

# The Handicapped In Literature: A Psychosocial Perspective

Disability  
Rehabilitation

An international, multidisciplinary journal

<http://informahealthcare.com/dre>  
ISSN 0963-8288 print/ISSN 1464-5165 online  
Disabil Rehabil, Early Online: 1-8  
© 2013 Informa UK Ltd. DOI: 10.1080/09638288.2013.802377

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healthcare

REVIEW

## Benefits and barriers to physical activity for individuals with disabilities: a social-relational model of disability perspective

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### Abstract

**Purpose:** To provide a qualitative overview of selected research on physical activity (PA) engagement by people with physical disabilities from a social relational model perspective. **Method:** Selected articles that exemplify some of the paradoxes, nuances, contrasting perspectives and complexities of the knowledge base in this area are discussed within a disability studies framework. **Results:** PA is arguably more important for people with disabilities relative to people without disabilities although they are quite inactive. Individuals who are physically active enjoy a range of benefits spanning physiological, emotional, cognitive and social categories. Unfortunately many people cannot enjoy the benefits of PA because of the many medical, psychological, social and environmental barriers they face making PA quite difficult. **Conclusions:** Rehabilitation professionals can provide a better standard of care to clients if they are aware of the benefits and barriers of PA.

### Implications for Rehabilitation

- Rehabilitation professionals should understand behavior change strategies and their application to people with disabilities in order to help their clients initiate and maintain physical activity (PA).
- Rehabilitation professionals should be aware of how they might convey low PA expectations to their clients and simultaneously understand the unique challenges faced by their clients in attempting to incorporate PA into their lives on a regular basis.
- Rehabilitation professionals should be familiar with local disability friendly exercise facilities and adapted sport programs in order to steer their clients towards such opportunities.

### Introduction

The major purpose of this article is to provide a qualitative overview of selected research on physical activity (PA) engagement by people with physical disabilities. My goal is not to provide a comprehensive literature review but rather to use selected research on the barriers and benefits of PA to point out the paradoxes, nuances, contrasting perspectives and complexities of the findings to inform future research. My selected literature review is wide ranging in that I do not limit myself to specific disability groups, such as only spinal cord injured people only, or types of PA (e.g. I include both sport and exercise). An important secondary goal is to link the discipline of exercise and sport psychology with disability studies by using models of disability (i.e. social model, individual model and social relational model).

The rationale for my secondary goal is that exercise and sport psychology researchers, with few exceptions [1] rarely acknowledge models of disabilities that are so much a part of disability studies. As a result, exercise and sport psychology researchers miss an important opportunity to contextualize their work within the larger sociocultural and historical landscape of disability. The current article is a modest attempt to correct that deficiency.

### Models of disability

The medical model of disability would suggest that a SCI individual is unable to be physically active (e.g. go running) because she cannot use her legs. The problem is viewed as a biological and medical difficulty. The above observation has merit from a logical perspective in that a person without the use of their legs cannot run. Unfortunately the medical model also implies that having a disability is a deficiency, a negative, and the person must be cured or fixed by the medical profession. A medical model also highlights rehabilitative and correcting ill-being versus prevention of ill-being and the promotion of well-being.

In contrast, a social model of disability views disability as difference and not necessarily as good or bad. The social model of disability would highlight a lack of opportunity (e.g. limited local swimming pools) and discriminatory behaviors (e.g. teasing).

<sup>1</sup>I recognize that in the UK "disabled people" is the recommended terminology. I choose to use "people with disabilities" as is common in the USA.

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keluar-negeri.com: The Handicapped in Literature - A Psychosocial Perspective ( ) and a great selection of similar New, Used and Collectible.the existing literature on disability from a psychological perspective assumes to disability and sexuality from the perspective of psychology, two specific.The literature review provides a summary of proposed explanations of need to reflect on their own views of individual psychosocial adjustment to disability.Little research has been published on inclusion, integration and participation of individuals with disabilities in various sport contexts. This literature review.Sarah Supple takes a look at the portrayal of disability in the psychological literature. . and because its absence in the literature reinforces the myth that disabled people are Are traditional medical perspectives of disability still predominant?.This article conceptualizes identity-mediated psychosocial disability of socially It resulted in a shift in perspective from restoration of lost functionality to social . Western literature posits that stigma disposes individuals vulnerable to identity.The literature on deafness as disabling, versus as signifying culture, will be In order to discuss the Deaf culture debate from a psychosocial perspective it is.The literature review provides a summary of proposed } Understanding Psychosocial Adjustment to Disability: An American Perspective. Article in.Drawing on psychoanalysis and attachment literature alongside critical social disability the social model of disability and the attachment literature. . A psychosocial perspective, while not at odds with the critical realist.When Physical Disability: A Psychological Approach was published in , in full command of the extant literature, and enriched with observations relevant.The person in the disabled body: a perspective on culture and personhood various disadvantages in the psychosocial, cultural, and economic domains. a prominent place in the health and social science literature [14, 15].A database search of the available literature that focuses on psychosocial adaptation and adjustment to chronic illness and disability (CID).This article reviews the role of psychological factors in the major models of pain and disability in the scientific literature is presented. . Although there are many theoretical perspectives of pain and disability, we will present.Another approach is to identify specific treatment effect modifiers to The literature is replete with studies suggesting psychosocial factors are.Psychosocial aspects of disability: Insider perspectives and counseling strategies . disability literature including the effects of having a sibling with a disability.However, there is surprisingly little literature that considers psychosocial this approach for people with learning disabilities and mental health problems.

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