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Phenomenological Study: Analyzing the Role and Meaning of Sports Performance in The Lives of Wheelchair Student-Athletes

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Abstract

Objectives. This study aimed to analyze and understand the role and significance of sports performance in the lives of wheelchair student-athletes. It examines how sports help them navigate physical and psychological challenges, contribute to identity formation, and aid in their search for meaning in life.

Materials and methods. The study employed a descriptive quantitative approach using a survey analysis method. Additionally, unstructured interviews were conducted to strengthen the research findings and support the discussion. The sample consisted of 48 wheelchair student-athletes, categorized as follows: 12 tennis players, 12 archers, 12 athletes, and 12 fencers. The sample characteristics included an average age of 17.7±8.1 years, training experience of 4.3±4.2 years, and an athletic career duration of 2.1±2.2 years. Among them, 13 athletes have competed at the national level, and 35 at the regional level. The research instrument was a questionnaire comprising 15 statements rated on a 1–4 scale, which has been tested for validity, resulting in four key indicators: (1) Improved Quality of Life, (2) Social Integration, (3) Search for Existence, and (4) Barriers to Participation. Data analysis used descriptive statistics and the Kruskal-Wallis test ($p<0.05$) to examine group differences.

Results. For the Improved Quality of Life indicator, the lowest average score was observed in athletics (13.83), while the highest — in tennis (14.17). Regarding Social Integration, the lowest average score was in athletics (13.50), and the highest — in archery (13.83). For the Search for Existence indicator, the lowest average scores were observed in athletics and fencing (13.58), while the highest score was noted in archery (13.83). Regarding Barriers to Participation, the lowest average score was recorded in fencing (6.75), and the highest — in tennis (7.50). The Kruskal-Wallis value was 0.425 or $p > 0.05$, indicating no significant differences between the four wheelchair sports groups.

Conclusions. The findings indicate that wheelchair sports substantially enhance student-athletes' quality of life across various disciplines. Tennis and fencing recorded the highest perceived quality of life and the lowest barriers to participation. This study underscores the necessity for standardized facilities, enhanced support systems, and greater governmental involvement to improve student-athletes' experiences. These insights contribute significantly to both wheelchair sports literature and policy development.

Keywords: phenomenology of sports, disability sports, wheelchair student-athletes, quality of life.

Introduction

Sport has long been recognized as a vital means of enhancing quality of life, not only for physically fit individuals but also for those with disabilities, including wheelchair athletes (Zheng et al., 2023). Research that focuses on sports achievement for people with disabilities, especially athletes who have the status of wheelchair students, is important to understand the various psychosocial and existential dimensions involved in their lives (Mîndrescu, 2022). Through sport, many wheelchair athletes strive for achievement while seeking meaning and identity in life, often facing numerous physical and social limitations (Calheiros et al., 2020 & Solera et al., 2021). How-

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ever, the limited scientific studies examining the role of sports performance in helping wheelchair athletes find meaning in life highlight the need for further in-depth exploration.

Previous research on athletes with disabilities has shown that performance sports provide a platform for para-athletes to develop and affirm their identity, not only as individuals with disabilities but also as competitive athletes (Nemček et al., 2020 & Puce et al., 2023). This involvement significantly enhances their quality of life and well-being by fostering a sense of accomplishment, social inclusion, and self-improvement. Additionally, the social support athletes receive from coaches, teammates, and the broader community plays a crucial role in strengthening mental resilience and overall well-being, ultimately contributing to a better quality of life (Dróżdż, 2020 & Mira et al., 2023). A study on male wheelchair handball athletes identified key factors that contribute to their sense of existence, such as marital status, access to resources, full independence, regular training, and the use of customized wheelchairs (Calheiros et al., 2021). Similarly, a study conducted on 192 wheelchair basketball, wheelchair rugby, and rowing athletes in Poland concluded that high quality of life and satisfaction with health are critical in supporting the existence of para-athletes (Nowak et al., 2022). Another study involving 30 athletes across wheelchair basketball, wheelchair tennis, and wheelchair athletics further supports the notion that sports participation not only enhances physical health but also strengthens psychosocial aspects, such as emotional well-being and interpersonal relationships, both of which are crucial in affirming their existence in life (Cruz et al., 2024).

For wheelchair student-athletes, sport is more than just physical activity, but it also serves as a platform for identity formation, self-expression, and personal growth (Sarol, 2024). In Indonesia, wheelchair sports have gained greater recognition and wider support over the past decade. However, there are still significant gaps in our understanding of the complexities of these athletes' lived experiences. Wheelchair athletes frequently encounter social stigma and exclusion, in the residential environment, to the school environment making sports a crucial avenue for fostering self-worth and social inclusion (Qasim et al., 2019 & Olive et al., 2021). Failure to establish a meaningful existence in life can have serious consequences for disabled athletes. Psychologically, it can lead to low self-esteem, anxiety, and depression, resulting in social isolation and reduced opportunities in education and career (Qasim et al., 2019 & Maciá-Andreu et al., 2023). These challenges can also diminish motivation, negatively impact physical performance, loss of motivation to study and ultimately affect overall health. Therefore, it is essential for communities and organizations to provide strong psychosocial support and ensure effective social integration to promote the holistic well-being of athletes with disabilities, addressing their mental, physical, and social needs (Mandan et al., 2024).

Given these challenges, a phenomenological study is a suitable approach for examining the experiences of wheelchair student-athletes in performance sports. This research method prioritizes a deep understanding of subjective experiences and the personal meaning student-athletes assign to them (Aitchison et al., 2020; Cursiol & Barreira, 2021). Therefore, this study aims to analyze and explore the role and significance of performance sports in the lives of wheelchair student-athletes. It seeks to understand how sports help them navigate physical and psychological challenges, how sports contribute to identity formation, and how they provide a sense of meaning in life. By adopting a phenomenological approach, this research will offer deeper insights into the subjective experiences, motivations, challenges, and successes of wheelchair student-athletes.

Materials and Methods

Study Participants

The sample for this study consisted of 48 wheelchair student-athletes from four different sports disciplines, including 12 tennis athletes, 12 archery athletes, 12 athletics athletes, and 12 fencing athletes. The sample characteristics included an average age of 17.7±8.1 years, training experience of 4.3±4.2 years, and an athletic career duration of 2.1±2.2 years. Among them, 13 athletes have competed at the national level and 35 at the regional level. Data collection in this study was conducted following the Declaration of Helsinki and received approval from both the coaches and competition organizers.

Study Organizations

This study employed a descriptive quantitative research design with a survey analysis method to examine differences in results among wheelchair student-athletes across various sports disciplines. The research consisted of five stages. The first stage involved a comprehensive observation of different types of wheelchair sports in Indonesia to identify and formulate key research problems. Once the research problem was established, the second stage focused on document collection, gathering relevant scientific studies on student-athletes with disabilities, wheelchair athletes, the quality of life of para-athletes, and sports achievements in disability sports. This stage served as a preliminary literature review and helped in developing the research instruments. The third stage involved the development of research instruments, where the questionnaire and other tools were refined based on insights from the literature review. Additionally, a focus group discussion (FGD) was conducted with lecturers specializing in sports psychology and disability sports to assess the feasibility and validity of the research instrument.

In the fourth stage, data collection was carried out between June 2024 and January 2025 at various competitive events in wheelchair sports. The data collection process took place two to three days before each competition, following official approval from the athletes' coaches. Once the coaches granted permission, wheelchair student-athletes were invited to participate voluntarily, ensuring the principle of autonomy was upheld. To enrich the findings, unstructured interviews with wheelchair student-athletes were also conducted during this phase. The final stage involved report preparation and publication, where the research findings were compiled into a scientific paper for dissemination. This study had been formally approved by the relevant institution under approval number B/1480/UN34.16/PT.01.04/2024.

Statistical Analysis

The data analysis in this study was conducted in three stages. The first stage involved testing the instrument's validity

using the Aiken V formula (Aiken, 1985), as illustrated in Figure 1. The second stage consisted of descriptive analysis, which examined the results of the questionnaire responses collected from athletes. The third stage applied the Kruskal-Wallis test ($p<0.05$) to analyze differences in responses among the four wheelchair sports disciplines. All data analyses were conducted using SPSS 26 (George & Mallery, 2019). The questionnaire utilized a four-point Likert scale, where 1 = "strongly disagree," 2 = "disagree," 3 = "agree," and 4 = "strongly agree."

$$\text{V Aiken's: } \frac{\sum s}{n\,(c-1)}$$

S : r – lo
Lo : lowest rating score
C : highest rating score
r : the score given by the assessor

Fig 1. Aiken V Formula

Results

Instrument Validity Test

The first stage of data analysis involved testing the validity of the questionnaire using Aiken V. The development of this questionnaire was part of the third stage of the research process. The validity test was conducted by three lecturers specializing in sports psychology and two lecturers specializing in disability sports. The results of the validity test are presented in Table 1.

Based on the results in Table 1, this questionnaire consists of 15 statement items divided into four key indicators: (1) Improvement of Quality of Life, (2) Social Integration, (3) Search for Existence, and (4) Barriers to Participation. Each of these indicators is further broken down into specific sub-indicators. The first indicator, Improvement in Quality of Life, includes sub-indicators such as Physical Health and Mental Health. The second indicator, Social Integration, consists of Social Interaction and Social Support. The third indicator, Search for Existence, is represented by Self-Recognition and Role in Society. Lastly, the fourth indicator, Barriers to Participation, comprises Infrastructure, Financial Support, and Social and Cultural Factors. The Aiken V values for each statement item were all greater than 0.7, indicating that the items are valid and suitable for data collection (Susiono et al., 2024 & Wedi et al., 2024).

Descriptive Analysis

Once the questionnaire was confirmed as valid and appropriate for data collection, data was gathered from 48 wheelchair stundet-athletes. Following this, a second

Table 1. Questionnaire Validity Test Results

Indicator	Sub - Indicator	Statement	Item	Aiken V	Description
Improvement in Quality of Life	Physical Health	Wheelchair sports increase my physical strength	1	0.733	Valid
		Participating in sports helps maintain my cardiovascular health	2	0.800	Valid
	Mental Health	I feel happier when I am active in wheelchair sports	3	0.800	Valid
		Wheelchair sports helps reduce my stress	4	0.867	Valid
Social Integration	Social Interaction	I met many friends through wheelchair sports	5	0.867	Valid
		I feel accepted in my sporting community	6	0.867	Valid
	Social Support	I get enough moral support from fellow wheelchair athletes	7	0.733	Valid
		The coaches and support staff provided good encouragement for my development as an athlete	8	0.733	Valid
Search for Existence	Self-Recognition	I feel wheelchair sports give me more purpose in life	9	0.800	Valid
		Achievements in sports increase my self-confidence	10	0.867	Valid
	Role in Society	I feel that through wheelchair sports, I inspire others	11	0.800	Valid
		My success in sports makes me feel like an important part of society	12	0.733	Valid
Barriers to Participation	Infrastructure	I often encounter infrastructure that does not support wheelchair sports	13	0.733	Valid
	Financial Support	I feel there is a lack of financial support for wheelchair athletes like me	14	0.800	Valid
	Social and Cultural	I still feel discrimination in the sports environment	15	0.867	Valid

analysis was conducted using descriptive statistics, as presented in Table 2. The questionnaire contained 15 statement items, each rated on a 4-point scale. The Quality of Life Improvement Indicator, Social Integration Indicator, and Search for Existence Indicator each contained four statement items, resulting in a minimum possible score of 4 and a maximum score of 16. Meanwhile, the Barriers to Participation Indicator included three statement items, leading to a minimum score of 3 and a maximum score of 12.

Table 2. Descriptive Analysis Results

Indicator	Min	Max	Mean	SD
Improvement in Quality of Life				
Tennis	12	16	14.17	1.403
Archery	12	16	13.92	0.996
Athletics	12	15	13.83	0.937
Fencing	12	16	14.00	1.279
Social Integration				
Tennis	12	16	13.75	1.215
Archery	12	16	13.83	1.193
Athletics	12	15	13.50	0.905
Fencing	12	16	13.75	1.215
Search for Existence				
Tennis	12	16	14.58	1.165
Archery	12	16	13.83	1.337
Athletics	12	16	13.58	1.165
Fencing	12	15	13.58	1.311
Barriers to Participation				
Tennis	6	9	7.50	0.905
Archery	7	9	7.33	0.651
Athletics	6	8	7.08	0.793
Fencing	6	8	6.75	0.622

Based on the results in Table 2, for the Improvement in Quality of Life Indicator, the lowest average score was in Athletics (13.83), while the highest was in Tennis court (14.17). For the Social Integration Indicator, the lowest average score was in Athletics (13.50), and the highest was in Archery (13.83). In the Search for Existence Indicator, the lowest average scores were in Athletics and Fencing (13.58), while the highest was in Archery (13.83). Lastly, for the Barriers to Achievement Indicator, the lowest average score was in Fencing (6.75), and the highest was in Lawn Tennis (7.50).

Kruskal-Wallis Test

The third analysis was a Kruskal-Wallis test of group differences in the four types of wheelchair sports. The results of this test are shown in Table 3 below.

Based on Table 3, the Asymp value. Sig is 0.425 or p>0.0.5, so there is no difference in the answers between the four wheelchair sports groups. Thus, there is no need for a post hoc test because there is no difference.

Table 3. Kruskal-Wallis Results

	Questionnaire Results
Kruskal-Wallis H	2.790
df	3
Asymp. Sig.	0.425

Discussion

After conducting data analysis and obtaining research findings, the results indicate that despite variations in sports types, technical aspects, and team dynamics, the overall impact of wheelchair sports at student level on the search for existence and the achievement of a meaningful life appears to be consistent across different sports. Therefore, the discussion in this study analyzes the descriptive results for each type of wheelchair sport. The first analysis focuses on the contribution of sports to improving the quality of life for wheelchair stundet-athletes. The findings show that wheelchair tennis student-athletes provided the highest ratings, while athletics student-athletes had the lowest. This difference can be explained by several scientific factors, such as varying levels of physical intensity across sports. Wheelchair tennis is a sport that often requires more intensive physical activity, which not only enhances strength and cardiovascular health but is also effective in reducing stress and increasing happiness (Grenier et al., 2023). As a result, wheelchair tennis student-athletes experience greater social interaction compared to sports like archery, which tends to be more individualistic (Ramalingam et al., 2021). Archery is considered an individualistic sport because performance is measured based on each athlete's personal skills and abilities (Wibowo et al., 2024). This individualistic nature can also lead to social isolation due to the lack of team interaction or collaboration, requiring student-athletes to develop strong mental resilience to cope with competitive pressure without direct support from teammates, coaches, or even family (Mandan et al., 2024 & Imtihansyah et al., 2024).

Moreover, differences in training opportunities and access to resources across sports may influence the assessments. Several studies indicate that access to resources such as adequate training facilities, well-structured training programs, and healthcare services also play a crucial role in enhancing the quality of life for disabled student-athletes (Luna et al., 2021, Park et al., 2022, & Wang et al., 2024). Based on the researchers' analysis, wheelchair tennis may have better facilities, more structured training, and broader support, making these athletes feel more acknowledged as professional athletes. Meanwhile, athletes in other wheelchair sports, such as archery, athletics, and fencing, primarily expressed that they were only given proper attention and treated appropriately as athletes and individuals without special needs. Additionally, other studies indirectly support the idea that providing proper care and attention to disabled student-athletes can offer greater mental stimulation and emotional support (Rahmawati et al., 2020 & Sudarko et al., 2023). Differences in the popularity and recognition of each sport may also contribute to these variations. More popular sports, such as tennis, often receive greater community support and social validation compared to other sports (Kawakami et al., 2024), which in turn can positively

influence student-athletes perceptions of the benefits of sports on their overall quality of life.

A second analysis focusing on Social Integration Indicators revealed that student-athletes reported the highest levels of social integration, whereas track and field athletic student-athletes gave the lowest ratings. Responses from wheelchair archery student-athletes explained that there was always intense interaction between athletes with disabilities. The results of previous studies also explain that, even though archery is individual, activities that involve togetherness between friends, such as joint training and competition in a team, can facilitate the formation of strong social bonds (Leung et al., 2020 & De Oliveira et al., 2021). In addition, this aspect is also strengthened by training arrangements that encourage moral support and encouragement from coaches and other student-athletes (Latief et al., 2024), which in turn increases feelings of acceptance and respect in the sports community.

In contrast, low scores in wheelchair athletics student-athletes may reflect a similar lack of social interaction. Track and field wheelchair athletics also explain that they only focus on pursuing time and distance targets for success. Then, the competitive nature of individual athletics allows training to be more focused on individual performance, which can reduce opportunities for in-depth social interaction (Purnomo et al., 2024). A perceived lack of moral support and encouragement that may be deemed inadequate by support staff or coaches may impact disabled athletes' and especially wheelchair athletes' perceptions of their social integration (Coates & Howe, 2023 & Mira et al., 2023). The findings on this Social Integration Indicator demonstrate the importance of community structures, environment in schools that supports their potential and support in wheelchair sports for athletic development and student-athletes social well-being.

The third analysis of this study, which focuses on the Search for Existence Indicator, shows that archery student-athletes provided the highest ratings. However, wheelchair student-athletes generally believe that being an athlete brings positive changes in their lives. Sports play a crucial role in giving them a sense of purpose, boosting self-confidence, inspiring others, and making them feel like an essential part of society (Mandan et al., 2024 & Cruz et al., 2024). On the other hand, wheelchair student-athletes in athletics and fencing reported the lowest ratings in this aspect, indicating potential differences in how sports contribute to their search for existence and social recognition. They expressed concerns about the lack of recognition and appreciation from others, such as receiving congratulations after a competition victory or being acknowledged as athletes.

Nevertheless, they also expressed satisfaction and happiness in their roles as student-athletes. They felt recognized by fellow athletes, coaches, sports organization officials, and even the government, which provided them with material support such as monthly stipends and rewards. This support enhances their self-esteem and confidence by validating their efforts and achievements (Zheng et al., 2023) while also reducing financial burdens, allowing them to focus more on training and competition (Rodríguez Macías et al., 2023). Furthermore, such support reflects a commitment to inclusion and equality, improving public perception and fostering a more supportive and inclusive sports environment (Calheiros et al., 2021). This support not only enhances the individual quality of life for athletes but also strengthens positive values within society as a whole.

The high scores given by archery student-athletes can be explained by several factors. Archery often requires intense concentration, precision, and dedication (Mahlovanyy et al., 2023). These demands may help student-athletes develop a strong sense of purpose and increased self-confidence through their achievements in the sport (Latief et al., 2024). Additionally, as a sport that receives less media attention compared to others, success in archery can create a unique and significant sense of inspiration within their community. Such achievements contribute to a greater feeling of social inclusion and enhance social interactions, reinforcing the athlete's identity as a contributing member of society (Berardi et al., 2021 & Zabala-Dominguez et al., 2023).

The fourth analysis in this study, which evaluates the Barriers to Participation Indicator, shows that wheelchair tennis student-athletes experience the highest participation barriers, whereas wheelchair fencing athletes report the lowest. Previous studies highlight that key factors influencing the participation of individuals with disabilities in sports include infrastructure that meets their specific needs (Luna et al., 2021 & Wang et al., 2024), and an inclusive environment that welcomes individuals with special needs (Aitchison et al., 2020 & Grenier et al., 2023). Further explanations from wheelchair tennis student-athletes indicate that their sport requires more complex and expensive infrastructure, including large courts often equipped with specialized accessibility features that may not be available or adequate in all locations.

On the other hand, wheelchair fencing student-athletes report fewer participation barriers, which may be due to the sport's simpler infrastructure requirements and its easier adaptability for accessibility. The smaller and possibly more close-knit wheelchair fencing community may also provide more intensive and personalized social and financial support (Villiere et al., 2021). Such conditions indirectly contribute positively to the experience of wheelchair student-athletes, as they may be less exposed to social discrimination compared to those in larger or more competitive sports environments (Kunene, 2023). To reduce participation barriers for wheelchair student-athletes, it is crucial to improve fundamental aspects of accessibility. This includes enhancing the quality of services to create a safe and comfortable training environment, such as providing easily accessible training facilities, separate training areas for wheelchair users and general participants, dedicated wheelchair-accessible pathways, health and safety guarantees, and post-retirement athlete welfare (Mandan et al., 2024, Arrum et al., 2024, & Prabowo et al., 2024). Additionally, greater involvement from the government and academic institutions is essential to encourage individuals with disabilities to participate in sports (Kasiyanto, 2023 & Nagata et al., 2023). Thus, it can help reduce social discrimination against individuals with disabilities through increased public awareness and inclusion in sports.

The main limitation of this study is that disability sports competitions, particularly wheelchair sports in student level, remain very limited in Indonesia, making data collection challenging due to cost and time constraints. Additionally, the lack of research on wheelchair sports and student-

athlete with disabilities has led researchers to rely on broader references, such as general disability sports and Paralympic sports. The publication of this study aims to provide deeper insights into disability sports, specifically wheelchair sports. Future research should include a wider range of wheelchair sports, a larger sample size, and more detailed research methods to produce more comprehensive scientific articles with in-depth discussions.

Conclusion

This study comprehensively examines the impact of wheelchair sports on student-athletes quality of life by analyzing aspects of social integration, the search for existence, and barriers to participation across various wheelchair sports disciplines. The findings indicate that while athletes from different wheelchair sports, such as tennis, archery, athletics, and fencing, face unique challenges and benefits, wheelchair sports generally have a significant and positive impact on enhancing their quality of life. This includes improving social integration, strengthening the search for existence, and overcoming participation barriers. Wheelchair sports serve not only as a physical activity but also as a vital tool for social and emotional empowerment. Among the sports studied, wheelchair tennis was perceived to provide the highest quality of life, while fencing had the lowest barriers to participation. However, the study also highlights disparities in accessibility and support across different wheelchair sports, emphasizing the need for a more standardized approach to facility provision and athlete support. Furthermore, government and institutional involvement in improving infrastructure and support for wheelchair student-athletes is crucial in enhancing their overall experiences and outcomes. Therefore, this study makes an important contribution to the literature on wheelchair sports, guiding future policies and practices toward a more inclusive and supportive development for all wheelchair student-athletes.

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Conflict of Interest

The author has no conflict of interest regarding the author or results of other studies.

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Феноменологічне дослідження: Аналіз ролі та значення спортивної результативності в житті студентів-спортсменів на інвалідних візках

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Авторський вклад: A – дизайн дослідження; B – збір даних; C – статаналіз; D – підготовка рукопису; E – збір коштів

Реферат. Стаття: 9 с., 3 табл., 47 джерел.

Мета дослідження. Це дослідження мало на меті проаналізувати та зрозуміти роль і значення спортивної результативності в житті студентів-спортсменів на інвалідних візках. У дослідженні розглядається питання щодо того, як спорт допомагає їм долати фізичні та психологічні труднощі, сприяє формуванню ідентичності та полегшує пошук сенсу життя.

Матеріали та методи. У дослідженні застосовано описовий кількісний підхід із використанням методу аналізу опитувань. Крім того, проведені неструктуровані інтерв'ю для підкріплення результатів дослідження та підтримки дискусії. Вибірка складалася із 48 студентів-спортсменів на інвалідних візках, які були розподілені за такими категоріями: 12 тенісистів, 12 лучників, 12 легкоатлетів і 12 фехтувальників. Характеристики вибірки включали середній вік — 17,7 ± 8,1 років, досвід тренувань — 4,3±4,2 роки та тривалість спортивної кар'єри — 2,1±2,2 роки. Серед учасників дослідження 13 спортсменів змагалися на національному рівні, 35 — на регіональному. В якості інструменту дослідження використовувався опитувальник, що складався із 15 тверджень, які оцінювалися за шкалою від 1 до 4 балів, перевірений на валідність, в результаті чого було отримано чотири ключові показники: (1) Покращення якості життя, (2) Соціальна інтеграція, (3) Пошук засобів до існування та (4) Перешкоди для участі в змаганнях. Для аналізу даних використовувалися методи описової статистики та критерій Краскела-Уолліса ($p < 0,05$) з метою вивчення групових відмінностей.

Результати. За показником «Покращення якості життя» найнижчий середній бал спостерігався в легкій атлетиці (13,83), а найвищий — у тенісі (14,17). За показником «Соціальна інтеграція» найнижчий середній бал зафіксовано в легкій атлетиці (13,50), а найвищий — у стрільбі з лука (13,83). За показником «Пошук засобів до існування» найнижчі середні бали спостерігалися в легкій атлетиці та фехтуванні (13,58), тоді як найвищий результат відзначено у стрільбі з лука (13,83). Щодо показника «Перешкоди для участі в змаганнях», найнижчий середній бал зафіксовано у фехтуванні (6,75), а найвищий — у тенісі (7,50). Значення критерію Краскела-Уолліса становило 0,425 або $p>0,05$, що свідчить про відсутність значущих відмінностей між чотирма групами спортивних змагань на інвалідних візках.

Висновки. Результати дослідження показують, що спортивні змагання на візках суттєво підвищують якість життя студентів-спортсменів у різних дисциплінах. У тенісі та фехтуванні зафіксовано найвищий рівень сприйняття якості життя та найменші перешкоди для участі в змаганнях. Це дослідження підкреслює необхідність стандартизації умов, вдосконалення систем підтримки та більшого залучення держави з метою покращення досвіду студентів-спортсменів. Отримані дані є значним внеском як у розвиток літератури з питань вивчення спортивних змагань на візках, так і в розроблення відповідних стратегій в цій галузі.

Ключові слова: феноменологія спорту, параспорт, студенти-спортсмени на інвалідних візках, якість життя.

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