

Self-perceptions and sport practice in adolescents with Special Educational Needs

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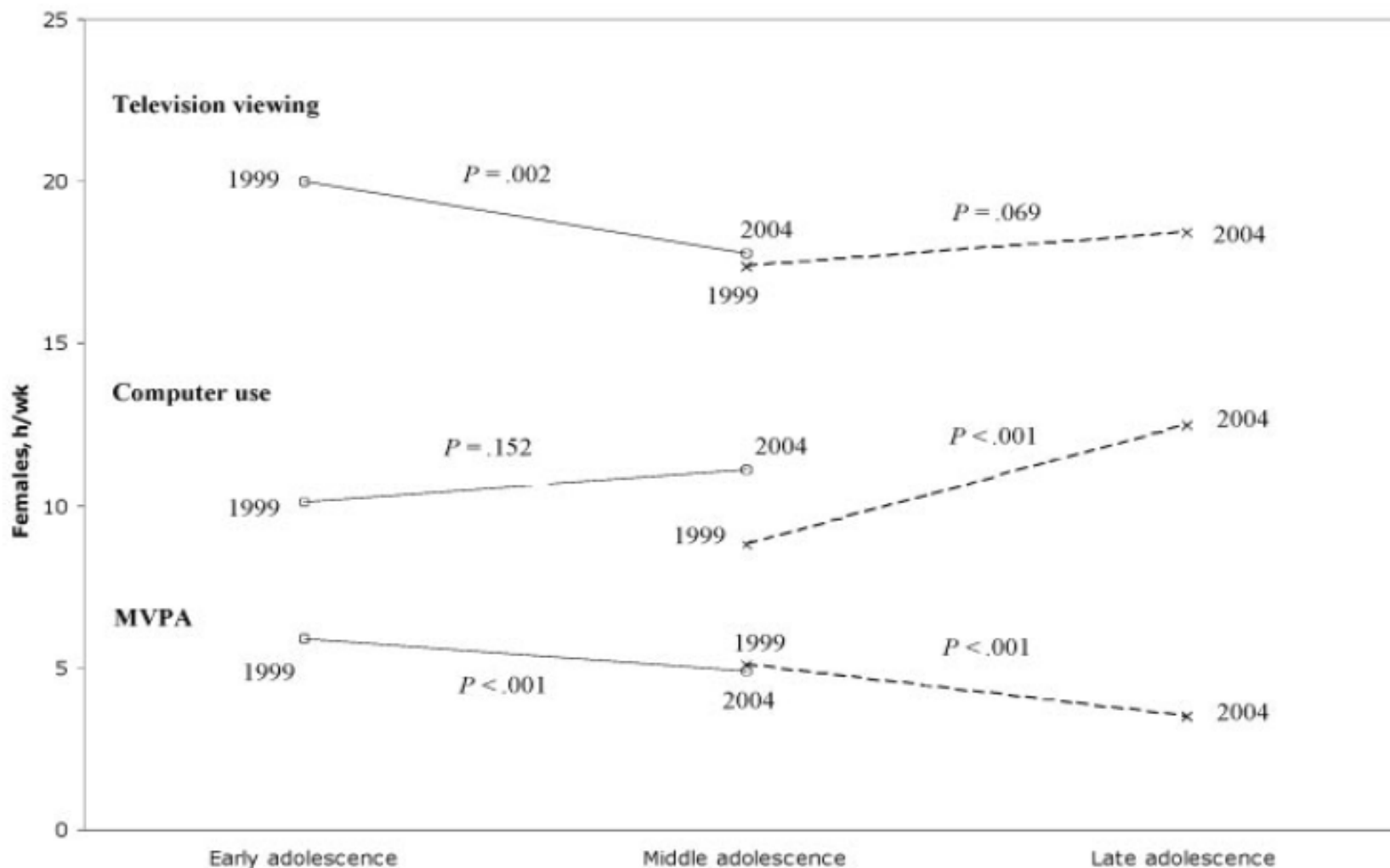
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“Self-perceptions of competence are a critical element and strong psychological factor in sport participation, and serve a variety of functions, such as the initiation and maintenance of individuals’ motivation for participating in sport, as well as the fulfillment of objectives.”



Harter, 1985; Yun & Ulrich, 1997

Physical activity trends in adolescence



Introduction

- Little research has been conducted to address **the relation between self-perceptions (athletic competence) and participation of adolescents with Special Educational Needs in sports.**
 - **The study of this association could be used to roughly identify groups of adolescents who are at risk of remaining physically inactive and, therefore, more prone to be unhealthy.**
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Objective

To evaluate the association between self-perceptions and regular sport practice in Portuguese adolescents, with special educational needs, aged 12-18 years old.



Participants

12344
Adolescents (12-18 yrs)

956 (8%)
Adolescents with SEN

40 excluded due to incomplete data
for key variables (sex, age and sport practice)

916
Final sample



Participants

	Female <i>n=420</i> %	Male <i>n=496</i> %
Age		
12-14 years	43	46
15-18 years	57	54
Parents' Education		
≤ 9 grade	68	60
> 9 grade	16	17
missing	16	23
Type of SEN		
Learning disabilities	68	59
Other disabilities	32	41



- **Portuguese Version of *the Self Perception Profile for Adolescents (SPPAp)***

(Fonseca AM et al. 2001)

8 Domains: Scholastic competence, social acceptance; athletic competence, physical appearance; romantic appeal, behavioural conduct, close friendship, self-esteem.

- **Health behaviour Inventory** (Corte-Real N, Balaguer I & Fonseca AM. 2004)

Sport Practice (outside of school):

Non practitioners – never practiced sport;

Reduced Sport Practice – practiced sport once a week or less;

Regular Sport Practice – practiced sport more than 2/ 3 times a week

Statistics

- Comparison of proportions – Chi square test (χ^2)
- Comparison of continuous variables - Mann-Whitney and Kruskal-Wallis tests
- Crude and adjusted *Odds Ratio* and 95% Confidence Intervals were calculated using multinomial logistic regression

Results

Sample distribution across classes of sport practice (SP), according to age, parents' educational level, and type of Special Educational Needs (SEN), by sex.

	Female			<i>p</i>	Male			<i>p</i>
	Non Practitioners	Reduced SP	Regular SP		Non Practitioners	Reduced SP	Regular SP	
	%	%	%		%	%	%	
	23	38	39		12	36	51	
Age								
12-14 years	29	37	34	0.039	14	36	50	0.320
15-18 years	19	39	42		10	36	54	
Parents' Education								
≤ 9 th grade	21	40	39	0.009	11	37	53	0.027
> 9 th grade	19	30	51		7	31	62	
missing	36	39	25		19	39	43	
Type of SEN								
Learning disabilities	25	40	35	0.159	8	37	55	0.009
Other disabilities	21	34	45		17	36	47	

Results

Means and standard deviations of self-perception variables, according to sex

	FEMALE		MALE		<i>p</i>
	<i>n</i>	<i>Mean (sd)</i>	<i>n</i>	<i>Mean (sd)</i>	
Scholastic Competence	420	2.29 (0.62)	496	2.48 (0.59)	<0.001
Social Acceptance	420	2.75 (0.68)	496	2.81 (0.61)	0.300
Athletic Competence	420	2.38 (0.72)	496	2.73 (0.69)	<0.001
Physical Appearance	420	2.29 (0.89)	495	2.54 (0.76)	<0.001
Romantic Appeal	420	2.41 (0.67)	494	2.60 (0.64)	<0.001
Behavioural Conduct	420	2.43 (0.73)	494	2.40 (0.74)	0.619
Close Friendships	420	2.65 (0.85)	493	2.63 (0.73)	0.415
Self-Esteem	420	2.55 (0.79)	494	2.82 (0.67)	<0.001

Results

Means and standard deviations of self-perception variables according to sport practice, by sex.

Female	Sport Practice			p
	Non-existent <i>Mean (sd)</i>	Reduced <i>Mean (sd)</i>	Regular <i>Mean (sd)</i>	
Scholastic Competence	2.28 (0.60)	2.27 (0.59)	2.32 (0.65)	0.851
Social Acceptance	2.73 (0.61)	2.69 (0.70)	2.82 (0.70)	0.146
Athletic Competence	2.18 (0.62)	2.33 (0.73)	2.56 (0.72)	<0.001
Physical Appearance	2.40 (0.88)	2.22 (0.89)	2.29 (0.89)	0.332
Romantic Appeal	2.39 (0.67)	2.36 (0.65)	2.47 (0.69)	0.372
Behavioral Conduct	2.50 (0.70)	2.43 (0.75)	2.39 (0.73)	0.436
Close Friendships	2.75 (0.82)	2.57 (0.84)	2.66 (0.87)	0.220
Self-Esteem	2.57 (0.72)	2.54 (0.84)	2.54 (0.77)	0.981

Male	Sport Practice			p
	Non-existent <i>Mean (sd)</i>	Reduced <i>Mean (sd)</i>	Regular <i>Mean (sd)</i>	
Scholastic Competence	2.45 (0.47)	2.53 (0.58)	2.45 (0.62)	0.624
Social Acceptance	2.74 (0.51)	2.75 (0.62)	2.86 (0.61)	0.056
Athletic Competence	2.47 (0.63)	2.67 (0.67)	2.83 (0.70)	<0.001
Physical Appearance	2.52 (0.58)	2.50 (0.71)	2.57 (0.83)	0.453
Romantic Appeal	2.50 (0.56)	2.62 (0.63)	2.60 (0.66)	0.498
Behavioral Conduct	2.58 (0.59)	2.27 (0.74)	2.45 (0.76)	0.007
Close Friendships	2.74 (0.60)	2.57 (0.75)	2.65 (0.74)	0.262
Self-Esteem	2.77 (0.48)	2.81 (0.64)	2.83 (0.74)	0.425

Results

Means and standard deviations of self-perception variables according to sport practice, in females, by age groups.

12-14 years	Sport Practice			p
	Non-existent <i>Mean (sd)</i>	Reduced <i>Mean (sd)</i>	Regular <i>Mean (sd)</i>	
Scholastic Competence	2.23 (0.57)	2.30 (0.58)	2.33 (0.61)	0.752
Social Acceptance	2.84 (0.46)	2.76 (0.60)	2.84 (0.61)	0.707
Athletic Competence	2.18 (0.52)	2.32 (0.67)	2.58 (0.67)	0.004
Physical Appearance	2.54 (0.82)	2.30 (0.67)	2.41 (0.88)	0.315
Romantic Appeal	2.45 (0.60)	2.34 (0.65)	2.52 (0.66)	0.323
Behavioral Conduct	2.65 (0.55)	2.52 (0.71)	2.49 (0.75)	0.655
Close Friendships	2.78 (0.76)	2.76 (0.81)	2.70 (0.82)	0.935
Self-Esteem	2.76 (0.54)	2.65 (0.80)	2.58 (0.77)	0.693
15-18 years	Non-existent <i>Mean (sd)</i>	Reduced <i>Mean (sd)</i>	Regular <i>Mean (sd)</i>	p
Scholastic Competence	2.33 (0.63)	2.25 (0.60)	2.31 (0.68)	0.723
Social Acceptance	2.61 (0.72)	2.63 (0.76)	2.81 (0.75)	0.098
Athletic Competence	2.19 (0.72)	2.33 (0.78)	2.55 (0.75)	0.023
Physical Appearance	2.23 (0.93)	2.16 (0.92)	2.22 (0.91)	0.896
Romantic Appeal	2.33 (0.74)	2.38 (0.65)	2.44 (0.70)	0.487
Behavioral Conduct	2.34 (0.82)	2.36 (0.77)	2.34 (0.72)	0.993
Close Friendships	2.72 (0.88)	2.43 (0.84)	2.64 (0.90)	0.092
Self-Esteem	2.37 (0.84)	2.46 (0.86)	2.52 (0.78)	0.554

Results

Means and standard deviations of self-perception variables according to sport practice, in males, by age groups.

12-14 years	Sport Practice			p
	Non-existent <i>Mean (sd)</i>	Reduced <i>Mean (sd)</i>	Regular <i>Mean (sd)</i>	
Scholastic Competence	2.48 (0.44)	2.57 (0.56)	2.50 (0.61)	0.973
Social Acceptance	2.82 (0.47)	2.75 (0.53)	2.91 (0.55)	0.094
Athletic Competence	2.46 (0.60)	2.72 (0.59)	2.93 (0.64)	0.003
Physical Appearance	2.55 (0.63)	2.58 (0.67)	2.61 (0.68)	0.860
Romantic Appeal	2.44 (0.50)	2.57 (0.63)	2.71 (0.62)	0.053
Behavioral Conduct	2.60 (0.55)	2.35 (0.68)	2.59 (0.70)	0.034
Close Friendships	2.74 (0.55)	2.61 (0.66)	2.76 (0.66)	0.203
Self-Esteem	2.83 (0.45)	2.83 (0.62)	2.88 (0.65)	0.725
15-18 years	Non-existent <i>Mean (sd)</i>	Reduced <i>Mean (sd)</i>	Regular <i>Mean (sd)</i>	p
Scholastic Competence	2.42 (0.50)	2.49 (0.59)	2.41 (0.63)	0.556
Social Acceptance	2.65 (0.55)	2.75 (0.70)	2.83 (0.66)	0.217
Athletic Competence	2.48 (0.67)	2.62 (0.72)	2.76 (0.73)	0.056
Physical Appearance	2.48 (0.53)	2.44 (0.73)	2.54 (0.93)	0.505
Romantic Appeal	2.57 (0.62)	2.67 (0.62)	2.51 (0.68)	0.202
Behavioural Conduct	2.55 (0.63)	2.21 (0.78)	2.34 (0.78)	0.095
Close Friendships	2.73 (0.68)	2.52 (0.83)	2.57 (0.79)	0.543
Self-Esteem	2.69 (0.51)	2.80 (0.66)	2.79 (0.80)	0.491

Results

Association (Odds Ratio) and confidence interval (95% CI) between self-perception variables and sport practice, separately by sex.

	Reduced Sport Practice		Regular Sport Practice	
	OR (95% CI)	Adj OR* (95% CI)	OR (95% CI)	Adj OR* (95% CI)
Female				
Scholastic Competence	0.99 (0.66-1.48)	0.99 (0.65-1.50)	1.11 (0.74-1.67)	1.06 (0.70-1.62)
Social Acceptance	0.91 (0.63-1.32)	0.94 (0.64-1.38)	1.23 (0.84-1.78)	1.25 (0.85-1.84)
Athletic Competence	1.34 (0.93-1.94)	1.36 (0.94-1.98)	2.16 (1.49-3.14)	2.16 (1.47-3.15)
Physical Appearance	0.80 (0.60-1.06)	0.82 (0.61-1.09)	0.87 (0.66-1.16)	0.91 (0.68-1.21)
Romantic Appeal	0.93 (0.63-1.35)	0.52 (0.65-1.40)	1.19 (0.81-1.73)	1.23 (0.84-1.82)
Behavioral Conduct	0.87 (0.61-1.23)	0.90 (0.63-1.28)	0.81 (0.57-1.15)	0.85 (0.60-1.22)
Close Friendships	0.77 (0.57-1.04)	0.79 (0.59-1.08)	0.88 (0.65-1.19)	0.91 (0.67-1.25)
Self-Esteem	0.95 (0.69-1.30)	0.99 (0.71-1.37)	0.95 (0.69-1.31)	1.01 (0.37-1.41)
Male				
	OR (95% CI)	Adj OR* (95% CI)	OR (95% CI)	Adj OR* (95%CI)
Scholastic Competence	1.24 (0.75-2.04)	1.23 (0.73-2.01)	0.99 (0.61-1.61)	0.99 (0.60-1.64)
Social Acceptance	1.01 (0.62-1.64)	1.06 (0.45-1.75)	1.39 (0.87-2.22)	1.50 (0.92-2.45)
Athletic Competence	1.52 (0.99-2.32)	1.51 (0.97-2.36)	2.18 (1.43-3.30)	2.11 (1.36-3.27)
Physical Appearance	0.97 (0.66-1.43)	0.96 (0.64-1.42)	1.09 (0.75-1.59)	1.08 (0.74-1.59)
Romantic Appeal	1.35 (0.85-2.15)	1.28 (0.80-2.04)	1.26 (0.81-1.98)	1.19 (0.76-1.87)
Behavioral Conduct	0.56 (0.37-0.85)	0.59 (0.38-0.89)	0.78 (0.52-1.16)	0.83 (0.55-1.25)
Close Friendships	0.72 (0.48-1.09)	0.71 (0.46-1.08)	0.85 (0.58-1.26)	0.85 (0.56-1.28)
Self-Esteem	1.10 (0.72-1.70)	1.00 (0.64-1.57)	1.14 (0.75-1.72)	1.01 (0.65-1.56)

*Adjusted OR for age, parents' educational level and type of SEN

There is a relation between athletic competence self-perception and the involvement in regular Sport Practice in adolescents with Special Educational Needs

Thank you for your attention!

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