Comparison of Body Image between Disabled Athletes, Disabled Non-athletes and Non-disabled Non-athletes Males

* Ghasemi A. (Ph.D.)¹, Momeni M. (M.Sc.)², Khankeh H.R. (Ph.D.)³

Abstract

Objective: The aim of this research was to compare the body image between disabled athletes with disabled and non-disabled non-athletes.

Materials & Methods: In this cross sectional and comparative study, fifty disabled athletes from the handicapped sports club, fifty disabled non-athletes from Kahrizak disabled rest house and fifty non-athlete healthy persons from governmental administrations were selected randomly by classified clustered method and their body image were compared. Data collection tools included a personal information questionnaire and a physical self description questionnaire (PSDQ) which included 11 sub-scales such as power, endurance, coordination, general health, flexibility, self-esteem, athletic competence, fat, body appearance, body activity and the global physical. The statistical procedures used in this study comprised one way ANOVA and the Newman-keuls test.

Results: Body image of disabled athletes in the sub-scales of power, endurance, coordination, flexibility, self-esteem, athletic competence, body activity were higher than disabled and non-disabled individuals who were not athletes (P<0.001). In addition the sub-scales of the body fat (P=0.012), body appearance (P=0.002) and general health (P=0.001), the results showed that a higher significance for the disabled athletes, however, there wasn’t significant difference for the non-disabled athletes.

Conclusion: Thus the result showed that the attitude of the disabled and non-disabled individual in due to their continuous physical activity in that the disabled athletes have got better body images as compared to the disabled and non-disabled individual who have not physical activity.

Keywords: Body image / Disabled athlete / Non-disabled individual / Non-athlete disable