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Motivation strategy for the practice of sports of the athletes of the physical disability federation of Ecuador

Estrategia de motivación para la práctica deportiva de los atletas de la federación de discapacidad física de Ecuador

Estratégia de motivação para a prática esportiva dos atletas da federação de deficiência física do Equador

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ABSTRACT

The study presented was framed in the field of motives for the practice of physical-sports activities by people with physical disabilities, and was based on the theories of motivation, physical disability, practice of physical-sports activities, sport for all, adaptations, requirements and strategies for people with physical disabilities, and success factors. The



objective was to design a strategy for the sports motivation of athletes from the Federation of Physical Disabilities in Ecuador. A non-experimental cross-sectional design was used; in the collection and analysis of data, theoretical methods were used such as induction-deduction, analysis-synthesis, systemic-structural-functional; empirical methods, surveys, documentary review, and expert criteria; and mathematical-statistical methods, frequency analysis, factorial analysis, descriptive analysis, and reliability analysis. As a result, a strategy was designed for the sports motivation of athletes from the Federation of Physical Disabilities, structured in four stages: diagnosis, planning, implementation, and evaluation, which demonstrated relevance and possibilities for practical application.

Keywords: physical disability, strategy, motivation, sports practice

RESUMEN

Este estudio se enmarca en el ámbito de los motivos para la práctica de actividades físico-deportivas de personas con discapacidad física. La investigación se fundamenta teóricamente en las teorías de la motivación, la discapacidad, la discapacidad física y la práctica de actividades físico-deportiva, el deporte para todos, adaptaciones y requerimientos para las personas con discapacidad, estrategias de motivación para personas con discapacidad física y factores de éxito. El objetivo estuvo dirigido a diseñar una estrategia de motivación para la práctica deportiva de los deportistas de la Federación de Discapacidad Física de Ecuador. Se utilizó un diseño no experimental de tipo transversal, para la recopilación y análisis de los datos se emplearon métodos y técnicas del nivel teórico, empírico y matemático estadístico como la inducción - deducción, análisis - síntesis, sistémico-estructural-funcional y como métodos empíricos la encuesta, la revisión documental apoyados por el criterio de expertos, el análisis de frecuencias, el análisis factoriales, así como otros estudios descriptivos y de fiabilidad. El aporte principal está dado en una estrategia de motivación para la práctica deportiva de los deportistas de la Federación de Discapacidad Física de Ecuador, validada teóricamente por el método criterios de expertos que aportó resultados que demuestran su pertinencia y posibilidades de aplicación práctica.



Palabras clave: estrategia, motivos, práctica deportiva, deportistas, discapacidad física

RESUMO

Este estudo insere-se no âmbito dos motivos da prática de atividades físico-esportivas de pessoas com deficiência física. A pesquisa fundamenta-se teoricamente nas teorias da motivação, deficiência, deficiência física e prática de atividades físico-esportivas, esporte para todos, adaptações e exigências para pessoas com deficiência, estratégias de motivação para pessoas com deficiência física e fatores de sucesso. O objetivo foi desenhar uma estratégia de motivação para a prática esportiva dos atletas da Federação de Deficiência Física do Equador. Foi utilizado um delineamento transversal não experimental, para a coleta e análise dos dados foram utilizados métodos e técnicas de nível teórico, empírico e estatístico matemático como indução - dedução, análise - síntese, sistêmico-estrutural-funcional e como métodos empíricos o levantamento, revisão documental apoiada em critérios de especialistas, análise de frequência, análise fatorial, além de outros estudos descritivos e de confiabilidade. A principal contribuição está dada em uma estratégia de motivação para a prática esportiva dos atletas da Federação de Deficiência Física do Equador, validada teoricamente pelo método de critérios especialistas que forneceu resultados que demonstram sua relevância e possibilidades de aplicação prática.

Palavras-chave: estratégia, motivos, prática esportiva, atletas, deficiência física

INTRODUCTION

When addressing the topic of physical activity and sport, it is essential to clarify that these concepts are not synonymous, even though they are often used interchangeably in everyday language. Both are intrinsically related to health and well-being, but have different meanings; this distinction highlights the importance of physical activity and sport as essential components of human life, crucial for maintaining good health and contributing to achieving balanced physical and emotional levels.



It is important to note that physical activity, when performed regularly, is accessible to all people, regardless of age or gender. In particular, this practice is vital for adults, as it helps prevent premature aging and organic atrophy, as well as facilitating better control of chronic diseases, cardiovascular problems, as well as stress and anxiety.

Physical activity can be classified into several dimensions: therapeutic, educational and sporting, each of these dimensions underlining its relevance in daily life and its impact on human development. The therapeutic dimension focuses on recovery and relief from trauma and pain; the educational dimension promotes health awareness and encourages the practice of physical activity; and the sporting dimension is oriented towards discipline and the search for self-improvement, whether in a recreational or competitive context.

On the other hand, disability is a condition that affects a group of people due to prenatal causes, at birth or during development. Over time, the concept of disability has evolved, characterized by a charitable approach focused on welfare, compassion and help (Camargo, et al., 2023).

The benefits of sport for people with disabilities have been the subject of numerous studies. Sports practice acts as a catalyst in the restructuring of identities that transforms the perception of physical disability and fosters empowerment, as well as resistance to attitudes that reinforce disability (De la Rosa, et al., 2021). In addition, sport is presented as a fundamental tool that contributes to social development and the adoption of healthy lifestyles (Kizar, et al., 2021).

Adapted physical activity, commonly known as adapted sport, refers to those disciplines that are adapted to the needs of people with sensory, motor and intellectual disabilities (Hernández, et al., 2021). In recent years, the popularity of competitive sports for athletes with disabilities has grown significantly, with the Paralympic Games being the most prominent event worldwide (Bogado and Villalba, 2023).

Many studies in the field of sport have emphasized the analysis of behaviors related to positive subjective states, as well as the significant impact that variables such as affect and



optimism have on physical and emotional well-being (Vieira, et al., 2021). Motivation, understood as an active and intentional process towards a goal, involves the interaction of personal and environmental factors that influence an individual's selection, intensity, and persistence. In the sports context, motivation directly affects the quality of the athlete's performance (Da Silva, et al., 2019).

As a personal factor, motivation plays a crucial role in participation, performance and continuity in sport. It becomes an essential component that promotes the response to various stimuli related to sports practice (Zambrano and Hincapié, 2022).

Motivation for physical-sports activity is a process that encompasses psychological aspects that drive people to participate in sports activities, either for personal reasons or because of the need to adapt to their environment. Therefore, it is essential to analyze two key aspects: extrinsic and intrinsic motivation. It has been suggested that sports experience, regardless of disability status, positively influences sports performance (Hernández, et al., 2021).

A study carried out by Gallego and Salinas (2019) with eight people with various physical and/or mental disabilities reveals the relationship between sport and resilience, which highlights the love for sport and its impact on the lives of individuals, from a competitive perspective. This implies that the practice of sport not only has repercussions on physical and skill development, but also fosters capacities and competencies for teamwork. In this context, the human dimension becomes an essential aspect of the daily life of people with disabilities.

Sports adaptations for people with physical disabilities to participate are diverse and must take into account the specific type of disability, as well as the athlete's abilities and preferences, and are therefore based on individual capabilities and sporting interests. This is part of the requirements and, above all, of the motivation strategies, where families and, especially, trained professionals play a crucial role in guiding athletes during each training session. However, the athlete's desire and willingness are equally decisive.



It is important to remember that some people are born with disabilities, while others acquire them throughout their lives; in this sense, the structure of the practice of physical-sports activities becomes an integral element that involves society as a whole, as well as public policies, which contributes to the satisfaction experienced by participating in these activities.

The foundations set out constitute the basis of this research, whose objective was to design a strategy for the sports motivation of athletes from the Federation of Physical Disabilities, in Ecuador.

MATERIALS AND METHODS

For the development of the research, a non-experimental cross-sectional design was used, a population of 151 athletes, with seven types of physical disabilities: monoplegia, paraplegia, tetraplegia, hemiplegia, spina bifida, muscular dystrophy and cerebral paralysis, belonging to the Ecuadorian Federation of Physical Disabilities, 142 subjects with ages between 18 and 67 years old, of which 82.4% are men and 17.6% are women were chosen through simple random sampling.

The research was developed in three stages: theoretical-methodological foundation, development of the strategy and theoretical validation of the proposal, based on the criteria of experts. In the first stage, a theoretical systematization was carried out, based on the compilation of bibliographic sources from different university repositories and databases such as Scielo , Elsevier , Dialnet , Lantindex , through the use of scientific search engines such as Google Scholar.

In the processing and analysis, induction-deduction, analysis-synthesis, abstraction and generalization were used, which allowed the theoretical-methodological positioning on the strategies for motivation, and to favor the practice of athletes with physical disabilities.

Ion the second stage, a strategy for the sports motivation of the athletes of the Federation of Physical Disability was described. To determine its structure, components and relationships, the systemic-structural-functional method was used; for the diagnosis, the



survey and documentary analysis were used, while the mathematical- statistical methods used were frequency analysis, factor analysis, descriptive analysis and reliability analysis.

The survey consisted of a standardized questionnaire to determine the reasons for practicing physical-sports activities of athletes with physical disabilities. The inventory of motives for sports practice (IMPD) developed by Gill et al. (1983) was used. It consists of eight indicators (energy release or personal satisfaction, status motivation or self-realization, shape physics, practice in cluster, development of skills, pursuit of recreation, social factors and fun) that reflect eight reasons why people participate in a sporting activity.

In the third stage, the theoretical validation of the proposal was described, based on the expert criterion method, and a sample of 15 experts was defined by means of a non-probabilistic sampling. To evaluate the relevance of the proposal, a structured survey was used, with the categories: very relevant, quite relevant, relevant, slightly relevant and not relevant ; its results were processed with the empirical frequency distribution.

RESULTS & DISCUSSION

Strategy for the sports motivation of athletes of the Federation of Physical Disabilities, in Ecuador. Theoretical foundations of the strategy:

Motivation was considered a fundamental element for sports performance, especially for athletes with disabilities, who faced additional challenges along the way. The motivation strategy focused on how to help these people feel more driven, both from within (intrinsic motivation) and through external factors (extrinsic motivation). By creating an environment that met their psychological and emotional needs, the goal was to foster greater commitment and improve their performance in the activities they performed.

The strategy for motivation was conceived as a set of techniques and methods designed to stimulate and maintain the interest, dedication and effort of individuals or groups in achieving specific goals; this involved considering psychological, emotional and social aspects. According to Ryan and Deci (2017):



(...) motivational strategies are planned interventions that seek to increase the intrinsic and extrinsic motivation of individuals, facilitating their commitment and performance in specific activities, through the creation of an environment that meets their psychological and emotional needs. (p. 45)

Therefore, implementing strategies that strengthen these support networks was advisable and an effective way to improve the sporting experience of the athletes of the Federation of Physical Disabilities in Ecuador; likewise, fostering an environment of support and motivation contributed significantly to the well-being and performance of these athletes. The strategy was structured in four stages: diagnosis, design, implementation and evaluation.

Stage I. Diagnosis

Objective: To diagnose the reasons for the sports practice of athletes from the Federation of Physical Disabilities in Ecuador.

Instruments: Inventory of Motives for Sports Practice (IMPD).

Results: Below is an analysis of the main results obtained with the application of the IMPD.

Analysis of frequencies:

The frequency distribution corresponding to the IMPD responses showed that for 88.7% of the athletes it was a very important reason. It is important to practice sports to improve one's own skills and learn new ones; wanting to improve one's level was very important for 87.3% of the subjects; team spirit was revealed to be a very important motive for 81%; as well as staying in the team for the 76.1 %.

Playing sports in a group was essential for 77.5% of the participants; having fun, for the 92%; the like for emotions, for the 90.8%; for action in practice, for 80.3%; the desire to make new friends, for 89.4%; and the desire to be with them, at 69.7%.



Like towards the challenges as reason for the practice was significant for 82.4%; competition, for 71.8%; rewards, for 53.5%; winning, for 19.62.7 %; be important, for 56.3%; be important and popular, at 55.3%; and achieve a status, for the 48.6 %.

It was noticed that doing something on what they are outstod as reason for the practice was essential for 88%; having something to do, 87.3% ; go out of home, 76.1%; relax, 62% ; expend energy, 84.5%; stay fit, at 95.8%; do exercise, 92.3% of participants; being physically good, at 94.4%; good coaches and instructors as a reason for practicing, for 59.9%; using the equipment, for 56.3%; and practicing to please parents or friends, for 44.4%.

Descriptive analysis:

The results of the descriptive analyses for the responses to the IMPD showed that the values of asymmetry and kurtosis oscillate in ranges that did not allow a normal distribution to be attributed to the responses. The highest mean value corresponded to item 17 (I want to be important and popular).

Descriptive analysis for the variables latent

The asymmetry and kurtosis values exceeded the value ± 1.92 in several cases, which did not allow a normal distribution of the variables to be attributed.

Analysis factorials

The value of the sample adequacy measure, $KMO=80$ was adequate and the sphericity test of Bartlett was Statistically significant ($\chi^2=2579.69$; $gl=435$; $p=00$).

Seven factors that explained the 69.01 % of the variance were obtained. In the first factor, 15.02% of the variance, items 13, 14, 15, 16, 17 and 18 had the highest factor loadings. 18, with statements such as "I like competition", "I like winning" or "I want to achieve a status"; that is why this factor was called: self-actualization.



Items 7, 8, 9, 12, 19 and 21 presented the highest saturations in the second factor, 11.27% of the variance and grouped statements such as "I like to have fun", "I like action" or "I like to leave the house"; it was called: fun.

In the third factor, which accounted for 10.96% of the variance, items 23, 28, 29 and 30 had the highest saturations, with expressions such as "I want to relax", "I like trainers and instructors" or "it is to satisfy my parents or friends"; it was called: satisfaction.

Items 20, 24, 25, 26 and 27 with expressions such as "I like having something to do", "I want to expend energy" or "I want to be physically well" presented the highest factor loadings in the fourth factor, with 10.32% of the variance; He called it: physical form.

In the fifth factor, which explained 9.43% of the variance, items 4, 5 and 6 With statements such as "I like team spirit" or "I like group sports", it was called: group practice.

Items 1, 2, and 3, with expressions such as "I want to improve my skills" or "I want to improve my level, presented the highest factor loadings in the sixth factor, 9.43% of the variance; it was called: skills development.

Finally, in the seventh factor, which explained 5.04% of the variance, items 10 and 11 had the highest saturations, with statements such as "I like making new friends" or "I want to be with my friends"; which is why it was called the social factor.

Reliability analysis

The coefficient of reliability was $\hat{\alpha}=.90$ and the elimination of any item did not improve this value. The average discrimination index was .47. In the reliability analysis for self-actualization, an internal consistency coefficient of .89 was obtained for this factor, and the average discrimination index was .68. The reliability analysis for fun showed a reliability index $\hat{\alpha}=.77$ and the average discrimination index was .54. The reliability analysis for satisfaction provided a coefficient of .81 and the average discrimination index was .64.



In the reliability analysis for physical fitness, with an internal consistency index of $\alpha=.75$, and the average discrimination index of 0.56. The results of the reliability analysis for practice in group they indicated a coefficient of reliability of .86 and an average discrimination index of .73. In the reliability analysis for the development of skills, Cronbach's alpha was .81 and the average discrimination index .66. The reliability analysis for the Social Factor provided an internal consistency coefficient of .72 and the average discrimination index .59.

The results of the IMPD showed the need to promote motivation for sports practice among athletes of the Federation of Physical Disabilities, through a set of activities, an aspect addressed in the next stage of the research.

Stage II. Planning

Objective: To plan activities to motivate athletes from the Federation of Physical Disabilities to practice sports.

Activities:

1. Establishment of personal and collective goals.

- Goal setting workshops: Organizing workshops where athletes learned to set SMART goals (specific, measurable, achievable, relevant and time-bound). This allowed them to have a clear and motivating focus.
- Collective goals: encourage the creation of group goals that promote teamwork and cohesion among athletes, such as participating in local or national competitions.

2. Creating an inclusive and supportive environment.

- Trained coaches: ensure that coaches are trained in motivational techniques and understanding the specific needs of athletes with disabilities.
- Support groups: form support groups to share experiences, challenges and achievements, and create a sense of community and belonging among athletes.



3. Recognition and celebration of achievements.

- Recognition events: Organize ceremonies or events to recognize individual and group achievements, regardless of their magnitude, and to foster self-esteem and a sense of achievement.
- Awards and certificates: offer awards, medals or certificates of participation to the most hard-working and dedicated athletes.

4. Motivational talks and testimonials.

- Invite successful athletes: organize talks with successful athletes, in their disciplines, share stories and experiences to inspire others.
- Stories of success: creating a space to share stories of success and motivation from athletes themselves, to foster an environment of mutual support.

5. Diversified training programs.

- Variety of activities: offering a variety of sports and physical activities adapted to the different abilities and preferences of athletes, including sports such as wheelchair basketball, adapted swimming, athletics, and inclusive dance.
- Adapted training: ensuring personalized training adapted to individual needs, and promoting inclusion and active participation, with the use of specialized equipment and training techniques, adjusted to the capabilities of each athlete.

6. Promotion of family and community participation.

- Involve families: Organise events, with the participation of the athletes' families, in a supportive and motivating environment, such as open days, family competitions or awareness workshops.
- Community collaboration: establishing alliances with local organizations, schools and companies to promote sporting events and activities with athletes with disabilities, which increased visibility and community support.



7. Use of technology and social networks.

- Communication platforms: Create groups on social media or messaging platforms where athletes share achievements, motivate each other, and stay informed about activities and events.
- Tracking apps: Using apps that allowed athletes to record their progress, set goals and receive feedback, which could increase their engagement and motivation.

8. Promotion of mental health and well-being.

- Emotional wellbeing workshops: Organise workshops on stress management, resilience and relaxation techniques to handle stress and maintain a positive mindset.
- Access to mental health professionals: facilitate access to psychologists or counselors, to offer emotional support and mental health strategies to athletes.

9. Leadership development and responsibility.

- Leadership programs: implement programs to encourage the development of leadership skills among athletes, and assume roles of responsibility within their teams or groups.
- Mentoring among athletes: establishing a mentoring system where more experienced athletes guided new ones, in an environment of support and learning.

10. Organization of events and competitions.

- competitions: Organize and promote competitions, to showcase skills, achievements and create a sense of pride and belonging.
- Inclusive sports days: holding sporting events open to the community, for people with and without disabilities, with the aim of promoting inclusion and visibility of adapted sports.

11. Promotion of sporting identity and pride.



- Uniforms and promotional materials: Provide uniforms and promotional materials that represented the Federation, and fostered a sense of identity and pride among athletes.
- Awareness campaigns: carry out campaigns to highlight the achievements of disabled athletes, both in the media and on social networks, and to inspire others and increase the visibility of adapted sport.

Stage III. Implementation

Objective: Implement the planned activities.

Actions to be developed in this stage:

- Form a working team within the federation responsible for planning and executing the proposed activities.
- Establish a schedule of different activities throughout the year, and ensure a balance between training, events and motivational activities.
- Find funding and sponsors to hold events and workshops, as well as to acquire sports and promotional material.

Stage IV. Evaluation

Objective: To assess the development of the strategy for the sports motivation of athletes of the Federation of Physical Disabilities .

Actions to be developed in this stage:

- Regular monitoring: continuously monitor the participation and satisfaction of athletes with the activities implemented.
- Satisfaction surveys: Conduct periodic surveys to assess athlete satisfaction with training activities and environment, and make continuous adjustments and improvements accordingly.



- Feedback sessions: Organize regular sessions to express opinions and suggestions about the program, foster a sense of ownership and active participation in decision-making.
- Necessary adjustments: Be open to making adjustments to the strategy, based on the feedback received and the results observed.
- Report : Prepare an annual report, with achievements, challenges and lessons learned, for planning for the next year. The report included statistics on participation, testimonies from athletes and recommendations for future activities.

Sustainability of the Strategy

- Continuous training: ensure continuous training on motivation, inclusion and training techniques adapted to coaches and staff involved in the federation.
- Promoting sports culture: promoting a culture to value adaptive sport, inclusion in the community, and helping to attract more participants and support.

The implementation of the motivation strategy transformed the sporting experience of the athletes of the Physical Disability Federation in Ecuador. By focusing on inclusion, emotional support, recognition and personal development, their performance, sense of belonging and pride in participation were improved; a collaborative approach and constant commitment were used to contribute to the strategy to create an environment where everyone was valued and motivated to achieve their goals.

Theoretical validation of the proposal

The application of the expert criterion method allowed the evaluation of the stages of the motivation strategy, based on the competence coefficient of the experts, who made significant contributions to its improvement. This method was implemented with the methodology proposed by Cruz (2018), starting with the selection of experts based on the competence coefficient.

The results facilitated the identification of potential experts on the subject, who were evaluated using the rating scale: a competence coefficient (k) greater than 0.8 indicated high



competence, between 0.5 and 0.8, medium competence, and equal to or less than 0.5, low competence. For the selection of experts, the following inclusion criteria were considered:

- Work experience with athletes with physical disabilities.
- Participation in government projects or foundations related to adapted sports.
- Experience in research on adapted sports practice, specifically in relation to athletes with physical disabilities.

From a total of 32 potential experts selected for the assessment of the motivation strategy, 16 were chosen with a competence coefficient equal to or greater than 0.8 (high). These 16 experts evaluated the stages of the strategy using the following scale: 5 (Very relevant), 4 (Quite relevant), 3 (Relevant), 2 (Slightly relevant) and 1 (Not relevant). Their contributions, after the first round, allowed the proposed exercises and actions to be refined.

Once the initial signs were corrected, the second round was carried out for the evaluation of the final proposal for the strategy for motivation. The experts' evaluation of each of the stages was presented in Table 1.

Table 1. Expert assessment of the stages of the strategy.

Value judgments: C1: Very relevant, C2: Quite relevant, C3: Relevant, C4: Slightly relevant, C5: Not relevant							
Absolute frequency table:							
No	Stages	C1	C2	C3	C4	C5	Total
1	Diagnosis	4	9	1	3	0	16
2	Planning	3	9	1	3	0	16
3	Implementation	2	8	3	2	1	16
4	Assessment	3	8	2	2	1	16

Analysis of the results presented showed:

- 81.25% of the experts considered the diagnostic stage to be very relevant or quite relevant, while 18.75% evaluated it as not very relevant.



- As for the second planning stage, 75% of experts rated it as very relevant or quite relevant, and 18.75% rated it as somewhat relevant; this demonstrated the relevance of the activities proposed in the strategy.
- When evaluating the implementation stage, 62.5% of experts classified it as very relevant or relevant, while 18.75% classified it as slightly relevant or not relevant.
- Regarding the fourth stage of evaluation, 68.75% of the experts considered it very relevant or quite relevant, and 18.75% considered it as slightly relevant or not relevant.

In the procedure carried out to determine the level of agreement between the experts regarding the stages that made up the motivation strategy, it was observed that all the stages were evaluated as very relevant or quite relevant, with values ranging between -0.93 and 0.77. These results demonstrated their general relevance for the sports practice of the athletes of the Federation of Physical Disabilities, as well as their viability for practical application.

When analyzing the reasons for practicing physical-sports activities by people with physical disabilities, based on the results obtained, it was concluded that the reasons for almost all participants were to have fun, gain emotions, make new friends, stay fit, exercise and be physically well.

For more than three quarters of the subjects the reasons were to learn new skills and improve them, to adopt a team spirit, to like action, to enjoy challenges, to do what they excel at, to entertain themselves, by go out of home, wanting to expend energy, staying in a team, doing sports in a group and for competition.

More than half of the sample were motivated by being with friends, winning, being important, traveling, relaxing, the pleasure of rewards, being popular, achieving status, coaches and instructors, and using the equipment.

In determining the current state of the motives for the physical-sports practice of athletes with disability, it was observed high scores socks, in the variables related to satisfaction with sporting results, which indicated high levels of satisfaction. The same occurred with the



importance assigned to the different motives, however, it was stressed that being important and popular was of moderate importance.

The derived latent variables were self-realization, fun, satisfaction, physical fitness, group practice, skill development and the social factor, which did not coincide with Gill et al. (1983) or with those obtained by López (2008).

It is important to refer to the study carried out by Zambrano and Hincapié (2022) based on the responses to a CSRD sports results satisfaction questionnaire, with the aim of identifying the reasons for sports practice in wheelchair and global tennis players. To make a partial analysis, the study indicated that 100% of the athletes rated the items as very important "I like to win", "I want to be fit", "I like to exercise", "I like action", "I like competition", "I like to play sports", "I want to be physically fit" and "I want to achieve elite status".

In the present research, the mean for the same items exceeded 80%, so there is a relationship between the responses obtained, although Zambrano and Hincapié (2022) considered four factors focused on motivation, similar to the study by Romera et al. (2021); while in the study presented seven factors were derived, focused in the reasons for sports practice and satisfaction, so not everything coincides with what was stated by Gill et al. (1983) or with the results obtained in the study on achievement goal orientations by López (2008). However, these factors presented adequate internal consistency indices.

It is considered appropriate, in future studies, to carry out a confirmatory factor analysis to contrast the proposed model of the instrument and assess whether the dimensions obtained achieve adequate adjustment indices in the exploratory factor analysis; also, to use path analysis, to investigate further the complex grid of relationships that were observe between the importance granted to the reasons for practicing physical-sports activity and the level of satisfaction with the results of the sport.

The systematization of the theoretical and methodological foundations on the subject allowed to demonstrate the importance and need for strategies to motivate athletes with physical disabilities to practice sports; consequently, the strategy developed consisted of



four stages: diagnosis, planning, implementation and evaluation, which provided the information required for its functionality and operation by sports coaches and teachers .

The application of the expert criterion method, used for the theoretical validation of the relevance of the proposal, provided results that demonstrated its relevance and possibilities of practical application, since all stages were evaluated as very relevant or quite relevant, obtaining values between -0.93 d" 0.77.

In future research, the sample could be expanded to include all people with physical disabilities who practice physical-sports activities, and not, as is the case, only those people who belong to the Federation. As a limitation, it can be considered self-report technique used because the responses could be affected by social desirability bias, where subjects, instead of answering what they really think, answer based on what is socially desirable.

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The author is responsible for writing the work and analyzing the documents.



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