

SOCIAL BENEFITS OF OUTDOOR SPORTS FOR PEOPLE WITH DISABILITY

THE CASE OF PLAY & TRAIN



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INTRODUCTION

This work is part of the European project **Benefits of Outdoor Sports for Societies (BOSS)**, funded by the Erasmus + Sport call up to 2020, promoted by European Network for Outdoor Sports (ENOS), and of which INEFC is one of the participating partner entities. The overall objective of the project is to increase participation in outdoor sports in order to improve European people's health, designing a framework for the collection of clear and comparable evidence about their social benefits.

AIM

The third stage of the European project aims to evaluate the social impact of the outdoor activities through the analysis of case studies. To carry out this evaluation the design and validation of a methodological tool was developed considering the social benefits identified in the BOSS systematic review.

METHOD

The methods used for data collection were:

- An **online questionnaire** answered by 52 participants of the Play & Train project → Quantitative analysis (SPSS)
- **2 focus groups**, with 10 participants of the association each, accompanied by families and coaches → Qualitative analysis (NVivo)

RESULTS

Mental health and wellbeing



Feeling cheerful and in good spirits
Feeling active and vigorous
Interest in other people and new things

>50% all of the time / most of the time

"the feeling of happiness when you are practicing (surf)" (P3) and having fun: "It's great because there are many waves and you have a real good time, really!" (P4).

Education



Taking care of the equipment
Interpretation of nature
Knowledge about climate and meteorology

Only 9% consider "not at all"

"Concentration, because it makes me concentrate in what I'm doing because it is difficult for me" (P4)

Social behaviour



Respectful with the people around
Taking more care of the stuff
Sharing the stuff with others

25% insignificantly or hasn't improve

"for me adventure is related to group activity and companionship. When I have gone biking I have always done it with friends or with the group" (P1)

Active citizenship



Concern about what happens around
Making new friends
connection to others

>70% positive improvement

"I think that sport in general has taught me many values, and those values can be applied and must be applied in the daily life" (P8).

Environment



Feeling refreshed and revitalised
Concern about damage to the environment
Important of open spaces around

80% increase

"I didn't know anything about the problems of the planet before these activities. I am more worried about environment now" (P7)

CONCLUSIONS

The main benefit: Feeling of freedom / Autonomy and self-esteem / Respect for others

So what?

- Definition of new activities and methodologies
- Take advantage of strengths identified in the relations between participants

