

Global Impact of Golf for the Disabled on Player Health, Quality of Life and Self-Perception: A Thematic Analysis

INTRODUCTION

World Health Organization: 1 billion people (15% of the world) lives with impairment

Center For Disease Control (CDC):

- 26% of US with disability
- 2/5 over 65 years old
- 25% are women

Individuals with Disability:

- Unequal access to health care and rehabilitation, education, and employment,
- Marginalised or excluded from the socioeconomic, religious, and political lives of their communities

Physical Activity Guidelines:

- All adults, with or without disabilities, get at least 150 minutes (2.5 hours) of aerobic physical activity per week.
- Having disability increases risk of chronic diseases

GOLF:

- Provides moderate-intensity physical activity
- Players may walk approximately 4.4 miles or exceed about 10,000 steps during a typical 18-hole round of golf.
- Individuals with lower limb amputations expend significantly higher energy while walking

DESIGN

Population: 1,426 individuals with disabilities (IwD) registered with the European Disabled Golf Association (EDGA) 2017-2020

Purposive Sampling: 28 players (14 male; 14 female)

Design: Descriptive study utilizing a semi-structured interview approach

Demographics: Age, sex, primary diagnosis (congenital vs acquired), and country of origin.

Multiple Linear Regression: Relationship between GDP of individual countries and participation in golf

Interview Themes:

- What their impairments were and how it affected their lives?
- What got players first interested in golf?
- How golf has influenced their lives with their current impairments (acquired or congenital)?
- How players' experiences can allow others with disabilities to get involved with golf?
- Current perceived barriers and facilitators to participating in adaptive golf around the world?



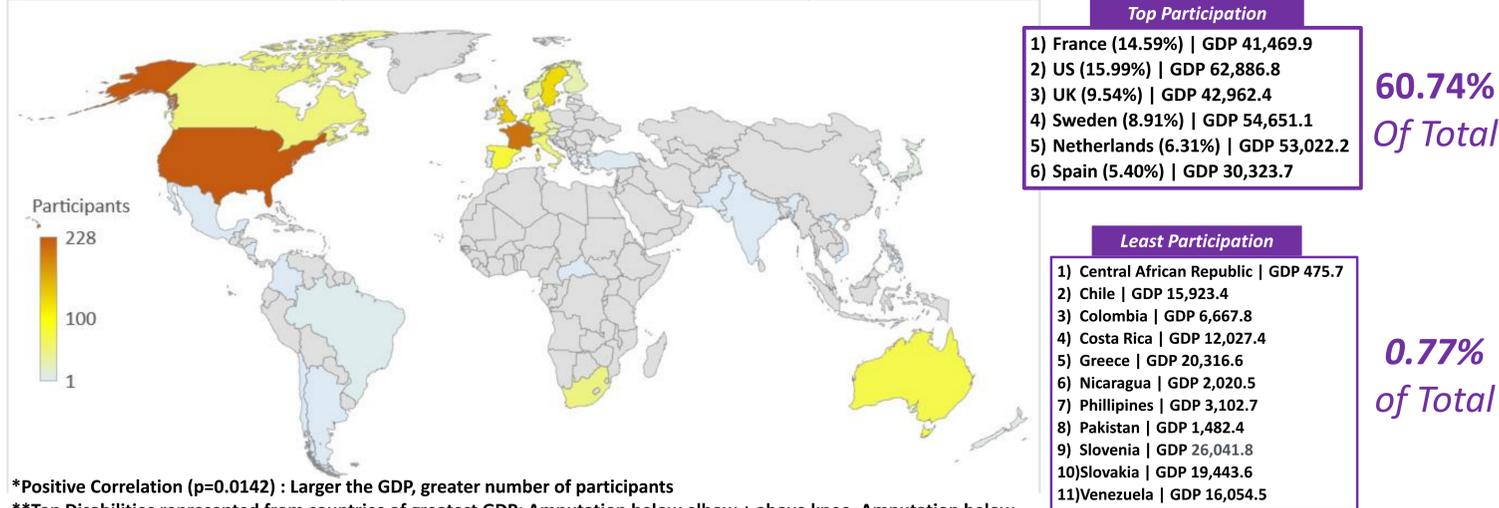
Prostheses



Motorized Cart

RESULTS

EDGA: Global Participation in Golf for Individuals with Disability (N=1426)



Demographic Characteristics of Participants

Characteristics	Number (%)
N=28	

Sex

Male	14 (50)
Female	14 (50)

Age

15-29	6 (21.4)
30-44	5 (17.9)
45-60	15 (53.6)
60+	2 (7.1)

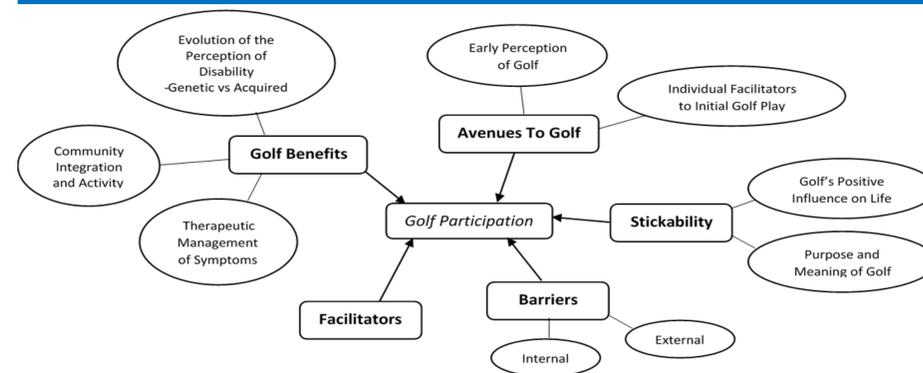
Primary Diagnosis

Acquired	17 (60.7)
Multiple Sclerosis (MS)	3 (10.7)
Spinal Cord Injury (SCI)	4 (14.3)
Amputation	4 (14.3)
Other ^a	6 (21.4)
Congenital	11 (39.3)
Cerebral Palsy	2 (7.1)
Amputation	3 (10.7)
Orthopedic ^b	3 (10.7)
Phocomelia	2 (7.1)
Charcot-Marie-Tooth (CMT)	1 (3.6)

Countries/Region of Origin

Europe	22 (78.5)
North America	2 (7.1)
Middle East	1 (3.6)
Africa	1 (3.6)
South America	1 (3.6)
Central America	1 (3.6)

Thematic Framework: Influencers to Golf Play



Subjective Barriers and Facilitators to Golf Participation Internationally

BARRIERS	FACILITATORS
Internal <ul style="list-style-type: none"> Internal Expectations/Perceptions of Golf Perception of Impairment with Golf Participation External <ul style="list-style-type: none"> Gender disparities (lack of women awareness) Lack of Global Exposure to Golf and Disability Lack of Awareness in Clubs and National Ruling Bodies Lack of outreach to Youth Access and Cost Lack of Golf Instructors for Disabled 	Changing the Perception of Golf Improving Access and Cost: <ul style="list-style-type: none"> Support/Sponsorship National Ruling Bodies Improving Awareness through: <ul style="list-style-type: none"> Sponsorship Outreach Promotion (e.g industry, NGOs, public) Role Models Youth and Schools Online Platforms and Social Media Television Coaching Staff Integrated play between disabled and nondisabled Use of the Handicap System

Influence of Golf on Community and Global Integration

Volunteerism For Adaptive Golf

1. Leaders in Golf foundations: using golf to facilitate quicker and better rehab and reintegrate quicker (e.g, Netherlands)
2. Members of golf clubs/ Run golf courses and clubs
3. Golf instructor or educator (eg Dutch Federation National Coach)
4. Working to spread exposure of golf to local communities for people with disabilities
5. Golf instructor or educator
6. Golf clubs
7. Caddying
8. Current competitive professionals
9. Roles in National Golf Federations

Volunteerism Outside of Golf

1. Childrens Programs (involvement of sport and instruction)
2. Foundations to fund children education globally (eg South Africa)
3. Inspirational Speaker
4. Running adaptive clinics
5. Peer mentor for Amputees/Business in prosthetic and orthotic
6. Director of blind charity
7. Fundraising for disability sport for veterans around the world
8. Setting Up charitable trusts for impairments
9. Volunteer Charity events

DISCUSSION

- Countries with greater numbers of participants playing golf were found to have greater economic status as measured by GDP
- Golf has a positive influential effect on players' lives including better health and their current perception of disability . It provides the sense of community and physical activity requirements
- Lack of access and increased cost is a major barrier to play in many countries. In less developed countries, sponsorship is described as a potential facilitator for more participation.
- Players describe improving awareness through role models can improve global exposure via television, online platforms and social media.
- Future implications of COVID-19 on affect on players away from golf

CONCLUSION

Individuals with disability are a disadvantaged population in many countries, without access to many resources. Golf participation has positive effects on health, rehabilitative potential, and the 'disability identity' for individuals with disabilities. There are opportunities to address the disparities in the sport by improving female awareness, promoting role models, and improving access and cost of golf in less developed countries via sponsorships and national governing bodies.

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