Original Research Article

Status of disability sports policy implementation in schools in Kakamega County, Kenya

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Kenya’s population estimates by 2012 stands at 40.7 million people. The number of persons with disabilities stands at an estimate of 1.8 million people being a 4.6% of the population. Majority of these persons are in schools. The status and standing of sports policy in Kenya showed that very little relevant public policy or legislation existed that governs and supports sports and development in the country. It was just recently in 2013 that the government of Kenya passed the sports act 2013 which prompts the development of sports from the grassroots through the county to national government. The development of sports in Kenya has been left in the hands of different federations.

Kakamega County has a population of 1.661 million people as of 2009 census with the number of persons with disabilities estimated at 76,000. The county government of Kakamega has come up with a draft county sports policy which is drawn from the national sports policy to govern the sports activities in the county. The study was a cross-sectional survey. A total of 69 county sports policy implementers took part in the study excluding federation officials. The study used both probability and non-probability sampling where purposive, stratified and simple random sampling techniques were used. Questionnaires were used in data collection and results analyzed using statistical package for social sciences (SPSS). One way analysis of variance (ANOVA) was used. The results indicated that majority of teachers have no knowledge on the existence of a national or county government sports policy. They showed there is no sports policy guiding various sports disciplines other than the rules and regulations of the game making some sports popular than others. They cited various challenges on sports policy implementation among them personnel and infrastructure.

Key words: Sports policy, county government, federations.

INTRODUCTION

The world report on disability developed by the World Health Organization (WHO, 2006) and the World Bank (WB, 2006) with over 380 experts urges governments to step up efforts to enable access to mainstream services and to invest in specialized programs to unlock the potential of persons with disabilities. United Nations and World Bank report of 2011 estimates that more than one billion (1 billion) people face some form of disability or approximately 10% of the global population of which 80% of these individuals are in developing nations.

According to available literature, the majority of persons living with disabilities lead a sedentary lifestyle because their caregivers are either overprotective or they do not know how to handle them and thus their physical participation are tremendously hampered (Graham, 2001). Consequently, individuals with disabilities are often sidelined at the peripheries of physical activities venues and are thus forced to remain permanently as passive participants. A notable effort has been made towards offering a viable solution to the aforementioned situation.
For instance, a report on the Presidential Working Party on Education and Manpower Training for the Next Decade and Beyond (Government of Kenya, 1988) recommended integration or mainstreaming of learners with disabilities within the Kenyan education system. The Kenya National Council for Persons with Disabilities (NCPWD) is a state corporation established in November 2004 by an act of parliament, People With Disability Act (PWDA) 2003 with the mandate to formulate and implement policies that are geared towards mainstreaming persons with disabilities to the National economy. Similarly, according to the Kenyan Ministry of Education's 2006-2011 Strategic Plan, the Government of Kenya supports the training of teachers in special education at various institutions (Government of Kenya, 2006). This is a highlight of Kenya government's commitment towards improving the destiny of persons with disabilities.

Kenyan population is estimated at 40.7 million people by 2012 (NCPD, 2013) out of which 4.6% or approximately 1.87 million people live with at least one form of disability majority of whom are in school. Kenya National Survey for Persons with Disabilities (PWD) also estimates that more disabled persons reside in rural than urban areas hence making Kakamega the best place for the study. It quoted physical form of disability as highest (34%) followed by visual (30%), hearing (12%) and intellectual disability at 9% (KNSPD, 2008). According to the survey, Western Province has the highest proportion of PWDs who experience severe difficulties and problems with activity limitation (28%) and participation (27%). This gave best argument why the needs for status of sports policy implementation study for PWDs in Kakamega County which has the highest disability challenges in Kenya.

Kakamega County has a total population of 1,661,000 people according to the Kenya National Bureau of Statistics Report (2012) estimates. According to the report, Kakamega County is also the second largest county in population after Nairobi County. The county has 12 sub counties and 60 wards. The estimate for PWDs in Kakamega County as per the Kenyan estimation of 4.6% of the total population is about 76,000 people.

According to sessional paper on sports development in Kenya 2010. The Kenyan policy issues on sports development recognizes that for sustainable sports development in the country, the policy framework addresses the following areas: sports funding, sources of funding, tax exemptions, financial management, sports facilities, goods and equipment, sports marketing, athletes' career education and job placement, national sports institute and a legal framework. The study investigated the awareness, capacity building, and challenges facing policy implementation in the county in relation to international and national declarations put forward for sports participation.

The study design used was a cross-sectional survey research design carried out in Kakamega County. The target population was 210 respondents and sample size was 69 respondents these being 30% of the target population. The study employed non probability sampling technique and probability sampling where the researcher used purposive sampling, stratified sampling and simple random sampling technique. The study used questionnaires and observation methods to collect the data. Statistical package for Social Sciences (SPSS) was used to analyze the data. Both descriptive and inferential statistics were used and results were given in the form of frequencies and percentages and presented in tables and charts.

Data analysis

Demographic information

Majority of the respondents were between 35-49 years (64%), over 50 years (18.8%) and those between 20-34 years (17.2%). 58.8% were female and 41.2% were male teachers majority of whom are in primary schools (91.2%) and secondary schools (8.8%). (Figure 1).

Lurambi sub county carried the highest number of teachers interviewed (32.4%) with Butere and Ikolomani carrying the lowest (1.5%) each. Ten out of the 12 sub counties were used in the study leaving out two in which the study did not get any subjects to respond to the questionnaires (Table 1).

Most teachers interviewed have served for more than 20 years (38.2%) with 39.7% of those who responded to the study being Diploma holders and at least (2.9%) being ATS (Figure 2).

In Table 2, majority of teachers interviewed (48.5%) were from special schools followed by integrated schools (29.4%), special unit (20.6%) and other (1.5%).

The highest disability was in PH (36%), HI (31%), ID (24%) and VI (9%). This report conforms to the Kenya National survey for PWD 2008 where Kakamega County had almost similar results (Table 3) and Figure 3.

Sports Categories/Disciplines

Table 4 shows that most schools that were part of this study participated in athletics (28.9%), volleyball (22.9%) and soccer (21.9%) with minimal participation in badminton (0.5%), tennis (0.5%), hockey (1%) and rugby (1%). Majority of the schools had 30 participants and over in various sports followed by between1-10. 98.6% of all schools participates in school games with only one (1) or 1.4% who do not participate in school games. About 73.5% of schools participated only once (one tournament) in a year with the remaining percentage either participating in none or more than one tournament in a year and majority of schools 66.7% reaching National level. Only one school had a student who reached at divisional level and at least one school had a pupil who reached international level. The policy requires that this students need to be funded for participation up to international competitions. Majority cited lack of proper structures or policies for progression especially after national competitions hence ended at that level. The findings therefore seek to educate the schools on
Figure 1: Graph showing Frequency and age distribution

Table 1. Showing distribution of participants per Sub County

<table>
<thead>
<tr>
<th>Sub-County</th>
<th>Frequency</th>
<th>Valid Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Malava</td>
<td>5</td>
<td>7.4</td>
</tr>
<tr>
<td>Lurambi</td>
<td>24</td>
<td>32.4</td>
</tr>
<tr>
<td>Shinyalu</td>
<td>3</td>
<td>7.4</td>
</tr>
<tr>
<td>Lugari</td>
<td>5</td>
<td>7.4</td>
</tr>
<tr>
<td>Navakholo</td>
<td>3</td>
<td>4.4</td>
</tr>
<tr>
<td>Butere</td>
<td>1</td>
<td>1.5</td>
</tr>
<tr>
<td>Matungu</td>
<td>7</td>
<td>10.3</td>
</tr>
<tr>
<td>Ikolomani</td>
<td>1</td>
<td>1.5</td>
</tr>
<tr>
<td>Khwisero</td>
<td>2</td>
<td>2.9</td>
</tr>
<tr>
<td>mumiias east</td>
<td>17</td>
<td>25.0</td>
</tr>
<tr>
<td>Total</td>
<td>68</td>
<td>100.0</td>
</tr>
</tbody>
</table>

Figure 2: Showing distribution of years of service for teachers
Table 2. Showing the categories of schools for PWDs

<table>
<thead>
<tr>
<th>Category</th>
<th>Frequency</th>
<th>Valid Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>special school</td>
<td>33</td>
<td>48.5</td>
</tr>
<tr>
<td>integrated school</td>
<td>20</td>
<td>29.4</td>
</tr>
<tr>
<td>special unit</td>
<td>14</td>
<td>20.6</td>
</tr>
<tr>
<td>other</td>
<td>1</td>
<td>1.5</td>
</tr>
<tr>
<td>Total</td>
<td>68</td>
<td>100.0</td>
</tr>
</tbody>
</table>

Figure 3: Showing the distribution of participants per the type of disability

Table 4. Showing categories of sports disciplines played by PWDs in schools

<table>
<thead>
<tr>
<th>SPORT</th>
<th>Frequency</th>
<th>Percent</th>
<th>Valid Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>athletics</td>
<td>58</td>
<td>13.8</td>
<td>28.9</td>
</tr>
<tr>
<td>soccer</td>
<td>44</td>
<td>10.5</td>
<td>21.9</td>
</tr>
<tr>
<td>volleyball</td>
<td>46</td>
<td>11.0</td>
<td>22.9</td>
</tr>
<tr>
<td>basketball</td>
<td>5</td>
<td>1.2</td>
<td>2.5</td>
</tr>
<tr>
<td>badminton</td>
<td>1</td>
<td>0.2</td>
<td>0.5</td>
</tr>
<tr>
<td>gymnastics</td>
<td>5</td>
<td>1.2</td>
<td>2.5</td>
</tr>
<tr>
<td>handball</td>
<td>18</td>
<td>4.3</td>
<td>9.0</td>
</tr>
<tr>
<td>hockey</td>
<td>2</td>
<td>0.5</td>
<td>1.0</td>
</tr>
<tr>
<td>tennis</td>
<td>1</td>
<td>0.2</td>
<td>0.5</td>
</tr>
<tr>
<td>rugby</td>
<td>2</td>
<td>0.5</td>
<td>1.0</td>
</tr>
<tr>
<td>any other</td>
<td>19</td>
<td>4.5</td>
<td>9.5</td>
</tr>
<tr>
<td>Total</td>
<td>201</td>
<td>47.9</td>
<td>100.0</td>
</tr>
</tbody>
</table>

their rights in regard to sports participation for PWDs.

It is shocking that only 33.8% of the people used in the study know about the United Nations Commission for the Rights of Persons with Disabilities act leaving out a big 66.2% who don’t know about its existence. 44.1% have never heard about the act and 22.1% don't know about it (Table 5). 91% of the people are aware of the rights of persons with disabilities in Kenya with only 1.5% and 7.5% have no information and don’t know respectively. 98.5% of respondents are aware of a section in Kenyan constitution on PWDs with only 1.5% who doesn’t know. Only 32.8% of the people are aware of sports policy in Kenya 2013 with 64.2% who have never heard it and 3% don’t know. 47.8% have an idea that the sports policy 2013 has a clause on PWDs, 34.3% do not have any idea and 17.9% don’t know about the clause on PWDs in the sports policy 2013. 71.6%
Table 5. Showing participants Awareness on Sports policies and Acts for PWDs

<table>
<thead>
<tr>
<th></th>
<th>UNCRPD</th>
<th>NCPLWD Kenya</th>
<th>Constitution of Kenya</th>
<th>Sports policy 2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>yes</td>
<td>33.8</td>
<td>91.0</td>
<td>98.5</td>
<td>32.8</td>
</tr>
<tr>
<td>no</td>
<td>44.1</td>
<td>1.5</td>
<td>1.5</td>
<td>64.2</td>
</tr>
<tr>
<td>dont know</td>
<td>22.1</td>
<td>7.5</td>
<td>0.0</td>
<td>3.0</td>
</tr>
<tr>
<td>Total</td>
<td>100.0</td>
<td>100.0</td>
<td>100.0</td>
<td>100.0</td>
</tr>
</tbody>
</table>

Table 6. Showing the level of sensitization in schools on sports for PWD

<table>
<thead>
<tr>
<th></th>
<th>Frequency</th>
<th>Sensitization in schools</th>
<th>Plans on sensitization</th>
</tr>
</thead>
<tbody>
<tr>
<td>yes</td>
<td>20</td>
<td>30.3</td>
<td>55.9</td>
</tr>
<tr>
<td>no</td>
<td>37</td>
<td>56.1</td>
<td>25.0</td>
</tr>
<tr>
<td>dont know</td>
<td>9</td>
<td>13.6</td>
<td>19.1</td>
</tr>
<tr>
<td>Total</td>
<td>66</td>
<td>100.0</td>
<td>100.0</td>
</tr>
</tbody>
</table>

Table 7. Showing the basis for decision making in sports participation for PWDs

<table>
<thead>
<tr>
<th></th>
<th>Frequency</th>
<th>Valid Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>constitution</td>
<td>3</td>
<td>6.8</td>
</tr>
<tr>
<td>sports act</td>
<td>4</td>
<td>9.1</td>
</tr>
<tr>
<td>sports policies</td>
<td>6</td>
<td>13.6</td>
</tr>
<tr>
<td>UNCRPD</td>
<td>1</td>
<td>2.3</td>
</tr>
<tr>
<td>own choice</td>
<td>9</td>
<td>20.5</td>
</tr>
<tr>
<td>other</td>
<td>21</td>
<td>47.7</td>
</tr>
<tr>
<td>Total</td>
<td>44</td>
<td>100.0</td>
</tr>
</tbody>
</table>

are aware of the presidential declaration of 1980 on integration of persons with disabilities with normal bodied and 25.4% do not know with about 3% who don’t know. 41.8% of the respondents are aware of the Kakamega county sports policy, 23.9% are not aware and 34% don’t know about the county sports policy. 69.1% of those who are aware of Kakamega county sports policy have an idea that the policy has a clause on PWDs, 19.1% have no idea on the clause on PWDs and 11.8% don’t know about the clause on PWDs(Table 6). This gives us a gap that in as much as people are aware of the rights of PWDs in the county and even the constitution of Kenya 2010 and the presidential declaration of 1980 on integration of learners with disability, majority are not aware of sports policy 2013 and its content on participation for PWDs. This tells us of the need to sensitization the teachers in schools on importance of educating them on policy matters as regards PWDs and sports participation. This is seen in the table below that only 30% of respondents feel sensitization is done regarding sports participation for PWDs leaving out about 70% who feel sensitization is not done.

30.3% feel that there is sensitization on sports for PWDs in schools, 56.1% believe that there is no sensitization and 13.6% don’t know on any sensitization on sports for PWDs. 55.9% feel that there are plans for sensitization, 25% feel no plans are there to sensitization with about 19.1% who don’t know of any plans(Table 7).

Majority of the participants base on other things such as group decisions, availability of funds, transport, competition and goodwill among others (47.7%) on decision making as regards PWDs participation in sports instead of any policy. Very little reference is given as regards to sports policies (13.6%), UNCRPD (2.3%) and sports acts (9.1%) in making reference to PWDs participation in sports. 20.5% of the participants make their own choice as regards to sports participation for PWDs. Thus they don’t refer anywhere as regards to participation for PWDs hence indication of a clear gap on sports policies and acts.

The respondents were given a chance to choose more than one challenge that affects sports policy implementation for PWDs in Kakamega County where about 352 responses were given. Transport was quoted as the biggest challenge with over 9.7% of the responses given followed by finances and facilities at 9.1% and 8.5% respectively. Vastness of the county (1.7%), location (1.7%), and government policy (1.7%) were the least challenges quoted that affects sports participation for PWDs in Kakamega County. Others were; awareness (7.7%), training (6.5%), infrastructure (6%), poverty
Conflict of interests

The authors declare that they have no conflict of interests.

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Final report of the Ad Hoc Committee on a Comprehensive and Integral International Convention on the Protection and Promotion of the Rights and Dignity of Persons with Disabilities [A/61/611 - PDF, 117KB]
Ugandan disability sport summit 2012. Final report and action plan. The kids league Uganda 

Table 8. Showing the Challenges facing sports policy implementation in schools in the county

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Valid Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>transport</td>
<td>34</td>
</tr>
<tr>
<td>vastness</td>
<td>6</td>
</tr>
<tr>
<td>awareness</td>
<td>27</td>
</tr>
<tr>
<td>finances</td>
<td>32</td>
</tr>
<tr>
<td>facilities</td>
<td>30</td>
</tr>
<tr>
<td>training</td>
<td>23</td>
</tr>
<tr>
<td>infrastructure</td>
<td>21</td>
</tr>
<tr>
<td>poverty</td>
<td>20</td>
</tr>
<tr>
<td>location</td>
<td>6</td>
</tr>
<tr>
<td>personnel</td>
<td>19</td>
</tr>
<tr>
<td>policy</td>
<td>14</td>
</tr>
<tr>
<td>equipment</td>
<td>23</td>
</tr>
<tr>
<td>assistive devices</td>
<td>22</td>
</tr>
<tr>
<td>attitude</td>
<td>22</td>
</tr>
<tr>
<td>government policy</td>
<td>6</td>
</tr>
<tr>
<td>negligence</td>
<td>20</td>
</tr>
<tr>
<td>all above</td>
<td>23</td>
</tr>
<tr>
<td>None</td>
<td>4</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>352</strong></td>
</tr>
</tbody>
</table>

(5.7%), trained personnel (5.4%), policy (4%), equipment (6.5%), assistive devices and attitude (6.2%) each, negligence (5.7%) and the rest at (7.6%). This means that the vastness, government policy and location of the county have no negative effect on the sports participation for PWDs(Table 8).

Conclusions

From the data obtained, majority of the people in charge of sports in schools within Kakamega County have little or no idea of the sports policies, international treaties and acts as applies to sports for PWDs. This requires that more awareness campaigns have to be done for teachers and all stakeholders in terms of sports for PWDs. Demonstration sports have to be encouraged for persons with disabilities and especially those who are handling them. They also recommends that the county government should in future involve all stakeholders in drafting the county sports policies for persons with disabilities especially teachers who are always left out.

Recommendations

1. Policy documents concerning sports for persons with disabilities should be distributed to schools for PWDs in order for teachers to implement them including the constitution, sports acts and policies and international treaties.
2. Awareness campaigns are necessary for teachers in special, integrated, and special unit schools on sports for PWDs to enable participation at all levels in the county.
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