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DEPARTMENT OF ORGANIZATION AND SPORT MANAGEMENT**

PARTICIPATION OF PERSONS WITH DISABILITIES IN SPORTS IN NIGERIA

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SUMMARY

Iyaluegbeghe Imonitie Clement: Participation in Sport by Persons with Disabilities in Nigeria
(Under the supervision of Ian Brittain, Professor)

This study titled Participation in Sport by Persons with Disabilities in Nigeria was aimed at (1.) identifying the challenges faced by athletes with disabilities in Nigeria, (2.) to investigate how to encourage participation in sport by persons with disabilities in Nigeria and (3.) to find out how to create awareness for the empowerment of persons with disabilities(PWDs) through sport.

The qualitative method of study was adopted for the research project which involved the use of face-to-face interview to interface with the subjects of the study. Out of a population of 100, the convenient sampling method was used to select 25 subjects for the study, which included; 5 sport administrators, 5 coaches, 10 athletes with disabilities and 5 PWDs not involved in sport.

The following results emerged: It was discovered that athletes with disabilities in Nigeria were faced with the following challenges; poor motivation, inadequate sport equipment for training, transport problem to and fro training ground, problem of poverty and lack, unemployment issue, poor funding of sport, lack of standard coaches/regular competitions, they are yet faced with the problem of access to public buildings, and non-recognition of athletes with disabilities.

On how to encourage participation in sports by persons with disabilities in Nigeria the following fact were identified through the research survey: advocacy/awareness creation on the benefits of sports targeted at PWDs, scholarship/free education for PWDs which will expose them to PE and sports, attractive sport awards to athletes with disabilities/regular competitions to encourage PWDs to be involved in sports, provision of sport arenas where the people are, and incentive to PWDs who show interest in sport. On how to create awareness for the empowerment of PWDs in Nigeria the following points were brought to the fore: live demonstration of disability sports on TV, talks on the benefits of sport for PWDs on TV, Radio, and community centres, and demonstration of disability sport in community square.

It is strongly believed that this study will contribute to the body of knowledge regarding disability sport and it will also contribute towards the development of sport for disabled persons in Nigeria and elsewhere.

Keywords: empowerment, disability sport, advocacy, awareness

ABSTRACT

This study was undertaken to examine the participation of persons with disabilities in sport in Nigeria. Relevant literatures were reviewed to shed light on issues on sport for persons with disabilities.

Objectives were set for the study while eight research questions were answered. The qualitative research and face-to-face-interview methods were adopted for the study. Out of a population of 100 subjects 25 were selected based on convenient sampling method and were interviewed by asking questions targeted at meeting the objectives set for the study and to answer the research questions.

The findings revealed that fear of stigma, lack of awareness, poor access to public buildings, fear of harm and injury, low self-esteem, and cultural /religious taboo keep most PWDs away from sport. The study also revealed educational opportunities for PWDs, access to public building, attractive awards to athletes with disabilities in sports, incentives for PWDs who show interest in sport, regular completions for athletes with disabilities, promotion of sport for PWDs in community squares, and talks on benefits of sport targeted at PWDs will help to promote sport for PWDs. Furthermore, it was revealed by the study that athletes with disabilities in Nigeria are faced with the following challenges; poor motivation of athletes with disabilities in Nigeria, inadequate/lack of modern training equipment, poverty and lack, transportation problem, poor access to public building, lack of standard coaches/regular competitions, non-recognition of athletes with disabilities and problem of unemployment.

The major recommendations were that; necessary actions be taken by government and sport authorities to address the challenges faced by athletes with disabilities in Nigeria, creation of the right environment to attract PWDs to sport by government and sport authorities in Nigeria. Government and sport authorities in Nigeria need to improve the lot of PWDs in Nigeria so that they can freely embrace sport.

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CHAPTER ONE
PARTICIPATION IN SPORT BY PHYSICALLY CHALLENGED
PERSONS IN NIGERIA

INTRODUCTION: IMPORTANCE OF SPORT TO PERSONS WITH
DISABILITIES

This study is about participation in sport by physically challenged persons in Nigeria. According to www.disabled.world.com, “a disability is defined as a condition or function judged to be significantly impaired relative to the usual standard of an individual or group. The term is used to refer to individual functioning, including physical impairment, sensory impairment, cognitive impairment, intellectual impairment, mental illness and various types of chronic disease.”

Disability brings about challenges and problems that can be managed through sport. Sport is known for assisting in promoting health and physical fitness. Sport can do even do much more for physically challenged persons. According to www.health24.com “one of the activities that can improve the health and well-being and quality of life of any person with a disability is sport. Sport offers physical advantages-good blood circulation, stronger muscles, better balance and coordination.” Persons with disabilities (PWDs) are usually faced with plethora of challenges particularly in developing countries which include Nigeria. Some of these challenges include stigmatization, isolation, accessibility, poverty and poor attitude of people towards disabilities. The Center for Disease Control and Prevention (2017), classified common barriers faced with persons with disabilities as follows:

- Attitude of people
- Communication
- Physical

- Policy
- Programmatic
- Social
- Transport

Regarding number of persons with disabilities in Nigeria, naija.ng quoting J. Mohammed, (2017), stated that, “Nigeria has about 19million persons living with one form of disability or the other”. They are faced daily with the challenges mentioned above. Not too many of them are involved in sports and this could be due to lack of awareness, religious taboo, fear of being intimidated, and physical/environmental challenges. The few who are involved in sport are enjoying the benefits and have overcome their hitherto limitations. This thesis shall contribute in filling the gap by creating awareness for participating in sport among persons with disabilities in Nigeria by provoking advocacy and through strong recommendations to those at the helms of affairs to create opportunity for sport participation by more PWDs in the country.

1.1 RESEARCH APPROACH ADOPTED

In the course of this study survey method was adopted. Data was gathered through face-to-face interview to solicit the opinions of interviewees.

1.2 POPULATION AND SAMPLING

Convenience sampling method was used to reach a population of about 100 persons within Abuja, the Federal Ministry of Youth and Sports; who were mostly persons associated with sport out of which 25 will be selected for data collection purpose. The interviewees that were approached consisted of athletes with disabilities, coaches, sport administrators, and some non-athletes with physically challenges. They were personally contacted.

1.3 METHOD OF DATA ANALYSIS

The research was based on a qualitative method of study. The analysis was done through a descriptive and interpretation of collected data.

1.4 THEORITICAL FOUNDATION OF STUDY

The theoretical foundation of this study was based on the theory of Ableism. According to urbandictionary .com, “Ableism is the discrimination or prejudice against people who have disabilities. Ableism can take the form of ideas and assumption, stereotypes, attitudes, and practices, physical barriers in the environment, or large scale oppression.” It is stated by www.stopableism.org that, “Ableism- are the practices and dominant attitude in society that devalue and limits the potentials of persons with disabilities...a set of practices and belief that assign inferior value (worth) to people who have developmental, emotional, physical or psychiatric disabilities.” Furthermore, www.stopableism.org explained that,

“ableist society is said to be one that treat non-disabled individuals as standard of ‘normal-living’, which results in public and private places and services, education and social-works that are built to serve ‘standard’ people, thereby inherently excluding those with various disabilities”

This concept is borne out of the attitude of people toward disabled persons and the rather harsh environment they are exposed to. Disabled persons are usually treated with disdain and regarded as dependent persons who will always need help. The urbandictionary.com, states that, “the thought that people with disabilities are dependent and require the care and support of someone else is an example of ableism. Sometimes this comes out of the form of people helping people with disability without asking them if they need assistance (and of course waiting the affirmative response)”.

1.5 BACKGROUND OF STUDY

Nigeria has persons with disabilities all over the country. As mentioned earlier, there are over 19million persons with one form of disability in country. These disabled persons are exposed to needless challenges. They can be useful to themselves and the society at large by being empowered through sport. And again sport can help them to improve their health and social status. Unfortunately, their day-to-day challenges seem to keep majority of them away from sport and other social arenas. This study will therefore seek to look at ways and means that the challenges faced by persons with disabilities in Nigeria can be mitigated through their participation in sports. Persons with disability are faced with numerous challenges in the society. There is the attitudinal problem; that is the attitude of the society towards the physically challenged persons. According to Brittain, I. (2012), “the... major issue with spinal injuries was the major depression caused by societal attitude to them, which...automatically assigned them to the scrap heap of life as useless and worthless individuals (p.1). The physically challenged person in Nigeria is highly stigmatized. According to Ajuyah E. (2016), “social definitions were a big issue for women living with disability because stigma is all she knows or may ever know in her life time. Social stigma is her every day reality.” This situation is also applicable to their male physically challenged counterparts in Nigeria. The physically challenged person is isolated, and locked out of the society and are usually regarded as a curse. Lang and Upah, (2008), stated that, “within the rural areas, it is commonly held that disability is a result of ‘curse’. Therefore, disable people are commonly perceived as being ‘dependent,’ ‘helpless’ and in need of charity.” (p.20). Persons with disabilities are also faced with the problem of accessibility. Public and even private buildings are not constructed with persons with disability in mind. This makes it rather difficult for them to access buildings. Olalekan, D, (2017), regarding Nigeria, posited that, “public buildings such as health clinic, schools, offices, shops, public places such as

streets, squares, markets, housing environment, and public transport are often not accessible to people with physical disabilities.” (p.14). There is also the problem of poverty facing persons with disabilities in Nigeria. The fact is that most of them are from very poor background without social protection. Lang, and Upah, (2008), stated that, “...there is no form of social protection for disabled people in Nigeria which exacerbate the level of poverty that they encounter...” (p.6). Another challenge faced by persons with disabilities in Nigeria is the problem of poor education. The problem of poverty, stigma and poor attitude keep most persons with disability out of school in Nigeria. According to Brittain, I. (2016), “...to a large extent... those with disabilities continue to lag far behind in overall education and this lack of adequate education affects employment, income and independence.” (p.53). Lang, R., and Upah, L. (2008), elucidated that, “generally, people with disability face insurmountable barriers in their quest for education in Nigeria, the number of disabled children in school is desperately low, and the number of them in mainstream school is far less.” (p.22). de Vugt, I. (2013), made it very clear, that, “in every country in the world, persons with disabilities often live on the margins of society, deprived of some of life’s fundamental experiences.” (p.50). In the same vein, Ajala and Moronkola (2002), pointed out that, “persons with disabilities usually are denied access to many programmes and services available to normal members of the community especially in Nigeria.” (p.147).

With all these challenges sport become a no go area to most persons with disabilities in Nigeria. The stadia are hardly accessible to the physically challenged persons, the attitude of people toward them keep most of them away from social and sport functions, due to social and economic issues not many of them can afford sport equipment that are usually expensive. They can hardly afford athletic and specialized wheelchairs and so they make do with locally fabricated ones that are not good enough. Fear of been ridiculed and cultural reasons keep so

many of them away from sport and social gathering. DePauw, and Gavron, (2005), explained that,

“society’s attitude about individuals with disability in sport have led to specific barrier to participation. These barriers result from persistent social myths and alarming stereotypes held by the greater society. Many of these stem from the labels that have been created to identify the problems or impairment that characterize selected individuals in our society.”(P.13)

Ajala, and Moronkola, (2002), opined that “a person with a disability will find it difficult to participate in physical activities designed for non-disabled persons without adequate modification.” (p.148).In spite of the challenges mentioned so far, some determined physically challenged persons in Nigeria are involved in Para-sport and a number of them have done so well for themselves and the country. Some Nigeria physically challenged athletes made the country proud at the 2016 Paralympic Games. Eludini, T. (2016), wrote on the physically challenged athletes that won medals at the Games. Some of them are as follows:

- Ezuruke Roland (Male) -54kg Power lifting (Gold)
- Kehinde Paul (Male) -65kg Power lifting (Gold)
- Ejike Lucy (Female) -61kg Power lifting (Gold)
- OnyeLauretta (Female) Shot put –F40 (Gold)
- NwosuNdidi (Female) -73kg Power lifting (Gold)
- Omolayo Bose (Female) -79kg(Gold)
- Ugwunwa Flora (Female)Javelin Throw –F53/F54 (Gold)
- Orji Josephine (Female) +86kg Power lifting(Gold)

These athletes and others not mentioned here, against the odds took the challenge to be relevant to themselves and the country. They added value to their lives by rising above the obvious challenges. They brought glory and honour to themselves and to the nation. Gray, A. (1997) did state succinctly that, “paralympians are people who have turned a disadvantage into an advantage. They are practical, focused, quick to regroup after a setback and, above all they don’t look back” (p.9). It is unfortunate that these athletes train under harsh conditions and when they make the country proud they are not accorded the recognition and the reward they deserve. Adewuyi, L. (2017), penned the lamentation of Onye Lauretta, one of the Nigeria’s gold medalists at Rio 2016 Paralympic Games as follows: *“I thought my country was going to honour me and I was to receive an award. When we got to Nigeria, they welcomed us at the airport in Abuja. The next day we were all asked to return to our homes. They did not take us to the President.* Adewuyi stated that Onye is frustrated at the lack of financial rewards for her achievement while her opponents have been rewarded. As a result her motivation for continuing in sport has waned. Having no car, she has to walk through flood and sometimes has to be carried across. *There are bills I have to pay, and because I am a person with disability I am unemployed and I do not receive salaries.* Adewuyi said that, she fainted in one of her training sessions. Onye, explained that, it was because she did not replace the lost energy after training. (Obviously, she lacked finance at that time). Again, these athletes lack the right training equipment, regular competition and exposure. Adewuyi, stated that, “the Nigeria para-athletes can’t find funding to attend competitions this year.” Such is the travail of the physically challenged athletes in Nigeria.

It is rather unfortunate that the physically challenged persons in Nigeria experience intimidating challenges and most of them and their families/guardians are unaware of how sport can bring a new lease of life to their children and relatives.

1.6 OBJECTIVE OF STUDY

The objectives of the study on the Participation of the physically challenged persons in sports in Nigeria are presented here:

- A. To find out how challenges faced by PWDs affect their participation in sport.
- B. To investigate how to encourage participation in sport by persons with disabilities in Nigeria.
- C. To find out how to create awareness for the empowerment of persons with disabilities through sport in Nigeria.

1.7 PURPOSE OF STUDY

This research will contribute to the existing body of knowledge on sport for physically challenged persons. The study intends to create awareness on the problems of persons with disabilities in Nigeria and will promote the need for physically challenged persons to be involved in sport for their empowerment and for their health and general well being.

1.8 LIMITATIONS OF STUDY

The challenges encountered during this study were lack of full cooperation from interviewees; as some misunderstand the whole idea of the study and even feel that the researcher had ulterior motives. This kind of ‘thinking’ was a serious limitation to the study. There was the problem of cost in terms of transportation to different locations within the place of study; some of the areas where the interviewees were visited were far apart. Face-to-face interview of respondents can be time consuming and stressful. It took about 40 minutes to interview a respondent and many days to reach all the selected subjects of study.

1.9 BOUNDARY OF STUDY

The study is delimited to Federal Ministry of Youth and Sport, the National Stadium Abuja under the control of the Ministry and National sport federations which also include Para-sport federations.

This study involved heads and staff of departments and divisions of the Ministry, athletes with disabilities involved in sport, PWD not involved with sport and coaches.

1.10 SCOPE OF STUDY

This research focused on the challenges faced by persons with disabilities in Nigeria and how they affect their participation in sport. The work will also look at the ways of tackling the problems of this sub group in Nigeria through sport.

1.11 RESEARCH QUESTIONS

Key questions to be investigated through this research include:

Question I: Will there be any significant difference between accessibility to competent Coaches and regular sport programmes and participation in sport by physically challenged persons?

Question II: Will stigmatization of persons with disability affect their involvement sport?

Question III: Will social cum economic background of persons with disability affect their involvement in sport?

Question IV: Will religious cum cultural taboo affect participation in sport by physically challenged persons?

Question V: Will low self-esteem by most physically challenged persons affect their participation in sport?

Question VI: Will fear of exposure and injury affect participation in sport by persons with disabilities?

Question VII: Will accessibility to public building and stadia affect participation in sport by persons with disabilities?

Question VIII: Will advocacy on the benefits of sport for PWDs significantly encourage their participation in sport?

Question IX: Will the lot of persons with disability significantly improve through participation in sport?

1.12 ORGANIZATION OF STUDY

The thesis is divided into five main chapters. The first chapter is introduction and chapter two is devoted to the literature review. The third is on the methodology of the study and chapter four is on the findings. Finally, chapter five is on discussion, conclusion and suggestions for further research.

1.13 DEFINITION OF TERMS

PWDs: This refers to persons with disabilities

Ableism: This refers to discrimination against people with disability.

Physical Barriers: This refers to things that are capable of limiting mobility in the environment.

Discrimination: This refers to acts of intolerance, unfairness, differentiation meted on others.

Stereotypes: This refers to fixed ideas about a particular group of persons.

Social Exclusion: This refers to a situation of not allowing an individual or a group of persons to mix freely with others.

CHAPTER TWO

LITERATURE REVIEW

INTRODUCTION: This chapter presents the review of relevant literature on this study, which centres on participation in sport by physically challenged persons in Nigeria. The chapter has been organized under the following sub-headings:

- a. History of Para-sport in Nigeria
- b. Organizations that promote sport participation among persons with disabilities in Nigeria
- c. Nigeria physically challenged persons that have made impact at international sport competitions
- d. Challenges faced by persons with disabilities in Nigeria
- e. Sport as an agent of change as it affects persons with disabilities
- f. How these challenges affect participation in sport by persons with disabilities
- g. challenges faced by persons with disabilities in sport

2.1 HISTORY OF PARA-SPORT IN NIGERIA

The need to engage persons with disabilities in meaningful endeavour was certainly instrumental to the idea of involving PWDs in sporting activities and to inspire them to overcome their challenges and seek to create meaningful impact in life even against the odds of life. According to Bamgbose, Lawal and Osiberu, (2006), “the actual beginning of Nigeria’s history, education and sport training for persons with disabilities dates back to the twentieth century (1900s) when concerned parents in conjunction with the early missionaries of various church denominations established schools for the disabled. These schools, include the Pacelli School for the Blind by the Catholic Church in 1962, the Wesley School for the Deaf by the Methodist Church in 1962 and the Atunda-Olu School for the physically handicapped and the School for Children with special needs by the Anglican Church in 1965

in Lagos and in other parts of the country” (p.5). They further stated that, “these schools introduced sport for children with disabilities, initially for physical exercise and recreational purposes” (p.5). They added that, “the large number of disabled veterans from the Nigeria civil war of 1967 also created awareness of the need for sports as a vehicle for remedial treatment and rehabilitation of disabled individuals” (p.5).

It was in the early 1980s that the need to involve persons with disabilities in sport as done in the developed countries took root. According to npcsport.com.ng, “in the early 1980s, there was a private club called Laycee Club of Lagos under the leadership of Dr Coher that staged competitions for physically challenged persons in Table Tennis, Track and Field Athletics for the Deaf and Blind Games, the event also included Wheelchair races and games for persons with cerebral Palsy. In 1985, a national competition for persons with disabilities was staged by the Laycee Club of Lagos at the National Stadium, Surulere, Lagos-Nigeria...” Through the effort of the Lycee Club of Lagos, sport for persons with disability came into the limelight when the club staged para-sport events demonstration at the National Sports Festival in Kwara State in 1985. They were granted yet another opportunity by the then National Sports Commission, (now Federal Ministry of Youth and Sport) when Rivers State hosted the National Sport Festivals in 1988. Sport loving individuals and sport administrators in Nigeria were excited by the demonstrations of para-sport in these two National sport fiestas and as a result, sport for persons with disabilities in Nigeria became medal scoring at subsequent National Sport Festivals beginning with Markurdi 1999 National Sport Festival in Benue State. It is understood from npcsport.com.ng that, “in 1986 a disable sport association known as Nigeria Sport Association for the Disabled was officially inaugurated in Kaduna, after a full council meeting (of representatives of leaders of physically challenged sport associations at the state level from all over the country that sport for the persons with disabilities gained full recognition by the National Sports Commission). The new sport

organization was known as the Nigeria Sport Association for the Disabled. (NSAD).” Dr Coher remained the leader of the Association and Mr. Ladega Olumegbon a physically challenged person was appointed Technical Director and Cosmas Okoli later replaced him. The Nigeria Paralympic Committee, (npcsport.com.ng) stated that, “after the exit of Dr Coher NSAD was left without a chairman and it was being managed by the Secretary General of the association. During this period sporting activities were truncated and this led to the formation of Disable Sport Development Association of Nigeria (DISDAN) headed by Cosmos Okoli and other members of the body were: Yemi Bamgbose, Monday Emoghavwe, Lawal Ohunlola, and others. This body later became a pressure group and a mouthpiece to create awareness about sport and awareness on the plight of persons with disabilities. In 1989, another Chairman Professor Andrew Ajiduwa was appointed by the then National sport Commission. In 1994, NSAD was changed to the Special Sports Federation of Nigeria (SSFN).

“The association participated in the 1987 Stoke Mandeville Wheelchair Games with 4 athletes in Table Tennis and Track and Field events.

The athletes are namely as follows: Yemi Bamgbose (Male), Hannah lasisi (Female), Shodipo (Male) and OnihoyiMufutau (Male).

In 1990, Nigeria participated in the second time at the Stoke Mandeville Game in the Table Tennis event winning 3 Silver medals and a Bronze medal.”

In 2008 the SSFN was changed to Nigeria Paralympic Committee (NPC). It is stated by npcsport.com.ng that, “Prof. Florence Adeyanju became the President of this new body and Dr Simon Ebhojiaye as Secretary-General. According to npcsport.com.ng, “it was in 2009 that the Nigeria Paralympic Committee became truly democratized with more persons with

disability elected into the board of NPC and Mr. Monday Emoghavwe (MON) a three time Paralympian elected as the President. The National Sport Policy of Nigeria, (2009), states that, "...Nigeria Paralympic Committee shall be responsible for the supervision, regulation, control, administration and coordination of Para-sports in Nigeria" (p.15).

It is on record that Nigeria took part for the first time in the Paralympic Games in 1992 in Spain winning 3 Gold medals and 3 Bronze. Nigeria performance in the Paralympic Games according to npcsport.con.ng can be seen in the table below:

Year	Host Country	Gold	Silver	Bronze	Total
1992	Barcelona	3	0	3	3
1996	Atlanta	3	2	3	8
2000	Sydney	7	1	5	13
2004	Athens	5	4	3	12
2008	Beijing	4	4	1	9
2012	London	6	5	2	13
2016	Rio	8	2	2	12

2.2 ORGANIZATIONS THAT PROMOTE SPORT PARTICIPATIONS AMONG PERSONS WITH DISABILITIES IN NIGERIA

There are a number of organizations that promote sport participation among persons with disabilities in Nigeria. Some of them are as follows: The Federal Ministry of Youth and Sport (FMYS) which is responsible for providing enabling environment for sport to thrive in the country. This body is not only in charge of sport in Nigeria, it is also majorly responsible for the funding of sport in the country through government allocation. The Nigeria Paralympic Committee, which coordinates the participation of Nigeria in Paralympic Games. According to the Federation and Elite Sports Development (FEAD) a department of the Federal Ministry

of Youth and Sport (2017), Nigeria has the following sport federations for persons with disabilities under the purview of the Ministry of Youth and Sport as follows: 1.) Amputee Football, 2.) Para-Athletics, 3.) Para-Soccer, 4.) Para-Swimming, 5.) Para-Table Tennis, 6.) Powerlifting, 7.) Sitting Volleyball, 8.) Wheelchair Tennis and 9.) Wheelchair-Basketball.” These sport federations are responsible for the development of their various sports in Nigeria through creating awareness for their sports, staging of competitions, staging of workshops/seminars towards the improvement of their Coaches and Technical Officials. They are also responsible for sponsorship drive and fund raising towards the development of their sports. The Nigeria Government through the Sport ministry funds their participation in major international competitions i.e. All Africa Games, Commonwealth Games, Paralympic Games.

10.) Special Olympic Nigeria is an NGO responsible for Intellectual Disability Sport development in the country. According to specialolympic.org, the body “took off in 2001 and was formally launched in 2005. Today Special Olympic has spread across 25 states in Nigeria.” Special Olympic, organize training and competitions for persons with intellectual disabilities in the following sports: Soccer (football), Basketball, Swimming, Track and field Athletics, Badminton, Table Tennis and Hockey.

2.3 NIGERIAN PHYSICALLY CHALLENGED PERSONS THAT HAVE MADE IMPACT AT INTERNATIONAL SPORT COMPETITIONS

Some Nigeria PWDs, involved in sport have done Nigeria proud in international championships and Games (The full list of their names and medals won from Barcelona 1992 to London 2012 can be retrieved at <https://en.m.wikipedia.org>).The 2016 Paralympics Games outstanding champions can be seen in chapter one of this Thesis (1.1). The cheering thing is that some of Nigeria’s bright Para-athletes hold relevant positions in Sport Business and in other areas of life. For instance Mr. Are who himself was a Powerlifter is currently the

National Coach of Powerlifting, Monday Emoghawve, was also a Powerlifter and he is the current President of Nigeria Paralympic committee and a coach with the Federal Capital Territory Sport Council, Abuja. There is no doubt therefore, that involvement in sport has empowered and made many athletes with disabilities relevant in Nigeria.

2.4 CHALLENGES FACED BY PERSONS WITH DISABILITIES IN NIGERIA

This section is devoted to considering some the challenges faced by Persons with disabilities in Nigeria. In Nigeria persons with disabilities are faced with so many challenges. Some of the challenges that will be examined are as follows:

2.4.1 ATTITUDE TOWARDS PERSONS WITH DISABILITIES

The attitude towards persons with disability in Nigeria is really poor and rather unfriendly. Haruna, M. A. (2017), stated that,

“in most Nigerian societies, traditional belief on the causes of disability determine, to a large extent, peoples’ attitude and reaction towards the disabled... conditions such as deafness, blindness and mental retardation and orthopedic impairment in traditional settings are mostly attributed to punishment by vengeful gods in the present and past incarnations including murder, infidelities etc. There is also a firm belief in witchcraft and evil spirits that cause havoc in the form of disabilities to those who ignore their warning. In this regard the disabled persons are conceived as sinners and deviants and they experience social exclusion. Disabled children also suffer...separation from other children and they are teased and jeered within the neighborhood...” (p.105).

According to <https://mobile.ghanaweb.com> (2015),

“the desire to avoid whatever is associated with evil has affected people’s attitude towards people with disabilities, simply because disabilities is erroneously associated with evil. These mere misconceptions have produced negative attitudes that stem from lack of proper understanding of disability and how they affect functioning.”

2.4.2 STIGMA AND DISCRIMINATION

In Nigeria persons with disabilities suffer stigmatization and discrimination. According to Haruna, M.A. (n.d),

“in Nigeria once a disabled person is stigmatized he suffers from a change of identity and this has a profound impact on him as a person and his social identity because he is no longer considered as Mr. A but Mr. A the blind man or the deaf and in this case reference is always made to his disability which is the new identity. This change of identity carries along with it discrimination of various form against the disabled person economically, socially, politically and educationally among others” (p.106).

Mari, Baumberger and Hill, (2012), in support of this point of view, stated that, “in developing world the problem of discrimination is more accentuated and the consequences of stigma can be severe” (p.75). Sheriiff, T. (2015), stated that, “Bola, (real name omitted) has never left her small room in a small community in Ekiti State. She is walled in by several buildings built by her father of five children, to ensure that she cannot leave the premises. Her only crime is that she is disabled, and if the public becomes aware of this, it will ruin her father’s reputation. When asked, even the children answered that they are only four of them. To them, her father and the public, Bola does not exist.

2.4.3 SOCIAL EXCLUSION

Social exclusion is another problem faced by persons with disabilities in Nigeria. According to Iyioha, I. (2015),

“there are millions of African children with disabilities, and majority of them grapple with enormous disadvantages as a result of their condition. The most common of these challenges is an almost automatic deprivation of basic opportunities such as access to education and healthcare and mobility...whether or not intended the discrimination against children with disabilities is perverse, systemic and institutionalized...the deprivation that disabled persons continue to face incontrovertibly impinge on their human right.”

From allafrica.com, it is understood that, “the common perception, held by policy-makers and the public at large, is that disabled people and issues pertaining to them are viewed in terms of charity and welfare. This is not so, and it is, to a large extent, responsible for the social exclusion of disabled people within the country.”

2.4.4 POVERTY AND UNEMPLOYMENT

The physically challenged in Nigeria are largely from poor homes and are also faced with the problem of unemployment. Dania, O. (2012), during his interaction with persons with disabilities, quoted one of them: AdegokeAdeola who is visually challenged as follows:

“the unemployment situation in the country was taking a great toll on us (that is disabled persons). Many of us struggled to acquire education and skills in order to break away from the vicious circle of poverty but today our dreams and aspirations

have been shattered as we can't find any suitable employment to sustain us.”

Adebayo, A. (2016), lamented the fact that,

“PWDs (in Nigeria) are denied salary *paying* jobs; they are also excluded from benefiting and/or participating in opportunities for developing their self-employment skills. The general implication of the obvious exclusion of PWDs from employment opportunities is that the level of unemployment in the country will perpetually remain very high...”

Again, venturesafrica.com quoting Ruth Omopariola Bolarinwa stated that,

“you are smart, hard-working and graduated top of your faculty; naturally you hope to get a job the moment you're out of school. But six years after you're still on job hunt. Worse, you witness people with lesser qualifications get picked for jobs over you due to tribalism, you cannot bribe your way through, don't have godfather and most significantly as a disabled.”

2.4.5 ACCESSIBILITY ISSUES

Persons with disabilities in Nigeria are faced with the problem of access to public buildings and even the roads are not disability friendly. Nweze, C. (2014), wrote on his discussion with Aliya Adebayo a person with disability on accessibility issue who said:

“While working with the River State government, I needed to withdraw 10million naira from the bank to pay my athletes during a major competition. The pain of that experience still lingers. The irony of it was that I could not enter the banking

hall because my wheelchair could not access the electronic entrance door. I was paid in front of the bank branch...they went inside and brought the money outside. I was scared for my life and losing the money. It was the branch bank manager that came to my rescue. He took me out of the place in his official car.”

Dania, O. (2012), reported that, Mohammed Aregbus a person with disability said,

“the design of many public places preclude disabled persons. Social services in the society and the environment are not friendly to us in many aspects, as road walks in the environment are poorly maintained and many of us have at many times fallen into ditches.”

Such is the travail of PWDs in Nigeria.

2.5 SPORTS AS AN AGENT OF CHANGE IN RELATION TO PERSONS WITH DISABILITIES

It is clear that persons with disabilities are faced with many life challenges. They are isolated, stigmatized, treated like outcast and regarded as never-do-well. They essentially lack opportunity to socialize and be empowered particularly in Nigeria and other developing countries. Sport, apart from providing therapeutic opportunity for PWD also provide opportunity to bring out the ability in them to the admiration of non disabled persons, and of course a person with disability who is a sport model will be an inspiration to others and cause change in attitude toward persons with disability in the community. Kofi Annan (2010) stated that, “we must use the power of sport as an agent of social change.”Indeed, sport is a very

powerful “instrument” for social change particularly as it affects the plight of persons with physical challenges. According to www.un.org,

“The unique ability of sport to transcend linguistic, cultural, and social barriers makes it an excellent platform for strategies of inclusion and adoption. Furthermore, the universal peculiarity of sport and its physical, social and economic development benefits makes it an ideal tool for fostering the inclusion and well-being of persons with disability... Sport can help to reduce stigma and discrimination associated with disability because it can transform community attitude about persons with disabilities by highlighting their skills and reducing the tendency to see the disabilities instead of the persons.”

It is stated in www.addc.org.au (p.171), that,

“sport works to improve the inclusion or well-being of persons with disabilities in two ways- by changing how communities think and feel about persons with disabilities and by changing what persons with disabilities feel about themselves. The first is necessary to reduce the stigma and discrimination associated with disabilities. The second empowers persons with disabilities so that they recognize their potential and advocate for changes in the society to enable them fully realize it. The community impact and individual impact of sport help to reduce isolation of persons with disabilities and integrate them more fully into community life.”

The fact is that sport is a “catalyst” that changes attitude of people towards persons with disability more than anything else and also in turn gives PWDs avenue for positive perspective of life and themselves. Again, www.addc.org.au succinctly states that,

“sport changes community perception of persons with disabilities by focusing attention on their abilities. Through sport persons without disabilities encounter persons with disabilities in a positive context, some time for the first time and see them accomplish what they had previously thought impossible” (p.171).

Sport for persons with disabilities has the tendency to stimulate the interest of the society on disability issues. Harknett, S. (2012), opined that, “local level sport tournaments...doubly serve as advocacy events promoting inclusion of disability. He stated that in a sport project for the disabled in Sri Lanka,

“family members and community people (were) surprised to discover the strength of their children “succeeded in changing social attitude towards disability by showing the abilities of children with disabilities and after seeing their performance in the field they started believing their children can be included in a team in the community” (p.39-40).

Harknett, further said that

“the project also helped to build friendship within children without disabilities, for example children without disabilities were paired with those with disabilities to travel together ...to games sessions. Due to recurrent frequency, children were able

to develop social skills and social engagement over a *fairly long period of time*” (p.40).

Another strong point made by Hacknett, et al is that,

“performance sport provides a pathway for some children and youth graduating from community-level sport and leisure, to become heroes and role- models to inspire other children and youth to get involved in sport, and challenge social attitude towards persons with disability” (p.48).

Lauff, J. (2012), posited that,

“there is no doubt that sport has enormous potential to make a positive impact on the quality of life of people with disability in developing countries and addressing attitude towards disability in an integral step in creating opportunities for participation and development.” (p.72).

To drive home the issues raised so far, it may not be out of place to quote Joshko Wakaniasa, President of Spinal Injury Association of Fiji, (as presented by Lauff), who said,

“It has no bound. The opportunities that sports presents is limitless from health to sustainability, employment, and to education. The opportunities that are given in regards to things that you thought you are not capable of...I challenge you to take up a sport and make your life better.”

Sport provides a platform of endless opportunities to all. Sportandev.org (2012), reported on a British Paralympian of Nigeria origin Ade Orogbemi, stated that,

“without sport there would be a lot of people who would not have a chance to take part in social activities. Their

participation will hopefully inspire the next generation of disabled and able-bodied in African continent. These children can now take part in sport that they didn't even know exist..."

2.6 HOW THE CHALLENGES FACED BY PERSONS WITH DISABILITIES AFFECT THEIR PARTICIPATIONS IN SPORT

The challenges faced by persons with disabilities have already been discussed in this study but I shall now describe how they impact their participation in sport. Some of the challenges can be listed as follows: stigma, isolation, poor attitude of people, low self-esteem, lack of confidence, accessibility, poverty, physical abuse and religious/cultural taboos.

2.6.1 ATTITUDE ABOUT PERSONS WITH DIISABILITIES

The attitude about persons with disability can constitute a barrier to sport participation. The physically challenged person is regarded as incapable of doing anything for himself not to talk of taking part in sport. According to DePauw and Gavron, (2005),

“society’s attitude about individuals with disability in sport has led to specific barrier to participation. These barriers result from persistent social myth and alarming stereotypes held by greater society. Many of this stem from the labels that have been created to identify the problem or impairment that characterize selected individuals in our society” (p.13).

This way of thinking of PWDs can impinge on their sport participation; as their parents may believe that they are incapable of participating in physical exercise. DePauw et al said, “throughout the history of sport, individuals with disabilities have experienced exclusion and disenfranchisement” (p.10).

2.6.2 LOW SELF-ESTEEM AND LACK OF CONFIDENCE

Persons with disabilities are known to exhibit low self-esteem and lack of confidence due to the expectation and limitations placed on them by the society, and when it come to sport and social outing they shy away. Brittain, I. (2016), states that,

“the socially imposed feeling of worthlessness and low self-esteem brought on by the reaction of others to obvious physical difference can have very strong and long-term effects on people with disabilities...This perceived fear of failure and low sense of self-worth can act as a strong deterrent, for many people (and especially women) with disability, to becoming involved in sport. This is especially true when you consider the fact that placing them in sporting context is very likely to exacerbate the visibility difference that leads to these feelings and perceptions...” (p.72).

2.6.3 LOW SELF-ASSESSMENT OF THEIR OWN ABILITIES

Most persons with disabilities usually consider themselves incapable of taking part in any endeavour that requires physical exertion and so, they consider sport a no go area. Brittain, I. (2016), is strongly of the opinion that low assessment of the ability of a disabled person can hinder participation in sport; he said

“this in turn translates into fear of failure or ridicule, which causes potential sportsmen and women with disabilities to shy away from or avoid completely any form of sport or leisure activity that may place them in this potential position of perceived failure or ridicule. This appears to support the idea that part of the reason why many people with disabilities do not

become involved in sport is based on their own self-perceptions, learnt through numerous interactions with non-disabled members of society leading to low self-confidence and negative self-images with regard the capabilities of their own bodies” (p.76).

2.6.4 POVERTY AND LACK OF EMPLOYMENT

Most persons with disability are from low economic background and are unable to compete for job spaces with non-disabled persons. This aggravates poverty. It becomes therefore difficult for those among them that are interested in sport to able to afford the required training and competition equipment. DePauw and Gavron, (2005), stated that, “the cost of necessary equipment can be especially prohibitive. Many persons with disabilities do require some additional apparatus or assistive device (e.g. wheelchair, specially designed prosthetics, sighted guide, visual cues”) (p.14). Persons with disabilities especially from developing countries may not be able to afford these sport specialized equipment and can be so discouraged at the whole idea of venturing into sport. Brittain, I. (2016), also support this view when he said that,

“the cost and availability of adapted equipment for use by athletes with disability can have a major impact upon their participation. A single racing prosthetic for a below the knee amputee with fitting can cost up to 20,000.00 Pounds (Runners World, 2015) and a top of the range Invacare Top End Eliminator OSR Racing chair with carbon fibre wheel cost just under 5.000.00 Pounds (Invacare website, 2015)”.

2.6.5 ACCESSABILITY

As already identified, accessibility to public buildings, recreational areas and even stadia constitute a big problem to persons with disability in developing countries. The difficulty of gaining easy entrance to a sporting arena becomes a barrier to their participation in sport. DePauw and Gavron, (2005), stated that,

“accessibility is another key issue facing individuals with disabilities in their quest to participate in sport and recreation activities. Facilities that are accessible to all disability group are still in short supply, even though laws have been passed that require accessibility... Persons with disability have some time had difficulty in accessing opportunity in sport...” (p.15).

2.6.6 ACCESSIBILITY TO COACHING

Persons with disabilities are also faced with the problem of access to coaching. Brittain, I, (2016), opined that,

“just finding a coach willing to take on an athlete with disability can be a task in itself. Finding one who has the knowledge, or the time and the inclination to gain an understanding of the implications of a particular impairment on the coaching and training process can prove harder” (p,78).

DaPauw and Gavron, (2005), in the same vein, stated that, “closely related to skill development is access to coaches.” (p.16).

2.6.7 CULTURAL/RELIGIOUS FACTORS

In some cultures the women are not allowed to participate in sport, and so it becomes even more difficult to have female persons with disability participate in sport. Harknett, S. (2013), stated that, “for young women, sport participation is low for cultural reasons such as parent’

concern about their daughters' safety in public space" (p.41). In such places therefore, sport is an anathema for women and young girls.

2.6.8 TRANSPORT

Persons with disabilities usually face transport difficulties and the thought of this can be a barrier to their participation in sport. Harknett, S. (2013), "transport to sport ground is particularly difficult and expensive, especially in rural areas with unrepaired roads and limited public transport" (p.41). People with disabilities from poor background who are interested in sport are shut out because of inability to afford the cost of transportation to sport centres. The athlete may have to depend on others for mobility which may be difficult to find. According to paralympicanorak, (2012),

"this dependency upon the goodwill and availability of family and friends for transportation or even on local specialized transport system has several repercussions for people with disabilities. These include a decrease on independence such that any leisure activities often have to be arranged around times when transport is available. If transport availability does not happen to coincide with times when coaching is available, or when team mates train, then the chances of an individual, however keen or talented, achieving their optimal performance level will be severely restricted."

2.6.9 FEAR OF INJURY

Fear of injury is a strong factor that keeps many persons with disabilities away from sport. It is either their parents or the PWDs themselves might think erroneously that their impairment may be aggravated by their involvement in sport. Harknett, S. (2013), stated that,

“some children and youth with disabilities have also shown reluctance to participating in sport activities, which may be misplaced worry about failure and injury...parents may not see the value of sport for their children, and be overly worried about the risk of injury or bullying from other children” (p. 41).

2.7 CHALLENGES FACED BY PERSONS WITH DISABILITIES IN SPORT

Life as we know is full of challenges. So persons with disabilities in sport are faced with their own peculiar challenges. The good thing is that PWDs in sport have made up their mind to rise above whatever difficulties might come their way in their quest to follow their dream. It will be necessary to mention from the onset that persons with disabilities in sports may still be faced by some of the challenges that impact their participation in sport though a few of them have refused to allow themselves to be hindered. Some of the challenges they may yet be faced with even as sportsmen and women are discussed as follows:

2.7.1 LACK OF ORGANIZED SPORT PROGRAMME

Some physically challenged athletes are still faced with the problem of regular competitions to challenge them toward better performance and excellence in their chosen sport disciplines. DePauw and Gavron, (2005), stated that “...lack of organized sport programme continue to present a barrier” (p.14). Indeed lack of competitions and structured training programmes can be a threat to their continuous sport interest.

2.7.2 PROBLEM OF SECURING COMPETENT COACHES

Persons with disabilities in sport grapple with the problem of securing competent coaches to take them on. This problem is more pronounced in developing countries. Gray, A, (1997), said that, “a few have ended up coaching themselves, after disappointing experiences with coaches of able-bodied athletes” (p.12). DePauw et al, also sees, “lack of access to coaches

and training programmes” (p.14) as one of the barriers to sport participation by persons with disabilities.

2.7.3 PROBLEM OF COST

For able-bodied athletes it cost less to acquire training and completion equipment and very expensive for the athletes with disabilities. Gray, said that, “it’s more expensive to be a Paralympian than it is to be an Olympian” (p12).

2.7.4 FINDING AND RETAINING A HELPER

Finding and retaining a helper is a problem for some categories of PWDs in sport. Brittain, I. (2016), pointed out that,

“one example of disability specific is access to guide runners for blind athletes, for both racing and training. Finding and retaining a guide runner for a blind athlete who might be training eight or nine times a week, especially one committed enough and fast enough can be a mammoth time consuming time in itself” (p.77).

2.7.5 SUPPORT AND SPONSORSHIP

Sponsorship seems not easy to come by when it comes to sport for persons with disabilities. Bello, N. (2017) a Nigerian Para-Table Tennis coach lamented lack of sponsorship for disability sport. Gray, A. (1997), said that,

“most athletes spend a lot of time seeking support, but sponsorship is hard to come by. Like it or not, in the eyes of potential sponsors, the Wheel Blacks are not the All Blacks, which is a pity, because the Paralympian are the ultimate example of perseverance, motivation and skill. When they compete, they do so against the odds” (p.12).

Conclusion: In the course of doing this literature review, issues regarding PWDs in Nigeria and their involvement in sport have been discussed. It is evident from the literature review that persons with disabilities in Nigeria are not adequately cared for. It is fascinating to note that sport plays a vital role in helping PWDs to overcome most of their challenges and to bring out their hitherto latent talents and abilities. It was also revealed that sports empowers and inspire PWDs to greater heights in life. Also of note from the literature review is that PWDs involvement in sport is rather low and a lot need to be done to change the situation. The next chapter will be devoted to discussing the methodology for the study.

CHAPTER THREE

METHODOLOGY

Introduction: This chapter is concerned with the method and procedure used in conducting this study. The chapter will be treated under the following sections: Research approach, Rationale for Qualitative Research approach, Data collection, Significance of using document analysis in this study, Interviews, Preparation for interview, Implementation of interviews, Conducting interview, Transcribing interviews, Sampling technique, Data analysis, Thematic analysis, Reliability and validity, Document Reliability and validity, Interview reliability and validity, Triangulation methods, and Ethical consideration.

3.1 RESEARCH APPROACH

The research method selected for this study is the qualitative approach which is considered appropriate in responding to the researcher's questions and meeting the set aims and objectives for this study. Teherani, Marttimianakis and Stenfors-Hayes (2015), stated that,

“qualitative research is the systematic inquiry into social phenomenon in natural settings. These phenomenon can include, but are not limited to, how people experience aspects of their lives, how individuals and/groups behave, how organizations function, and how interactions shape relationships.”

This research is on the participation of persons with disabilities in sport in Nigeria, it is therefore considered appropriate to select qualitative method for this study as it will afford the researcher the opportunity to carry out the needed survey through individual interaction with the subjects of the study which include persons with disabilities and other relevant stakeholders in and out of the sport setting in Nigeria. This is in line with the opinion of Teherani A. et al elicited when he said that, “qualitative research focuses on the events that

transpire and on outcomes of those events from the perspective of those involved.”Golafshani N. (2003). Quoting (Hoepfl.1997), stated that,

“researchers who use logical positivism or quantitative research employ experimental methods and quantitative measures to test hypothetical generations and they also emphasize the measurement and analysis of casual relationships between variables”, and qualitative research on the other hand, “allows the researcher to familiarize him/herself with the problem or concept of study...” (597).

Qualitative research approach chosen for this study will therefore provide the basis for the researcher to relate with the subjects of the research in this study on the basis of the objectives of study and the research questions.

3.1.1 RATIONALE FOR QUALITATIVE RESEARCH APPROACH

Tiley C. (2017), states that, a

“qualitative technique gives you a unique depth of understanding which is difficult to gain from closed question survey. Respondents are able to freely disclose their experiences, thoughts and feelings without constraint. Qualitative method offers a dynamic approach, where the researcher has an opportunity to follow up an answer given by respondents in real time, generating valuable conversation around a subject – something which isn’t possible with a structured survey.”

Stuckey H. L. (2013), stated that,

“qualitative focuses on the study of issues in-dept and detail, and tends to center on how people make meaning out of their experience” He further gave the characteristics of qualitative methodology as follows:

- (a) a naturalistic approach, or studying real world situation;
- (b) an emergent design and flexibility, or pursuing paths of discovery as they arise; and
- (c) purposeful sampling, where the sample is aimed at insight about the research question, not necessarily generalizable to a population (Patton MQ 200).”

This research approached enabled the researcher to acquire substantial information as the respondents were given the opportunity to speak their mind regarding the questions that they were asked.

3.2 DATA COLLECTION

According to Rouse M. “Data collection is the Systematic approach to gathering and measuring information from a variety of sources to get a complete and accurate area of interest.” Whilst ori.hhs.gov said that, “data collection is the process of gathering and measuring information on variables of interest in an established systematic fashion that enables one answer stated research questions, test hypotheses, and evaluate outcomes.” The following data collection techniques were outlined by <https://cyfar.org> as follows:

- Interview,
- Questionnaires and surveys,
- Observations,
- Focus Groups,

- Ethnographies, Oral History, and case studies,
- Documents and Records.”

The data collection method of this study is the interview method, which enables the researcher to interact and elicit appropriate information from respondents in their setting. Specifically, the researcher conducted a face-to-face interview which allowed for one-on-one interaction with the research subjects.

3.2.1 SIGNIFICANT OF USING DOCUMENT ANALYSIS IN THIS STUDY

Quoting (Bowen, 2009),Iied500:trubox.ca (2016),stated that, “Document analysis is a form of qualitative research in which documents are interpreted by the researcher to give voice and meaning around an assessment topic.”Babbie E. R. (200), said that, “document analysis is the study of recorded human communication, such as books, websites, paintings and laws” (p. 530); and compass.port.ac.uk, explained that,

“by using documents you eliminate the effect that you, as an individual, have on a person or situation when you conduct research (the researcher effect)...Documents often make possible the collection of data over a long period of time as well as larger samples than might be collected from questionnaire...”

Iied500:trubox.ca (2016), is of the view that,

“document analysis is often used because of the many different ways it can support and strengthen the research. Document analysis can be used in different field of research as either primary method of data collection or as a compliment to other methods. Document provides supplementary research data,

making document analysis a useful and beneficial method for most research.”

Bowen G. A. (2009) opined that, “documents are stable, ‘non-reactive’ data sources, meaning that they can be read and reviewed multiple times and remain unchanged by the researcher’s influence or research process (p.31).Wanjohi A. M. (2012), is of the view that document analysis,

“facilitate the collection of a large amount of reliable information without necessarily questioning many people but that, the method is however limited in terms of the following: It is based on secondary data and as such, is likely to have some errors. The analysis is also a laborious one and requires certain level of expertise.”

Again, Iled500:trubox.ca said that,

“in order to seek convergence and corroboration, qualitative researchers usually use two sources through using different data source and methods. Corroborating findings across data sets can reduce the impact of potential bias by examining information collected through different methods. Also, combining the eight step process offered by O’ Leary (2014):

1. Gathering relevant text
2. Develop an organization and management scheme
3. Make copies of original for annotation
4. Access authenticity of document
5. Explore document’s agenda, biases
6. Explore background information

7. Ask questions about documents (e.g., who produced it?

Why? When? Types of data?

Bailey K. (1994), stated that,

“there are two types of documents that are used in documentary studies, namely primary documents and secondary documents. Primary document refer to eye-witness account produced by people who experienced the particular event or the behavior we want to study. On the other hand secondary documents are document produced by people who were not present at the scene but who received eye-witness account to compile the documents, or have read eye-witness account” (p.194).

In this study the researcher used reliable documents not only in the literature review section but also in the result presentation chapter to support and give reliability to the findings.

3.2.2 INTERVIEWS

According to yourdictionary.com (2011), “to interview is defined as to question someone to try to learn more about their background, life or experience.”As a qualitative base study, face to face interview method is considered appropriate for collecting data for research work through interaction with research subject. It is stated by cleverism.com that, “face to face interview is “considered to be the most common data collection for qualitative research, primarily because of its personal approach.” Hofisi, Hofisi and Mago (2014), stated that, “there are two broad types of interviews which are standardized and non-standardized. In standardized interviews interviewer administered questionnaire. Non-standardized interviews which include two types which are one-to-one and one-to-many” (p.61). This study will mainly be carried out through face-to-face interviews because of the peculiarity of meeting with the respondents in their own place of choice. Hofisi et al, stressed that,

“face-to-face interviews have their strength and weakness. Unlike the telephone interview the face-to-face interview provides the interviewer with the opportunity to observe non-verbal communication issues and listen at the same time. They may be a fast way of collecting data and they also enjoy high response rate unlike other types. The interviewer has an opportunity to probe and seek clarification while the respondent may equally seek for clarification or explanation of gray areas...However, face-to-face interview may be expensive and they also need trained interviewers while the time spent on travelling and making appointment constitute another drawback. (pp. 63-64).

On types of interviews, The Open University mentioned the following:

1. “Unstructured interview: The interviewer uses at most an ‘aide memoir’- notes to jog the memory- rather than a list of questions. The interview may be like a conversation with the interviewer responding to the interviewee and letting them speak freely.
2. Semi-structured: The interviewer has a list of questions or key points to be covered and works through them in a methodical manner. Similar questions are asked of each interviewee, although supplementary questions can be asked as appropriate. The interviewer can respond how they like and does not have to ‘ticking a box’ with their answers.

3. Structured interview: The interviewer asks the interviewee a series of specific questions, to which a fixed range answers are possible ('ticking a box'). This is the typical form of interview used in social survey research, and can provide quantitative data as questionnaire."

The Open University added that,

"in both unstructured and semi-structured interviews a method of recording the response is required. This can be by digital recording or note taking (with informed consent of the interviewee). In either case the interview process is a flexible one with emphasis on the answers given by the interviewee."

For the purpose of this study, the researcher used the Semi-structured type of interview with list of questions to which the responded freely as they wish. (See interview questions in the appendix) The interviews were conducted in Abuja Nigeria between 24th February and 14th of March 2018. The interview period with each respondent lasted for about 40minutes.

3.2.3 PREPARATION FOR THE INTERVIEW

Preparing for face-to-face interview certainly contributes to the success of data gathering. Odior S. (2016) highlighted the following useful points: "identify stakeholders who will be interviewed, identify what information is needed and from whom, list stakeholders to be interviewed, identify stakeholder group, determine sample if necessary, ensure research will follow international and national ethical research standards, and develop an interview protocol" (p.9). Vanlenzela and Shrivastava, (n.d), suggested the following points for preparation for interview:

- Choose a setting with the least distraction.
- Explain the purpose of the interview.

- Address terms of confidentiality.
- Explain the formant of the interview.
- Indicate how long the interview usually takes.
- Provide contact information of the interviewer.
- Allow interviewee to clarify any doubts about the interview.
- Prepare a method for recording data (p.9).

During the preparation stage for interviews for this research, the researcher contacted respondents and intimated them with the purpose of the research. The respondents were assured of utmost confidentiality and protection. They were also informed that the interview sessions would last for about 40 minutes per respondent. The subjects were informed that the research will ultimately contribute to the promotion of sport for persons with disabilities in Nigeria.

3.2.4 SAMPLING TECHNIQUE

The convenience sampling technique was adopted for this research. Etikan, Musa, & Alkassim (2015), stated that,

“in every type of research, it will be superlative to use the whole population, but in most cases it is not possible to include every subject...” They stated that, “convenience sampling sometimes regarded as ‘accidental sample’ because elements may be selected in the sample just simply as they just happen to be situated spatially or administratively near where the researcher is conducting the data collection.”

This research has a population of 100 which consist of sport administrators, coaches, athletes with disability and some PWD who are not athletes. Out of the population of 100 a

convenience sampling was applied in selecting 25 subjects that were interviewed for the purpose of data collection.

Profile of Respondents

Table 3.1

RESPONDENT	LOCATION	FUNCTION	GENDER	DISABLED – YES/NO
Umeh	Abuja	Sport Administrator	Male	No
Gbadebo	Abuja	Sport Administrator	Male	No
Nkiru	Abuja	Sport Administrator	Female	No
Sado	Abuja	Sport Administrator	Male	No
Ebuka	Abuja	Sport Administrator	Male	No
Anslem	Abuja	Coach	Male	No
Ovie	Abuja	Coach	Male	Yes
Otobo	Abuja	Coach	Male	Yes
Debowale	Abuja	Coach	Male	NO
Wasiu	Abuja	Coach	Male	Yes
Tunde	Abuja	Athlete	Male	Yes
Jimoh	Abuja	Athlete	Male	Yes
Anslem	Abuja	Athlete	Male	Yes
Nkechi	Abuja	Athlete	Female	Yes
Balewa	Abuja	Athlete	Male	Yes
Ngozi	Abuja	Athlete	Female	Yes
Omote	Abuja	Athlete	Female	Yes
Sikiru	Abuja	Athlete	Male	Yes
Zara	Abuja	Athlete	Female	Yes

Ramatu	Abuja	Athlete	Female	Yes
Olabisi	Abuja	Non-Athlete	Male	Yes
Bala	Abuja	Non-Athlete	Male	Yes
Ibrahim	Abuja	Non-Athlete	Male	Yes
Bala	Abuja	Non-Athlete	Male	Yes
Udono	Abuja	Non-Athlete	Male	Yes

Table 3.1 above shows that majority of the subjects for this study were PWDs (18/72%) and the able-bodied respondents were (7/28%). This can be understood in the sense that the study is about participation in sport by persons with disabilities in Nigeria.

3.3.1 IMPLEMENTATION OF INTERVIEWS

Odior S. (2016), identified useful steps to take in the implementation of interviews as follows:

- Set up interviews with stakeholders (be sure to explain the purpose of the interview, why the stakeholders has been chosen, and the expected duration of the interview).
- Seek informed consent of the interviewee (written or documented, oral). Re-explain the purpose of the interview, why the stakeholder has been chosen, expected duration of the interview, and how the information will be kept confidential, and the use of a note taker/or tape recorder
- If interview has been consented, conduct the interview
- Summarize key data immediately following interview” (p.11).

3.3.2 CONDUCTING INTERVIEW

McNamara C. enunciated the following guidelines for conducting research interviews as follows:

- Occasionally verify the tape recorder (if used) is working.
- Ask one question at a time.
- Attempt to remain as neutral as possible... That is, don't show strong emotional reaction to their responses.
- Encourage response with occasional nods of the head, uh huh's...
- Be careful about appearance when note is taking. That is, if you jump to take a note, it may appear as if you're surprise or very pleased about an answer, which may influence answers to future questions.
- Provide transition between major topics, e.g. 'we've been talking about (some topic) and now I'd like to move on to (another topic).'
- Don't lose control of the interview. This can occur when respondent stray to another topic, take so long to answer a question that time begin to run out, or even begin asking question to the interviewer.

The researcher contacted the selected respondents ahead of the interview sessions with them, informed them of the purpose of the interview, and informed them that the research was aimed at improving sport for PWDs in Nigeria. The respondents were assured of confidentiality of the exercise and that they will not suffer harm for consenting to be

interviewed. At the end of the various interviews sessions the respondent were given opportunity to ask questions to clarify issue if they wish and were individually appreciated for their time.

3.3.3 IMMEDIATELY AFTER INTERVIEWS

- Verify if the tape recorder if used, worked throughout the interview.
- Make any notes on your written notes, e.g. to clarify any scratching, ensure pages are numbered, filled out any notes that don't make sense...
- Write down any observations made during the interview. For example where did the interview occur and when, was the respondent particularly nervous at any time? Where there any surprises during the interview? Did the tape recorder break?"

The Open University, in www2.open.ac.uk (2018), stated that,

“when preparing an interview guide you need to keep in mind the following points:

1. Make sure you introduce yourself and explain the aim of the interview. Also by making sure the interviewee is fully aware of the purpose of the research
2. Device your questions so they help to answer your research question, and make sure all the questions are relevant
3. Try and have a sequence to your questions or topics by grouping them in themes that follow a logical sequence”

For the purpose of this study, the interviewees were identified and the relevant questions carefully drafted sequentially to address the purpose of the research and the research questions of the study.

3.3.4 TRANSCRIBING INTERVIEWS

Stuckey H.L. (2015), stated that,

“researchers need to take data from spoken text (structured, unstructured or narrative interviews) to written form of analysis. Typically this is handled through de-identifying the participants and transcribing the data, and is considered the first step in analysis. The accuracy of the transcription plays a role in determining the accuracy of the data that are analyzed and with what degree of dependability.”

Isaac (2015), said,

“in my mind there are 3 possibilities, do it yourself, getting academic transcriber to do it for you, in other words pay someone or use some technology to do it...here is one approach... It is a 3 stage process:

1. Level 1, you go through the recording. So you listen through the recording, get familiar with it, just listen to the whole thing in one go. Create a kind of table of contents, so just take notes as you go through, just a word or 2, that helps you know what is there.

2. Then make a rough transcription. So you might actually type up your notes into a word processor. Open up a file, start the recording again and as you come to your notes you can extend,

type some more in. Pause the recording if you need to, but try not to, never rewind the recording, don't go back and re-listen...try to avoid that, we are trying to speed things up here.

3. Ones you have done that, you have something that is readable; you will have lots of typos, perhaps there will be bits missing, bits not quite right and so on. So at that stage you can go through it again and listen to the recording against the transcript and make sure it is accurate. That takes another you know, whatever it is, 2 hours perhaps for an hour of recording to do that..."

The Open University, succinctly, explain transcription by stating that,

"ones you have completed your interviews you have to transcribe your notes by copying what was said into a word-processed document. Modern digital recorder allows you to download a recording on a computer and then slow it down to a useful speed. Transcribing can take a very long time, a ten minutes interview could take one hour or more to transcribe, depending on how quick you can type, how fast the interviewee speaks and how clear the recording is. If you have a short time in which to complete a research project make sure you do not over estimate the number of people you can interview and transcribe."

In this study the researcher painstakingly and neatly wrote the answers of the respondents in note books due to the cost of recording equipment and to avoid suspicion from the respondents.

3.4.1 DATA ANALYSIS

The data collected through the series of interviews by the researcher should be analyzed as necessary step in the research process. Flick U. (2013), said that,

“the analysis of qualitative data is often one step in a series of steps through the research process. It comes after field access has been found, sampling decision has been taken, data have been collected, recorded and elaborated (e.g. transcribed). In such a model of research process, an intensive data analysis only starts when all data have been collected and prepared” (pp.9-10).

Wood M. (2011), stated that, “qualitative data analysis consists of identifying, coding, and categorizing of patterns or themes found in the data. The clarity and applicability of the findings heavily depend on the analytic ability of the researcher” (p.5).

3.4.2 THEMATIC ANALYSIS

Thematic analysis is one of the many ways of analyzing qualitative data. The Open University, (2018), states that,

“ones you have transcribed your interview(s) you may have a lot of data, some of it won't be useful, perhaps because the interviewee didn't keep to the subject or gave background information which is needed. Of relevant information you could pick out key points and quotes to illustrate your points. You could also code the information-essentially you could turn qualitative interview to a quantitative data. You could do this by identifying passages of text and applying labels to them to show that they are an example of theme.”

Woods M. et al stated that, “thematic analysis is a way of seeing, as well as the process of coding qualitative information...The researcher must decide how he or she will code the data to enable categorization-themes to emerge” (p.7). Ruggunam S. outlined the stages of doing thematic analysis as follows:

Step1. Familiarize yourself with the data

- If you have done the data collection on your own you still need to listen to the audio and read transcript few times,,
- If you outsource transcription please double check with audio tape!
- ...read all anyway.

Step 2. Generate initial codes

- Code interesting features of the data in a systematic fashion across the entire data set.
- Collate/organize data relevant to each code.
- Code manually or use software. Be strategic in your choice.
- Your interview scheduled questions are NOT your code.
- You can either go in ‘blind’ or you can read the literature on your topic first.
- Related to theoretical approach.
- Data driven or theoretical driven.
- Code for many potential themes.
- Seafarer and nationality/race/ethnicity example.
- Professional status/hierarchy example.
- Code with context

- Extracts can be multiply coded
- You are trying to establish pattern from your codes

Step 3. Discovering themes/searching for themes

- Active process...write in an active way. Don't use passive 'themes emerged'.
- Broader level of analysis. Code become themes/sub-themes.

Step 4. Reviewing themes

- You have 'candidate themes' which have to be reviewed
- They are candidates because some may not have enough data to support them for example, or you may want to merge or separate themes or even remove certain themes.
- You want to reduce data further.
- You want internal coherence in a theme and strong distinctions between themes.

Step 5. Defining and naming themes

- So this is about describing the themes in a way that captures the essence of the themes.
- Don't demand too much from the themes.
- Sub-themes can be named here...
- Can you describe your theme in one or two sentences? That's the test.

Step 6. Writing the analysis

- Do not summarize each interview.
- You are not a journalist so do not report facts only.
- You need to provide analytic narrative” (pp.15-27).

The researcher familiarized himself with the information gathered through interview by carefully going through them several times and took notes of striking points and themes upon which data was analyzed and results presented.

3.5.1 RELIABILITY AND VALIDITY

Heale and Twycross (2015), stated that,

“reliability relates to the consistency of a measure. A participant completing an instrument meant to measure (motivation) should have approximately the same response each time the test is completed. Although it is not possible to give an exact calculation of reliability, an estimate of reliability can be achieved through different measures” (p.66).

From <https://writing.colostate.edu/guide.cfm> it is stated that,

“validity refers to the degree to which a study accurately reflect or assesses the specific concept that the researcher is attempting to measure. While reliability is concerned with the accuracy of the actual measuring instrument or procedure, validity is concerned with the study’s success at measuring what the researcher set out to measure.”

Heale et al, outlined types of Validity and reliability as follows:

Types of Reliability

- “Content reliability: This category looks at whether the instrument adequately covers all the content that it should with respect to the variables.
- Face value: Where experts are asked their opinion about whether an instrument measures the component intended
- Content validity: This refers to whether you can draw inferences about test scores related to the concept being studied

Types of Reliability

- Homogeneity(or internal consistency): The extent to which all the items on a scale measure one construct
- Stability: The consistency of result using an instrument with repeated testing
- Equivalence: Consistency among responses of multiple users of an instrument, or among alternate forms of an instrument”

(p.66-67).

The results of this study were largely in tandem with academic work of experts whose articles and materials were used to backup the findings. One can therefore state that the results of this study were reliable, dependable and valid.

3.5.2 DOCUMENTS RELIABILITY AND VALIDITY

Documents and material are vital in research as they provide the bedrock for studies; they must as a matter of fact be valid, reliable and credible enough. According to Han, J. and Gao J (n.d),

“the data reliability poses great difficulty to decision making task when the data contains inconsistent, inaccurate, or even

false information that could mislead decisions...Such ubiquitous veracity problem motivate numerous efforts towards improving the information quality, trustworthiness and reliability.”

Lambardo J. elucidated that,

“in order for a source to be reliable, the information presented must be able to be repeated. The final conclusion must be able to be created again in order to reinforce the reliability of the finding. Reliability is the extent to which we can rely on the source of the data.”

He added that, “validity of the information...is the truthfulness of the source in respect of the information provided. Does the author of an article provide citation for the sources”? In this study effort was made to use materials and document that are reliable and valid, as most of the materials had references. Educational and well researched internet sources were consulted.

3.5.3 INTERVIEW RELIABILITY AND VALIDITY

According to <https://www.le.ac.uk> ,

“...we are concerned with inter-rater reliability (different interviewer giving similar ratings when observing the same performance) and intra-rater reliability (the same interviewer giving similar ratings when observing the same performance)...as interview structure decreases so reliability also drops...”

Brick H.I.L. (1993), stresses the trustworthiness on the path of the researcher when he stated that,

“in a qualitative study the data gathering instrument is frequently the researcher himself. Thus questions of researcher’s bias and researchers competency, if unchecked may influence the trustworthiness of data considerably. The very presence of the researcher may affect the validity provided by subjects. When a new member is introduced into an interaction reactive effect can be expected...They (participants) may seek to reveal themselves in the best possible light or withhold or distort certain information; in other words the researcher has created social behaviours in others that would normally not have occurred...The researcher can attempt to increase the validity of responses in such a setting

- by making sure the informants are very clear on the nature of the research..
- by first building trust-relationship with the subjects and staying in that setting for a long period of time
- by interviewing the same informant on several occasions and making observations more than once and over time
- by comparing the results obtained with other evidence
- by confirming findings and analysis with informants...
- by keeping accurate and detailed field notes to note the variation in responses over the course of time
- by showing field notes to a second outside researcher... (35-36).

Hofisi, Hofisi and Mago (2014), elucidated on the fact that, “the interviewer must work diligently to ensure the validity and reliability of the interview data otherwise, interviewers themselves, can turn out to be weaknesses due to their own bias, subjectivity and lack of Interviewing skills” (p.60)

3.6.1 TRIANGULATION OF METHODS

According to Robert Wood Johnson Foundation (2008),

“triangulation involves using multiple data sources in an investigation to produce understanding...Rather than seeing triangulation as a method for validation or verification, qualitative researchers generally use this technique to ensure that an account is rich, robust, comprehensive and well developed”(para. 1).

According to www.betterevaluation.org ,

“triangulation facilitates validation of data through cross verification from more than two sources. It test the consistency of findings obtained through different instruments and increase the chance to control, or at least assess, some of the threats or multiple causes influencing our results.”

On types of triangulation, www.betterevaluation.org , et al stated that, there are four basic types of triangulation:

- “Data triangulation involves time, space, and persons
- Investigator triangulation involves multiple researchers in an investigation
- Theory triangulation involve using more than one theoretical scheme in the interpretation of the phenomenon

- Methodical triangulation involves using more than one option to gather data, such as interviews, observations, and documents

Christopher S. (2017), said,

“the best reason to triangulate your methods is that you can actually use qualitative and quantitative methods in juxtaposition with each other...A good researcher should supplement the limitation of one method with strengths from another method. This ensures a stable, solid, research design.”

In this study, interview method was used, simple statistical tool was also used to support data analysis and documents were used to make the findings robust.

3.7 ETHICAL CONSIDERATION

Ethical considerations are pivotal in qualitative research. Orb, Eisenhauer and Wynaden (2011), stated that,

“ethical issues are present in any kind of research. The research process creates tension between the aims of research to make generalization for the good of others, and the right of participants to maintain privacy. Ethics pertain to doing good and avoiding harm. Harm can be prevented or reduced through application of appropriate ethical principles. Thus protection of human subjects or participants in any research is imperative” (p.93).

Sanjari, Bahramnezhad and Cheraghi (n.d) opined that,

“considering the nature of qualitative studies, the interaction between researcher and participants can be ethically

challenging for the former, as they are personally involved in different stages of the study. Therefore, formulation of specific guidelines in this respect seems to be essential.”

Orb et al said that,

“ethical dilemmas that may rise from an interview are difficult to predict but the researcher needs to be aware of sensitive issues and potential conflict of interest. An interview is usually equated with confidentiality, informed consent, and privacy, but recurrence of ‘old wounds’ and sharing of secrets. The interview opens new risks to both researcher and participants”
(p. 94)

Odior S. (2016), quoting (Bailey, Hennink and Hutterand 2011) stated that, “ethical issues have the following considerations:

- **“Informed consent:** Individuals should be provided with sufficient information about the research, in a format that is comprehensive to them, and make a voluntary decision to participate in the research study.
- **Self-determination:** Individuals have the right to determine their own participation in the research, including the right to refuse participation and also pull out at any time.
- **Minimization of harm:** Researcher should not do any harm to participants or put them at risk.
- **Anonymity:** Researchers should protect the identity of research participants at all times.

- **Confidentiality:** Researchers should ensure that all data records are kept confidential at all times.”

In the light of the above it is pertinent to mention that the researcher made necessary effort to guard against ethical problems during the course of conducting this research. The consent of the respondents was sought. Data records were kept confidential and the researcher did not bother to know the names of the respondents, to ensure confidentiality.

Conclusion

In conclusion, it can be seen that both qualitative and interview method of research provides opportunity for investigation in social setting as respondents are given opportunity to answer set questions freely and in their own way. Unlike the quantitative research that restrict respondents to ticking answers and ‘boxes’ without giving them opportunity to express themselves. This study method also ensures a rich means of ensuring validity and reliability to a large extent by allowing triangulation and documentary methods. The interview method of study is useful for solving problems and probing issues in social settings and can be used in identifying group needs. This method of study also tasks researchers to give consideration to ethical issues bothering on consent, anonymity, confidentiality, precautionary measures on the path of the researchers and protection of the informants against harm and injury. It provides the researcher opportunity for rich and in-depth study.

CHAPTER FOUR

RESULT

Introduction: This section deals with research findings and their interpretation based on data collected and the themes spotted from research survey. The result will be discussed under the following major sub-sections: reasons for non-involvement in sport by most PWDs in Nigeria, benefits of sport to persons with disabilities, and challenges faced by persons with disabilities in sport.

4.1 REASONS FOR NON-INVOLVEMENT IN SPORT BY MOST PWDS IN NIGERIA

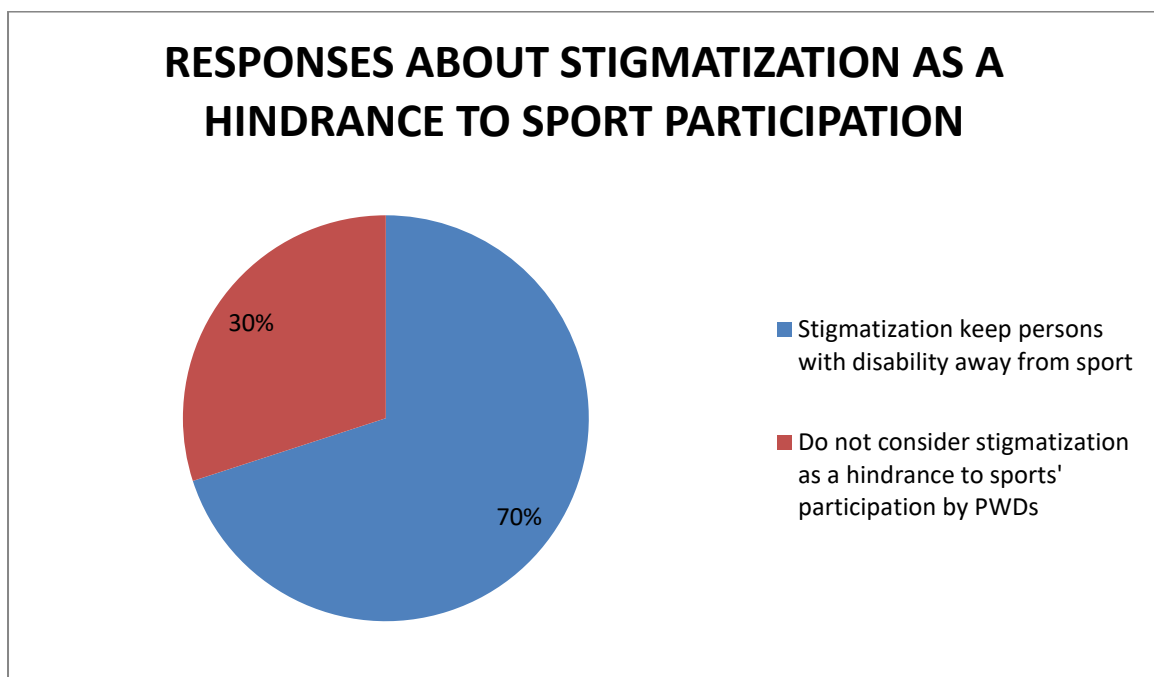
INTRODUCTION: The finding of this study revealed a number of reasons for non-involvement in sport by most persons with disabilities in Nigeria which can be seen below.

4.1.2 STIGMATIZATION

Majority of the participants (70%) said that most persons with disability in Nigeria are not involved in sport due to fear of stigmatization. Umeh, said that, “most persons with disability feel withdrawn from the society and refuse to mingle with people for fear of being mocked due to their disability.” In the same vein, Sado stated that, “fear of stigmatization is a major cause of non-involvement in sport and societal issues by a large number of persons with disability. Bala said, “I am aware of sport but nothing will make me participate in sport because of my situation, my interest is how to get money to feed myself through my petty trading.” Umeh, stressed the fact that, “instead of thinking of how to empower themselves, they are demoralized because of the way the society think of them and they feel that they will be mocked because of their disability so they are unwilling to come to the public. This finding shows that stigmatization of PWDs in Nigeria is a serious impediment that hinders involvement in sport and recreational activities by most PWDs in Nigeria. According to livestrong.com “stereotype, attitudes, assumptions and perceptions often combine to create

stigma around people with disabilities. These barriers to sports participation can cause a disabled person to see himself as less worthy.” As mentioned in the literature review, Mari et al, stated that, “in developing world the problem of discrimination is more accentuated and the consequence of stigma can be severe” (p.75).

Figure 4.1



4.1.3 LACK OF AWERENESS

Most participants (80%) indicated that lack of awareness can also be another cause of non-involvement in sport by so many PWD in Nigeria particularly those in rural areas. Ootobo said that, “so many persons with disabilities know little or nothing about sport for persons with disability.” Gbadebo stated that, “some PWD are not exposed, so they have little knowledge of sport.” Nkiru was of the opinion that, “there is general lack of awareness by PWDs on

what to do as they are usually demoralized.” This finding shows that the level of awareness for sport among PWDs in Nigeria is poor. According to Liviak et al (2011) “resolving disability issues in sports requires developing sense of awareness, as well as respect and acceptance for those with physical and intellectual disabilities.” Lakowski and Long (2011), identified

“Lack of awareness by parents and youth with disability of their right to access and participate in physical activities and sport program/lack of persistent advocacy and outreach to policy makers and administrators of the benefits of physical activity and sport programs on behalf of individuals with disabilities” (p.21).

4.1.4 ACCESS TO PUBLIC BUILDINGS/TRANSPORTATION

The majority of respondent (75%) said poor access to public building and transportation can make PWDs to stay away from sport arena. Ngozi said, “...I find it difficult to take the staircase of story buildings without an elevator and to take transport in Nigeria is very difficult because their door ways are not disability friendly.” In his contribution, Balewa said, “for PWDs who may be interested in sport transport cost can be a hindrance.” Anslem opined that, “Cost of transportation is quite high in Nigeria and persons with disability can hardly afford to pay the fares. This finding shows that some PWD in Nigeria are discouraged by non-accessibility of most public buildings in Nigeria as they were not built with PWD in mind. Furthermore, PWDs find it difficult to access transport facilities in Nigeria because of the high fare. According to paralympicanorack,

“...opportunities for a person with disability to take part in activities outside their own homes depend on access to a car belonging to their family or a friend. If transport availability

does not happen to coincide with time when coaching is available or when team mates train, then chances of an individual, however keen or talented, achieving their optimal performance level will be severely restricted.”

4.1.5 SOCIAL ECONOMIC BACKGROUND

A large proportion of respondents (80%) said that, poverty and lack of source of income hinders most PWDs from sport participation. Umeh said that, “Some PWDs cannot pay their way to the training ground because they lack in finance.” Oboh succinctly stated that, “most PWDs are poor and therefore cannot afford the relevant sport equipment, and can hardly pay their way to the training grounds.” Anslem explained that, “sport equipment is expensive and persons with disability who are mostly from poor families will find it difficult to afford them so sport participation becomes difficult for them.” This finding shows that poverty results in inability to afford sport equipment and so most PWDs are not involved in sport in Nigeria unless they have steady support. Paralympicanorak again states that, “cost of availability of adopted equipment for use by athletes with disability can have a major impact upon their participation.” DePauw, et al stated that, “the cost of necessary equipment can be especially prohibitive...” (p14).

4.1.6 LACK OF SPORT FACILITIES

Majority of the participants (75%) said lack of sport facilities in rural and suburban areas in Nigeria is one of the reasons for poor participation in sports by PWDs. Olabisi said, “apart from the problem of accessibility to public buildings, there is the problem of lack of sport facilities in the rural areas except in the cities where they can be found in central areas.” Anslem said that, “some PWDs in Nigeria have never seen a training ground because there is none close to their vicinity.” On his part, Umeh, lamented the fact that, “PWDs are not encouraged to participate in sport because the facilities are located far from where they live.”

This finding is an indication that there are not many sport facilities in Nigeria particularly in the rural areas where most persons with disabilities live and this is an impediment to sport participation for them. Again livestrong.com state that, “participating in sporting activities is significantly lower for disabled people...This may be because while competitive and international organizations are available on national and international level, fewer grassroots opportunities exist within individual communities.” There is no doubt that fewer opportunities exist for sport participation in most communities in Nigeria due to non-availability of sport centres.

4.1.7 FEAR OF HARM AND INJURIES

Most respondents (65%) said that parents of PWD find it difficult to release their children to participate in sport. Umeh said that, “some parents will not want to release their children with disability for fear that they might suffer harm in the hands of able bodied persons except there is someone they trust will take good care of them.” Wasiu also said, “some parents can be uncooperative when it comes to releasing their children with disability to participate in sports because of fear of intimidation and injury.” Sado elucidated that, “parents with high degree of sympathy and attachment to their children with disability will find it difficult to permit their participation in sports due to fear of injury harm and victimization.” Udono said, “because of my disability my parents will not allow me to do sport even if I wanted to.” This finding shows that because of lack of knowledge and awareness of the benefits of sport parents of most PWDs are apprehensive when it comes to allowing their children to take part in sport. According to Moran and Block (2009), “parents of children with disabilities (and children themselves) may be reluctant to sign up for youth sport fearing injury, lack of success, or being teased by peers” (p.3). Here the theory of ablism can be seen demonstrated, as the parents and guardian of PWDs believe that their children can hardly do anything unless they are assisted not to talk about their involvement in sport which require much effort. The

fact is that ignorance is at the root of such kind of thinking. The PWDs can do a lot including taking part in sport if the barriers are removed by the society.

4.1.8 CULTURAL AND RELIGIOUS TABOO

Only 4% of participants considered cultural and religious taboo a hindrance to sport participation by PWDs in Nigeria. Sado stated that, “persons with disabilities are not allowed to participate in social activities which also include sporting engagements.” The rest participants did not mention culture and religion as hindrance to sport participation for persons with disabilities. This finding shows that culture and religion have little or no significance when it comes to sport in Nigeria. According to sportanddev.org “developing countries also face a range of social and cultural barriers that impact on sport participation including religion, culture, language...”

4.1.9 LOW SELF-ESTEEM

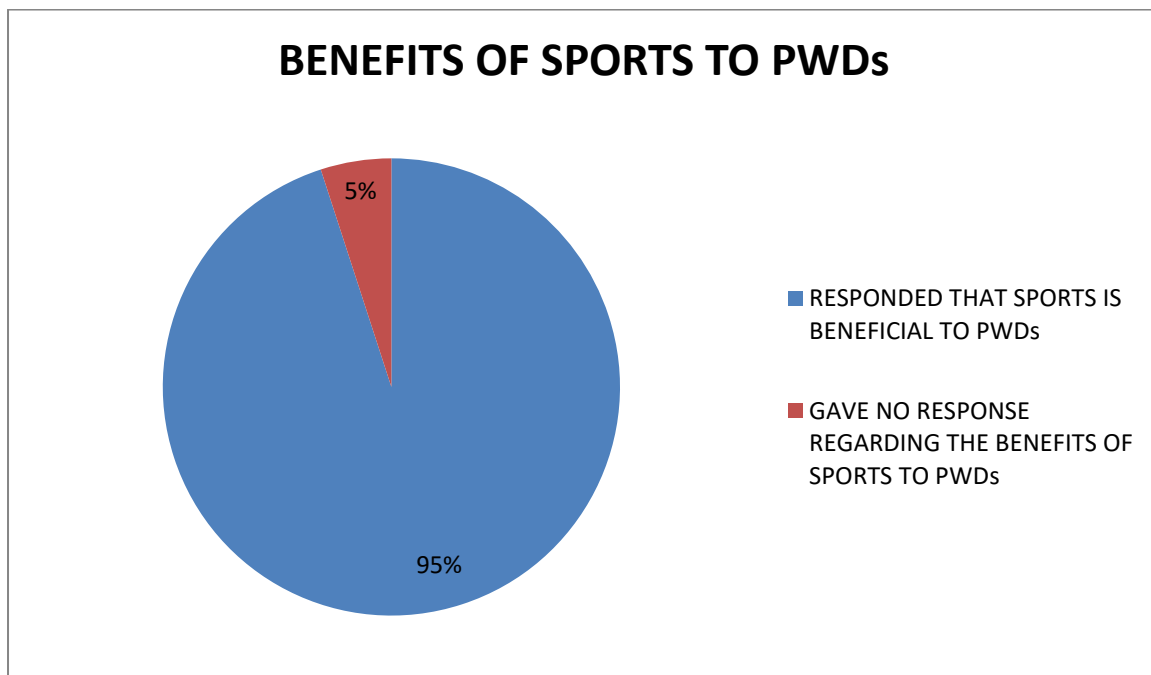
A sizable proportion of the respondents (60%), considered low self-esteem, one of the causes of non-participation in sport by most persons with disabilities in Nigeria. Ovie said that, “some persons with disabilities lack self-esteem; they don’t believe that they belong to the society.” Nkiru, said that, “many PWD have the perception that they cannot do any sport because of their physical condition.” When Bala was asked: Why don’t you like to participate in sport? His answer was: “Nothing can make me participate in sport.” Wasiu is of the view that, persons with disabilities, “feel incapable of doing sport or anything that require physical exertion. This finding is an indication that some persons with disability may not want to participate in sport due to low self-esteem and lack of confidence. According to ukcoaching.org “lack of confidence and self-belief prevent many disabled people from even considering taking part in physical activities and sport.” As mention in the literature review, Britain et al stated that, low self-assessment, “translates into fear or ridicule, which causes

potential causes potential sportsmen and women with disability to shy away from or avoid completely any form of sport or leisure activity...” (p76).

4.2 BENEFITS OF SPORT TO PERSONS WITH DISABILITIES

Majority of the respondents (95%) said that sport is beneficial to persons with disabilities in several areas; improved health, exposure and friendship, source of income/employment, sense of usefulness to the society, feeling of worth and importance, Educational opportunity and liberation.

Figure 4.2



4.2.1 HEALTH BENEFITS OF SPORT TO PWDs

Ovie highlighted the fact that, “sport make PWDs to have good health, fitness, good blood supply and better cardiovascular system.” Otobo simply said that, “sport stabilizes persons with disability.” Nkiru said, “sport is good for PWDs, it gives them fitness and psychologically benefits: it helps their mental strength and general wellbeing.” Tunde explained what sport has done for him, he said “health wise, I am fitter and stronger than my counterparts that are not involved in sport to the extent that there is hardly anything that I cannot do.” Balewa said, “I have become stronger, healthier and younger. I even look younger for my age.” This finding is an indication that sport promotes the health and fitness level of PWDs in sport. According to health24 “One of the activities that can improve the health, well-being and quality of life of any person with disability is sport. Sport offers physical advantages-good blood circulation, stronger muscles, better balance and co-ordination.”

4.2.2 EXPOSURE

Umeh is of the view that, “sport give PWDs sense of belonging; they are able to socialize with people due to the fact that sport promotes interaction.” Sado said, “sport brings about social adjustment for PWDs, they are able to mingle and interact with others, both able-bodied and non-able bodied persons without inhibition.” Jimoh explaining how sport gave him exposure said, “sport made me to travel around the world, both within Nigeria and abroad and I have so many friends that I interact with. I have many followers on the net.” Anslem said, sport, “lead to exposure and opportunity for PWDs. It gives them opportunity to interact with persons outside those that live in their immediate environment.” The finding shows that, sport enables PWDs make friends and interact on a wider scale with people. According to chasa.org “sport offers opportunity to meet others and develop friendships

within structured environment.” In the same vein, batec.mobility.com states that sport is “a tool for social inclusion, allowing them to meet mates and new friends.”

4.2.3 SOURCE OF INCOME/EMPLOYMENT

Otobo said, “athletes with disabilities can earn money as sport persons through; allowances, financial rewards, monthly training allowances to assist them to come to train and so they can feed themselves and build a family of their own.” Umeh stated that, “sport can be a source of income for athletes with disability in Nigeria. They get financial reward when they win medals from competitions, they get training grants from their sport councils and some states like Delta employ good athletes.” Nkechi said, “I am employed in my sport council because of my involvement in sport and I receive regular financial awards when I do well.” Omar-Fauze, Mohd-Ali, and Gack (2010), stated that, “the factor is definitely a motivational drive to the disabled individuals because rewards and facilities either through financial help or rewards could ease their financial burden. The paralympic athletes that come from less fortunate families in terms of economy would really appreciate the help” (p.266).

4.2.4 SENSE OF USEFULNESS TO THE SOCIETY

Tunde said, “sport, gave me the opportunity to fulfill my dream to impact on others and be useful to people in terms of being able to help others and to lead many to sport.” Jimoh who spoke with excitement said, “sport gave me life, made me useful, and made me fulfill my life dreams. I have won so many medals for Nigeria as a para powerlifter. I am a world record holder...I can cater for myself, my family, relatives and I assist my friends when necessary all because of sports.” According to sportscotland,

“these people are characterized primarily by their independent attitude toward their disability. They feel very strongly that their disability does not define who they are, nor that it should limit their approach to life, as far as is possible. They tend to be

fairly confident, self-assured, and self-sufficient individuals”

(p.16)

4.2.5 FEELING OF WORTH AND IMPORTANCE

Ovie said that, sport, “gives the athlete with disability independence, feeling of importance and sense of belonging, they become exposed to the public and the world at large.” Jimoh who was elated said, “I am not a beggar. People like to come around me just because I am involved in sport and doing real good. I am not someone to be pitied because of my physical condition.” Anslem elucidated that, “sport empowers persons with disabilities and gives them sense of belonging, and they are able mix freely with people.” This finding indicates that sport gives persons with disabilities sense of worth and importance in the society as they feel useful to themselves and to the society. Shepherd R. J. (1991) said “likely psychological gains include an improvement of mood-state, with reduction of anxiety and depression, an increase of self-esteem and feeling of greater self-efficiency.”

4.2.6 EDUCATIONAL OPPORTUNITY

Umeh said that, “athletes with disabilities stand the chance of benefiting from government scholarship to encourage them to work harder.” Omote said, “I am currently studying at the University to better my lot.” This shows that involvement in sport by persons with disabilities can create opportunity for them to gain scholarship for further studies as reward for excellence.

4.2.7 SPORT AS A LIBRATING TOOL FOR PWDs

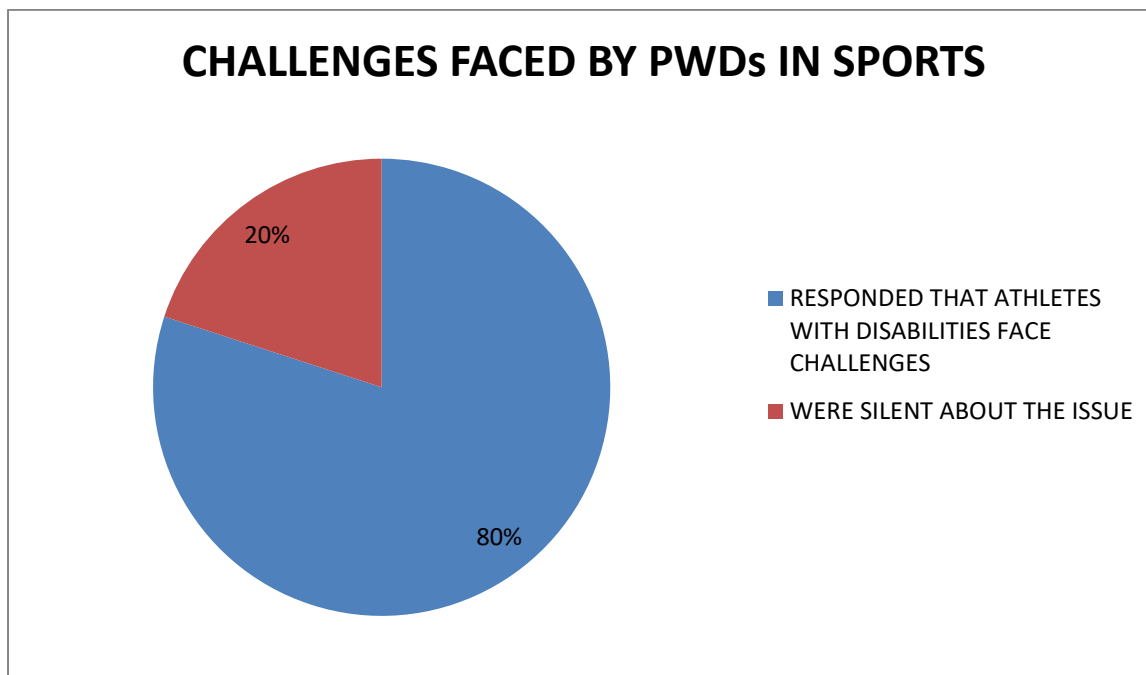
Oboh mooted that, “sport can free a person with disability from isolation and discrimination. They become heroes and ‘idols’ that people want to associate with.” Jimoh said, “sport made me to do things that I thought that I could not do.” Anslem mentioned that, “sport can change the life of PWDs by making them useful to themselves and to enjoy things they never could imagine, like having their own houses, families, businesses and cars.” Sado submitted that,

“sport helps to take persons with disabilities away from the streets as beggars and miscreants, and make them useful persons by making them to understand that there is ability in disability... Sport can also liberate a PWD from fear of stigmatization and lack of confidence, give them the ‘can do’ spirit and make them rise above their limitations.” This finding shows that sport is an important tool through which PWDs can be liberated from the limitations imposed on them by the society. According to un.org “sport changes the person with disability in an equally profound way by empowering persons with disabilities to realize their full potential and advocate for changes in the society.” It should be recalled that, in the literature review it was mentioned that, Lauff et al, stated that, “there is no doubt that sport has enormous potential to make a positive impact on the quality of life people with disability in developing countries and addressing attitude towards disability in an integral step creating opportunity for participation and development (p.72).

4.3 CHALLENGES FACED BY PWDs IN SPORT

Majority of participants (80%) said that athletes with disabilities in Nigeria are still faced with some challenges. The challenges identified from the research survey are as follows: poor motivation, inadequate/ lack of modern training equipment, transport problem, poverty and lack, poor funding of sport for persons with disabilities, accessibility of public building, lack of standard coaches/ regular competitions, non-recognition by the society and problem of unemployment. They are presented as follows:

Figure 4.3



4.3.1 POOR MOTIVATION

Tunde said, “it is discouraging when you see your counterparts from other countries been celebrated, given financial award for hard-work and for job well done and you are not recognized in your own country.” Tunde further said, “I suffered so much neglect and disregards as a sport person that I almost quite.” Jimoh sadly said that, “it is regrettable that we attend competitions both local and international without reward and compensation after doing so well.” Sado stated that, “able-bodied athletes were more favoured than athletes with disabilities in Nigeria.” Otobo explained that, “PWDs in sport in Nigeria are not given fair ground to operate. The average athlete with disability does not receive adequate support the way they ought, both from government and corporate bodies; they are treated like second class citizens; no recognition is accorded to them whereas their able-bodied counterparts are well supported.” WWW.dsni.co.uk mentioned the need for disability sport organizations to

“generate significant additional income and funding opportunities to support the participation of disabled people in sport and physical activities.”

4.3.2 INADEQUATE/LACK OF MODERN TRAINING EQUIPMENT

Anslem stated that, “athletes with disabilities in Nigeria are faced the problem of poor training facilities and inadequate equipment. Equipment for sport for PWDs is very expensive and the athletes cannot afford them.” Umeh in like manner said, “they lack the right training equipment due to their inability to afford them. They rely on few available one that may not go round.” Tunde said, “I cannot afford training equipment. I do my trainings with worn-out canvas shoes, due to inability to purchase a new one at the moment.” Jimoh said that, he is faced with the challenge of having modern training equipment and as a result his performance is negatively affected.”Ovie stated that, “PWDs cannot afford standard wheelchairs and training equipment. When they go to the bank to raise money for their equipment they are refused because of their disabilities.” The finding shows that PWDs in Nigeria are faced with the challenge of having the right training equipment because they are unable to afford the cost. Para-Athletic Federation of Nigeria (2018), stated that they are faced with “lack of standard, adopted and customized facilities and equipment for effective training ...of athletes” (p.7) In the same vein, Crowford and Stodolska (2008), said that this situation “can be attributed to the fact that there are only few manufacturers of the disability sport equipment in the world and that, even in developed counties, high cost of some equipment can make it prohibitively expensive for most athletes with disabilities” (p.141).

4.3.3 TRANSPORT PROBLEM

Anslem said “athletes with disabilities are usually faced with transport problem to come to training which usually lead to discouragement and could make them abandon sport.” When asked, have you had athletes who abandoned sport for inability to afford training equipment?

He simply said, many! An athlete said “I suffered because of demand of training which include transportation and other needs due to lack of necessary support.” Jimoh said “transportation issue remains one of my challenges; I sometimes find it rather difficult to come to training.” Nkechi stated that, “to take public transport in Nigeria is very difficult because the buses are not disabled friendly.” This finding is an indication that most athletes with disability can hardly afford to transport themselves to and fro their training ground on regular basis due to the cost of transportation in Nigeria and it is rather difficult for those of them on wheel chair to board vehicles unless they have helpers. According to Massarira L. T (2017), “they suffer challenges when using public transport...Some operators shuns the disabled as they do not cater for the space to accommodate the wheelchair even where it is foldable.”

4.3.4 POVERTY AND LACK

Ovie said that, “many athletes with disabilities are from very poor background; they can hardly afford to purchase mobility aids.” As stated earlier Tunde said, “I cannot afford training equipment; I had to run with worn-out canvas shoes.” Anslem mooted that, “some athletes with disabilities cannot pay their way to the training ground because they are not financially buoyant and some times I have to assist them.” Nkiru stated that, “some athletes with disabilities are faced with the problem of poverty to the extent that, an average table tennis para-athlete can hardly afford a playing bat...They are unable to feed themselves properly and their coaches and managers have to provide for them to motivate them to come to training.” Oboh explained that, “most athletes with disabilities are from low economic background. They are unable to afford training equipment, transport to training ground and refreshment after training due to financial lack. They lack what it takes to be involved in sport unless they are assisted.” Anslem stated that, “transport fare to go for training is a serious issue for most of us. Sometimes I trek a long distance to my training ground due to

lack of money. I mostly go to train when someone assist me with transport fare.” This finding shows that, transport to and fro training for athletes with disability is paramount to their continuous training. Regarding participation in sports for persons with disabilities, Masarira et al said that “most of the appliances are costly and facilities expensive to maintain. Considering their poor economic status it becomes a pipe dream.” Crawford et al “economic constraints were particularly pronounced among athletes who have to choose between providing for the basic needs of their families and participating in sport.”

4.3.5 PROBLEM OF UNEMPLOYMENT

Tunde stated that, “most of us are unemployed. There is need for a level playing ground for the physically challenged persons in Nigeria in terms of employment, participation in government business and other aspect of the society...” Anslem said, money for equipment is a problem due to lack of employment.” Jimoh opined that, “without employment, support from family members and the society, sport participation for PWDs becomes a mere dream.” This finding is an indication that most athletes with disabilities in sport in Nigeria are unemployed and this impact negatively in their sport involvement in terms of been able to regularly attend training sessions and afford necessary equipment for their chosen sport. Crawford et al considered, “difficulty in securing employment” (p.146) as one of the problems faced by athletes with disabilities.

4.3.6 POOR FUNDING OF SPORT FOR PERSONS WITH DISABILITIES

Olabisi said, “if there are competitions for them and relevant kit and equipment they will come to train always, but lack of fund is at the root of these challenges.” Umeh stated that, “there is lack of adequate funding of para-sports in Nigeria which result in fewer or no tournaments for the athletes. Para-Athletic Federation et al stated that, they are faced with the problem of “inadequate budgetary provision and sponsorship fund” (p.7).

4.3.7 LACK OF STANDARD COACHES/REGULAR COMPETITIONS

Umeh said that, “athletes with disabilities in Nigeria lack regular competitions and events.” This makes it difficult to properly assess their progress and standard. Oboh lamented the fact that, “athletes with disabilities are not exposed to regular competitions” and also added that, “they lack qualified coaches as what they currently have are able-bodied coaches who converted to coaches for PWDs without appropriate training.” Nkechi stressed that, “the coaches are untrained, and so training becomes inadequate, this can cause discouragement on the part of the athletes.” Again, oboh disclosed that, “disability sports are unable to stage competitions regularly because of poor funding of sport for persons with disabilities by government and lack of support for our sport by corporate organizations in Nigeria.” This finding shows that disability sports in Nigeria are unable to organize regular completions due to poor funding of the sports and the study also shows that most coaches handling athletes with disability in the country lack the necessary training. Again, Para-Athletic Federation et al complained of “irregular local, regional and international competitions, lack of professional staff, low capacity of ...coaches and other support staff” (pp.7-8). As mentioned elsewhere, Gray et al, said that, “a few have ended up coaching themselves after disappointing experience with coaches of able-bodied athletes” (p.12).

4.3.8 ACCESIBILITY TO PUBLIC BUILDINGS

Wasiu said that, athletes with disabilities are still faced with the challenge of accessibility to public buildings; they manage to access stadia and training ground which were not originally built with PWDs in mind.” Ngozi said, “I find it difficult to enter banks in Nigeria because the doors are not disability friendly.” According to paralympicanorak the “...problem of accessibility can arise once an athlete with a disability has arrived at their destination.”

4.3.9 NON-RECOGNITION BY THE SOCIETY

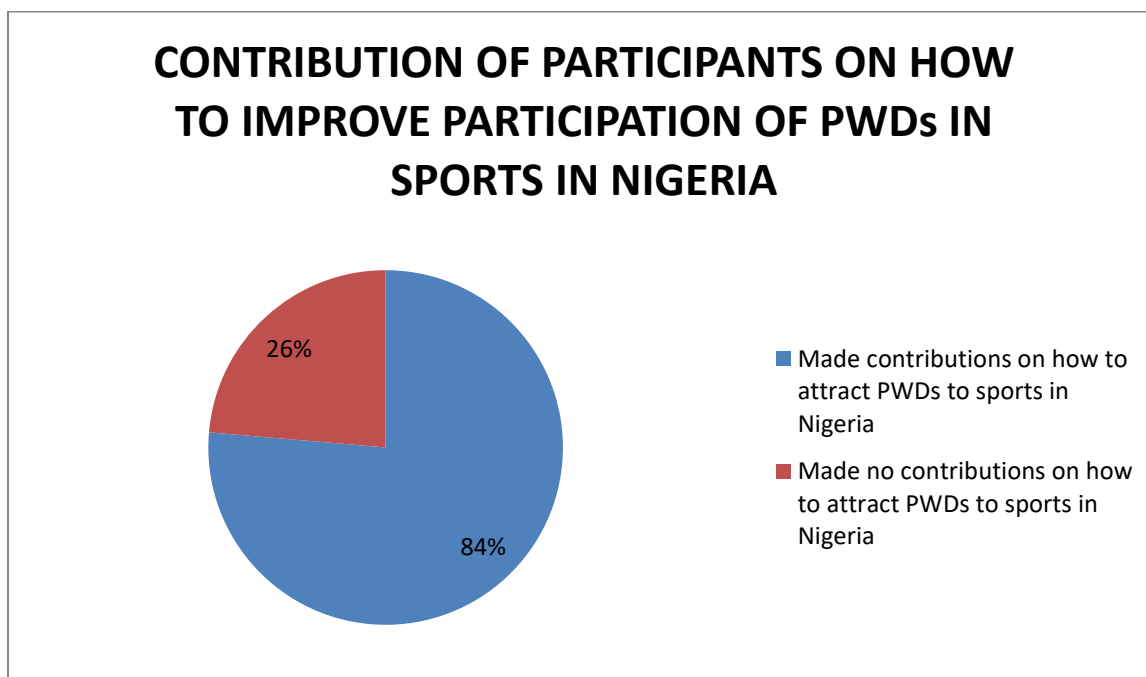
Jimoh said, “when we win medals in Games and other international championships we are not accorded the desired recognition in terms of reception and compensation.” Otobo stated

that, “athletes with disabilities are not recognized. The able bodied sports get better funding and support from government and corporate organization; this is discrimination in sport.” Ngozi felt unhappy when she said, “it is discouraging when you see your counterparts in other countries celebrated, paid for hard work and job well done and you are not recognized in your own country after wining valuable medals.” This finding is an indication that in Nigeria the able-bodied sport participants are accorded more recognition than their disability sport counterparts.” According to Channels TV News Sports (2012), a Paralympians said, “when we arrived at Murtala Mohamed International Airport on Tuesday afternoon there was no official...to welcome us from the Games and this was unfair to a team that won 13 medals...” Channels TV added that, “they complained that special Sports was not given due recognition in Nigeria” and they requested that “Government should accord them similar respect and reward as their able-bodied counterparts.”

4.4 HOW TO ATTRACT PWDs TO SPORT IN NIGERIA

The participants (84%) made contributions on how to attract persons with disabilities into sport in Nigeria. The following points were made by the participants in this section: Sport awareness, attractive awards to athletes with disabilities/regular competitions, scholarship for persons with disabilities in Nigeria, building of accessible sport arenas where the people are, provision of free transport for persons with disabilities, provision of incentive to those who show interest, tax-free for sport equipment for PWDs in Nigeria.

Figure 4.4



4.4.1 SPORT AWARENESS TARGETED AT PWDs

Anslem explained that, “to attract PWDs in Nigeria to sport, there should be regular nationwide awareness creation on sport for PWDs in schools and community centres on the value of sport for persons with disabilities.” Ovie mooted the fact that, “giving talks on the necessity for PWDs to take part in sport in community town hall by sport bodies and government agencies will enable some parents of children with disabilities allow their children to participate in sports.” Oboh posited that, “through awareness creation via TV programmes with live shows on disability sports, and demonstration of disability sport at community centres many will know the importance of sport and this will lead to increase participation.” This finding shows that regular sport awareness and advocacy targeted at PWDs can inspire some of them to be involved in sport.”According to Disability Sport NI (2013), “clubs should encourage more people with disabilities to participate in their activities

by consulting with local disability groups, and by specifically targeting people with disabilities when promoting the club's programme and activities (p.4).

4.4.2 SCHOLARSHIP/FREE EDUCATION FOR PWDs IN NIGERIA

When the researcher, asked Bala, why he is not involved in sport, he responded by saying, "I am from the village and I did not go to school." Udono said, "I grew up in the village and I am not educated." Umeh stressed that, "the provision of free education with attractive package for persons with disabilities in Nigeria will expose them to sport and some of them may take to sport upon leaving school." This finding is an indication that provision of free education to persons with disabilities by government, organizations and well meaning rich individuals can make PWDs pick interest in sport as they may be involvement in PE sessions and inter-house sports competitions and some of them may likely continue to practice sport after school. According to <https://blog.ed.gov> (2013) "student with disabilities are no different-like their peers without disabilities, these students benefit from participating in sports." DePauw et al stated that,

"often the attitudes of significant individuals (socializing agents) in the life of a child with a disability provide the reinforcement and modeling of appropriate sport behaviour. Inasmuch as teachers, parents, schools, and community agencies socializing agents or setting, their attitudes, behaviors, and practices serve to model or reinforce (or both model and reinforce) sport behaviour as perceived to be appropriate for individuals with disabilities. Many of the socializing agents have just begun to reflect the value of sport participation for individuals with disabilities" (p.12).

4.4.3 ATTRACTIVE AWARDS FOR ATHLETES WITH DISABILITIES IN SPORTS/REGULAR COMPETITIONS

Jimoh stated that, attractive awards to those already in sport can encourage PWDs to do sport. Sado said, “when I organizing para-soccer Championships in Adamawa State; a woman spectator was so captivated that she brought his son who was on a wheelchair and requested that he be given opportunity to also be involved in the sport.” Oboh said, “when you invite children with disability to witness sport events you stimulate their interest in sport.” This finding shows that attractive award for athletes with disabilities and opportunity for regular competitions can stimulate other PWDs to embrace sport. Regarding athletes with disabilities, Dr. Stephen Hui Research Centre for physical Recreation and Wellness Hong Kong Baptist University (2016) said, “apart from direct financial subsidy for their preparation for and participation in major international events medalists of individual major event will receive cash incentive awards (p.17).

4.4.4 PROVISION OF ACCESSIBLE SPORT ARENAS WHERE THE PEOPLE ARE

Anslem said that, “there are some PWDs who have never seen a training ground because there is none where they live; so it becomes practically difficult for them to think of participating in sport.” In the same light, Ovie stated that, “governments at all levels should build sport facilities accessible to PWDs in the rural and suburban areas as this will go a long way in encouraging sport involvement by persons with disabilities all over the country.” Otobo opined that, “if there are sport arenas in or around where PWDs live and the provision of basic equipment they will take to sport.” Anslem said, “if government provide sport facilities in their vicinity they are likely to take interest in sport.” This finding is an indication that provision of accessible sport and recreational facilities where the people are

can be an attraction to sport participation for persons with disabilities. According to Kerins A. (2014), stated that, “physical activities for everyone require emphasis on all users having equitable access to community facilities. Community facilities should be sufficiently diverse to attract everyone.”

4.4.5 INCENTIVES FOR PWDs WHO SHOW INTEREST IN SPORT

Ovie said that PWDs can be drawn to sport through the provision of incentive-financial support, free wheelchair and refreshment and promise of refreshment after training. Gbadebo opined that, “if PWDs who show interest in sport are provided with sport equipment and the right environment they are likely to embrace sport.” Nkechi said, “if PWDs are given free or subsidize training equipment according to their kind of disability they are most likely embrace sporting activities.” This finding shows that when persons with disability are introduced to sport, they should be supported with equipment and welfare incentives to make them come to training regularly. According to Dr. Stephen Hui Research Centre for Physical Recreation and Wellness Hong Kong Baptist University et al

“Leisure and Cultural Service Department and the disability organizations strive to provide the necessary ancillary facilities to facilitate the participation of PWDs in sports and recreational activities...Ramps are provided at Bowling Green’s to facilitate access by wheel chair users, and specialized fencing equipment is provided to disabled fencers (p.16).

This kind of gesture will encourage participation in sport and recreational activities by persons with disabilities.

CONCLUSION: The findings of this research showed that most persons with disabilities particularly in the rural and suburban areas are scarcely involved in sport due to a number of reasons, ranging from; poor sport awareness, lack of sport facilities in their and others reason

mentioned above. The benefits of sport for persons with disability were also identified, health benefits, exposure, liberation of PWD and many more presented above. The research unveiled the challenges faced by athletes with disabilities involved in sport. Some the challenges include; lack of encouragement, cost of sport equipment, lack of regular competitions and other points mentioned. The liberating power of sport was also revealed.

CHAPTER FIVE

DISCUSION/CONCLUSION AND SUGESTIONS FOR FUTURE RESESEARCH

INTRODUCTION: In this final chapter of this study the following areas will be discussed: a brief resume of the research result vis-à-vis the aim and objectives set for the project; the research questions as regards the result of study; practical value and application of the study result and the basis for future studies.

5.1 AIMS AND OBJECTIVES OF STUDY VIS-À-VIS RESULT OF STUDY

The following aims and objectives were set for this study: to find out how the challenges faced by PWDs affect their participation in sport, to investigate how to encourage participation in sport for PWDs in Nigeria and to find out how to create awareness for the empowerment of persons with disabilities through sport. To a large extent the researcher was able to meet the aims and objectives set for the study through the research survey based on the following points:

Regarding how the challenges faced by PWD in Nigeria affect their participation in sport, the following facts were revealed:

- Fear of stigmatization, that is “name calling” keep most PWDs away from sport and social gathering.
- Little or no awareness of sport on the part PWDs; particularly those in rural and suburban areas who never went to school.
- Poor accessibility to public building and stadia, and transportation problems in terms of high fare.

- Fear of harm and injury by parents of children with disabilities. These result in parents and guardians keeping their children and wards away from sport and things that require physical exertion.
- Cultural taboo was implicated by few subjects of study. That is to say that this factor may no longer be major problem to sport participation.
- Low-self-esteem keeps most PWDs away from sport.

On how to encouragement PWDs in Nigeria to be involved in sport, the following outcomes were revealed through the research data analysis:

- Provision of scholarship/free education for PWDs will bring them in contact with sport through PE sessions and sport activities at school.
- Attractive awards to PWDs who participate in sport can encourage those not involve in sport to take to sport.
- Building of accessible sport and recreational centres where the people are may attract some PWDs to sport.
- Incentive to PWDs who show interest in sport can attract other PWDs to sport. Such incentive like, free wheelchairs, feeding and transport provision.

On how to create awareness for the empowerment of PWDs through sport; the following contributions emerged from the survey/data analysis:

- Regular live shows of competitions and championships of persons with disabilities will help create awareness for sports for persons with disabilities.
- Demonstration of disability sports targeted at persons with disabilities in community squares to create awareness for disability sport.

- Advocacy and awareness creation on the benefits of sport for PWDs in community centres by sport bodies and government agencies can go a long way in creating awareness for disability sport in rural areas.

5.2 RESULT OF STUDY IN RELATION TO THE RESEARCH QUESTIONS

The research questions vis-à-vis survey outcomes are briefly discussed as follows:

Q1. Will there be any significant difference between accessibility to competent coaches/regular sport programme and participation in sport by physically challenged persons?

The research survey showed that most respondents said that lack of competent coaches and regular competitions can discourage involvement in sport by persons with disabilities.

Q2. Will stigmatization of PWDs affect their involvement in sport? A high proportion of the research participants said that stigmatization of PWDs can discourage their participation in sport.

Q3. Will social-economic background of PWDs affect their participation in sport? Most of the research subject said because most PWDs are from poor background they may not be able to afford sport equipment for disability sport and this factor can keep majority of them away from sport.

Q4. Will religious cum cultural taboo affect participation in sport by PWDs? Most respondents said religion and culture cannot be hindrance to participation in sport by PWDs in Nigeria.

Q5. Will low self-esteem by some physically challenged persons affect their participation in sport? Most participants agreed that low self-esteem keep some PWDs out of sport and social gathering.

Q6. Will fear of exposure and injury affect participation in sport by persons with disabilities? A significant number of respondents said that parents of children with disability may not release their children to participate in sport for fear of injury and harm to them.

Q7. Will accessibility to public buildings and stadia affect participation in sport by PWDs?

Most participants said that non-accessibility to public buildings and stadia can hinder some PWDs from sport participation.

Q8. Will advocacy on the benefits of sport for PWDs significantly encourage their participation in sport? Majority of the participants said that awareness/ advocacy through the TV and demonstration of disability sport and talks on the benefits of sport for PWDs in community centres will go a long way to attract some them to sport.

Q9. Will the lot of persons with disability significantly improve through participation in sport? A large proportion of respondents said that, sport can change the lives of PWDs and make them useful to themselves and the society. That sport, make PWDs to have confidence and sense of worth.

The findings of this study can be justified based on the nature and caliber of subjects (sport administrators, Coaches, athletes with disabilities and some PWDs not involved in sport) for this study and the fact that all of the findings are corroborated by the literature review and other documents consulted during the course of this study.

5.3 JUSTIFICATION

The justifications for the findings are based on two factors. Firstly, majority of the participants are long standing sport administrators, Coaches who handle athletes with disabilities, athletes with disabilities and PWDs who are non-athletes. It is clear enough that they contributed from personal experiences. Secondly, documents and literature review of this study provides another justification for the findings including other documents used for the study.

5.4 LIMITATIONS AND SHORTCOMINGS

It took going around Abuja metropolis for days to find persons with disabilities not involved in sport that were willing to be interviewed. Unfortunately, only one of them was educated

out of 5 that were willing to be interviewed. I had to engage interpreters to enable me discuss with the other(4).The facts that most of the PWDs not in sport were uneducated made them not to be able to give their best.

5.5 BASIS FOR FUTURE STUDIES

The question on religious and cultural taboo being hindrance to participating in sport by persons with disability' should be taken up for further studies. This issue requires a full study so as to get a better picture of the matter.

5.6 PRACTICAL VALUE AND APPLICATION OF THE STUDY RESULT

1. This study will certainly add to the body of knowledge in the area of sport for persons with disabilities. A lot still have to be done to promote sport for persons with disabilities through research and studies.
2. The issues raised in this study will help sport organizations charged with the handling of disability sport in Nigeria and elsewhere to understand the challenges faced by athletes with disabilities and to make necessary actions to attend to the problems, so as not to discourage athletes with disabilities who go through so much strain and difficulties to be involved in sport.
3. The study will contribute in making the sport authorities in Nigeria to make necessary effort to see that the right environment is created to attract more persons with disabilities to sport considering the many benefits of sport for persons with disabilities.
4. The study will contribute in making local, state and Federal governments in Nigeria pay more attention to disability issues. A lot still need to be done to improve the lot of persons with disabilities in Nigeria.
5. Disability sports will be better for it in Nigeria if the issues mentioned in this study are looked into and acted upon by the authorities' saddled with the responsibility to develop sport in Nigeria.

6. The 'power' of sport to liberate PWDs by shattering the limits placed on them by the society should be noted by government and sport authorities in Nigeria.

Conclusion: The study identified the challenges faced by persons with disabilities in Nigeria and how these challenges affect their participation in sport. The benefits of sport to PWDs were also discussed. The reasons why not many PWDs in Nigeria are involved in sport were pointed out and useful points on how to attract them to sport were discussed. Athletes with disabilities in Nigeria need to be supported for good living and for better performance. The need to create awareness on sport for persons with disabilities in Nigeria cannot be overemphasized considering the number of PWDs in the country. There is need to stress the fact that sport can contribute significantly in taking most persons with disabilities out of the act of begging and make them useful persons in the society. Advocacy on the benefits of sport for PWDs is also paramount in the sense that when they have the knowledge or understanding of what sport can do for them they will embrace sport and become stronger, healthier, useful and happier persons.

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Appendix 1

Interview Questions

A. Sport Administrators

1. Kindly discuss the reasons why only few persons with disabilities take part in sport in Nigeria?
2. How can sport be beneficial to persons with disabilities in Nigeria?
3. How can PWDs outside sport be attracted to participate in sport?
4. Kindly explain the challenges faced by PWDs in sport
5. How can sport liberate PWDs in Nigeria?

B. Athletes with Disabilities

1. Please explain how and why you took to sport?
2. How have you benefited from sport?
3. What challenges do you face in your involvement in sport?
4. How can more PWDs be drawn to sport in Nigeria?

C. Coaches

1. Do you consider it easy to attract PWDs to sport?
2. What are the challenges faced by sport persons with disabilities from your personal experience as a coach?
3. What can be done to attract more PWDs to sport in Nigeria?
4. What are the benefits of sports to PWDs?
5. Why is it difficult most PWDs in Nigeria to embrace sport?

D. PWDs not in sport

1. Kindly explain if you know anything about sport.
2. Please tell me why you are not involved in sport?
3. How close is asport arena to you?

4. What is your closeness to sport personalities with disabilities within your vicinity?
5. What can make you participate in sport?