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**Goldball and Subjective Wellbeing of Athletes with
Impairments in the Center Region of Cameroon**

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Goldball and Subjective Wellbeing of Athletes with Impairments in the Center Region of Cameroon

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Abstract

Purpose: The publication particularly addresses one main objective relating to the influence of the practice of goalball on the subjective well-being of athletes of the center Region of Cameroon.

Materials and Methods: The explanatory sequential mixed methods research design was used to collect data from a workable sample population of 44 persons (42 visually impaired and 02 coaches) selected for the study from the 05 clubs in the Center Reion of Cameroon. Descriptive statistics - simple frequencies and percentages were applied in the data analysis to answer research questions, while inferential statistics - Chi square test of independence was used to test the lone research hypothesis. Descriptive content analysis was also be used to analyze views expressed during interviews.

Findings: From the study, the overall regression model analysis of the independent variable, goal ball has significantly predicted subjective wellbeing of players, $F(32.167), p < .05$. It was also noted that the unstandardized coefficients, when players are involved in goal ball game, the level of their subjective wellbeing is 13.485 and when the level of

participation in goal ball increases by one unit their level of subjective wellbeing will also increase by 0.292. The increase is at 0.05 level of significance indicated by a p-value of 0.000. So, participation in goal ball have a statistically significant effect on the subjective wellbeing of the players.

Implications to Theory, Practice, and Policy: Some recommendations of the study focused on the need for the Government and some stakeholders to invest in accessible sports facilities and infrastructure that cater to the needs of athletes with impairments, including goal ball courts and training grounds as well as develop and implement inclusive sports programs that integrate athletes with impairments into mainstream sports activities and competitions. Certify coaches and trainers specialized in working with athletes with impairments should be trained to handle these athletes, ensuring they receive quality guidance and support to better handle goalball in Cameroon.

Keywords: *Team Sports, Impairment, Goalball, Subjective wellbeing, Cameroon, Sports*

INTRODUCTION

Team Sport is a sporting activity that involve a group of individuals, divided into teams and work together to reach their ultimate goal, usually, the goal refers to win in a match or competition. Team sport, is a tool that promotes health, quality of life and social integration, presents itself as a benefit for people with disabilities, namely in self-confidence (Blauwet C., Willick S.E., 2012) satisfaction and quality of life, self-esteem (Frank C., Land W.M., Schack T, 2012). A reduction in suicidal tendencies, a more independent attitude and the motivation to continue evolving. Several studies seem to prove the positive relationship between practicing sports and the increase in well-being (Slater D., Meade M.A. 2014), including subjective well-being (Downward P., Rasciute S., 2011).

Goalball is a sport that was created in 1946 as a way to help rehabilitate soldiers who had injuries affecting their eyesight. It became a part of the Paralympics in 1976, when they were held in Toronto, USA and teams from across the world came together to compete in the sport. To take part in the sport competitively, the athlete must be blind or partially sighted; however, sighted people can play the sport for fun. The game takes place on a pitch much like the one you would see in football. All players must wear blindfolds to allow every player the same advantage. Goalball was a late arrival to the blind sports community in Cameroon. The sport was introduced in the 2000s. Prior to that, the major ball sport for blind people in Cameroon was torball. (Christelle, Manigang, 2015. Vubem, Fred, 2006)). Since then, the sport has been supported by local clubs and schools, and via activities at conferences and other events. (Bangré, Habibou, 2006. Promhandicam Association, 2004. Vaincre le Handicap, 2012).

Club for the Blind Youth of Cameroon (CJARC) is an association supporting blind youth. In 2006, they supported a number of sporting activities for the blind at their club including athletics, African wrestling, judo and goalball(Bangré, Habibou, 2006).The club was still active supporting women's goalball in 2014, 2015 and 2016.(Club des Jeunes Aveugles Réhabilités du Cameroun (CJARC), 2015.,Journée Internationale de la Femme, 2006., Jeunes Aveugles Réhabilités du Cameroun, 2016). Another association supporting disability sports is PROMHANDICAM Yaounde. In 2004, they were supporting wheelchair basketball and goalball. That year, the club was visited by England's Prince Edward. (Promhandicam Association, 2004).

The sport has also appeared on the program for conferences related to disability rights in Cameroon. An example of this occurred at the 2012 Vaincre Handicap Conference, which took place in November in Douala, when Public School Akwa played an exhibition match against Douala. (Vaincre le Handicap, 2016). Goalball has a massive number of benefits for those with little or no sight. By playing goalball, people with visual impairments can improve their other senses such as hearing, touch and spatial awareness. All of these are things that are needed in daily life which loss of eyesight can affect. Communication skills can also be improved through playing Goalball. All athletes will rely on their teammates to speak as they cannot see each other. By playing regularly, people can improve these skills in a way that is fun but also helps them get and keep fit. Goalball athletes present several peculiar features in physical, psychological, and cognitive spheres.

However, the most important benefit for anyone who has a visual impairment is that it allows you to meet others in the same situation. This can massively help with mental health as living life without sight can be very isolating. Being able to take part in a sport with others in the same position can help build independence and confidence, allowing people to learn to live with their disability instead of it being something that holds them back.

The role of sport in the life of a person with a disability is vastly becoming a hot research topic (Labbé, D., Miller, W. C., & Ng, R. (2019). Sports such as swimming have begun to pave the way by conducting research into the value of the sport for those with disabilities (Petrigna, L., Giustino, V., Zangla, D., Aurea, S., Palma, R., Palma, A., & Battaglia, G. (2020)). It has been found that the subjective wellbeing (SWB) of people who have a disability is generally similar to that of the general population. However, little research has examined team sports in general and goal ball in particular and Subjective Well-being of athletes who have a disability. Also given that subjective wellbeing and the homeostatic mechanisms that maintain it are thought to be strengthened by physical fitness and contribute to optimal functioning, it would be logical to hypothesize that goal ball players would possess a high level of subjective wellbeing. Thus, the purpose of this study is to investigate the value of the sport of Goalball and the subjective well-being of athletes with virtual impairment in the Center Region of Cameroon

Problem Statement

Goal ball for the disabled, which can encourage regular physical activity and promote subjective well-being and health, still needs significant development and promotion in Cameroon. Goalball, a team sport for the virtually impaired, was introduced relatively late to the blind sports community in Cameroon in the 2000s, following torball (Christelle, Manigang, 2015. Vubem, Fred, 2006). While stakeholders have adopted education and advocacy to integrate individuals with impairments into mainstream society and improve their well-being, goalball's potential as a tool to enhance their subjective well-being remains largely unexplored. People with disabilities often report lower well-being due to their health status and related challenges, and may experience anxiety and depression more frequently than their able-bodied counterparts (Krahn et al., 2015; Tough et al., 2017). Although they develop coping mechanisms, their subjective well-being specifically life satisfaction and satisfaction with various life domains can be significantly impacted. While goalball has the potential to improve the subjective well-being of virtually impaired athletes in Cameroon, this presumed benefit is not being fully realized, as evidenced by potentially low participation rates and a lack of reported improvements in subjective well-being among visually impaired athletes. This research gap hinders the development of effective programs to support these athletes and may limit participation in the sport. Therefore, this research aims to examine the effect of goalball participation on the subjective well-being (life satisfaction and satisfaction of life domains) of virtually impaired athletes in the Center Region of Cameroon.

Research Objectives

The study was generally aimed at examining the influence of team sports on the subjective wellbeing of impaired athletes in some selected regions of Cameroon .Specifically, the study examined:

How Gold ball activities influence the subjective well-being of athletes with visual impairment in the center Region of Cameroon.

Research Methods

This study employs this mixed sequential explanatory design because the study entailed collecting the quantitative data first from the athletes of the Center Region of Cameroon, with the use of questionnaire and further explaining the results with an in-depth qualitative data from the coaches of the various teams. The accessible population was made of virtually impaired athletes and coaches of the 5 teams existing in the Center Region of Cameroon. The study concentrated in this town because valuable infrastructure of goalball is concentrated there, which happens to host the capital of the country. A workable sample population of 50 persons

(48 visually impaired and 02 coaches) was selected for the study from the 05 clubs in the Center Reion of Cameroon. It should be noted that this study is dealing with a minor and complicated population in the society. More so, it is a special population difficult to find, assemble in a particular discipline in a larger number. The sample size for this study was a well-known population which could follow up, be maintained in order to comply with the standards of a scientific research. Basically, the purposive sampling techniques was used to determine the sample or number of respondents in each team. This technique was used to select participant based on their characteristics, wiliness, availability and knowledge. The head coaches were selected through a non-probability sampling approach specifying the purposive sampling technique in order to allow a better choice for key expert interviewing. The purposive sampling technique came into play because not all athletes in the clubs and the coaches were targeted for the study and so only those of importance to the research (athletes who were frequent for training sessions and the main coaches) were targeted to meet up with demands of the study. The researchers ensured the face and content validity by examining the constructed questionnaire items amongst themselves with respect to the research objectives. It was the question to evaluate how much an item's sample represents in a defined universe or contain domain. In this research, the instrument seeks to assess aspects of the goalball and subjective wellbeing of athletes with virtually impairment through its correlates, (Ana et al, 2016). The descriptive and inferential statistics were used to analyze the data collected in this research study.

The interviews collected were well analyzed using the Thematic Narrative analysis and narratives techniques. The descriptive statistics was used analyze data using the statistical package for the social sciences (SPSS version 20.0) and interpreted using percentages, frequencies, mean and standard deviation. While inferential statistics was analyzed with the use of Ordinary Least Square of Simple Regression for the verification of hypothesis. Tables were equally used to describe and summarize data for better understanding.

THEORITICAL REVIEW

Self-Determination Theory (SDT) by Deci and Ryan, 2000

This theory is an increasingly popular theory of human motivation in exercise and sport psychology. Its popularity stems primarily from the fact that it explains a wide variety of phenomena based on very few principles related to the three basic psychological needs of competence, autonomy, and relatedness (Chatzisarantis & Hagger, 2009). According to the theory, these three basic needs are considered essential nutrients for individual's adjustment, integrity and growth (Ryan, 1995, Ryan, vansteenkiste, Soenens, 2020). The theory also postulates that need-supportive social environment improve human's internal motivation sources and well-being. Competence is the need to be effective in dealing with your environment. Autonomy is the need to control the course of their lives. Lastly, relatedness is the need to have close, affectionate relationships with others.

According to SDT (Deci and Ryan, 2000), individuals participate in various life domains, such as sports (goal ball), to satisfy basic psychological needs. As people satisfy these needs through playing goal ball or leisure, they invest personal commitment to the activity, which in turn contributes to self-determination leading to a better subjective well-being. Within SDT, the perfect example of human growth tendencies is called intrinsic motivation, a construct that is held to be inseparably intertwined with the notion of active and spontaneous activity (Deci & Ryan, 1991). People who are intrinsically motivated are fully self-regulated, engage in

activities out of interest, experience sense of choice, and function without the help of external rewards (Deci & Ryan, 1985, 2000). Relatedness According to Ryan (1995), relatedness is defined by a feeling of connection to an environment and/or other human beings, being helpful to others and being helped by others. In this study, relatedness was valued highest of the three SDT basic needs. Goal ball athletes are highly motivated by the connection with other athletes, their coaches, their family, and friends. Because of this connection with others, it promotes well-being and a positive attitude towards physical activity. SDT therefore suggests that meeting these needs is crucial for overall subjective well-being, not just in sports but in all aspects of life. It builds a positive emotion, individuals feel autonomous, competent, and related, can as well likely to experience a positive emotions and a sense of fulfillment.

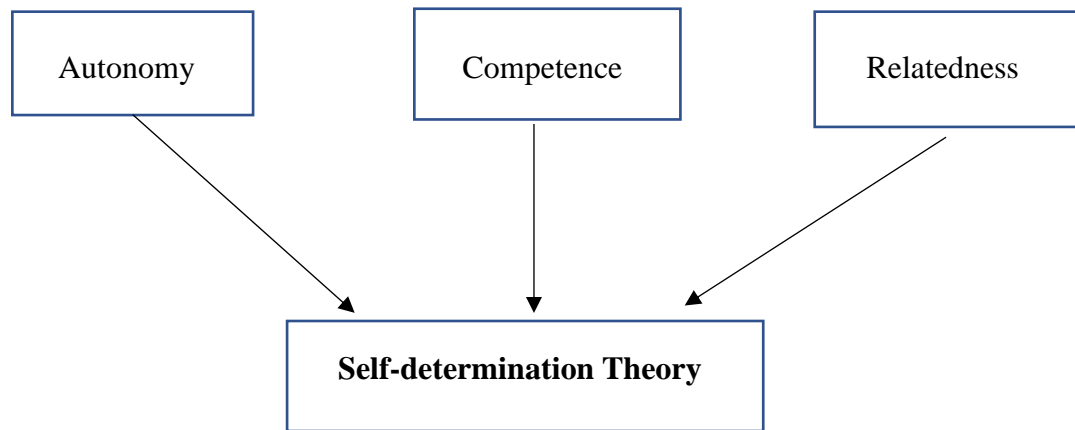


Figure 1 Conceptual Diagram of Self -Determination Theory

FINDINGS

A total of 42 copies of questionnaire were administered to the players by the researchers and a total of 2 coaches interviewed. The return rates for the questionnaire were as follow.

Table 1: Questionnaire Distribution Rate

Team Sport	Questionnaire Distributed	Questionnaire Returned	% Returned	Interview Previewed	Interview Administered	% Returned
GB	42	42	100%	2	2	100%
Total	42	42	100%	2	2	100%

The table above shows that there were 42 players of the goal ball teams who received questionnaire and 02 head coaches among the five teams were interviewed. The return rate of the instruments was 100%. This could be attributed to the fact that the researcher has been working with this same group of population for about fifteen years and knows exactly how to manage their caprices.

The questions were closed-ended questionnaires items which was meant to solicit quantitative data. There were coded to by assigning numbers in order to represent the construct to enable the computer to interpret the information correctly. The items on the Likert Scale were equally coded as such: strongly agreed, agreed, strongly disagreed and disagreed and were assigned the numbers 4, 3, 2 and 1 for positively worded items respectively. The reserve case was observed for the negatively worded items, such as: 1, 2, 3 and 4 respectively. The following table demonstrate the scoring of the items on the Likert Scale.

Table 2: Demonstrate the Scoring of the Items on the Likert Scale

Option	Positively Worded Items	Negatively Worded Items
Strongly Agreed (AS)	4	1
Agreed (A)	3	2
Disagreed (D)	2	3
Strongly Disagreed (SD)	1	4

Source: Amin (2005)

The above table shows the various options used to rate the questionnaire items. It shows that the positively worded items are rated 4,3,2,1 from strongly agreed, agreed, disagreed to strongly disagreed. While the negatively worded items are rated in a reverse manner.

Table 3: Descriptive Statistics of Study Variable

Variable	N	Min	Max	Mean	Std. D	Variance	Alpha
Goal Ball	42	10.00	34.00	23.90	5.15	26.625	.787
Subjective Wellbeing	42	11.00	27.00	20.45	3.41	11.638	.810

Descriptive analysis on Table 3 showed that all the players took part in the study. Goal ball recorded a mean score (M=23.90; SD=5.154; V=26.65). This implies that the players showed a high preference for their subjective wellbeing. In terms of alpha coefficient, the subjective wellbeing had ($\alpha=0.810$).

What is the influence of goal ball on the subjective wellbeing of athletes with visual impairment?

Table 4: State of Goal Ball among Impaired Athletes (N=35)

Items	Disagreement (SD +D)	Agreement (A+SA)	Mean	Std. D
Goal ball is my favorite sport.	23.7	76.3	3.06	.862
I like playing goal ball despite my challenges	22.2	77.8	2.98	.902
I often play goal ball in order to keep fit	42.2	57.8	2.61	.963
With experience it's easier to play goal ball	40.7	59.3	2.69	.942
I master the techniques of playing goal ball.	30.4	69.6	1.96	.926
I fully understand goal ball rules and regulations	51.1	48.9	2.40	.916
Playing goal ball made me integrate in society.	30.4	69.6	2.91	1.040
I feel proud belonging to peer goal ball team	32.0	68.0	2.69	.981
I can make a career in goal ball and go professional	40.0	60.0	2.61	.939
Mean multiple response	34.74	65.26	2.65	.941

Results from the above table indicates that the majority of the respondents agreed to the statement that goal ball is their favorite sports showing a 57.3% agreement while 23.7%

disagreed. Equally, 77.8% agreed that they like playing goal ball despite their challenges while 48.0% disagreed.

Further results show 57.8% of the respondents agreed that they often play Goal ball in order to keep fit while 42.2% disagreed. Too, 59.3% agreed that with experience it is easier for them to play goal ball while 40.7% disagreed. More so, 69.6% of the respondents agreed that they master the techniques of playing goal ball while 30.4% disagreed. In addition, 51.1% of the respondents agreed that they fully understand goal ball rules and regulations while 48.9% disagreed. Also, 69.6% agreed that playing goal ball makes them to easily integrate in society while 30.4% disagreed. More so, 68.0% of the respondents agreed that they feel proud belonging to the goal ball team with their peers while 32.0% of the respondents disagreed to the statement. Too, 60.0% of the respondents agreed that they can make a career in Goal ball and go professional while 40.7% disagreed. The Mean Multiple Response is 34.74% disagreed as against 65.26% agreed.

Verification of Hypothesis

Goalball and Subjective Wellbeing of Players

The study was also interested in the level of goal ball and subjective wellbeing of players and the following hypothesis were developed for testing:

Ha: Gold ball significantly influence the subjective wellbeing of athletes with visual impairment.

Ho: Gold ball does not significantly influence the subjective wellbeing of athletes with visual impairment.

Table 5: Model Summary Table for Goalball and Subjective Well-Being

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics				
					R Square Change	F Change	df1	df2	Sig. F Change
1	.441 ^a	.195	.189	3.07280	.195	32.167	1	133	.000

a. Predictors: (Constant), GOAL BALL

The effect of goal ball on subjective wellbeing of players was also determined using a simple linear regression model and shown in table 5. According to decision rule, when the P-value is less or equal to 0.05 we reject the null hypothesis and when P-value is more than 0.05. Firstly, the results of the analysis showed a significant relationship between goal ball and well-being of the players (R=0.441). This means that the participation of impaired athletes in goal ball has a significant relationship with their subjective well-being. Furthermore, R-Square for the model is 0.195, with an adjusted R-Square of 0.189. This therefore suggests that 20.4% of the variations in subjective well-being of the athletes can be accounted for by the level of involvement of the athletes in gall ball. Consequently, the goal ball game was able to predict variations in the dependent variable.

Table 6: ANOVA Table for Goal Ball and Subjective Well-Being

Model		Sum of Squares	Df	Mean Square	F	Sig.
1	Regression	303.726	1	303.726	32.167	.000 ^b
	Residual	1255.800	133	9.442		
	Total	1559.526	134			

a. Dependent Variable: subjective wellbeing

b. Predictors: (Constant), Goal ball

Another main interest of the analysis is to determine the statistical significance of the model and the ANOVA table is shown on Table 6. The *F*-ratio in the ANOVA table tests whether the overall regression model is a good fit for the data. Following the analysis, it has been reported that the independent variable, goal ball has significantly predicted subjective wellbeing of players, *F* (32.167), *p* < .05. This indicates that the regression model is a good fit of the data and a proportion of the level of subjective wellbeing of goal ball players can be predicted level of participation in goal ball.

Table 7: Coefficients Table for Goal Ball and Subjective Wellbeing

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.	95.0% Confidence Interval for B	
		B	Std. E				Lower B	Upper B
		Beta						
1	(Constant)	13.485	1.258		10.721	.000	10.997	15.973
	Goal ball	.292	.051	.441	5.672	.000	.190	.394

a. Dependent Variable: subjective well-being

Table 7 for the regression coefficients shows that the regression equation is given by (subjective wellbeing = 13.485 + 0.292 x goal ball). The unstandardized coefficients indicated how subjective well-being varies with the level of participation in amputee football when all other independent variables are held constant. Analysis revealed that when players are involved in goal ball game, the level of their subjective wellbeing is 13.485 when the level of participation in goal ball increases by one unit their level of subjective wellbeing will also increase by 0.292. The increase is at 0.05 level of significance indicated by a *p*-value of 0.000. Considering *p* < 0.05, the null hypothesis is rejected and the alternative hypothesis accepted. This means that participation in goal ball have a statistically significant effect on the subjective wellbeing of the players.

Interview Question For: Goal Ball/ and Subjective Well-Being

1. Can the game of goal ball give satisfaction in life to players with impairments, how?

The first interviewees said that, goal ball entails a lot cooperation, coordination, concentration, flexibility and agility. So, through the practice of goal ball the impaired athletes will gain a lot of satisfaction in that they don't only gain health benefits of the exercise, they also become happier. More so, the practice of goal ball inculcates in them the feeling of belonging with teammates, and obtaining satisfaction with the game will consequently make them to be satisfied in life. Too, the athletes turn to make new friends with their peer and the valid

population involve in the game which can instill in them some certain degree of self-confidence, self-esteem which was not the case before the inclusion in goal ball team.

2. Do you think that goal ball can made your players happy, how?

The interviewees accorded that goal ball can make the impaired athletes very happy to a greater extent because of the amelioration they often acquired in their various types of disabilities. The interviewee said that, athletes participating in the activities goal ball notice an increase in their movement's coordination, flexibility, strength and endurance capabilities as compared to those with disabilities who do not play this game. Again, impaired athletes who practiced goal ball will adapt and accept their body image and condition easily which makes them happy. More so, the athletes are very happy when they see population applaud them during competitions. This will boost their morals, increase self- confidence and self-esteem in the athletes making he/she happy. The interviewees also said that, match bonuses, trophies and medals that the received from participation and wins in the games enhances and maintain a certain level of joy and happiness in the impaired athletes each time they see these medals in their homes.

3. How does goal ball make impaired athletes to be satisfy in life?

The interviewees said that goal ball game can offers a career opportunity to the athletes. Athletes who are distinguished in their performance can go international and become professionals in the domain. The interviewee also mentioned that this entails teamwork and a lot of discipline. Working together as teammates in goal ball will give them the notion of togetherness, through the management of their strength and weakness. These skills are very important because after being integrated in their lives, they can easily transfer them to their day-to-day life thereby making them happy and satisfied with life domain.

Prevalence of Gold Ball and Subjective Wellbeing of Athletes with Visual Impairment

Findings from the questionnaire to the athletes with virtual impairment indicated that majority of the respondents were of the opinion that goal ball is their favorite sports. The Mean Multiple Response was calculated at 65.26% agreed. This was high enough and above average and indicate how values spread furthest around the mean.

Findings from inferential data using a simple linear regression model showed a significant relationship between goal ball and wellbeing of the players ($R=0.441$). This means that the participation of athletes in goal ball has a significant relationship with their subjective wellbeing. R-Square for the model is 0.195, with an adjusted R-Square of 0.189.

The overall regression model analysis reported that the independent variable, goal ball has significantly predicted subjective wellbeing of players, $F(32.167)$, $p < .05$. This indicates that the regression model is a good fit of the data and a proportion of the level of subjective wellbeing of goal ball players can be predicted level of participation in goal ball. When players are involved in goal ball game, the level of their subjective wellbeing is 13.485 and when the level of participation in goal ball increases by one unit their level of subjective wellbeing will also increase by 0.292. The increase is at 0.05 level of significance indicated by a p-value of 0.000. So, participation in goal ball have a statistically significant effect on the subjective wellbeing of the players.

The interviews results showed that, the practice of goal ball can highly impact the subjective well-being of the impaired athletes and make them happier. This is thanks to the health benefits they gain from the discipline. They learn to develop self-efficacy, self-confidence, and self-esteem thereby reducing stress and depression among the athletes. They also noted that, athletes

who play goal ball notice an increase in concentration, coordination, flexibility and agility capabilities which makes them happy.

Summary of the Key Findings

The study reveals that the available data collected on all the variables indicated that team goal ball have a significant positive relationship with the subjective well-being of impaired athletes in Cameroon. Goal ball has positive impact on their fitness in relationship with their subjective well-being. This was due to the fact that most of the materials, infrastructure and the state of affairs in this discipline positively motivate and was encouraging enough to impact the subjective well-being of the players. As for the other variables, they significantly influence the subjective well-being of the players positively. Hence playing goal ball for persons with impairments is vital and should be promoted in the country so as to improve on the overall well-being.

The findings of the study and conclusion of research was done according to the stated hypothesis, with discussion of the descriptive and inferential data collected and analysed. Also, discussion was in line with the findings explaining how playing goal ball can influence fitness and subjective well-being of persons with impairments in the center region of Cameroon.

Policy Recommendations

By implementing these policy recommendations below, Cameroon can create a more inclusive and supportive environment for athletes with impairments, promoting their participation in goldball and other sports, and enhancing their subjective wellbeing.

The Government and some stakeholders should invest in accessible sports facilities and infrastructure that caters to the needs of athletes with impairments, including goal ball courts and training grounds. They should develop and implement inclusive sports programs that integrate athletes with impairments into mainstream sports activities and competitions. Public awareness campaigns should be conducted to promote inclusivity and challenge societal stigmas surrounding disability, fostering greater acceptance and participation in sports. Financial assistance and scholarships be provided to athletes with impairments to cover training costs, equipment, and participation fees.

Certify coaches and trainers specialized in working with athletes with impairments. They should be trained to handle these athletes, ensuring they receive quality guidance and support. Mentorship programs that connect experienced athletes with impairments with aspiring ones should be established, providing guidance and encouragement.

As concerns promoting Subjective Wellbeing, athletes should be offered access to psychological counseling and support services to address the unique challenges faced by athletes with impairments, promoting mental wellbeing. Social events and gatherings for athletes with impairments should be organized to foster camaraderie, build social networks, and combat social isolation.

Organize social events and gatherings for athletes with impairments to foster camaraderie, build social networks, and combat social isolation. Recognize and celebrate the achievements of athletes with impairments through awards ceremonies and media coverage, boosting their self-esteem and sense of accomplishment.

In relation to Collaboration and Partnerships, the Cameroon Government should secure government funding and support for the development and implementation of policies and programs that benefit athletes with impairments; Partner with non-governmental organizations and disability rights groups to leverage their expertise and resources in promoting inclusive

sports; Collaborate with international organizations and sports federations to gain access to best practices, training programs, and resources for athletes with impairments.

For Monitoring and Evaluation, data on the participation rates, achievements, and wellbeing of athletes with impairments should always be collected to track progress and identify areas for improvement; Conduct regular reviews of policies and programs to ensure their effectiveness and make necessary adjustments based on feedback and evaluation.

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