

## INCLUSION IN SPORT DANCE AND SELF PERCEPTION

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### **Abstract**

*In Italian the term integration has always been used with the meaning of "mutual integration", that is the arrangement of the individual and of the context; The term inclusion does not seem to add anything that is not already present in the term integration. Different is what happens in the English language, as the term *integratio* seems to have lost some of its original meaning, being replaced by the term *inclusion* or *inclusive* to underline the mutual arrangement between individual with disabilities and context. Finally, in Italian it seems correct to use both terms, integration and the Anglicism inclusion, explaining that it refers to processes that involve changes in both people with disabilities both in the context of membership. The concept of integration has to be born by the transition from the focus of the stereotype that regards disability, to the eye than able to meet each other in all its diversity and complexity. Today, thousands of disabled people live a life the same way as able-bodied, the "normality" of disability in the social, cultural, business and sports is more of a reality, but this is due to the fact that these people have, throughout their life, met a context able to promote and enhance the differences. Each sports, as a chance for growth, represents a gratifying activities which that conveys to people with disabilities a sense of well-being that helps them, sometimes, to overcome their limitations; it helps to develop the process of autonomy, as part of the process of social integration by proposing relationships with friends, adults, educators, athletes, disabled or not. The dance sport strongly embraces this latter perspective, as being a sport with the characteristic of the group, fully enclosing the objective of promoting social integration as an opportunity for personal growth and social inclusion of people with disabilities and not only. Dancing is not exhibitionism or race to show the perfection of a technique or of a body, dancing is an art, is a manifestation of one's inner being, it is the joy of acceptance of one's own limits, of creativity, it is the expression that will take you to another and to the group. Aim is to test the term of inclusion and integration in dance sport and how the athlete think about the phenomenon.*

**Key words:** *integration, document physical education, questionnaire, motor control, skills*

### **Introduction**

What is normal in Physical activity and sport, which are the aspects on teaching and learning by physical activity in relationship to normality (Altavilla et al., 2014abc) in term of relationship between sport skills and mind theory on motor control (Raiola 2014ab, Raiola, et al 2012, ). It can talk about in the school and sport association (Di Tore & Raiola, 2012a; b; Altavilaa et al., 2014) underlying the document and teaching method. Sports Game, such volleyball, is the a better educational setting to develop the relationship between athlete, included athlete with special needs, because the intensity of the game and the participation of all opens the opportunity of exchanges among people (Parisi et al., 2014a;b). The normality in performance is mainly regarding to performance in people with disability. When you come across disabled people phenomenon, firstly it is not to accept it, but people deny it. Significantly, the term normality, in its specific meaning, does not exist. The lexicon related to it suddenly becomes secretive, alluring, vaguely sarcastic. In spoken language, signs of written languages are used, "the normals in quotes" , or the "so called normals". Normality subjected to aggressive analysis not less than diversity discloses cracks, deficiency, intermittence, anomalies. Everything becomes the exception and the need of norm end up by strengthening, like a virus become invulnerable by the cure;

it is not denying the differences that we fight, but changing the image of the norm (Pontiggia, 2004). In Italian the term integration has always been used with the meaning of "mutual integration", that is the arrangement of the individual and of the context. The term inclusion does not seem to add anything that is not already present in the term integration. Different is what happens in the English language, as the term *integration* seems to have lost some of its original meaning, being replaced by the term *inclusion* or *inclusive* to underline the mutual arrangement between individual with disabilities and context. Finally, in Italian it seems correct to use both terms, integration and the Anglicism inclusion, explaining that it refers to processes that involve changes in both people with disabilities both in the context of membership. In the Physical education document at the school (Raiola, 2011a; b) there are many aspects about the inclusion applied to P.E., because the main mission is to obtain the social skills and to evaluate self efficacy aspects and its relation to language skills (Gomez et al., 2014; Rio et al., 2014). The concept of integration has to be born by the transition from the focus of the stereotype that regards disability, to the eye than able to meet each other in all its diversity and complexity. Exergames and its relation to sport and physical activity should help the athletes with special needs (Di Tore et al., 2012a; b).

In some cases, people with special needs could have the same parameter of performance in term of complex performance (Raiola & Altavilla, 2015; Raiola et al., 2015), also if the qualitative aspects are the priority to relation to "normal people". Today, thousands of disabled people live a life the same way as able-bodied, the "normality" of disability in the social, cultural, business and sports is more of a reality, but this is due to the fact that these people have, throughout their life, met a context able to promote and enhance the differences. But, unfortunately, there is still a large number of disabled people who do not enjoy a lifestyle that promotes their well-being and social inclusion. Dance sport, in this regard, has always had a character highly inclusive/integrative, looking for the right arrangements to embrace differences and to shed light on the key point of every speech: differences must not be eliminated, differences have to be appreciated. Each sports, as a chance for growth, represents a gratifying activities which that conveys to people with disabilities a sense of well-being that helps them, sometimes, to overcome their limitations; it helps to develop the process of autonomy, as part of the process of social integration by proposing relationships with friends, adults, educators, athletes, disabled or not. The dance sport strongly embraces this latter perspective, as being a sport with the characteristic of the group, fully enclosing the objective of promoting social integration as an opportunity for personal growth and social inclusion of people with disabilities and not only.

Dancing is not exhibitionism or race to show the perfection of a technique or of a body, dancing is an art, is a manifestation of one's inner being, it is the joy of acceptance of one's own limits, of creativity, it is the expression that will take you to another and to the group. Starting from the assumption that dance sport group relates different bodies and personalities, creating team spirit and cohesion, the aim of this work is to assess whether, beyond the numbers drawn from research in dance choreography you can actually talk about inclusion / integration of persons with different disabilities and how, if these are present, a dance group relates to them; how and if a mixed group of able-bodied and disabled can be a strength in sport and dance sport in particular trying to figure out if the dance sport lends itself to be an efficient means to achieve well-being of the individual and the group. Aim is to test the term of inclusion and integration in dance sport and how the athlete think about the phenomenon.

### Methods and tools

The instrument used in this study was the questionnaire. This is a tool used in research that is used to collect information in a standardized manner, and on samples of varying sizes, such that you can then build a matrix data and perform an analysis of the results. It is an objective tool, which gives a quantitative measurable responses, analysed and comparable.

The questionnaire is made by 12 closed-response questions and it was administered to a dance group made up of 10 female persons of the age between 16 and 25 years. The questions are as follows: 1) Have you ever heard of integration / inclusion ? 2) Do you consider dance a useful activity for this purpose? 3) Do you think that dance is a sport that suits your needs? 4) For what reason? 5) Does your sport include performances of the team? 6) Have you ever had in your group a disabled? 7) (If the previous answer was no) if it happens, how you would behave? 8) Do you think that a mixed group composed of able-bodied and disabled can be a trump card in group sports and in particular in dance? 9) Do you think the presence of a differently-abled in your group can be: a discomfort; a factor of personal growth; positive; indifferent; means to a greater group cohesion; condition of a slowdown of work? 10) Do you think that in dance sport it is possible to talk about integration/inclusion? 11) Do you think that dance can be a valuable means to reach an individual well-being? 12) Do you think that dance can be useful for a differently abled? With the choice of these questions we tried to evaluate and analyse the above factors as aim of the work.

### Results

The questionnaire reveals these results:

- To question n°1 "Have you ever heard of integration / inclusion?" 70% answered yes, 10% no and 20% have heard of it in part.
- To question n°2 "Do you consider dance a useful activity for this purpose?" 80% answered yes, while 20% answered in part.
- To question n°3 "Do you think that dance is a sport that suits your needs"?100% answered yes.
- To the question n° 4 "For what reason?", 40% responded "to my professional growth," 30% "to expand my knowledge," another 30% "for physical activity."
- To the question n°5 "Does your sport include performances of the team"? 100% answered yes.
- To the question n ° 6 " Have you ever had in your group a disabled?" 90% answered no, only 10% answered yes.
- To the question n ° 7 "(If the previous answer was no) if it happens, how you would behave?" 90% would be happy to support him and help him in the dance while 10% did not respond.
- To the question n ° 8 "Do you think that a mixed group composed of able-bodied and disabled can be a trump card in group sports and in particular in dance ?" 50% answered yes, and the other 50% responded in part .
- To the question n°9 " Do you think the presence of a differently-abled in your group can be:" 50% answered "a factor of personal growth," 20% responded "positive", another 20% said "means of group cohesion," 10% answered "indifferent."
- To the question n°10 "Do you think that in dance sport it is possible to talk about integration/inclusion?" 70% answered yes, 20% responded in part and 10% said no.

- To the question n° 11 " Do you think that dance can be a valuable means to reach an individual well-being?" 100% answered yes.

- To the question n° 12 "Do you think that dance can be useful for a differently abled ?" 70% said yes, while 30% answered in part..

In evidence it is deepened 3 group of results: question n.10, n.9 and n. 7

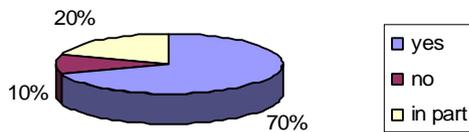


Figure 1 Question 10: "Do you think that in dance sport it is possible to talk about integration/inclusion?"

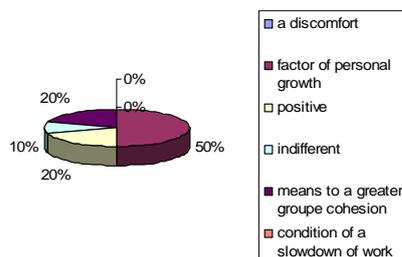


Figure 2 Question 9: "Do you think the presence of a differently-abled in your group can be"

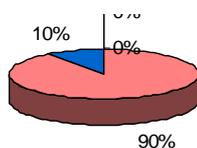


Figure 3 Question 7: "How you would behave if there were a disabled in your group?"

## Discussion and conclusions

From the results obtained we deduce some positive points and others of greater importance. For example, to the first question a good percentage answered that knows the meaning of inclusion/integration, then it is assumed that there

is a cultural knowledge base on the social aspect, in fact to question n°10, 70% answered that in the dance sports you can talk about inclusion. Moreover, it emerges as a discordant date, as 90% said that he never had in his group a differently abled but to the next question he replied that a large percentage would be happy to join him in the dance if it should happen. On the one hand this date is positive, as it raises the propensity to accept and then include a differently abled in the practice of dance, but on the other hand reveals the lack of real of the data as the same percentage has never had interactions with a disabled person. Another important fact is that in equal proportion, 50%, the presence of a differently abled in the group could be a trump card in dance sport. But only 20% said that the presence of a differently abled is a means of cohesion of the group, while 50% see it as a factor in personal growth. Thus, the analysis of these results shows that in dance sport the presence of a differently abled is accepted but not actually present, at least not in the sample considered. But research shows that a large percentage sees the dance sport as a considerable means to lead to the achievement of an individual well-being, then comes the preparation of this sport to an inclusive view that can lead to positive results even in the context of disability. Dancing in a group is not easy, especially when there are people with illnesses, whether minor or major. Dancing in group develops a physical dialogue between the various components in which all the senses are involved ; dance sport group just for this peculiarity allows everyone to acquire the knowledge of the obstacle and of its own limits in an easier way , and to work together searching for a choreographic passage to overcome it. Dance sport group is oriented mainly on trust, on balance and on the improvement of the ability to relate themselves and especially with others. Obviously one of the goals we try to reach with this kind of work, is to obtain the growth of the self-confidence of disabled people and to increase the process of inclusion/integration of the latter in a context, that of dance group, which unfortunately, often sees them as mere observers.

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## UKLJUČENOST U SPORTSKI PLES I SAMOPERCEPCIJA

### Sažetak

U talijanskom pojam integracija oduvijek je bio korišten u smislu "uzajamne integracije", koji je slaganje pojedinca i konteksta. Pojam inkluzija ne čini se da dodaje išta što već nije prisutno u pojmu integracije. Različito je ono što se događa na engleskom jeziku, kao pojam 'integration' koji izgleda kao da je izgubio nešto od njegovih izvornog značenja, koja se zamjenjuje pojmom uključivanje s naglaskom na međusobni aranžman između osoba sa invaliditetom i kontekst. Konačno, na talijanskom čini se ispravno koristiti oba pojma, integraciju i anglikansku inkluziju, podrazumijevajući da se odnosi na postupke koji uključuju promjene u osobe s invaliditetom, kao i u kontekstu članstva. Koncept integracije mora biti rođen od prijelaza iz fokusa stereotipa u pogledu invalidnosti, prema pogledu koji omogućava upoznavanje obojice u svoj svojoj raznolikosti i složenosti. Danas, tisuće ljudi s invaliditetom žive život na isti način kao i radno sposobni, "normalnost" invalidnosti u društvenom, kulturnom, poslovnom i sportskom životu je više od stvarnosti, ali to je zbog činjenice da su ti ljudi, tijekom svog života, upoznali kontekst mogućnosti za promicanje i poboljšanje razlike. Svaki sport, kao prilika za rast, predstavlja zadovoljavajuće aktivnosti koje se prenosi tako da osobe s invaliditetom dobiju osjećaj ugone koji im pomaže, ponekad, da prevladaju svoje granice; pomaže da se razvije proces autonomije kao dio procesa društvene integracije predlaganjem odnosa s prijateljima, odraslima, nastavnicima, sportašima, osoba s invaliditetom ili ne. Sportski ples snažno obuhvaća ove potonje perspektive, kao sport s karakteristikama skupine, u cijelosti zahvaća cilj promicanja socijalne uključenosti kao priliku za osobni rast i socijalno uključivanje (ne samo) osoba s invaliditetom. Ples nije egzibicionizam ili utrka pokazavanja savršenstva tehnike ili tijela, ples je umjetnost, to je manifestacija nečijeg unutarnjeg bića, ona je radost prihvaćanja vlastitih granica, kreativnosti, što je izraz koji se će vas odvesti drugima i u skupine. Cilj je testirati pojam inkluzije i integracije u plesnom sportu i kako sportaš promatra fenomen.

**Ključne riječi:** integracija, dokumentirani tjelesni odgoj, upitnik, motorička kontrola, vještine

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