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INVESTIGATION OF THE EFFECT OF SPORTS ON THE SOCIALIZATION OF PHYSICALLY DISABLED INDIVIDUALS

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Abstract: The purpose of this research; The aim of this study is to examine the effect of sports on the participation of physically disabled athletes in social life and how disabled athletes contribute to their socialization as role models for disabled individuals. For this purpose, studies in the literature were researched and compiled. Disability is generally seen as a concept that negatively affects individuals' participation in physical activities and social life. In our country and around the world, people with disabilities generally avoid physical activities and prefer to live an introverted life away from social life. However, disabled individuals who do not see being disabled as an obstacle to doing sports can participate in sports activities, become successful athletes and adapt to social life with their efforts. At the same time, athletes with disabilities become role models for other disabled individuals and contribute to their adaptation to social life without being afraid of their disabilities. In this study, the literature on the effect of sports on the participation of physically disabled athletes in social life was reviewed, compiled and suggestions were made. It is important for the disabled to take part in sports in every process of life, to increase the awareness of the disabled and to do sports. Disabled children can reduce the perception of disability and inform them about disability sports in educational institutions. Organizing trainings, seminars and various studies suitable for their level can enable them to do sports and become role models.

Key Words: Disabled, influence, sport, socialization, role-model

SPORUN FİZİKSEL ENGELLİ BİREYLERİN SOSYALLEŞMELERİNE OLAN ETKİSİNİN ARAŞTIRILMASI

Öz: Bu araştırmanın amacı; fiziksel engelli bireylerin toplumsal hayata katılımında sporun etkisinin ve engelli sporcuların, engelli bireylere nasıl rol model olarak, sosyalleşmelerine katkıda bulunduğunun incelenmesidir. Bu amaç doğrultusunda literatürde yapılan çalışmalar araştırılmış ve derlenmiştir. Engellilik bireylerin fiziksel aktivitelere ve toplumsal hayata katılımını genellikle olumsuz etkileyen bir kavram olarak görülmektedir. Ülkemizde ve Dünya genelinde genellikle engelli bireyler fiziksel aktivitelerden kaçınıyor, toplumsal hayata uzak, içine kapanık bir hayat yaşamayı tercih edebilmektedirler. Ancak engelli olmayı spor yapmak için bir engel olarak görmeyen engelli bireyler, gayretleriyle hem sportif faaliyetlere katılmakta hem başarılı sporcular olabilmekte hem de toplumsal hayata adapte olabilmektedirler. Aynı zamanda, sporcu engelli bireyler, diğer engelli bireylere rol model olmakta ve engellerinden çekinmeden toplumsal hayata adapte olmasına katkıda bulunmaktadırlar. Bu çalışmada fiziksel engelli sporcuların toplumsal hayata katılımlarında sporun etkisi ilgili geçmiş yıllardan günümüze bu konuda yapılmış olan çalışmalar literatürde taranmış, derlenmiş ve önerilerde bulunulmuştur. Engellilerin sporun hayatın her sürecinde yer alması, engelli farkındalığının artması ve spor yapması için önemlidir. Engelli çocuklar, engellilik algısını azaltabilir ve onları eğitim kurumlarında engelli sporları hakkında bilgilendirebilir. Seviyelerine uygun eğitimler, seminerler ve çeşitli çalışmalar düzenlemek spor yapmalarını ve rol model olmalarını sağlayabilir.

Anahtar Kelimeler: Engelli, etki, spor, sosyalleşme, rol-model

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INTRODUCTION

Definition of the Concept of Disability, Physical Disability and its Causes

In recent studies, the positive contributions of physical activity, physical education and sports to the lives of individuals with special needs are frequently mentioned. The presence of trainers and physical education teachers who conduct these activities for individuals with special needs is as important as physical activity, physical education and sports. Considering the difficulty of the education process of individuals with special needs compared to the education process of other individuals, it is thought that educators face relatively more various problems in the education process (Hoşver et al., 2022).

Intellectual disability is a multifaceted and complex condition characterized by significant deficits in both mental functioning and adaptive behavior, including daily social and practical skills, and significant limitations in adaptive behavior. Individuals with intellectual disabilities may be inadequate in terms of physical, cognitive and social development compared to their other peers (Bölükbaş & Vatansever, 2022). Sports has long been regarded as an important mediator for all individuals in the socialization process. An individual with disabilities has a limited social life and sports is very influential in their socialization process (Güven et al., 2019). Persons with disabilities or later, for any reason, born with physical, mental, spiritual, emotional and social abilities of various degrees of loss due to difficulties in meeting the daily requirements and to adapt to social life and to the protection, maintenance, rehabilitation, counseling and support services to people who need is defined as (İnan et al., 2013). In the Ministry of Family, Labor and Social Services, a disabled person is defined as an individual affected by attitudes and environmental conditions that restrict his or her full and effective participation in society on an equal footing with other individuals due to various levels of loss of physical, mental, spiritual and sensory abilities (Official Gazette, Regulation on Disability Assessment for Adults).

Prenatal childbirth or in the postpartum period that occurs for a reason, the skeleton, the nervous system developmental and deformation-induced disorders as a result of the movement-related functions in varying degrees to adapt to social life and daily difficulties in meeting the requirements and the loss in the protection, maintenance, rehabilitation services for individuals who need handicapped are called. The cause of the disorders experienced in a person with physical disabilities has been stated as problems in the skeletal, joint and nervous systems (Cumurcu et al., 2012). According to body sociology, the human is a social being. For this reason, it is necessary to accept each individual with his body since every individual, regardless of his age, lives the socialization process with his body (Afacan & Afacan, 2021).

The reasons for being disabled are collected in three main headings: prenatal, birth order and postpartum (Çebi, 2016).

Looking at the causes of the prenatal period;

Deficiencies in the mother's eating habits, lack of folic acid and vitamin B12, radiation exposure during pregnancy, alcohol use during pregnancy, lack of vitamin D. It has been determined that factors such as the pregnant woman's smoking cause a physical disability before childbirth (Victoria, 2013).

The reasons that lead to a physical disability at the time of birth are; Problems during childbirth, working disorders in the placenta and cord increase the risk of cerebral palsy due to a decrease

in oxygen in infants and a slowdown in circulation. Cerebral palsy can cause problems not only mentally, but also in the central nervous system, causing problems in the system (Özer, 2017). Conditions that cause a physical disability after childbirth are; Reasons for postpartum disability are among the obvious risk factors compared to other groups of lifelong disabilities, especially within the scope of physical disability. The main causes of physical disability are trauma-related accidents, natural disasters, genetic disorders that occur later, diseases and aging are shown (Özer, 2017).

The vast majority of disabilities, especially those that occur with old age, are physical disabilities due to loss of balance and decreased bone density, or stroke due to problems with the circulatory system. Therefore, one of the important areas that gerontology, the science of old age, focuses on, is physical disabilities (Putnam, 2002).

Sports for the Physically Disabled

The first sports organization related to the disabled was organized for the hearing impaired in Berlin in 1888. The organization of World Games for the hearing impaired took place in 1924 (Thomas and Smith, 2008).

The beginning of the Paralympic games is based on the work of Dr. Ludwig Guttmann on the rehabilitation of paraplegic patients in the department of spinal cord injuries at Stoke Mandeville Hospital. “The first games started in July 1948 with 16 athletes in archery (Gold and Gold, 2007; Chang et al., 2011). Based on Guttmann's saying about the Paraplegic Olympic Games, these games were called the Paralympic games by combining the words paraplegic and Olympic. by 1952, there were 130 wheelchair players were participating in the Paralympic games. In 1960, with the participation of 400 wheelchair athletes in the Olympic city of Rome, the Paralympic Games were born out of Guttmann's dream and reached reality (Thomas and Smith, 2008). The first Paralympic Olympics were held in nine branches: athletics, wheelchair basketball, darts, fencing, billiards, swimming, table tennis and pentathlon” (Bailey, 2008). In 1967, the International Sports Organisation for the disabled for the remaining spinal cord injuries, handicaps amputee management except for athletes, for athletes with cerebral palsy and visually impaired athlete's subcommittees established rules being drafted (Thomas and Smith, 2008).

Currently, there are seven international sports organizations for athletes with disabilities. These:

- International Association of the Visually Impaired
- International Association for Sports and Recreation of Cerebral Palsy
- International Sports Federation for People with Intellectual Disabilities
- International Stoke Mandeville Wheelchair Federation
- International Sports Organization for People with Disabilities
- International Sports Organization for the Hearing Impaired (Act. (2019).

The largest international organization organizing sports organizations for different levels and types of disability groups is the “International Paralympic Committee” (DePauw, 2005). The organization of the International Paralympic Committee has been increasing all over the world since 1989. Today, it is the international federation of both the summer and winter Paralympic games and has twelve different sports branches. Among its primary objectives, the organization aims to increase the participation of disabled participants, female participants and individuals with high disability rates from developing countries (DePauw, 2005).”

In order to spread the sport of disabled people in our country, “to make sport a part of rehabilitation, to create appropriate environments for athletes for international competitions, the Turkish Disabled Sports Federation (TDSF), established in 1990 as part of the Youth and Sports Directorate, has created an important area for organized sports activities. By TAF 1997, it was seen that TDSF had changed its name to the Disabled Sports Federation of Turkey. Due to the need for increased labor and expertise, Federation, Federation of the blind of Turkey, the Turkish Athletics Federation (TAF) Turkey Deaf Federation of federations, the federation and Turkey is divided into four main special athletes. TBESF, Amputee Football, shooting, athletics, badminton, arm wrestling, Boccia, weightlifting, skiing, table tennis, archery, sitting volleyball, wheelchair basketball, wheelchair curling, wheelchair fencing, wheelchair dance, wheelchair tennis, sailing and swimming, including serving in eighteen branches (<http://www.tbef.org.tr>). Disabled athletes in Turkey have been participating in the Paralympic Games since 1992. The first medals were won in gold and bronze in shooting in 2004 (İmamoglu, 2016). In 2005, in accordance with articles 33 and 44 of the Law on Persons with Disabilities, it was discussed to make sports facilities suitable for the use of people with disabilities (Özer and Şahin, 2011).

European Union 6. The framework program within the framework of the action plan for 2010-2020 as sports activities for people with physical disabilities, Hakkari, in the management of the Provincial Directorate of youth and sport “in sport with no obstructions Project” is being edited, disabled and children with children's cerebral palsy Association in cooperation abled four municipal parks is designed for both kids to play together. In addition, Hacettepe University's “Diving Freedom Project” provided trainings on diving to physically disabled adults (Mumcu, 2018). Raising awareness of the families of disabled people about the importance of therapeutic recreation is important in terms of evaluating disabled individuals with their potential. It is thought that the policy developers and practitioners to carry out necessary studies on this issue will increase the active participation of disabled individuals in sports activities (Karadas & Cetiner, 2022). Anatca & Yılmaz (2019) states that the media exhibit a discriminatory approach and use a discriminatory language when addressing disabled athletes. The "tragic" stories of Paralympic athletes are highlighted in the media. Athlete identities should be highlighted. It will be a great source of motivation for Paralympic athletes, who are highlighted with their athlete identities and who are featured in the media with their international achievements, and individuals with disabilities who feel "incompetent" and "incomplete", and will actively participate in sports activities.

Social Life and the Disabled Person

Social stratification in the individuals with disabilities have been able to achieve a good position, employment opportunities, in the presence of a quota on a limited number charged at an equal level even if they found a job and are not subject to some of the reaping of disabled people by supporting the rights of disabled people, some of them fail to grasp this opportunity, it is critical to understand the implicit stratification and policies (Jenkins, 1991; Putnam, 2005). Although the disability status affects participation in public life, which sociocultural stratum belongs to as a disabled person also affects living conditions. The standard of living of a poor sugar cane worker when he has spinal cord paralysis and his participation in public life will not be the same as the conditions of a university professor when he has spinal cord paralysis (Jenkins, 1991). Groce, on the other hand, mentions that while a woman with a low socioeconomic level will bring a serious burden and responsibility around the visual disability, the visual disability of a woman with a high socioeconomic level will not affect her relatives much (Groce, 1999). In summary, the hardness of the face of disability varies according to the social stratum and the status obtained. Overhead, soaring towards the upper levels of society

and the difficulty decreased, while the softer transitions of a line of the block between the possibility of monitoring the individual with disabilities, while conditions in the lower layers and the burden is on the rise, more rigid table with a disability will increase the chances of encountering depicting the expression (Özay, 2019).

Participation in Public Life and Sports

It is a common belief among academics, sports participants, politicians and sports administrators that sport is a social capital creative, sustaining and developing power that also serves the welfare of individuals, social inclusion and integration within social stratifications (Nicholson and Hoye, 2008). It is also mentioned that sport, which supports the creation of class relations mentioned by Bourdieu, also creates a social egalitarian appearance when evaluated from the point of view of participation equality (Bourdieu, 1978; Sohi, 1987). On the other hand, the two social capitals Putnam mentioned, the bridging social capital, the fusing or binding social capital in heterogeneous groups at different socioeconomic levels and the effect of increasing the difference between social strata and classes by combining groups with similar social status (Putnam, 2001; Skinner et al., 2008). Although studies on the process of socialization through games and sports were initially limited to childhood, studies on the process of socialization have increased since the 1990s (Yeltepe et al., 2016). As structural functionalists, Kenyon and McPherson focus on the functioning of sport in the process of socialization and its tendency to the social system and role-learning behavior. The process of learning the appropriate role through behavior that is compatible with the rules, and social values as a whole takes place in the process of socialization in sports. Personal characteristics, people who are given importance and social status components that are decisive in role learning are also present in role learning in sports. Kenyon and McPherson mention three successive trends that increase the rate of role learning; as the ability to learn a role increases, the system's tendency to promote role learning increases; as this trend increases in the system, the level of role fulfillment increases; as the level of role learning and practice increases, the level of socialization also increases. The Deconstruction of the role with the athlete's identity is seen as the result of the interaction between the social structure and the talented individual and the socialization. However, the main factor that activates the system is the ability of the individual to perform the role, his ability in sports and the structure that can act in accordance with the requirements of the sport (Kenyon and McPherson, 1974).

Payne et al. (2003) have revealed that the most effective sports role model programs are programs focused on developing long-term mentoring relationships for people with disabilities, socially disadvantaged and at-risk groups (Payne et al., 2003). In addition to the positive abilities that sport adds to him, such as gaining motor skills, gaining self-confidence, achieving goals, being aware of his priorities, he explains how he is a role model for other disabled people with his own case presentation in the article, he emphasizes that he is a source of motivation for disabled people to move from a sedentary lifestyle to sports (Moucha, 1991). Moucha's approach parallels Rojek's understanding of the role model that shows the masses how to live. (Rojek, 2006).

The film about Serkan Bayram's struggle to hold on to life, who lost her hands and suffered permanent burns to a large part of her body in the fire that broke out in a wheat field when she was a baby. Expressing that he wanted his life story to be reflected on the big screen in order to be a role model for the disabled, Bayram said, "It is a film of a journey to hope for our disabled brothers." said. (<https://www.aa.com.tr/tr/yasam/bugday-tanesi-engellilere-rol-model-olacak/2753718>).

It is seen that disabled people in sports choose disabled athletes as role models, and even gender preference coincides with that of disabled people, and they take same-sex people as role models (Adriaanse and Crosswhite, 2008; Anderson, 2009).

Disabled people prefer disabled people as role models, while programs in which interactive role models are created for this are also created with the support of governments. One of the branches of sports ambassador programs created for people over the age of 50 in Australia is regular events with disabled sports ambassadors who provide sports to people with disabilities (Payne et al., 2003).

When we examine the socialization function of sport;

- "Sport serves the development of a balanced personality. It contributes to the removal of people from excesses and bad habits by providing the release of accumulated energy physically and mentally.
- Sports increase people's attention, as it gives them the habit of behaving in accordance with the rules and taking action.
- Sport teaches respect for rules, traditions, customs and laws.
- Sport has an important function in the settlement of the concept of freedom. Sport accelerates the democratization process by increasing social participation and helps to use freedoms healthily.
- Sport contributes to the acquisition of positive social behavior. Living together by sharing is a necessity of social life. Because sport develops team awareness and the habit of working together, sharing, it allows people to be more successful in their social lives.
- Sport serves to develop the idea of equality, respect the rights of others, work regularly, act reproachfully, be careful, gain the ability to plan and evaluate, and helps people adapt to social life effectively and in a balanced way. By helping the development of international relations, it serves to spread human love and respect, strengthen peace, and develop peaceful feelings and behaviors" (Doğan, 2004).

In the light of this information, in this research, it is aimed to examine the effect of sports on the participation of athletes with physical disabilities in public life and how athletes with disabilities contribute to their socialization as role models to people with disabilities. For this purpose, the studies conducted in the literature have been researched and compiled.

DISCUSSION AND CONCLUSION

Our study titled "Investigation of the Effect of Sports on the Socialization of Individuals with Physical Disabilities" was carried out by explaining the concepts of disability, the phenomenon of sports and socialization, investigating the effect of sports and sports activities on the socialization process of people with disabilities and evaluating the results of this. Socialization is a process. In socialization, socialization tools such as family, friend groups, school, mass, media and sports help this process. Sports, which is one of the organic members of social culture in social life, not only directly affects the developmental characteristics of the individual, but also brings along features and values such as peace, love, honesty and self-sacrifice. Sport, which improves human and social relations, is also an important tool in ensuring social harmony. It is necessary to make technology special for the disabled and to increase the living standards in livable urban spaces specially created for them. At the beginning of these living standards are sports fields and fields. Because the disabled, especially the mentally handicapped, will express themselves more through sports and sports activities, and their socialization and social cohesion will be improved thanks to the sportive environments that will be created. Sports and sportive activities for the disabled; It provides great convenience in

adapting to social life through the sense of cooperation, self-control, quick decision-making, moral education, gaining a sense of love, experiencing joy in success, sharing sadness in failure, personality development and the formation of self-confidence (Çevik & Kabasakal, 2013).

The literature is examined, it is seen that many studies show that sport has a very high impact on the participation of people with physical disabilities in public life and that disabled people tend to socialize and socialize by taking disabled athletes as role models (Saçar, 2022).

When the studies conducted in the field summer were examined, it was observed that Smith and his colleagues emphasized athlete identities rather than activist identities seeking their rights in the public Dec, in the study conducted among disabled athletes and individuals who are disability rights defenders (Turner, 2001).

It has been observed that the disabled athletes participating in the studies first mentioned their sporting achievements when they started the interviews. Berry, who takes the subject of symbolic interactionism, explains the situation that people refer to as efforts to present themselves in their best form as behaviors that we do to increase our social acceptability (Berry, 2008). An example of this situation is when athletes with disabilities mention their first sporting achievements in interviews.

DePauw, on the other hand, mentions that the sport of disability makes the disability less visible, attracts attention not to what a person cannot do, but to what they do (DePauw, 1997). In the studies conducted, it is seen that the athlete identities of disabled athletes help to cope with the negativity of their disabled identities (Martin et al., 1995; Sorensen & Pensgard, 1999).

Özay, (2019) in his study, asked disabled athletes to compare before and after starting sports and concluded that the behavior of shyness and shame of disabled athletes before sports is common. They talked about the looks when they went out into the street, how when they saw someone of the kind they liked and were interested in, they stopped so that they wouldn't walk and stop, and tried to hide the missing or deformed limb. Özay also, the study asked about the changes that occur in individuals after sport, athletes with disabilities abled citizens from the look of them, if they are no longer disturbed, their confidence level rise and hurdle obstacles as they stated. A study that supports the result obtained by Özay is the study conducted by Kiuppis (2018). In this study, it is mentioned that sport increases self-confidence and well-being in people with disabilities. Özay (2019), in the same study, stated that changes in the moods of people with disabilities, anger and anger behaviors decreased thanks to sports, their enjoyment of life increased, daily activities increased the participation of people with disabilities in public life.

In another study, it was concluded that the well-being of the disabled group who do three or more sports a week is much higher (Muraki et al., 2000).

In the direction of the research findings, the parents and wives stated that they are willing to participate in the sports activities of the mentally disabled individuals who regularly participate in sports activities, but that they do not have coaches equipped with the relevant area, that the facilities are partly sufficient, that the problems in transportation do not matter, but that participation in sportive activity positively contributes to the socialization of the individual. (Akyol & Ilkim, 2018). Greenwood and his friends also participate in the sport of wheelchair tennis wheelchair users among users who don't do sports with their research in participating in

sports and physical disabilities feel better and their capacity is higher when it is seen, have stated that they feel less frustrated and tired (Greenwood et al., 1990).

In the study conducted by Özay (2019), disabled athletes who participated in the study stated that they socialized through sports, got married, got a job, and were more successful in their school lives. This situation shows that sports have a positive effect on the participation of people with disabilities in public life. In a different study, Anderson (2009) found that the feelings of belonging of adolescent girls with disabilities participating in the study increased through sports.

Söğüt (2006), in his study titled "The Effect of Sports on the Socialization of the Physically Disabled", concluded that when compared to the physically disabled people who regularly do sports and those who do not, doing sports has an effect on the socialization of the disabled. Öztürk, (2007), in the theoretical part of his study on "The Effect of Sports on the Socialization of the Orthopedically Disabled", concluded that sports can be considered as one of the socialization tools and that sports play an active role in the socialization of orthopedically disabled individuals.

The scale of the impact on social integration of marginalized groups in sport; people with disabilities, older people, gays and immigrant's tackles and on you give her a time and DeKnop, (2001) study conducted by the within groups to socialize when he talked about increasing at the same time because it allows you to communicate with different disability groups, are of benefit in participating in the social life of the people as a facilitator.

According to another result found in the field article, it has been observed that individuals who consider themselves to be role models for athletes pay attention to their attitudes and behaviors (Rojek, 2013).

Considering the results obtained from the literature, paying attention to the recommendations below may increase the participation rates of people with disabilities in public life.

- Informing the families of disabled people and themselves about sports activities and bringing them together with sports environments can support the orientation of disabled people to sports activities.
- The implementation of an appropriate level of accessibility for people with disabilities in sports fields located in the provinces can make it easier for people with disabilities to play sports and participate in public life at the same time as people without disabilities.
- In order for disabled athletes to encourage disabled people to participate in sports as role models, it will be possible to help them be encouraged to participate in sports by enabling them to come together with disabled people.

Sportive activities should be organized for the mentally handicapped to participate in sports, and these events should be announced to all segments of society through mass media and awareness should be created. In order to increase the opportunities of disabled people to do sports, a special unit for the disabled should be established within the Youth and Sports Directorates, and educational opportunities in this field should be increased. In order to ensure the participation of the mentally handicapped in all kinds of sports activities, starting from the families, schools, clubs and local administrations should be involved in such an effort. Arrangements should be made to allow the construction of special entrance gates and tribunes for the disabled in sports competitions. In our country, there are very few studies on the

socialization and social adaptation of the mentally handicapped. Therefore, researchers should focus on and contribute to this field. It is a fact that disabled people should do sports with special programs. In sports centers, trainers who can apply special programs for disabled individuals to do sports should be trained. Universities should give seminars and trainings to their students about the disabled, to raise social responsibility and awareness (Çevik & Kabasakal, 2013). As a result, it has been revealed that sports is an extremely powerful mediator for the participation of individuals with disabilities, who have disadvantages in life in many ways, in social life. In addition, it was revealed that sports was very important for women with disabilities to go out of the house, to gain self-confidence, to have new experiences; and it was determined that they had to face more problems in the sports compared to male athletes with disabilities (Güven et al., 2019).

As a result, it can be said that the problems faced by the trainers working in autism sports clubs are gathered around the problems arising from the family, the child himself and the society's prejudice about autism. It is recommended to use education and sports as a tool to minimize these problems. As a matter of fact, it is seen that the problems arising from the family and the environment are largely due to the lack of information. It can be aimed to raise awareness of autism spectrum disorder and to make family members and citizens more sensitive, thanks to the trainings to be given with the aim of raising awareness of family members and society about autism spectrum disorder (Hoşver et al., 2022).

Çelenk (2021) shows that sports have a positive role in the motivation of participating in physical activities and contribute to life skills on disabled individuals who do sports. It is thought that sports will have a positive effect not only on their participation in physical activities, but also in many cognitive learning processes due to the increase in motivation of people with disabilities and help the disabled person to become more active and accepted in the society. In conclusion, the findings of this review are based on adults with mild to moderate intellectual disability exercise programs applied to improve physical fitness in individuals improve cardiovascular and cardiorespiratory fitness and motor skills shows that it is a suitable strategy for applications. For this population, a physical exercise prescription; exercise procedure according to the target group 2-8 months' activity duration, frequency per week 2-3 days, 45-70 minutes of exercise should be designed in detail and exercise The rate of participation in exercise should be increased by making it fun. In addition, these potential benefits for a better understanding of its effects on individuals with mild and moderate intellectual disabilities more experimental studies are needed (Bölükbaş & Vatanserver, 2022). According to the results of the research (Öztürk, 2014), the following suggestions can be made: Sports activities can be given more weight in the rehabilitation of teachable mentally disabled people. For this purpose, specialized sports and rehabilitation units or centers can be established and their numbers can be increased. By increasing the criteria that determine the socialization level of children, advanced studies can be included in this field. The scope of sports activities for the rehabilitation of teachable mentally retarded individuals can be expanded, and within this scope, national and international TUBITAK or European Union projects can be included. Legal regulations regarding the employment of the graduates of the School of Physical Education and Sports / Faculty of Sports Sciences in rehabilitation centers providing special education should be rearranged.

The policies of the states on this issue should become widespread. To be able to do this, both educational and entertaining festivals for disabled individuals should be organized to encourage participation in physical education and sportive activities as a hobby. For the disabled individuals participating as a competitor, necessary sportive conditions should be created. The

founding of sports clubs is the most important step to be taken. Increasing the number of clubs suitable for disabled athletes means that more people with disabilities can do sports (Afacan & Afacan, 2021).

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