Understanding Para Surfing Participation from a Belongingness Perspective: A Qualitative Study

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Introduction
A sense of belongingness and social connectedness are vital for the health and well-being of humankind.

Methods
Design: Qualitative study
Participants: Purposive Sampling 2019 & 2020
Data Collection: Audio recorded interviews
Data Analysis: Verbatim transcription, coding and categorization to uncover underlying themes

Results
157 para surfers classified
Participants (n=50) met inclusion criteria, consented, and completed interviews.

Discussion
Strong relationship between health and occupation
“...It is through doing and being that humans become what they have the capacity to be. It maybe through sport, where one can reach a state of complete physical, emotional, spiritual, and social well-being as an individual and have a sense of belonging.”

Conclusion
It is through doing and being that humans become what they have the capacity to be. It maybe through sport, where one can reach a state of complete physical, emotional, spiritual, and social well-being as an individual and have a sense of belonging.