

Analysis of motivational factors and physical activity and sport of people with visual impairments in vocational promotion centers in Germany

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Background: Motivational factors such as self-efficacy and assertiveness are important prerequisites both for psychological well-being and job-related participation (Fuchs & Schwarzer, 1994). Also, physical activity and sport is associated with positive physiological and psychological benefits (Dickhuth et al., 2010; Graf, 2012). However, for people of working age with visual impairments, such studies are not found. Therefore, the purpose of this exploratory study is to analyse the relations between the motivational factors *general self-efficacy*, *self-efficacy towards physical exercise*, and *assertiveness* and *physical activity and sport* for people with visual impairments participating in occupational rehabilitation.

Method: The study includes adults with visual impairments between 16 and 56 years ($N=233$, $M_{age}=30.11 \pm 11.20$, 35.6% female) who take part in a rehabilitation programme of a vocational promotion centre in Düren, Mainz, Halle (Saale), or Stuttgart (Germany). The subjects answered a questionnaire consisting of questions about biographical details, visual impairments, physical activities, sporting activities, general self-efficacy (Jerusalem & Schwarzer, 1986), self-efficacy towards physical exercise (Fuchs & Schwarzer, 1994), and assertiveness. The latter motivational measures proved to be reliable and valid. The data is analysed with ANOVAs.

Results: A comparison with normative data of the general (able-bodied people) population shows no meaningful differences concerning general self-efficacy [$F(1,2678)=22.45$; $p=.000$; $\eta^2=.008$].

Furthermore, the results display significant effects of physical activity on general self-efficacy [$F(1,202)=28.04$; $p=.000$; $\eta^2=.122$] and assertiveness [$F(1,223)=9.83$; $p=.002$; $\eta^2=.042$], and significant effects of sporting activity on general self-efficacy [$F(1,179)=6.50$; $p=.012$; $\eta^2=.035$] and self-efficacy towards physical exercise [$F(1,197)=16.17$; $p=.000$; $\eta^2=.076$]. For all comparisons the more active persons show better values.

Conclusion: As people with visual impairments in occupational rehabilitation seem to have a positively developed self-efficacy and assertiveness, they appear to be able to fully and effectively participate in working life. The effects of physical and sporting activity on the motivational factors show that people with visual impairments in occupational rehabilitation centres should be motivated to spend their leisure time in an active manner. Also, the institutions should provide miscellaneous sports courses, so that rehabilitants get the possibility to take part in sporting activities.

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