



ENGELLİ SPORCULARIN SPORA KATILIM MOTİVASYONLARI İLE SPORTİF SORUNLARLA BAŞA ÇIKMA BECERİLERİNİN İLİŞKİSİNİN İNCELENMESİ

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Özet

Bu araştırma bedensel engelli sporcuların spora katılım motivasyonlarını ve spor sorunlarıyla baş etme becerilerini bazı değişkenlere göre değerlendirmeyi ve aralarındaki ilişkiyi araştırmayı amaçlamaktadır. Araştırmanın çalışma grubunu 79 tekerlekli sandalye basketbol oyuncusu oluşturmaktadır. Araştırma kapsamında araştırmacılar tarafından "Kişisel Bilgi Formu", "Sporla Başa Çıkma Becerileri Envanteri-28 (ACSI-28)" ve "Engelli Bireylerin Spora Katılımına Yönelik Motivasyon Ölçeği (MSSPPD)" araştırmacılar tarafından geliştirilmiştir. Katılımcıların demografik bilgileri uygulanmıştır. Araştırmada istatistiksel analiz, tanımlayıcı istatistik, ortalama, standart sapma, T-Testi, ANOVA ve Pearson Korelasyon testi teknikleri kullanılmıştır. Elde edilen bulgulara göre, sportif başarı durumu ile çıkma becerileri ölçeği ile engelli bireylerin spora katılım motivasyonu ölçeğinin içsel motivasyon alt boyutu arasında pozitif yönde ve düşük düzeyde anlamlı bir ilişkinin olduğu görülmüştür. Ayrıca yaşa ve spor yaşına göre her iki ölçekte de anlamlı bir farklılık bulunmazken, içsel motivasyon alt boyutunda milli sporcular lehine anlamlı bir farklılık gözlenmiştir. Sonuç olarak sporcuların içsel motivasyonları arttıkça atletik başa çıkma becerilerini geliştirme yetenekleri de artmaktadır. Bu bakımdan engelli sporcuların çabalarını ve ilgilerini artıracak imkanların sayısını artırarak iç motivasyonlarını arttırmak mümkündür. Dolayısıyla tekerlekli sandalye basketbolcularının artan içsel motivasyonu sayesinde karşılaştıkları her türlü zorlukla baş etme olasılıklarının da artacağı söylenebilir.

Anahtar Kelimeler: Motivasyon, Stres, Bedensel Engellilik, Basketbol

Examination of the Relationship Between Disabled Athletes with the Motivation for Sports Participation and the Athletic Coping Skills

Abstract

This research aims to evaluate the motivation of athletes with physical disabilities to participate in sports and their skills to cope with sports problems according to some variables and to investigate the relationship between them. The study group of the research consists of 79 wheelchair basketball players. Within the scope of the study, "Personal Information Form," "Athletic Coping Skills Inventory-28 (ACSI-28)," and "Motivation Scale For Sports Participation of People With Disabilities (MSSPPD)" were developed by the researchers to collect the demographic information of the participants, were applied. Statistical analysis, descriptive statistics, means, standard deviation, T-Test, ANOVA, and Pearson Correlation test techniques were used in the study. According to the findings, it was seen that there was a positive and low-level significant relationship between the scale of athletic coping skills and the intrinsic motivation sub-dimension of the motivation scale for sports participation of people with disabilities. In addition, while there was no significant difference in both scales according to age and sports age, a significant difference was observed on behalf of national athletes in the sub-dimension of intrinsic motivation according to nationality status. As a result, as the athletes' intrinsic motivation increases, their ability to develop athletic coping skills also increases. In this respect, it is possible to increase the internal motivation of disabled athletes by increasing the number of environments that will increase their efforts and interests. Therefore, it can be said that thanks to the increased intrinsic motivation of wheelchair basketball players, they will increase their probability of coping with all kinds of difficulties they encounter.

Key Words: Motivation, Stress, Physical Disability, Basketball

Introduction

In the essential facts about disability published by the World Health Organization (WHO) on 2 December 2022, it has been pointed out that an estimated 1.3 billion people in the world, or one out of every six people worldwide, have a significant disability (WHO, 2022). While researchers emphasize that sports and physical activity play an essential role, especially among people with disabilities (Roult et al., 2014), they support the idea that access to sports in a more inclusive and more accessible environment benefits the entire population, not just people with disabilities (Fitzgerald & Flintoff, 2012).

It is possible to observe all and more of the positive effects of sports on individuals with typical development and on individuals with disabilities. Individuals who do sports have more self-confidence and are more compatible with their environment and friends, and their mental health is more balanced and regular. It is observed that individuals' self-confidence when starting a task can enable them to form high motivational power and to perform their mission more accurately, in the shortest time, and without errors. It should not be forgotten that motivation is one of the cornerstones of an individual's participation in sports (Tekkurşun-Demir et al., 2018). Being motivated means taking action to do something. For a person to act, he must be encouraged, and to be inspired, he must have a source of inspiration or purpose. A person with no reason or drive does not act due to his non-motivated (Richard et al., 2000). While explaining the concept of motivation, Deci & Ryan (2000) classified the factor that encourages doing something because it is exciting or fun as intrinsic motivation. Extrinsic motivation is the other factor that encourages doing something because it leads to a significant result. These motivation types are divided into two and stated that they constitute the most fundamental distinction between motivation types (Deci & Ryan, 2000). According to the types of motivation put forward by the researchers, it is seen that many factors that affect the performance of the athletes are included in this classification. As an example of this situation, the urges to enjoy, feel satisfaction, be appreciated, receive rewards, and self-reward are examples of intrinsic motivation providers. At the same time, the support of family and environment and increased financial resources can be examples of factors that provide extrinsic motivation. As Yılmaz et al. (2019) stated, it is possible to say that especially disabled athletes' ability to be included in a group and be accepted by a group increases their feelings of confidence, they are motivation, and this has a positive effect on personality development of the athletes by positively affecting their self-awareness (Atike et al., 2019). While it is common for disabled individuals to encounter psychological and social problems, disabled individuals

in the sports environment also face difficulties in competitions and training. In this context, the motivation levels of disabled athletes act as a protective factor against the psychological problems and social challenges they may encounter due to their disabilities. Hoar et al. (2006) stated the factors that can be included under stress factors in sports as personal performance, losing in competitions, referee decisions, opponent behaviors, injuries, and playing conditions (Hoar et al., 2006). Athletes' ability to cope with these stressors is an important determinant of performance; these skills must be trained, taught, and developed as they can directly affect the personal and professional lives of athletes. Adhering to these issues, determining and eliminating the difficulties of individuals with disabilities is crucial in their integration with society. In this context, the research aims to evaluate the motivation of athletes with physical disabilities to participate in sports and their ability to cope with sportive problems according to some variables and to investigate the relationship between them.

Material & Method

Study Group

While the universe of this research consists of wheelchair basketball players, the sample consists of 79 wheelchair basketball players selected by the convenience sampling method, one of the improbable sampling techniques. This descriptive study is carried out in the scanning model within the framework of the Higher Education Institutions Scientific Research and Publication Ethics Directive numbered 2022/81 dated 29/06/2022 issued by the Yalova University Rectorate Ethics Committee Coordinatorship.

Instrument

Within the scope of the study, "Personal Information Form," "Athletic Coping Skills Inventory-28 (ACSI-28)," and "Motivation Scale For Sports Participation of People With Disabilities (MSSPPD)," which were developed by the researchers to collect the demographic information of the participants, were used. The personal information form includes independent variables generated to obtain demographic information such as age, gender, nationality, and sports age.

Athletic Coping Skills Inventory-28 (ACSI-28): Smith et al. (1995) and adapted to Turkish by Özcan and Günay (2017), the scale consists of seven subscales: consists of coping with adversity, concentration, coachability, confidence and achievement motivation, goal

setting/mental preparation, peaking under pressure, and freedom from worry. The scale items are rarely (0) and almost always (3). It is a Likert-type scale and consists of 26 items. While 12 points can be obtained for each factor, the scale ranges from 0 to 78.

Motivation Scale For Sports Participation of People With Disabilities (MSSPPD): The “Motivation Scale For Sports Participation of People With Disabilities (MSSPPD)” developed by Tekkurşun, İlhan, Esentürk, and Kan (2018) consists of 22 items. The scale consists of the factors of Intrinsic Motivation, consisting of the first 12 items, Extrinsic Motivation, composed of 5 items; and non-motivated consisting of 5 items. The values of the items representing the non-motivated subscale in the scale were reversed in the scoring stage (1 = 5, 2 = 4, 3 = 3, 4 = 2, 5 = 1).

Data Analysis

Statistical analysis was performed using SPSS 22.0 software. Descriptive statistics mean and the standard deviation is among the analyzes made. When the skewness and kurtosis values of the sample group are examined, it is seen that the data of the scales exhibit a homogeneous distribution within the range of ± 1.5 (Tabachnik & Fidell, 2013). For this reason, Independent Groups T-Test, ANOVA, and Pearson Correlation test techniques from parametric test techniques were used to compare the differences between the variables in the data analysis.

Results

In this section, findings and comments obtained from wheelchair basketball players are included regarding the data.

Table 1
Distribution of Scale Scores

| | | N | Number of Item | Mean \pm SD | Skewness | Kurtosis |
|--|----------------------|----|----------------|------------------|----------|----------|
| <i>Athletic Coping Skills Inventory</i> | | 79 | 26 | 57,07 \pm 7,16 | -,309 | -,616 |
| <i>Motivation Scale For Sports Participation of People With Disabilities</i> | Intrinsic Motivation | 79 | 12 | 55,37 \pm 4,80 | -,844 | -,187 |
| | Extrinsic Motivation | 79 | 5 | 21,42 \pm 3,61 | -1,330 | 1,717 |
| | Non-motivated | 79 | 5 | 19,45 \pm 3,84 | -1,703 | 1,817 |

When Table 1 is examined, the average score of the participants in the Coping with Sportive Problems scale was 57,07, the mean score of the Intrinsic motivation sub-dimension of the Scale of Motivation for Participation in Sports for Persons with Disabilities was 55,37, the mean score of the Extrinsic Motivation sub-dimension was 21,42. The mean score of the non-motivated sub-dimension was determined as 19,45.

Table 2

Correlation Analysis of Athletic Coping Skills Inventory and Motivation Scale For Sports Participation of People With Disabilities

| | <i>Motivation Scale For Sports Participation of People With Disabilities</i> | | | |
|---|--|----------------------|---------------|------|
| | Intrinsic Motivation | Extrinsic Motivation | Non-motivated | |
| <i>Athletic Coping Skills Inventory</i> | r | ,296** | ,131 | ,194 |
| | p | ,008 | ,249 | ,087 |
| | N | 79 | 79 | 79 |

When we look at Table 2, it has been determined that there is a positive and low-level significant relationship between the inventory of athletic coping skills and the intrinsic motivation sub-dimension of the scale of motivation for sports participation of people with disabilities.

Table 3

T-Test Analysis According to Nationality of the Athletic Coping Skills Inventory and the Motivation Scale For Sports Participation of People With Disabilities

| | Nationality | n | Mean±SD | t | P | |
|--|----------------------|-----|-------------|-------------|-------|------|
| <i>Athletic Coping Skills Inventory</i> | Yes | 13 | 58,08.±6,94 | ,548 | 585 | |
| | No | 66 | 56,88.±7,25 | | | |
| <i>Motivation Scale For Sports Participation of People With Disabilities</i> | Intrinsic Motivation | Yes | 13 | 58,61.±2,33 | 4,396 | ,000 |
| | | No | 66 | 54,73.±4,91 | | |
| | Extrinsic Motivation | Yes | 13 | 22,31.±2,72 | ,973 | 334 |
| | | No | 66 | 21,24.±3,75 | | |
| Non-motivated | Yes | 13 | 20,15.±3,46 | ,715 | ,477 | |
| | No | 66 | 19,32.±3,92 | | | |

Table 3 shows no significant difference in the scale of coping with sportive problems according to their nationality ($p > 0.05$). In contrast, a significant difference was found in the intrinsic motivation sub-dimension of the reason for participating in sports in individuals with disabilities ($p < 0.05$).

Table 4

Anova Analysis According to Age of the Athletic Coping Skills Inventory by Age and the Motivation Scale For Sports Participation of People With Disabilities

| | Age | n | Mean±SD | F | P |
|---|-----------|----|------------|------|------|
| <i>Athletic Coping Skills Inventory</i> | 21-30 age | 35 | 56,46±7,23 | ,399 | ,673 |

| | | | | | | |
|--|----------------------|-----------------|----|------------|-------|------|
| | | 31-40 age | 30 | 58,00±7,52 | | |
| | | 41 and over age | 14 | 56,64±6,49 | | |
| <i>Motivation Scale For Sports Participation of People With Disabilities</i> | Intrinsic Motivation | 21-30 age | 35 | 54,43±5,22 | 1,214 | ,303 |
| | | 31-40 age | 30 | 56,17±4,67 | | |
| | | 41 and over age | 14 | 56,00±3,72 | | |
| | | 21-30 age | 35 | 21,57±3,64 | | |
| | Extrinsic Motivation | 31-40 age | 30 | 21,13±3,81 | ,149 | ,862 |
| | | 41 and over age | 14 | 21,64±3,27 | | |
| | | 21-30 age | 35 | 18,88±4,44 | | |
| | | 31-40 age | 30 | 19,37±3,80 | | |
| | Non-motivated | 41 and over age | 14 | 21,07±,997 | 1,661 | ,197 |
| | | 21-30 age | 35 | 18,88±4,44 | | |
| | | 31-40 age | 30 | 19,37±3,80 | | |

When Table 4 is examined, no significant difference was observed in the sub-dimensions of the Athletic Coping Skills Inventory and the scale of motivation to participate in sports for individuals with disabilities according to age ($p>0.05$).

Table 5

Anova Analysis According to Sports Age of the Athletic Coping Skills Inventory by Age and the Motivation Scale For Sports Participation of People With Disabilities

| | | Sports Age | n | Mean±SD | F | P |
|--|----------------------|------------|----|------------|-------|------|
| <i>Athletic Coping Skills Inventory</i> | | 1-3 years | 22 | 57,00±5,99 | ,320 | ,727 |
| | | 4-6 years | 33 | 57,76±8,28 | | |
| | | 7-9 years | 24 | 56,21±6,67 | | |
| Intrinsic Motivation | | 1-3 years | 22 | 55,14±4,40 | 1,993 | ,143 |
| | | 4-6 years | 33 | 56,51±4,57 | | |
| | | 7-9 years | 24 | 54,00±5,24 | | |
| <i>Motivation Scale For Sports Participation of People With Disabilities</i> | Extrinsic Motivation | 1-3 years | 22 | 20,54±3,42 | 2,187 | ,119 |
| | | 4-6 years | 33 | 22,39±3,39 | | |
| | | 7-9 years | 24 | 20,87±3,88 | | |
| Non-motivated | | 1-3 years | 22 | 18,36±4,57 | 1,252 | ,292 |
| | | 4-6 years | 33 | 19,94±3,17 | | |
| | | 7-9 years | 24 | 19,79±3,91 | | |

When we look at Table 5, it has been determined that no significant difference was observed in the sub-dimensions of the Athletic Coping Skills Inventory and the scale of motivation to participate in sports for individuals with disabilities according to the sports age ($p>0.05$).

Discussion and Conclusion

The research examined the relationship between the athletes' motivation to participate in sports in the wheelchair basketball team and their ability to cope with sportive problems. According to the averages obtained, it was seen that the athletes' skills to cope with sportive problems were at a high level. In addition, it can be said that the intrinsic and extrinsic motivations of disabled individuals are high, and their non-motivated sub-dimension is low in their motivation to participate in sports. Compared to individuals with typical development, this situation of disabled individuals who have a physical deficiency can cause psychological trauma. However, sports enable people with disabilities to realize they are part of this world

despite their deficiencies. This situation carried to international platforms, distinguishes disabled athletes from each other and has shown that both the cognitive flexibility levels and psychological resilience of the individuals participating in the competitions on these podiums are higher (Yavuz, 2019). In the literature, the study conducted by Demir and İlhan (2020) determined that the physically disabled athletes were the group with the highest motivation to participate in sports in terms of total score averages among disability groups. The study conducted by Bayraktar and Öksüz (2018) concluded that wheelchair users have higher self-efficacy levels and coping skills compared to wheelchair users who do not do sports.

The study determined a positive and low-level significant relationship between the scale of Athletic Coping Skills and the intrinsic motivation sub-dimension of the Motivation Scale For Sports Participation of People With Disabilities. Accordingly, coping skills with sportive problems also develop as intrinsic motivation increases. Intrinsic processes, such as the individual's needs, interests, and curiosities, or extrinsic and environmental factors, such as reward, pressure, and punishment, can cause motivation. Intrinsic and extrinsic factors motivate some people more quickly (Malone & Lepper, 2021). In intrinsic motivation, the person performs the behavior because they enjoy the job (Ercan, 2001). According to the findings obtained from the study, it is seen that wheelchair basketball players embrace their work and enjoy it. In this way, it can be said that they cope with the problems they encounter more easily.

While there was no significant difference in the scale of athletic coping skills according to the nationality of the wheelchair basketball team athletes discussed in the research, a significant difference was found in the intrinsic motivation sub-dimension of the motivation to participate in sports for disabled individuals. National sportsmanship is when the individual is at their peak in terms of both physical and psychological performance. In this respect, it can be said that these athletes, who have a high level of spiritual feeling, are internally motivated in their sports. Similar to this study, as a result of the survey conducted by Bozkurt, Demir, and Dursun (2019), it was found that the intrinsic motivation level of disabled individuals who are national is significantly higher than those who are not national athletes. However, unlike this study, in the survey conducted by Demir and İlhan (2020), it was determined that national athletes' extrinsic motivation score averages were higher and more significant. It has been observed that Demir and İlhan (2020) explained this situation as that national athletes participate in sports for reasons such as receiving awards, congratulations from those around them, and ensuring the popularity of their name, compared to non-national athletes. Emamvirdi et al. (2020), on the other hand,

stated that there is a significant difference in favor of national athletes in the extrinsic motivation and non-motivated scores of physically disabled athletes as a result of their study.

There was no significant difference in the sub-dimensions of the scale of athletic coping skills according to the age of the wheelchair basketball team athletes and the scale of motivation for sports participation of people with disabilities. In this context, it can be said that the motivation to participate in sports and the level of athletic coping skills according to the age of the participants are at similar levels. It is thought that the lack of difference may be since the disabled state of athletes themselves experience the same feeling in all age groups. Similar to the research results, in the study conducted by Demir and İlhan (2020), it was concluded that the motivation of disabled athletes to participate in sports does not differ statistically according to the age variable. Shapiro (2003) argued that there is no difference between the young and old disabled athletes who competed in the Special Olympics in terms of their motivation to participate in sports. Looking at the studies on athletes with different disabilities, unlike the results of the research, Demir and İlhan (2019) found a positive and moderately significant difference between the age of the visually impaired athletes and the dimension of intrinsic motivation. Emamvirdi et al. (2020) found no significant relationship between the age of physically disabled athletes and the sub-dimensions of motivation to participate in sports. In a study conducted by Bozkurt, Demir, and Dursun (2019), it was stated that there was no significant relationship between intrinsic motivation and extrinsic motivation in disabled individuals with age. However, a meaningful relationship was found between age and the sub-dimension of being non-motivated, and it was determined that the level of non-motivated increased with age. According to Meriç and Turay (2020), athletes between the ages of 21-30 perceive wheeled basketball as more fun than participants over 40.

The research determined that there was no significant difference in the sub-dimensions of the scale of athletic coping skills and the motivation for sports participation of people with disabilities according to the sports age. According to Demir and Güvendi (2022), although the ability of athletes to cope with the difficulties they encounter in their sports lives and their attitude towards events are sometimes adversely affected, even in fearful positions in sports life, the athletes do not give up, and their belief in their abilities remains. Unlike this study, Demir and İlhan (2020) stated that there is no relationship between the athletes' intrinsic and extrinsic motivation sub-dimensions and their sports age. Still, a negative and low-level significant relationship exists between the non-motivated sub-dimension and the sports age variable. In the study conducted by Demir and İlhan (2019), a highly significant positive

difference was found between the sports age of visually impaired athletes and the extrinsic motivation sub-dimension. The study by Bozkurt, Demir, and Dursun (2019) determined a positive and significant relationship between sports age and the sub-dimension of non-motivated.

According to Lazarus (2000), due to the nature of sports activities, athletes encounter many stress sources, such as fear, pain, lack of confidence, fear of failure, pain, fatigue, indecision, and exhaustion. When they cannot cope with these stress sources, they face failure. Sport has a broader meaning for people with disabilities. By exercising, a person with a disability can reduce movement restrictions, gain independence, and help their community (Alizadeh & Cobuliey, 2021). As stated in the study conducted by Demir and İlhan (2020), it can be said that physically disabled athletes are more influenced by their inner world than others, and their excitement, happiness, pleasure, and intrinsic motivation are more prominent in sports. According to the results obtained in this study, as the athletes' intrinsic motivation increases, their ability to cope with sportive problems also increases. In this respect, it is possible to increase the intrinsic motivation of disabled athletes by increasing the existence of environments that will increase their efforts and interests. With increased intrinsic motivation, wheelchair basketball players can vigorously tackle any challenge.

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