

**AN EXPLORATORY STUDY OF THE FACTORS INFLUENCING
THE PARTICIPATION OF PERSONS WITH PHYSICAL
DISABILITIES IN WHEELCHAIR DANCING IN THE WESTERN
CAPE PROVINCE OF SOUTH AFRICA.**

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A mini-thesis submitted in partial fulfilment of the requirements for
the degree MPhil (Sport for Development) in the Department of
Sport, Recreation and Exercise Science, coordinated by the
Interdisciplinary Centre for Sport Sciences and Development,
University of the Western Cape.

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DECLARATION

I hereby declare that “An exploratory study of the factors influencing the participation of persons with physical disabilities in wheelchair dancing in the Western Cape Province of South Africa” is my own work, that it has not been submitted before for any other degree in any other university, and that the sources I have used have been indicated and acknowledged as complete references.

Mogamat Rida Desai



Signed:



ACKNOWLEDGEMENTS

I need to give a huge thank you to the disability community. Your resilience, drive, ability, tolerance and persistence for inclusion, has really shaped this paper. To not just overcome your current circumstances, but to thrive in an environment that does not give you the tools or assistance to be active in communities or businesses. I salute you fellow brothers and sisters and this fight has just started.

I praise the Almighty that has given me the ability, strength, motivation and knowledge to carry out this study. My life is an outcome of your Supreme being and I am only capable by your hand.

‘Al iel mu nurun’, is the phrase I grew up with repeating it in my head while reading my primary school’s emblem. It stands for ‘knowledge is light’ and it encompasses my drive for knowledge to not only give me the necessary knowledge, but tools to assist those in less fortunate positions. This is a life lesson I apply at every chance, as I believe knowledge has the power to not only change inequalities, but to assist others in doing so.

Lastly, without my support structures in place, I would have no physical capabilities to carry out this masters degree. To my parents, my siblings, carer and all my cheerleaders, I thank you for your support and how you have help mme. My supervisor, Dr. Emma McKinney, thank you for being my aid, giving of your expertise and for affording me the time to learn and complete this mini-thesis. This is the outcome of your hard work and perseverance with me. Thank you.

ABSTRACT

This study investigates the participatory factors influencing persons with physical disabilities participating in wheelchair dancing. Participants residing in the Western Cape Province of South Africa were selected for this study. Global literature on the impact of wheelchair dancing as a sport and the role it plays in the lives of people with physical disabilities is limited, with even less having been published within the 'Global South'.

Understanding what affects participation can assist in ensuring more persons with a physical disability can take part in wheelchair dancing and at the same time to ensure lessons learnt can improve inclusion for persons with physical disabilities in dance sport in the Western Cape of South Africa. The researcher is a person with a physical disability who represented South Africa at wheelchair dancing. Ethical considerations ensured research bias was not affecting any outcomes of this research. It was important that the researcher stuck to the research questions set out by this research and did not explore his own experiences. A qualitative research design ensured this exploratory study examined the participatory factors for persons with physical disabilities. A semi-structured interview was used to collect the data for this research and to collect demographic information. An inductive thematic analysis of the data was carried out to ensure that collected themes across responses from the sample selected, in order to draw on relevant experiences. The findings found three main themes affecting participation. These themes are associated costs to participate in wheelchair dancing, support structures and lessons learnt from wheelchair dancing as a sporting code.

KEY WORDS:

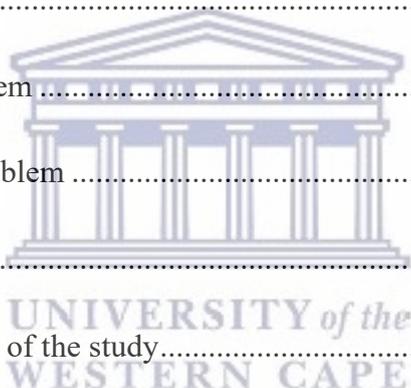
Physical disabilities, accessibility, persons with physical disabilities, access to information, associated costs for participation



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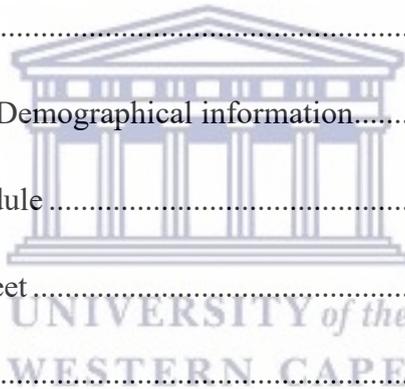
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LIST OF ACRONYMS AND ABBREVIATIONS

ICSSD The Interdisciplinary Centre for Sports Science and Development

NPO Non-Profit Organisation

QASA Quadpara Association of South Africa

WCRC Western Cape Rehabilitation Centre

UNCRPD United Nations Convention on the Rights of persons with disabilities

WHO World Health Organization



DEFINITION OF TERMS

Physical disability or impairment: is an ailment or illness that a person is born with or contracted over time. A physical disability affects the mobility of a person and in some cases mental capacity is affected as well (Soanes et al., 2008).

Universal Design: To ensure accessibility is achieved we need to ensure we implement Universal Design. Universal Design ensures that everyone, irrespective of physical or mental capacity, can equally use products, environments, programs, and services, etc., (Giannoumis, et al., 2019). The key aspect is in the planning and monitoring of public goods, services or areas, and that it allows all members of society to access the space or good (Giannoumis, et al., 2019). Universal Design is a human right and ensures human dignity is achieved through proper planning and monitoring (Giannoumis, et al., 2019).

Accessibility: accessibility research and disability studies are intertwined fields focused on, respectively, building a world more inclusive of people with disability and understanding and elevating the lived experiences of disabled people', (Hofmann, et al., 2020, October).

Accessible transportation: is the passport to independent living for everyone. Mobility means having transport services going where and when one wants to travel; being informed about the services; knowing how to use them; being able to use them; and having the means to pay for them. For people with mobility, sensory, or cognitive impairments—many of whom are elderly—such a goal offers many challenges (Suen et al., 2000).

Accessible venue: is a public space or building, that everyone irrespective of their mental or physical capacity, that can be used either for leisure or formal use (Dickson et al., 2016). The venue allows everyone to access it and use the facilities.

CHAPTER ONE: STATEMENT OF THE PROBLEM

1.1 Introduction

Globally, persons with disabilities are one of the largest minority groups who experience a number of barriers to participation and inclusion in society (Wagner, 2019). Sport for persons with disabilities assist with achieving a healthier body and a stronger mind (Conchar et al., 2016). A study conducted by Conchar et al. (2016) identified aspects that either promoted or hindered participation in sport for persons with physical disabilities. Factors such as resource limitations, policies that disregard disability inclusion; procedures and practises catering for disability inclusion or participation in public events or sporting codes such as wheelchair dancing; and lastly the educational system that is not inclusive of persons with a physical disability to participate in public events or access inclusive physical environments (Conchar et al., 2016). The lack of inclusion is evident because of the absence of accessible transport, accessible venues and no information available for persons with physical disabilities to participate (Conchar et al., 2016).

The World Health Organization (WHO) reports that 2 billion people of the world's population has a form of disability (Wagner, 2019). Furthermore, the United Nations Convention on the Rights of Persons with Disabilities (UNCRPD) states that countries that ratified and signed the Convention are liable to use its contents as guiding principles on issues of disability and is the main document on ableist discourse on inequalities (United Nations, UN, 2007). Disability inclusion is a global issue that is being prioritised by the UN and governments around the globe (Hussey et al., 2017). The UNCRPD is the guiding policy on disability which has been ratified and adopted by South Africa. The UNCRPD gives 50 detailed articles (Table 1: Appendices) of

disability outcomes and guidelines that governments around the globe need to follow in order to assist in addressing the inequality experienced by persons with disabilities. These include Article Nine of the UNCRPD which states that accessibility is important to enable persons with disabilities to live independently and participate fully in all aspects of life (Lombardi et al., 2019). Article Nine of the UNCRPD further states that governments should take appropriate measures to ensure that persons with disabilities have access to the physical environment, transportation, including information and communications technologies provided to the public (Joubert, 2017).

This study examined the participatory experiences of persons with physical disabilities in wheelchair dancing who reside in the Western Cape Province of South Africa. Article 30 of the UNCRPD refers to the participation of persons with disabilities in cultural events, leisure activities and sport [Disability Action, (2016) in Lombardi et al., (2019), page 3]. Wheelchair dancing is a Paralympic sport and participation at a national level will earn the participants points to be part of the Paralympic Games. This places importance on wheelchair dancing as an opportunity for growth and success at the highest level.

This exploratory study is qualitative in nature and provides an understanding of the factors influencing participation in wheelchair dancing for persons with physical disabilities. Research in the area of disability, specifically persons with physical disabilities' lived experiences provide an understanding and is important in the field of disability studies (Shakespeare, 2017).

1.2 Statement of the problem

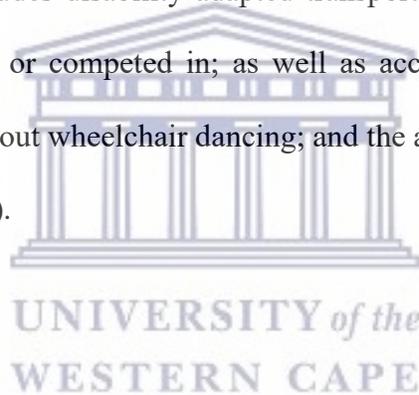
Sporting activities for persons with physical disabilities, can add much needed social inclusion, physical benefits and how to include disability sport in mainstream structures (Swartz et al., 2018). Understanding how to include people with physical disabilities can only improve the scope of the sport and at the same time include all members of society with different physical abilities (Swartz et al., 2018).

Wheelchair dancing as a sport for persons with physical disabilities; needs to be accessed in an open, free to use public environment. Exploring how persons with physical disabilities take part in wheelchair dancing; can assist in creating academic papers to explain what accessibility is in place and at the same time to point out possible barriers to participation for persons with physical disabilities. The UNCRPD defines clearly what is needed to ensure inclusion and accessibility for persons with disabilities. It is therefore important to use the UNCRPD document and The White Paper on Disability in South Africa, to change policy to ensure inclusion and accessibility for persons with physical disabilities.

However, it is unknown which factors are present and if they aid or hamper the participation of persons with physical disabilities in wheelchair dancing. Therefore, this study explores the participatory factors in wheelchair dancing for persons with physical disabilities in the Western Cape Province of South Africa. The aim of this research was to understand the participatory factors and how it affects participation for persons with a physical disability in wheelchair dancing. The objective was to understand what creates the issue or inhibits taking part in wheelchair dancing. The outcomes will assist in understanding how participation can be maintained or

improved with regards to participation. Participatory factors for person with a physical disability in this regard refer to the aspects that either inhibit or get in the way of taking part in wheelchair dancing. Wheelchair users could be anyone with a physical disability or anyone who chooses to take part in wheelchair dancing. Therefore, wheelchair dancing is a sport like cycling, that allows for anyone to take part who uses the wheelchair to dance.

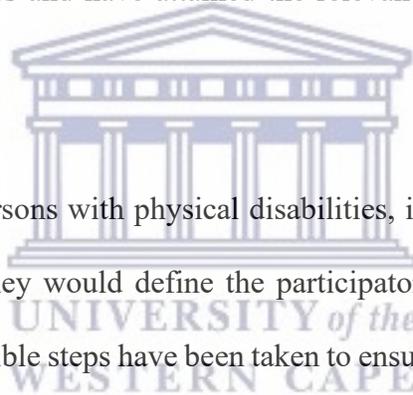
People who are wheelchair users in South Africa rely on three important factors when considering wheelchair dancing. Accessibility which refers to access to venues in order to participate in wheelchair dancing. It also includes disability adapted transport to and from the venue, where wheelchair dancing is practised or competed in; as well as access to information in terms of participation or learning more about wheelchair dancing; and the associated costs to participate in wheelchair dancing (Song, 2017).



1.3 Significance of the problem

In South Africa, disability sport codes are run as non-profit organisations (NPOs) and are driven by funding by government and the private sector (Mauerberg - de Castro et al., 2016). Samuel (2015) states that the importance of dance for South African communities goes further than just the persons with disabilities in a specific community. According to Samuel (2015), the art of dancing gives society a voice and a way to voice themselves through their art. As Samuel (2015) explains that all dance types will allow for a more cohesive society with everyone, abled and disabled people, being included and enjoying the benefits of cultural events. This research will attempt identify what is currently being taking place in the Western Cape of South Africa to ensure people with physical disabilities ‘successfully’ participate in wheelchair dancing. Wheelchair

dancing is a Paralympic sports code for persons with physical disabilities. The outcomes of this research, firstly, give an understanding of what is either assisting or holding back participation for persons with physical disabilities in the Western Cape of South Africa, secondly, we can ensure that the correct measures are in place to improve participation for persons with physical disabilities in wheelchair dancing. This information can then be used to improve other sporting codes for persons who use wheelchairs and to ensure we get South African athletes' participation at all levels of disability sports. This research has shown that wheelchair dancing in Cape Town South Africa can improve the impact of wheelchair dancers with physical disabilities. The participants of this research run their own businesses and have attained the relevant skills to further themselves as business owners.



Accessibility or inclusion for persons with physical disabilities, in this study will indicate which aspects affect participation or they would define the participatory factors. Participatory factors refers to what inclusive or accessible steps have been taken to ensure participation for persons with physical disabilities. The participatory factors of associated costs, support structures and lessons learnt from taking part in wheelchair dancing were identified. Associated costs are under stated if we do not investigate each individual needs. Transport, care and wheelchair dancing specific attire and equipment all affect participation for persons with physical disabilities. Therefore having support structures, from business funding to family support, has a major impact for participation. Support needs to be identified and highlighted so that it enables participation instead of hinders it. Lastly, lessons learnt by participants of wheelchair dancing goes far beyond any sporting code. We need to understand what these lessons are and to ensure these lessons are being used to better the lives of persons with physical disabilities.

1.4 Research questions

The research question is to understand how participation in wheelchair dancing for persons with a physical disability are affected by the factors highlighted by this research in the Western Cape of South Africa? In order to measure the participatory factors, the following questions were asked: -

- Does access, access to information and associated costs affect participation in wheelchair dancing? and
- Whether accessibility, access to information, and associated costs have an impact on their participation in wheelchair dancing?

1.5 Aims and objectives of the study

1.5.1 Aim of the study

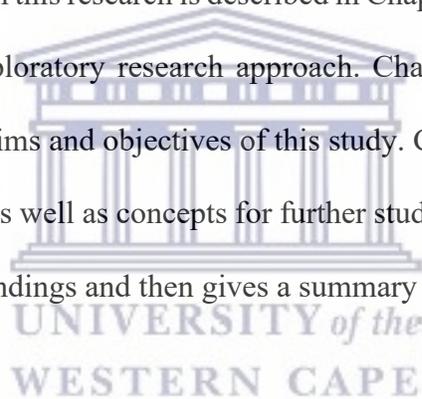
To understand what affects participation for persons with physical disabilities, can only assist in reducing exclusion of persons with physical disabilities. Wheelchair dancing is but one important sporting code for persons with physical disabilities, so ensuring they can access sports codes or events targeted for persons with physical disabilities is important to ensure their participation, have access and allowed to give their input.

1.5.2 Objectives of the study

The objectives of the study were: to describe the experiences of people with physical disabilities who are currently participating in wheelchair dancing. It was also to investigate what factors participants feel are required to enable more persons with physical disabilities to participate in wheelchair dancing in South Africa.

1.6 Summary

Chapter 1 provides the background for this study and offers a strong underpinning for the need for this study. The gap in the literature was targeted and information regarding participation for persons with physical disabilities in sporting activities. The problem statement, significance of the study and research questions all provide the direction of this study. Finally, the chapter concludes with the aims and objectives of the study. Chapter 2 reviews the literature relevant to the research topic and provides a background on the participation of persons with physical disabilities in sport. The methodology used to perform this research is described in Chapter 3. For this study, qualitative data was collected using an exploratory research approach. Chapter 4 presents a report of the findings related to the research aims and objectives of this study. Chapter 5 discusses the findings and provides recommendations as well as concepts for further study. Finally, Chapter 6 concludes this paper by summarising the findings and then gives a summary to the study.



CHAPTER TWO: REVIEW OF RELATED LITERATURE

2.1 Introduction

The following chapter looks at the current literature regarding participation for persons with physical disabilities in dance sport. The literature does not necessarily look at what are the barriers to participation but rather the benefits achieved from dance. First identifying the guiding policy on participation from the UNCRPD, white paper on disability in South Africa and then identifying the theoretical framework guiding this research. In a study by Allan et al. (2018), six experiential elements of participation were identified to affect participation for persons with physical disabilities. These elements were autonomy, belongingness, challenge, engagement, mastery, and meaning (Allan et al, 2018). These identified experiences are what the persons with physical disabilities experience, feel or gain from their participation. Understanding the advantages of participation is important but are there factors that hinder participation and this research paper examined how the factors affected participation for persons with physical disabilities. It is key to note that this is one of the only literature with regards to benefits of sport for persons with physical disabilities. Therefore highlighting the need for this research paper.

Article 30 of the UNCRPD, as described by Fernandez et al. (2017), states that persons with disabilities have the right to participation in cultural life, recreation, leisure and sport. It further states that governments must recognise the right of persons with disabilities to take part on an equal basis with others in cultural life and shall take all appropriate measures to ensure that persons

with disabilities can participate on equal basis as any in society. The Convention further states that member states shall take measures to enable persons with disabilities to have the opportunity to develop and utilise their creative, artistic and intellectual potential, not only for their own benefit, but also for the enrichment of society (Fernandez et al., 2017).

The Department of Social Development of the Republic of South Africa published the White Paper on the Rights of Persons with Disabilities, which was approved by the Cabinet on the 9th of December 2015. This White Paper explains that cultural rights, are human rights that aim at assuring the enjoyment of culture and its components in conditions of equality, human dignity and non-discrimination (Joubert, 2017). These rights related to themes such as language; cultural and artistic production; participation in cultural life; cultural heritage; intellectual property rights; author's rights; minorities and access to culture, among others (Kamga, 2016).

2.2.1 Sport participation for persons with physical disabilities

In a study published by Inal (2014), three key benefit areas of wheelchair dancing for persons with disabilities were established. These areas were identified as being cognitive, emotional and physical benefits. This study stated that dancing to music assisted with cognitive skills like communication and thus improving participation. The physical benefits of wheelchair dancing including exercise and muscle building of the body that leads to a healthier and stronger individual. Understanding how wheelchair dancing creates emotions of happiness and excitement is important (Parent, 2016). Parent (2016) showed in his study that, because of the combination of the benefits, overall emotions are affected positively by wheelchair dancing and hence improving participation.

Singleton and Darcy (2013) discuss disability participation and it is evident that the cost of access or inclusion affects how or if persons with disabilities participate in wheelchair dancing. Societies opinions and lack of knowledge of disability access and inclusion, affect how persons with disabilities can participate in wheelchair dancing (Burrige & Nielsen, 2017). Lastly, access to physical environments are important and having infrastructures that allow for all persons in that community or environment to access. If there are no measures to include persons with disabilities because of lack of ramps, signage or issues such as parking, participation for persons with disabilities will be affected (Burrige & Nielsen, 2017). In the study of McLoughlin et al. (2017 p: 18), ‘themes indicated that athletes attributed participation to constructs of self-determination theory as well as overcoming specific barriers such as cost, time constraints, and lack of opportunity’. McLoughlin et al. (2017) further explain that, ‘among facilitators to their athletic development, there were empowerment and advocacy, increased health, college scholarships, and achieving performance-related goals’. These enabling participation themes are present in professional disability sports codes and this research identifies what is needed to assist any person with a physical disability to participate in wheelchair dancing in the Western Cape area of South Africa.

2.2.2 Participation in sport for persons with physical disabilities

Shirazipour et al. (2020) describe three important factors when considering participation, these are:

- ‘Group-based programming and leadership are two program conditions that may foster elements of quality participation’,

- ‘Physical activity organizers need to consider group composition. Physical activity programs should consist of peers with a disability, as appropriate, in order to promote belongingness’, and
- ‘Physical activity programs should provide disability-specific training to leaders or seek leaders with disability-specific knowledge, in addition to physical activity knowledge and skills.’

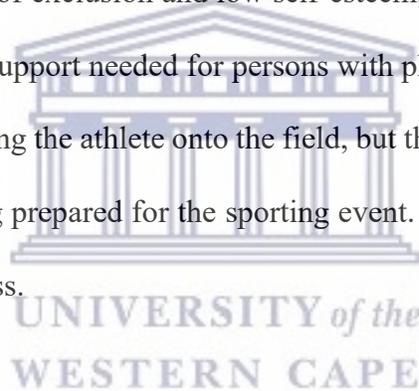
In this study, Shirazipour et al. (2020), state that it is important to note the role of persons with disabilities in the process. They further explain that persons with similar disabilities with the expertise are important to ensure the participation of those trying to learn from previous examples. Lessons learnt from previous example on how to succeed in the sports code and just acting as a coach is important for the participation of persons with disabilities (Shirazipour et al., 2020). Swartz et al. (2018) describe participation in competitive sport as a ‘positive experience’. Participation is described as a catalyst for the recasting of identities and reframing an understanding of physical impairment (Swartz et al., 2018). The narratives also describe ‘the struggle on the part of persons with disabilities to be seen as fully human and reveal how participants reproduce some unhelpful disablist discourses’ (Swartz et al., 2018: 18).

Swartz et al., (2018) highlight the following as important outcomes of participation for persons with disabilities:

- Competitive sport is a useful context for rehabilitation and the empowerment of persons with disabilities,

- Athletes with disabilities say that they are able to resist dominant stereotypes about disability and recast their identities through participation in competitive sport;
- Disability sport seems to provide a setting in which persons with disabilities can reproduce unhelpful disablist discourses; and
- There are dangers inherent in idealizing competitive disability sport.

Swartz et al. (2018: 19), point out that, “Even where athletes with disabilities are competing at the highest level and are successful, rehabilitation professionals must be aware of these issues, must be able to listen for experiences of exclusion and low self-esteem, and to engage with athletes on these issues”. This refers to the support needed for persons with physical disabilities in sport. It is important to go beyond just getting the athlete onto the field, but there is a holistic approach to not only getting ready but also being prepared for the sporting event. The mental aspects needs to be covered in order to ensure success.



In a study by Knibbe et al. (2017), they explored the experiences of young persons with physical disabilities relating to social inclusion and physical activity, in order to describe the characteristics of social environments that support participation in physical activity. The result of the study saw young people describe several ways that their social environments help motivate and support them in their physical activity participation (Knibbe et al., 2017). Supportive social environments characterized by equitable participation, a sense of belonging, and opportunities for interdependence, play a critical role in promoting the health and well-being of young people with physical disabilities (Knibbe et al., 2017). These characteristics are important to consider in the design of both integrated and dedicated physical activity (Knibbe et al., 2017).

2.3 Theoretical framework

The theoretical framework used in this study is a social model of disability. Disability studies research use the social model as its research method (Oliver, 2013). According to Lindemann et al. (2017), the medical model of disability research has been viewed as a problem to be fixed, or an injury to be cured. Lindemann et al. (2017), further describe the medical model as a focus on fixing or curing a disability instead of seeing it as a normal part of life. The challenge with the medical model is that the method believed a person with the disability or a disability type is the focus (Barnes, 2012). The difficulty was that the medical model focussed on how persons with disabilities were perceived to 'differ' from the 'norm' and how they never fitted into 'normal functioning' such as walking, standing, or entering a public venue (Barnes, 2012). The medical model did not assist persons with disabilities because it focussed on barriers and solutions which were seen as difficult to achieve. The medical model as described by Oliver (2013), does not aid disability studies because it indicates that persons with disabilities are the deficits in society and focuses on what persons with disabilities cannot do.

Out of the shortcomings of the medical model, the social model was developed. The social model of disability showed societies shortcomings to accommodate diversity (Oliver, 2013). The focus is on how the environment causes barriers (steps, lack of sign language usage, and attitudes toward disability, etc.). The social model described the disability community as 'socially oppressed' because of the lack of inclusive infrastructure and/ or policies (Haslett & Smith, 2020). From the social model view of disability, the focus is on extrinsic barriers. However, it does acknowledge impairment; but focusses on disability as a whole. Impairment and disability are separated (Haslett

& Smith, 2020). An understanding of society's perception of disability is important when understanding or applying the social model as a research mind-set (Levitt, 2017). Understanding how the barriers are created and how it can be minimised needs to be the priority to ensure the inequalities are reduced in society and disability is included in that environment (Levitt, 2017).

CHAPTER THREE: METHODS AND PROCEDURES

3.1 Introduction

Exploratory study is a research method designed to describe how a phenomenon happens and is especially useful in determining the manner in which a phenomenon is uncovered (Polit & Beck, 2012). A qualitative exploratory design allows the researcher to measure all aspects influencing areas of study with limited academic research in that field or area (Polit & Beck, 2012). This study shows how participation for persons with a physical disability in wheelchair dancing is affected. The lived experiences of each participant needs to be explored to understand how participation was affected (Polit & Beck, 2012). Individual interviews needed to take place because of Covid-19 protocols and the susceptibility of the participants to catching Covid-19. Scheduling of interviews needed to take into consideration the assistance each participant needed to be a part of this research. Where they are physically at the time of the interview, would determine the type of assistance they require. Accessibility is most important to ensure participants are at ease and able

to give detailed feedback. The following chapter 3.2 will in detail explain how the data was collected for this research study.

3.2 Research design

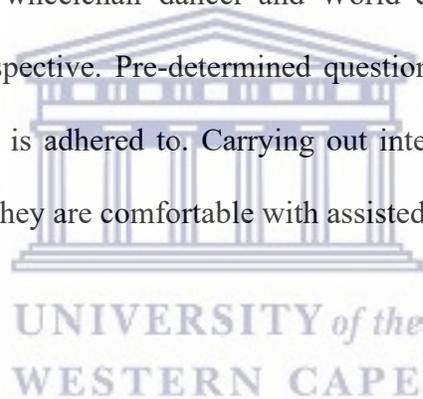
An exploratory design was adopted to understand the lived experiences of wheelchair dancers with physical disabilities. Qualitative study's most important advantage is that it identifies themes and lessons (Church et al., 2019). Qualitative research assists in uncovering perceptions, feelings and emotions about a certain topic or activity, with detailed responses (Church et al., 2019). Qualitative research method as explained by Sehularo et al. (2012) explains that an "explorative research examines a phenomenon of interest deriving descriptions and detailed analysis, rather than simply observing and reporting figures of the phenomenon". Sehularo et al. (2012) suggest that the descriptive element is used to gain insight and information that can be used to group and find themes from the information gathered from the chosen participants. The wheelchair dancers were required to complete a semi-structured interview to gather the data or information needed for this research topic. The focus was on how they became involved in wheelchair dancing and their experiences as a dancer. The participants were required to comment or respond to questions about what they felt was needed to participate in the sport.

3.3 Research setting

Covid-19 made face-to-face interactions difficult as the participants were not only more vulnerable, but contracting the disease could be deadly. The interview schedule questions were asked and all responses digitally recorded then transcribed later. The participants answered all questions in English. Electronic communication via emails, Zoom, WhatsApp and phone calls

were used to communicate with participants. Participants were invited to participate in an online interview where they were asked questions relating to their experiences participating in wheelchair dancing. All information and documents about this research were emailed to participants for their understanding and approval to be a part of this research. The researcher collected feedback via email, Zoom and WhatsApp. If they experienced any difficulty or feedback issues arise, the researcher would address each issue. The researcher collected the data and transcribed the data and then carried out an inductive thematic analysis. Electronic meeting software i.e. Zoom was used to carry out interview meetings and record meetings for this research.

The researcher being a former wheelchair dancer and World champion, needed to approach interviews from a non-bias perspective. Pre-determined questionnaire assisted in non-bias and ensuring the interview schedule is adhered to. Carrying out interviews in environments of the participants assisted by persons they are comfortable with assisted in open honest responses.



3.4 Selection of participants

Purposeful sampling provides an understanding of the selected participants and it ensures that the correct individual is selected to ensure information-rich cases for an in-depth study (Schreier, 2018). Information-rich cases are those from which one can learn a great deal about issues of central importance to the purpose of the inquiry (Schreier, 2018). Studying information-rich cases yields insights and in-depth understanding of a certain research area (Schreier, 2018). Purposeful sampling was used to select research participants of people with physical disabilities. The researcher contacted dance schools in the Western Cape Province of South Africa and disability organisations that concentrate on wheelchair dancing. A maximum target of eight individuals who participates in wheelchair dancing in the Western Cape of South Africa was highlighted to be

selected. Using eight participants are a guideline in exploratory studies, however four individuals met the guidelines set out by this research. The data was collected until saturation was reached. A semi-structured interview schedule of questions was used to collect the demographic information and the data to be analysed for this research. Demographical information informed the researcher of the following information such as age; race; language; gender; suburb in Western Cape, and mobility function in order to understand their disability and ensure that the researcher catered for the participants requirements to respond to the questions asked. The focus of this study was on wheelchair dancers with physical disabilities, who have participated in wheelchair dancing. As a result, only participants with physical disabilities were purposefully selected. The researcher contacted these individuals via email and requested if they are interested in being a participant in this research. All participants voluntarily participated in the research. The reason they were chosen was because they are active wheelchair dancers with physical disabilities. All participants were invited to attend an online meeting where the background to the study was given and invitation to participation in the study provided.

3.5 Delimitations

3.5.1 Exclusion criteria

The following exclusion criteria applied to this study:

- Wheelchair dancers residing outside of the Western Cape Province of South Africa;
- Have not participated in competitions and big showcases;
- Other sporting codes for persons with physical disabilities;
- Disabilities other than physical disabilities; and
- Any participant that refuses permission to be a part of this research.

3.5.2 Inclusion criteria

The following inclusion criteria applied to this study:

- Wheelchair dancers with physical disabilities residing in the Western Cape Province of South Africa;
- Those who have won competitions and qualified to represent South Africa;
- Participated in large theatre projects; and
- Have competed at a provincial level.
- Have been working to promote wheelchair dancing
- Understanding of how to run wheelchair dancing as a sporting code

3.6 Research instruments

The semi-structured interview guide (Appendices A1 & A2) provided a clear set of standardised interview questions for the interviewer and provided reliable, comparable qualitative data. All data and/or information was collected electronically via email, WhatsApp or Zoom application.

3.7 Data collection procedures

Semi-structured interviews were used to collect the data for this research. Understanding experiences, gathering an understanding and the emotions about a selected topic or phenomenon (Roulston & Choi, 2018) experienced is an important outcome of conducting semi-structured interviews. The semi-structured interviews gave the researcher the opportunity to direct interviewees and at the same time maintaining topics, ideas and the direction of the interview questions (Roulston & Choi, 2018). The semi-structured interview allowed for the researcher to ask additional questions to ensure the information collected covers the objectives set out by this

research (Roulston & Choi, 2018). All data was collected via Zoom calls, email, WhatsApp call or voice notes and interviews recorded and saved, transcribed and tabulated for the thematic analysis for this research. An interview schedule was emailed to the participants once they agreed to take part in this research. Due to Covid regulations, no meetings face to face took place. The well-being of all participants was key to this research. Therefore, the online nature of the research method, ensured no person is at risk of Covid-19 (Olliffe et al., 2021). Data collection was done online and the data is in English text. All the interviews were transcribed and saved as a Word document and uploaded onto the researcher's private OneDrive cloud account. This method of saving the data will ensure the safety, privacy, coding and analysis of data collected (Olliffe et al., 2021). An email, using the researcher's private Google mail account was used to communicate with participants of this research. Only with the permission of the participants, was the interview responses used as part of the qualitative data collected in this study. The researcher used a standardise interview schedule in order to ensure that the same questions are asked to all participants in order to be able to more easily code the data. The data obtained from the individual interviews was transcribed and then arranged into themes. All information was collected electronically and saved on the researcher's personal cloud account with secure passwords. Only the researcher will have access to this account. All information will be deleted after five years of collecting the data.

3.8 Trustworthiness

Cognisance was given to the fact that each participant uses a wheelchair and in certain cases may have multiple disabilities. The researcher was aware that this may affect the effectiveness of a telephonic or online conversation. To ensure the effective collection of feedback from the selected

participants, all ethical clearance documents, questionnaire, interview questions and information regarding the interview feedback, were emailed to research participants beforehand. Written consent was attained for all aspects of the research including privacy of information. Important to note that participants could opt out of research at any time. The consent from participants was informed and voluntary, with respect for their dignity, anonymity and privacy. The technologies used allowed for full detailed responses. The researcher was always available to the sample selected to assist with answering any queries.

3.9 Bias

The researcher is a person with a physical disability and a wheelchair dancer and as a result the sample group may be known to the researcher. Because the researcher himself has a physical disability and might be wheelchair user, the beneficence (well-being) and the avoidance of harm (maleficence) of the sample to be researched is understood. The researcher ensured that he kept to the interview schedule questions and allowed the research participants to give their point of view without direction or intervention. The participants had the option to not reply to any question in the semi-structured interview.

3.10 Data analysis

The researcher employed an inductive thematic approach to theme identification (Braun & Clarke, 2012, as cited in Kiger & Varpio, 2020). An inductive approach determines themes from the researcher's data (Varpio et al. 2019, as cited in Kiger, & Varpio, 2020). An inductive thematic approach provides a 'broad, more expansive analysis' of the data, (Braun & Clarke 2006, as cited in Kiger & Varpio, 2020). The responses of the participants are key to identifying the factors

affecting participation. An understanding of their experiences is imperative to draw conclusions on the success stories. Concentration on the positive outcomes instead of what is just stopping participation, is most important. To get what is working replicated in other areas instead of dwell on shortcomings.

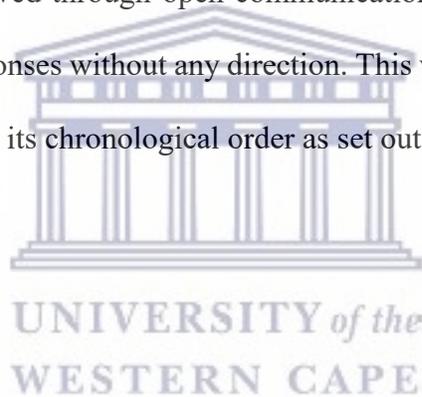
3.11 Ethical considerations

Permission from the Humanities and Social Sciences Research Ethics Committee (HSSREC) to conduct this study was obtained at UWC. Thereafter, permission from the Registrar of UWC was acquired to go ahead with the research. The study adhered to requesting permission, ethics requirements of obtaining informed consent, explaining the benefits, rights and responsibilities of the participants prior to their participation in this study (Appendix D). Signed voluntary consent was obtained prior to any participation in this research was completely voluntary and it was emphasised that participants could withdraw at any time (Appendix C), without penalty for any reason. The researcher proceeded by asking the pre-set questions from the interview schedule (Appendix A & B).

The needs of each participant needed to be understood before commencing with this research. A detail of what they would need in order to give the most accurate, on time and detailed responses was key. Scheduling of interviews needed to take into consideration the space the participants were in at the time of the interview. Participants required no assistance when giving any feedback to any question but getting to that point took planning and coordination. All interviews were done in a private space but it must be noted that location did affect outcomes. One interview took place in

a workplace boardroom, one in a taxi and two in the homes of the participants. All information collected are private and the participant can withdraw at any stage until this paper is published.

The interview that took place in the taxi, was forced because the participant lives in an informal home. A Wi-Fi connection was also needed, so in order to be comfortable and close to the internet connection, the participant had to be in a taxi to carry out the interview. All interviews were Covid-19 compliant and took place in a venue chosen by all the participants. Persons with physical disabilities could have additional health problems. Therefore, no interviews took place face to face. Research bias needs to be removed through open communication, with the researcher allowing participants to give detailed responses without any direction. This was achieved through interview schedule and asking questions in its chronological order as set out.

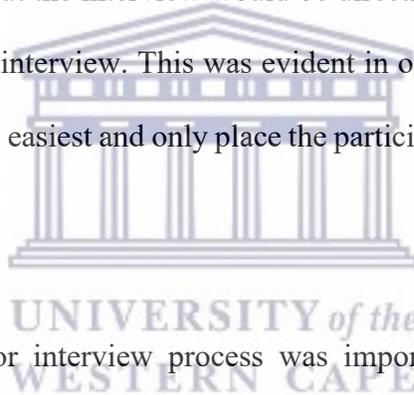


CHAPTER FOUR: FINDINGS

4.1 Introduction

The aim of this research was to explore and understand the factors affecting persons with physical disabilities in wheelchair dancing in the Western Cape Province of South Africa. Important to note that at the time of this research, no person was physically taking part in wheelchair dancing because of the current Covid-19 pandemic.

The location of persons with physical disabilities, when carrying out the interviews, affects the outcome of interview process and findings. Cape Town has a socio-economic divide and the area that a person resides in determines their socio-economic position or Living Standards Measurement (LSM), (von Fintel et al., 2019). A person's home location is important because it determines the distance persons with physical disabilities need to travel and also what factors (physical environment) are needed to participate in wheelchair dancing. Therefore, location determines the factors (physical needs) and also to what extent it affects participation for persons with physical disabilities in wheelchair dancing in Cape Province of South Africa. The assistance that would be required to carry out the interview would be directly determined by the location of the participant at the time of the interview. This was evident in one participant needing to do the interview in a taxi, as this was the easiest and only place the participant could take part in interview process successfully.



Timing of the data collection or interview process was important because not only did the researcher require assistance, but the research participants needed assistance to get into a situation where they could give detailed responses. The researcher is a person with a physical disability who requires assistance to set up his workstation before commencing with any work or interview. The laptop used to collect the data of this research, was set up for the researcher and a mobile phone was used to record the interviews. An assistant was always on hand to assist with any needs of the researcher or to assist with any issue that could arise.

Understanding the routines of participants was important to know when the best time was to carry out interviews. Scheduling of the interview process needed to ensure each participant was

physically in an accessible space. Participants needed to be comfortable with all technologies in place to ensure timely and concise interview process. If a need of an assistant was needed, time was given to allow for this to ensure interviews could take place physically and all participants could give detailed responses. All interviews took place at 4pm in the afternoon to consider the assistance participants needed and that they were mentally and physically prepared for the interview process.

Assistance in terms of physical help and the researcher's scheduling was important to carry out interviews successfully. Physical assistance in terms of a carer or family member needed to ensure all technologies, physical environments and the participant was comfortable and ready to give detailed responses to the interview scheduled questions. Sending participants the interview schedule questions beforehand was found to assist in the answers received and the timeous responses. Participant's capabilities are very important to understand what it takes for them to be a part of this research but at the same time their capabilities as wheelchair dancers. The researcher needed to understand the capabilities of each participant before starting the interview process. This was important to understand the assistance participants required and at the same time when was best time to carry out the interviews.

4.2 Findings

The following section of the thesis provides the detailed feedback received from participants and draw on key findings with regards to factors affecting participation for persons with physical disabilities in wheelchair dancing in the Western Cape Province of South Africa. In this section, a description of the findings will be given and the themes that came out of this research will be identified. Wheelchair dancing as put forward by the participants of this research is, 'Adaptable to

whoever's body you're working with', has a 'competitive aspect', allows persons with physical disabilities the chance to have an 'involvement in sport' and 'to be graceful, do beautiful things. express myself, being fit and active and feeling empowered to find the self-belief'. This indicates how the participants of this research felt and why they enjoyed taking part in wheelchair dancing. This section will further expand on participants' feedback regarding their participation in wheelchair dancing.

4.2.1 Accessibility

Accessibility was the main finding that was shared across all participants. Because of, *'lack of accessibility'* or *'dance venue not being accessible'*, these aspects participants found hindered their participation. Participants further added that, *'if it's not accessible it's a challenge'* and *'the lack of accessibility'*, affects their participation in wheelchair dancing in a negative way. Accessibility included to venues, transportation and special wheelchairs for dancing. Accessible venues referred to venues that allowed for wheelchair dancing. Ramps, toilets and venues used for participation in wheelchair dancing in order to cater for persons with physical disabilities were required by participants.

4.2.2 Western Cape Rehabilitation Centre

Western Cape Rehabilitation Centre (WCRC) is a government funded organization set up in Lentegeur, Mitchell's Plain. The centre is used to rehabilitate persons with physical ailments or disabilities. The centre caters for all persons who do not use private rehabilitation services and every person admitted to WCRC must apply to qualify to use their services.

WCRC was the main reason for participants in study starting wheelchair dancing. Wheelchair dancing is seen as a rehabilitation tool for persons with physical disabilities and now through this research, more advantages will be highlighted. WCRC not only gives persons with disabilities the opportunity to start wheelchair dancing, but it also holds all the information needed to participate. Three out of the four participants mentioned WCRC as the reason for starting wheelchair dancing.

4.2.3 Caters for all disabilities

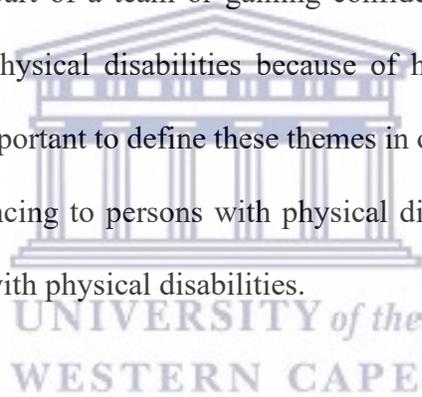
Wheelchair dancing caters for all disabilities and therefore a suitable and beneficial tool for rehabilitation. Wheelchair dancing also allows for participants to 'to be part of a team'. This assists with self-esteem issues that participants have had before participating in wheelchair dancing (Parent, 2016). Participants explain that wheelchair dancing is "*adaptable to whoever's body you're working with, to do a sport and still be graceful and do beautiful things, be able to express myself, being fit and active and feeling empowered to find the self-belief*", shows how wheelchair dancing caters for many body types as explained by the participants of this research, who all have differing physical disabilities.

4.2.4 Competitive nature

The competitive nature of "want to win" aspect, adds further value to these participants. It allows participants the opportunity to take part in a sport and compete against similarly abled persons. Creates teamwork and an understanding of competing under pressure. A participant said it is "*the competitive aspect*" that they enjoy and drives them to compete more in wheelchair dancing.

4.2.5 Themes that came out of data collection

Themes that came out of data collection is key to understanding the role of wheelchair dancing in the lives of these persons with physical disabilities. The first and most important factor affecting participation is support structures. Support structures are those things external to the person with physical disability that if present, positively impact participating. Secondly, Associated costs to take part in wheelchair dancing. It is evident that to ensure participation for persons with physical disabilities, all the costs and hidden costs in most circumstances affect participation directly. Lastly, the final theme is what the sporting code wheelchair dancing teaches or gives persons with physical disabilities. To feel a part of a team or gaining confidence in a public setting is very important to individuals with physical disabilities because of how society naturally excludes persons with differences. It is important to define these themes in order to understand what can be done to promote wheelchair dancing to persons with physical disabilities and at the same time ensure participation of persons with physical disabilities.



4.3 Support Structures

Participants of this research felt that, *'very limited resources like funding, mentors and opportunity for growth, only (knowledge and assistance) from the wheelchair dancing instructor, not given an info pack, information online and YouTube (have information) but it's not up to date'*, does not give the necessary knowledge to assist with this specialized sporting code participation. Participants then explain that key *'teamwork, partnership, solving problems'* is required to ensure the support is readily available for persons with physical disabilities participating in wheelchair dancing.

4.3.1 Funding

Funding is very important to ensure there is available accessible transportation to and from venues. As participants put forward, a barrier to participation is *'access to a sponsorship and for competitions in wheelchair dancing'*. As this research paper already put forward, costs go beyond just to enter the competition but it includes dance clothing, special equipment for wheelchair dancing, accessible transportation and assistants for dancers. As participants explain, *'getting the wheelchair, once you have the wheelchair and then who do you find to make them, ideally want every dancer to have their own wheelchair that is built and designed for them partnering with your dancers and being on the same page, so that things like costs don't affect their overall participation, the dancing outfits are really expensive'*. One of the participants further explain that *'given the space to be creative, going overseas to compete and seeing how other people do it, that is a phenomenal way to gain knowledge'*, this shows how wheelchair dancing as a sporting code could grow and be accessible by more people wishing to do wheelchair dancing. Irrespective of your physical ability, funding and sponsorship is very important to ensure participation in wheelchair dancing.

Funding for a specialised wheelchair is needed as it is customized as per wheelchair dancer. Dance clothing is expensive for competitions and shows. Having these specially made equipment needs resources. Taking part in competitions local or abroad is costly. It has all previous funding requirements as well as the additional transportation costs and accommodations for the team competing. Persons with physical disabilities have additional funding requirements for carers or assistants.

4.3.2 Sponsorship

Sponsorship for shows and events really assist with participation for persons with physical disabilities in wheelchair dancing. A sponsor that can cover all funding requirements will assist in participation and to grow this sporting code. As the participants *put forward*, “*sponsor for transport straight to where I practise and will drop me back and a wheelchair specifically for dance*”, illustrates the importance of sponsors. Furthermore, it must be noted that participants needed a “*sponsor for transport, the sponsor helped to ensure I participate*” and “*because there was transport, sponsor for wheelchair*” ensured continued participation and involvement for participants in wheelchair dancing.

4.3.3 Knowledgeable mentorship and coaching

Having knowledgeable mentorship and coaching is needed in this sporting code and currently coaching and mentoring is very limited. Wheelchair dancing for persons with physical disabilities currently use the lessons learnt from peers or those who have competed to assist the newcomers to wheelchair dancing. Proper mentorship can go along way to improve participation. As participants explain that, “*we don’t have the numbers in South Africa to have truly competitive and truly equitable competitions, big challenge around understanding that wheelchair dancing is an inclusive dance or disabled dance it’s completely different sporting code and so with very different regulations and different standards and then it’s the politics around dance*”. Another response from a participant explained that “*training facilities, and dance education, someone who actually danced before, like some other wheelchair dancer*”, can only improve participation as the necessary skills are taught under proper supervision.

4.3.4 Partnerships

Finding dance partners seems an easy task but for persons with physical disabilities in wheelchair dancing, a dance partner is as precious as the specialized wheelchair. A dedicated motivated tolerant partner that understands the work and effort required to be a person with a physical disability and then taking part in wheelchair dancing, is important for participation and growth in the sport. As participants *put forward*, “*the funding, and the support structures, also a dance partner who is on your journey*” is important to ensure participation occurs and the benefits realised from wheelchair dancing.

Partnerships not only in terms of a good dance partner but having the necessary business connections in order to assist wheelchair dancers. A non-profit who has the funding, space and venue for wheelchair dancing can only further assist grow the sport. It must be noted that wheelchair dancing is carried out by non-profits but it's their work with special schools that keep the sporting code from not existing. The need for positive partnership is highlighted when explained by participants that “*only the wheelchair dance instructor and sometimes QASA (Quadpara Association of South Africa)*” provides them with assistance with regards to information on wheelchair dancing and opportunities in the sporting code. Participants further explain the lack of partners by indicating that the “*mentorship is needed and sponsors is very limited, resources like funding, mentors and opportunity for growth, there's nothing like that*”.

4.3.5 Assistance and Family support

The assistance and support from the family is the biggest influence of participation for persons with physical disabilities in wheelchair dancing. The support is financial, physical assistance and just to cheer the wheelchair dancer on. Without a good sound family support structure, the

participants of this research would not have participated in wheelchair dancing. As one participant explained, *“Yes, there was from the start and her parents supported her, the non-profit started to assist her and she has flourished because of it”*, shows the importance of family support.

The assistant or carer support provides the physical help needed by persons with physical disabilities to take part in wheelchair dancing. Especially where there is no accessible venues or toilets, an assistant allows the person with physical disability, the opportunity to adjust to the situation and participate without further issues. An assistant or carer is a full-time job. If a person with a physical disability requires to be at practise or dance event, the assistant needs to be with to ensure the person with physical disability is physically ready to dance and is comfortable. To perform locally or abroad is costly but when an assistant or carer is required, the cost doubles. As participants explain, *“cost of having to pay for yourself and your assistant, your wheelchair, transport and to perform locally or overseas”*. An assistant or carer is important to ensure participation and this again highlights the cost implications of taking part in wheelchair dancing.

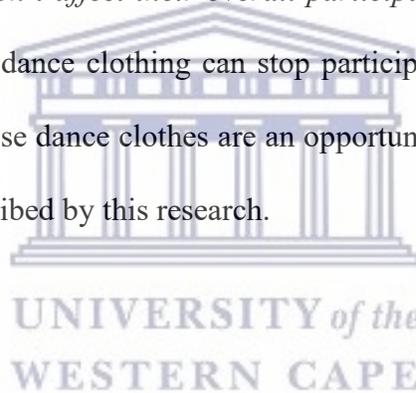
4.4. Associated costs

Associated costs refer to all those things that the wheelchair dancers require in order to be on the dancefloor ‘shining bright like a disco ball’. The biggest cost is the dance wheelchair. The dance wheelchair is a specialized equipment specifically fitted to each person with a physical disability taking part in wheelchair dancing. The supplier of these specialised chairs is scarce and then sourcing the parts going into the wheelchair is expensive. Participants said that *“getting the wheelchair, once you have the wheelchair and then who do you find to make them, ideally want every dancer to have their own wheelchair that is built and designed for them”*, this shows the

importance of the wheelchair and at the same time highlighted the cost factor affecting participation.

4.4.1 Dance clothing

The dance clothing is expensive, because each dance style has a different outfit. Male vs female outfits are different and then these outfits must cater for the physically disabled body. Female garments are evening gowns and these could be as expensive as the specialized wheelchair needed to participate. Participants explained that “*partnering with your dancers and being on the same page, so that things like costs don’t affect their overall participation*” and “*dancing outfits are really expensive*”, showed how dance clothing can stop participating if the correct attire is not purchased. At the same time, these dance clothes are an opportunity to be part of a sporting code that can add the benefits as described by this research.

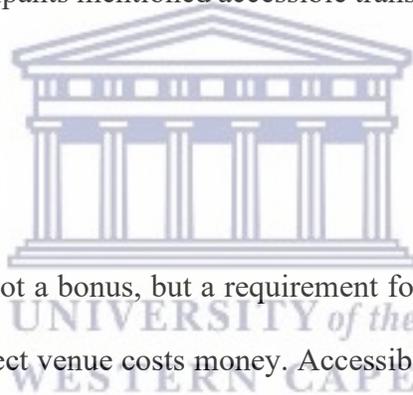


4.4.2 Cost to compete

As described to the researcher, the cost to compete locally and overseas, determines where you participate. Many qualify to dance overseas but the cost of the competition alone is too much for a wheelchair dancer from Cape Town South Africa. Flights, accessible transport, clothing and accommodation are but a few cost implications each person needs to consider besides the additional costs for carers or assistant. Participants felt that the “*cost of having to pay for yourself and your assistant, your wheelchair, transport and to perform locally or overseas*”, can determine if you take part in wheelchair dancing or if you wait for the funds to compete.

4.4.3 Accessible transport

The cost of accessible transport is not just about a vehicle for persons with physical disabilities but the safety of the passengers must be considered. Certain individuals cannot be moved from chair and others need two chairs for dance and getting around. To get the proper vehicle costs money and it can only hold limited number of individuals. *“Sponsors for transport straight to where I practise and will drop me back, support to get there and to raise funds for a wheelchair that will work with the dancing”* highlight the importance of transport for wheelchair dancing. It must be noted that the transportation needs to accommodate a wheelchair, assistant and person participating in wheelchair dancing. All participants mentioned accessible transport as key to their participation in wheelchair dancing.



4.4.4 Accessible venue

To have an accessible venue is not a bonus, but a requirement for wheelchair dancing. Hiring of venues is important and the correct venue costs money. Accessible bathrooms, ramps and proper floors need to be noted when hiring a venue for wheelchair dancing. To further understand the importance of an accessible venue, the participants emphasized the following, *“it doesn’t really change in terms of the transport as you said, the special wheelchair as well as the accessibility to the venues”*. These aspects highlight the importance of an accessible venue to not only practise wheelchair dancing, but to compete in competitions.

4.5 Wheelchair dancing teaches:

Participants indicated that they, *‘running my own business, employing people with disability, so the communication, the teamwork part, how to communicate respect, you respect one another’*

shows how positive growth is achieved because of participation in wheelchair dancing. The following section will further describe the lessons learnt by participants with physical disabilities in wheelchair dancing.

4.5.1 Emotional intelligence

The participants really expressed their growth in terms of emotional intelligence, “Self-confidence”, "the show must go on", “problem solving to keep it together”, emotional intelligence to understand, “that was awful, that was really not good” to be self-critical without being judgemental of yourself and always working towards making it better and working towards progress and not aiming for perfection only.

4.5.2 Self-esteem and confidence

The self-esteem and confidence showed in how they spoke about the work or lessons learnt from wheelchair dancing. How they can be in front of big crowds and talk about their experiences? *“I am capable of things and that I can perform just as well as any able-bodied person, compromise, how do you navigate conflict, physical benefits, so many more emotional things and personal growth and self-development”*, shows the growth these participants made and how they now impact communities they find themselves in.

4.5.3 Business knowledge

The business knowledge gained allowed them to start their own non-profit businesses or even their own initiatives to help others. Participants indicate that they *“running my own business, employing people with disability, so the communication, the teamwork part, how to communicate respect, you*

respect one another”, this shows the impact wheelchair dancing had on their careers. Giving these participants the tools to not only run teams but also start new business ventures.

4.5.4 Teamwork

Understanding how teamwork works and the role of each individual, allowed the participants to grow within a team environment. The teamwork has allowed them to find their place and voice within competitive settings. The *“teamwork, partnership, solving problems, running my own business, employing people with disability, so the communication, the teamwork part, how to communicate respect, you respect one another”*, are all aspects of teamwork learnt by the participants taking part in wheelchair dancing.

4.5.5 Consistency

Practising perfection and repeating it has taught the participants consistency. This consistency is then used in everyday life and it has seen growth and development. *Self-confidence, "the show must go on", kind of mantra. problem solving, to keep it together, emotional intelligence to understand, “That was awful, that was really not good” to be self-critical without being judgemental. Of yourself and always working towards making It better um and working towards progress and not aiming for perfection um in ever judgemental. perfection through practice.*

4.5.6 Problem solving

The participants acquired the skill to work hard and do problem solving. Looking at each moment as an opportunity to give their best and be their best. *Self-confidence, "the show must go on", kind of mantra, problem solving, to keep it together, emotional intelligence to understand, “that was awful, that was really not good. To be self-critical without being judgemental of oneself and always*

working towards making it better and working towards progress and not aiming for perfection and never being judgemental, perfection through practise.”.

4.6 Summary of findings

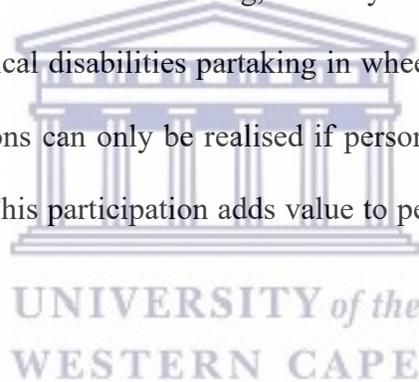
There was a clear understanding of the themes determined of support structures, associated costs and lessons learnt from wheelchair dancing. Accessibility is really key to participation and it encompasses venues, transportation and access to support. Wheelchair dancing seen as a rehabilitation tool by WCRC and the lessons learnt and empowerment is evident of the participants in wheelchair dancing. Most importantly any level or type of disability can start wheelchair dancing and receive all the benefits as set out by this research paper.



CHAPTER FIVE: DISCUSSION OF FINDINGS

5.1 Discussion of findings

Wheelchair dancing in the Western Cape Province of South Africa, is a sporting code to firstly, assist in rehabilitation and secondly, allowing persons with physical disabilities an opportunity to take part in a sporting code. As discussed earlier in this thesis, Allan et al. (2018) identified six experiential elements of participation for persons with physical disabilities. There are autonomy, belongingness, challenge, engagement, mastery, and meaning. These additional experiences may be realised by the participants in wheelchair dancing, and may see further advantages or positive outcomes for persons with physical disabilities partaking in wheelchair dancing. The benefits to their communities or organisations can only be realised if persons with physical disabilities are part of every activity or event. This participation adds value to persons with physical disabilities and broader communities.



Accessibility is the main need or factor highlighted by participants to assist or ensure the participation for persons with physical disabilities in wheelchair dancing. Persons who wish to start wheelchair dancing needs to ensure the venues are easily accessible and cater for persons with physical disabilities who use wheelchairs. Burridge and Nielsen (2017) justify this notion of accessibility by stating that access to physical environments is important and having infrastructures that allow for all persons in that community or environment to access it. They further state that if there are no measures to include persons with disabilities because of lack of ramps, signage or issues such as parking, participation for persons with disabilities will be affected in a negative consequence and hamper full participation.

Associated costs as stated by Singleton and Darcy (2013) elaborate the costs issues by explaining that disability participation has a cost of access or inclusion that affects how or if persons with disabilities participate in wheelchair dancing. As Singleton and Darcy (2013) explain, to rectify accessibility and or inclusion, there would be costs to make the necessary changes to allow persons with disabilities not only access venues but use venues for participation in sport and or cultural events. These additional costs could either stop participating in events if not carried out correctly. Additional costs of equipment like a wheelchair for dancing and the clothing to compete could further affect the participation in wheelchair dancing. All this additional costs that Singleton and Darcy (2013) indicate have a direct effect on participation for persons with physical disabilities.

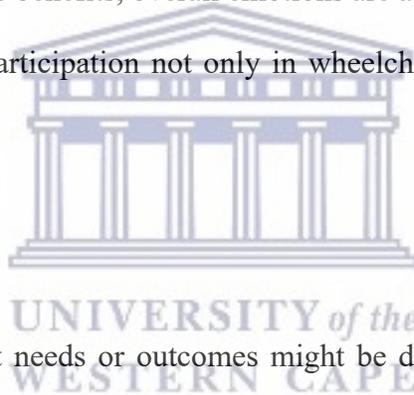
Support Structures to assist participation in wheelchair dancing for persons with physical disabilities in wheelchair dancing is a broad term but as important as accessibility. Shirazipour et al. (2020) further explain the importance of support structures by highlighting:

- ‘Group-based programming and leadership foster elements of quality participation’,
- ‘Physical activity programs should consist of peers with a disability in order to promote belongingness’, and
- ‘Physical activity programs should seek leaders with disability-specific knowledge, in addition to physical activity knowledge and skills’.

Shirazipour et al. (2020), say that it is important to ensure that the persons with disabilities are at the forefront of the participation process. Shirazipour et al. (2020) explain that persons with similar disabilities with the expertise are important to ensure the participation of those trying to learn from

previous examples. Lessons learnt of how to succeed in the sports code and just acting as a coach is important for the participation of persons with disabilities (Shirazipour et al., 2020).

Lessons learnt from wheelchair dancing has a far broader advantage to participation. Participants indicate that they understand their position and at the same time gain confidence to take on new ventures. Parent (2016) explains that the physical benefits of wheelchair dancing leads to a healthier and stronger individual. Understanding how wheelchair dancing creates emotions of happiness and excitement is important (Parent, 2016). Parent (2016) showed in his study that because of the combination of the benefits, overall emotions are affected positively by wheelchair dancing and hence improving participation not only in wheelchair dancing but participation in general.



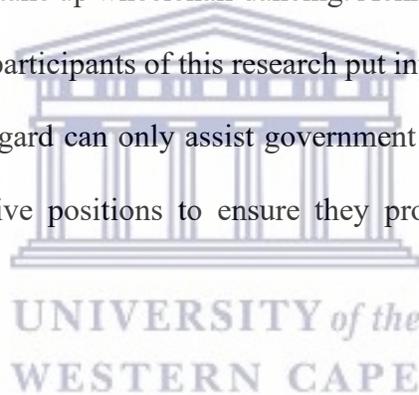
5.2 Limitations

Limitations of this study is that needs or outcomes might be different when considering rural versus urban areas. Cape Town is an urban area with certain aspects in place, but for persons with physical disabilities inclusion has a long way to go. There is not a broad amount of positive academic literature around disability sport and or participation in disability sports. Three of the four participants were introduced to wheelchair dancing by the rehabilitation centre in Mitchell's Plain (WCRC). This was only because this would assist them with rehabilitation relating to their disability. The issue is still about the 'have' and 'have-nots'. Participants who qualify for this research paper was limited to four individuals. Covid-19 had a huge effect on access and ability to meet with participants to assist with the data collection process.

5.3 Recommendations

This study needs to be conducted on a national level to understand the need for persons with physical disabilities in wheelchair dancing in South Africa. Lessons learnt can maybe indicate what is working in other areas that can be further replicated. Lessons learnt from this research paper must be documented in order to assist other disability sporting codes for persons with physical disabilities in the Western Cape Province of South Africa.

Document these success stories highlighted in this research paper to assist other persons with physical disabilities who wish to take up wheelchair dancing. Acknowledgement needs to be given to what is in place and what the participants of this research put into place to achieve participation successfully. The gaps in this regard can only assist government and office bearers of disability wheelchair dancing administrative positions to ensure they provide what is needed to assist participation.



Creating the knowledge base is the start of assisting others to start wheelchair dancing. Understanding the standards to compete locally and nationally needs to be understood. Increasing the number of competitors in competitions for wheelchair dancing, can only see the sport grow. More funding will be available and more world champions realised. We need to create a need for funding and only increased competitors and more competitions will improve the current circumstances.

Article nine of the UNCRPD refers to accessibility as important for persons with disabilities (Lombardi et al., 2019). Accessibility as put forward by this research, is the main issue to

participation. Improved transportation system, public civic centres and universal designed public places can only improve the number of participations for persons with physical disabilities. If physical spaces can easily be accessed from accessible transport to universally designed public areas, will more persons in wheelchairs access these public spaces and take part in sporting codes like wheelchair dancing?

5.4 Recommendations for future research

A study like this needs to be considered in established codes in the disability sports spheres. Understanding the broader needs of codes will only assist persons with disabilities participating in sports. A study needs to look at the sporting code and all individuals irrespective of their disabilities and how participation can be achieved. Government needs to look at infrastructures that allows for participation by all members of society irrespective of their abilities. Information with regards to sporting codes for persons with disabilities needs to be created and made easily available to society or where the need arises.

I would look at creating a high performance center for persons with disabilities in sport. So to understand the physical and psychological needs would be important in understanding what aspects to include in the high performance sports center for persons with disabilities.

CHAPTER SIX: CONCLUSION

In conclusion, one of the participants who says, *“we don’t have the numbers in South Africa to have truly competitive and truly equitable competitions, there is a big challenge around understanding that wheelchair dancing is an inclusive dance or disabled dance is a completely different sporting code and so with very different regulations and different standards, and then there is the politics around dance”*. The statement indicates that this research needs to be documented and lessons learnt to be used to assist persons with physical disabilities in participation in wheelchair dancing. With an increase in participants of wheelchair dancing, will it only make economic interests for the sport grow. Sponsors, funding, government assistance and private business will look to assist with the participation.

Accessibility in terms of infrastructure and transport is needed to ensure the increase in participation is meaningful and sustainable. Ensuring that venues, transportation and funding are easily available for persons with physical disabilities in wheelchairs, will only ensure the growth of the individuals taking part and the society affected by these individuals who take part in wheelchair dancing.

Support Structures are the basis on which participation in wheelchair dancing for persons with physical disabilities are built. Mentors, peers, partners, partnerships and carer or assistant help are but a few aspects highlighted by this research. To really see the growth and impact of the sporting code of wheelchair dancing, governments and private business enterprises hand in the process will be needed.

The biggest advantage of this research paper was seeing the personal growth of each participant. Each participant of this study has made an impact to those around them even though they vary in experience and education. Starting and running award winning businesses and/or organizations are but a few ways wheelchair dancing has empowered these individuals who do have physical barriers. The physical barriers are clearly surpassed by their mental drive, passion and will to succeed as key members of communities they find themselves in.

6.1 Study conclusion

The purpose of this study was to explore the factors that affected participation for persons with physical disabilities in wheelchair dancing in the Western Cape Province of South Africa. With the issue of access and inclusion in South Africa, the need for improved participation for persons with physical disabilities, will not only improve the productivity of persons with physical disabilities but also allow this minority group to be part of the community. A review of the literature indicates that there is a lack of research that concentrates on positive outcomes for persons with physical disabilities. Even though this research took place in the Western Cape Province of South Africa, the outcomes can be used to influence participation for persons with physical disabilities. The social model framework recommended a holistic approach to understanding participation for persons with physical disabilities in the Western Cape Province of South Africa. This approach to the research ensured we concentrated on the success factors that assisted participation. The participants, having represented South Africa and the Western Cape Province, have the necessary knowledge for positive participation in wheelchair dancing for persons with physical disabilities. In conclusion, the explorative nature of this study ensured we covered the

necessary factors to impact participation positively for persons with physical disabilities to start and continue wheelchair dancing.



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TABLES AND APPENDICES

Table 1: Summary of UNCRPD articles

Appendix A: Questionnaire: Demographical information

Appendix B: Interview Schedule

Appendix C: Information Sheet

Appendix D: Consent Form

TABLE 1

Summary of UNCRPD-articles	
Article	
Number	Definition
1	Purpose
2	Definitions
3	General principles
4	General obligations
5	Equality and non-discrimination
6	Women with disabilities
7	Children with disabilities
8	Awareness raising
9	Accessibility
10	Right to life
11	Situations of risk and humanitarian emergencies
12	Equal recognition before the law
13	Access to justice
14	Liberty and security of the person

15	Freedom from torture or cruel, inhuman, or degrading treatment or punishment
16	Freedom from exploitation, violence, and abuse
17	Protecting the integrity of the person
18	Liberty of movement and nationality
19	Living independently and being included in the community
20	Personal mobility
21	Freedom of expression and opinion, and access to information
22	Respect for privacy
23	Respect for home and the family
24	Education
25	Health
26	Habilitation and rehabilitation
27	Work and employment
28	Adequate standard of living and social protection
29	Participation in political and public life
30	Participation in cultural life, recreation, leisure, and sport
31	Statistics and data collection

32-50	Articles 32-50 explain how countries which are bound by the Convention must give it full effect. They also explain the responsibility of countries to report to the United Nations Committee on the Rights of Persons with Disabilities on how they are putting the Convention into effect.
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Table 1: UNCRPD Table of Articles [Disability Action, (2016) in Lombardi et al., (2019), page 3].



Appendices

Appendix A: Questionnaire- Demographical information



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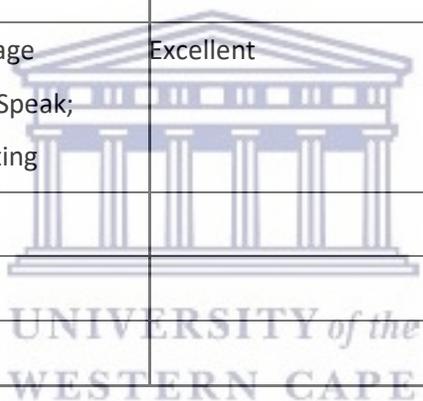
Tel: +27 83 347 9374

E-mail: emckinney@uwc.ac.za

INTERVIEW SCHEDULE FOR PARTICIPANTS

Number	Question	Answer (Mark with × if appropriate)	
1	What is your gender?	Male	Female
2	What is your date of birth?		
4	What is your ethnicity?		
5	Do you reside in the Western Cape Province?	Yes	No
6	Please state where you reside in the Western Cape? (Suburb)		
7	Are you willing to disclose if you have a disability?	Yes	No
8	If yes, What is your disability?		
9	Are you employed?	Yes	No

9	If yes, what sector are you employed in?			
10	Are you a student?	Yes	No	
11	Do you still compete in wheelchair dancing?	Yes	No	
12	Have you won any competitions?	Yes	No	
13	Have you represented the Western Cape or South Africa?	Yes	No	
14	English Language Competency: Speak; Read and Writing	Excellent	Average	Not at All
14.1	Speak			
14.2	Read			
14.3	Write			



Appendix B: Interview Schedule



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Interview Schedule for Research Participants

Section One:

- 1.1 How did you become aware of wheelchair dancing?
- 1.2 What interested you in wheelchair dancing?
- 1.3 Why did you specifically start participating in wheelchair dancing?
- 1.4 What helped or assisted you to be able to participate in wheelchair dancing?
- 1.5 What access to information did you have regarding to wheelchair dancing?
- 1.6 Elaborate how access to information about wheelchair dancing affected your level of participation? 1.7 Follow up questions on feedback received

Section Two:

- 2.1 What resources like your own transport, special equipment, venues, etc. do you need in order to participate in wheelchair dancing?
- 2.2 Did the cost factor impact on the frequency of your participation in wheelchair dancing? How so?
- 2.3 What resources are needed for you to compete in wheelchair dancing at a local, provincial and national level?

2.4 What other factors influenced your participation in wheelchair dancing? Please identify how these factors positively or negatively affected your participation in wheelchair dancing.

2.5 Which factors had the biggest impact on your participation in wheelchair dancing?

2.6 Did the lack or the availability of resources (mentioned in 2.1) impact on your participation in wheelchair dancing?

How so? 2.7 Follow up questions on feedback received

Section Three:

3.1 Are there support structures such as coaching, wheelchair dancer mentors, wheelchair dancing funding, etc. in place for you to continue dancing?

3.2 Do you have any support structures in place? And if so, please share your experiences.

3.3 What has wheelchair dancing taught you? Such as skills, life lessons, understanding of the world, the world of disability, etc..

3.4 Are there skill sets and lessons learnt from wheelchair dancing that you apply and use in other areas of your life? 3.5 Follow up questions on feedback received

Appendix C: Information Sheet



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Africa **Tel:** +27 83 347 9374 **E-mail:** emckinney@uwc.ac.za

HSSREC Reference Number: HS21/2/3

INFORMATION SHEET

Title: An exploratory study of the factors influencing the participation of persons with physical disabilities in wheelchair dancing in the Western Cape Province of South Africa.



What is this study about?

This is a research study will be conducted by Mogamat Rida Desai (student number: 2248890) at the University of the Western Cape. The purpose of this research project is to identify factors that influence participation in wheelchair dancing for persons with a physical disability in the Western Cape Province of South Africa. We are inviting you to participate in this research study, because you could provide us with meaningful information regarding participation in wheelchair dancing for persons with a physical disability.

What will I be asked to do if I agree to participate?

You will be requested to sign a consent form to participate in a semi-structured interview. The interview will focus on your experiences as a wheelchair dancer and what affected your participation.

Would my participation in this study be kept confidential?

To ensure your anonymity, pseudonyms will be used in place of your name, and only the researcher will have access to the identity of participants. In order to maintain confidentiality, all information gathered will be stored on a password protected computer or as a hardcopy in a filing cabinet in my supervisor's office at the University of the Western Cape, and only the researcher and supervisor will have access. All data and records will be destroyed and deleted after 5 years.

What are the risks of this research?

There may be some risks from participating in this research study. Some of the known risks are that you may feel embarrassed or uncomfortable with answering some of the questions, and you may withdraw from the study or refuse to answer any question, without penalty. We will nevertheless minimize such risks and act promptly to assist you, if you experience any discomfort, psychological or otherwise, during the process of your participation in this study.

Where necessary, an appropriate referral will be made to a suitable medical professional, for further assistance or intervention.

What are the benefits of this research?

This research is not designed to help you personally, but the findings may help us to understand and inform the researcher regarding factors that influence your participation in wheelchair dancing and how more persons with a physical disability could take part in wheelchair dancing in the future.

Do I have to be in this research, and may I stop participating at any time?

Your participation in this research is completely voluntary. You may choose not to take part at all. If you decide to participate in this research, you may stop participating at any time and you will not be penalized or lose any benefits for which you otherwise qualify.

What if I have questions?

This research is being conducted by Mogamat Rida Desai of the Department of Sport, Recreation and Exercise Science at the University of the Western Cape. If you have any questions about the research study itself, please contact:

Mogamat Rida Desai Cell:

083 703 3933

Address: 4 Bamford Close, Athlone, 7764

Telephone: (021) 697 1543

Email: 2248890@myuwc.ac.za; rida.desai999@gmail.com



Should you have any questions regarding this study and your rights as a research participant or if you wish to report any problems you have experienced related to the study, please contact:

Prof. Marion Keim: Director of the Interdisciplinary Centre for Sport Science and Development

University of the Western Cape, Private Bag X17, Bellville 7535

mkeim@uwc.ac.za

Dr Marie Young: Head of Department,

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Prof Anthea Rhoda: Dean CHS faculty,

University of the Western Cape, Private Bag X17, Bellville 7535 chs-

deansoffice@uwc.ac.za

This research has been approved by the University of the Western Cape's Human and Social Sciences Research Ethics Committee - (REFERENCE NUMBER: HS21/2/3).



Human and Social Sciences Research Ethics Committee

University of the Western Cape

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Bellville

7535

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e-mail: research-ethics@uwc.ac.za

Appendix D: Consent Form



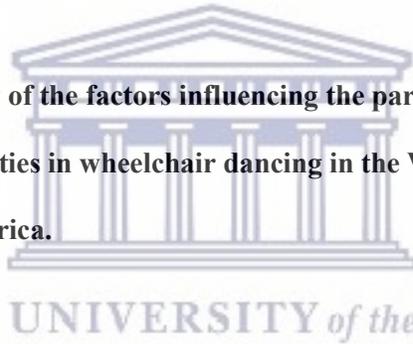
UNIVERSITY OF THE WESTERN CAPE

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CONSENT FORM

**An exploratory study of the factors influencing the participation of persons
with physical disabilities in wheelchair dancing in the Western Cape
Province of South Africa.**



The study has been described to me in language that I understand. My questions about the study have been answered. I understand what my participation will involve, and I agree to participate of my own choice and free will. I understand that my identity will not be disclosed to anyone. I understand that I may withdraw from the study at any time without giving a reason and without fear of negative consequences or loss of benefits.

I give my permission to have the interview recorded for data analysis: Yes No

Participant's name.....

Participant's signature.....

Date...