

ZNAČAJ SPORTA U SOCIJALNOJ REINTEGRACIJI OSOBA SA PARAPLEGIJOM

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Povrede kičmene moždine su veoma složene za liječenje i rehabilitaciju sa velikim medicinskim, socijalnim, emocionalnim, psihološkim, ekonomskim poljedicama za pacijenta, njegovu porodicu i širu društvenu zajednicu. Socijalna reintegracija osoba s paraplegijom je proces koji obuhvata širok spektar aktivnosti, obrazovanje, obuku, zapošljavanje, samostalno odlučivanje o sopstvenom životu, braku, porodici, slobodnom vremenu. Cilj ovog rada je pretraživanjem dostupne literature ispitati značaj sporta u socijalnoj reintegraciji osoba sa paraplegijom. Neeksperimentalno kvalitativno istraživanje, naučni pregled literature u dijelu koji se odnosi na ulogu sporta u socijalnoj reintegraciji osoba sa paraplegijom. Istraživanjem obuhvaćeno 15 studija. Terapije temeljene na fizičkoj aktivnosti značajno poboljšavaju neuromuskularni oporavak, poboljšavaju funkciju i učešće kod odraslih i djece nakon povrede kičmene moždine. Istraživanje provedeno u Kanadi među osobama s paraplegijom koje se bave prilagođenim sportom i osobama bez ograničenja uočen je sličan kvalitet života. Učešće u prilagođenim sportovima utvrđeno je da ima pozitivne efekte na samopoštovanje, samoeфикаsnost, osjećaj pripadnosti, učešće u značajnim aktivnostima, odnos društva prema osobama s ograničenim kretanjem i fizičkoj dobrobiti. Sport može promovisati poboljšanje kvalitete života osobama kojima su potrebna invalidska kolica za mobilnost i predstavlja nove ciljeve i izazove u nastavku procesa rehabilitacije. Studija provedena u Indiji pokazuje povezanost sporta i svih domena kvaliteta života. Realizovano istraživanje je pokazalo da sport ima veliki značaj u socijalnoj reintegraciji osoba s paraplegijom čiji značaj zajednica nije prepoznala u dovoljnoj mjeri. Kako svaka osoba sa paraplegijom ima svoje stavove, sposobnosti, stremljenja tako i rehabilitatori imaju obavezu, iste ugraditi u plan socijalne reintegracije jasno definišući facilitatore kojima će olakšati i ubrzati proces uključivanja u zajednicu.

Ključne riječi: paraplegija, reintegracija, učešće u zajednici

THE IMPORTANCE OF SPORT IN THE SOCIAL REINTEGRATION OF PERSONS WITH PARAPLEGIA

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Spinal cord injuries are very complex for treatment and rehabilitation with great medical, social, emotional, psychological, economic consequences for the patient, his family and the wider community. Social reintegration of people with paraplegia is a process that includes a wide range of activities, education, training, employment, independent decision-making about one's own life, marriage, family, free time. The aim of this paper is to examine the importance of sport in the social reintegration of people with paraplegia by searching the available literature. Non-experimental qualitative research, scientific review of the literature in the part related to the role of sport in the social reintegration of people with paraplegia. The study included 15 studies. Physical activity-based therapies significantly improve neuromuscular recovery, improve function and participation in adults and children after spinal cord injury. A study conducted in Canada among people with paraplegia who engage in adapted sports and people without restrictions found a similar quality of life. Participation in adapted sports has been found to have positive effects on self-esteem, self-efficacy, a sense of belonging, participation in significant activities, society's attitude towards people with reduced mobility and physical well-being. Sport can promote the improvement of the quality of life of people in need of wheelchairs for mobility and represents new goals and challenges in the continuation of the rehabilitation process. A study conducted in India shows the connection between sports and all domains of quality of life. The conducted research showed that sport is of great importance in the social reintegration of people with paraplegia whose importance the community has not sufficiently recognized. As every person with paraplegia has their own attitudes, abilities, aspirations, so rehabilitators have an obligation to include them in the social reintegration plan, clearly defining facilitators who will facilitate and speed up the process of inclusion in the community.

Key words: paraplegia, reintegration, community participatio