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## Satisfaction Of Athletes With Disabilities With The Defeat Of The Musculoskeletal System Of The Organization Of Competitions In The Russian Press.

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### ABSTRACT

Persistent pathological process in the body is able to significantly weaken the body. This requires a search for means that increase the viability of patients and disabled people who have irreversible disturbances in the body. In this case, the bench among people with disabilities with the defeat of the musculoskeletal system is becoming one of the most serious means of recovery. Today it is the most developing sport in Russia and abroad. As a result of the study, a number of practical recommendations were formulated. It becomes clear that for the comfort of the competition for athletes with disabilities, it is necessary to additionally equip the gym with special devices (ramps, handrails, elevators, lifts). In order to reduce the time of the competition and the expectations of athletes between the approaches to the projectile, it is necessary to increase the number of scaffolds. For complete satisfaction of athletes with disabilities in the organization of competitions it is necessary to equip places for warming up easily and comfortably. It is necessary to actively introduce in the course of the competition information feedback tools (microphones, scoreboards). It is necessary to equip the common areas with handrails and organize a buffet for comfortable eating by athletes.

**Keywords:** Russian bench, athletes, disabled people, defeat of the musculoskeletal system, satisfaction, organization, adaptive sport.

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## INTRODUCTION

Persistent pathological process in the body is able to significantly weaken the body [1-5]. This requires the search for funds that increase the viability of patients and disabled people who have irreversible disturbances in the body [6,7]. In this case, the bench among people with disabilities with the defeat of the musculoskeletal system is becoming one of the most serious means of recovery. Today it is the most developing sport in Russia and abroad [8-12].

The Russian bench press differs from powerlifting in that the athlete, during his attempt to fix the weight of the barbell that is not as strong as possible, but lift it with a certain weight rules, the maximum number of times in 5 minutes [13,14]. In this case, the participant has the right to rest within the same 5 minutes, but, as they say, without leaving the machine, putting the barbell on his chest. The score is the result of at least eight repetitions [15,16]. Winners and prize winners are identified by the formula for the coefficient of athleticism [17,18], namely: the weight of the bar is multiplied by the number of times and divided by the total weight of the athlete [19].

As a result of research aimed at studying the requirements of athletes with disabilities with a lesion of the musculoskeletal system to the organization and conduct of the training process in the Russian bench press, the main ones were identified: "The possibility of transporting athletes with disabilities to places of training", "an individual approach to athletes with disabilities in the process of training", "the presence of specialists flax program (methodology) of training athletes with disabilities for competitions, taking into account the individual characteristics of their nosology", "the availability of qualified specialists, coaches with experience working with people with disabilities", "the presence of club and special sports equipment (overalls, belts)", "specially equipped sports complexes (ramps, handrails, elevators)", "the presence of specially equipped toilets", "attention and assistance of local authorities in the development of the Russian press", "the possibility of obtaining sports qualifications (discharge, referee category)", "free exercise ", "the opportunity to participate in national competitions and exchange of experience with the best athletes and trainers from other cities" [20-23].

Obtaining the results of the analysis of the satisfaction of athletes of different nosology with competitions in adaptive sports has been repeatedly carried out in scientific studies of scientists [24,25]. These indicators allow, on the one hand, to strengthen and focus on those moments of the organization of competitions that satisfied disabled athletes, on the other, to identify deficiencies in time and prevent them during subsequent tournaments [26-30].

The purpose of this study is to determine the degree of satisfaction of disabled athletes with a lesion of the musculoskeletal system by organizing and holding sports competitions in the Russian bench press.

## MATERIALS AND METHODS

We considered the indicators of satisfaction with the organization and holding of competitions in the Russian bench among opornikov disabled people in comparison with the surveys we had already conducted in 2011–12, when several Russian tournaments held in Ivanovo, Shuya and Rodniki were used as a platform for research.

Respondents, in the amount of 32 people, were asked to rate the significance of each of the questions on a 10-point scale (1 point - at least 10 points - at most). At the same time, depending on the degree of satisfaction expressed in points, the answers were divided into groups: 9-10 points - "absolutely satisfied", 7-8 points - "satisfied", 5-6 points - "hard to say", 3-4 points - "not satisfied", 1-2 points - "absolutely not satisfied."

The data obtained during the surveys were compiled into a single matrix and processed by the method of average values (calculations were performed using the standard Microsoft Excel for Windows software package).

**RESULTS AND ITS DISCUSSION**

The results are presented in table 1.

**Table 1. Results of data processing on the satisfaction of athletes with disabilities in the organization of tournaments in the Russian press (n = 32)**

No	Your questions	X, points	m, points	$\sigma$ , points	Ex	As	V, %
1	Would you like to take part in competitions on the Russian bench press again?	5.77	0.146	1.873	0.571	0.460	34.6
2	Please rate your satisfaction with the organization of competitions in Russian in which you took part	5.92	0.133	2.147	-0.216	0.367	34.7

Expressed their desire to take part in such competitions once again 82.1%; of these, a high level of need (corresponding to 8-10 points) was demonstrated by 12.2% of athletes, above average (7-8 points) - 13.2%, medium (from 4 to 6 points) - 17.1% and low (1 -3 points) - 6.7% of respondents. As shown by the results of statistical analysis (Table 1), the calculated values of the coefficients of variation ( $V = 34.6\%$ ), kurtosis ( $Ex = 0.571$ ) and asymmetry ( $As = 0.460$ ) indicate the average degree of variation and the normality of the distribution of opinions and assessments of the respondents. The magnitude of the errors of the mean ( $m$ ) is significantly less than  $X$  the standard deviation  $\sigma$  itself, which indirectly indicates the representativeness of the sample.

However, studies conducted in 2011-12 showed that 75.3% of respondents were satisfied with the past competitions. The highest points from 9 to 10 were set at 17.1%, while the highest score of 10 points was set at 8%, which made up the “very satisfied” group.

The group of “completely unsatisfied” included 6.3% of the respondents with disabled sportsmen. The degree of satisfaction with the organization and conduct of tournaments in the Russian press they rated from 1 to 3 points. At the same time, 3 people (1.3%) set the lowest mark - “1”. Arithmetic average ( $X = 5.92 \pm 0.133$  points) indicates the average level of satisfaction of participants with the organization of tournaments in the Russian press among opornik-disabled people (Table 1) and corresponds to the group of indicators “hard to say”. The values of the coefficient of variation ( $V = 34.7\%$ ) and standard deviation ( $\sigma = 2.15$  points) indicate the homogeneity of the respondents' opinions, and the values of kurtosis ( $Ex = - 0.216$ ) and asymmetry ( $As = 0.367$ ) about their normal distribution.

To compare the satisfaction indicators of disabled athletes with the defeat of the musculoskeletal system by organizing and holding competitions in the Russian press, we conducted their survey as part of the Shuya Open Championship held at the Penguin Disabled Sports Club [31] in March 2014, where 29 athletes from Ivanovo and Vladimir regions took part.

Respondents were asked to answer one question: “Please, rate your satisfaction with the organization of the Shuya Open Championship in the Russian bench in which you just took part?”. The collection and statistical processing of data was carried out by the same methods as in the studies of 2011-2012. The results are presented in table 2.

**Table 2. The results of data processing on the level of satisfaction of athletes with disabilities of the organization of the Open Championship of the city of Shuya on the Russian press (n = 29)**

No	Your questions	X, points	m, points	$\sigma$ , points	Ex	As	V, %
1	Please rate your satisfaction with the organization of the Open Championship of the city of Shuya on the Russian bench press	9.12	0.176	1.156	-1.316	0.227	12.7

As can be seen from table 2, the degree of satisfaction of athletes with disabilities in the organization and holding of competitions in the Russian bench press has significantly increased and has become consistent with the category of “absolutely satisfied” ( $9.12 \pm 0.18$ ). The values of the coefficient of variation ( $V = 12.7\%$ ) and standard deviation ( $\sigma = 1.156$  points) indicate unanimous decision-making by disabled athletes [32,33]. The negative kurtosis of the studied indicator ( $Ex = - 0.216$ ) in combination with positive asymmetry ( $As = 0.367$ ) confirms the homogeneity of the opinions of athletes [34-38].

Absolute satisfaction of athletes with disabilities in the organization and holding of competitions in the Russian press was promoted by an increase in sports competitions in this sport in the Ivanovo region, the possibility of athletes participating in all-Russian and international competitions in the Ivanovo region, using appropriate equipment in competitions, improving the quality of work of referee brigades and volunteers [39-45].

Despite the high level of satisfaction of athletes with disabilities in organizing competitions in the Russian press, additional surveys revealed some shortcomings in conducting the Open Championship of Shuya in the Russian press among the disabled with damage to the musculoskeletal system, including:

- the place for the competition is not equipped with special devices (ramps, handrails), in particular, the stairs leading to the gym should be equipped with either a ramp or a special lift;
- next to the venue of the competition must have a toilet, equipped with handrails [46];
- with a large number of participants, it is necessary to use more than two platforms for the competition, which will significantly reduce the time of the competition and the expectation of athletes between attempts [47];
- places for warm-up exercises should be equipped more comfortably [48];
- It is necessary to use feedback media (microphones, scoreboards), which will improve the organization of submission of applications before the competition and timely informing the judges about inviting athletes on the platform [49];
- it is necessary to have a buffet, since competitions in the Russian press, with the participation of a large number of athletes, require considerable time to hold them, and this means that athletes should have the opportunity to have a bite [50];
- it is necessary to have seats for spectators and accompanying persons of athletes participating in competitions [51];
- at the end of the tournament, it is desirable to organize a photo exhibition or presentation of the key sports moments of the championship.

**CONCLUSION**

As a result of the study, a number of practical recommendations were formulated. It becomes clear that for the comfort of the competition for athletes with disabilities, it is necessary to additionally equip the gym with special devices (ramps, handrails, elevators, lifts). In order to reduce the time of the competition and the expectations of athletes between the approaches to the projectile, it is necessary to increase the number of scaffolds. For complete satisfaction of athletes with disabilities in the organization of competitions it is necessary to equip places for warming up easily and comfortably. It is necessary to actively introduce in the course of the competition information feedback tools (microphones, scoreboards). It is necessary to equip the common areas with handrails and organize a buffet for comfortable eating by athletes.

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