

# Disability and sports in social-emotional and social inclusion processes

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*Abstract:* - This article aims to explore the social-emotional condition and the incidence of sports in the social inclusion processed in a group of athletes with disabilities of the wheelchair-basketball modality in the municipality of Tuluá, Valle del Cauca, Colombia. It is a qualitative case study, in which the narrative method and content analysis were used with nine athletes. In Colombia, the rising of the population in disability situation justifies the need for educational processes and public policies generating alternatives for a population affected by social discrimination, facing difficulties in accessing to health, nutrition, education, social integration, rehabilitation programs and physical activity. Thus, this research study shows that sport has become a very important option for improving the quality of life and for allowing their active participation in the society.

*Key-Words:* - Disability, social-emotional processes, social inclusion, sports, wheelchair basketball.

## 1 Introduction

The matter developing throughout this article is the relationship between disability, sports and wheelchair basketball. It begins with the contextualization of the historical, social and geographical space in which the reflection is framed, research method is presented and continues with a conceptual theoretical approach, a historical recount and a legal framework on the subject. It is also shared the most significant results of the incidence of this sport adapted to social-emotional processes and social inclusion.

## 2 Problem Formulation

The research was carried out in the municipality of Tuluá (department of Valle del Cauca), which has 211,581 inhabitants (population projected to 2015) and 4,715 inhabitants are part of the population in disability situation, with the following distribution by age ranges: from 0 to 4 years: 164, from 5 to 9 years old: 338, from 10 to 14 years old: 321, from 15 to 44 years old: 1,567, from 45 to 59 years old: 794, 60 years old and more 1,523 [1]. The social violence demonstrating in the country is evidenced in several cases that caused the situation of disability of the members of the *Vida Independiente* group, which is a group attached to one of the extension projects in sports practices of the *Unidad Central del Valle del Cauca - UCEVA*.

The history of Colombia is marked with traces of violence and social insecurity, this is reflected in

some of the athletes who were disabled by firearms, because of the armed conflict, when they served as active members of the police or army units; other relevant cases are those derived from acts of motorcycle theft, hired assassination and motorcycle traffic accidents.

“In the case of Colombia, it would be a society that for decades has suffered changes in the manifestations of violence (drug trafficking, guerrilla violence, paramilitarism) with the disastrous consequences that these have left behind, which has generated a social perception of power, associated to money, and not to culturally constructed values” [2].

Antipersonnel mines represent in recent decades one of the main causes of disability in the Colombian population, "anti-personnel mines are one of the threats that kill, wound and leave hundreds of people isolated in Colombia" [3].

In the last 25 years of the history of Colombia, between 1990 and 2015 there have been 11,404 people victims of anti-personnel mines and explosive devices of which: 19% died, 26% were under 18 years old, and 85% were men. The increase of this type of victims is evident from 2002, being very relevant in 2005 and 2006 and it begins to perceive a decrease of these victims from 2010 [3].

Bearing in mind that armed conflict is one of the main causes of disability; a normativity has been established for victims. In Law 1448 of 2011, the condition of victim is characterized and the right to

be repaired in an adequate, differentiated, transformative and effective way is recognized for the damage they have suffered [4].

"In 2005, of every 100 people [with disabilities], 2 corresponded to the population under 15 years old, while in 2011 it increased to 9 people" [5]. This shows that young people are the most vulnerable to being disabled, this is related to the fact that they are the ones who have directly participated in the armed conflict by integrating the ranks of combatants either in the institutions of the armed forces or within the illegal groups (paramilitaries, guerrillas, others). Victims or perpetrators of social violence for drug trafficking, alcohol and narcotics consumption, which causes the increase in traffic accidents especially motorcyclists, also enter the scene, as confirmed by the World Health Organization and the Pan American Health Organization [6].

On the other hand, it is important to take into account that sport has become an option of great importance in improving the quality of life of persons with disabilities and specifically those who are athletes in different modalities. For this reason, it should be one of the essential commitments in the governmental agendas of the territorial entities in Colombia to generate welfare and social development with equity.

### 3 Method

The population corresponds to nine (9) athletes with disabilities in the municipality of Tuluá, belonging to the *Club de Vida Independiente* (all those belonging to the wheelchair basketball modality). It is a qualitative case study interpreting senses and meanings to describe the social-emotional condition and the processes of social inclusion, making use of the narrative method.

The instruments for the quantitative analysis were the following: evaluation tests of conditional motor abilities, survey, and format of personal information. Likewise, the following instruments were used for the qualitative analysis: interviews, focus group and pedagogical workshops with social pedagogy strategies.

To systematize the qualitative information, the content analysis method was used, through the process of information reduction, which involved five stages: categorization, coding and segmentation into registration units, inference and saturation of information [7].

## 4 Some Conceptual Theoretical Elements

### 4.1 Disability and sports

The body has been a reason for reflection in different human civilizations. Since antiquity, there has been a body-soul dichotomy, posed by various philosophers, and it is not a secret that these have always privileged thought, mind or soul over any other aspect of the human condition.

The Greeks, lovers of the beautiful and refined things, rendered an almost religious admiration for human physical perfection; they privileged those who possessed a strong body, proportioned and molded by physical activity. They even considered those who were born with a defect in their body as a punishment from the gods. Only until the seventeenth and eighteenth centuries began to improve the situation of people who had a physical or mental dysfunction and enact laws that benefit them, for example, "in England in the sixteenth and seventeenth centuries laws were enacted of the poor, representing at least an aid for persons with disabilities" [8]. However, until the second half of the twentieth century, discriminatory treatment prevails for persons with disabilities, they have been a population considered a social problem, that is the reason why there are many cases in which they are taken to institutions that take care of them, since it is still difficult for society to recognize their abilities, needs and interests equal to the rest of the population, which initially led to addressing the issue of discrimination in order to raise inclusion processes.

In Colombia, changes have been made in legislation, for the recognition of their rights as citizens and in cultural processes affecting this population to become a social force and have the support of society in general in the last decades. An evolutionary process of Colombian regulations on disability matters is recognized: Statutory Law No. 1618 of 2013, Law 1145 of 2007 [Article 1], Law 1346 of 2009.

Today, disability is considered [9] not only a person's health condition, but also the way in which their life is affected in order to integrate socially into the family and community context.

"Disabilities is an umbrella term, covering impairments, activity limitations, and participation restrictions. An impairment is a problem in body function or structure; an activity limitation is a difficulty encountered by an individual in executing a task or action; while a participation restriction is a problem experienced by an individual in involvement in life situations." [10].

The bio-psycho-social model is proposed in this project, because it is considered important that the person with disabilities find the appropriate way to develop capacities that allow him to be a social actor in his context.

Disability according to this approach is a *multidimensional* fact, its management requires the participation of society as a whole; it is no longer the exclusive responsibility of the health sector, (...) the disability must be seen as an integral condition of the person, which exceeds any sectoral scope. Therefore, for an adequate intervention, objectives and strategies must be generated from health, education, work, family and social welfare. [11].

The practice of a sport constitutes a space for social interaction for the integral development of persons with disabilities, which benefits both their physical health and their emotional well-being. In accordance with the above, the bio-psycho-social model is relevant to understand the person with disabilities as a multidimensional being, whose interaction with the sociocultural environment is the result of the combination of biological conditions, psychological motivations and social conditioning.

According to the Convention on the Rights of Persons with Disabilities, there are different situations of disability, "Persons with disabilities include those who have long-term physical, mental, intellectual or sensory impairments which in interaction with various barriers may hinder their full and effective participation in society on an equal basis with others" [12].

From a social conception, disability is considered a phenomenon that affects the way these people integrate into society. It is a way of being and being in the world, where a set of conditions created by the social and family environment that transcends the possibilities or limitations to access human development.

Human development is much more than the growth or fall of a nation's income. It seeks to ensure the necessary environment for people and human groups to develop their potential and thus lead a creative and productive life in accordance with their needs and interests (...). The most basic abilities for human development are: to have a long and healthy life, access to resources allowing people to live with dignity and to have the possibility to participate in the decisions that affect their community. [9].

When persons with disabilities are integrated into society in conditions that contribute to their human development, they become citizens who contribute not only to their own benefit, but also to their

family and the progress of a community and the society in general.

Adapted sport is "the sports specialty that uses different means than usual to be practiced by athletes different from the usual" [13]. It started timidly and spontaneously at the end of the First World War, but it was formalized in 1944 in a general way, when the doctor Ludwig Guttmann applied his play rehabilitation therapy in the English hospital of Stoke Mandeville, as a complement to the medical treatment of spinal cord injuries during the Second World War [14]. The practice of sport for persons with disabilities in Colombia began to develop officially in 1968:

The physiotherapist Valery May Townsend, in the framework of the II Congress of Physiotherapy, presented the work carried out by the physiotherapists Sergio Velásquez and Jairo Echeverri, related to the practice of Wheelchair Basketball. This event allowed that in 1972, within the development of the III National Congress of Physiotherapy, Sir Ludwig Guttman attended, as an advisor in the construction of the Colombian sports movement for people in wheelchairs; in this year Guttman, invited Colombia to attend the World Games of Stoke Mandeville (...). As a result of that invitation, they created the Club PENSISS (Pensioners of Social Security), ASCOPAR (Colombian Association of Paraplegics, now called Colombian Association for the Development of the Person with Disability) and the *Fundación Pro - Deportes en Sillas de Rueda (Teletón)* in 1973. Some years later, the club MILASIR (Military and Members Retired in Wheelchair), FRAPON is created (Fraternity of Physical Disabilities of the National Police) [15].

In Colombia with Law 181 (Congress of the Republic, 1995), regulations are issued for the promotion of sports, recreation, use of free time and physical education for persons with disabilities and this responsibility is granted to *Coldeportes*, also the National Sports System is created. Then, Law 582 [16] defines the associated sport of people with physical, mental or sensory limitations and determines that the Colombian Paralympic Committee is the governing body.

The department of Valle del Cauca is a pioneer in the practice of sports for persons with disabilities. It started 35 years ago and in 2008 in Cali, the first Paralympic National Games were held. "Our department was the first champion of the first Paralympic National Games held in Cali in 2008." [17].

In the municipality of Tuluá, sports practices with persons with disabilities began in 1981, as practices articulated to the training of graduates of

the Bachelor of Physical Education program offered by the UCEVA. At that time Dr. Carlos Alberto Potes Roldán, head of the Department of Physical Education, led the signing of the Colombo-German agreement, through which Professor Luis Fernando Reyes Cruz received training for two years and from there has been part of educational and sports processes that benefit the population with disabilities in this municipality. Then, the special Physical Education I and II subjects were implemented in the program's curriculum, through which during all these years several events and sports extension and physical conditioning work have been carried out for populations disabilities. Currently the Social Inclusion, Health and Physical Activity research line has been consolidated, from where research processes and extension programs are developed through the articulation of the teaching professional practice and in this way, the UCEVA contributes to the solution of a clear need in the local, departmental and national context.

#### 4.2 Basketball in a wheelchair

Wheelchair basketball is a sport for athletes with disabilities, and it is one of the oldest Paralympic sports, "based on the player's physical ability to execute the fundamental movements of wheelchair basketball; push the chair, dribble, pass, throw to the basket, rebound and react to the contacts" [18].

Wheelchair basketball is one of the most practiced sports for persons with disabilities, since it undoubtedly contributes to rehabilitation processes, allowing the development of both physical, cognitive and psychosocial skills [19].

The athletes of the *Club de Vida Independiente* in the municipality of Tuluá had to adapt, not only to the sports modality and the practice of a sport, but also to the wheelchair, that is where a channel of communication and ability to adapt to the wheelchair as a means to practice this sport [20]. The wheelchair is constituted not only in the means, but also in an essential part of themselves to be and achieve their integral development as autonomous people in the different environments of their daily lives and as athletes.

## 5. Results

Hereunder, the results of the interpretation and analysis of qualitative information that was systematized according to each of the emerging categories and subcategories are presented.

### 5.1 Impact of sport on social-emotional processes

The social-emotional processes are manifested in the intrapersonal, interpersonal and socio-group relationships that the subject establishes and in them mediate knowledge, feelings, emotions, experiences and motivations. The intrapersonal are the expressions of resonance that the subject establishes with himself, the interpersonal refer to interactions with other people and the socio-group are those that are built with a group of people, how to integrate, relate and identify among peers. In these processes, the subject is assumed as a constructor of meaning in the dynamics of a sociocultural reality.

The members of the *Club de Vida Independiente* recognize themselves as wheelchair basketball athletes, and express that this sport has become the means by which they have achieved psychological stability, autonomy and social integration, as evidenced by the following stories:

Actually, I feel that it changes me emotionally, to do sport is a very good experience because it helps you to overcome those other challenges which are occurring when one is in a disability; and the union of the group makes you stronger and more social. (Interviewee # 6).

The sport changes us a lot, it helps us become independent, actually, when one comes to train, at the moment you start you forget the disabilities and all the problems. (Focus group # 1).

The practice of sport generates feelings of love and passion that are reflected with the pleasure and dedication to basketball, which, at the same, affects emotional stability and favors a better attitude in the daily life of their lives.

#### 5.1.1 Intrapersonal relationships

The intrapersonal processes involve the development of emotional regulation capacity, self-esteem, motivation and resilience [21].

Emotional regulation and autonomy: At the beginning of the disability there is a total dependence on the family, after some time autonomy is acquired and even the athletes recognize that they must make the decision of not allowing constant help to reach a greater independence level every time, both in everyday situations at home and in the development on the street.

All athletes agree in recognizing the contribution of sports practice to achieve a higher level of autonomy, as they have managed to fully recover mobility and strength in their hands, which leads them to an almost absolute independence.

They remember with pleasure that participating in competitions means making the decision to leave their family and being able to do things for themselves and strengthen the group's relationships through mutual support.

They consider that the limitations are in mind, like a problem of attitude, which becomes evident when coming into contact with the other members of the club, who lead them to abandon preventions and fears and also achieve a high level of independence. The example of people who have been more time with disabilities, allows those who are just starting in this condition to be motivated to want to achieve autonomy.

**Self-esteem:** The loss of autonomy, physical and psychosocial changes and sexuality, affect the way to perform in everyday activities and relationships that are established with other people, and affect the emotional balance. Some cases are mentioned: for young people who have an interest in establishing their own home, their disability becomes a difficulty in establishing a stable relationship. Those who have a partner, some of them to keep the relationship, end up accepting situations that, although they violate their self-esteem, allow them to keep the relationship. Some cases of abandonment by their partners are also presented, generating feelings of frustration and low self-esteem that hinders the process of rehabilitation and social inclusion. This led some of them to liquor consumption.

The attitude of pity by other people negatively affects the way they interact with the environment because it affects their self-esteem. That is why it is essential to share with friends who have a non-differential treatment; because it allows them to feel confident and to be people in equal conditions in the dialogue and in the activities they do with their peers, such as listening to music, eating, watching movies, going to a park, to a mall, attending sport events. Likewise, sometimes, some of them go with their friends to drink, to discotheques where they dance from their wheelchairs. However, in the experiences it is identified that some of them when they go out with their friends to share, they pay all charges; which is illustrative of what persons with disabilities must assume at times to have access or stay in a peer group.

In the case of this group of athletes, through the practice of the sport of wheelchair basketball, the possibility of joining a group that shares the situation of disability finds in sports spaces for socialization and personal improvement.

**Motivation:** athletes recognize that they feel motivated, especially for the material and

emotional support by their family nucleus, which is manifested in the love, respect, dialogue, collaboration and commitment they have with them, the support they receive when practicing sports and participating in competitions.

They are motivated to feel that they acquire autonomy to perform in the chores and commitments of their everyday life. In addition, they are encouraged to improve their physical condition and although the sport generates fatigue and sometimes they get sick, at the same time they feel much more vital, energetic and with a better attitude for life, this also generates satisfaction and longings to improve and achieve a high level of sports performance.

**Resilience:** Athletes recognize that they have difficulties especially in social and family integrations that involve outdoor activities, such as swimming, fishing, among others, because the interaction is limited due to the risks and difficulties they have to face due to their situation. It leads them to overcome fears and barriers to achieve integration.

In the athletes, feelings and emotions related to their disability situation are expressed, especially at the beginning they recognized to feel depression, episodes of crying, anger, much prevention to learn to handle the wheelchair and perform daily activities for fear of falling and hurting. They are also afraid to go out, due to the social prejudices that lead to mockery and discrimination, the majority decides to isolate themselves. However, thanks to the integration that encourages sport, persons with disabilities have found a way to overcome feelings and emotions that negatively affect their lives.

The family assumes a feeling of overprotection, sometimes due to the embarrassment of people seeing their family member in a wheelchair, which leads to a confinement in the home for a long period, until it is time to have that face reality and assume that life, in another condition, also has possibilities.

### 5.1.2 Interpersonal relationships

Interpersonal processes involve interactions with empathy, cooperation and teamwork, restoration ability, ethical and social awareness, assertive communication and ability to solve problems [21].

**Empathy:** the social being of athletes with disabilities is dimensioned in their psycho-affective condition through sports, because the relationships that were regularly limited to the family nucleus are extended to peer relationships, which leads to developing the ability to interact

with other people. In the group of athletes, interests, emotions, feelings and experiences are shared. When practicing sports, these experiences and expressions of empathy with attitudes of acceptance, dialogue, solidarity and fraternity are what allow them to strengthen their social-emotional dimension among peers, strengthen group relationships and among groups.

What makes it possible for the team to carry out a cooperative work are the values (union, love, appreciation, solidarity, understanding and dialogue) and the attitudes of companionship, which consist of being aware of one another, giving encouragement and support to get ahead both individually and collectively. Teamwork also manifests itself when they carry out activities such as raffles, sales, solidarity bonuses, etc., to obtain the funds that allow them to acquire equipment for the team and participate in departmental and national competitions.

Restoration: when a person assumes his condition of life in a situation of disability, an act of self-reflection is experienced, recognition of events that affected at some time his loved ones and others, a change of attitude that seeks to compensate the damage and the anguish caused with unconscious and irresponsible acts. Through a change in their behavior, they strengthen fraternal love through dialogue, which makes it possible to improve relationships.

Assertive communication: A significant practice among athletes is the permanent dialogue that allows fraternal, horizontal and corrective behaviors that can destabilize the harmonious coexistence between the members of the group.

Ability to solve problems: The group has found assertive ways in solving the problems presented during sports practices, which are generated by disagreements in the tactics of the game or the temperament of a member at a given time. The most frequent strategy consists in the analysis of the behaviors in a group reflection, confronting and/or compromising the person who has observed a negative attitude.

### 5.1.3 Intrafamilial relationships

In most of the cases of the athletes, they already had a family of their own and this has allowed them to have the material and emotional support of their family, which is manifested with love, collaboration and commitment to them. Those who at the time of the disability had not formed a family of their own, received support especially from the mother, although also the brothers and

other relatives in the second degree showed their solidarity, especially at the beginning.

The couple's relationship: in some cases, it is affected by the changes brought by the disability situation, where the person feels disadvantaged, which it is manifested in different aspects such as the loss of autonomy, the change in sexuality and in the way of assuming responsibilities with household chores and expenses and in the relations of authority with the children, which generates a sensation of fragility and emotional vulnerability that entails too much effort to maintain family stability. However, there are cases where responsibilities at home are shared considering the possibilities of the person who is in a situation of disability.

Family support: The family is the one that has been unconditionally in the process of acceptance and adaptation to the new condition of life in the physical, economic and other areas such as study and work. Family support manifests itself from the beginning of the disability, both in hospital care and in emotional support so that the new condition can be assimilated.

### 5.1.4 Intragroup and intergroup relations (peers)

Relationships are established between peers in the groups to which they belong, as well as people in their daily lives interact with different groups, which implies recognizing the subject as an expression of the active forces of society in multiple fields of relationship.

In the athletes from *Club de Vida Independiente* very good intra-group relationships are identified, so that the athletes recognize themselves as integrating a family. Dialogue has become a fundamental element in daily relationships and, above all, when there is a difficulty in training sessions and when skills are lost, to avoid demotivation and mutual recriminations. In addition, when a conflictual person is identified, they are called to reflection and given the opportunity to assume an attitude of change, and when this behavior persists, they suggest that they leave the group.

Fraternity: The support of the group is fundamental in the rehabilitation process, thanks to the sense of sharing experiences such as learning to drive and mobilize in the wheelchair, use a means of transport, to perform in basic situations of everyday life and get off of the chair to make use of other spaces, among other activities, such as organizing and participating in social gatherings.

## 5.2 Impact of sport on social inclusion processes

It was evidenced in the group of athletes from *Club de Vida Independiente*, self-recognition as subjects of rights, which raises the desire to defend human rights, not only of a personal but also collective nature, in order to achieve an increasingly inclusive society that provide equality of conditions and possibilities for their well-being and integral development.

Due to the exclusion and discriminatory treatment suffered by persons with disabilities throughout history, it has been talked about social inclusion in recent decades, in order to create mechanisms based on the regulations of each country, to protect and defend the human rights of this population.

All the factors included in discrimination and exclusion, varied as they are in their origin and nature, have combined to turn the problem of discrimination and exclusion into one of the crucial issues of contemporary international politics and the internal politics of many countries [22].

In Colombia, social inclusion is supported by Article 2 of Law 1618 [23], which establishes equal opportunities and possibilities to improve the quality of life conditions of persons with disabilities.

To analyze the processes of social inclusion, some of the subcategories that emerged in the interviews and most of the variables posed by Bintrim and others were taken into account: "GDP growth, political rights, civil rights, women's rights, LGBT rights, citizen participation, financial inclusion, formal employment and access to adequate housing" [24], which were analyzed from the experience and opinions of the members of the *Club de Vida Independiente*.

For a society to advance in social inclusion it is necessary to address training processes in civic culture not only from formal education institutions, but also through educational intervention strategies in the communities, in this regard there are advances and significant contributions in Social Pedagogy [25].

It is necessary that the athletes from *Club de Vida Independiente* participate in the construction of new public policies, under the logic of governance "government that is characterized by horizontality" [26] where it is essential that social actors co-govern territory and understanding that their participation is what makes it possible for them to empower themselves and to be able to respond to the public problems that affect them. This implies diagnostic processes, feasibility analysis and citizen participation of these people:

Public policies are government actions that aim to respond to problems of public interest that arise from decisions based on a process of diagnosis and feasibility analysis, for effective attention to specific needs and problems, where the citizenry participates [27].

It is essential the participation and belligerence of the disabled athletes empowered as social and political actors, to achieve processes of construction of the public with legitimacy in the criteria of participatory democracy. According to this, it is fundamental that they take ownership of the regulations and the public policy that benefits them, so that they can be included in the development of social processes, given that in the Political Constitution of Colombia [28] in articles 13, 16, 25, 47 and 19, the right to equality and its protection is raised. In Law 1145 of 2007, specifically in Article 2, general provisions on disability are given and reference is made to the National System of Disability *SND* (Spanish acronym); likewise, Law 1346 of 2009 promotes and guarantees the full exercise of all human rights and fundamental freedoms of persons with disabilities without any discrimination.

However, it is not only a matter of establishing laws that protect the rights of persons with disabilities, but also creating a culture of respect and inclusion, through social and cultural processes that allow these people to generate impact in different contexts where they can make respect their rights, express their needs and propose alternatives. It is also important to generate processes of social awareness, with the purpose of making the community aware of the labor, educational, sports, cultural and family potential that they have. The participatory exercise in public policies could be the starting point for cultural changes and not only for regulations.

Persons with disabilities such as any Colombian citizen have the right to be part of associations and organizations that provide benefits, as expressed in the Political Constitution in Article 38: "the right of free association for the development of the different activities that people perform in society" [28]. Some of the stories show the importance of appropriating the regulations and participating in public policies to enforce rights: "I believe that each one of us must contribute so that our rights are not left only on paper, (...). One way to claim is having an awareness of the laws that regulate and protect us" (Focus Group # 2); "we need a representative to fight for our needs and not pass the usual with the resources there" (Pedagogical Workshop).

## 6. Discussion

In the study by [11], it was concluded that there is exclusion of persons with disabilities, especially in rural areas where there are poverty levels that are reflected in the stratum, the availability of home public services, low educational level and the deficiency in health services and low income. This does not differ with what is evidenced in the *Club de Vida Independiente* athletes, who 50% feel discriminated against by people other than their family and friends, with whom they must relate in various environments. The 60% of people feel that some of their fundamental rights have been violated, such as a right to work, among others, that guarantees them the right to a decent life.

The aforementioned, together with the support received by the relatives, is fundamental to achieve emotional stability in disabled athletes. In this research project, it was possible to confirm, as in the study of [29], the importance of the accompaniment that the family does from the beginning of the disability, going through the stages of recovery and adaptation to the present moment in their lives.

Likewise, the members of this group of athletes recognize that thanks to adapted sports they have improved their quality of life, from the physiological, social-emotional aspects, to the processes of social rehabilitation. Regarding the promotion of physical activity, it is clear in this study, as in the results of the study carried out by Mogollón, García, Ospina & Santacruz, that "in addition to the physiological effects (weight control, improvement of cardiovascular capacity, maintenance of bone mass, among others), its practice contributes to the improvement of the relationships that people establish with their environment, increases self-esteem, improves socialization, promotes the development of cognitive processes, favors a better performance in daily activities (educational, work, etc.), prevents the acquisition of social risks such as delinquency, alcoholism and drug consumption and increases the sense of social responsibility" [30].

## Conclusion

The sport practice in persons with disabilities constitutes a fundamental element to maintain the physical, psychological and social-emotional balance given that the family and closest friends are especially involved, as well as being a space to socialize, establish and consolidate intrapersonal,

interpersonal, intrafamilial and intra-group relationships that strengthen them to recognize themselves with other alternatives in their life projects. It is important to emphasize, in this research project, that the emotions generated by the practice of a sport become passion, discipline and motivation to overcome the health problems and improve the mood.

Sport affects the development of social inclusion processes, taking into account that athletes with disabilities acquire autonomy in various aspects to perform in daily life. This allows them to articulate to the social activities of a community and assume as social actors, which implies being part of the construction of public policies and being an active member with representation and vote in government agencies, generating alternatives that benefit them.

For making sport to be an important component in the processes of rehabilitation and social inclusion, the existence of structured and continuous government programs is limited, it should be one of the fundamental axes of investment and offered in a massive and planned manner to the population, as such way that generates social impact. In addition to the insufficiency of sports programs, there are other drawbacks to participation in them by the population in a situation of disability, such as the inadequacy of street furniture and the existing architectural barriers, because neither cities nor public spaces and private, nor the sports are conditioned for the mobility and access of this population. On the other hand, there is difficulty in traveling to sporting venues, since the public transport service often refuses to transport these people because of the difficulties involved in accessing vehicles that are also not conditioned.

The armed conflict and other forms of violence, in addition to traffic accidents, are one of the main causes of the existence of a population with a disability in Colombia.

To integrate the population in a situation of disability into a society, it is necessary that the whole community be sensitized, therefore it is a process of cultural construction that starts from the family and the school.

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