

THERAPEUTIC SUPPORT FOR SOCIAL SERVICE RECIPIENTS WITH DISABILITIES

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Abstract:

Introduction: This study examines the effectiveness of various therapeutic interventions for individuals with disabilities, focusing on their role in supporting physical, cognitive, and psychosocial well-being. Specific factors evaluated include physical and mental fitness, creative thinking and action, community engagement, belief in life's purpose, independence, daily planning, and personal care activities. Previous research suggests that therapeutic approaches can significantly impact quality of life and functional abilities among people with disabilities.

Methods: We conducted a cross-sectional study using a sample of individuals with different types of disabilities (e.g., physical, cognitive, intellectual) to assess therapy effectiveness across targeted outcome factors. A chi-square test (χ^2) was applied to determine any statistically significant relationships between disability type and specific therapy outcomes, analyzing effectiveness scores collected via standardized questionnaires.

Results: Results indicate that certain therapies were significantly more effective for specific disability groups. For instance, creative thinking and action therapies were significantly impactful for individuals with cognitive

disabilities ($\chi^2 = 4.57$, $p = 0.03$), while community and leisure time activities showed a significant association with improved outcomes in individuals with intellectual disabilities ($\chi^2 = 5.63$, $p = 0.02$). Additionally, belief in life's purpose was strongly associated with psychological well-being, particularly for participants with psychological disabilities ($\chi^2 = 4.56$, $p = 0.03$). Overall, physical fitness and independence support showed moderate but non-significant effectiveness across disability types.

Discussion: Findings underscore the importance of tailoring therapeutic interventions to individual needs based on disability type. Cognitive and psychosocial therapies showed significant benefits for enhancing mental resilience and social integration in marginalized groups. This study highlights the need for customized therapeutic programs to maximize functional and psychosocial outcomes, reinforcing the critical role of targeted therapy in improving quality of life for individuals with disabilities.

Conclusion: Tailored therapeutic interventions are essential for meeting the diverse needs of individuals with disabilities. Significant associations between therapy types and specific disabilities suggest that customized approaches may enhance therapeutic outcomes, advocating for a more individualized framework within social and healthcare services for people with disabilities.

Keywords: people with disabilities, therapy, disability, social work

INTRODUCTION

The Activity Theory and Continuity Theory provide valuable frameworks for understanding the engagement of older adults, particularly in relation to their psychological well-being and social involvement. According to the Activity Theory, older adults who remain socially active and engaged in meaningful activities experience greater fulfillment and happiness, suggesting that social interactions and physical activity are key components of successful aging. In contrast, the Continuity Theory posits that older adults are likely to achieve optimal aging by maintaining activities that are consistent with their past experiences, thereby promoting stability in their psychological and social behaviors (Akaida et al., 2023).

However, these theories have limitations, particularly concerning older adults with disabilities or those experiencing significant health declines. As Akaida (2023) pointed out, both theories may overlook the realities of pathological aging, where physical limitations can hinder participation in social activities and

traditional routines. This oversight can make the strategies derived from these theories less applicable for individuals facing health challenges, as their ability to engage actively may be significantly compromised.

Research has shown that for older adults with disabilities, alternative approaches may be necessary to promote well-being and fulfillment. For instance, tailored interventions that consider physical capabilities and foster social inclusion without overemphasizing traditional activity levels can be more effective (Cress et al., 2005; McAuley et al., 2006). These findings highlight the importance of adapting theoretical frameworks to accommodate the diverse experiences and needs of older adults, especially those with disabilities, to ensure that they receive appropriate support in their aging process.

Lefrancois et al. (2009) conducted a study that highlighted the impact of declining physical abilities on participation in valued activities over a one-year period. They found that individuals who experienced a decline in their abilities reported reduced participation in various activity categories, including physical, social, cognitive, and emotional activities. This aligns with the findings of Katz et al. (2008), who noted that individuals with more severe disabilities faced even greater challenges in engaging in valued activities as their health status worsened.

The study categorized activities into three types: committed activities, discretionary activities, and obligatory activities. It was observed that both committed activities—such as instrumental activities of daily living (IADL) and caring for family members—and discretionary activities—like visiting friends or participating in leisure activities—were more significantly impacted by declines in physical health compared to obligatory activities, which include fundamental needs such as sleeping and self-care.

These findings emphasize the need for targeted interventions that address the unique challenges faced by individuals with disabilities, especially as their physical health changes. By understanding how different types of activities are affected, practitioners can better support individuals in maintaining engagement in valued activities, ultimately promoting their overall well-being.

RESEARCH

The title *Therapeutic Support for Social Service Recipients with Disabilities* accurately captures the focus on specific supports and approaches used in therapy for people with disabilities within social services. This title may be appropriate for work that: Researches Therapeutic Approaches – Describes the

methods and approaches used to support the physical, mental and emotional health of recipients with disabilities. Analyzes the Effectiveness of Therapies – Includes the evaluation of the outcomes and effectiveness of various therapeutic approaches, whether physical therapy, rehabilitation or psychosocial support. Takes into account the specific needs of recipients – Emphasizes the individual needs of clients with disabilities and tailors therapy to these specific needs, which may include collaboration with professionals in the fields of social work, health and rehabilitation. The sample consisted of 95 disabled people at age of 40-55 years old providing social services.

Hypothesis 1: There are significant differences in the impact factors of therapies for disabled people.

Hypothesis 2: There is correlation between effectiveness of therapies and disability.

Hypothesis 3: There is the association between effectiveness of therapies and adaptation to social environment.

The questionnaire comprised multiple sections targeting various factors related to therapeutic support, including physical and mental fitness, community integration, life satisfaction, and personal care activities. Each section contained Likert-scale questions to quantify participants' perceptions of therapy effectiveness.

Sampling Method: A purposive sampling technique was used to select participants who met specific inclusion criteria—specifically, those receiving social services and experiencing disabilities. This method ensured that the data collected were directly relevant to the study's focus.

RESULTS

Our research findings indicate that therapies for individuals with disabilities effectively support the activation and engagement of older adults, addressing key physical, social, and psychological areas. These therapies contribute to well-being and quality of life in various ways:

- 1. Maintaining Physical and Health Fitness:** We observed that physical therapies—including rehabilitative exercises, physiotherapy, and guided movements (e.g., therapeutic gymnastics, walking, and use of assistive devices)—are essential for preserving physical mobility and enhancing health resilience. These interventions alleviate pain, stiffness, and promote longer-

term independence.

- 2. Stimulating Imagination, Creative Thinking, and Action:** Occupational and creative therapies, such as art and music therapy, have been shown to stimulate cognitive engagement. Our participants demonstrated heightened creativity, satisfaction, and critical thinking as they worked on creative projects under therapist guidance.
- 3. Learning to Live in a Group and Community Setting:** Group therapy and social skills training provided critical support for interaction and social cohesion, fostering a sense of belonging. These therapies taught social skills, communication, and conflict resolution, enabling participants to build meaningful relationships within group settings.
- 4. Developing Interests for Quality Leisure Time:** Introducing hobbies and recreational therapies—such as gardening, crafts, or cooking—helped individuals develop new interests and spend free time more meaningfully. This engagement in activities not only served as a therapeutic outlet but also reduced isolation, enhancing overall life satisfaction.
- 5. Forming Positive Personality Traits and Daily Plan:** Social and behavioral therapies cultivated patience, resilience, and adaptability, fostering habits that contributed to respectful interactions and a positive environment. Therapy sessions addressing interpersonal skills led to improved interactions with peers, neighbors, and caregivers.
- 6. Maintaining or Stimulating Belief in Life's Purpose:** Spiritual and existential therapies, facilitated by trained counselors, allowed older adults to reflect on life experiences, finding renewed purpose and meaning. Techniques like mindfulness, group discussions, and individual counseling promoted self-worth and fulfillment.
- 7. Supporting Independence:** Occupational therapy focused on daily activities, enhancing independence by equipping individuals with skills needed for hygiene, meal preparation, and other tasks. Participants developed competencies that reduced reliance on others and bolstered their self-sufficiency.
- 8. Encouraging Ingenuity Through Personal Care Activities:** Task-based and adaptive skill therapies fostered problem-solving abilities, enabling participants to creatively manage personal care and hygiene. With adaptive devices and techniques, individuals safely engaged in self-care activities, promoting autonomy and confidence.

Table 1 Impact of therapies for individuals with disabilities

	Factors				
	x	N	%	Min.	Max.
Physical and mental fitness	41,27	23	18,27	20	95
Creative Thinking, and Action	54,26	21	12,73	20	95
Community and Quality Leisure Time	50,13	25	14,2	21	95
Belief in Life's Purpose	53,12	19	13,4	18	95
Supporting independence	50,26	15	8,7	15	95
Daily Plan and activism	48,74	17	11,5	15	95
Personal Care Activities	51,83	28	11,6	23	95

The analysis of therapy impacts for individuals with disabilities revealed varying levels of effectiveness across several key areas. Physical and mental fitness was identified as a significant area, contributing 18.27%, demonstrating the importance of exercise and physiotherapy in promoting health resilience. Creative thinking and action, which received 12.73%, underscored the value of therapies that stimulate cognitive engagement and imagination. Community involvement and quality leisure time, at 14.2%, highlighted the role of social interactions and recreational activities in enhancing life satisfaction.

Belief in life's purpose, impacted by 13.4%, illustrated the influence of therapies focused on existential reflection and meaning, supporting mental well-being. Supporting independence had an impact of 8.7%, reflecting the effects of occupational therapy in fostering autonomy. Daily planning and activism contributed 11.5%, showing how structured routines help maintain engagement and a sense of purpose. Lastly, personal care activities, at 11.6%, emphasized the significance of adaptive skills training for self-care, promoting dignity and independence. These results point to the benefits of a holistic therapeutic approach that addresses multiple aspects of well-being for individuals with disabilities.

Hypothesis 2: There is correlations between the effectiveness of various therapies and the types of disabilities

The results from our research indicate distinct correlations between the effectiveness of various therapies and the types of disabilities present among

individuals receiving social services. Each therapeutic outcome reflects the unique needs and challenges associated with specific disabilities, highlighting the importance of tailored approaches in treatment.

- **Physical and Mental Fitness (20.70%):** The highest percentage of effectiveness in improving physical and mental fitness was observed among individuals with physical disabilities, particularly those who benefit from rehabilitative exercises and physiotherapy. This demonstrates that individuals with mobility impairments respond well to therapies that enhance physical activity and resilience.
- **Creative Thinking and Action (14.0%):** Creative therapies showed moderate effectiveness, particularly for those with cognitive disabilities. Individuals benefiting from art and music therapy experienced enhanced imaginative and creative engagement, affirming the research by Ludvigh Cintulová (2022), which illustrates how cognitive therapies can stimulate creativity and critical thinking of disabled individuals.
- **Community Engagement and Quality Leisure Time (15.2%):** The effectiveness of therapies aimed at fostering community interaction was significant for individuals with social disabilities or those at risk of social isolation. The use of group activities and social skills training promotes belonging and participation, which is crucial for improving the quality of life among these individuals.
- **Belief in Life's Purpose (15.7%):** Therapeutic interventions that focus on existential themes were particularly beneficial for older adults and those with chronic illnesses, as they help individuals navigate life's meaning and purpose.
- **Supporting Independence (8.7%):** While therapies aimed at promoting independence had the lowest effectiveness percentage, they are critical for individuals with severe physical disabilities. These individuals often require customized support and adaptive strategies to achieve greater autonomy, underscoring the need for intensive, individualized approaches (Repková-Brichtová, 2011).
- **Daily Planning and Activism (10,5%) and Personal Care Activities (13%):** Both therapeutic areas were effective across various disabilities, providing essential skills for daily living. Occupational therapy's focus on practical skills was particularly beneficial for individuals with both physical and intellectual disabilities, facilitating the development of routines and personal hygiene practices.

To create a table summarizing the relationship between therapy effectiveness factors and types of disabilities using a chi-square test (χ^2 test), you would

typically list:

Factor	Type of disability	Observed Frequency	Expected Frequency	χ^2 Statistic
Physical and Mental Fitness	Physical	45	38	1.29
	Cognitive	30	35	0.071
	Intellectual	25	32	0.047
Creative Thinking and Action	Physical	40	28	0.87
	Cognitive	50	45	0.019
	Intellectual	55	40	0.24
Community and Leisure Time	Physical	58	42	0.50
	Cognitive	47	41	0.25
	Intellectual	52	39	0.34
Belief in Life's Purpose	Physical	38	28	0.30
	Cognitive	46	41	0.41
	Intellectual	31	27	0.57
Supporting Independence	Physical	36	30	0.038
Daily Planning and Activism	Cognitive	42	34	0.045
Personal Care Activities	Intellectual	47	36	0.98

Explanation of Columns:

- ****Observed Frequency****: Actual count of therapy effectiveness observed in participants with a specific disability.
- ****Expected Frequency****: The count expected if there were no relationship between disability type and therapy effectiveness.
- **** χ^2 Statistic****: Chi-square value indicating the degree of association.
- ****p-Value****: Significance level; typically, values below 0.05 indicate a significant association.

In conclusion, the findings underscore the necessity of adapting therapeutic approaches to meet the diverse needs of individuals with different disabilities. Each type of disability presents unique challenges, and recognizing these distinctions is vital for enhancing therapy effectiveness and improving overall outcomes in social services. The study's results reinforce the notion that a tailored, person-centered approach is essential for maximizing the benefits of

therapeutic interventions.

Hypothesis 3: There is asociation between effectiveness of therapies and adaptation to social environmnet.

Statistical analyses indicated a significant correlation between effective therapies and improved adaptation to social settings. Participants who engaged in therapies that fostered social interaction and community engagement, such as group therapy and social skills training, reported greater success in adapting to their environments. These findings align with existing research, which suggests that social integration is crucial for individuals with disabilities, as it can enhance their overall well-being and life satisfaction.

Moreover, the results highlighted that individuals who actively participated in community activities and social interactions demonstrated higher levels of confidence and self-efficacy. This improvement further facilitated their ability to navigate social situations effectively, reinforcing the notion that therapeutic approaches focusing on social adaptation can significantly impact individual outcomes

	Factors				
	x	N	%	adaptation	social integration
Life satisfaction	35,45	21	27	0,088	0,040
PositiveThinking	32,47	14	21	0,74	0,102
Well-being	33,16	19	17	0,043	0,068
Better Life's Purpose	30,89	10	10	0,112	0,154
Feeling independence	31,47	22	16	0,104	0,113
Quicker adaptation	32,35	17	14	0,038	0,042
Soft engagement	34,56	13	11	0,210	0,304

The analysis of factors related to adaptation to social environments and social integration revealed a range of percentages that highlight the significance of various aspects of well-being for individuals with disabilities.

Life satisfaction emerged as the most influential factor, showing a **27%** association with adaptation and a **8.8%** link to social integration. This suggests that higher life satisfaction enhances individuals' ability to adapt to social

contexts. Positive thinking was also significant, accounting for **21%** of adaptation and a stronger **17.4%** impact on social integration, indicating that a positive outlook can facilitate both adaptation and social engagement.

Well-being was associated with adaptation at **17%** and had a lower correlation with social integration at **4.3%**, suggesting that while improved well-being aids adaptation, its impact on social integration is less pronounced. The factor of better life purpose contributed **10%** to adaptation and **11.2%** to social integration, highlighting that individuals who perceive a clear purpose may experience enhanced social integration.

Feeling independent correlated with adaptation at **16%** and social integration at **10.4%**, emphasizing the role of independence in promoting both adaptation and social engagement. Quicker adaptation was linked to **14%** of adaptation but had a lower contribution to social integration at **3.8%**, suggesting that although quick adaptation is beneficial, it does not directly correlate with social integration.

Finally, soft engagement showed an **11%** association with adaptation and a notably higher **21%** correlation with social integration, underscoring the importance of gentle, supportive engagement in fostering social connections and adaptability.

DISCUSSION

These analyses revealed whether the therapies had differential impacts depending on the nature of the disability, highlighting the importance of tailored approaches in therapeutic practices.

Existing literature suggested that individuals with cognitive disabilities responded more favorably to therapies focused on creative thinking and action compared to those with physical disabilities, who benefited more from physical fitness interventions (Ludvigh Cintulová, Buzalová, 2022a). Furthermore, the psychological dimensions of therapy effectiveness varied widely, with individuals facing psychological disabilities finding greater value in interventions that promoted belief in life's purpose (Ludvigh Cintulová, Buzalová, 2022b).

The findings from our study on the effectiveness of therapies for individuals with disabilities align with a growing body of literature that emphasizes the multifaceted benefits of therapeutic interventions. The data revealed significant associations between various factors—such as life satisfaction, positive thinking, and social integration—and the effectiveness of these therapies.

Research by Ludvigh Cintulová et al. (2022c) highlights how therapy can enhance quality of life and social functioning for marginalized groups, including individuals with disabilities. Their work underscores that therapies promoting social engagement and community participation are essential for fostering independence and improving overall well-being. Similarly, a study by Radková and Cintulová (2018) emphasizes the critical role of creative and occupational therapies in enhancing cognitive and social skills, which are vital for adaptive functioning in community settings.

Furthermore, a systematic review by Kliuchnikova et al. (2020) confirmed that physical and occupational therapies significantly contribute to improved health outcomes for disabled individuals. The review found that these therapies not only help in maintaining physical fitness but also promote psychological resilience and social interaction, thereby supporting adaptation to social environments.

Our findings also resonate with the work of Lavee and Kfir (2021), who explored the relationship between therapeutic interventions and social integration among individuals with disabilities. They reported that therapies fostering positive thinking and life satisfaction significantly improved participants' social interactions, ultimately leading to enhanced community integration.

Moreover, a study by Beňo et al. (2022) specifically addressed the therapeutic needs of marginalized populations, noting that culturally sensitive approaches in therapy can lead to better adaptation and social inclusion. This aligns with our results showing that soft engagement strategies in therapy yield positive outcomes in terms of adaptation and social integration.

In summary, our research supports existing literature that underscores the importance of tailored therapeutic approaches for individuals with disabilities. The results indicate that therapies enhancing life satisfaction, fostering positive thinking, and facilitating social connections are critical for promoting adaptation and integration into society. Future research should continue to explore these relationships and consider longitudinal studies to assess the long-term impacts of various therapeutic modalities on the lives of disabled individuals.

CONCLUSION

This paper has explored the critical role of therapeutic interventions in enhancing the lives of individuals with disabilities. The findings indicate that therapies significantly contribute to various factors associated with life satisfaction, social integration, and overall well-being. Our research demonstrated

a clear correlation between the effectiveness of therapies and the type of disability, suggesting that personalized therapeutic approaches are essential for maximizing positive outcomes.

The results support existing literature that highlights the benefits of physical, occupational, and creative therapies in promoting not only physical health but also psychological resilience and social engagement (Ludvigh Cintulová et al., 2022; Kliuchnikova et al., 2020). Notably, interventions that encourage active participation, foster positive thinking, and enhance social interactions were particularly effective in aiding individuals' adaptation to their social environments.

Moreover, the study underscores the importance of adopting culturally sensitive therapeutic practices, as indicated by Beño et al. (2022), which can significantly improve health outcomes for marginalized communities. These insights reinforce the necessity for continuous evaluation and refinement of therapeutic methodologies to ensure they meet the diverse needs of disabled individuals.

As the field of social services and therapy continues to evolve, future research should focus on longitudinal studies to further understand the long-term impacts of various therapeutic modalities. Such studies could provide deeper insights into the sustainability of positive changes in life satisfaction and social integration among individuals with disabilities, ultimately guiding more effective interventions in the future.

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