3.40 and 4.18), and the mean value of the total score of the scale amounted to (3.80), which indicates there were a high degree of life skills. And there were no significant differences between female wheelchair basketball players according to team affiliation in the life skills.

Conclusions: it was found that the level of life skills of female wheelchair basketball players is high. It is very important to develop special sports programs that enhance the life skills of persons (male/female) with disabilities, considering the type and severity of the disability.

Анотація

Мостефа Аяд і Мулуд Кеніуа. Деякі життєві навички баскетболісток на візках. Мета: дане дослідження спрямоване на вивчення рівня життєвих навичок баскетболісток-візочниць та статистичних відмінностей у життєвих навичках баскетболісток-візочниць залежно від взаємодії в команді. **Матеріал та методи:** дослідження проводилося на баскетболістках-візочницях, вибірка складала 30 спортсменок. Було прийнято шкалу життєвих навичок, підготовлену Al-Sutri (2007), яка містить чотири виміри: вміння спілкуватися, вміння працювати в команді та співпрацювати, вміння брати на себе особисту відповідальність, фізичні та технічні вміння. **Результати:** отримані результати продемонстрували, що середні значення параметрів життєвих навичок перебували в діапазоні від (3,40 до 4,18), а середнє значення загального балу за шкалою становило (3,80), що вказує на високий рівень життєвих навичок. При цьому суттєвих відмінностей між баскетболістками-візочницями залежно від взаємодії у команді у життєвих навичках виявлено не було. **Висновки:** встановлено, що рівень життєвих навичок у баскетболісток-візочниць високий. Отримані результати дослідження продемонстрували необхідність розробити спеціальні спортивні програми, які покращують життєві навички людей з особливими фізичними потребами (чоловіки/жінки) з урахуванням типу та групи інвалідності.

Introduction

Human societies include many disabled people, young or old, male or female, due to diseases, wars, natural and human disasters and poor social conditions (Sikorska & Gerc, 2018). This category of people is destined to be in a state of physical, sensory or mental deficiency due to hereditary or acquired injuries, which makes them unable even to carry out daily tasks without dependence on others, and this category is the category of people with special needs (Martin, 2005).

In the current era, the interest of societies in people with special needs has increased, based on the principle of equal opportunities, and education, sports and recreational activities have become for all (Sinason, 1992). **Motor disabilities category (fe-**

male and male) has a lot of attention and benefit from various sport programs through care and rehabilitation so that they can live according to their potentials and abilities (Malm et al, 2019).

Wheelchair basketball, which has attracted many people with motor disabilities, whether male or female, is considered a movement sport of great functional and psychological benefit, and all body systems participate in its performance (De Witte et al, 2016). And after women's wheelchair basketball was just a recreational and therapeutic sport, it has now become a competitive sport of a high level, the goal of which is to achieve high achievements and great results and win various local, national and international championships (DePauw & Gavron, 2005).

Life skills are an imperative for all members of society, especially for the disabled, because of the requirements that individuals need to conform to themselves and the society in which they live, which helps them solve daily problems and interact with everyday situations (Böhler et al, 2008; Singla et al, 2020). Several studies (Goudas, et al, 2006. Celenk, 2021; Martin, 2012; Holloway, & Long, 2019) in the field of motor disability have recommended the necessity of practicing sports activity and preparing training programs that suit the characteristics of this category, which helps in developing the skills that help them to meet life requirements.

There is a lack of previous studies that dealt with the life skills of women with motor disabilities who engage in various recreational and competitive sports activities. That is why the importance of the current study, which aims to know the level of life skills of female wheelchair basketball players and statistical differences in the life skills of female wheelchair basketball players according to team affiliation.

Material and Methods of the research

Participants:

The study was conducted on female wheelchair basketball players, where the study sample amounted to 30 players, who play in the Mustapha Ben Boulard Club (Ouargla), the Hodna Club (M'sila), and the Intisar Bashar Club (Bashar). These clubs are active in the National Wheelchair Basketball Championship. The exploratory study also consisted of 12 female wheelchair basketball players. All sample members agreed orally and in writing to participate in the study.

Statistical analysis:

The Statistical Package for the Social Sciences (IBM SPSS) version 26 was used to get the results (Pearson cor-

relation coefficient, Cronbach's alpha coefficient, split half, Spearman Brown, mean, standard deviation, one-way ANOVA).

The measure:

The life skills scale prepared by Al-Sutri (2007), which contains four dimensions, was adopted; the skill of communication dimension (9 items), the skill of teamwork and cooperation dimension (6 items), the skill of taking personal responsibility dimension (8 items), and the skill of physical and technical dimension (14 items). The formulation of the scale items was positive, and the answer was evaluated on a five Likert type scale (always= 5, often= 4, sometimes= 3, rarely= 2, never= 1. The range of scores are shown in the table 1.

Table 1
Shows the range of scores

Level of scores	very high	high	average	Low	very low
Range of scores	05-4.2	4.19-3.4	3.39-2.6	2.59-1.8	1.79-1

To verify the validity of the scale, the researchers calculated the internal consistency of the scale (construction validity), by calculating the correlation coefficients (Pearson's method) between each statement and the total score of the scale (Table 2).

Table 2 showed the degree of correlation of each item in the life skills scale with the total score of the scale, which shows that the scale items are related to the total score of the scale, which means that there was a statistically significant correlation. The life skills scale was characterized by high validity. Table 3 showed that the value of Cronbach's alpha coefficient was equal to (.84), and the value of the split-half coefficient (Spearman-Brown) was (.80). Results of the table 3 showed that the reliability coefficients of the scale were a function.

Table 3
Reliability coefficients of the life skills scale

Scale	Items	Cronbach's alpha	split half Sperman Brown
the life skills	37	.84	.80

Results of the research

1 - The level of life skills of female wheelchair basketball players is high.

Table 2
Shows the Pearson correlation coefficient of the life skills scale items with the total score

Items	correlation coefficient	Items	correlation coefficient	Items	correlation coefficient	Items	correlation coefficient
01	.241	11	.394	21	.342	31	.599
02	.337	12	.471	22	.205	32	.527
03	.419	13	.509	23	.055	33	.373
04	.488	14	.340	24	.344	34	.300
05	.239	15	.244	25	.471	35	.279
06	.448	16	.323	26	.256	36	.386
07	.308	17	.284	27	.405	37	.434
08	.319	18	.053	28	.549		
09	.258	19	.134	29	.464		
10	.102	20	.557	30	.269		

Table 4
Shows the means and standard deviations of the life skills scale dimensions

Dimensions	M	SD	Level of scores
The skill of communication	4.12	.485	high
The skill of teamwork and cooperation	4.18	.517	high
The skill of taking personal responsibility	3.50	.687	high
The physical and technical skill	3.40	.716	high
Total	3.80	.515	high

M = Mean; SD = Standard deviation

Through the results of Table (4), it was found that the mean values of the life skills dimensions ranged between (3.40 and 4.18), and the mean value of the total score of the scale amounted to (3.80), which indicates there were a high degree of life skills.

2 - Statistical differences in the life skills of female wheelchair basketball players according to team affiliation.

Table 5
Analysis of variance (one-way ANOVA) to test the significant differences in the life skills

Variance source	Sum of Squares	DF	Mean Square	F	Sig.
Between Groups	1.218	2	.406	1.615	.210
Within Groups	6.540	28	.252		
Total	7.759	30			

In table 5, analysis of variance (one-way ANOVA) was used to test the significant differences in the life skills of female wheelchair basketball players according to team affiliation. F value reached (1.615), when the degree of freedom was (2) between the groups, and the level of significance was (0.05). Consequently, there were no significant differences between female wheelchair basketball players according to team affiliation in the life skills.

Discussion

The life skills of female wheelchair basketball players were high. The reason is the positive participation in various sports activities, regular and continuous training, and various organized competitions throughout the sports season. What gave the female players some life skills such as the skill of social communication, cooperation, teamwork among members of one team, taking responsibility within the team, as well as acquiring some physical and technical qualities. Greve and Sъяenbach (2021) indicated that life skills are among the

most important skills acquired when playing basketball on wheelchairs, whether for men or women. Wheelchair basketball players are characterized by cooperation, and communication between team members, in addition to psychological skills in the form of mutual trust between players, and a sense of responsibility to achieve the desired goal (Celenk, 2021). The main goal of physical activity is to acquire some physical and technical qualities (Goudas et al, 2006).

Despite the harsh climatic conditions (the desert environment) and the culture of society that sees women as inferior to men, the female wheelchair basketball players still practice their sports activities (Nauright, 2012; Limoochi and Le Clair, 2011).

It was found that there are no statistically significant differences between female wheelchair basketball players according to their affiliation with sports teams. The reason is that the expectations of the players towards life skills and their abilities towards performance had the same positive feelings (Gerling et al, 2014; Hutzler et al, 2016). The players from the same sports specialization have one goal, which is to achieve victories and highlight some personal traits such as self-confidence and self-realization (Richardson et al, 2017). In addition, all sports teams belong to the same environment (Walseth, 2008; Tamminen & Gaudreau, 2014).

Conclusions

Through the previous results, it was found that the level of life skills of female wheelchair basketball players is high and there are no statistically significant differences in life skills according to their affiliation with sports teams. It is very important to develop special sports programs that enhance the life skills of persons (male/female) with disabilities, taking into account the type and severity of the disability, employing life skills in sports activities programs by linking what a disabled person takes and what he/she faces in his/her daily life situations, and opening special sports centers and clubs for people with disabilities (female / male) so that they can practice various sports on a regular basis.

Author Contributions

Mostefa Ayad; study design/planning, data collection/entry. Mouloud Kenioua; data analysis/statistics, data interpretation, manuscript preparation, literature analysis/search.

Conflicts of Interest

The authors declare no conflict of interest.

Funding

This article didn't receive financial support from the state, public or commercial organizations.

References

- Al-Sutri, Hassan Omar Saeed (2007). The effect of using some modern teaching methods in employing life skills in physical education curricula based on the knowledge economy. Unpublished Ph.D., College of Graduate Studies, University of Jordan.
- Bьhler, A., Schrцder, E., & Silbereisen, R. K. (2008). The role of life skills promotion in substance abuse prevention: a mediation analysis. *Health education research*, 23(4), 621–632. <https://doi.org/10.1093/her/cym039>
- Celenk, 3. (2021). Motivation Affects Sports and Life Skills in Physical Disabled People. *Journal of Educational Psychology-Propositos y Representaciones*, 9. <http://dx.doi.org/10.20511/pyr2021.v9nSPE3.1161>
- De Witte, A. M., Hoozemans, M. J., Berger, M. A., van der Woude, L. H., & Veeger, D. H. (2016). Do field position and playing standard influence athlete performance in wheelchair basketball? *Journal of sports sciences*, 34(9), 811–820. <https://doi.org/10.1080/02640414.2015.1072641>

- DePauw, K. P., & Gavron, S. J. (2005). Disability sport. *Human Kinetics*.
- Gerling, K. M., Miller, M., Mandryk, R. L., Birk, M. V., & Smeddinck, J. D. (2014). Effects of balancing for physical abilities on player performance, experience and self-esteem in exergames. In *Proceedings of the SIGCHI Conference on Human Factors in Computing Systems* (pp. 2201-2210). <https://doi.org/10.1145/2556288.2556963>
- Goudas, M., Dermitzaki, I., Leondari, A., & Danish, S. (2006). The effectiveness of teaching a life skills program in a physical education context. *European journal of psychology of education*, 21(4), 429-438. <https://doi.org/10.1007/BF03173512>
- Greve, S., & СъЯенbach, J. (2021). 'Save the queen': female national wheelchair basketball players in gender-segregated and gender-mixed competitive sport. *German Journal of Exercise and Sport Research*, 1-7. <https://doi.org/10.1007/s12662-021-00791-x>.
- Holloway, J. M., & Long, T. M. (2019). The Interdependence of Motor and Social Skill Development: Influence on Participation. *Physical therapy*, 99(6), 761–770. <https://doi.org/10.1093/ptj/pzz025>
- Hutzler, Y., Barda, R., Mintz, A., & Hayosh, T. (2016). Reverse Integration in Wheelchair Basketball: A Serious Leisure Perspective. *Journal of Sport and Social Issues*, 40(4), 338–360. <https://doi.org/10.1177/0193723516632043>.
- Limoochi, S., & Le Clair, J. M. (2011). Reflections on the participation of Muslim women in disability sport: hijab, Burkini®, modesty and changing strategies. *Sport in Society*, 14(9), 1300-1309. <https://doi.org/10.1080/17430437.2011.614788>
- Malm, C., Jakobsson, J., & Isaksson, A. (2019). Physical Activity and Sports-Real Health Benefits: A Review with Insight into the Public Health of Sweden. *Sports (Basel, Switzerland)*, 7(5), 127. <https://doi.org/10.3390/sports7050127>.
- Martin, J. J. (2005). Sport psychology consulting with athletes with disabilities. *Sport and Exercise Psychology Review*, 1(2), 32-39.
- Martin, J. J. (2012). Chapter 45-Athletes with physical disabilities: Chapter taken from *Routledge Handbook of Applied Sport Psychology* ISBN: 978-0-203-85104-3. *Routledge Online Studies on the Olympic and Paralympic Games*, 1(44), 432-440.
- Nauright, J. (Ed.). (2012). *Sports around the World: History, Culture, and Practice [4 volumes]: History, Culture, and Practice*. Abc-Clio.
- Richardson, E. V., Papatomas, A., Smith, B., & Goosey-Tolfrey, V. L. (2017). The psychosocial impact of wheelchair tennis on participants from developing countries. *Disability and rehabilitation*, 39(2), 193-200. <http://dx.doi.org/10.3109/09638288.2015.1073372>
- Sikorska, I., & Gerc, K. (2018). Athletes with disability in the light of positive psychology. *Baltic Journal of Health and Physical Activity*, 10(1), 64-76. doi: 10.29359/BJHPA.10.1.07
- Sinason, V. (1992). *Mental handicap and the human condition: New approaches from the Tavistock*. Free Association Books.
- Singla, D. R., Waqas, A., Hamdani, S. U., Suleman, N., Zafar, S. W., Saeed, K., ... & Rahman, A. (2020). Implementation and effectiveness of adolescent life skills programs in low-and middle-income countries: A critical review and meta-analysis. *Behaviour research and therapy*, 130, 103402. <https://doi.org/10.1016/j.brat.2019.04.010>
- Tamminen, K. A., & Gaudreau, P. (2014). Coping, social support, and emotion regulation in teams. In *Group dynamics in exercise and sport psychology* (pp. 222-239). Routledge.
- Walseth, K. (2008). Bridging and bonding social capital in sport—experiences of young women with an immigrant background. *Sport, education and society*, 13(1), 1-17. <https://doi.org/10.1080/13573320701780498>