

**MOTIVATIONS AND BARRIERS OF DIFFERENTLY ABLED  
INDIVIDUAL IN DOING PHYSICAL ACTIVITY**

**THESIS**

**GERALD A. BARROT**

**JEROM B. TOLERO**

**College of Sports, Physical Education and Recreation**

**CAVITE STATE UNIVERSITY**

**Indang, Cavite**

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**MOTIVATIONS AND BARRIERS OF DIFFERENTLY  
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PHYSICAL ACTIVITY**

Undergraduate Thesis  
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**GERALD A. BARROT  
JEROM B. TOLERO**

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## ABSTRACT

**BARROT, GERALD A., TOLERO, JEROM B. "MOTIVATIONS AND BARRIERS OF DIFFERENTLY ABLED INDIVIDUAL IN DOING PHYSICAL ACTIVITY"** Undergraduate Thesis. Bachelor of Sports and Recreational Management. Cavite State University Indang, Cavite. April 2016. Adviser: Mr. Victor F. Piores

The study was conducted to determine the factors that motivate and impede differently abled individual in doing physical activity and the significant difference between the demographic profile of differently abled individual and their perceived motivations and perceived barriers in doing physical activity. The respondents were 100 differently abled students from selected public SPED schools in Cavite: Carmona Elementary School, Indang Central Elementary School, Rosario Elementary School, San Jose Elementary School and Tagaytay City Central Elementary School.

Most of the participants were female. Parents were their best motivator. With this, there are factors that may influence or motivate someone to do such physical activities and with the differently abled individuals they were moderately motivated by the crowd or people around them. Most of them do physical activity to have fun, to improve self-esteem and to gain friend.

Most of the differently abled individuals were still undecided about the barriers that impeded them in doing certain physical activities. But there are some factors that moderately impeded them such as they have other interest, personal safety and negative perception of physical activity among differently abled individual.

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# **MOTIVATIONS AND BARRIERS OF DIFFERENTLY ABLED INDIVIDUAL IN DOING PHYSICAL ACTIVITY**

**Gerald A. Barrot  
Jerom B. Tolero**

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A thesis manuscript submitted to the faculty of the College of Sports, Physical Education and Recreation, Cavite State University, Indang, Cavite in partial fulfillment of the requirements for the degree of Bachelor of Sports in Recreational Management with Contribution No. \_\_\_\_\_. Prepared under the supervision of Mr. Victor F. Piores.

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## **INTRODUCTION**

People of all types, shapes, sizes, and abilities can benefit from being physically active. The more you do, the greater the health benefits and the better you'll feel. According to the Department of Health and Human Services' "2008 Physical Activity Guidelines for Americans", physical activity generally refers to movement that enhances health.

Physical activity is part of the antidote to the global burden of obesity and to chronic diseases such as cardiovascular disease and diabetes. As the economic and social impact of a sedentary lifestyle and obesity becomes more apparent, efforts are being made around the globe to increase participation in physical exercise and sport. It is important that these initiatives become catch-up ones for people with disabilities rather than a time when the gap widens between them and their non-disabled peers in terms of participation in physical exercise and sport.