SUMMARY

Introduction: In Poland, there are over 400 new patients hospitalized annually, due to cervical spinal cord injury. Often patients are young people, who have not reached 40 years. The rehabilitation of patients after cervical spinal cord injury is a complex, long-term process. This situation requires the search for the fastest and most effective rehabilitation programs, which would help a large number of patients to come back to active life. One of the best ways of enabling to reach the biggest independence for the people is to practice sport, wheelchair rugby in particular.

Aim: The aim of this work was to assess:

a. level of psychosocial functioning

b. functional ability

c. quality of life

In two groups after cervical spinal cord injury:

- practising wheelchair rugby and
- not participating in sport for the disabled.

There are four study hypothesis:

1. People after cervical spinal cord injury, practising wheelchair rugby, represent higher level of psychosocial adaptation and functional ability in comparison with people after cervical spinal cord injury, who do not participate in sport for the disabled.
2. People after cervical spinal cord injury, practising wheelchair rugby, represent higher level of quality of life than people after cervical spinal cord injury, who do not participate in sport for the disabled.
3. There is a correlation between level of psychosocial adaptation, functional ability and quality of life in people after cervical spinal cord injury.
4. There is a correlation between level of psychosocial adaptation and functional ability.

Material and method: 280 people from the whole Poland, after cervical spinal cord injury, took part in the study. The study group constituted 140 sportsmen practising wheelchair rugby

for minimum two years. The control group consisted of 140 people after cervical spinal cord injury, minimum 2 years, who has never practiced sport after the injury.

1. Level of psychosocial functioning was assessed by the following questionnaires:

- Generalized Self- Efficacy Scale (GSES)
- Courtauld Emotional Control Scale (CECS)
- The Coping Orientations to Problems Experienced (COPE)

2. Level of quality of life was assessed by WHO:WHOQOL- 100

3. Functional ability was assessed by functional marker REPTY .

Results: People after cervical spinal cord injury, practising wheelchair rugby, represent higher level of psychosocial functioning and functional ability in comparison with people not practising sport. It was proved that there is a correlation between psychosocial adaptation and functional ability of people after cervical spinal cord injury. It was also stated that level of psychosocial adaptation and functional ability have a large influence on quality of life of people after cervical spinal cord injury.

Conclusions: People after cervical spinal cord injury, practising wheelchair rugby, represent higher level of psychosocial functioning, functional ability and quality of life in comparison with people not practicing sport. Level of functional ability and psychosocial adaptation have a significant influence on quality of life of people after cervical spinal cord injury. There is a correlation between level of functional ability and level of psychosocial adaptation

Key words: spinal cord injury, wheelchair rugby, psychosocial adaptation, functional ability.