Study of Life adjustment ability in Macau Special Olympics Athletes

Abstract

To study the effects of the Special Olympics International on the life adjustment ability of mentally retarded persons, 58 mentally retarded students aged above 12 years old were investigated and half participants were athletes of Special Olympics or the control who did not participate in any sport training. All students were assessed with the use of questionnaires by their teachers. The parents of the students were requested to give comments for the 29 Special Olympics athletes also.

The result shows that,

1. The students from the Special Olympics have significant advantage of self-care, motor ability, communication, social skills and life adjustment ability over the other group.
2. Sport training can help the mentally retarded students to develop their self-care, motor ability, communication, social skills, whereas age and gender have no effect on such developments.
3. Both the parents and also teachers address that age, gender and years in participating training do not affect the self-care ability of the Special Olympics Athletes. However, one year or longer sport training has significant improvement in self-care ability of mentally retarded students of any gender and any age above 12 years old.
4. From the assessment of the parents and teachers, years in participating training has positive effect on motor ability of the Special Olympics Athletes. Gender has no effect on the motor ability.
5. Parents and teachers have different opinions on the communication ability of Special Olympics Athletes. In parents, both age and years in participating training have no effects on the communication ability, whereas for teachers, age and years in participating training have positive effect on the communication ability.
6. Parents and teachers have different opinions on the social skills of Special Olympics Athletes. In parents, gender and years in participating training are not related to social skills, whereas in teachers, age and years in participating training have positive effect on social skills.
7. Parents and teachers' assessment of the self-care ability about life adjustment in the mentally retarded students are correlated.

The result shows that physical activity has the advantages to improve the life adjustment ability in mentally retarded students.

Keywords: Life adjustment, Athletes, Special Olympics , Macau