

Original Article

Psycho-social challenges of Iranian Paralympic athletes

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Abstract: According to Van de Vliet (2012), the importance of psychological aspects of sport for athletes with disability are the same as its medical aspects. The purpose of the present study was to investigate the psycho-social challenges of Iranian Paralympic athletes, using a qualitative phenomenological study. In so doing, 60 paralympic athletes (40 male and 20 female) who were selected through purposeful sampling were included in the study. Semi-structured interviews were used to collect data. The collected data were analyzed through thematic analysis. After preliminary processes, Paralympians' challenges were categorized in two themes: psycho-social challenges (communicational, Family and financial issues) and psychological challenges (sport anxiety, concentration, depression, Sleep problems, ADHD, PTSD), each category covers several codes. paralympic athletes reported that they experienced considerable emotional highs and lows in Professional sports atmosphere. They showed how psychological functioning included protection of self, combining life with elite sport and functional relationships. The importance of conceptualizing paralympians' challenges is reflected in the identification of different issues and problems. Recognizing and understanding the kinds of challenges that paralympians' experience may help design the services required to support the athletes through this elite sporting experience.

Keywords: Thematic Analyze; Paralympic Athletes; Psychological Issues;

1. Introduction

Over the past several decades the Paralympic games as a global event, and the International Paralympic Committee (IPC) helped to create forums for popularizing disability sports (Blauwet & Willick, 2012). Disability sports help participants create defenses against the effects of health impairments, more common in these patients than in the general population. Sports provide a sense of competence and responsibility and, in the disabled world, become part of the history of a community. The sense of political responsibility that the sport environment offers to athletes also generates opportunities for becoming role models and for improving leadership skills (Mauerberg-deCastro, Campbell, & Tavares, 2016). Athletes with disabilities expect sporting opportunities to become part of their daily lives; Be a factor for their rehabilitation; To maintain their health; And have a healthy personality (Mauerberg-deCastro et al., 2016). Despite the remarkable benefits of healthy Resulting from average physical activity, As the level of practice or competition increases, the risk of negative incidents similar to injury, overtraining, burnout, anxiety, and eating disorders also increases, which affects para-athletes' health and well-being (Kenttä & Corban, 2014). Psychological studies focusing on athletes with disabilities have only been conducted over the past 10-20 years (Kenttä & Corban, 2014). On the other hand, most of these studies focus on the benefits of exercise for people with disabilities, however in order to promote the well-being and mental health of Paralympic athletes, it is necessary to examine the challenges and psychosocial issues of Paralympic athletes. According to Van de Vliet (Van de Vliet, 2012), the importance of psychological aspects of sport for athletes with disability are the same as its medical aspects. Studies show that sports-related injuries and diseases in athletes with disabilities are different from athletes with healthy body (Fagher, Jacobsson, Timpka, Dahlström, & Lexell, 2016). Athlete disability can cause problems in defining and interpreting sports-related injuries and illnesses. In other words, health is not just the absence of disease or injury, but also the capacity of individuals to perform activities in a way that allows them to have a right understanding of their health and function (Üstün, Chatterji, Kostansjek, & Bickenbach, 2003). Most athletes need to control their chronic pain, prevent sport injuries, and cope with sleep disturbances (J. Martin, 2017). Para-athletes face challenges in air travelling, living in the camps or

game villages, and city transportations. Wheelchair para-athletes may develop pressure sores because of extended sitting. Para-athletes with spinal injury experience problems in adjusting body temperature (McCann, 1996), therefore in travelling to a place with different climates they may face psychological stress (Campbell & Jones, 2002).

In general, professional athletes face many challenges and stressors that with a variety of ways to deal with these factors; the methods that athletes use to deal with these stressors and the way they evaluate these factors can play an important role in the effect of these stressors on their mental health and sport success (Lazarus, 2000). Para athletes are constantly coping with bodily pains, performance limitations, psychological stressors, health risks, sport injuries, and unfair expectations (Fagher et al., 2016).

However, many elite athletes are reluctant to seek support for mental health problems due to issues such as a lack of understanding of mental health and its potential effects on performance, and the perception of getting help as a sign of weakness (Reardon & Factor, 2010).

Given the importance of Paralympic athletes and the stressors of professional sport and the challenges that most professional athletes, including athletes with disabilities, face it seems that we need to take seriously the psychosocial issues and challenges that Paralympic athletes experience in their sporting and personal lives. Based on a holistic and integrated approach, the key to successful performance of athletes is an extensive and comprehensive review of athlete health; It is essential to consider strategies to reduce the risk of injury and illness, such as managing athlete health issues (Dijkstra, Pollock, Chakraverty, & Alonso, 2014). In the present study, psychosocial challenges refer to factors that affect the psychological, social, and economic aspects of athletes.

A review of the opportunities and challenges of global Paralympic athletes revealed that most of the challenges and realities of international Paralympic sport have been in the form of social vulnerability in accessibility, political vulnerability, and economic vulnerability (e.g., lack of opportunities for training, assistive sports technology, and sponsorships). Also the winning elite disabled athletes are restricted to a few countries, including the U.S., Canada, Germany, China, and Australia, with limited distribution of disability sport opportunities in other countries (Mauerberg-deCastro et al., 2016).



Studies related to Paralympic athletes have been very limited and little research has been done to examine the psychosocial challenges of these athletes. In one of these studies, which was related to the importance of well-being of athletes with disabilities, it was found that athletes' well-being weaknesses were lack of purpose in non-sports life, lack of self-acceptance, lack of overall identity, and need to manage stress in stressful situations. The strengths of athletes with disabilities have been in the form of personal growth, optimism, and extensive social support networks (Macdougall, O'Halloran, Sherry, & Shields, 2016). The aim of this study was to identify the psychosocial challenges of Iranian Paralympic athletes. Therefore, the present qualitative study seeks to open the door to a wider understanding of the main experiences of athletes with disabilities so that by entering the world of athletes can identify the types of psycho-social challenges of para athletes.

2. Materials and Methods

2-1. Participants

A number of 60 para-athletes (40 males and 20 females) took part in the study, including 10 from

para-archery (3 males and 7 females), 11 from para-shooting (3 males and 8 females), 3 from para-tennis (3 males), 5 from para-taekwondo (5 males), 5 from para-swimming (5 males), 9 from 5-a-side football (9 males), 9 from para-judo (9 males), and 8 from Goal-ball (3 male and 5 females). The age of the participants ranged from 18 to 49 years old; the education level ranged from high school diploma to master of art/science; the type of disability comprised of amputee, limb loss, limb deficiency, muscle weakness (spina bifida, spinal cord injury, and muscle dystrophy), visual impairments (partial sighted or completely blind); and the marital status of the participants included single, engaged, married, and divorced.

Including criteria comprised all following three conditions: 1) being a member of a national team; 2) participation in Rio Paralympic games (2016), or Incheon Para-Asian games (2014), or London Paralympic games (2012), or Guangzhou Para-Asian games (2010); and 3) participation in Jakarta Para-Asian games (2018) training camps. Demographic characteristics of participants are summarized in Table 1.

Table 1. Characteristics of Para-Athlete Participants

| Athlete Demographics | | Para athletes |
|-------------------------------|--|---------------|
| Gender | Men | 40 |
| | Women | 20 |
| Age | 18-24 | 20 |
| | 25-34 | 27 |
| | 35-44 | 12 |
| | 45-49 | 1 |
| Educational status | Diploma | 31 |
| | Bachelor | 24 |
| | Master | 5 |
| Marital status | Single | 24 |
| | Married | 27 |
| | Engaged | 5 |
| | Divorced | 4 |
| Sport | Individual sport | 36 |
| | Team sport | 24 |
| Highest sporting level | Paralympic level | 35 |
| | Para Asian Level | 25 |
| Nature of impairment | Acquired | 45 |
| | Congenital | 15 |
| Type of impairment | Limb loss or deficiency (e.g., amputee) | 15 |
| | Muscle weakness (e.g., spinal cord injury, spina bifida, muscular dystrophies) | 16 |
| | Hypertonia, or dystonia (e.g., cerebral palsy) | 3 |
| | Sensory impairment (e.g., blind or visually impaired) | 26 |



2-2. Instruments

In this study, a semi-structured interview method was used. Stage 1 from the processes of collecting information included questions on family history and the history of participation in professional sport; containing questions aimed to make rapport with the athlete. Stage 2, included in-depth interview, pursuing athletes' attitudes towards themselves and their sport experiences. Samples of these questions were: "How do you describe yourself"? "What were the most important challenges you experienced in championship sport?"; "In what situations you perform worse?"; "How do you describe your experiences?"; Apart from the sports space, what challenges did you face?" "Have you experienced other areas?. In most cases, the request of "Would you elaborate on this"? Was used for in-depth exploration of the concept.

2-3. Procedure

This was a qualitative study using purposeful sampling and phenomenological analysis. To collect data, first, the agreement of National Paralympic Committee and the agreement of the head-coaches were obtained. Second, the aim of the study, the benefit of participating in the study, the confidentiality of the data, and the whole procedure were fully described to the athletes and they were asked to cooperate with the procedure and fill in the consent form. Finally, the time of the interview were settled. The duration of the interviews varied from 45 to 55 minutes; based on athletes' conditions and their will, a short rest was given in the midst of it. Interviews continued to the point of theoretical saturation and the contents of the interviews were carefully recorded. Participants were assured of confidentiality of the information and all of them signed the consent form.

2-4. Analysis

Thematic analysis was used to analyze data. Thematic analysis is indeed the analysis of people's emphasis on their feelings, their perceptions, and their experiences, and has many ways of presentation in phenomenological approach. Thematic analysis in this study consisted of six steps which in turn were: familiarization with the data, coding, searching for themes, reviewing themes, defining and naming themes, and inscription of the results (Clarke & Braun, 2013). To improve the credibility of the data, they were returned to the participants after analysis, to verify or to adjust them. To improve the confirmability of the findings, the procedure of the

active bracketing was employed to prevent researchers' assumptions from entering to the analysis. To improve the dependability of the findings, two colleagues who were well familiar with the procedure were asked to monitor the encoding, conceptualizing, and defining themes. Finally, participation of both genders with various level of socioeconomic status, in principle improved the transferability of the findings.

3. Results

Based on the analysis of the findings of this study, the most important challenges of Iranian Paralympic athletes are in two categories of psycho-social and psychological challenges (Table 2). Psycho-social class in three subclasses; and the psychological category was classified into six subcategories, which are identified in the table below. Psycho-social challenges varied according to gender, marital status, type of exercise, type of disability, and the nature of the disability injury. The highest family challenges were reported in female athletes with acquired disabilities and spinal cord injuries, and the highest occupational challenges were reported in male athletes with acquired disabilities and spinal cord injuries. Psychological challenges were reported in most athletes.

3-1. Psycho-social challenges

One of the challenges for Paralympic athletes has been the psychosocial challenges. The most important challenges of this class have been communicational, family, and financial problems. Communicational problems: The most communicational problems of the athletes in this study are not having a good relationship with the coach due to the feeling of discrimination and neglect by the coach; Problems communicating with teammates in dormitories and camps due to individual differences; and the challenge of communicating with the community was due to misunderstanding and neglect. Some athletes had communication problems because of their own characteristics or those of others.

"The coach only pays attention to the performances of the athlete he likes, he does not pay attention to my performances, so I cannot have a good relationship."

"My teammate in the dormitory has bad manners and does not take into account the public opinion, so I prefer not to have a relationship with him."

"People do not pay attention to my world officials, and they do not care about the Paralympic athletes."



Family problems: Family problems of these athletes in the form of separation or divorce; Lack of preparation and skills for marriage; Challenge with spouse due to distance from family; And caring for a small child. Most family challenges were reported in female athletes with acquired disabilities and spinal cord injuries. These athletes, who were more married or divorced, had more family management problems than single athletes.

"I broke up with my wife because of a misunderstanding. I was involved in the divorce process for a while and I got nervous."

"I am satisfied with my marriage, but my wife does not have the opportunity to pay attention to me because of her family."

"I think I'm not ready for marriage because it's hard to manage."

"When I get away from my newly married wife, my wife feels lonely."

"My young child is sick and needs care. I worry about him when I am in the camp."

Financial problems: Most athletes' financial problems are in the form of family financial issues; Job loss due to camps and competitions; Lack of proper work; and lack of working skills is more commonly reported in male athletes with acquired disabilities and spinal cord injuries. Also, married athletes faced more job and financial problems than single athletes.

"I lost my job because of camps and competitions."

"I can't find a good job because I don't have permanent time."

"At the beginning of my married life, I had financial problems with the cost of living due to the low income of my sports career".

3-2. Psychological challenges

Another challenge for Paralympic athletes is psychological issues. The most important challenges of this class were sports anxiety, concentration problems, sleep problems, depression problems, attention deficit hyperactivity disorder, and post-traumatic stress disorder, respectively. Exercise anxiety, concentration problems, sleep problems, and depression problems have been reported in most athletes (50 athletes).

Sports Anxiety: The most anxiety of athletes was in the form of signs of body tremor before swimming in competitions; fear of failure; Concern in unpredictable situations; Anxiety in difficult competition conditions; and the anxiety of scratching in the national team. Most athletes (50 athletes) had problems with sports anxiety and competitions but

they tried to use the mental skills they had learned from a sport psychologist to overcome their anxiety.

"I tremble with anxiety a few seconds before the start of the swimming competition."

"After a loss, I'm anxious not to lose again in the next match."

"I got anxious in the national team selection camp and could not perform well, I lost."

"The day before the match, because of change in classification, i was confused and could not win the match."

Concentration problems: Most of the concentration problems were in the form of lack of concentration in the start and end moments of the match, reduction of concentration in inappropriate situations such as negative teammates talking, changing position of the match, final, and seeing a very strong opponent. Most athletes (50) had moderate concentration problems.

"Most of the time in the first and last moments of the match I lose my focus and I can't perform well."

"When a teammate even jokes negatively, I lose focus."

"When I saw my opponent who was one of the best athletes, I lost myself and did not focus on the match."

Sleep problems: The most common sleep problems were sleeping late, not sleeping well, and jumping out of sleep near competitions, the problems of living in the camps, travel problems, accommodation problems in the play village area and jet lag. Most athletes (50) experienced sleep problems in a variety of models, some of which were more severe and longer (25). Some athletes experienced the use of sedatives in certain situations (15), while others preferred not to use the drug due to drowsiness the day after the race.

"Flying conditions on long distances disturb my sleep."

"Most of the time I can't sleep well in the first days of travel."

"I cannot sleep well the night before the first match and I wake up."

Depression: The most common problems and symptoms associated with depression in athletes was interruptions in exercise, decreased athletic performance, lack of motivation after failure, post-injury depression, post-Paralympic depression, depression caused by bereavement, and the experience of love failure. Most of the athletes (40) in this study experienced depression periodically in their lives and somehow experienced it with



different symptoms and intensities. The maximum duration of depression observed was 9 months, and only a small number of athletes (5) also experienced medication, the rest of the athletes (35) were either under the supervision of a consultant or improved over time.

"Until two months after the Paralympics, I was depressed and did not want to go back to sports."

"I felt sad and depressed for a month after the injury."

"After my mother died, I was in a difficult situation and I did not have the patience to go to training and I was unmotivated for three months."

"I had postpartum depression and I was not feeling well for 9 months and I was taking anti-depressant pills."

Attention Deficit Hyperactivity Disorder (ADHD): Problems such as decreased concentration and attention in training and competitions,

restlessness, distraction, stubbornness, and aggression were seen in a small number of athletes, only two athletes in adolescence for 5 years, they were undergoing medication.

"In some competitions, in very sensitive situations, I have trouble running due to restlessness, distraction, and aggression, which I try to control".

Post-Traumatic Stress Disorder (PTSD): In this study, only two athletes who had been suffering from PTSD for a year, the symptoms of this disorder in the form of problems were observed such as psychological damage caused by a severe friend accident; Flashbacks and nightmares; avoidance of exercise and education; and lack of association with anyone.

"When my friend died in front of my eyes in a motorcycle accident, I could not exercise for a year and I always remembered him".

Table 2. Challenges of Iranian Paralympic athletes

| Category | Subcategory | Code |
|--------------------------|--------------------------|---|
| Psychosocial challenges | Communicational problems | Not having a good relationship with the coach due to the feeling of discrimination and neglect by the coach Communication problem with teammates in dormitories and camps because of individual differences |
| | Family problems | Communication problem with the community because of misunderstanding and ignoring Separation or divorce Lack of preparation and skills for marriage Challenge with spouse due to distance from family Caring for a small child |
| | Financial problems | Financial issues of Family Job loss due to camps and competitions Lack of proper work Lack of non-sporting skills |
| Psychological challenges | Sports Anxiety | Body Trembling before swimming in competitions fear of failure Worry in unpredictable situations Anxiety in difficult competition conditions Scratch anxiety in the national team |
| | Concentration problems | Lack of concentration in the start and end moments of the competition, reduction of concentration in inappropriate situations such as negative teammates talking, changing the position of the competition, the final, seeing a very strong opponent |
| | Sleep problems | Sleeping late, not sleeping well and waking up near competitions due to life problems in the camps, travel problems, and accommodation problems at the location of the game village, jet lag |



| | |
|------------|---|
| Depression | Interruption in exercise, decreased sport performance, Being unmotivated post-failure, Post-injury depression, Post-Paralympic depression, Depression caused by grief, Experience the failure of love, and Immerse yourself |
| ADHD | Problems with concentration and attention, restlessness, distraction, stubbornness, anger |
| PTSD | Psychological damage caused by observing a severe accident of a close Friend, flashbacks and nightmares, avoiding sport and training, avoiding education, and not associating with anyone |

4. Discussion

In general, according to the purpose of this study, which was about the challenges of Iranian Paralympic athletes, the most important challenges of these athletes were divided into two categories: psychosocial and psychological challenges. The most important psychosocial challenges in the present study are communicational problems, family problems, and financial problems. The communicational problems of the athletes in this study are in the form of not having a good relationship with the coach due to the feeling of discrimination and neglect by the coach; communication problems with teammates in dormitories and camps due to individual differences; and the challenge of communicating with the community has been due to misunderstanding and neglect. Some athletes faced communication challenges because of their own characteristics or those of others. Studies show that psychological factors (such as hardiness, self-esteem), social factors (such as coaching behavior) and environmental factors (such as training conditions) can affect the sport performance and well-being of Paralympic athletes (J. J. Martin, Malone, & Hilyer, 2011) (J. J. Martin, 2008). Paralympic athletes are constantly confronted with physical pain, sports stress, functional limitations, psychological stressors, health risks, and unfair expectations (Fagher et al., 2016). Paying attention to these challenges can lead to better planning.

Another challenge for Paralympic athletes is psychological issues such as sport anxiety, concentration problems, sleep problems, depression problems, ADHD, PTSD. Compared to Olympic athletes, Paralympic athletes may have different moods and self-perceptions due to disability or life-threatening injuries (J. J. Martin et al., 2011). So, the well-being of Paralympic athletes may be affected by physical problems, communication, financial issues, and community attitudes about disability

(Iezzoni, 2009). Due to the conditions of professional sports and the pressure of competitions, it is normal for sport anxiety challenges to be seen in Paralympic athletes, because in some cases, they may have trouble sleeping the night before the competition or a decrease in concentration and consequently a decrease in performance sport. There are certain times when an athlete's mood swings, and he or she may experience symptoms such as sadness, lack of motivation, loss of mental energy, and lack of interest in exercise, which vary in intensity and duration. Many athletes find themselves in situations due to air travel, staying in camps or play villages, and Intra-city travel may face challenges and may problems with sleep quality (J. Martin, 2017). They may also experience depression, which in most athletes in this study is short-term, and in some women athletes who have been in the form of postpartum depression, have also experienced medication. Therefore, given that the rate of mental disorder, loneliness, depression, and victimization are higher in people with disabilities than other people (Roulstone, Thomas, & Watson, 2013), they need more attention.

Other psychological challenges for Paralympic athletes include ADHD, PTSD, which have been observed in some athletes at some point in their lives, and interrupted their exercise. Attention to psychological symptoms such as decreased focus on exercise, hyperactivity, confusion, dullness, and decreased sport performance in athletes can help a lot to prevent many psychological disorders.

Each of these challenges, whether psycho-social or psychological, can become bigger threats and problems if not managed with the athlete's coping skills and with the support of a coach and sport psychologist, which has irreparable consequences. Although exercise and physical activity can increase self-esteem, social growth, quality of life and life satisfaction in athletes with disabilities (Naderi, Sakinehpour, Farhadi, & Shabani, 2016), but it also brings a variety of challenges. In the research



literature, most of the challenges for Olympic athletes are in the form of topics such as extreme media attention (Gould, Greenleaf, Chung, & Guinan, 2002); Athlete-coach communication issues (Gould et al., 2002); Injuries and getting out of the normal routine (Greenleaf, Gould, & Dieffenbach, 2001); Competitive stress (Pensgaard & Ursin, 1998); And barriers such as financial problems, parental death, moral issues, and doping have been reported (Vernacchia, McGuire, Reardon, & Templin, 2000). Given the similarities between the challenging experiences of Olympic and Paralympic athletes (De Haan, 2015), they seem to have something in common. There are also some differences in the life experience associated with sport growth in Paralympic athletes that are significant (De Haan, 2015). Wellbeing weaknesses for athletes with disabilities and the Paralympics have been reported in the form of lack of purpose in non-sporting life, lack of self-acceptance, lack of overall identity, and the need to manage stress in stressful situations (Macdougall et al., 2016).

Just as sport superstars in Paralympic sports show a new image and structure of ability to the world and attract the attention of championship sport, some athletes with disabilities in different parts of the world may be waiting for sports opportunities to make exercise a part of their daily life, to be an option for their rehabilitation and also a factor to maintain the health and basis of a healthy person. The concept of Paralympic success should be considered beyond the realm of sport, so that for athletes with disabilities, it inspires the search for a long-term quality of life through exercise (Mauerberg-deCastro et al., 2016). Therefore, for the sport development of Paralympic athletes, need more attention to be paid to their challenges based on a comprehensive and integrated approach. Relying on an integrated approach, can be established a balance between health management and optimal sport performance (Dijkstra et al., 2014).

Given the psycho-social and psychological challenges of the present study, at the individual level, the need for psychological counseling interventions to help athletes create a positive sense of self in the most difficult challenges to understand that their value is not only based on sporting success. Strengthening athletes' self-concept and self-esteem makes them less likely to have mood and emotional problems. At the team level, group psychological counseling can also provide an opportunity to develop coping skills so that athletes with growing

sport goals and personal goals be able to deal with challenges more resiliently.

With regards to the limitations of this study, which did not examine the challenges of Paralympic athletes in all sports, more research is needed to explain the challenges of Paralympic athletes according to the type of sport.

5. Conclusions

The importance of conceptualizing paralympians' challenges is reflected in the identification of different issues and problems. Recognizing and understanding the kinds of challenges that paralympians' experience may help design the services required to support the athletes through this elite sporting experience. For the sport development of Paralympic athletes, need more attention to be paid to their challenges based on a comprehensive and integrated approach.

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چالش‌های روانی - اجتماعی ورزشکاران پارالمپیک ایران

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چکیده: مطابق نظر ون دولایت (۲۰۱۲) جنبه‌های روانشناختی ورزشکاران دارای معلولیت به همان اندازه جنبه‌های پزشکی دارای اهمیت است. هدف از این مطالعه بررسی چالش‌های روانی اجتماعی ورزشکاران پارالمپیک ایران با استفاده از رویکرد پدیدارشناسی کیفی بود. ۶۰ ورزشکار پارالمپیک (۴۰ مرد و ۲۰ زن) به وسیله نمونه‌گیری هدفمند و با استراتژی نمونه‌گیری معیار انتخاب شدند. برای جمع‌آوری داده‌ها از مصاحبه نیمه ساختاریافته استفاده شد و برای تحلیل داده‌های حاصل از مصاحبه‌های پدیدارشناسی از روش تحلیل تماتیک استفاده شد. بر اساس تحلیل یافته‌های حاصل از این پژوهش، مهم‌ترین چالش‌های ورزشکاران پارالمپیک در دو طبقه چالش‌های روانی اجتماعی (مسائل ارتباطی، خانوادگی و مالی) و روان شناختی (اضطراب ورزشی، مشکلات تمرکز، افسردگی، مشکلات خواب، ADHD و PTSD) قرار گرفتند که هر کدام دارای کدهای متعددی هستند. ورزشکاران پارالمپیک گزارش نمودند که نوسانات هیجانی قابل ملاحظه‌ای را در فضای ورزشی تجربه کردند و مشخص شد چگونه کارکردهای روانشناختی مانند محافظت از خود در ترکیب زندگی، ورزش حرفه‌ای و کارکردهای ارتباطی ورزشکار قرار می‌گیرد. اهمیت مفهوم سازی چالش‌های ورزشکاران پارالمپیک، مسائل و مشکلاتشان را مشخص می‌کند. تشخیص و درک انواع چالش‌هایی که ورزشکاران پارالمپیک تجربه می‌کنند، در طراحی خدمات ضروری برای حمایت ورزشکاران نخبه کمک خواهد نمود.

واژه‌های کلیدی: تحلیل مضمون، ورزشکاران پارالمپیک، مسائل روانشناختی؛

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این نماد به معنای مجوز استفاده از اثر با دو شرط است یکی استناد به نویسنده و دیگری استفاده برای مقاصد غیرتجاری.