

# EFFECTS OF A SKIING EXPERIENCE ON ADOLESCENTS WITH LIMB DEFICIENCIES:

## An occupational adaptation perspective

Pasek, P. B. & Schkade J. K. (1996)



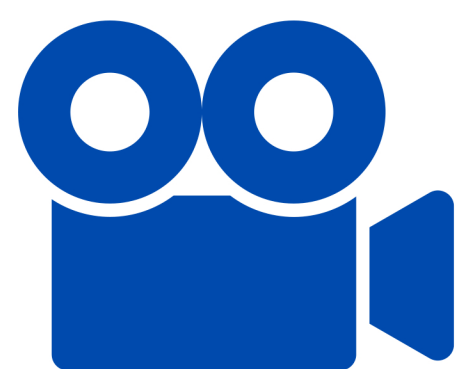
## PURPOSE

- To determine whether **relative mastery** and **self-esteem** could be identified among participants.
- To determine whether there is a **relationship** between the experience of relative mastery and enhancement of self esteem.

## METHODOLOGY

**Phenomenological** approach observing 14 adolescents with limb deficiencies participating in a 6-day ski program .

**Case study** using participant observation, interviews, researcher notes, daily lesson progress notes, daily end-of-lesson questionnaire, and post-trip questionnaire



## RELATIVE MASTERY

Development of relative mastery: over their fears, their limb deficiencies, and the challenging physical environment.

## SELF-ESTEEM

Increase in self-esteem was noted, but may be attributed to factors outside of the skiing experience, such as psychosocial aspects and existing levels of self-esteem.

## RELATIONSHIP

Based on the post-trip questionnaire, increased self-esteem was an out-growth of skill acquisition and mastery.

## FUTURE RESEARCH

Research should address the **long-term effects** of participating in similar programs and the **generalizability** of those positive effects to various life situations.