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## Adaptation strategies management and its role in the integration people with disabilities into the Iraqi National Paralympic Committee

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### Abstract

The management of adaptation strategies is considered one of the most important pillars from which people with special needs start towards practicing various sports activities in proportion to their physical abilities, attitudes and inclinations, in a way that enhances their social standing and makes them an effective element in their environment. The work of the Iraqi National Paralympic Committee is perhaps to support this important segment in society both technically and administratively. The research dealt with the impact and the relationship of these two variables, and the researcher attempted to present a practical analytical framework for the opinions of a selected sample of disabled players who answered to the management of adaptation strategies scale (independent variable), and the workers of the Iraqi National Paralympic Committee who answered the scale of integration of people with disabilities (dependent variable), and the relationship and impact between the variables result from understanding the methodology of improvement and management of its direction in the future, which is one of the most important roles of the administrative leadership at the present time. The research was initiated from a problem expressed by the care for people with disabilities, which is a matter of national security that prevents us from falling into many psychological and physical problems. They are the silent wealth of the nation whose voice must be heard by the world, especially after the number of Asian and international achievements made by the Iraqi National Paralympic Committee recently, despite the lack of regular players in sporting events within the committee. The aim of the research is to identify the role of strategic adaptation management in the integration of people with disabilities into society, as well as the relationship resulting from this adaptation in their involvement in suitable sports events in proportion to their preferences and inclinations. The researcher has specified the spatial scope of the study at the headquarters of the Iraqi National Paralympic Committee, and the temporal scope for the period from 1/1/2023 to 15/4/2023, in addition to the personnel represented by the administrative, technical, and player staff within the Iraqi National Paralympic Committee, the researcher examined the relationship and influence between "The management of adaptation strategy," which represents the behaviour of disabled, and "integration of people with disabilities." which represents the behaviour of sports leadership within the Iraqi National Paralympic Committee. Through this research, several theoretical and practical conclusions were reached, the most important of which are as follows: 1- There is a significant relationship between the management of adaptation strategy and the integration of people with disabilities. 2- The (dependent variable) integrating people with disabilities in the research sample was significantly affected by the (independent variable) managing the adaptation strategy. The researcher recommended that the Iraqi National Paralympic Committee adopts a specific and well-planned policy in the field of integrating people with disabilities, and this includes the existence of action plans and work programs to implement such a policy in order to optimize the utilization of their abilities.

### Keywords

Adaptation Strategies , Integration of the people with disabilities , Paralympic Committee

## **Introduction:**

The Iraqi National Paralympic Committee is considered a pioneer in the integration of people with disabilities and empowering them to become productive and influential members of their society. In the era of rapid change, scientific and technological advancements, and social development, therefore, exaggerating the complexity of individuals' lifestyles, whether they are players or involved in administrative work, has led to the emergence of psychological tensions. This has resulted in increased frustration and a reduced participation in sports activities due to their inability to cope with the rapid changes. From here, the research problem arose in how to manage adaptation strategies for people with special needs and explain the relationship and impact of their integration by the Iraqi National Paralympic Committee in their desire for sports and overcoming the difficulties they faced. They are the specialists who support this segment, which has come to represent a wide range of our Iraqi society due to the crises and wars it has experienced. This prompted the researcher to feel the importance of the current research in achieving a cohesive society that looks with a sense of social responsibility. This prompted the researcher to recognize the importance of the current research in achieving a cohesive society that looks with a sense of social responsibility towards integrating roles in influencing the motivation of people with special needs to represent their country at the Arab, Asian, and global levels in order to achieve sports achievement. The research aimed to find out the effect of managing adaptation strategies on integrating the people with disabilities into society, as well as the relationship resulting from this adaptation in their engagement in suitable sports activities in proportion to their preferences and inclinations. The researcher defined the spatial scope of his research at the headquarters

of the Iraqi National Paralympic Committee, and the temporal one for the period from 1/1/2023 to 15/4/2023. The human component includes the administrative, technical, and player staff within the Iraqi National Paralympic Committee. The researcher has defined the spatial scope of their research to be conducted at the premises of the Iraqi National Paralympic Committee. The temporal scope of the research will span from January 1, 2023, to April 15, 2023, in addition to the human component represented by the administrative, technical, and player staff within the Iraqi National Paralympic Committee.

The previous studies reviewed by the researcher, a collective agreement was identified on the importance of managing adaptation strategies in integrating the physically and mentally handicapped, each separately. (Raghdaa Fouad) concluded in her study titled (Mutual social trust and its relationship to a sense of self among people with physical disabilities with and without practicing sports activities) (5) that the nature of the practice of sports activities works to improve many psychological variables, including mutual social trust and self-respect. This is what the researcher has endeavoured to prove it, while the study conducted by (Sahab Ismail and Najlaa Abbas), titled (an analytical study of the psychological adaptation of the teaching staff of the colleges of physical education and sports sciences in Baghdad when they used e-learning) (7) aimed to determine the level of psychological adaptation among college members of physical education and sports sciences in Baghdad when using e-learning, and the study (Safa Ali and Maysa Nadim) titled (a study of the personal characteristics of physical education teachers towards integrating students with special needs physically for secondary schools in Baghdad) (8) aimed to prepare a measure of the personal characteristics of

physical education teachers in secondary schools in Baghdad and classify them according to the characteristics towards integrating people with special needs physically, the study conducted by (Ikhlas Abdul Hameed and Sahera Razzaq), titled (Psychological prosperity among female university students practicing and not practicing sports) (1), aimed to explore the psychological prosperity among female university students in the colleges of Physical Education and Sports Sciences and some students from other colleges, considering the circumstances faced by the Iraqi society, While (Ayman Waleed and Thamer Mahmoud) in their study entitled (Self-compassion and its relationship to psychological and sports frustration among football club players in Nineveh Governorate) (2) concluded that there is a significant (inverse) relationship between self-compassion and psychological and sports frustration, where In both of them, the degree of self-compassion increased. Whereas an increase in self-compassion was accompanied by a decrease in sports-related psychological frustration among football club players in Nineveh Governorate. Based on the previous studies, the researcher observed the lack of Iraqi administrative literature that addresses the management of adaptation strategies in the integrating the people with disabilities within the Iraqi National Paralympic Committee. This led the researcher to delve into studying the relationship and impact between these two

variables. The main objective of the research was to investigate the extent to which the management of adaptation strategies among disabled athletes affects the commitment of the Iraqi National Paralympic Committee towards integrating them athletically and socially.

**Method and Procedures:**

**Research Methodology:**

The research adopted a descriptive-analytical methodology by studying the relationship and impact between the researched variables by collecting relevant data from the research sample individuals and analysing it.

**The Research Sample:**

The current research community included the administrative and technical staff and the players within the Iraqi National Paralympic Committee, and the research sample consisted of the following:

- 1- The players with special needs in the participating teams and national squads are (90) players.
- 2- The administrative and technical staff in the Iraqi National Paralympic Committee are (70) individuals.
- 3- The survey experimental sample, consisting of (5) individuals for each scale.

Table (1) illustrates the distribution of the sample included in the research.

**Table (1)**

**It shows the distribution of the sample included in the research**

Seq.	Target category	Construction sample	Survey sample	Application sample
1	The registered disabled athletes in the Iraqi National Paralympic Committee.	30	5	60
2	The administrative and technical staff of the Iraqi National Paralympic Committee	30	5	40
<b>Total</b>		<b>60</b>	<b>10</b>	<b>100</b>

### **Research tools:**

The research tool refers to "the mean or method through which the researcher can solve a particular problem, regardless of the nature of these tools (data or devices)". (12) In the current research, and due to its nature and objectives, two tools (scales) are required, which are:

- 1- Scale of Adaptation Strategies Management.
- 2-Scale of Integration of the people with disabilities.

Since the researcher was unable to obtain these two scales previously prepared by other researchers in the sports field - to the best of his knowledge - the researcher prepared these two scales following the scientific steps for developing educational and psychological scales, as follows:

### **Defining the concepts of managing adaptation strategies and the integration of people with disabilities:**

Through the researcher's review of some literature and previous studies that addressed these two concepts, the researcher has defined the concepts, particularly in the sports field.

Preparing the paragraphs of the two scales: -

In light of the description of each scale, the researcher formulated the paragraphs of the scales using a self-reporting approach and narrative statements. Each scale consisted of 20 paragraphs, with five-graded alternatives for the answer (no, rarely, sometimes, often, always) and grades (1, 2, 3, 4, 5) are given upon correction respectively, for the following reasons (14): -

- 1- Providing a more homogeneous scale.
- 2- It allows the respondent to indicate the degree and intensity of his feelings.
- 3- It allows greater variability among individuals.
- 4- It has high reliability and validity.

### **Logical analysis of items (validity of items)**

Ebel (15) indicates that logical analysis is a fundamental and important step in constructing scales, and that the best way to ensure the apparent validity of the items is to have a number of experts and specialists by evaluating their suitability for measuring the characteristic for which they were developed, and based on this foundation, and after formulating the paragraphs of the scales for managing adaptation strategies and integrating of people with disabilities, with a total of 20 items for each scale, the researcher presented them to (9) experts(\*) specialized in sports management, testing and measurement, psychology, and asked them to examine each item and provide their opinions on its validity. The experts were discussing with the researcher each item in terms of ideas formulation and content of the items. The researcher finalized the two scales with their initial formulations, and the scales were settled on 20 items each one with a 100% agreement rate among the experts.

### **The psychometric (standard) characteristics of the two scales: -**

The characteristics of (validity and discrimination) of the item are among the most important standard characteristics that should be ensured when constructing educational and psychological scales, as the validity and reliability of the scale depend greatly on the characteristics of its items.

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\* See appendix (1)

As Ali Kadhem points out in his dissertation, "Item analysis is the study that relies on logical, statistical, and experimental analysis of the test units for the purpose of understanding their characteristics, and deleting, modifying, replacing, adding, or rearranging these items to achieve a stable, valid, appropriate test in terms of length and difficulty" (9).

The discriminative power of the items in the two scales.

Through the discriminative power of the items in the two scales, it is possible to identify differences between individuals who obtain high scores and those who obtain low scores in the trait being measured. Therefore, "the goal of item analysis is to keep the items with high discrimination, which are the good items in the test". (3). To calculate the discriminative power of the items in the two scales for strategic adaptation management and integration of people with disabilities, the researcher transcribed the responses of the (construction sample), which amounted to (30) individuals for each scale. The total score for each respondent's form was determined, and the scores of the sample individuals were arranged from the highest total score to the lowest. Then, the two

extreme groups in the total score were identified at a rate of 50%, where the number of forms for the upper group was (15), compared to (15) forms for the lower group. Specialists in measurement and evaluation indicate that this proportion is considered valid if the sample size is small, i.e., less than (80) individuals. (6)

The researcher used the (t-test) for two independent samples to calculate the significance of the difference in each item between the two extreme groups in the total score for each scale separately, based on the calculated (t-value) representing the discriminative power of the item, since all the items in the two scales have a statistically significant discriminative ability under the significance level (0.05), therefore no item was omitted. It can be said that the two scales have good discriminative power, and tables (2 and 3) illustrate this.

Table (2)

It shows the discriminative power of the items in the adaptive strategies management scale.

Item N.	The lower group		The upper group		The calculated (t) value.	The discriminative power of the item
	A	STD	A	STD		
1	4.13	0.640	4.20	0.561	4.303	characteristic
2	3.93	0.594	4.27	0.594	4.303	characteristic
3	3.93	0.594	4.27	0.594	3.538	characteristic
4	3.47	0.516	4.53	0.640	4.538	characteristic
5	3.80	0.561	4.60	0.507	4.538	characteristic
6	3.80	0.561	4.33	0.900	3.538	characteristic
7	4.20	0.414	4.33	0.617	5.024	characteristic
8	3.67	0.976	4.60	0.632	5.024	characteristic
9	3.67	0.617	3.80	1.014	4.099	characteristic
10	3.60	0.632	4.13	1.060	4.099	characteristic
11	3.73	0.458	4.33	0.617	5.948	characteristic
12	3.27	0.799	4.27	0.594	5.948	characteristic
13	3.73	0.704	4.33	0.617	3.695	characteristic
14	3.60	0.507	4.07	0.704	4.695	characteristic
15	3.73	0.799	4.67	0.488	3.108	characteristic
16	3.67	0.724	4.13	0.743	5.108	characteristic
17	3.60	0.507	4.33	0.488	4.435	characteristic
18	3.67	0.488	4.53	0.516	4.435	characteristic
19	3.73	0.458	4.33	0.488	3.673	characteristic
20	3.73	0.458	4.27	0.884	5.673	characteristic

**Table (3)**

It shows the discriminative power of the items in the integration of disabled scale.

Item N.	The lower group		The upper group		The calculated (t) value.	The discriminative power of the item
	A	STD	A	STD		
1	3.60	0.910	4.13	0.640	3.856	characteristic
2	3.67	0.724	4.40	0.507	4.856	characteristic
3	3.73	0.594	4.33	0.488	3.214	characteristic
4	3.67	0.617	4.47	0.516	3.214	characteristic
5	3.80	0.561	4.33	0.488	3.024	characteristic
6	3.40	1.056	4.33	0.816	5.024	characteristic
7	3.93	0.458	4.27	0.458	3.850	characteristic
8	3.87	0.640	4.60	0.507	4.850	characteristic
9	3.80	0.676	4.13	0.640	2.779	characteristic
10	3.60	0.737	4.40	0.507	5.779	characteristic
11	3.60	0.507	4.47	0.516	2.709	characteristic
12	3.27	0.704	4.33	0.488	2.709	characteristic
13	3.53	0.516	4.53	0.516	4.994	characteristic
14	3.87	0.516	4.47	0.516	3.994	characteristic
15	3.93	0.704	4.60	0.507	3.479	characteristic
16	3.87	0.640	4.00	0.655	3.479	characteristic
17	3.73	0.704	4.27	0.458	4.387	characteristic
18	3.53	0.834	4.40	0.507	4.387	characteristic
19	3.67	0.724	4.13	0.352	3.464	characteristic
20	3.67	0.617	4.27	0.594	5.464	characteristic

**The internal consistency coefficient for the items of the two scales:**

In order to verify the homogeneity of the items, the internal consistency coefficient provides us with evidence of this. "The internal consistency coefficient is the correlation coefficient between the scores of each item and the total score of the scale." (10)

The researcher used the law of simple correlation coefficient (Pearson) to extract the correlation between each paragraph and the total score of the scale, using the statistical bag (spss).

(Allen & yen, 1979) confirms that "the greater the correlation coefficient of the item with the

total number, the more its inclusion in the scale increases the probability of obtaining a more homogeneous scale." (13)

Given that all the items that were retained in the two scales had their consistency coefficients and their ability to discriminate with a statistical significance below a significance level (0.05), therefore no items were discarded. Therefore, it can be said that the two scales have good construct validity. Tables 4 and 5 show the internal consistency coefficient for the items of the two scales with the scale as a whole.

**Table (4)**

It shows the internal consistency coefficient for the items of the strategic adaptation management scale.

Item	The value of (r)	Item	The value of (r)	Item	The value of (r)
1	0.638**	8	0.584**	15	0.802**
2	0.458*	9	0.442*	16	0.387*
3	0.572**	10	0.397*	17	0.629**
4	0.757**	11	0.581**	18	0.734**
5	0.742**	12	0.577**	19	0.545**
6	0.452*	13	0.470**	20	0.418*
7	0.460*	14	0.361*		

**Table (5)**

**It shows the internal consistency coefficient of the items of the disabled inclusion scale**

Item	The value of (r)	Item	The value of (r)	Item	The value of (r)
1	.413*	8	.681**	15	0.739**
2	.567**	9	.407*	16	0.421*
3	.635**	10	.662**	17	0.674**
4	.641**	11	.721**	18	0.743**
5	.581**	12	.532**	19	0.582**
6	.513**	13	.654**	20	0.644**
7	.495**	14	.644**		

Reliability of the two scales.

"Test reliability is the consistency of scores that the same individuals achieve in different settings" (11). To determine the reliability of the two scales and as there are several methods for calculating it, the researcher relied on the use of the reliability analysis method using the Cronbach's alpha equation from the scores of the (construction sample), which consisted of (30) individuals for each scale, to obtain the reliability of the two scales as it is one of the most commonly used reliability methods. "This method measures the internal homogeneity of the scale items, and the homogeneity of the scale

items indicates the extent of the consistent performance of the examinees on all the questions that make up the scale." (4).

After the researcher had transcribed the scores obtained related to the scores of (30) individuals for each scale from the (construction sample), and calculated the item scores and the total score for each respondent, the (alpha-Cronbach) equation was used. The reliability coefficient for each scale was as shown in Table (6) and it is a good reliability coefficient according to Foran's opinion.

**Table (6)**

**It shows the Cronbach's alpha values for the two scales.**

Seq.	The scale	Alpha-Cronbach
1	Adaptation strategies management	0.732
2	Inclusion of people with disabilities	0.750

**Applying the two scales to the main sample (application sample): -**

The researcher started the distribution of the questionnaire to individuals (the application sample), who are: -  
(disabled players in the Iraqi National Paralympic Committee, numbering 60 players to answer the scales of managing adaptation strategies) and (the administrative and technical staff in the Iraqi National Paralympic Committee, numbering 40 individuals to answer the scale of integration people with disabilities), and after completing the implementation of the research steps, the researcher collected the data of the two scales from all members of the research sample and arranged them in tables in

preparation for processing them statistically to present and analyse the results.

Statistical Treatments: -

The statistical data was processed by using the Statistical Package for the Social Sciences (SPSS).

Results: -

Analysis of the responses from the research sample: -

The average score of the adaptation strategies management in the research sample was (77.68), which is higher than the theoretical average of the scale (60), with a standard deviation of (5.633). The difference was statistically significant at a significance level of (0.001), as the calculated (t-value) was (38.491), which is

higher than the (t-value) with a degree of freedom of (59).

The average score for the integration of people with disabilities in the research sample was (79.50), which is higher than the theoretical average of the scale (60), with a standard

deviation of (7.726). The difference was statistically significant at a significance level of (0.001), as the calculated t-value was (65.079), which is higher than the t-value with a degree of freedom of (39). Table (7) illustrates this.

**Table (7)**

**It shows the arithmetic mean and standard deviation of the two scales within the research sample.**

Seq.	The scale	Number of samples	Arithmetic mean	Standard deviation	The calculated (T) value	significance level
1	The management of adaptation strategies	60	77.68	5.633	38.491	0.000
2	Inclusion of people with disabilities	40	79.50	7.726	65.079	0.000

**Correlation Analysis: -**

In continuation of the descriptive and diagnostic operations based on the data from the descriptive analysis, the correlation relationships between the research variables were identified. As

indicated in Table (8), there are positive statistically significant correlation relationships between the independent variable (management of adaptation strategies) and the dependent variable (integration of people with disabilities).

**Table (8)**

**Correlation coefficient (Pearson) between the variables of the study**

The independent variable	Adaptation strategies management
The dependent variable	
Inclusion of the disabled	0.969**

\*\* (Statistically significant at a significance level) 0.001(

**Analysis of the impact of adaptation strategies management in integration of people with disabilities:**

The results of the Durbin-Watson test indicate that we have a single independent variable named (management of adaptation strategies) and the dependent variable represented by (integration of people with disabilities). It is also clear from the results obtained that the management of adaptation strategies plays a significant role in integrating people with disabilities at a significance level of (0.001). The value of (B1), which represents the regression coefficient of the independent variable, is (0.491), and the calculated (T) value is (24.283),

both significant at a level of (0.001). This reflects the significance of the model.

Table (9) shows the variance analysis reveals that the calculated F-value is (589.666), which is significant at a significance level of (0.001). The explanatory ability of this model is excellent, as the coefficient of determination (R<sup>2</sup>) is (0.939), and the adjusted coefficient of determination is (0.938). This indicates that the independent variable (management of adaptation strategies) explains (93.9%) of the variation in the dependent variable. In other words, (93.9%) of the behavior of the dependent variable (integration of people with disabilities) is determined based on the independent variable (management of adaptation strategies). About



(6.1%) of the changes in the dependent variable (integration of people with disabilities) are due to other variables not included in the research model. The researcher believes that it is possible

these variables, not included in the study, could be the existing laws and regulations for people with disabilities.

Table (9)

It shows the analysis of variance for the regression model and the effect between managing adaptation strategies and integrating people with disabilities

Source of variance	Sum of squares	Degrees of freedom	mean squares	F-test value	significance
Regression	562.172	1	562.172	589.666	0.000
Residuals	36.228	58	0.953		
Total	598.400	59			

**Conclusions:**

The researcher concluded the following:

1- The attitudes of sports leaders in the Iraqi National Paralympic Committee towards integrating people with disabilities are generally positive, which could be attributed to the following:

- The development of adaptation strategies among people with disabilities recently.
- Active cooperation from the families of people with disabilities in involving their children in beneficial activities.
- The contribution of developmental courses in expanding the extent of their perception, knowledge, and understanding to maximize the involvement of people with disabilities.
- Flexibility in work and independence in the strategic decision-making process.
- The increasing government support towards this segment through media marketing of their achievements.

2- The field research data revealed the existence of a positive correlation between adaptation strategies management and integrating individuals with disabilities. This highlights the importance of raising awareness among these individuals to improve their inclusion in various sports activities.

3- The field research data indicated a significant influence on the integration of individuals with disabilities in the research sample due to their management of adaptation strategies, which

makes thinking necessary to adopt plans and programs that support people with disabilities and help them discover their talents.

4- The integration of individuals with disabilities is not an accidental or seasonal process, but continuous, connected, and recurring activities to enrich and expand abilities in the sports field.

5- In affirmation of this continuous renewal in activities for the integration of individuals with disabilities, the role of administrative leadership emerges in attracting the players in the research sample and choosing for them trained, specialized staff who are willing to carry the message of renewal and purposeful development and who have the financial and technical capabilities that assist them in diagnostic and analytical studies of similar experiences and future indicators in order to provide appropriate innovative alternatives.

**The researcher recommended the following:**

1. Active coordination between the Iraqi National Paralympic Committee and the Ministry of Labour and Social Affairs.
2. The state adopts measures that facilitate the transportation of disabled athletes from their training centres to their places of residence.
3. The necessity of providing equal opportunities for players to meet their training needs.
4. Organizing non-athlete disabled individuals to form their own fan clubs to increase their

motivation towards participation and facilitate their mobility.

5. The need to ensure the presence of insightful and cognizant administrative leaders who possess the potential and abilities that take care of this segment and the abilities of this demographic.

6. Conducting workshops and seminars through all media to introduce adaptation strategies and how to manage them by the disabled.

7. The importance of inventorying and statistically tracking the number of disabled people in Iraq and classifying them according to the degree of disability.

#### **Author's declaration:**

**Conflicts of interest:** None

We confirm that all tables and figures and pictures in this article are ours and written by the researchers themselves.

**Ethical-Clearance:** this manuscript approved by local ethical committee of physical education and sport sciences college for women on (April /2023)

#### **Author's contributions:**

All contributions of this study were done by the researcher (M.H.) who get the main idea and work on writing and concluding also with number of experts, Mustafa Hameed who made and collect the Statistics, Suaad Sebti in revision, Inaam Ghalib in translating, Mazin Hadi in proofreading

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#### Appendix (1)

Seq.	Academic title	Name	specialization	Workplace
1	Prof. Dr.	Fares Sami Youssef	Testing and measurement	University of Baghdad/ College of Physical Education and Sports Sciences
2	Prof. Dr.	Hazem Moussa Abd	Testing and measurement	University of Al-Qadisiyah/ College of Physical Education and Sports Sciences
3	Asst. Prof. Dr.	Ghada Mahmoud Jasim	Testing and measurement	University of Mustansiriyah/ College of Physical Education and Sports Sciences
4	Asst. Prof. Dr.	Ali Hussein Hashem	Sport Psychology	University of Al-Qadisiyah/ College of Physical Education and Sports Sciences
5	Asst. Prof. Dr.	Salam Jabbar Sahib	Testing and measurement	University of Al-Qadisiyah/ College of Physical Education and Sports Sciences
6	Asst. Prof. Dr.	Sajet Majid Jafar	management and organization	University of Al-Qadisiyah/ College of Physical Education and Sports Sciences
7	Asst. Prof. Dr.	Ali Muteiri Hamidi	Sport Psychology	University of Maysan/ College of Basic Education
8	Asst. Prof. Dr.	Rahim Hulou Ali	Sport Psychology	University of Maysan/ College of Basic Education
9	Asst. Prof. Dr.	Muhammed Ali Jalal	Testing and measurement	University of Mustansiriyah/ College of Physical Education and Sports Sciences

**Appendix (2)**  
**Questionnaire Form**

Seq.	Adaptation Strategies Management Scale	No	Rarely	Sometimes	Often	Always
		1	2	3	4	5
1	I go to clubs to engage in activities I enjoy.					
2	I practice good health habits like walking and running once a week.					
3	I maintain regular sleep and nutrition times.					
4	I use relaxation and stress management methods.					
5	I separate work times and rest times.					
6	Work at a calm pace.					
7	I avoid silence and sitting alone for extended periods.					
8	I search for close individuals to converse with.					
9	I watch meaningful TV programs					
10	I participate in meaningful social activities					
11	I practice communication skills with others.					
12	I address problems with a spirit of optimism and positivity.					
13	I engage with all colleagues.					
14	I go for a short walk with friends					
15	I assume more than one role when I face a stressful situation					
16	I set realistic goals that can be achieved					
17	I invest the time dedicated for work in a useful way.					
18	I utilize previous experiences to confront stressful situations.					
19	I develop my problem-solving skills.					
20	I evaluate the steps that I undertake in solving problems.					

Seq.	Disability Integration Scale	No	Rarely	Sometimes	Often	Always
		1	2	3	4	5
1	Disabled sports increase the opportunities for social interaction with healthy individuals					
2	Disabled sports work to reduce social disparities among young people.					

3	Disabled sports lead to the development of new social skills.					
4	Disabled sports increase the effectiveness of the disabled in life.					
5	Disabled sports satisfy the desires and inclinations of disabled individuals.					
6	Disabled sports enhance the capacity of disabled individuals to give.					
7	Disabled sports enable to face frustrations bravely.					
8	Disabled sports enhance the self-confidence of disabled individuals.					
9	Disabled individuals should be trained in the same places as non-disabled athletes.					
10	Disabled sports aim to provide them with the same opportunities available to non-disabled individuals.					
11	Disabled sports provide solutions to their educational problems.					
12	Their sports participation leads to their academic excellence.					
13	Creating an audience of people with difficult disabilities to support their colleagues					
14	The participation of the disabled in youth forums raises their enthusiasm.					
15	Separation of the disabled in private institutions increases their sense of security and stability					
16	Disabled sports remove the embarrassment from their disability.					
17	Disabled sports bridge the gap between them and healthy people.					
18	Disabled sports enhance their sense of belonging to their country.					
19	Disabled sports are considered a special type of social care.					
20	Disabled sports enable them to hold a distinctive social status.					

## ادارة استراتيجيات التكيف ودورها في دمج المعاقين لدى اللجنة البارالمبية الوطنية العراقية

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مستخلص البحث

تعتبر ادارة استراتيجيات التكيف احد اهم الركائز التي ينطلق منها ذوي الاحتياجات الخاصة نحو ممارسة الانشطة الرياضية المختلفة بما يتناسب وقدراته البدنية واتجاهاته وميوله بما يعزز مكانته الاجتماعية ويجعله عنصر فعال في بيئته، ولعل عمل اللجنة البارالمبية الوطنية العراقية هو رعاية هذه الشريحة المهمة في المجتمع فنياً وادارياً فقد تناول البحث مدى الاثر والعلاقة لهذين المتغيرين. وقد حاول الباحث عرض إطار عملي تحليلي لأراء عينة مختارة من اللاعبين المعاقين اللذين اجابوا على مقياس ادارة استراتيجيات التكيف (المتغير المستقل) والعاملين في اللجنة البارالمبية الوطنية العراقية اللذين اجابوا على مقياس دمج المعاقين (المتغير التابع)، فالعلاقة والاثربين المتغيرين تُنم عن فهم منهجية التحسين وإدارة دفته مستقبلاً وهو أحد أهم أدوار القيادة الإدارية في الوقت الحاضر، انطلق البحث من مشكلة معبر عنها رعاية المعاقين امن قومي يجنبنا الوقوع في الكثير من المشكلات النفسية والجسدية، فهم ثروة الوطن الصامته التي لا بد ان تسمع صوتها للعالم خصوصاً بعد كم الانجازات الآسيوية والدولية التي حققتها اللجنة البارالمبية الوطنية العراقية في الآونة الاخيرة، رغم قلة اللاعبين المنتظمين في الفعاليات الرياضية ضمن اللجنة. هدف البحث الى معرفة دور ادارة استراتيجيات التكيف في دمج المعاقين بالمجتمع فضلاً عن العلاقة المترتبة على هذا التكيف في انخراطهم بالفعاليات الرياضية المناسبة لإتجاهاتهم وميولهم، حدد الباحث مجالات بحثه المكانية في مقر اللجنة البارالمبية الوطنية العراقية، والزمانية للفترة من 2023/1/1 الى 2023/4/15، فضلاً عن البشرية المتمثلة بالجهاز الاداري والفني واللاعبين ضمن اللجنة البارالمبية الوطنية العراقية، اختبر الباحث علاقة الارتباط والتأثير بين " ادارة استراتيجيات التكيف " الذي يمثل سلوك المعاقين و" دمج المعاقين " الذي يمثل سلوك القيادات الرياضية في اللجنة البارالمبية الوطنية العراقية وقد تم التوصل من خلال هذا البحث إلى عدة استنتاجات نظرية وعملية كان أهمها:- 1. وجود علاقة ارتباط معنوي بين ادارة استراتيجيات التكيف ودمج المعاقين. 2. تأثر (المتغير التابع) دمج المعاقين في عينة البحث معنوياً بـ (المتغير المستقل) إدارة استراتيجيات التكيف. واوصى الباحث بضرورة تبني اللجنة البارالمبية الوطنية العراقية سياسة محددة ومدروسة في مجال دمج المعاقين ويتضمن ذلك وجود خطط وبرامج عمل لتنفيذ مثل هذه السياسة من اجل استثمار طاقاتهم بالشكل الامثل.

استراتيجيات التكيف ، دمج المعاقين ، اللجنة البارالمبية

الكلمات المفتاحية