

## **Social support and it's role in improving resilience for the mobility disabled**

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### **Introduction and problem of the research :**

- All monotheistic religions emphasized the interest of the disabled affairs and caring them by providing a decent life for them .In this age the nations civilization that are conscious of individual rights is measured by what these nations provide of caring for the disabled . In this century , the scientific victories can be achieved in several science related with the disabled aspect such as medicine and the natural therapy . Caring of the disabled became a legal right for them and an inevitable duty on the nations . All efforts of scholars and thinkers combined for providing the programs that help the disabled individual to benefit from his movement and mental potentials in life aspects by developing and trying to invest them .

-The physical disabled is defined that he is the person who has a little of a normal aptitude to accomplish the normal tasks in life or the important functions of life . The word of physically disabled is called, for instance , on the person that has anatomical or specified physiological inability .( 5:236) .

- Social support is considered a very important factor for every individual whether he is young or adult . It plays a very important role in continuing their lives and their natural development in all cognitive and physiological aspects , in continuing the next experiences and how to deal with them naturally away from abnormalities and inadequacies ( 11: 155 ) .

- Social support is considered a broad and universal process and represents a positive forces working to offer help for each need person . That the concept of support is considered a comprehensive and complex one and differs according to what the family offers of tangible or technical or instrumental or emotional or information things , as well as the situation in which this service is provided and the mental traits for those who offer and receive the support (7:16) .

-The support performs a preventive role where the researchers indicate that it plays an important role in recovering from psychological and mental disorders and it also contributes in the positive adjustment and the personal development of the individual , but it makes the individual is less influenced when receiving any stress or crises . (10:127) .

- Social support plays a very important part in modifying the relationship between realizing stressful life events , psychopathological symptoms in general and depression symptoms in particular , since it doesn't alleviate these stress only , but it might also have preventive effects of these stress . Social support plays an important role in recovering from psychological disturbances and contributes in active adjustment and personal development of the individual . Social support has it's importance in school life for the sake of adaptation , increasing motivation and the ability of the academic achievement and reaching the desired goals in early adolescence (3:31) .

- Resilience is considered one of the relative recent concepts relatively that witnessed an increased interest for developing studies of positive psychology particularly in terms of it's relation with mental health , psychological safety , life quality and the individuals ability to confront challenges . (12:9) .

-It also means the ability of regression and recovery after exposing for difficult life stress such as the death of a loved one , or loss of a home or exposure for the natural disasters ( 8:37) .

-Resilience means the individual ability to restore his balance after exposure for adversities and difficulties , but he may function it to achieve development and integration , consequently a dynamic and dialectical concept bearing in it's meaning the stability in addition to movement ( 6: 95) .

-Resilience is considered one of the natural phenomena .It isn't a supernatural phenomenon . Many people possess this psychological trait , but they show a high level of it . Describing one that is characterized with resilience doesn't mean that this individual doesn't suffer from difficulties or pressures . Emotional pain and sad are common symptoms between individuals who experience or suffer from severe bumps or catastrophes

even if they are characterized with a high degree of resilience . The road to the resilience includes suffering from a lot of emotional distress , life is not fair and delightful and it is not in the same time permanent difficulties , hardships and catastrophes ( 2: 93 ) .

- From the above mentioned , it was shown for the researchers the importance of the social support for this class and it's role in rising different psychological aspects , so it must be interested in determining the level of the social support for this class for it's influential and effective role inside society that can be benefited and guided in spite of neglecting it to become an operative force inside any society in spite of hindering it in the process of progress . All those in charge and workers of this class must concern with psychological aspects and develop for the handicapped individual and making him know his abilities and potentials through which he can coexist with the society in which he lives and adjusts with it . This is what the society must offer towards this class to develop their resilience that is considered the most important factor of continuity and success in their life and practical aspects and they are also cared in different fields particularly the psychological one since it is the access through which their behavior in public life can be modified through their merging in sport activity . That concern with them in sport psychological aspect can achieve the highest psychological balance during their participation in sport competitions that help them to live right psychological life free from any psychological obstacles that come between benefiting from their energies in the society in which they live.

- Through acknowledging previous studies and researches , the researchers found that social support has a big role in increasing the effect of the disabled , hence it has a positive effect on the psychological variables and the most important ones are recognizing improvement the variable of resilience and that what led the researchers to the importance of this research as an attempt to study the social support and it's role in improving resilience for the kinetic disabled and through participation in movement and sport activity .

#### **Goal of the research :**

The research aims at studying the social support and it's role in improving resilience for the kinetic disabled and through participating in sport activity .

#### **Hypotheses of the research :**

1-There is a statistically significant correlation between the scale of social support and resilience for the kinetic disabled participating in sport activities .

**Terms of the research :****Social support :**

It is this system that includes long term social connections and interactions with others who can be relied upon and trust them to provide the individual affectional support and give him help and being a refuge for him in times of distress ( 9:307) .

**Mobility handicapped :**

They are the individuals who have a disability affecting their movement activities preventing them from performing their vital functions with the same normal type . (1: 13) .

**Procedures of the research :****Method :**

The researchers used the descriptive method " surveying method " for it's appropriateness for the research nature since it is the method that specialized in studying the phenomenon as it is in reality and concerned with describing it accurately and expressed it qualitatively and quantitatively .

**Community and sample of the research :**

The research community included the mobility disabled participating in sport activities at Maqousa youth center – Minia city . The size of the research community was (99) male and female participants . The researchers selected a year and a random sample of (15) male and female participants of the research community .

**Tools of the study :**

The scale of social support ( prepared by the researchers )

**A- Describing the scale :**

-After confirming the scientific coefficients of the scale from validity and reliability , the researchers developed the final form of the scale , ( 24 ) statements and the application instructions were developed , where the response for the scale statements in the light of five rating scale ( always of (5) scores , often of (4 ) scores / occasionally of (3 ) scores / rarely of (2 ) scores / never of ( 1 ) score .

-The researchers conducted a survey study for the previous studies in the field of this research , acknowledging some scales that dealt with social support and the theoretical revision for the previous studies and the scales of social support , the researcher determined (3 ) dimensions that constitute in total social support of the mobility disabled participating in sport activities that are ( emotional support , friends support , support of the family and people surrounding ) . The researchers presented the scale dimensions on a set of experts specialized in the fields of : sport psychology , general psychology , mental health , of ( 10 ) experts to show

the opinion in the extent of the dimensions suitability for what it was developed for , as well as the relative importance for each dimension or added other dimensions they see . In the light of the experts opinions , all dimensions were agreed and determined it's relative importance as follows : emotional support 33% , friends support 29% , support of the family and people surrounding 38% .

-The researchers developed a set of statements under each dimension of the scale in the light of the relative importance for each dimension .The statements were ( 24 ) ones .Dimensions and statements that fall under them were presented on a set of experts specialized in the fields of : sport psychology , general psychology , and mental health of ( 10 ) experts to show the opinion in the extent of the statements for the dimension that falls under it , as well as formulating or adding other statements . The statements that obtain a percent of ( 70% ) or more from the opinions sum were selected .The percent of the experts opinions about the scale statements ranged between ( 70 %- 100% ) , so all the scale statements were agreed for obtaining a percent of ( 70% ) and more of the experts agreement .

B- Validity : to calculate the scale validity , the researchers used the following :

1- The content validity .

The researchers presented the scale in it's initial form , of ( 25 ) statements on a set of experts specialized in the fields of sport psychology , general psychology , mental health , to show the opinion in the extent of the dimensions suitability for what they were developed for , and the extent of the statements suitability for the dimension that fall under it . The statements that obtained a percent of ( 70%) or more were agreed , so only one statement no. ( 12 ) was deleted , hence total scale statements are ( 24 ) distributed on the scale dimensions as follows : emotional support ( 8 ) statements , friends support ( 7 ) statements , the family and the people surrounding ( 9 ) statements .

2- Validity of the internal consistency :

The researchers applied the scale on a pilot sample of ( 15 ) individuals from the research community and outside the basic research sample . The correlation coefficients were calculated between the score of each statements and the total score of the scale , in addition to calculate correlation coefficients between the total score for every dimension and the total score for the scale . The findings were that the correlation coefficients ranged between the total score for each dimension and the total score for the scale of social support between ( 0.94 : 0.95) and they are statistically significant indicating that the scale is on an accepted degree of validity .

**C- Reliability :**

The researchers calculated the scale reliability by using Alpha Cronbach where the scale was applied on the research sample . The values of Alpha Cronbach coefficients for the dimensions of social support ranged between ( 0.86 : 0.88 ) , Alpha coefficient for the scale as a whole was ( 0.96 ) and they are statistically significant indicating that the scale is on an accepted degree of reliability .

The scale of resilience ( prepared by Eman Sarmini )

**A- Describing the scale :**

Eman Sarmini designed the scale of resilience consisting of (79) statements distributed on (7 ) dimensions that are ( personal competency , solving the problems , flexibility , emotions management , optimism , social relations , faith ) Under each of them falls a set of statements expressing the degree of resilience in each dimension and the response for the scale statements is made in the light of triple rating balance ( always / often / rarely ) and the score is rated (3/2/1) respectively in the positive statements and are estimated ( 1/2/3) in the direction of the reversal statements . The high score of the scale indicates high level of the resilience for the mobility disabled .

**B- Validity :**

To calculate the scale validity , the researchers applied the scale on a pilot sample of (15 ) individuals of the research community and outside the basic research sample . The correlation coefficients were calculated between the score of each statements and the total score of the dimension in which it belongs , and calculate correlation coefficients between the total score for every dimension and the total score for the scale . The findings were that the correlation coefficients ranged between the total score for each dimension and the total score for the scale of social support between ( 0.59 : 0.83) and they are statistically significant indicating that the scale is on an accepted degree of validity .

**2- The validity of the internal consistency :**

The researchers applied the scale on a pilot sample of (15 ) individuals from the research community and outside the basic research sample . The correlation coefficients were calculated between the score of each statements and the total score of the scale in which it belongs , in addition to calculate correlation coefficients between the total score for every dimension and the total score for the scale . The findings were that the correlation coefficients ranged between the total score for each dimension and the total score for the scale of social support between ( 0.51 : 0.83) and they are statistically significant indicating that the scale is on an accepted degree of internal consistency .



**C- Reliability :**

The researchers calculated the scale reliability by using Alpha Cronbach where the scale was applied on the research sample . The values of Alpha Cronbach coefficients for the dimensions of social support ranged between ( 0.88 : 0.93 ) , Alpha coefficient for the scale as a whole was ( 0.95 ) and they are statistically significant indicating that the scale is on an accepted degree of reliability .

**The executive steps of the research :****The pilot study:**

The researchers conducted a pilot study to recognize the extent of the used scales suitability , their clarity and appropriateness for applying on the sample " under research " . The application was made on a sample of (5) individuals from the research community and outside the basic research sample . The findings of the study displayed the statements clarity and the sample apprehension for the application instructions indicating it's appropriateness for applying the basic sample " under research " .

**Applying the research instruments :**

The researchers applied the scale of social support and resilience on the mobility disabled participating in sport activities at Minia city from 1/3 : 3/3/2022 .

**The used statistical methods :**

The researchers used the following statistical methods ( arithmetical mean , the median , standard deviation , skew coefficient , Pearson correlation coefficient , Alpha Cronbach coefficient ) . The researchers used a significance level ( 0.05) to confirm the significance of the statistical findings of the research , as well as SPSS V.25 program to calculate the statistical coefficients .

**Findings of the research :**

Verifying the research hypothesis stating that : there is a statistically significant correlation between the scale of social support and resilience for the mobility disabled participating in sport activities .

**Table (1)**  
**Correlation coefficients between social support and resilience for the**  
**mobility disabled participating in sport activities**

Variables	Males :n=18 ) & ( females :n= 12 ) (								
	Resilience								
Social support	Emotional support	Males	Personal competence	Solving the problems	Emotions management	optimism	Social relations	Faith	Total score
		Females	0.71	0.36	-0.01	0.59	0.39	0.45	0.64
	Friends support	Males	0.54	0.03	-0.08	0.04	0.25	0.88	0.51
		Females	0.55	0.17	-0.41	0.16	0.39	0.22	0.31
	Support of family and the people surrounding			0.26	-0.11	0.10	0.47	0.80	0.67
		Males	0.55	0.50	-0.27	0.40	0.61	0.22	0.56
	Total score	Females	0.35	0.49	-0.61	0.36	0.16	0.49	0.70
		Males	0.68	0.40	-0.27	0.42	0.54	0.32	0.57
		Females	0.52	0.32	0.23	0.21	0.29	0.79	0.71

The (r) value at freedom degree is ( 16 ) and significance level ( 0.05 )  
 =0.468

The (r) value at freedom degree is ( 10 ) and significance level ( 0.05 )  
 =0.576

It is shown from table (1 )

- There is a positive statistical significant correlation between the scale of social support and resilience for the mobility disabled participating in sport activities at Minia city .

Conclusion :

In the light of the research hypothesis , the followed procedures , the research sample and the research findings , the researchers found that there is a positive statistical significant correlation between the scale of social support and resilience for the mobility disabled participating in sport activities at Minia city .

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The researchers express the sincere thanks and great appreciation to whom contributed in this work to the fullest particularly experts in the field of psychology . The researchers express also the sincere thanks and great appreciation to the judge experts and also the research sample " the mobility disabled " participating in activities of Ministry of Youth and Sport executed at Minia governorate that participated in applying this research and what they allcted of time and information to produce this research with the desired form and the ability to achieve the desired goal .



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## **Summary of the research**

### **Social support and it's role in improving resilience for the mobility disabled**

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The research aims at studying the reality of social support for the mobility disabled participating in sport activities and it's role in improving the level of resilience for the mobility disabled participating in sport activities . The researchers used the descriptive method ( surveying method ) for it's appropriateness for the research nature , since it is the method specializing in studying the phenomenon as it is in reality and concerning in describing it accurately and expressing it qualitatively or quantitatively .The research community included the mobility disabled participating in sport activities in Maquosa youth center at Minia city . The size of the community was (99) male and female participants from the research community . In the light of the research goal , questions , the followed procedures , the research sample and the research findings , the researchers found that there is a positive and non statistically significant correlation between social support and the emotional balance between the kinetic disabled participating in sport activities at Minia city .

#### **Key words :**

- Social support**
- Resilience**
- The mobility disabled**

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