

# **QUALITATIVE ANALYSIS OF PARABADMINTON'S PSYCOPHYSICAL AND SOCIAL IMPACT**

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## **Introduction**

The Quality of Life has become a primary goal of the company, since it assumes a significance for the prevention and protection of the most vulnerable communities, such as the elderly and disabled. In individuals with disabilities, upon reaching the functional clinical stability, it is possible to intervene with the Adapted Physical Activity, which is not an activity of rehabilitative, but it serves to strengthen the lost agility and it provides numerous physical and physiological benefits. Numerous scientific studies have shown that the adapted physical activity, measured by the scale of the SF-36 Quality of Life Assessment and WHOQOL-Bref, brings significant benefits in physics, psychological and social and personal relationships. Among the many sports that are viable options for physical activity adapted Para-Badminton is definitely a sport still little known and studied.

## **Methods**

The purpose of this scientific research was to qualitatively assess the benefits reported by the practice of Para-Badminton in physics, psychological and social. The survey sample consisted of 40 professional athletes Para-Badminton, of which 25% women and 75% men, mean age of 37 years, between 14 and 57 years and recruited between March and August 2017. They have been involved in 17 different countries, including Singapore, Brazil and Nigeria, the most represented are Italy with 12 subjects. The athletes were given a questionnaire, devised in collaboration with the doctors of the Department of Physical Medicine and Rehabilitation of the University Hospital TorVergata in Rome and translated in English and Spanish for international athletes.

## **Results**

The questionnaire showed that most of the athletes knew that activity through sports or through personal contacts, only one respondent instead it came to knowledge through a rehabilitation facility. Most of the athletes is satisfied by the practice of Para-Badminton and believed to have a positive influence on one's health. In a physical environment, in almost all cases, there was an increase agility, reaction capacity, coordination, strength and muscle tone and strength. Psychologically improves self-esteem, self-confidence and reduces feelings such as anger, stress, depression and anxiety. Finally in the social sector it has been especially noted improvements in relationships and in the performance of activities of daily living.

## **Conclusion**

It seems that the Para-Badminton can be a sport that brings many benefits both in physics, psychological and social. His practice could greatly affect the Quality of Life of Persons with Disabilities. Therefore it is appropriate to carry out outreach work, information and participation especially in rehabilitation facilities that are an important reference point for people with disabilities.