

# **Physical activity level among people with disabilities in Palestine and its relationship to some psychological and health variables**

## **Abstract**

This study aimed to identify physical activity level among people with motor disabilities (spinal cord injury, polio and amputation) and those with sensory disabilities (hearing and visual). It also aimed to identify the effect of gender, type of disability, residence and marital status variables at physical activity level among people with motor disabilities (spinal cord injury, polio and amputation), hearing and visual disabilities. In addition, it aimed to identify the relationship between physical activity level and the prevalence of depression, anxiety (trait anxiety and state anxiety) and obesity among disabled people in Palestine. The study sample consisted of 300 people with the following disabilities: motor, hearing and visual. They have been chosen through Stratified random sample, data were analysed using (SPSS).

The results of the study showed that there were no statistically significant differences in physical activity levels among due to disability type  $F(2,294) = 0.00, P > 0.05$ . There were also no statistically significant differences in physical activity level, between male and female, Moreover, the results showed that there was no statistically significant interaction between disability and gender ( $p > 0.05$ ).

There were no statistically significant differences between male and female in state and trait anxiety and in depression among motor, visually and hearing disabled persons in Palestine. There were no statistically significant differences between married persons and single individuals in physical activity level, state and trait anxiety and depression among motor, visually and hearing disabled persons in Palestine. Furthermore, the results of the study showed

that there were no statistically significant differences in physical activity level attributed to residence place for the three disabilities  $P > 0.05$ .

The results showed that there is a significant negative correlation between physical activity and body mass index among motor and hearing disabilities. The results also showed a significant negative correlation between physical activity and the state anxiety and trait anxiety among motor disability. Moreover, there was a significant negative correlation between physical activity level and depression for the three disabilities  $P < 0.05$ .

According to the results of the study, the researcher suggests increasing physical activity level among the disabled people in general and the disabled women in particular, through awareness campaigns using various media. In addition, to increase physical activity level among those who suffer from anxiety (trait anxiety and state anxiety) and depression.

**Key Words: Physical activity, people with disabilities, psychological variables, health Variables**