

Kathleen Serrano

Exploring Physical Self-Concept Perceptions in Athletes with Intellectual Disabilities: The Participation of Unified Sports Experiences

Positive physical self-concept and body image are essential aspects of physical and mental health, especially for vulnerable populations like intellectually disabled individuals (Pan & Davis, 2018). The study focused on unified sports participation and its effect on physical self-concept and body image in individuals with intellectual disabilities (Pan & Davis, 2018). In addition, the study correlated a positive physical self-concept with a more positive body image in intellectually disabled persons participating in sports (Pan & Davis, 2018).

The study's results support the importance and positive impact of events like the Special Olympics on intellectually and developmentally disabled participants (Pan & Davis, 2018). Many intellectually and developmentally persons struggle with positive self-concept and body image (Pan & Davis, 2018). Hence, events like Special Olympics allow these individuals to participate in physical activity while having fun is crucial to these individuals (Pan & Davis, 2018). This vulnerable population may struggle with daily life, especially maintaining health and managing their disabilities and other health issues (Pan & Davis, 2018). Special Olympics and other unified sports experiences allow these vulnerable individuals to improve their physical self-concept and body image positively, which impacts overall health and wellness for this population (Pan & Davis, 2018).

Barriers and facilitators to improving health care for adults with intellectual and developmental disabilities: what do staff tell us?

Many barriers adults with intellectual and developmental disabilities face in healthcare include high morbidity rates, failure to receive preventive care, late disease detection, and poor

disease management (Selick et al., 2018). Since this vulnerable population is more susceptible to chronic conditions such as diabetes and seizure disorders, they must receive proper preventive care (Selick et al., 2018). Adequate preventive care will improve this vulnerable population's outcomes by decreasing morbidity rates, early detection, and improving disease management (Selick et al., 2018).

Primary care settings and emergency department visits are two significant ways of improving overall health and preventive care in adults with intellectual and developmental disabilities (Selick et al., 2018). Primary care settings and emergency departments are vital entry points through which early diagnosis, treatment, and community support aid intellectually and developmentally disabled persons (Selick et al., 2018). Improving adept communication, decreasing stigmas, and recognizing patients with intellectual or developmental disabilities may reduce hospital costs, improve long-term health outcomes, and improve the overall quality of care for this vulnerable population (Selick et al., 2018).

References

- Pan, C. C., & Davis, R. (2018). Exploring physical self-concept perceptions in athletes with intellectual disabilities: The participation of Unified Sports experiences. *International Journal of Developmental Disabilities*, 65(4), 293–301. <https://doi.org/10.1080/20473869.2018.1470787>
- Selick, A., Durbin, J., Casson, I., Lee, J., & Lunskey, Y. (2018). Barriers and facilitators to improving health care for adults with intellectual and developmental disabilities: What do staff tell us? *Health promotion and chronic disease prevention in Canada: Research, policy and practice*, 38(10), 349–357. https://doi.org/10.24095/hpcdp.38.10.01_