

- **Name of the study:** "Mamant" - far beyond the network: Intervention program to promote health among women aged 21-53 with an intellectual and developmental disabilities
- **Year:** 2024
- **Type of research:** research
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Abstract

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This study aimed to evaluate the effectiveness of the "Mamanet - far beyond the network" program among women with mild to moderate intellectual and developmental disabilities living in community housing. The study used mixed methods. 45 women with mild to moderate intellectual and developmental disabilities, aged 23-53, participated in the study. Additionally, 20 interviews were conducted. According to the findings, participants perceive Mamanet's activity very positively. There was a significant improvement in the participants' quality of life, physical abilities, general happiness, and personal well-being. Various motivations and barriers to participation were identified, as well as recommendations for change.

Background: Women with intellectual and developmental disabilities (IDD) engage in less physical activity than women without disabilities and men with IDD. This population is also excluded from a variety of activities designed to promote a healthy lifestyle, in particular from opportunities to integrate into such activities. In order to promote a healthy lifestyle among women with IDD, it is necessary to develop and integrate popular sports such as "Mamanet - far beyond the Net" in this community.

Objectives: To evaluate the effectiveness of the "Mamanet - much beyond the network" program among women with mild to moderate IDD living in community housing settings. Specifically, the study aimed to test mental aspects (for example, quality of life), social aspects (for example, social capital), physiological (for example, fitness), and health habits (physical

activity) before and after the program, among women with mild to moderate IDD living in community housing settings compared to a control group.

Methods: This study used a mixed-method approach. 45 women with mild to moderate IDD living in community housing aged 23-53 participated in the study. In the quantitative part, health and well-being indicators were examined. In the qualitative part, 20 interviews were conducted with participants.

Main findings and conclusion: The main quantitative findings indicated that participants in the research group improved significantly from the pre-test in terms of their quality of life, their ability to get up from sitting to standing, their walking distance in two minutes, as well as their ball skills, in addition to their overall well-being and happiness. A high level of persistence was also observed in the activity, with over 80% of participants actively participating in each session. In general, the participants perceived the Mamanet activity as very positive, with most explicitly stating that they enjoyed it. The main qualitative findings indicated several themes related to motivation to participate in Mamanet: identified motivation, internal motivation, external motivation and lack of motivation (a-motivation), barriers to participation, and recommendations for changes. It is advisable to emphasize in Mamanet programs social interaction and learning new skills, improving physical fitness, and the importance of practice. In the future, different groups may be required for participants with differing abilities. Further, options for diversifying the program and adding interest and music should be considered to alleviate boredom reported by participants.

Keywords

intellectual and developmental disabilities, women, popular sports, health promotion, intervention program

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