

**BENEFITS OBTAINED OF DIFFERENTLY ABLED INDIVIDUAL AND  
THEIR MOTIVATION IN SPORTS PARTICIPATION**

**THESIS**

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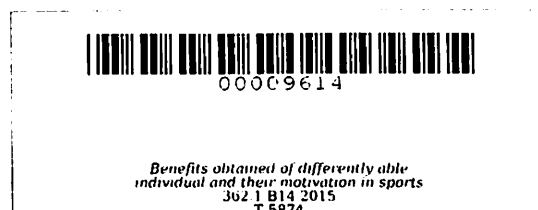
**April 2015**



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MOTIVATION IN SPORTS PARTICIPATION**

Undergraduate Thesis  
Submitted to the Faculty of  
College of Sports, Physical Education and Recreation  
Cavite State University  
Indang, Cavite

In partial fulfillment of  
the requirements for the degree  
Bachelor of Sports in Recreational Management



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April 2015

## **ABSTRACT**

**BAES, JOANE M, CADUNGOG, GEORGIE D, and MOJICA, DANNA A. Benefits Obtained of Differently Abled Individuals and Their Motivation in Sports Participation.** Undergraduate Thesis. Bachelor of Sports and Recreational Management. Cavite State University, Indang, Cavite. April 2015. Adviser: Mr. Victor F. Piores.

This study explored the possibility of determining whether there is a significant relationship between benefits obtained of differently abled individuals and their motivation in sports participation. It employed the Pearson Product-Moment Correlation for the statistics. The participants were the total population of differently abled athlete at PHILSPADA-NPC Philippines, Manila. The researchers used the descriptive-correlational method.

The study covered 33 differently abled individuals aged 19-55 years old. Descriptive statistics were used to present the respondents' demographic profile in terms of age, gender, physical disability and monthly income. Chi-square test, p-value and t-value test were used to determine if there is a significant relationship between benefits obtained and motivation of differently abled individuals when grouped by age, gender, physical disability and monthly income.

Test statistic revealed that only the motivation in sports participation and physical disability had a significant relationship.

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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. 02. Prepared under the supervision of Mr. Victor F. Piores.

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## **INTRODUCTION**

Participation in physical education, which include various physical and sports activities, leads to a total physical fitness both among persons with and without disabilities and hence to self-actualization (Kiganjo et al, 2003; Katzenellenbogen, 1999). When persons with disabilities participate in sports, they adapted to their levels of bodily conditions in order for them to benefit fully and attain total physical fitness, enhancing their cognitive, psychomotor and effective development. In other words, when one develops mental fitness, physical strength, and psychological well-being through sports, one is thus adequately prepared for meaning undertaking other activities to the best of his/her capacities.

It has variously been shown in a number of studies that persons with disabilities who participate in sports improve in strength, coordination and flexibility. Both parents and teachers have always conceded that individuals with disabilities, who participate in