



# Impact of Adaptive Sports on Self-Efficacy and Quality of Life

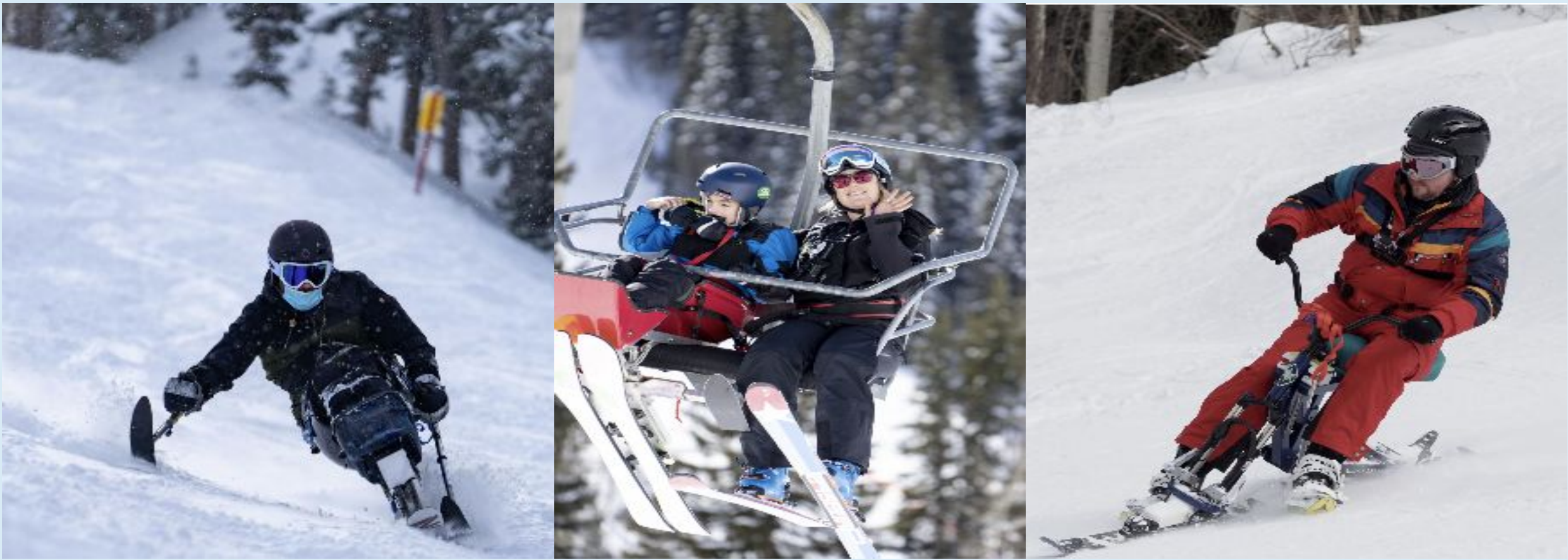
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## Description of DCE Site

Wasatch Adaptive Sports (WAS)- A 501 (c)(3) nonprofit organization that provides affordable recreational opportunities for children, adults and veterans.



## Identified Needs

- Conduction of research and establishment of new methods for obtaining quantitative data regarding the research question, “Does participating in adaptive sports programs improve self-efficacy in adults with a disability?”
- Development and facilitation of a staff training program including educational handouts and resources
- Creation, distribution, and analysis of a pre/post assessment measuring the effectiveness of the staff training program.

## Literature Review

- Research concludes that self-efficacy is a key factor in coping with a disability (Cijssouw et al., 2017)
- An article by Diaz et al. (2019) concluded that adaptive sports has served as an adjunct and a bridge in rehabilitation once conventional rehabilitation services are formally completed.
- Regular engagement in physical activity reduces morbidity and mortality rates after acquiring a disability as well as improves physical conditions, activities of daily living, social participation, and quality of life (Declerck et al., 2019).
- An article by Moss et al., (2017) reported that one of the main reasons why individuals with disabilities do not commonly engage in physical exercise is due to low self-efficacy.
- As populations of individuals with disabilities will substantially expand in the coming years, it is crucial to research efficient methods of improving self-efficacy and quality of life (Declerck et al., 2019).
- Current literature states that standardized assessments are an effective way to measure one’s current level of competency, identify areas that require further development, and encourage further learning (Stout, 2021).

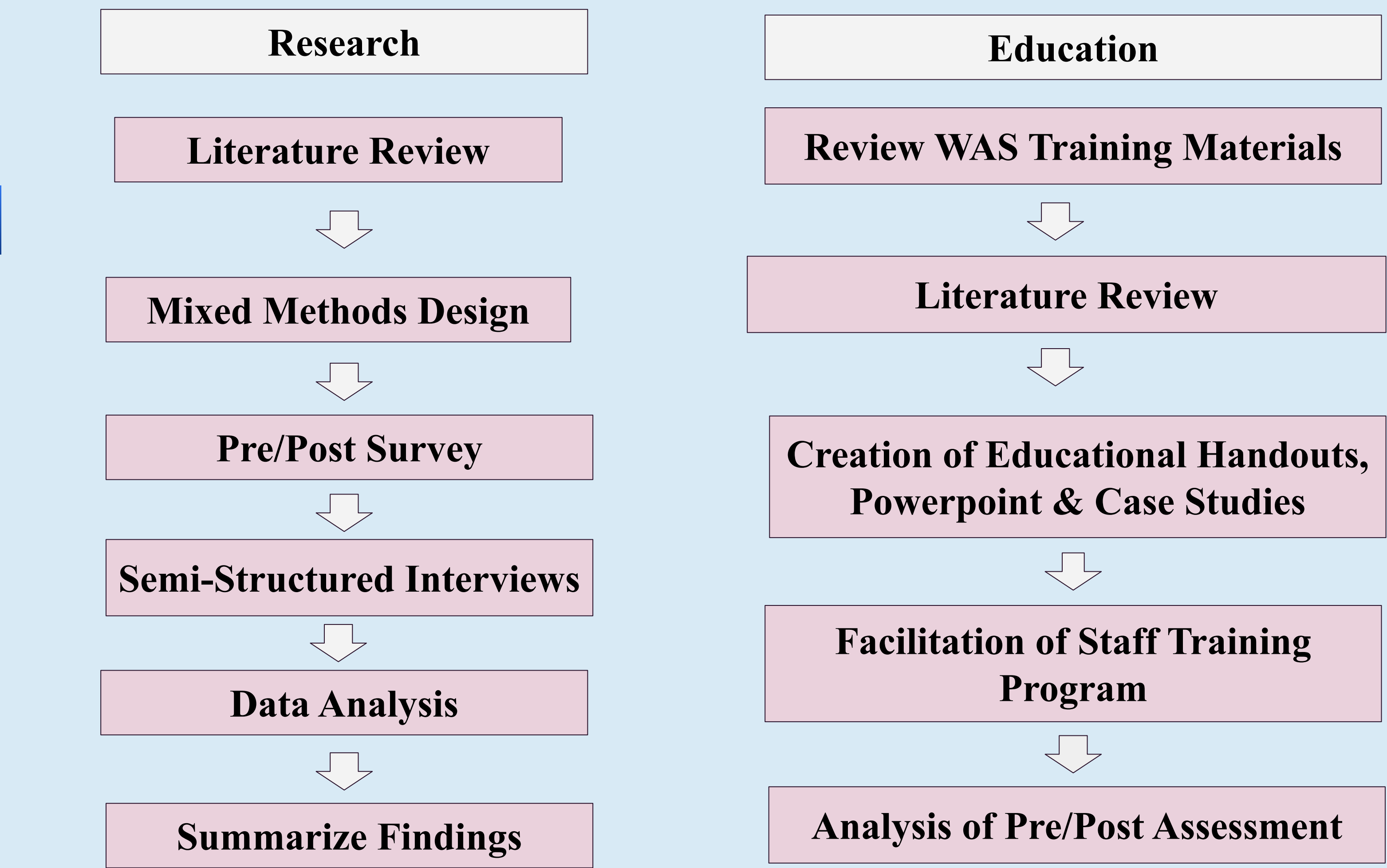
## Learning Objectives

- Complete a research study with a pre-post experimental design and manuscript draft ready for review and submission.
- Conduct a staff training program on the prominent conditions that WAS serves.
- Create a pre/post assessment to evaluate the effectiveness of the staff training program.

## Scholarly Deliverables

- Mixed-methods research manuscript on the impact of WAS adaptive sports programs on self-efficacy and quality of life.
- Staff training program with handouts and case studies.
- Pre/Post assessment measuring the effectiveness of staff training program.

## Project Description



## Evaluation Methods

| Research  | Education   |
|---|---|
| <ul style="list-style-type: none"><li><b>Participants</b><ul style="list-style-type: none"><li>WAS adult students</li></ul></li><li><b>Quantitative Data</b><ul style="list-style-type: none"><li>Pre/Post survey</li><li>The measuring instrument used to measure self-efficacy was the General Self-Efficacy Scale (GSE)(Chen &amp; Eden, 2001)</li></ul></li><li><b>Qualitative Data</b><ul style="list-style-type: none"><li>Semi-structured interview questions were created based on the Biopsychosocial Model, GSE, and the World Health Organization Quality of Life Scale (WHOQOL-100)</li></ul></li></ul> | <ul style="list-style-type: none"><li><b>Participants</b><ul style="list-style-type: none"><li>WAS staff</li></ul></li><li><b>Quantitative Data</b><ul style="list-style-type: none"><li>Pre/Post Assessment</li></ul></li><li><b>Qualitative Data</b><ul style="list-style-type: none"><li>Self-reporting from staff</li></ul></li></ul> |

## Evaluation Outcomes

- General self-efficacy was not significantly impacted by adaptive sports; however, qualitative data supports positive associations with adaptive sports and self-esteem, confidence, physical health, social participation, and quality of life.

| Student Interview Themes   |   |   |
|--|---|---|
| Personal Factors   | Social Participation  | Performance Skills  |
| <ul style="list-style-type: none"><li>Behavioral Patterns</li><li>Individual Psychological Assets</li><li>Socioeconomic Status</li></ul> | <ul style="list-style-type: none"><li>Community</li></ul>                         | <ul style="list-style-type: none"><li>Motor Skills</li><li>Process Skills</li><li>Social Interaction Skills</li></ul> |
| Spirituality   | Physical Health   | Barriers  |
| <ul style="list-style-type: none"><li>Beliefs</li><li>Values</li></ul>   | <ul style="list-style-type: none"><li>Improved Strength &amp; Endurance</li></ul> | <ul style="list-style-type: none"><li>Environmental Factors</li><li>Health Condition</li></ul>                        |

- Outcomes of the staff training program included improved instructor’s self-efficacy in working with individuals with disabilities and improved knowledge and understanding of various disabilities as evidenced by personal communication and an improved score on the pre/post-assessment.

## Implications

- Research in the profession of occupational therapy is essential to advance the knowledge related to occupation as a determinant of health.
- Future studies investigating the relationship between adaptive sports and general self-efficacy in a geographical location that promotes community mobility would advance this area of research.
- Moreover, future studies that examine these relationships during other seasons of the year would provide additional insight on the impact of adaptive sports on self-efficacy.

## Acknowledgments

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## Deliverables



References available upon request