

# Investigation of Social Exclusion Levels of Physically Disabled Athletes in Terms of Various Variables

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## ABSTRACT

The primary aim of this study is to determine what are effective on the social exclusion of the physically disabled individuals. Problems experienced by the disabled community show that they are exposed to social exclusion. In this study, economic, social, cultural problems they experienced and effect of these problems on the disabled athletes were investigated. 169 athletes of 40 clubs challenged in Turkish Physically Disabled Swimming Championship organized by Turkish Sports Federation of Physically Disabled in Aksaray on 23-25 January 2019. 73 physically disabled athletes participated into this study. It was attempted to investigate the social exclusion levels of disabled athletes and factors leading to this in this study. In conclusion, the social exclusion that is one of the most important concepts in the social policy field is being used for describing the individuals who cannot integrate with the society and it is a broader concept than poverty and income status in our present day.

**Key Words:** Athlete-Education-Physically-Disabled-Social Exclusion

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## INTRODUCTION

Disability is a difficulty experienced in participation into the social life as well as the physical and mental deficiencies of the individual. This term that is as old as the history of humanity is the condition of preventing the individual from fulfilling his/her roles in the social life. The disability phenomenon increasing particularly after 2nd World War was initially taken into the scope only with compulsory employment policies. However, in addition to the development of social state understanding over time, policies for all fields of the social life were developed.

Social exclusion emerged in form of unemployment and lack of employment (Sapanca, 2003). The concept of social exclusion makes us think that social integration does not occur completely at all times, social order shows a structuring in form of layers in such a way which will exclude some different groups. In this content, social exclusion was defined as opposite of the social integration and cohesion which reflects integration into the society or being accepted as a part of the society (Adrian de Haan, 2000, İlkım, tanır and Ozdemir, 2018).

In another definition, social exclusion is a condition where civil, political, economic and social rights providing the individual to integrate with the society cannot be accessed by some individuals and groups (Walker and Walker, 1997). In the broadest definition, "Social Exclusion" concept connotes the processes preventing any individual from planning his/her plan on his/her own and realize it by providing the individual to integrate with the social structure, causing the individual not to Access to the primary and basic needs, breaking his/her ties with the society and not to accessing to the economic, political, civil and citizenship rights (Silver, 1994, İlkım and Akyol, 2018). Social exclusion is called by different names in many places of the World: urban poverty, new poverty, marginality, under class or out of class poverty. Buğra and Keyder emphasized in the results of the study titled "New Poverty And The Changing Welfare Regime of Turkey" (Buğra, Ayşe and Çağlar Keyder, 2003) they prepared for UNDP on the basis of Fassin that this concept difference

originated from the images in different geographies and it accommodates different theory and policy recommendations. According to Atkinson, social relation and dynamism element make the social exclusion broader than the multidimensional disadvantageousness (Atkinson, 1998). While the income poverty is seen as a part of social exclusion in the French, the social exclusion and poverty are defined as two different and independent concepts in Anglo-Saxon tradition (De Haan, 1999). Once we look at the disadvantageous groups which experience the social exclusion within our community, we see that not only disabled individuals but also women are exposed to an enormous exclusion by depending on the cultural beliefs. In many societies, women face with higher poverty and social exclusion risk compared with the general population (Mategeko, 2011). We see that positive attitudes do not generally develop toward the disabled individuals. We can show their inabilities to exist in the social spheres, to interact with the individuals and to provide integration among the reasons of the negative attitudes. Development of attitudes such as mercy, connivance, exclusion toward the disabled individual who cannot exist in the society adequately is inevitable (Ministry of National Education 2011). Silver used three paradigms while explaining the social exclusion concept by their occurrence form and reasons within the social structures that are different from each other. These paradigms are solidarity paradigm, specialization paradigm and monopolization paradigm (Silver, 1994). Participation into social life is a quite difficult process for disabled individuals and the negative attitudes such as social exclusion and discrimination generally have negative effects on education, occupation and being an income earner of the disabled and affect their life standards (Mamatoğlu, 2015).

These attitudes are known as elements which the disabled individuals should overcome throughout their life. In line with these explanations, the aim of this study is to present the exposure level of the social life status of the disabled individuals with the various factors.

**MATERIAL AND METHOD**

**Research Design:** Research design Turkey Physically Disabled aimed to achieve the athletes participating in the organization that arranged the Sports Federation. A total of 40 clubs participated in this organization and 169 swimming athletes competed in these clubs. The level of social life of the athletes who participated in the competition constituted our research topic. Our problematic sentence was what kind of difficulties experienced in the lives of physically disabled individuals. As a result, a study was conducted to determine the problems faced by physically disabled athletes in social life and to develop suggestions.

**Population and Sample:** Totally 40 clubs and 169 athletes participated into Turkish Physically Disabled Swimming Championship organized by Turkish Sports Federation of Physically Disabled in Aksaray on 23-25 January 2019.

**Data Collection Tools:** The scale is a unidimensional measurement instrument consisting of 18 items. The scale has a 5-point Likert type rating as follows Never “1”, Rarely “2”, Sometimes “3”, Mostly “4” and At All Times “5”. The internal consistency coefficient of the scale was calculated as .84. In the analysis of data, SPSS 22 package program was used.

**FINDINGS:**

Table 1. Percentage and frequency table of individuals participating into research

Age	Frequency	Percentage
10-15	30	41,1
16-19	25	34,2
20 and above	18	24,7
Total	73	100,0
Gender	Frequency	Percentage
Female	24	32,9
Male	49	67,1
Total	73	100,0
Disability Status	Frequency	Percentage
Amputee	18	24,7
Cerebral palsy	18	24,7
Spina bifida	6	8,2
Other	31	42,5
Total	73	100,0
Family Income Level	Frequency	Percentage

500 - 999 TL	3	4,1
1000 - 1499 TL	11	15,1
1500 - 1999 TL	13	17,8
2000 – 2499 TL	20	27,4
2500 - 2999 TL	9	12,3
3000 – 3499 TL	7	9,6
3500 TL and above	10	13,7
Total	73	100,0
Status of having a disabled chair	Frequency	Percentage
Yes	19	26,0
No	54	74,0
Total	73	100,0
Status of participation into social activities	Frequency	Percentage
Never	9	12,3
Rarely	22	30,1
Sometimes	25	34,2
Mostly	15	20,5
At all times	2	2,7
Total	73	100,0
Educational Background	Frequency	Percentage
Elementary	2	2,7
Secondary	23	31,5
High School	37	50,7
Associate’s Degree	4	5,5
Bachelor’s Degree	7	9,6
Total	73	100,0
Socially and Economically Feeling	Frequency	Percentage
Lower	3	4,1
Lower middle	9	12,3
Middle	47	64,4
Upper middle	11	15,1
Upper	3	4,1
Total	73	100,0
Variables	Frequency	Percent

Table 2. Comparison of social exclusion levels of individuals participating into research by genders

Dependent variable	Gender	N	Mean	Standard deviation	F	P
Social Exclusion Level	Female	24	2,87	0,409	-0,407	0,686
	Male	49	2,93	0,623		

Once Table 2 is examined, it is seen that no difference is found by the gender and disability state of the variables examined for the employment of disabled.

Table 3. Comparison of social exclusion levels of individuals participating into research by whether they have a disabled chair or not

Dependent variable	Having a disabled chair	N	Mean	Standard deviation	F	P
Social Exclusion Level	Yes	19	2,91	0,551	0,064	0,949
	No	54	2,90	0,568		

Once Table 3 is examined, it is seen that a significant correlation is not found between the status whether they have a disabled chair or not and the social exclusion levels of individuals participating into the research.

Table 4. Multiple comparison of social exclusion levels of individuals participating into research by the age

Dependent variable	Age	N	Mean	Standard deviation	F	P
Social exclusion level	10-15	30	2,91	0,487	0,138	0,871
	16-19	25	2,87	0,679		
	20 and above	18	2,96	0,517		

Once Table 4 is examined, it is seen that a significant correlation is not found between the age and the social exclusion levels of individuals participating into the research.

Table 5. Multiple comparison of social exclusion levels of individuals participating into research by the status of disability

Dependent variable	Disability Status	N	Mean	Standard deviation	F	P
Social exclusion level	Amputee	18	2,79	0,563	1,730	0,169
	Cerebral palsy	18	3,16	0,703		
	Spina bifida	6	2,90	0,701		
	Other	31	2,84	0,397		

Once Table 5 is examined, it is seen that a significant correlation is not found between the disability status and the social exclusion levels of individuals participating into the research.

Table 6. Multiple comparison of social exclusion levels of individuals participating into research by the family income level

Dependent variable	Family Income Level	N	Mean	Standard deviation	F	P
Social Exclusion Level	500-999 TRY	3	2,57	0,525	1,428	0,217
	1000-1499 TRY	11	2,82	0,526		
	1500-1999 TRY	13	2,86	0,827		
	2000-2499 TRY	20	2,86	0,421		
	2500-2999 TRY	9	3,39	0,313		
	3000-3499 TRY	7	2,86	0,566		
	3500 and above	10	2,86	0,511		

Once Table 6 is examined, it is seen that a significant difference is not found as a result of multiple comparison of social exclusion levels of individuals participating into the research in terms of family income level.

Table 7. Multiple comparison of social exclusion levels of individuals participating into research by the participation into social activities

Dependent variable	Participation into social activities	N	Mean	Standard deviation	F	P
Social Exclusion Level	Never	9	2,53	0,617	2,412	0,057
	Rarely	22	2,78	0,411		
	Sometimes	25	3,05	0,624		
	Mostly	15	3,07	0,513		
	All the times	2	3,22	0,393		

Once Table 7 is examined, it is seen that a significant difference is not found between social exclusion levels of individuals participating into the research by the participation into social activities.

Table 8. Multiple comparison of social exclusion levels of individuals participating into research by the educational background

Dependent variable	Educational background	N	Mean	Standard deviation	F	P
Social Exclusion Level	Elementary	2	2,75	0,039	0,185	0,946
	Secondary	23	2,93	0,461		
	High School	37	2,91	0,682		
	Associate's Degree	4	3,07	0,233		
	Bachelor's Degree	7	2,80	0,354		

Once Table 8 is examined, it is seen that a significant difference is not found between social exclusion levels of individuals participating into the research by the educational background.

## DISCUSSION AND CONCLUSION

Once Table 2 is examined, studies showing parallelism with our results are found in the literature review in terms of gender (Gönülçan, A. 2016). Adaman and Keyder (2005) noted in their study that there are no significant results between social exclusion and gender differences.

Once Table 3 is examined, problems of disabled individuals who are the inseparable part of the social life should be discussed in a realistic way and they should be

integrated with the society (Özcan, 2008). The studies conducted show that there is no connection between the chairs of disabled individuals and social exclusion. It is foreseen that there may be different reasons in front of the further existence of disabled individuals within the social life.

Once Table 4 is examined, as the age increases, cognitive and physiological factors of the individual regress; however, there is a period when losses are experienced in the fields such as social life, productivity, role and status,

social environment, social support, economic condition (Konak and Çiğdem, 2005; Bahar, Tutkun and Serbaş, 2005). Absence of a difference between those of the disabled athletes participating into the study who are at mid-tenths and those who are at 20 years old and above demonstrates that disabled individuals feel the social exclusion in every period of their life.

Once Table 5 is examined, they stated that factors such as low employment rates and lack of education are not resulted from biology, they form as a result of barriers which completely exclude the disabled individuals from the social participation in a systemic way and are constructed socially, this finding supports our results (Prilleltensky, 2012).

Once Table 6 is examined, the correlation between the social exclusion concept and poverty should be discussed. Because, while some think that social exclusion is nothing short of the renaming of the poverty concept, some think that it is broad, relational, dynamic and multi-dimensional, unlike the poverty (Şahin, 2009). Although social exclusion may be experienced with the lowness in income level of individuals, social exclusion may go to the lowness in income and poverty. Although individuals experience income lowness, they can live in touch with the society. They may be at the heart of the society.

In Table 7, society is the different, big community in its general definition which targets to cover the basic needs on a certain geographical region, has rules and corporate relations preparing the interaction and communication between them, has some different features than counterparts, has a mechanism which will produce itself both biologically and culturally (Demir, Acar, 1997). In this regard, if we are based on sports for the disabled athletes, role of the sports is great for facilitating the group works, providing mutual assistance, enabling the individual to integrate into the society and socialization of the individual. McMahon (1998) presented the importance of recreative and sportive activities for the disabled individuals in the study he conducted in terms of integration with environment and society, making friends and creation of social acceptance. When it is taken into account that socialization and human development shall be maintained for lifelong, the importance of the matter is better understood (Erkal, 1986). The sportive activities have some positive effects such as integration, rehabilitation and inclusion as well as its psychological and physical effects for the disabled individuals (Gür, 2001). In other studies that are contrary to our study, it was noted that participation of disabled individuals into social activities has positive effects on social exclusion levels from many physical and psychological aspects with the sports example (Erkal, 1986).

In Table 8, it was found that there is a strong correlation between social exclusion levels for the field of "Utilization from Educational Opportunities with Income Level" as a result of the evaluations made in another study emerged in contrary to our study. This correlation is reverse and as the income level increases, utilization from educational opportunities and social exclusion decrease (Karataşoğlu and İslamoğlu, 2016).

## CONCLUSION AND RECOMMENDATIONS

Social exclusion is interlocked with the existence in or out of the society in terms of social relations beyond being in good

condition or bad condition in terms of financial possibilities and disability opportunities. The fact to be stated in regard to these regards is that social exclusion is a broader concept than poverty and helps the poverty concept to be better understood. The disabled individuals, elderly people having the risk of social exclusion and individual and groups falling out of work are required to be taken under comprehensive social protection. Thus, it can be provided that social exclusion may reduce by providing social justice and solidarity.

In conclusion, the social exclusion that is one of the most important concepts in the social policy field is being used for describing the individuals who cannot integrate with the society and it is a broader concept than poverty and income status in our present day.

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