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JOURNAL OF EDUCATIONAL THOUGHT

Editorial
The Eighth (8) Volume, Number One – Vol. 8 (1), 2019 of the JET is a special edition of the Department of Adult Education, University of Lagos, Akoka, Nigeria. The Edition is poised to report cutting edge research findings and discuss educational issues of interests.

The articles in the Journal are contemporary and challenging with the implications for national development, global emancipations, empowerment and awareness creation.

The Editorial Board of JET wishes to solicit through this avenue well researched studies and articles for future publications. We will like to thank the reviewers and assessors of the articles published here for their time and other resources well spent. To the contributors, the Board says well done and thank you and please continue to research and send qualitative papers to JET. We solemnly promise a continued improvement in the subsequent editions of JET. The Editorial Board wishes to state categorically that Authors opinion or views do not reflect the Editorial Board opinion.

Dr. T. V. Bakare
Editor-in-Chief
A JOURNAL OF THE DEPARTMENT OF ADULT EDUCATION,
UNIVERSITY OF LAGOS

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The mission of the Journal of Educational Thought (JET) is to sever society through promotion of excellence in educational research. JET is aimed at generating and disseminating new knowledge to service providers, practitioners and policy makers in the diverse fields of education and development studies.

The Journal provides a forum for publishing and disseminating a balanced mix of well-grounded research studies in education. The scope of JET covers empirical and theoretical research studies that contribute to knowledge and practice, research reviews, case studies, book reviews, field work reports as well as pedagogical and andragogical issues in all fields, levels, and forms of education and training. In addition, the Journal publishes articles that address education and training in relation to other disciplines and development studies.

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- Articles submitted for consideration in the JET should be the original work of the author(s) and must not be under consideration by another journal.
- The paper, author's/authors' name(s), status, institutional affiliation, e-mail address, mobile cell phone number.
- All articles should be preceded by an abstract of 180-200 words and should not exceed 300 words.
- Authors should include the list of between four to six key words below the abstract.
- Articles should be written in English language with Times new Romans 12 font and not exceed 6000 words in length including references, tables and figures.
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- The use of figures, tables and diagram should be saved as a separate document and should be indicated where it will be inserted.
- Articles beyond the recommended number of pages usually between 10-15 pages will attract extra charge per page.
- All manuscripts ready for submission should be e-mailed to jetadulteduyahoo.com and oyelamiyoekunle@gmail.com or royelami@unilag.edu.ng.
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SPORT: TOOL FOR SUSTAINABLE WELLBEING OF PERSONS WITH PHYSICAL DISABILITY IN NATIONAL STADIUM, LAGOS, NIGERIA

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Abstract
To live a fulfilled life is the desire of every individual, however, this desire can be jeopardized by unforeseen circumstances that could be associated with disability, unhealthy behaviour, poverty, sickness or death. Sport is a powerful tool for transforming the disability and dependable life to ability and independent individual. As such, this study examined sport as sustainable development goals attainment tool for the promotion of persons with physical disability. The sample for the study were one hundred and ten (110) athletes with disability who were randomly selected from amputee, dwarf, deaf and dumb and paraplegic athletes. Questionnaire made up of 28 items with four sections was used on sample consisting of four-point Likert scale was used to collect responses. Descriptive statistic of percentage statistical tools were used to analysis the data while inferential statistic of chi-square was used to test the hypotheses at 0.05 alpha level. The result showed that participation in sport promote the physical wellness, emotional wellness, social wellness and economic wellness of persons with disability. Based on the findings, it was recommendations that governments should ensure that persons with disabilities have access to
sport as well as having recreational venues as spectators, persons with disabilities should be included in physical education within the school system and enjoy equal access to sport without discriminations.

Key words: Sport, Disability, Well-being, Sustainable Development Goals

Introduction

A fulfilled life sometimes referred to in Maslow hierarchy of needs as 'self-actualization' is the desire of every individual irrespective of race, religion and socioeconomic status. Fulfilled life is a product of many factors such as; good health, healthy life style, healthy relationship and ability. Ability is one of the contributors to fulfilled life, however, this ability may be marred in the life of certain persons by some circumstances such as unhealthy lifestyle, poverty, sickness, accident or death. The disruption of ability gives rise to disability. Disability is a health and health-related states that encompass problems (e.g., impairments, activity limitations, or participation limitations) that result from interactions between personal and contextual (environmental) factors. Also, disability is activity limitations, again attributed to interactions between personal and contextual factors, (Ustun, 2003). Moreover, disability is any physical or mental condition that limits a person's movements or activities and his or her senses. Furthermore, disability is conventionally referred to attributes that are severe enough to interfere with, or prevent normal day-to-day activities. Disabilities may be permanent, temporary, or episodic that affects people from birth, or be acquired later in life through injury or illness. Persons with disabilities include those who have long-term physical, mental, intellectual or sensory impairments which, with an interaction with various barriers, may hinder their full and effective participation in the society on an equal basis with others, (Sport for Development and Peace International Working Group, 2008).

The population of people living with disability is estimated to be approximately 600 million or 10% of the world's population and 80% of these people live in developing nations, (World Bank, 2004). Persons with disabilities and their families face negative attitudes, societal barriers and discrimination such as stigma, disempowerment, social and economic marginalization and exclusion than persons without disabilities worldwide,
(McCarthy, 2007). The cost of this exclusion and discrimination according to Sport for Development and Peace International Working Group, (2008) is enormous in terms of lost opportunities and poor quality of life for individuals and their families with disabilities. This cost includes lost potential for society given the social, economic, and cultural contributions these individuals might be making under more equitable and inclusive circumstances. In the same vein, Aiyejina, (2015) reported that Maxwell Ekenou, a Delta State athlete stated that “there is always disparity despite the acceptance they have received in the sports sector; and that they hardly get assistance from the rich people; and sometimes we are called spirits and this demoralises us because it makes us feel we are not part of the society”. Equally, Akujo a dwarf who specialises in field events: shot put, discus and javelin stated that “prior to this time of his participation in sport, he and other dwarf suffered xenophobic attacks, some graduates among them are denied employment because of height, they were laughing stocks, walking on the streets for him was nightmare as onlookers stared at him mockingly and some come close to him to measure their height with their heights when they take a walk”.

In many countries and Nigeria in particular the beliefs and attitudes have evolved to recognize the importance of persons with disabilities. Hence, according to United Nations, News Release (2007), Sport for Development and Peace International Working Group, (2008) and Aniodo, (2011), legislation was enacted to ensure equal rights of persons living with disability in sport, education, employment, workplace and community/cultural life, the right to own and inherit property, not to be discriminated against in marriage and children, not to be unwilling subject to medical experiments. The first legal international instrument to address the right of persons with disabilities, and sport inclusive known as “Rights of Persons with Disabilities” was enacted in United Nations Convention with the signatures of member nations on March 30, 2007. Article 30.5 of the Convention states that: “With a view to enabling persons with disabilities to participate on an equal basis with others in recreational, leisure and sporting activities, State Parties shall take appropriate measures:

(a) to encourage and promote the participation, to the fullest extent possible, of persons with disabilities in mainstream sporting activities at all levels;

(b) to ensure that persons with disabilities have an opportunity to
organize, develop and participate in disability-specific sporting and recreational activities and, to this end, encourage the provision, on an equal basis with others, of appropriate instruction, training and resources;

(c) to ensure that persons with disabilities have access to sporting, recreational and tourism venues;

(d) to ensure that children with disabilities have equal access with other children to participation in play, recreation and leisure and sporting activities, including those activities in the school system;

(e) to ensure that persons with disabilities have access to services from those involved in the organization of recreational, tourism, leisure and sporting activities."

Sport for persons with disabilities is not a new concept, but its full potential as a powerful, low-cost means to foster greater inclusion and well-being for persons with disabilities is only beginning to be realized, (Sport for Development and Peace International Working Group, 2008). Sport, gymnastics specifically was first used in Sweden in the late 1800s as a means of therapy for persons with disabilities, (Sherrill, 2004). From that period, sport for persons with disabilities has blossomed with more than 17 international games, including three Olympic-level competitive games targeting athletes with disabilities; the Deaflympics (for persons with hearing impairments), the Paralympics (for persons with all other forms of physical disabilities such as limb loss and blindness), and the Special Olympics (for those with intellectual disabilities). The growth of sport for persons with disabilities is reflected in the 47 academic periodicals and journals that focus on adaptive physical education and recreation, and the many newsletters published by disability sports organizations worldwide,(DePauw and Gavron, 2005). According to Olenik, Matthews and Steadward, (1995), disability sport has grown and developed at a pace unprecedented in sport history at the elite level. The Paralympic Games are the pinnacle of elite competition for athletes with a disability and the second largest sporting event in the world in the Olympic Games. The 1996 Atlanta Paralympic Games witness 4000 elite athletes representing over 115 nations in 19 sporting events.

The power of sport as a means to improve the lives of persons with disabilities is reflected in a range of international agreements, strategies and instruments. Sport works to improve the inclusion and well-being of
persons with disabilities in two ways by changing what communities think and feel about persons with disabilities and by changing what persons with disabilities think and feel about themselves. The first is necessary to reduce the stigma and discrimination associated with disability. Sport changes community perceptions of persons with disabilities by focusing attention on their abilities and moving their disability into the background. Also, sport empowers persons with disabilities to recognize their own potential, build the skills they need for advocacy and influence changes in the society to enable them to fully realize it. Through sport, persons without disabilities encounter persons with disabilities in a positive context and see them accomplish things they had previously thought impossible, (Sport for Development and Peace International Working Group, 2008).

The community and individual impacts of sport help reduce the isolation of persons with disabilities and integrate them more fully into community life. Sport changes the person with a disability in an equally profound way. For some, it marks their first experience of human agency - that is, it enables them to make choices and take risks on their own. For others, the gradual acquisition of skills and accomplishments builds the self-confidence needed to take on other life challenges such as pursuing education or employment. Furthermore, sport build confidence in them that enable them engage in advocacy work, as communication, leadership and teamwork skills they develop are easily transferred into this new arena. For example, Manuel Gaiato, a wheelchair player, basketball recognition in the sports world has earned him regular meetings with government officials and policymakers for the purpose of improving conditions for persons with disabilities. Through him wheelchair basketball and amputee football have both been adopted at the national level by Angola's National Paralympic Committee,(Sport for Development and Peace International Working Group, 2008). Aiyejina, (2015) reported that since the influx of dwarfs into sports in the last 10 years, they have gradually become an important factor in the country's sports. For instance, Nigeria resorted to dwarf athletes to brighten their chances of winning the 2007 All African Games (AAG).

The Sustainable Development Goals (SDGs) which was agreed in September, 2015 by 193 world leaders is a collection of 17 Sustainable Development Goals with 169 targets set by the United Nations Development Programme has a broad range of social and economic developments which include poverty, hunger, health, education, global warming, gender, equality, water, sanitation, energy, urbanization,
environment and social justice. (en.wikipedia.org/wiki/Sustainable Development Goals.) The heartbeat of Sustainable Development Goals is equality, this is the heart of the Sustainable Development Goals that is founded on the concept of “leaving no one behind” (Presidency, 2015) (WHO, 2015)

Physical activities and sport are vehicles that can facilitate sustainable development – strengthen education, prevent disease, empower girls and women, and foster the inclusion and wellbeing of people with disabilities. Promoting inclusion and accessibility of physical activities and sport for persons with disabilities open up advancement of health, human rights and peaceful societies. Disability is referenced in various parts of the SDGs and specifically in parts related to education, growth and employment, inequality, accessibility of human settlements, as well as data collection and monitoring of the SDGs. The Sustainable Development Goals (SDGs) captured in the study according to (https://www.un.org/development/desa/disabilities/) are

- Goal 1: End poverty in all its forms everywhere.
- Goal 3: Ensure healthy lives and promote well-being for all at all ages.
- Goal 4: Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all.
- Goal 5: Achieve gender equality and empower all women and girls.
- Goal 6: Ensure access to water and sanitation for all.
- Goal 7: Ensure access to affordable, reliable, sustainable and modern energy for all.
- Goal 8: Decent work and economic growth. Promote sustained, inclusive and sustainable economic growth, full and productive employment and decent work for all.
- Goal 10: Reduce inequalities. "Reduce income inequality within and among countries.
- Goal 17: Partnerships for the goals. Strengthen the means of implementation and revitalize the global partnership for sustainable development.
The above cited SDGs are associated with the dependent variables of the study: physical wellness, emotional wellness, social wellness and economic wellness of persons with disabilities. Participation in sport by persons with disabilities promote their well-being as they are recognised in the society and by the government, earn living, interact with other, contribute in decision making especially issue concerning them.

Research Questions

1. The study sought to provide answers to the following research questions;
2. Will sport be a tool for sustainable development goals for the promotion of the physical wellness of persons with physical disability in Lagos, Nigeria?
3. Will sport be a tool for sustainable development goals in the promotion of the emotional wellness of persons with disability in Lagos, Nigeria?
4. Will sport be a tool for sustainable development goals in the promotion of the social wellness of persons with disability in Lagos, Nigeria?
5. Will sport be a tool for sustainable development goals in the promotion of the economic wellness of persons with disability in Lagos, Nigeria?

Research Hypotheses:

1. Sport will not be a tool for sustainable development goals for the promotion of the physical wellness of persons with physical disability in Lagos, Nigeria.
2. Sport will not be a tool for sustainable development goals in the promotion of the emotional wellness of persons with disability in Lagos, Nigeria.
3. Sport will not be a tool for sustainable development goals in the promotion of the social wellness of persons with disability in Lagos, Nigeria.
4. Sport will not be a tool for sustainable development goals in the promotion of the economic wellness of persons with disability in Lagos, Nigeria.
METHODOLOGY

Research Design
The research method used for this study was descriptive survey design.

Population, Sample Size and Sampling Technique
The population used for the study were persons with disability who were
training for competition in the National Stadium, Lagos State, Nigeria. The
sample size for the study was one hundred and ten (110) athletes with
disability who were randomly selected from amputee, dwarf, deaf and
dumb, and paraplegic athletes.

Research Instrument
The instrument used for the study is self-made questionnaire prepared by
the researchers and validated by other colleagues for content validity. The
questionnaire made up of 28 items that tested the effects of sport on the
physical wellness, emotional wellness, social wellness and economic well
of persons with disability. The questionnaire is four point modified Likert
scale: strongly agree, agree, disagree and strongly disagree. To determine
the reliability of the instrument the questionnaire was administered to 10
athletes with disability who were not part of the study. The responses were
analysed at 0.05 level of signify.

Data Analysis and Discussion of Findings
The data was analysed using descriptive statistics of frequency and simple
percentage while the hypotheses tested with inferential statistic of chi-
square at 0.05
Table 1: Sport and Physical Wellness of Persons with Physical
Disability

<table>
<thead>
<tr>
<th>Responses</th>
<th>Average</th>
<th>Percentage</th>
<th>Df</th>
<th>Cri. $X^2$</th>
<th>Cal. $x^2$</th>
<th>decision</th>
<th>Level of Sig.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strongly Agreed</td>
<td>69</td>
<td>63.10</td>
<td></td>
<td></td>
<td>7.815</td>
<td>49</td>
<td>Sig</td>
</tr>
<tr>
<td>Agreed</td>
<td>34</td>
<td>31.27</td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Disagreed</td>
<td>06</td>
<td>5.27</td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Strongly Disagreed</td>
<td>01</td>
<td>0.36</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>110</td>
<td>100.00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Fig. 1 Pie Chart Showing Sport and Physical Wellness of Persons with Physical Disability

The results revealed that 69 (63.10%) respondents and 34 (31.27%) respondents indicated that participation in sport has promoted their physical wellness while 6 (5.27%) respondents and 1 (0.36%) respondents indicated disagreed and strongly disagreed respectively that participation in sport have no positive influence on their physical wellness. The finding showed that sport participation by people with disability promote their physical wellness.

The test for hypothesis showed that the calculated $x^2$ value of 49 is greater than the critical $x^2$ value of 7.815. Since the calculated $x^2$ value is higher than the critical value $x^2$, the null hypothesis which stated that participation in sport will not significantly promote the physical wellness of persons with disability in Lagos Nigeria is rejected. It showed that participation in sport promote the physical wellness of persons with disability.

Table 2: Sport and Emotional Wellness of Persons with Physical Disability

<table>
<thead>
<tr>
<th>Responses</th>
<th>Average</th>
<th>Percentage</th>
<th>Df</th>
<th>Cri. $x^2$</th>
<th>Cal. $x^2$</th>
<th>Decision</th>
<th>Level of Sig.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strongly Agreed</td>
<td>53</td>
<td>47.92</td>
<td>3</td>
<td>7.815</td>
<td>361</td>
<td>Sig</td>
<td>0.05</td>
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<tr>
<td>Agreed</td>
<td>38</td>
<td>34.16</td>
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<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Disagreed</td>
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<td>7.66</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Strongly Disagreed</td>
<td>11</td>
<td>10.26</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>110</td>
<td>100.00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Fig. 2 Pie Chart Showing Sport and Emotional Wellness of Persons with Physical Disability

The results of the study showed that 53 (47.92%) respondents strongly agreed and 38 (34.16%) respondents agreed that participation in sport has promoted that psychological wellness. However, 8 (7.66%) respondents and 11 (10.26%) respondents respectively responded that participation in sport has not promoted the emotional wellness. The test for hypothesis showed that the calculated $x^2$ value of 361 is greater than the critical $x^2$ value of 7.815. Since the calculated $x^2$ value is higher than the critical value $x^2$, the null hypothesis which stated that participation in sport will not significantly promote the emotion wellness of persons with disability in Lagos Nigeria is rejected. The result showed that participation in sport promote the emotional wellness of persons with disability.

**Table 3: Sport and Social Wellness of Persons with Physical Disability**

<table>
<thead>
<tr>
<th>Responses</th>
<th>Average</th>
<th>Percentage</th>
<th>Df</th>
<th>Cri. $x^2$</th>
<th>Cal. $x^2$</th>
<th>decision</th>
<th>Level of Sig.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strongly Agreed</td>
<td>61</td>
<td>55.53</td>
<td>3</td>
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<tr>
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<td>39.24</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Disagreed</td>
<td>5</td>
<td>4.02</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Strongly</td>
<td>1</td>
<td>1.21</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Disagreed</td>
<td>110</td>
<td>100.00</td>
<td></td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>


Fig. 3: Pie chart showing Sport and Social Wellness of Persons with Physical Disability

The finding of the study revealed that out of 110 respondents, 61 (55.53%) and 43 (39%) respondents strongly agreed and agreed respectively that sport participation promotes their social wellness. However, 5 (4.02%) respondents and 1 (1.21%) respondents respectively disagreed and strongly disagreed that sport participation promotes their social wellness. The test for hypothesis showed that the calculated \( x^2 \) value of 36 is greater than the critical \( x^2 \) value of 7.815. Since the calculated \( x^2 \) value is higher than the critical value \( x^2 \), the null hypothesis which stated that participation in sport will not significantly promote the Social wellness of persons with disability in Lagos Nigeria is rejected. The result showed that participation in sport promote the social wellness of persons with disability.

Table 4: Sport and Economic Wellness of Persons with Physical Disability

<table>
<thead>
<tr>
<th>Responses</th>
<th>Average</th>
<th>Percentage</th>
<th>Df</th>
<th>Cri. ( X^2 )</th>
<th>Cal. ( x^2 )</th>
<th>decision</th>
<th>Level of Sig.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strongly Agreed</td>
<td>65</td>
<td>59.32</td>
<td>3</td>
<td>7.815</td>
<td>225</td>
<td>Sig</td>
<td>0.05</td>
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<tr>
<td>Agreed</td>
<td>30</td>
<td>27.27</td>
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<tr>
<td>Disagreed</td>
<td>11</td>
<td>9.55</td>
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<tr>
<td>Strongly Disagreed</td>
<td>4</td>
<td>3.86</td>
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<tr>
<td>Total</td>
<td>110</td>
<td>100.00</td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>
Fig. 4: Pie chart showing Sport and Economic Wellness of Persons with Physical Disability

The result showed that 65 (59.32%) respondents strongly agreed and 30 (27.27%) respondents agreed that participation in sport influence the economic wellness positively, while 11 (9.55%) and 4 (3.86%) respondents respectively disagreed and strongly disagreed that sport participation influence their economic wellness positively. The test for hypothesis showed that the calculated $x^2$ value of 225 is greater than the critical $x^2$ value of 7.815. Since the calculated $x^2$ value is higher than the critical value $x^2$, the null hypothesis which stated that participation in sport will not significantly promote the economic wellness of persons with disability in Lagos Nigeria is rejected. The result showed that participation in sport promote the economic wellness of persons with disability. The result showed that participation in sport by persons with disability have positive influence in their economics wellness.

Discussion:

Sport has the power to reduce dependence and develop greater independence by helping individuals to become physically and mentally stronger. For a group of young people with Down's syndrome, horseback riding increased coordination, posture, muscle tone, sitting balance, strength, and rhythmic movement of the upper body. Similarly, children with cerebral palsy who participated in a strength training program enjoyed significant improvements in strength and the ability to walk, run, jump, and climb stairs, (DePauw, 1986)
The result is in line with the report of Aiyejina, (2015) who stated that Menu said that when she first won her international medal, a silver medal at the 2011 AAG in Maputo, it was a triumph of determination over societal segregation, “Before I came into sports, I always cried when people abused me because of my size but I have changed. I now make myself happy because even though I’m a dwarf but I have family members who are tall. That is a source of joy to me. I used to feel sad, that I couldn’t make it in life but when I met other dwarfs in sports, I had a different mentality. I knew I could become someone in life with the right determination. For example I am married to a tall person and I have a normal baby boy. We have been together and he has accommodated me to the best of his ability. I didn’t witness anything like discrimination. We are more or less like one family. We are treated equally to a very large extent. This is my eighth year in sports and I am enjoying it. If you can't endure, you can't enjoy sports. Since I made the team to AAG, I have been serious about sports and I am happy to have found a new life of acceptance.” Abigail Menu,”(Aiyejina, 2015) Horseback riding benefits for people with Down's syndrome found improvements in participants' emotional control, social awareness, self-confidence, self-esteem, and self-concept, as well as increased motivation, (DePauw, 1986).

The result of the study revealed that sport participation promotes the social wellness of persons with disability. The findings is in line with Sport for Development and Peace International Working Group, (2008) which reported that sport provides opportunities for persons with disabilities to develop social skills, forge friendship outside their families, exercise responsibility, and take on leadership roles. Sport changes the person with a disability in an equally profound way. For some, it marks their first experience of independence that is, it enables them to make choices and take risks on their own. For others, the gradual acquisition of skills and accomplishments builds the self-confidence needed to take on other life challenges such as pursuing education or employment. Aiyejina, (2015) reported that persons with disability interviewed in National Stadium, Lagos stated that “I know I'm a champion and I was determined to win in Maputo. I won silver and it changed my life. It’s a day I will never forget. Being a champion is not by height, size or beauty; it is by strength, smartness, determination, confidence and endurance. How many tall people have them? But a small woman like me have all these attributes,” she said. We came into sports and found lots of people with disabilities. We
are one big family and we are accepted.” If the society cannot help, sports can. Sports can put them in the places they want to be.” Sport is well suited to helping persons with disabilities acquire social skills they may be lacking. It teaches individuals how to communicate effectively as well as the significance of teamwork and cooperation, goal-setting, self-discipline, respect for others, and the importance of rules. (Sport for Development and Peace International Working Group, 2008).

The economic wellbeing of persons living with disability is taken care of when they participate in sport as revealed in the result of the study. The findings in collaboration with the (https://www.un.org/development/desa/disabilities/) which stated that participation in physical activity and sport play important role in poverty elimination by helping to promote the economic opportunity which is essential for reducing poverty among vulnerable groups. Furthermore, engaging in physical activity and sport helped to reduce health care cost and increase productivity which is key issue in emerging economy.

Conclusion
The place of sport in the wellness of people with disability should be seen as important as the sport of people without disability. In so doing their wellness that have positive implication will be taken care, and this in process will bring positive growth to the nation’s economy since they are contributing to their wellness which have good effects to families and the nation in totally.

Recommendations
i. Government should ensure that persons with disabilities have access to sport and recreational venues as active participants and spectators.
ii. Children with disabilities should be included in physical education within the school system “to the fullest possible” and enjoy equal access to play.
iii. Parents of children with disabilities should provide opportunity and encouragement that will enable these children to actively participate in sport.
iv. Government, non-governmental organizations, cooperate bodies (Banks, Insurance outfits, Media bodies) and schools should annually organize sports for the physically and mentally challenged individuals as the Paralympic sports.
Reference
https://www.un.org/development/desa/disabilities/
Ustun, B.T. (2003). WHO’s international classification of functioning,
