

# Comparison of Personal, Social and Sports Identity in Deaf Women Athletes and Non-Athletes in Mashhad

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**Abstract**— the purpose of this research was to compare personal, social, and sports identity in deaf sportsmen and non-athletes in Mashhad. The research was done based on the analytical descriptive method. The statistical population included deaf women who were members of the Mashhad Center for the Deaf and were residents of Mashhad. Based on the simple random sampling method and using the Krejcie and Morgan table, 359 people (952 deaf athletes and 247 deaf non-athletes) were selected as a statistical sample. Standard questionnaires of sports identity (Borour, 1993), social identity (Safariniya, 2011) and personal identity (Adamz, 1986) were used to collect data. The reliability of the tool was calculated using Cronbach's alpha and was 0.83, 0.74 and 0.81 respectively. Independent t-tests and one-sample t-tests were used to analyze the data. There was a significant difference between deaf athletes and non-athletes based on individual identity, sports identity and social identity ( $P<0.05$ ). Individual identity was at a suitable level in deaf female athletes, but not at a suitable level in deaf non-athlete women ( $P<0.05$ ). Sports identity was at a suitable level in deaf sportswomen, but not at a suitable level in deaf non-athletes ( $P<0.05$ ). Social identity was at an appropriate level in deaf sportswomen, but not at an appropriate level in deaf non-athletes ( $P<0.05$ ). It seems that engaging in sports in deaf women improves their individual identity, social identity and sports identity.

**Keywords**— Individual Identity, Social Identity, Sports Identity, Deaf Women Athletes

## Introduction

Sport is considered as one of the important methods of physical, mental and social development, participation in sports activities brings people together spatially and spatially. It provides many ways and

opportunities to become skilled and generally creates an educational flow in cultural and social dimensions for the individual. Research conducted between athletes and non-athletes in different environments shows that there is a difference between athletes and non-athletes in terms of identity issues, physical and mental health, social injuries, and emotional issues (1). In other words, people who exercise have less depression than those who do not exercise, and people who exercise have better individual and social adjustment than those who do not exercise (2). Research has shown that any body shape and defect in people causes them to have a negative perception of themselves. Disability is a crisis that everyone may face in their life path. Physical disability has physical and psychological dimensions, and just as it affects a person's physical health, it also affects her psychosocial adjustment and mental health. A person with some form of physical disability experiences a painful loss that has great physical and emotional significance. Therefore, the positive acceptance of the disabled person by herself and those around her is a basic condition for the positive social development of the person. The more a person has self-belief and a better understanding of her individual identity, the higher her position and efficiency, and she will be immune from psychosocial harms. Deaf people are among the people who need social acceptance as much as possible (3). Deaf people are among the people who can engage in sports activities and make the most of their free time in the favorable conditions of the society. Sports activities, while enriching part of the free time of the blind, can play an important role in the growth and development of their moral, psychological, and physical aspects or their identity in parallel with other activities. On the other hand, it increases his ability to deal with problems and adapt to the conditions, or even makes it possible to solve many problems. Today, the concept of identity is an interpretative issue, and recognizing its importance as the first intermediary between the organization and individuals is a necessity. Donken states that identity includes identifying the symbols of a service and its specific definition leads to the identification of the organization (4). Today, participation in sports activities leads to strengthening the process of sports socialization. The primary motive of people's participation in sports activities is to enjoy the pleasure of entertainment as well as to acquire skills in the field of interest. Sports identity is defined as a degree of power and exclusivity for a person who identifies his identity with the role of sports (5). Giving sports identity to the disabled causes the self-concept of these people and their ideal self-knowledge to be in line with some of the other aspects of their lives, because the impact of giving identity causes the person to participate in other social activities and even the emergence of their social identity will also be formed.

The purpose of this research was to compare personal, social, and sports identity in deaf sportsmen and non-athletes in Mashhad.

#### Materials and methods

The research was done based on the analytical descriptive method. The statistical population included deaf women who were members of the Mashhad Center for the Deaf and were residents of Mashhad. Based on the simple random sampling method and using the Krejcie and Morgan table, 359 people (952 deaf athletes and 247 deaf non-athletes) were selected as a statistical sample. In this research, three questionnaires were used to collect data.

Standard questionnaire of sports identity (Borour, 1993) is designed in the field of sports identity of athletes, which was previously used in the research of Heydari et al. (among disabled athletes and disabled non-athletes of Ahvaz Welfare Department). The percentage of Cronbach's alpha (reliability coefficient of the research tool) in this study was calculated as 83%, and the questionnaire has 10 questions and 7-choice Likert type.

Standard questionnaire of social identity (Safariniya, 2011) is designed in the field of social identity of athletes. Cronbach's alpha percentage (reliability coefficient of the research tool) in this questionnaire was calculated as 74% and the questionnaire has 20 questions and 5-choice Likert type.

Standard questionnaire of personal identity (Adamz, 1986) consists of 64 items and includes four subscales: disturbed, precocious, delayed, and advanced, each of which contains 16 questions. A score of 6 to 1 is awarded respectively. In this questionnaire, Cronbach's alpha coefficient is 81%. In the state of disturbed identity, a score of 53 and above indicates the existence of a disturbed identity in the person. In the state of early-formed identity, a score of 53 and above indicates the formation of an early-formed identity. In the state of deferred identity, a score of 63 and above indicates the existence of a delayed identity in a teenager, and in the state of advanced identity, a score of 73 and above indicates the formation of this type of identity in a person. Independent t-tests and one-sample t-tests were used to analyze the data.

## Results

The results of the independent t-test to compare individual identity, sports identity and social identity between female athletes and non-athletes are summarized in Table 1. Also, the results of a sample T-Tech test to check the personal identity, sports identity and social identity of deaf sportswomen are presented in

Table 2. In addition, the results of a sample T-Tech test to examine the personal identity, sports identity and social identity of non-athlete deaf women are presented in Table 3. There was a significant difference between individual identity, sports identity and social identity of deaf athletes and non-athletes, so that all three identities were better in athletes compared to non-athletes ( $P < 0.05$ ). The results showed that the personal identity, sports identity and social identity of the athletes were higher than the average level of the Likert scale and were significant. Because of this, it was significantly better than average ( $P < 0.05$ ). The results showed that individual identity, sports identity and social identity of non-athletes were lower than the average level of the Likert scale, but it was not significant. Therefore, it was not significantly better or worse than average ( $P > 0.05$ ).

Table1. Independent t-test results to compare variables between two groups

variables	groups	mean $\pm$ standard deviation	t	p
personal identity	athletes	4.47 $\pm$ 0.73	0.528	0.007 *
	non-athletes	3.35 $\pm$ 1.27		
sports identity	athletes	4.28 $\pm$ 1.07	0.641	0.001 *
	non-athletes	3.02 $\pm$ 1.38		
social Identity	athletes	3.52 $\pm$ 1.21	0.368	0.001 *
	non-athletes	2.36 $\pm$ 1.27		

\*significant at the level of  $P \leq 0.05$

Table2. The results of the T-Tech test, a sample for examining variables in athletes

variables	mean $\pm$ standard deviation	t	p
personal identity	4.47 $\pm$ 0.73	17.327	0.001 *
sports identity	4.28 $\pm$ 1.07	4.53	0.0012 *
social Identity	3.52 $\pm$ 1.21	3.87	0.001 *

\*significant at the level of  $P \leq 0.05$

Table3. The results of the T-Tech test, a sample for examining variables in non-athletes

variables	mean $\pm$ standard deviation	t	p
personal identity	3.35 $\pm$ 1.27	- 4.28	0.062
sports identity	3.02 $\pm$ 1.38	- 5.61	0.055
social Identity	2.36 $\pm$ 1.27	- 4.89	0.06

## Discussion

There is a significant difference between the individual identity of deaf sportswomen and non-athletes. On average, deferred identity is observed among deaf sportswomen, while deaf non-athletes typically do not have this type of identity, which means that sportswomen are more likely than non-athletes to make decisions. They act more carefully and show less haste. Also, on average, advanced identity is more common among deaf female athletes. While non-athlete deaf women usually do not have this type of identity, and this means that female athletes have more thoughtful decisions when faced with psychological problems and personality crises than non-athletes. Also, on average, advanced identity is more common among deaf female athletes. While non-athlete deaf women usually do not have this type of identity, and this means that female athletes have more thoughtful decisions when faced with psychological problems and personality crises than non-athletes. On average, disturbed identity is also less observed among deaf female athletes. While non-athlete deaf women usually have a higher level of this type of identity, and this means that female athletes feel less lost and empty compared to non-athletes. In addition, on average, early-formed identity is less observed among deaf sportswomen. While deaf non-athletes usually have a higher level of this type of identity, and this means that female athletes act more freely and have more decision-making power than non-athletes. Therefore, it can be concluded that one of the functions of individual identity is to stabilize one's personality. The meaning of personality is the same features and characteristics that a person believes to be unique to him. In this case, identity acts as a tool to strengthen and stabilize the person's concepts about himself. Individual identity in deaf female athletes is at a suitable level. The average obtained from the community of deaf sportswomen is higher than the average of the Likert spectrum and it can be said that in general, sportswomen are at a good level of individual identity. It can be concluded that female athletes better understand the individual identity that includes things like experiences, thoughts, dreams and aspirations. It seems that turning to sports has made the self-confidence of these people to be at a higher level, these people alone and away from others can create the necessary capacity for life within themselves. This capacity ultimately leads to the formation of a person's personality. The individual identity of non-athletes women is not at a suitable level. According to the results obtained, it can be concluded that exercise increases factors such as self-confidence in people, which results in an increase in self-awareness and the needs and ideals of a person, which is the result of personal identity. There are findings confirming the present findings (6, 7).

There is a significant difference between the sports identity of deaf women athletes and non-athletes. Considering that sports identity is a degree of importance, power and exclusivity that people receive and attribute to themselves from participating in sports, therefore, deaf and hardworking women give more importance to sports on average and It comes from more power and exclusivity in the society and their individual decisions and overcoming the disabled and accepting it. Therefore, by encouraging the disabled, including the deaf, to exercise, the level of strength in them increases and it leads to an increase in self-confidence, which results in the greater participation of the individual in the society and his greater activity in the social arenas. Sports identity in deaf female athletes is at a suitable level. According to the obtained results, it can be concluded that people who are engaged in a sport have reached a certain degree of exclusivity and feel more empowered in their daily activities and plans. Sports identity in deaf non-athlete women is not at a suitable level. It can be concluded that when disabled people, including the deaf, are less inclined to sports. Amount of power and exclusivity that comes from the presence of sports in people's daily activities will not be. On average, these people have lower self-confidence and self-confidence than athletes, and therefore their degree of participation in social activities is significantly lower. There are findings consistent with the present findings (6, 7).

There is a significant difference between the social identity of deaf sportswomen and non-athletes. The rate of social identity among non-athlete deaf women is less than 2.5, which indicates that the component of sports identity is low compared to the average. Therefore, comparing the two groups of female athletes and non-athletes, we come to the conclusion that the level of social identity of female athletes is relatively higher than that of non-athletic women. It can be concluded that in deaf sportswomen, due to participating in sports gatherings, it creates a feeling of belonging to the team. Therefore, a person has a greater desire

to participate in social activities and this causes a sense of belonging to the community. According to the obtained results, it can be concluded that by participating in sports activities, especially group sports, there is a sense of belonging to the group and activities to improve and advance the goals of the group, which is also manifested in the daily life of the individual. It finds and makes a person feel more commitment and belonging to the sports community and then the community and surrounding people seek participation. She has to answer the society's expectations and in critical situations the fate of the society and overcoming the crisis of the society becomes important for him and he tries to solve the problems of the society. The level of social identity among deaf non-athletic women is lower than the middle of the Likert scale. According to the obtained results, it can be concluded that not participating in sports activities has reduced self-confidence in social activities, one of the results of which is isolation and avoiding the community. Considering that sports activities, even if they are individual, it is necessary to participate in different sports communities, so the spirit of participation of people in collective activities increases and the individual feels more belonging to the society and the environment. Previous results confirm the present findings (6, 7).

### Conclusion

It seems that engaging in sports in deaf women improves their individual identity, social identity and sports identity.

### References

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