Abstract

Title: Quality of life of visually impaired goalball players

Purpose: Main objective of this study is to characterize a goalball game, to find out and compare quality of life of visually impaired active goalball players.

Methods: 30 respondents participated in this study. They are players of the game for visually impaired called goalball. Age of respondents ranged from 18 to 60 years. It was a quantitative research of methodological type of observation. The SQUALA questionnaire method was used in this study (Subjective Quality of Life Analysis).

Results: The results show that the goalball game alone does not have a significant impact on the quality of life and the quality of life is not also significantly influenced either by the length of active career. Average values of quality of life of the classified groups (such as B1 – blind, B2 – individuals with the rest of sight, B3 – strongly purblind and B4 – lightly purblind) do not differ significantly. Further discovery was that quality of life was not affected by the length of period of active playing of goalball. According to results the best quality of life was assessed by the goalball players who play goalball less than 2 years. Almost the same results have the goalball players who play goalball for more than 10 years. The respondents assessed the areas of quality of life, leisure time and close relationships were positive. They were the most satisfied with these areas.

Key words: goalball, quality of life, visual impaired, the SQUALA questionnaire