

The Importance of Adaptive Sports in The Socialization of People with Disabilities

Lilia Tabrisovna Seidalieva

Uzbek State University of Physical Culture and Sports,
Department of Medical and Biological Sciences, Tashkent, Uzbekistan
arcellaslt@gmail.com

Abstract:

The article deals with the actual problem of the place of sports in the processes of socialization of the personality of people with disabilities.

Keywords: Adaptive sports, Paralympic sports, society, communication, quality of life, discipline, adaptation.

ЗНАЧЕНИЕ АДАПТИВНОГО СПОРТА В СОЦИАЛИЗАЦИИ ЛИЦ С ОГРАНИЧЕННЫМИ ВОЗМОЖНОСТЯМИ

Сейдалиева Лилия Табрисовна
кафедра Медицинских и биологических наук
Узбекский Государственный университет
физической культуры и спорта
e-mail: leylaslt111@gmail.com

Аннотация

В статье рассматривается актуальная проблема места спорта в процессах социализации личности людей с ограниченными возможностями.

Ключевые слова: адаптивный спорт, паралимпийский спорт, социум, общение, качество жизни, дисциплина, адаптация.

Introduction

The beginning of the Paralympic Games is considered to be 1948 - Stoke Mandie Games. Subsequently, since 1960 - the modern summer, and since 1976 - the winter Paralympic Games. The beginning In the first Paralympic Games participated athletes with spinal cord injuries. Since 1972, people with visual



impairments also began to participate. In addition, since 1976, athletes with musculoskeletal disorders joined, since 1980 - with amputations and cerebral palsy, since 1992 - with intellectual disabilities [1]. Numerous studies confirm the fact that adaptive sports provide opportunities to meet the needs of individuals with severe developmental defects or persistent dysfunction of the body as a result of injuries or diseases, in self-determination, development as an individual and active integration into society [4]. Persons with disabilities have become equal participants in one universal international sports movement. Disability is undoubtedly a factor limiting the activity of a person with disabilities (sensory, physical, mental or psychic), as a result of which disabled people are excluded from active life. Of course, the true cause of such a social phenomenon is not the pathology itself, but the consequences manifested in various disorders of the functions of the human body, which limits the capabilities of the individual as an active participant in society. However, in the modern world, this situation is changing dramatically. Many years of world practice in adaptive sports give incredible results. Which, of course, requires further development and research in this area to identify the characteristic specific features inherent in various pathologies. It is necessary to develop and create appropriate methodological material, of course, based on the practical experience gained and related scientific research [3].

There are several groups in the blind sports: congenital total blindness, acquired total blindness, congenital visual impairment, acquired visual impairment [6,7]. Today, specialists distinguish disabled people as a special socio-demographic group. But our task is to integrate people with disabilities into society, to erase the boundaries between disabled and healthy people, if possible. Pathological processes that are the consequences of heredity, injuries or diseases cause inferiority complexes in such people, low motivation, passivity in communication and self-expression, a desire for isolation or extreme egocentrism [7,8]. And it is sport that is the component of life that brings together healthy people and people with disabilities, unites them and creates conditions to show themselves and their talents. All this raises the motivation of people with disabilities who are not involved in sports, orients them to a more active life, physical education, searching for their own talents and the courage to show themselves to the world. At the same time, the need to comply with certain rules and requirements forms discipline and willpower, which also helps people with disabilities to adapt to



existing living conditions without experiencing much stress and discomfort, facilitates the process of accepting themselves and people as they are, and helps establish social and personal connections. By increasing the level of activity in communication, people with disabilities find friends, their mood improves, and therefore their well-being, there is a desire to study and work, and to benefit society. All this significantly improves the quality of life of this segment of the population. As an indicator, the level of quality of life officially begins to be used at the end of the 20th century at the UN level as an international characteristic of the state and level of development of the socio-economic system of various countries. Quality of life is a fairly broad concept, but one of the key criteria is the degree of satisfaction of an individual with his life, the ratio of the possibilities for implementing his life plans and the level of realization of his needs [7]. Therefore, adaptive sports are becoming an extremely important milestone in the development of society as a whole.

In Uzbekistan, programs for comprehensive support of people with disabilities are being implemented, including in sports. The National Paralympic Committee of Uzbekistan operates, which has been assigned such important tasks as: popularization of Paralympic sports, establishment of a new system for identifying and developing talented athletes, physical development of people with disabilities, etc. The committee has regional branches that are engaged in the development of Paralympic sports in the regions. A Paralympic faculty has been created at the Uzbek State University of Physical Education and Sports. It trains coaches and instructors-methodologists in Paralympic sports, specialists with skills in working with deaf, blind, amputee athletes, and other personnel. On the International Day of Persons with Disabilities, Uzbekistan holds various sports events and festivals among the blind, hearing impaired and amputees in para-table tennis, 5x5 football, para-track and field, para-powerlifting, para-badminton, chess and other sports included in para-sports. This is an important part of working with people with disabilities, because it is at such events that people with disabilities get the opportunity to communicate without feeling internal discomfort, are inspired by the achievements of professional para-sports athletes and receive motivation for their own development, both in sports and in other areas of life.

REFERENCES

1. Evseev S.P. Paralympic Movement in the world: Tutorial, in 2 vol. / S.P. Evseev, O.E. Aksenov, V.P. Zhilenkov: under the general editorship. S.P. Evseev / Theory and organization of adaptive physical culture. – Ed. 2nd., revised and ext. – M.: Soviet Sport, 2005. – Pp. 86–100.
2. Evseev S.P. Main components (species) adaptive physical education; tutorial / S.P. Evseev: under the general editorship. S.P. Evseev / Theory and organization of adaptive physical culture. – Ed. 3rd stereotype. – M.: Soviet Sport, 2010. – Pp. 51–60.
3. Vinnik D.P. Adaptivnoe fizicheskoe vospitanie i sport [Adaptive physical education and sport], Kiev, Olympic literature, 2010, 608 p.
4. Kadochkin A.N., Valeev R.V., Savinykh L.E. Teoriia i praktika fizicheskoi kul'tury [Theory and practice of physical culture], 2011, vol. 8, pp. 86 – 88.
5. Makhov, A.S. (2013), “Psychology and pedagogical features of motivation to sports activities at persons with sight violation”, the Bulletin of the Yakovlev Chuvash state pedagogical university, No. 1 (77), Part 2, pp. 120-124.
6. Ponomarchuk V.A. Sport and quality of life of persons with disabilities / V.A. Ponomarchuk, F.M. Ahmad Salih; Ed. Alexander Zhukov / The science of sport. Encyclopedia of Life Support Systems. – UNESCO, 2011.
7. Tveryakov I.L. Generalization of experience of many years of training athletes in the sport of blind sports – swimming discipline / I.L. Tveryakov // Scientific notes of the name P.F. University Lesgafta. – 2015. – No.8.–126 p.
8. <http://paralymp.ru/>