

THE IMPORTANCE OF EXERCISE IN THE TREATMENT OF PEOPLE WITH SPECIAL NEEDS

**SBA A CHEMSEDDIN¹, SBA A IHAB², SEBAA NEWFEL³,
HAMANI IBRAHIM⁴, MAZARI FATAH⁵, KADDOUR BEY BELKHEYR⁶**

¹university of bouira; Algeria

²university of bouira, Algeria

³University of m'sila, Algeria

⁴University of Bouira, Algeria, Laboratory of Modern Sciences in Physical and Sports Activities, 10000, Algeria

⁵University of Bouira, Algeria, Laboratory of Modern Sciences in Physical and Sports Activities, 10000, Algeria

⁶Institute of Physical Education and Sports - Mostaganem / Laboratory for the Evaluation of Physical and Sports Activities

c.sbaa@univ-bouira.dz¹

i.sbaa@univ-bouira.dz²

newfel.sebaa@univ-msila.dz³

i.hamani@univ-bouira.dz

f.mazari@univ-bouira.dz

belkheyr.kaddourbey@univ-mosta.dz⁶

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Abstract:

The study aims to know the relationship of sports for people with special needs in solving their psychological and social problems. In this research, I assumed that sports have an effective and positive role in treating some psychological and social problems. The sample that was used were child educators and 15 educators were randomly selected. Randomly, the tool used in the research was a questionnaire in order to identify the extent of the effectiveness of sports in the psychological and social improvement of this group. We came out with the most important conclusion, which is that most program educators agree that practicing sports increases students' courage and audacity.

Key words: Sports; processing ; Psychological and social problems ; People with special needs

Introduction and Research Problem:

Physical activity is considered one of the most important physical activities that have taken group forms such as play, games, physical exercises, dancing, and physical and sports training. The benefits resulting from practicing these forms of activity are not limited to the physical and health aspect only, but the positive effects of these activities are recognized through the psychological, social, mental and cognitive aspects, motor and skill aspects, and collective and artistic aspects. These are all motor aspects that, in their entirety, form the individual's personality in a comprehensive and integrated way.

and represent an awareness of the importance of these activities in organizing them within educational and cultural frameworks. Perhaps the oldest texts that pointed to the importance of educational physical activity at the national level are what the thinker Schiller mentioned in his treatise on the aesthetics of education (that man is only human when he plays). Educational philosophies have agreed that sports activity plays an important and distinct role in raising the individual's personality experience in terms of its contribution to improving the health and physical level and developing the social spirit and communication with others. Accordingly, these goals have been planted in three basic areas: the sensory-motor area, the social-emotional area, and the cognitive area. (Khouli, 1996, p. 77).

Sports for people with disabilities are considered a purposeful educational process designed to identify problems, help solve them, and provide services in psychological, motor, and social aspects. The latter includes motor aids, individualized educational programs, training, and instruction for this group to help them develop properly, maintain sound mental and physical health, and reach the fullest extent of their abilities and potential, striving to achieve a better life for them. These services must be provided by qualified and specialized individuals in this type of adapted sport, or by individuals with experience in the sports field. The disabled person's adaptation to contemporary life and the sense of inadequacy stemming from the idea that a person's environment is a measure of their thoughts, feelings, and temperament are crucial. A positive environment creates a favorable impression, reflecting optimism, initiative, and self-confidence, while a poor environment creates a negative impression, characterized by low self-esteem, a weak personality, and a perpetually tired appearance (Ghassan, 1990, p. 32).

Therefore, caring for and attending to individuals with special needs is a vital social and humanitarian necessity. Neglecting this group leads to further problems that exacerbate their disabilities. Children with special needs require a specialized approach to interaction and specific methods for their upbringing and support (Youssef Bashir, 2004, p. 18).

The physically disabled are among the groups most in need of assistance to meet their needs, particularly on a social level. This assistance should focus on their social integration, like other individuals, rather than remaining a passive, unproductive force. Since the defining characteristics of an individual's personality are shaped by their interactions with others, the self-image a person with a disability forms is largely dependent on the image they believe others have of them. Consequently, their emotional and behavioral responses are influenced by their relationships with those around them. Therefore, a person with a disability joining clubs and participating in their programs and activities, including physical and sporting activities, contributes to their mental

well-being and sense of freedom. It also provides opportunities to overcome and adapt to their disability, thereby increasing their interaction with society. It is a means of interacting with other individuals as much as possible and dealing with them in a normal and positive way, enabling them to integrate and enhance their social development. In addition, physical and sporting activity is a successful way for a person with a disability to relax and overcome the monotony of life after injury. This increases energy and promotes relaxation, which positively impacts the individual's overall well-being. Physical activity and sports play a vital role in social inclusion. They help individuals with disabilities define boundaries in their physical appearance and teach them patience, composure, stability, and self-control. From this perspective, we can see the crucial role of physical activity and sports as a fundamental factor in the social and psychological integration of people with physical disabilities. This leads us to the following question:

Does sports play a role in addressing some of the psychological and social problems faced by people with physical disabilities?

Sub-questions:

- Does sports play a role in addressing some of the psychological problems faced by people with physical disabilities?
- Does sports play a role in addressing some of the social problems faced by people with physical disabilities?

2-Previous and Similar Studies:

First Study:

Entitled: "The Impact of Physical Activity and Sports on Achieving Psychosocial Adjustment for Adolescents with Physical Disabilities"

Prepared by: Khodja Adel, Master's Thesis, Institute of Physical Education and Sports, University of Algiers.

The aim of this study was to understand the reality of physical activity and sports within centers for individuals with physical disabilities, and to demonstrate that the participation of adolescents with physical disabilities in an adapted physical activity and sports program contributes to their psychosocial adjustment within the center. This participation is integrated within the limits of their abilities and potential to prevent them from experiencing frustration due to failure to achieve the required performance. The study also aimed to understand the social structure and patterns of social relationships among adolescents with disabilities within the functional rehabilitation center.

The researcher employed a descriptive and experimental approach, utilizing a questionnaire administered to school administrators, participant observation, and a sociometric test for 20 children. The study concluded that adolescents with physical

disabilities tend to gravitate towards group membership at this stage and exhibit an increasing need for close friendships with peers. Furthermore, the researcher found that physical activity can change societal perceptions of individuals with disabilities, demonstrating that they are not incapable and can perform many of the same functions and tasks as able-bodied individuals.

Second Study:

Entitled: "Legislation and People with Disabilities"

Prepared by student researcher Amarna Masoud, Master's Thesis, Institute of Physical Education and Sports, University of Algiers, 1997.

The study aimed to identify the existing legal gaps in current legislation and to develop solutions to address these gaps. It also sought to identify the discrepancy between legislation as written and its practical application, and to find solutions to this gap. Finally, it aimed to recognize the importance of physical activity and sports for individuals with disabilities. The researcher employed a descriptive approach in his study, relying on a questionnaire. The first questionnaire was administered to 20 disabled individuals practicing sports at specialized centers and 60 individuals from clubs and national teams. The second questionnaire was administered to 50 administrators of sports for people with disabilities.

The researcher concluded that physical activity and sports are of paramount importance in the lives of people with disabilities. Through physical activity, they can overcome psychological complexes and alleviate pain. Furthermore, it is a crucial factor in their integration into society and the community in which they live. By engaging in physical activity and sports, they liberate themselves from dependence on others and regain self-confidence. Moreover, they can change a significant aspect of society: the negative attitudes held towards them by members of the community. Through participation in sports, they spontaneously transform society's negative perception into a positive one. On the other hand, his study proved the modest status of disabled sports in the sports legislation currently in force in Algeria, namely Order No. 95-09 dated February 25, 1995, relating to the guidance, organization and development of the national system of physical and sports activity, as he noted the great marginalization of this type of sport and its lack of provision of what would bring the disabled out of the isolation they suffer, and help them get rid of their psychological, social and physical pains. He discovered this marginalization and indifference towards the disabled category, through the legal noteworthy in the legislation in force, and the lack of allocating a sufficient part to care for this category.

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3- Hypothesis:

-Sports play an effective and positive role in addressing some psychological and social problems among people with physical disabilities.

3-1- Sub-Hypotheses:

-Sports play an effective role in changing the behavior of individuals with special needs, specifically those with physical disabilities.

-Sports play a positive role in addressing some psychological and social problems among people with special needs, specifically those with physical disabilities.

4-Significance of the Study:

-This study highlights the role of sports in reducing psychological and social problems among people with special needs.

-It introduces the concept of sports and its impact on reducing psychological and social problems among people with special needs, specifically those with physical disabilities.

-The results of this study help demonstrate the importance of sports in addressing the psychological and social problems of people with special needs, and thus utilize the study's findings to guide educators in fulfilling their role and achieving the healthy development of children.

-The study's significance is further enhanced by its being conducted in the Algerian context, particularly among people with physical disabilities, who receive considerable attention from society.

-It represents a valuable scientific contribution in this field, especially in the Algerian context, which lacks such studies.

5- Research Objectives:

- To understand the importance of sports for individuals with physical disabilities.

-To raise awareness among individuals with physical disabilities about their role in society as active and contributing members.

-To increase community support for the participation of individuals with physical disabilities in sports.

-To highlight the importance of sports in the comprehensive rehabilitation of individuals with disabilities and the development of essential cognitive skills, concepts, and psychosocial competencies.

-To gain a deeper understanding of the various changes that occur in individuals with disabilities during and after engaging in sports.

-To utilize sports as a tool for guiding and regulating the behavior of athletes with disabilities.

-To recognize the seriousness of psychological and behavioral disorders, including aggression, among individuals with disabilities.

-Defining the Study's Concepts and Terminology:

1-The Disabled Person with Special Needs:

Terminologically:

A disabled person is someone whose general culture and cultural development should be prioritized in the Arab world. They are individuals who suffer from a disability or impairment that limits their activity and effectiveness, hindering them in one way or another from performing the tasks of an able-bodied person. Since these disabilities or impairments affecting disabled individuals in the Arab world are not uniform but rather diverse, it is difficult for researchers to find a definition that applies to all disabled individuals, regardless of their categories or degree of disability. This difficulty necessitates defining each category specifically to ensure accuracy. (Omar Al-Toumi Al-Shabani, 1989, p. 13)

Statistically:

A disabled person is someone who suffers from a total or partial disability, congenital or acquired, that is stable in any of their senses, physical, psychological, or mental abilities, to the extent that it limits their ability to meet the requirements of a normal life under the same circumstances as their non-disabled peers.

2- Motor Disability:

Technically:

A deficiency in the function of body organs, whether related to movement, such as the limbs, or vital organs, such as the heart, and it is a permanent condition that affects the individual's ability to lead a normal life (Hanna et al., 1997, p. 87).

Fahmy defines motor disability as anything related to a deficiency in the functions of body organs, whether related to movement or to organs connected to biological life processes, such as the heart, lungs, and the like. Motor disability does not refer to temporary illnesses that do not result in a real impairment in an individual's ability to perform their social role, but rather to a permanent physical condition that significantly affects an individual's ability to lead a normal life, whether completely or partially (Fahmy, 1983, p. 51)

Operatively:

Cases of individuals who suffer from some degree of impairment in their motor ability or activity, such that this impairment affects aspects of their mental, social, and emotional development, necessitating special education.

3- Definition of Psychological Problems:

Technically:

-Psychological problems are defined as difficulties in a person's relationships with others, their perception of the world around them, or their attitudes toward themselves. These problems can be characterized by feelings of anxiety or tension, dissatisfaction with one's own behavior, excessive focus on the problem itself, and inefficiency in achieving desired goals. (Ghada Anwar Abdel Hamid, 2001, p. 24)

-Psychological problems are a group of problems that limit a person with a disability's ability to actively participate in school activities, both inside and outside the classroom, and hinder their ability to interact positively socially. These problems have social repercussions for the person with a disability. (Hisham Gharab, 2007, p. 538)

Operationally:

These are problems related to the psyche and its emotions, and their effects may be reflected in the physically disabled individual.

4- Definition of Social Problems:

Technically:

A social problem is a situation or condition in society that is considered serious and undesirable by society as a whole. It focuses on social values and is believed to be something that can be improved or resolved. However, the concept of a social problem has faced and continues to face many clear differences in viewpoints and intellectual perspectives.

Richard Fuller believes that a social problem is a condition that affects a sufficient number of people in an undesirable way, and that something must be done about this condition through social action. (Shadia Qabawi, 1993, p. 69)

Operationally:

These are problems related to society, and their effects may be reflected on the physically disabled individual. Methodological procedures of the study:

1- Exploratory study: We conducted the exploratory study to ensure the smooth progress of the topic. We conducted an initial interview with the educators and then distributed the questionnaire to them. We considered this a fundamental technique in investigating the facts required by field research, through which the researcher can see the way forward. The purpose of the exploratory study is to determine the research sample and how the sample understands the questions in the questionnaire.

2-Areas of Study:

This refers to the three areas: the temporal, spatial, and human dimensions of the study.

2-1- Temporal Area: The study of this topic began at the start of the 2021 academic year, during which we collected theoretical scientific material in its various forms

relevant to the topic. We started developing questionnaire questions at the beginning of December and presented them to a group of professors for review.

Distribution of the questionnaire began on February 2, 2022.

2-2- Spatial Area:

The field study was conducted.

3-2- Human Dimension: This refers to defining the study population, or the group of individuals on whom the study will be conducted. The human dimension of the study was defined as 15 educators.

3- Methodology Used in the Study:

Given the nature of the topic we are studying—the role of sports in addressing the psychological and social problems of people with special needs, specifically those with physical disabilities—we adopted the descriptive method, which is based on studying, analyzing, and interpreting the phenomenon by identifying its characteristics and dimensions. The descriptive approach is defined as: an analytical method centered on sufficient and accurate information about a specific phenomenon or topic, in order to obtain scientific results that are interpreted objectively and in accordance with the actual data of the phenomenon (Obaidat et al., 1999, p. 46)

4-The Research Population:

The population on which the study was conducted, namely educators of individuals with physical disabilities. This population was chosen randomly because it provides equal opportunities for all educators, regardless of their levels and characteristics. Furthermore, random selection is the simplest testing method. We also administered a questionnaire to educators of individuals with physical disabilities within the research population. The sample is considered one of the most important stages in scientific research, and it is defined as a part of the whole. We select it in a specific way to study it in order to verify the phenomenon. It is also defined as a group of individuals chosen by the researcher using various methods from a large population to study the phenomenon within it. As Muhammad defined it, "The sample is a group of individuals on which the researcher bases their work, and it is taken from an original population that is authentically representative".

5- The Research Sample: This is the portion of educators from the research population on which the research is conducted. This sample consists of 15 breeders in the Setif province.

6-Study Instruments:

6-1- Instrument Design: Questionnaires are frequently used in descriptive methodology. Given the nature of this study, which falls within this framework, we proposed a single questionnaire to be distributed to the sample to identify trends and characteristics that reveal the role and individual differences of the specialized breeders.

-2-Questionnaire: This is a means of obtaining answers to a number of written questions on a form designed for this purpose. The respondent completes the questionnaire.

6-3-Statistical Methods: The percentages were calculated using the analysis of multiple data points, specifically the chi-square test.

Presentation, Analysis, and Discussion of Results:

Question 1: Does exercise improve the morale of people with physical disabilities?

Objective of the question: To determine whether exercise improves the morale of people with physical disabilities.

Table 1: Shows the contribution of exercise to improving the morale of people with physical disabilities.

Significance of Differences	Significance Level	Tabulated chi-squared	Degrees of Freedom	Calculated chi-squared	Percentage	Frequencies	Answers
statistically significant	0.05	3.84	01	8.06	86.66%	13	yes
					13.34%	02	no

Results Analysis:

Analysis of the results in Table (1) reveals that 86.66% of educators responded that sports contribute to raising the morale of physically disabled individuals. Conversely, 13.34% of educators responded negatively, indicating that sports do not contribute to raising the morale of physically disabled individuals. Statistical analysis of the questionnaire using the chi-square (χ^2) test yielded a calculated chi-square value of 8.06, which is greater than the tabulated chi-square value at 1 degree of freedom and a significance level of 0.05. Therefore, there are statistically significant differences.

Conclusions:

-We conclude that the majority of educators agree that sports contribute to raising the morale of physically disabled individuals.

-We conclude that the majority of educators agree that sports contribute to the psychological well-being of physically disabled individuals.

-We conclude that the majority of educators agree that sports contribute to reducing aggression in physically disabled individuals. - We conclude that most educators agree that exercise helps alleviate fear and anxiety in people with physical disabilities.

-We conclude that most educators agree that exercise helps alleviate shyness in people with physical disabilities.

-We conclude that most educators agree that exercise helps combat depression and sadness.

-We conclude that most educators agree that exercise helps boost the morale of people with physical disabilities.

-We conclude that most educators agree that exercise helps increase the self-confidence of people with physical disabilities.

-We conclude that most educators agree that exercise helps reduce social isolation in people with physical disabilities.

-We conclude that most educators agree that exercise helps people with physical disabilities integrate into groups.

-We conclude that most educators agree that exercise helps foster a spirit of cooperation and teamwork among people with physical disabilities. - We conclude that most educators agree that practicing sports contributes to fostering love and interaction among people with disabilities.

7-Presentation, Analysis, and Discussion of Results:

We hypothesized that sports play a role in addressing some psychological and social problems. Researchers have proven this through the results mentioned above, which indicate that sports have an effective role in addressing some psychological and social problems to an acceptable level. The results also demonstrate the effectiveness of sports in changing the behavior of physically disabled individuals in resolving these problems, thus confirming the hypothesis of this research. The results obtained in this study are consistent with those of previous studies, meaning that practicing sports is of great importance in addressing the psychological and social problems of people with special needs.

Conclusion:

Based on these results and the data obtained, we observe that the findings from the statistical analysis of the questionnaire used in our study were acceptable and supportive of our research. We concluded that sports are of great importance to individuals with physical disabilities in addressing some psychological and social problems. This aligns with previous and similar studies in terms of their objectives and results.

Recommendations and Suggestions:

- Provide the necessary equipment and sports supplies for people with disabilities to create a better environment and achieve the desired results.
- Work to address the psychological and social problems of people with disabilities.
- Work to integrate people with disabilities into various community activities so they can play social roles that contribute to building society.
- Raise public awareness through educational and guidance programs on television and radio, as well as through visits by specialists to the families of people with disabilities.
- Educate parents and the community about the specific needs of people with disabilities and the importance of sports in improving their various psychomotor aspects.

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