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パラリンピックの理念と意義 -----時間軸と空間軸での観察-----

小倉和夫

はじめに

パラリンピックについての認知度,知識,関心が一般に深まるにつれて,一部の競技の商業化,娯楽化が起こりつつあり,同時にパラリンピック大会やそのムーブメントが本来持っているとされてきた社会的意義や効果についても再評価すべきと思われる状況が生まれている。言い換えれば、パラリンピックの意義、理念についてその原点と歴史を振り返り、同時にパラリンピックとある程度類似した国際総合大会あるいはムーブメントとの比較の上で、パラリンピックの意義、理念を再確認あるいは再検討する必要性が高まっていると考えられる。

こうした観点から、パラリンピックの理念をその原点に立ち戻り、歴史的に回顧するとともに、障がい者スポーツの国際総合大会として、デフリンピック、スペシャルオリンピックス、知的障がい者国際総合競技大会(VIRTUS(旧 INAS)グローバルゲームズ)、インビクタスゲームズとの比較の上で、パラリンピックの意義、理念を特に社会的、国際的観点から論じてみたい。

その際、理念の分析の次元を (1) シンボルマークから見る理念、(2) 大会のスローガンに見る理念、(3) ルードヴィッヒ・グットマン博士 (Ludwig Guttmann) の言辞に見る理念、(4) 開閉会式のスピーチに見る意義と理念、(5) 開閉会式の演出、メダル、賛歌に見る理念、(6) ファン・ヨンデ賞受賞者の功績から見る理念、(7) 主な障がい者スポーツ国際総合大会の理念との比較、(8) 全国障害者スポーツ大会の理念との比較の八つに分けて観察、分析することとした。

1. シンボルマークから見るパラリンピックの理念

パラリンピックの原点とされる英国ストーク・マンデビル病院の患者によるアーチェリー大会が国際化した当初は、SMG(Stoke Mandeville Games:ストーク・マンデビル

大会)の文字を参加国数分の星で囲んだシンボルマークが大会旗に載せられていた。1989年に国際パラリンピック委員会(以下「IPC」と略す)が設立され、1960年のローマ大会が正式に第一回パラリンピック大会と位置付けられることになったが¹、1964年東京大会、1968年テルアビブ大会、1972年ハイデルベルク大会では、車椅子の三つの車輪を組み合わせたシンボルマーク(図1)が使用されていた。この三つの輪はそれぞれ「Unity(団結)」「Friendship(友情)」「Sportsmanship(スポーツマンシップ)」を表している。



図1 1964年, 1968年, 1972年のパラリンピック大会で使用されたシンボルマーク 出典: Ludwig Guttmann (市河宣恭監訳), 1983, 『身体障害者のスポーツ』, 医歯薬出版, 34。

大会目標について触れられたメッセージの中で、「団結」は「世界中の麻痺に苦しむ人々が、国際的なスポーツ活動を通じてひとつになること」、「友情」は「スポーツを介して国家間の友情と理解の手助けをすること」、「スポーツマンシップ」は「スポーツマンシップの精神は、将来、何千人もの障害麻痺患者に希望と刺激を与えるだろう」と説明されている²。

1988年のソウル大会後に同大会のロゴたる五つの文様がパラリンピックのシンボルマーク(図2)となることが決定された 3 。



図2 パラリンピックシンボルマーク(1988年ソウル大会~1994年リレハンメル大会) 出典: IPC, "Seoul 1988," https://www.paralympic.org/seoul-1988/medals, (September 7, 2019).

このデザインについては次のような説明がなされた。五つの文様は五大陸、五大洋を表し、上三つ、下二つに配された文様が表すWの文字は「世界(World)」を象徴し、そこには「調和」と「スポーツを通し世界中の障がい者が結束する」という意味が込められている。上下で横一直線に並ぶ文様はそれぞれに「平等」と「人間性」を意味し、さらに文様の波の形がもたらす躍動感は、障がい者が積極的に活動することへの「意欲」

と「決意」を示している4。

しかしこのシンボルマークは、オリンピックの五つの輪をあしらったシンボルマークと類似性が高かったことから国際オリンピック委員会から問題視され、1994年のリレハンメル大会以降は、山型に同じ文様を三つ並べたマーク(図3)が採用された。このシンボルマークは「Mind(小)」「Body(身体)」「Spirit(精神)」を象徴している⁵。



図3 パラリンピックシンボルマーク(1996年アトランタ大会~2004年アテネ大会)

出典: Disabled World, "The Symbol for the Paralympics," https://www.disabled-world.com/sports/paralympics/symbol.php, (September 7, 2019).

その後2003年のアテネにおける国際パラリンピック委員会の会合において、新しいシンボルマーク「スリーアギトス」(図 4)を採用することが決まった 6 (2019年10月の IPC の新ブランド戦略の一環として「スリーアギトス」の色や線に変更と新たなる表現「Change Starts with Sport」が加えられた)。



図4 パラリンピックシンボルマーク(2006年トリノ大会~)

出典: IPC, IPC VISION, MOTTO, SYMBOL,"https://www.paralympic.org/sites/default/files/document/120427151817794_Vision.pdf, (September 7, 2019).

この中心を囲む3本の線は躍動を象徴し、大会のために世界中の選手が一つになるパラリンピックムーブメントの役割を強調するものとされている⁷。こうした経緯を顧みると、障がい者がスポーツを通じて活動すること、世界の障がい者が一堂に集まりそこに連帯感と友情を育むことがパラリンピックの理念のひとつと言えよう。

2. 大会のスローガンに見るパラリンピックの理念

パラリンピックの理念は、実際には各大会を主催する都市とその国が大会のスローガンとして何を掲げるかによって示されてきたと考えることもできる。

過去には、大会スローガンが必ずしも明確に打ち出されていないときもあり、また、大会の準備段階あるいは大会中に使用されたものと、大会後の報告書において強調されるポイントが若干異なっているケースもあるが、明確にスローガンとして打ち出されたものに限って主な過去大会のスローガンを概観してみると、概ね次の三つの点がパラリンピックの意義ないし理念として打ち出されていることが見てとれる。なお、2006年大会以降はオリンピックとパラリンピックで共通のスローガンが使用されているが、ここではその共通のスローガンをパラリンピックのスローガンとして分析することとした。

第一は人々を覚醒させ、鼓舞し、感動させることである。「Passion lives here(情熱はここに息づく)」(2006年トリノ大会)、「inspire a generation(世代を超えたインスピレーション)」(2012年ロンドン大会)、「Passion. Connected.(情熱、一つに)」(2018年平昌大会)などのスローガンに表れている。

第二は人間の可能性の誇示である。「the triumph of the human spirit(人間精神の偉業)」(1996年アトランタ大会),「no limits (無限)」(1994年リレハンメル大会),「without limits (限界なし)」(2000年シドニー大会) などが例として挙げられる。

第三は団結の精神である。「A time to be together (共に過ごすとき)」(1976年トロント大会),「One World, One Dream (同じ世界,同じ夢)」(2008年北京大会) などがこれに該当するだろう。

これらを概観すると、パラリンピック大会の理念は人間の可能性の誇示によって、 人々を鼓舞、激励、感動させること、並びに、団結の精神を人々が共有することにある と言ってよいであろう。

3. ルードヴィッヒ・グットマン博士の言辞に見る理念

1964年の東京大会の報告書は、パラリンピックの父と言われるグットマン博士の言として「失われたものをかぞえるな、残っているものを最大限に生かせ」を引用し⁸、それがパラリンピックの理念であるかのごとき記述を行っている。また、我が国の障がい者スポーツの関係者の中には、この言葉をパラリンピックの精神の原点として唱える者も少なくない。しかしながら、グットマン自身の著書あるいは長くグットマンの秘書を

務めたジョアン・スクルートン(Joan Scruton)の著書 9 , またスーザン・グッドマン(Susan Goodmann)によって書かれた博士の伝記 10 のいずれにおいてもこの言辞を見出すことはできない。

中には、右の言葉はそうした趣旨の言をグットマンから聞いた大分市の太陽の家の創始者中村裕が、日本で流布させたものであるとの見方を聞くことがあるが、中村の詳細な伝記¹¹を見てもこの言葉は存在せず、この見方も明確な根拠を欠いている。

他方、中村のいわば先輩にあたる九州労災病院長であった内藤三郎は、すでに昭和32年(1957年)の時点で「回復の不可能な障害者も残存機能の強化のための訓練をし、しかもその訓練にはスポーツを取り入れて、社会復帰するやりかた」を紹介しており¹²、グットマンの言の如き考え方はつとに日本の障がい者医療に携わる関係者間に広まりつつあったので、そうした人々のいわば共通認識を世間に広める言辞として「グットマンの言」が流布されたのではないかと考えられる。

ともあれ、しばしば「グットマンの言」と言われるこの言葉の原典がどこにあるにせ よ、この言辞にパラリンピック本来の理念が込められていたと考えてよいであろう。

ただし、この言辞はパラリンピック特有の理念ではなく障がい者を鼓舞する言葉として、つとに欧州では広く共有されていたとみられることを忘れるべきではない。それが証拠に、1928年に発刊されたD・H・ローレンスの『チャタレイ夫人の恋人』の主人公チャタレイ夫人の夫クリフォードの言葉として、戦争で負傷して下半身不随となり車椅子生活を余儀なくされたが、「残っているものが、限りなく貴重だった」というのがある¹³。このように、障がい者の残存機能強化こそが障がい者を鼓舞するものであるという理念は、第一次世界大戦以降欧州では強く認識されていた考え方であったと見てよいであろう。

4. 開閉会式スピーチに見るパラリンピックの意義と理念

A. 1960年ローマ大会および1964年東京大会

1960年のローマ大会の開会式において、ローマ教皇ヨハネ23世は選手たちを称えて「身体に課せられた克服不可能に見える障がいにもかかわらず、エネルギーに満ち溢れた魂(soul)が何を達成できるのかを示してくれた」と述べたが¹⁴、ここには「障がい者が障がいを克服して達成した姿」をパラリンピックで見ることができるところにその意義があるという見方が示されている。また、同大会でグットマンは「選手や付添人の大部分は、ローマ大会を完全に身体障がい者の社会およびスポーツ界への再統合(reintegration)の新しい形(pattern)と理解している」と述べ¹⁵、障がい者の社会的統合

がパラリンピックの理念の柱であることを表明した。

1964年の東京大会の開会挨拶において、グットマンは「その(この競技大会の)基本は常に3つの原則、即ち、友情、結合、スポーツマン精神にのっとっている」とし¹⁶、いわば大会のシンボルマークの解説にも似た言葉を述べた。他方、皇太子は開会挨拶において「世界中の身体障害者に希望と価値ある生活をもたらすストーク・マンデビル大会の業績と精神に敬意を表す」と述べると同時に「スポーツがあなた方(障がい者)の心のささえとなり、社会復帰される早道であった」とも述べ、障がい者の社会復帰促進に果たすスポーツの役割を広く世間に認知させることが、パラリンピックの意義であるとの趣旨の挨拶をした¹⁷。また大会報告書は、パラリンピックを主として念頭に置きつつ身体障がい者スポーツ大会の意義として次のように総括している¹⁸。

身障者スポーツ大会の意義は、第一には身障者自身が、まず体力をきたえ、その体力や機能に自信をもつようになり、明るい希望と勇気を抱くようにすることで、グットマン博士も「失われたものをかぞえるな、残っているものを最大限に生かせ」といっているように、身障者のコンプレックスを解消させることである。第二には、一般社会に、身障者の可能性をみて貰って、関心と理解を深めることである。このことは、身障者の社会復帰に大きなたすけとなる。第三には、スポーツを通じて、同じからだの不自由になやむ人たちが友誼と親睦を深め、お互いに励まし合って、一人一人の生活を向上させて行くようにすることである。

B. 2008年北京大会, 2012年ロンドン大会, 2016年リオ大会

2008年の北京大会の閉会式において当時国際パラリンピック委員会会長だったフィリップ・クレーブン(Philip Craven)は、「朋(友)遠方より来たる有り。また楽しからずや」という孔子の言を引用したが、これはパラリンピックの理念に友愛あるいは友情の絆を深めることが含まれていることを示唆したものと言えよう¹⁹。

また、同閉会式で北京オリンピック組織委員会主席の劉淇はパラリンピックの選手たちは、「自尊心(self-respect)」「自信(self-confidence)」「自己改善(self-improvement)」「自立(self-reliance)」といった人生に対する積極的な姿勢を示したと称賛したが、その際、上の四つに「剛勇(fortitude)」ないし「自己の運命の主人公(masters of their own destinies)」を加えた。このことに示唆されているように、障がい者アスリートの活躍が障がい者の自立心に刺激を与える点がパラリンピックの意義であるとの考えがにじみ出ていると言えるが、同時に劉は右に加え「パラリンピック大会に刺激を受けて(inspired)、30万人以上の北京の障がい者が一層社会に統合された」と述べ、さらに大

会は障がい者の主張(cause)に対する社会の関心をかき立て、かつそれを促進するための大きな行事であると述べ、パラリンピックの社会的意味を強調した。同時にパラリンピックのおかげで公共施設のバリアフリーが改善され、また「我々の心の架け橋も作られた」という表現でソフト面の改善にも言及した。このスピーチは北京大会が深い社会的意義を持っていたことを強調するとともに、そうした意義こそパラリンピックの理念であるとの考えを含意するものであった²⁰。

2012年のロンドン大会においては傷痍退役軍人が閉会式でスピーチを行い、パラリンピックの「勝利とドラマ(triumphs and drama)に感動した」と述べ、パラリンピックの理念が「勝利の栄光」の確認でもあることを示唆した²¹。またロンドンオリンピック・パラリンピック組織委員会会長セバスチャン・コー(Sebastian Coe)はそのスピーチの中で、大会ボランティアの言葉を引用しつつ「パラリンピックは限界という名の雲を晴らしてくれる(The Paralympians have lifted the cloud of limitation)」といった表現で、障がいに伴う制限を取り払うことにパラリンピックの意味があるとの趣旨を述べた²²。

当時 IPC 会長であったクレーブンは、2016年のリオ大会閉会式のスピーチにおいてパラリンピックの選手たちの「前向きな姿勢(attitude)によって、人間の身体(human body)、とりわけ人間の心(human heart)と精神(mind)には限界がなくなり、あらゆることが可能になることを世界に向けて示してくれた」とし、パラリンピアンたちを「英雄であり、世界中の新世代のスポーツファンにとってロールモデル(role models)である」と称えた 23 。

総じてロンドンおよびリオ大会におけるスピーチでは、選手たちが「障がいを克服」して素晴らしい成果を上げたことによる「鼓舞 (inspiration)」効果が強調され、そこにこそパラリンピックの意義があるとの見方が前面に出ていた。それに対し、北京大会ではパラリンピックがハード、ソフト面においても、障がい者の社会参加においても、あるいは社会の障がい者に対する態度においてもポジティブな効果を及ぼすことが強調されていた。そのことからも、パラリンピックの理念や意義の解釈は大会の行われる国の状況にかなり影響されることが暗示されていると言えよう。

C. IPC が提示するパラリンピックの理念と意義

IPC はパラリンピックの理念ないし意義を「価値」(values) として、その年次報告書 (Annual Report) において提示している。2019年10月時点で IPC 公式ホームページ上で確認できる年次報告書の中では、2006年の年次報告書から、現行のパラリンピックの価値とされている「決意 (determination)」「勇気 (courage)」「インスピレーション

(inspiration)」「公平(equality)」の文言が確認できる。2015年の IPC 年次報告書より、パラリンピックの四つの価値について現行の説明がなされるようになった。すなわち、選手は自らこうした価値を体現あるいは堅持しているとして、「勇気」は「パラアスリートはそのパフォーマンスを通して、肉体的限界に挑むことの素晴らしさを世界に向けて表現すること」、「決意」は「アスリートは、可能性の限界を塗り替えるほどのメンタルの強さ、身体能力、卓越した敏しょう性などから生みだされる比類のない強さを備えていること」、「インスピレーション」は「ロールモデルとして、パラアスリートはその能力を最大限に発揮し、見る者を力づけるとともに、スポーツへの参加へとかき立てること」、「公平」は「スポーツを通して、パラアスリートは既成概念に挑み、変化をもたらし、障がい者の社会的障壁ならびに差別を打破することでインクルージョンを向上させること」と位置づけている2425。

この年次報告はまた、こうした価値を実現してゆく過程を「推進要因(drivers)」「ゴール(goal)」「ビジョン(vision)」「目標(aspiration)」の段階に分けて、選手の体現すべき価値が社会的インパクトを与えるようになるための道筋ないし指針を示している(図 5)。



図5 IPCの目標、ビジョン、価値

出典: IPC, 2016, International Paralympic Committee Annual Report 2015, 11, https://www.paralympic.org/sites/default/files/document/161017094732962_2016_10_11+IPC+Annual+Report+2015+web+version.pdf, (September 6, 2019); 日本パラリンピック委員会, 2016, 『戦略計画2015~2018年 国際パラリンピック委員会の戦略的展望』, 14, https://www.jsad.or.jp/paralympic/what/pdf/ipc_strategic_plan_2015-2018.pdf, (2019年9月9日)。

しかしながら、こうした説明においても選手が体現している価値(「勇気」「決意」) と障がい者も含め社会に与えるインパクト(「インスピレーション」「公平」)との関連 は必ずしも明確にされていない。むしろこうした四つの価値が並列されているため、エンパワーメントやインクルージョンといった社会的インパクトが選手個人の努力や能力による鼓舞を通して実現するかの如き印象を与えかねない点に留意すべきであろう。

5. 開閉会式の演出、メダル、賛歌に見るパラリンピックの理念

パラリンピックの理念は、上述のスピーチや関係者の言辞に反映されているばかりではなく、開閉会式の演出、メダルの形態、あるいはパラリンピック賛歌などにも反映されていると見ることができる。それらを通じて浮かび上がるパラリンピック理念には次のようなものが挙げられる。

第一に、障がい者の社会参加を促すことがパラリンピックの一つの理念であることは、例えば1996年のアトランタ大会の開会式において次のような演出が行われたことに表れている。開会式での国歌斉唱は四肢まひの歌手が歌い、大会のホスト役は落馬事故で脊髄損傷者となったハリウッド俳優のクリストファー・リーブが務め、会場にパラシュートで降下したアメリカ軍の14名のうち、最後に降下したのはパラシュート事故により両足を切断した兵士であった²⁶。このように、障がい者自身が開会式で独自の役割を果たしたことは、障がい者の社会活動への積極的参加がパラリンピックの理念であることを暗示するものであったと言える。また、このような演出は障がい者の多様性を浮き彫りにする上でも意味があった。この点については、1992年のバルセロナ大会の開会式も同様であった。この大会で競技場へと聖火を運び入れたのは片腕のランナーであり、その後盲導犬を連れた視覚障がい者ランナー、脳性まひのランナー、車椅子に乗ったランナーへと聖火が次々に渡されたが、この演出は障がいの多様性を強調するものであった²⁷。パラリンピックはとかく、その原点との関係もあり車椅子競技に注意が向けられやすいため、障がいの多様性を人々に印象づけることはとりわけ社会的な意味が深いと考えられる。

またこの点に関して、メダルの形態が障がいの多様性に配慮したものであるか否かを見る一つの尺度として、点字表記の有無を各大会ごとに調査すると表1のようになり、夏季大会については2004年のアテネ大会以降必ず点字表記がなされていることは(視覚障がい者のパラリンピック参加を奨励する意味でも注目すべきであるが)障がいの多様性の理解と障がい者の社会参加の促進がパラリンピックの理念であることを間接的ながら裏書きしている。

表 1 メダルに点字表記のあることが確認できたパラリンピ	ピック大会	-パラリン	が確認できた。	- 7	ある	ダルに貞字表記の	表 1 メ
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夏季	冬季
トロント(1976年)	エンシェルツヴィーク(1976年)
ストーク・マンデビル・ニューヨーク (1984年)	アルベールビル(1992年)
ソウル(1988年)	リレハンメル(1994年)
バルセロナ(1992年)	長野(1998年)
アトランタ(1996年)	バンクーバー (2010年)
アテネ(2004年)	ソチ(2014年)
北京(2008年)	平昌(2018年)
ロンドン(2012年)	
リオ(2016年)	

出典: Brittain, I., 2014, From Stoke Mandeville to Sochi: A History of the Summer and Winter Paralympic Games, Common Ground Publishers; IPC, "PARALYMPIC GAMES," https://www.paralympic.org/paralympic-games, (September 06, 2019).

1964年の東京大会の際に作られたパラリンピックの賛歌「東京パラリンピックの歌」 (小林潤作詞,井上宣一作曲)は、パラリンピックが持つ国際連帯と友情の精神を「愛の力」「つなぐ力」「むすぶ力」と言った言葉で表現しているが、ここでは友愛と連帯の 醸成がパラリンピックの理念であることが詠われていると言えよう²⁸。

一方 IPC の公式パラリンピック賛歌「Hymn de l'Avenir(未来への賛歌)」は、1996年にティエリー・ダルニス(Thierry Darnis)により作曲された。2000年シドニー大会開会式で、自作の曲を歌い好評を博したオーストラリア出身のカントリー歌手グレアム・コナーズ(Graeme Connors)が、大会後このパラリンピック賛歌に歌詞をつけ、当時の IPC 運営委員会がこれを「(将来パラリンピック大会の開閉会式などにおける)定番の演目(regular feature)」として認めたとされている²⁹。ここでは「困難に立ち向かい、身体の強さ(strength in the body)、精神力(power of the mind)を養うために努力をする」といった言辞とともに友愛や一体感といったことが強調されており、パラリンピックの理念が一堂に会して競技をすることから生ずる一体感や友情、そして強い身体と精神を育んでチャレンジすることがパラリンピックの意義の前提であると捉えられていると言えよう。

6. ファン・ヨンデ賞受賞者の功績から見るパラリンピックの理念

パラリンピックはその原点において障がい者のリハビリと社会復帰のための触媒としてスポーツを位置づけていた。しかし、パラリンピックの認知度が上がり、また競争力も上がるにつれて成績重視あるいはメダル重視の風潮が高まってきた。それに対してパラリンピックの社会的意義を重視し、メダルを獲得することだけがパラリンピックの本旨ではなくスポーツ上での業績を超えて世界を鼓舞し、また感動させた選手を特別に表彰する動きが生まれた。具体的には、自身も障がい当事者であり韓国で長年障がい者福祉のために活動してきた黄年代(ファン・ヨンデ)が1988年のソウル大会を機に創設したファン・ヨンデ賞である30。したがって、この賞の受賞者の経歴・業績等を分析すれば自ら競技成績の向上以外にパラリンピックが持つ意義と理念があることを間接的ながら証拠立てることになると言えよう。

ファン・ヨンデ賞の受賞者について、経歴並び受賞理由として考えられるものを分析してみると大きくほぼ次の四つに分かれる。

第一は、夏季・冬季双方のパラリンピック大会に出場して複数のメダルを獲得するなど、類まれなる成績を残した選手。例えば、2000年受賞のドイツのマルティナ・ヴィリング(Martina Willing)や2010年受賞のカナダのコレト・ブルゴンジュ(Collette Bourgonje)がいる。

第二は「障がいの克服」がとりわけ困難でありそれを乗り越えた選手。例えば(a)複数の障がいを克服した選手として2002年に受賞したドイツのアクセル・ヘッカー(Axel Hecker)また上述ヴィリング。(b)身体障がいに加えてがんなどの病を克服した選手として2006年に受賞したアメリカのロニー・ハンナ(Lonnie Hannah)。(c)貧困など困難な環境を克服した選手の例としては2004年受賞の南アフリカのザネリ・シツ(Zanele Situ)、2006年受賞のウクライナのオレナ・イユルコブスカ(Olena Iurkovska)、2008年受賞のパナマのサイード・ゴメス(Said Gomez)などが挙げられよう。

第三は、自らの競技の成績を以て広く社会にインパクトを与える活動を行った選手、あるいは障がい者のパイオニアとして社会的な役割を果たした選手。障がい者として韓国で初めて大学で体育学を専攻した1998年に受賞したキム・ミージョン(Kim, Mi-Jeong)、牧師や作家としても活躍し2004年に受賞したオーストラリアのライナー・シュミット(Rainer Schmidt)、脳性まひ児などのための学校への募金活動をし、2008年に受賞した南アフリカのナタリー・デュ・トロワ(Natalie Du Toit)、ケニアにおけるパ

ラリンピックムーブメント、とりわけ女性の参加について社会的役割を果たし2012年に受賞したメアリ・ナクミチャ・ザカヨ(Mary Nakhumicha Zakayo)、困難な幼年期をロシアで過ごした後米国へ移住、障がいのある生徒のスポーツ参加への機会均等などを定める法律の制定に尽力し2016年に受賞したタチャーナ・マックファーデン(Tatyana McFadden)が挙げられる。

第四は「障がいの克服」について極めて印象的なあるいは象徴的行動をした選手。富士山に登頂し2010年に受賞した遠藤隆行、マラソンでグランドスラムを達成した上述マックファーデンなどが挙げられよう。

以上の受賞者やその背景を観察、分析するとパラリンピックは単に肉体的な「障がいの克服」モデルを提供するだけでなく、人生におけるさまざまな困難を克服したシンボルとなり得ることが暗示されている。他方、この賞が個人の業績を称えているため、ある種障がい者のヒーロー、ヒロインを育てており、そのこと自体が社会的意味を持っていると同時にこの賞ひいてはパラリンピックの社会的意味は各国の状況によって大きく変わり得ることが見てとれる。

7. 主な障がい者スポーツ国際総合大会の理念との比較

パラリンピックの理念を把握する一助として、特定の競技に限られない障がい者スポーツ国際総合大会が掲げているそれぞれの理念と比較することも必要であろう。比較対象としてここでは、デフリンピック、スペシャルオリンピックス、VIRTUS(旧INAS)グローバルゲームズ、インビクタス・ゲームズ(Invictus games)を取り上げることとした。

デフリンピックについては、その運営団体である国際ろう者スポーツ委員会(ICSD: The International Committee of Sports for the Deaf)は、その憲章(constitution)において国際障害者権利条約第5条および第30条を引用し、ICSDの使命として特にこれに従うとすることが記されている。同第5条は平等と無差別を謳っており、第30条は障がい者が文化、スポーツ活動などに参加することは障がい者の権利であることが明記されている³¹。従ってデフリンピックの理念もその源は障がい者差別の撤廃、障がい者のスポーツ参加の促進であることが窺える。また、デフリンピックの理念が「スポーツによる平等(PER LUDOS AEQUALITAS)」であることからも、ろうあ者が平等に扱われることをスポーツを通じて実現することが理念の中心であることが窺われる。

他方デフリンピックの目指すところとして重要な点は、ろうあ者の団結、国際的な連携、一体感の強化にある。この点は ICSD の公式ホームページに、デフリンピックの原

点となった国際サイレント大会以来の歴史を回顧しつつ「世界全体のろうあ者コミュニティにおけるアイデンティティの確立」が使命の一つであったと述べていることにも表れていると言えよう³²。なおこうした、ろうあ者の「アイデンティティ」と「連帯の強化」がデフリンピックの理念であることは、デフリンピックがパラリンピックとは別に行われていることにも表れている³³。

スペシャルオリンピックスを見ると、その使命を「知的障害のある人たちに年間を通じて、オリンピック競技種目に準じたさまざまなスポーツトレーニングと競技の場を提供し、参加したアスリートが健康を増進し、勇気をふるい喜びを感じ、家族や他のアスリートそして地域の人々と、才能や技能、友情を分かち合う機会を継続的に提供すること」としている³⁴。

ここで注目すべきは、「年間を通じて」という点が特に強調されていることである。言い換えれば、スペシャルオリンピックスは4年ごとの世界大会もさることながら日常の継続的活動が重視されていることである。また「スポーツの力によって知的障がい者が新たな強み、才能、能力、達成感を見出し、選手がフィールドと生活の中で喜び、自信、満足感を得て、自分のコミュニティやその他の地域にいる人々の心を自分たちの才能や潜在能力に対し開かせること」が重要であるとしている35。

なおスペシャルオリンピックスにおいては知的障がい者が相互にあるいは、健常者が知的障がい者とお互いに接触する機会を増やすことが大切であり、スペシャルオリンピックスムーブメントはそのための有益な機会を提供することに意味があるとされている³⁶。

上述のようにスペシャルオリンピックスは知的障がい者のスポーツ参加を主眼として、その結果得られる知的障がい者自身の「エンパワーメント(empowerment)」は、一見パラリンピックにおける障がい者の「エンパワーメント」と類似しているように見えるが、ここでは「障がいの克服」と「成果の達成」は必ずしも重視されておらず、また社会の理解に関してもいわゆるバリアフリーの達成などを最終目的とするものではない。すなわち、社会におけるハード面とソフト面が変化すれば障がいは障がいでなくなるといういわゆる社会モデルはそのままの形では知的障がい者には当てはまらない面があり、その意味でリハビリ、障がいの克服、達成という過程を経ることの多いパラリンピアンと必ずしもそうした過程を経ないスペシャルオリンピックスのアスリートとの間には理念の違いがあると言える。この点は別の言い方をすればパラリンピックが成果主義あるいはメダル重視に走りやすいのに反し、スペシャルオリンピックスはいわば参加に意味があると言える。そうであるならば知的障がいについてはパラリンピックとスペシャルオリンピックスを比較するよりも VIRTUS(旧 INAS)グローバルゲームズとの

比較の方が有益とも考えられる。

INAS (現 VIRTUS) のホームページによればビジョンのひとつに「知的障がい、自 閉症やダウン症候群が最高レベルで戦うことの妨げ (barrier) になってはならないという信念」を掲げている。知的障がい者の社会におけるインクルージョンを重視、それを促進することがその役割であり、パラリンピックのメンバーとして、会員にその出場資格やクラス分けについて指導し、彼らがアスリートとして発展していけるように活動している³⁷。パラリンピック大会への知的障がい者の参加を支援しており、IPC との実務面での協力体制を築いている。

最後にパラリンピックが障がい者のリハビリと社会参加の一助としてスポーツを位置づけてきた歴史と関連して、いわゆる傷痍軍人のリハビリの一環とされるインビクタスゲームズ(Invictus Games)の理念との比較もできよう。

この大会に出場できる傷病軍人は、身体的傷害(wounded, injured)だけでなく疾病(sick)を患う者も対象となっているが、彼らを「スポーツの力を使い回復へと促し、リハビリをサポートすること」を目的としている。他方、この大会はその目的あるいは理念として「スポーツの力を通じて国家に奉仕した人々への広い理解と敬意を生むこと」38を謳っている点でパラリンピックとは異なる理念を強調している。またそもそも大会名がラテン語で「征服されざる」あるいは「不屈」を意味しており、大会名が戦闘意欲(fighting spirit)を表現していることはこの大会自体がひとつの「戦い」であり、第二の人生における「勝利」がかかっていることが暗示されている。

8. 全国障害者スポーツ大会の理念との比較

国内を見ると、1964年の東京大会(正式には第13回国際ストーク・マンデビルスポーツ競技大会)を契機として設立された日本身体障害者スポーツ協会(現日本障がい者スポーツ協会)は、1965年から毎年全国身体障害者スポーツ大会(2001年以降は全国障害者スポーツ大会(以下「全スポ」と略す))を開催してきた。その理念は公には1964年の東京大会が与えた効果にあるとされ「この大会に参加した身体障害者がスポーツを通じて体力の維持、増強、残存能力の向上及び心理的更生等の効果を図ること」並びに「一般国民については、身体障害者に対する深い理解と関心の高揚を図り」、その過程を通じて「身体障害者の自立更生の助長に寄与すること」とされている39。これらの理念は、基本的にはパラリンピックの理念と相通じている。

元来スポーツは身体的動作を伴うものであり障がい者にとって身体能力の向上は、自 立性の向上のみならず社会参加を円滑にするものであり、身体能力の向上を図ろうとす る理念はパラリンピックと全スポに共通の理念であろう。現に全国身体者障害者スポー ツ大会と全スポのスローガンには概観すると55回の大会中11大会で「はばたけ」「飛び 立つ」と言った表現が含まれている。

しかしながらそうした理念を実現するにあたり、競争原理をどこまで導入しどこまで 競技スポーツにおける優劣を競うことを奨励するかという点に関し全スポは公式な説明 を行っていない。そもそも全スポの各選手団別の参加選手枠数は、各大会の選手全体数 を基に、都道府県・指定都市ごとの身体障害者手帳および療育手帳の交付数に対する按 分比率等により算出されたものであり、選手選考は、都道府県・政令指定都市の障がい 者団体や障がい者スポーツ関係者からなる選手選考委員会で決められ、全国大会に出場 したことのない選手を優先的に選出するなどの配慮が必要とされる。そのため、全国か らの参加と運動能力の向上が主たる目的と見るべきであろう4041。

そうした理念は次のような面でも反映されている。全国身体者障害者スポーツ大会と 全スポのスローガンにおいて勝利や栄光を謳ったものは1965年から2019年まで55回の大 会中一回もない。1968年の福井大会のスローガンには「栄光」の文字があるが「忍耐と 努力への栄光 | とされ. 「勝利の栄光 | とはされていない。パラリンピックにおいてし ばしば見られるような「人間の無限とも見える可能性」への言及も全くない。

その反面、全国身体者障害者スポーツ大会と全スポのスローガンでは「頑張る」「忍 耐 | 「一生懸命 | 「努力 | といった表現が散見され、パラリンピックにおける感動が少な くともそのひとつとして不可能に見えることを達成したことへの感動であるのに対し、 全スポにおいては努力したこと. 頑張ったこと自体が評価され感動を呼ぶことが期待さ れていると言えよう。

表2 全国身体障害者スポーツ大会スローガン一覧

回	開催年	開催地	スローガン
1	1965	岐阜	明みく つとく

回	開催年	開催地	スローガン
1	1965	岐阜	明るく つよく
2	1966	大分	敗北なき人々
3	1967	埼玉	愛と希望の祭典
4	1968	福井	忍耐と努力に栄光を
5	1969	長崎	自助の祭典
6	1970	岩手	あすを築く自立の祭典
7	1971	和歌山	希望にみちて たくましく
8	1972	鹿児島	がんばるぞ 熱と力と根性で

9	1973	千葉	「若潮大会」くじけるな まけるな 強く胸張って
10	1974	茨城	「まごころ大会」友愛と希望で結ぶ集いの輪
11	1975	三重	友愛の輪から わく夢 わく力
12	1976	佐賀	「若楠大会」がんばってはげましあってわく希望
13	1977	青森	ひろげよう 愛の輪 夢の輪 力の輪
14	1978	長野	「やまびこ大会」さわやかに あたたかく ひたむきに
15	1979	宮崎	ふれあう心あふれる力のびゆく郷土
16	1980	栃木	やります できます このからだ
17	1981	滋賀	「びわこ大会」わたしにもこんな力が生きがいが
18	1982	島根	「ふれあい大会」手をつなぎ 心をつないで わく力
19	1983	群馬	「愛のあかぎ大会」飛びだそう 今 ひかりの中に
20	1984	奈良	「わかくさ大会」 この力伸ばそう生かそうたくましく
21	1985	鳥取	「わかとり大会」はばたこう 夢と希望の輪をひろげ
22	1986	山梨	「ふれあいのかいじ大会」やまなみに ひびけ とどろけ このちから
23	1987	沖縄	「かりゆし大会」翔ベフェニックス 紺碧の空に
24	1988	京都	「愛とふれあいの京都大会」さわやかな汗よ 笑顔よ 友情よ
25	1989	北海道	「希望と友愛のはまなす大会」君がうて 希望の鐘をエルムのまちに
26	1990	福岡	「ときめきのとびうめ大会」 ふりむくなちからの限り飛び立とう
27	1991	石川	「ほほえみの石川大会」ほほえみに 広がる友情 わく力
28	1992	山型	「輝きのべにばな大会」思いっきり のびやかに さわやかに
29	1993	徳島	「躍動のうずしお大会」今、飛び立とう 友と心の手をつなぎ
30	1994	愛知	「ゆめびっくあいち」あなたがタッチ 心のバトン
31	1995	福島	「うつくしまふくしま大会」つなぐ手に あふれる感動 わく勇気
32	1996	広島	「おりづる大会ひろしま」げんき かがやけ!
33	1997	大阪	「ふれ愛ぴっく大阪」ときめいて今 はばたいて未来
34	1998	神奈川	「かながわ・ゆめ大会」あなたと握手 あなたに 拍手
35	1999	熊本	「ハートフルくまもと大会」がんばるが、いっぱい。
36	2000	富山	「きらりんっぴっく富山」自分にチャレンジ!あしたにチャレンジ!!

出典:公益財団法人日本障がい者スポーツ協会, 2019, 『障がい者スポーツの歴史と現状』, 10-11, https://www.jsad.or.jp/about/pdf/jsad_ss_2019_web.pdf, (2019年9月7日)。

表3 全国障害者スポーツ大会スローガン一覧

口	開催年	開催地	スローガン
1	2001	宮城	「翔く・新世紀みやぎ大会」感動体感2001
2	2002	高知	「よさこいピック高知」みつけて夢 活かして力
3	2003	静岡	「わかふじ大会」静岡でかなえよう夢 つたえよう感動
4	2004	埼玉	「彩の国まごころ大会」ともに感動! ともに笑顔
5	2005	岡山	「輝いて!おかやま大会」あなたがキラリ☆
6	2006	兵庫	「のじぎく兵庫大会」はばたこう ともに今から ひょうごから
7	2007	秋田	「秋田わか杉大会」きっと出会える!夢と感動
8	2008	大分	「チャレンジ!おおいた大会」笑顔、元気、ともに未来へ 新たな一歩
9	2009	新潟	「トキめき新潟大会」トキはなて 君の力を 大空へ
10	2010	千葉	「ゆめ半島千葉大会」ゆめ半島 みんなが主役 花咲く笑顔
11	2011	山口	「おいでませ!山口大会」君の一生けんめいに会いたい
12	2012	岐阜	「ぎふ清流大会」輝け はばたけ だれもが主役
13	2013	東京	「スポーツ祭東京2013」東京に多摩に島々に羽ばたけ アスリート
14	2014	長崎	「長崎がんばらんば大会」君の夢 はばたけ今 ながさきから
15	2015	和歌山	「紀の国 わかやま大会」躍動と歓喜、そして絆
16	2016	岩手	「希望郷いわて大会」広げよう 感動。伝えよう 感謝
17	2017	愛媛	「愛媛つなぐえひめ大会」君は風 いしづちを駆け 瀬戸に舞え
18	2018	福井	「福井しあわせ元気大会」織りなそう 力と技と美しさ
19	2019	茨城	「いきいき茨城ゆめ大会」飛べ はばたけ そして未来へ

出典:公益財団法人日本障がい者スポーツ協会, 2019, 『障がい者スポーツの歴史と現状』, 13, https://www.jsad.or.jp/about/pdf/jsad_ss_2019_web.pdf, (2019年9月7日)。

おわりに

以上の観察あるいは分析を通して見るとパラリンピックの理念の原点である「スポーツを通じてのリハビリによる障がいの克服」と「国際的連帯の促進」というグットマンの理念からはじまったパラリンピックは、時代と共に高度な競技能力の発揮による「感動」に重点が置かれ、そうした「感動」が障がい者自身の能力発揮と社会参加の象徴として、また障がい者をめぐる社会環境改善への触媒として大きな意味を持つと見なされ

てきたと言えよう。

こうした歴史的過程はその裏面として障がい者を「障がい者」としてではなく、「アスリート」として評価をする傾向を生み、パラリンピックを障がい者のスポーツ大会から「障がい」をひとつの参加基準としてはいるが、特別あるいは独自の国際スポーツ大会にいわば「変身」せしめつつあるとも言える。

従ってそうした「独自」の大会理念や意義には必ずしも「障がい」と直接関係しないものも含まれるとしても不思議ではない。パラリンピックのロゴや大会のスローガンに、直接的には「障がい」が明示されていない傾向があることはこの点を暗示していると言えよう。また、いずれにしてもパラリンピックの理念は時代と共にまた、大会の開催される年の社会状況如何によって変わっていることに注目せねばならないであろう。

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Ideals and Significance of the Paralympics: Observations from Temporal and Spatial Dimensions

Kazuo OGOURA

Introduction

As the Paralympics becomes more widely recognized and the public's knowledge and interest grows, Paralympic competitions are, in part, starting to be commercialized and made into a form of entertainment. The current situation calls for a re-evaluation of what has been considered as the essential significance and effect of the Paralympic Games and the Paralympic Movement on society. In other words, there is an increasing need to look back on the history of the Paralympics to examine its original significance and ideals and, at the same time, to re-evaluate or re-examine the significance and ideals of the Paralympics through comparisons with similar international games and movements.

From this perspective, this article will attempt to revisit the original ideals of the Paralympics and to look back on the history of the Paralympics. It will also discuss the significance and ideals of the Paralympics from social and international perspectives, in particular through comparisons with other international disability sports competitions: the Deaflympics, Special Olympics, the VIRTUS (previously INAS) Global Games for persons with intellectual disability, and the Invictus Games.

The observation and analysis will focus on Paralympic ideals through the following eight dimensions: (1) as symbolized by the Paralympic symbol; (2) the slogans of the Paralympic Games; (3) the words of Sir Ludwig Guttmann; (4) the speeches at the opening and closing ceremonies; (5) the stage performances at the opening and closing ceremonies, medals, and songs; (6) the achievements of the recipients of the Whang Youn Dai Achievement Award; (7) comparison with major international disability sports competitions; and (8) comparison with the ideals of Japan's National Sports Festival for People with Disabilities.

1. The Ideals of the Paralympics in its Symbols

When the archery competition by patients of Stoke Mandeville Hospital in Britain—considered the origin of the Paralympics—was first internationalized, the flag of the games bore a symbol comprised of the initials "SMG" (for Stoke Mandeville Games) surrounded by stars representing the number of countries participating in the games. After the International Paralympic Committee (IPC) was established in 1989, the Rome 1960 Paralympic Games became recognized officially as the first Paralympic Games. A symbol that joined the three wheels of the wheelchair was used (Fig. 1) for the Tokyo 1964, the Tel Aviv 1968, and the Heidelberg 1972 Paralympic Games. The three wheels represented "Unity," "Friendship," and "Sportsmanship."



Figure 1. Symbol used at the Paralympic Games in 1964, 1968 and 1972. Ludwig Guttmann, 1976, Textbook of Sport for the Disabled, HM+M Publishers, 34.

In a message on the aims of the Games, Unity was described as "uniting paralyzed men and women from all parts of the world in an international sports movement," Friendship as "through the medium of sports, to further friendship and understanding among nations," and Sportsmanship as "the spirit of sportsmanship will give hope and inspiration to thousands of paralyzed people." ²

After the Seoul 1988 Games, it was decided that the Seoul Games logo consisting of five decorative motifs would become the symbol of the Paralympics (Fig. 2).



Figure 2. Paralympic Symbol from the Seoul 1988 Games to the Lillehammer 1994 Games IPC, "Seoul 1988," https://www.paralympic.org/seoul-1988/medals, (September 7, 2019)

The explanation for this design was as follows: the five motifs represented the five continents and the five oceans, and the configuration of three motifs at the top and two at the bottom was meant to represent "w" for the word "world," with the intent to express "harmony" and "unity of the disabled worldwide through sports." The horizontal configuration of the motifs in two lines was a symbol of "equality" and "humanity," respectively, and the dynamism of the wave shape signified the "willingness" and "determination" of disabled people to become fully active.⁴

However, the International Olympic Committee found its resemblance to the Olympic symbol of the five rings a problem. From the Lillehammer 1994 Games onwards, a mark using three of the same motifs in the shape of a mountain was adopted (Fig. 3). This mark symbolized the "Mind," "Body," and "Spirit." ⁵



Figure 3. Paralympic Symbol from the 1996 Atlanta Games to the 2004 Athens Games Disabled World, "The Symbol for the Paralympics," https://www.disabled-world.com/sports/paralympics/symbol.php, (September 7, 2019).

Later, at the meeting of the International Paralympic Committee (IPC) in 2003, it was decided to adopt the new symbol of the "three Agitos." (The three Agitos have been redrawn and recoloured as part of new brand strategy of the IPC in October 2019. And a new brand narrative "Change Starts with Sport" has been created as well)



Figure 4. Paralympic Symbol from the 2006 Torino Games

IPC, <u>IPC VISION</u>, MOTTO, SYMBOL, https://www.paralympic.org/sites/default/files/document/120427151817794_Vision.pdf, (September 7, 2019).

The three lines encircling a central point symbolize motion and emphasize the role of the Paralympic Movement in bringing athletes together from around the world to compete.7 When we look back on the history of the Paralympic symbol, it can be said that one of the ideals of the Paralympics is to promote activities of disabled people through sports and to bring disabled people together from around the world to foster solidarity and friendship.

2. The Ideals of the Paralympics from the Perspective of the Slogans of the Paralympic Games

The ideals of the Paralympics have also been expressed in the slogans that the host city and its country have adopted for the event.

In the past, some of the Paralympic Games did not necessary have clearly defined slogans. With others, the slogan used during the event preparation stage or during the event differed slightly from the points emphasized in the post-event report. Nevertheless, when we focus on the clearly defined slogans from past Paralympics, it is possible to find the following three points of Paralympic significance or ideals expressed overall. Since the 2006 Paralympics, common slogans have been used for both the Olympic and Paralympic Games, and these common slogans are included in the analysis below as Paralympic slogans.

The first is to inspire, awaken, and encourage people. It is expressed in such slogans as "Passion lives here" (Torino 2006 Games), "Inspire a generation" (London 2012 Games), and "Passion. Connected." (PyeongChang 2018 Games).

The second is the display of human potential. Examples include "The triumph of the human spirit" (Atlanta 1996 Games), "No limits" (Lillehammer 1994 Games), and "Without limits" (Sydney 2000 Games).

The third is the spirit of solidarity. The slogans corresponding to this ideal are "A time to be together" (Toronto 1976 Games) and "One World, One Dream" (Beijing 2008 Games).

These suggest that the ideals of the Paralympic Games are to encourage and inspire people through the display of human potential and to enable people to share in the spirit of solidarity.

3. The Ideals of the Paralympics as Seen in the Words of Sir Ludwig Guttmann

The report on the Tokyo 1964 Games quotes Sir Ludwig Guttmann, known as the father of the Paralympics, as saying "Do not count what is lost. Use what is remaining

to the full," and treats this quote as the ideal of the Paralympics. There are also people in the world of disability sports in Japan who repeat this quote as the origin of the Paralympic spirit. However, this quote could not be found in any books written by Guttmann or by his long-time secretary Joan Scruton, 9 or in the biography of Guttmann written by Susan Goodman. 10

Some take the view that the quote was disseminated in Japan by Yutaka Nakamura, the founder of Japan sun Industries (Taiyo no Ie) in Oita City, who heard similar words from Guttmann. There are, however, no such words written in the detailed biography of Nakamura, and this view lacks clear evidence.

A predecessor of Nakamura in disability care in Japan, Saburo Naito, the director of Kyushu Rosai Hospital, had already introduced in 1957 "a training method for disabled people who are unrecoverable to strengthen their remaining functions and to encourage their reintegration into society through inclusion of sports in their training." It may be that because ideas similar to the alleged quote by Guttmann had already been spreading among people involved in disability care in Japan, the so-called "Guttmann's words" were used to spread to the wider public what was a common understanding among those involved in disability care.

For this reason, although we cannot determine the origin of what is often alluded to as "Guttmann's words," we can consider them as an expression of the ideal of the Paralympics.

It should also be noted that the above quote seems to have been widely shared in Europe not specifically as the ideal of the Paralympics, but as words of encouragement for disabled people. As evidence, in D. H. Lawrence's *Lady Chatterley's Lover* published in 1928, Lady Chatterley's husband Clifford, who was paralyzed in the lower body from an injury in the war and became bound to a wheelchair, remarks "What remained to him was inordinately precious to him." It is possible to say that strengthening of the remaining functions was considered a way to encourage disabled people, and this idea was keenly recognized in Europe after the First World War.

4. The Significance and Ideals of the Paralympics as Seen from the Perspective of the Speeches at Opening and Closing Ceremonies

A. The Rome 1960 Games and the Tokyo 1964 Games

At the opening ceremony of the Rome 1960 Games, Pope John XXIII, in praise of the athletes, said "You have shown what an energetic soul can achieve, in spite of apparently insurmountable obstacles imposed by the body." At the Rome Games, Guttmann said "The vast majority of competitors and escorts have fully understood the meaning of the Rome Games as a new pattern of reintegration of the paralyzed into society, as well as the world of sport," and declared that social reintegration of disabled people was a core ideal of the Paralympics.

In an address at the opening ceremony of the Tokyo 1964 Games, Guttmann said "The basics of it [the Games] is always aligned with the three principles of friendship, unity, and the spirit of sportsmanship," in what could be described as an explanation of the meaning of the symbol of the Paralympic Games. His Imperial Highness the Crown Prince Akihito (at the time), in an address at the opening ceremony, said "I express my respect to the achievement and spirit of the Stoke Mandeville Games that brought hope and meaningful life to physically disabled persons around the world," and noted, "Sport has provided you [disabled people] with mental support and a quick path to being reintegrated into society," in a speech that recognized the significance of the Paralympics as one of raising the awareness of the wider public about the role of sports in promoting social reintegration of disabled people. The report on the Tokyo Games summarized the significance of disability sports competitions, with the Paralympics foremost in mind, as follows:

The meaning of disability sports competitions is first, to remove any inferiority complex in disabled people—as Sir Guttmann has said, "Do not count what is lost. Use what is remaining to the full"—by having them train their body, have confidence in their physical fitness and functions, and have fresh hope and courage. Second, it is to show to the general public the potential of disabled people and to increase their interest and understanding. This will substantially help in the social reintegration of disabled people. Third, it is to promote, through

sports, friendship and fellowship among people who share a common predicament of having a physical disability, so that they can encourage each other in improving the lives of each person with a disability.

B. The Beijing 2008 Games, the London 2012 Games, and the Rio 2016 Games

At the closing ceremony of the Beijing 2008 Games, Philip Craven, then President of the International Paralympic Committee, quoted Confucius: "That friends should come to one from afar, is this not after all delightful?" These words suggest that deepening the bond of fraternity or friendship is part of the Paralympic ideal.¹⁹

At the same closing ceremony, Liu Qi, President of the Beijing Organizing Committee for the Olympic Games, praised the Paralympic athletes for displaying a positive attitude toward life by exhibiting "self-respect," "self-confidence," "selfimprovement," and "self-reliance," and at the same time, added to the above four, the elements of "fortitude" and of being "masters of their own destinies." These words suggest that the significance of the Paralympic Games lies in how the performance of disabled athletes helps to stimulate a greater sense of independence among disabled people at large. Qi, moreover, added that "Inspired by the Paralympic Games, more than 300,000 people with a disability in Beijing further integrated themselves into society," and emphasized the social significance of the Paralympics by saying that the Paralympics are a great event to encourage public interest in and to promote the cause for disabled people. He also mentioned the barrier-free improvements made to public facilities as the result of the Games, and touched on improvements made to non-physical aspects by saying, "An accessible bridge has also been formed to join our hearts." His speech stressed the profound significance the Beijing Games had on society, and implied that such social significance was the essential principle of the Paralympics.²⁰

At the London 2012 Games, a disabled veteran gave a speech at the closing ceremony, in which he said, "We have all been touched by the triumphs and drama," suggesting that the ideal of the Paralympics was also about confirming "the glory of triumph." Sebastian Coe, Chair of the London Organising Committee of the Olympic and Paralympic Games, quoted the words of a Games volunteer in his speech, "The Paralympians have lifted the cloud of limitation," stating to the effect that the meaning of the Paralympics was in removing limitations imposed by disability.²²

In his speech at the closing ceremony of the Rio 2016 Games, Philip Craven, then President of the International Paralympic Committee, said, "You showed to the world that with a positive attitude, the human body, and above all the human heart and mind, knows no limits and absolutely anything is possible," and praised the Paralympians by saying, "You are now heroes and role models for a new generation of sports fans from all over the world."²³

The speeches at the London and Rio Games overall lay emphasis on the effect of "inspiration" brought about by the athletes "overcoming disability" and excelling in their performances, reflecting the idea that this aspect of the Games is the very significance of the Paralympics. In contrast, the emphasis at the Beijing Games was on the positive effect of the Paralympics on improving facilities in both physical and non-physical aspects, on social participation of disabled people, and on the attitude of the public towards disabled people. This implies that how the ideals and significance of the Paralympics will be interpreted will depend considerably on the situation in the host country.

C. The Ideals and Significance of the Paralympics as Set Out by the IPC

The IPC sets out the ideals or significance of the Paralympics as "values" in its Annual Report. From the annual reports available on the IPC website as of October 2019, the Annual Report 2006 states the current values of the Paralympics as "determination," "courage," "inspiration," and "equality." The current explanation on these four values of the Paralympics was added in the Annual Report 2015. The athletes are considered to embody or maintain these values: "courage" is defined as "through their performances, Para athletes showcase to the world what can be achieved when testing your body to its absolute limits"; "determination" as "Para athletes have a unique strength of character that combines mental toughness, physical ability and outstanding agility to produce sporting performances which regularly redefine the boundaries of possibility"; "inspiration" as "Para athletes fully maximize their talents and abilities in their tireless pursuit of sporting excellence, and as role models they empower and excite others to get active and involved in sport"; and "equality" as "through sport Para athletes challenge stereotypes and transform attitudes, helping to increase inclusion by breaking down social barriers and discrimination towards people with an impairment."2425

This annual report divides the process for concretizing these values into four stages -"drivers," "goals," "vision," and "aspiration" - as a pathway or guideline so that the values the athletes are expected to embody will have a social impact (Fig. 5).



Figure 5. IPC's Aspiration, Vision and Values

IPC, 2016, International Paralympic Committee Annual Report 2015, 11, https://www.paralympic.org/sites/default/files/document/161017094732962_2016_10_11+IPC+Annual+Report+2015+web+version.pdf, (September 6, 2019)

These explanations, however, have not necessarily made clear the relation between the values embodied by the athletes ("courage" and "determination") and the impact on society, including on disabled people ("inspiration" and "equality"). It should be noted that because the four values are placed side by side, it may give the misleading impression that social impact, such as empowerment and inclusion, can be achieved simply through the inspiration of personal efforts and talents of individual disabled athletes.

5. Ideals of the Paralympics as Seen from the Stage Performances at the Opening and Closing Ceremonies, Medals, and Songs

The ideals of the Paralympics are reflected not only in the speeches or other comments by the officials of the Games, but also in the stage directions for the opening and closing ceremonies, the forms of medals, and Paralympic songs.

Firstly, the Paralympic ideal of promoting social participation of disabled people

was expressed, for instance, at the stage performance during the opening ceremony of the Atlanta 1996 Games. At that ceremony, the national anthem was sung by a paraplegic singer, the host was the Hollywood actor Christopher Reeve, who had spinal cord injury from a horse-riding accident, and of the 14 U.S. Army parachutists descending into the center of the arena, the last to land was a soldier who had double leg amputation as a result of a parachute accident.²⁶ The fact that disabled people played their unique roles in the ceremony implies that their active participation in social activities is an ideal of the Paralympics. This kind of stage performance was also meaningful in terms of highlighting the diversity of disabled people. The same could be said of the opening ceremony at the Barcelona 1992 Games. At that ceremony, it was a single arm amputee who carried the Paralympic flame into the stadium. The flame was then passed on to a visually impaired athlete running with a guide dog, to an athlete with brain palsy, and then to an athlete in a wheelchair. This performance also highlighted the diversity of disability. In the Paralympics, because attention is often directed to wheelchair events owing partly to the origins of the Paralympic Games, impressing upon people's minds the diversity of disability has an important meaning for society.

In this context, research on whether braille is used in the configuration of the medals at each of the Paralympic Games - as a measure of whether the diversity of disability has been taken into consideration - is summarized in Table 1. The fact that braille is used in every summer Paralympic Games since Athens 2004 indirectly confirms that promoting understanding of the diversity of disability and the social participation of disabled people are ideals of the Paralympics (not to mention its effect on encouraging the visually impaired to participate in the Paralympic Games).

For the Tokyo 1964 Games, Senichi Inoue composed the song "Tokyo Paralympic no Uta" with lyrics by Junsaku Kobayashi. In it, the Paralympic spirit of international solidarity and friendship is expressed by the words "power of love," "power to unite," and "power to connect." It can be said that cultivation of friendship and solidarity is proclaimed in the song as ideals of the Paralympics.²⁸

The IPC's official Paralympic Anthem "Hymn de l'Avenir" (Anthem of the Future) was composed in 1996 by Thierry Darnis. The Australian country singer Graeme Connors, who sung his own song at the opening ceremony of the Sydney 2000 Games to popular acclaim, wrote the lyrics to "Hymn de l'Avenir" after the Games, and the

Table 1. The Paralympics Games that Awarded Medals with Braille

Summer	Winter
Toronto 1976	Ornskoldsvik 1976
Stoke Mandeville & New York 1984	Tignes Albertville 1992
Seoul 1988	Lillehammer 1994
Barcelona 1992	Nagano 1998
Atlanta 1996	Vancouver 2010
Athens 2004	Sochi 2014
Beijing 2008	PyeongChang 2018
London 2012	
Rio 2016	

Brittain, I., 2014, From Stoke Mandeville to Sochi: A History of the Summer and Winter Paralympic Games, Common Ground Publishers: IPC, "PARALYMPIC GAMES," https://www.paralympic.org/paralympic-games, (September 06, 2019).

IPC Management Committee at the time decided that the Hymn with the lyrics "will become a regular feature (of the opening and closing ceremonies of the future Paralympic Games)."²⁹ The lyrics include "Facing the challenge, striving to find strength in the body, power of the mind" as well as words that stress friendship and unity. The Paralympic ideals of unity and friendship arising from coming together in one place to compete, and of developing a strong body and mind for the Games, are captured in the song as basic assumptions about the meaning of the Paralympics.

6. Ideals of the Paralympics as Seen from the Achievements of the Recipients of the Whang Youn Dai Achievement Award

At the very beginning of the Paralympics, sport was seen as a catalyst for rehabilitation and social reintegration of disabled people. However, as public awareness of the Paralympics rose and the Games became more competitive, there was a growing trend to attach more importance to athletes' performances and winning medals. In the face of this trend, a movement arose to focus more on the social significance of the Paralympics by honoring athletes who roused and inspired the world not simply by winning medals, but through their achievements beyond sporting performances. Specifically, the Whang Youn Dai Achievement Award was

established on the occasion of the Seoul 1988 Games by Whang Youn Dai who, as a disabled person, dedicated herself for many years to further the cause of disabled people in the Republic of Korea.³⁰ By analyzing the personal background and achievements of the recipients of this award, it can, in itself, indirectly prove that the Paralympics have a significance and ideals besides improving the athletes' competitive performances.

Analyzing the personal background of the recipients and the reasons for their award, the recipients can be broadly categorized into four groups, as shown below.

The first group of athletes is those who exhibited remarkable performances, such as winning multiple medals at both the summer and winter Paralympic Games. Examples include the German athlete Martina Willing, who was awarded in 2000, and the Canadian athlete Collette Bourgonje, who was awarded in 2010.

The second group of athletes is those who overcame particularly difficult adversities in disability. Examples are (a) the German athlete Axel Hecker, who was awarded in 2002 for overcoming multiple disabilities, and the above-mentioned Willing; (b) the American athlete Lonnie Hannah, who was awarded in 2006 for overcoming physical disability as well as cancer; and (c) the South African athlete Zanele Situ, the Ukrainian athlete Olena Iurkovska, and the Panamanian athlete Said Gomez, awarded in 2004, 2006, and 2008, respectively, for overcoming poverty and other difficult circumstances.

The third group of athletes is those who had a broad impact on society through their competitive performances or who played a role in society as a pioneer for disabled people. They include the South Korean athlete Mi-Jeong Kim, the 1998 recipient who became the first disabled person to study physical education at college in South Korea; Australian Rainer Schmidt, the 2004 recipient who is also active as an author and pastor; the South African athlete Natalie Du Toit, the 2008 recipient who engaged in fund-raising activities for a school for children with cerebral palsy; the Kenyan athlete Mary Nakhumicha Zakayo, the 2012 recipient who has promoted the Paralympic Movement and played an important role in society in encouraging women to participate; and Tatyana McFadden, the 2016 recipient who had a difficult childhood in Russia before moving to the U.S. where she worked to implement a law for ensuring that students with disabilities have equal access to sports.

The fourth group of athletes is those whose achievements were extremely

impressive or symbolic in "overcoming disability." They include Takayuki Endo, the 2010 recipient who climbed Mt. Fuji, and the above-mentioned McFadden, who made the Grand Slam in the marathon.

The observations and analysis of the above recipients and their personal backgrounds suggests that the Paralympics not only offers a model for "overcoming physical disability," but can also serve as a symbol for overcoming all kinds of difficulties in life. The award, in a sense, also makes heroes and heroines of disabled athletes, because it honors the accomplishments of individuals, which in itself has an important social significance. It can also be observed that the social significance of this award and, by extension, of the Paralympics, can differ significantly depending on the situation in each country.

7. Comparison with Major International Disability Sporting Competitions

As a means to understanding the ideals of the Paralympics, it is necessary to look at and compare it with the stated ideals of other international disability sports competitions that are not limited in scope to one type of competition. For comparison, this article will look at the Deaflympics, Special Olympics, the VIRTUS (previously INAS) Global Games, and the Invictus Games.

Regarding the Deaflympics, its governing body the International Committee of Sports for the Deaf (ICSD), in its Constitution referred to Articles 5 and 30 of the Convention on the Rights of Persons with Disabilities, and stated that ICSD's mission will be in accordance with the two articles. Article 5 of the Convention proclaims equality and non-discrimination, and Article 30 clearly states that persons with disabilities have the right to participate in cultural life and sports activities. Therefore, it can be considered that the ideals of the Deaflympics are, at its source, elimination of discrimination against disabled people and promotion of participation of disabled people in sports. The Deaflympics, moreover, adheres to the motto "PER LUDOS AEQUALITAS (Equality through sport)," suggesting that equal treatment of deaf people through sport is its core ideal.

Strengthening of solidarity, international collaboration, and a sense of unity among the deaf are also an important point in terms of the aims of the Deaflympics, and is evident from the official ICSD website. While looking back on the history since the International Silent Games, the starting point for the Deaflympics, the website states that "the establishment of a sense of identity within the world-wide deaf community" is one of the missions of the Deaflympics.³² These ideals pertaining to the "identity" of the deaf and "strengthening of solidarity" through the Deaflympics are also evident in the fact that the Deaflympics is organized separately from the Paralympics.³³

As for Special Olympics, its stated mission is to "provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community."³⁴

What should be noted here is the particular emphasis on the word "year-round." In other words, in addition to the World Games, which are organized every four years, Special Olympics places weight on continuous daily activities. It is considered important that "through the power of sports, people with intellectual disabilities discover new strengths and abilities, skills and success. Our athletes find joy, confidence and fulfillment—on the playing field and in life. They also inspire people in their communities and elsewhere to open their hearts to a wider world of human talents and potential." ³⁵

Special Olympics considers that it is important to increase opportunities for interaction among persons with intellectual disabilities and between persons with and without intellectual disabilities. The significance, therefore, of the Special Olympics Movement lies in providing meaningful opportunities for such interactions.³⁶

As mentioned, the key aim of Special Olympics is to promote participation of people with intellectual disabilities in sports. At a glance, the resulting "empowerment" of people with intellectual disabilities may appear similar to the "empowerment" of disabled people in the Paralympics. In Special Olympics, however, there is not necessarily emphasis on "overcoming disability" or "excelling in performance," and in terms of gaining the understanding of society, their ultimate aim is not about introducing barrier-free designs. In other words, the social model whereby changes in the physical and non-physical aspects of society will remove disability, does not apply directly to people with intellectual disabilities. In that respect, there are differences in the ideals between Paralympians who often go through the process of rehabilitation,

overcoming disability, and achieve athletic performance, and Special Olympic athletes who do not necessarily go through the same process. To put it differently, it can be said that while the Paralympic Games may attach too much emphasis on athletes' performance and medals, Special Olympics gives more emphasis on the participation of athletes. If so, a comparison between the Paralympics and VIRTUS (previously INAS) Global Games may be more beneficial when it comes to intellectual disabilities, than a comparison between the Paralympics and Special Olympics.

The INAS/VIRTUS website states that one of their visions is "the belief that an intellectual impairment, autism or Down syndrome should not be a barrier to competing at the highest levels." INAS/VIRTUS sees its role as promoting inclusion of people with intellectual disabilities. As a member of the Paralympics, it supervises eligibility and classification and supports athletes in their development.³⁷ INAS/VIRTUS assists the participation of athletes with intellectual disabilities in the Paralympic Games, and has established a working partnership and cooperation with the IPC.

Lastly, in relation to the history of the Paralympics that has positioned sports as a means to support rehabilitation and social participation of disabled people, a comparison can be made with the ideals of the Invictus Games, which are organized as part of the rehabilitation of disabled veterans.

The disabled veterans who can participate in the Invictus Games are not only the wounded and injured, but also sick veterans. The purpose of the Games is to "use the power of sport to inspire recovery and support rehabilitation." On the other hand, the Games puts emphasis on an ideal different from those of the Paralympics by proclaiming as its aims and ideals, "using the power of sport to generate a wider understanding and respect for those who served the country." The Latin word invictus used in the name of the Games means "unconquerable" or "invincible," and this expression of a fighting spirit in the name suggests that the Games are in themselves a form of a "fight" with "victory" in the participants' second life at stake.

8. Comparison with the Ideals of the National Sports Festival for People with Disabilities

In Japan, the Tokyo 1964 Paralympic Games (officially, the 13th International Stoke Mandeville Games for the Paralysed) prompted the establishment of the Japan Sports Association for the Disabled (today's Japanese Para-Sports Association), which organized the National Sports Festival for People with Physical Disabilities (from 2001, the National Sports Festival for People with Disabilities; hereafter the "NSFPD") every year from 1965. The ideals of the NSFPD were derived from the outcomes of the Tokyo 1964 Games of "maintaining and enhancing physical fitness, improving their remaining functions, and promoting psychological rehabilitation of the physically disabled persons who participated in the Paralympics" and "as for the general public, of profoundly increasing their understanding of and interest in physically disabled persons." This process was expected to "contribute to furthering independence and rehabilitation of the physically disabled." These ideals are basically the same as the ideals of the Paralympics.

Sports essentially entail physical movement. For disabled people, improvement of their fitness levels not only increases their independence, but also facilitates their participation in society. It can be said that improving physical fitness is a common ideal for both the Paralympics and NSFPD. In fact, expressions such as "Take off and fly" and "Fly away" were used at 11 out of 55 games of the National Sports Festival for People with Physical Disabilities and NSFPD.

On the other hand, the NSFPD has not provided any official explanation as to what extent the principles of competition should be adopted in the NSFPD and to what extent competition over performance in sports should be encouraged in achieving the above ideals. To begin with, the number of athletes that each delegation can field at the NSFPD is calculated by dividing the total number of athletes participating in the game by the number of official booklet certificates of physical and intellectual disabilities issued by each prefecture and designated city on a pro rata basis. The selection of athletes is decided by a selection committee composed of members from disability organizations and disability sports organizations from different prefectures and major cities in Japan. The committee is expected to give due consideration to prioritizing athletes who have not yet participated in the NSFPD. From this, it is possible to surmise that the main objectives are to field athletes from all parts of Japan and to improve their physical capabilities.

These ideals are also reflected in other aspects of the games. In the 55 games of the National Sports Festival for People with Physical Disabilities and NSFPD organized between 1965 and 2019, none has proclaimed victory or glory in their slogans. At the 1968 games in Fukui, the slogan did contain the word "glory," but it is the "glory of perseverance and efforts" and not the "glory of victory." There is no mention of the "limitless human potential" often proclaimed at the Paralympic Games.

Expressions such as "making utmost efforts," "perseverance," "with all might," and "efforts" can also be found in the slogans of the National Sports Festival for People with Physical Disabilities and NSFPD. Whereas one of the sources of inspiration in the Paralympic Games is the achievement of the seemingly impossible, the expectations in the NSFPD are to praise, and be inspired by, the very act of the athletes exhibiting their very best effort.

Conclusion

The above observations and analysis show that the Paralympics, which began originally with Guttmann's ideals of "overcoming disability through rehabilitation by means of sports" and "fostering international solidarity," has, through the passage of time, come to lay more emphasis on "inspiration" from athletes' high levels of competitive performance. Such "inspiration" has come to be seen as having significance, first as a symbol displaying capabilities of disabled people and their participation in society and second, as a catalyst for improving the social environment in which disabled people are placed.

However, this historical process has also created a tendency where those participating in the Paralympic Games are seen not as "persons with disability" but purely as "athletes." This tendency is "metamorphosing" the Paralympic Games from a sporting event for disabled people to an international sporting event that, although requiring "disability" as a condition for participation, is developing in new, distinct ways.

Therefore, it would not be surprising if the ideals or significance of such "distinct" games did not necessarily relate directly to "disability." An indication of this is the trend where the word "disability" is not clearly stated in the Paralympic logo or the slogans of the Paralympic Games. Attention should be given to the fact that the ideals of the Paralympics have changed with the passage of time and have been dependent on the social conditions prevailing in the year in which the Paralympic Games are held.

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The Participation of People with Intellectual Disabilities in Parasports

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Introduction

The position of sport in the lives of people with intellectual disabilities has come a very long way and now plays a much more central role, from grassroots participation in local communities to a place on the podium at the Paralympics. This paper will describe this journey, the organisations involved, Paralympic inclusion and future developments, including lessons for Tokyo 2020. It will also evidence the impact that sports participation has on athletes, their families and society.

Definitions

When we talk about people with intellectual impairments we are talking about people who meet three specific criteria, as defined by the World Health Organisation: International Classification of Functioning, Disability and Health (WHO: ICF, 2001). These three criteria are:

1. Significant impairment in intellectual functioning, usually measured by an IQ test. This means that the person has deficits in their cognitive functioning, commonly called intelligence. This may include cognitive abilities such as attention, concentration, abstract reasoning and thinking, reaction time, mental processing, memory etc. Many IQ tests will have sub-tests, sometimes divided into domains such as verbal comprehension, working memory, processing speed and perceptual reasoning, providing subscale IQ scores and an overall IQ score. The common cut off used to identify intellectual disabilities is determined statistically, as two standard deviations below the average IQ of the population,

- usually taken as a score of 70-75 and below. This constitutes about 2-2.5% of any population. Many people will have non-standard profiles across IQ tests, meaning that they may have strengths and weaknesses in different areas and IQ testing is not always an accurate science, with individual variance and variance between the tests affecting consistency.
- 2. Significant impairment in adaptive behaviour. The functional capacity of a person is not dictated by IQ alone, but is influenced by their context, personal resources, support and education. The results of these factors determine their ability to manage everyday activities, called adaptive behaviour. Tests of adaptive behaviour commonly include assessments of skills such as social behaviour, communication, numeracy and literacy, and self-care including items such as making meals, dressing, handling money and travel. Commonly these skills are grouped into three domains: social, conceptual and practical skills and tests provide a developmental score such that a person's adaptive skills will be compared to those across an age range and differences between their chronological age and their functional performance identified. Adaptive behaviour is very culturally dependent and tests must only be used on populations for which they have been developed. In many countries there are no standard tests of adaptive behaviour and this assessment is made by clinical observation and interviewing parents or carers.
- 3. Age of onset, usually taken as age 18. This is to establish that the impairment has been there throughout the whole developmental period and therefore will have had a pervasive impact. This distinction is important as there may be people who meet the first two criteria, but for whom their future trajectory is quite different. This includes people who have acquired some form of brain injury through an accidental trauma (e. g. head injury) or disease (e. g. tumour), after the developmental period. This means that these people already have many skills which may remain and they may also have the mental capacity to adapt their learning within the rehabilitation process to regain lost skills. Having intellectual disabilities throughout the developmental period means that both the cognitive skills are impaired and also the capacity to manage and compensate for this is also impaired, leading to greater overall impairment.

For a person to be identified as having intellectual disabilities all of these three elements must be present and they must be considered together by the professional within the diagnostic process. Within those identified as having intellectual disabilities there is much variation and sometimes the level of impairment may be described as mild, moderate, severe or profound, dependent on IQ scores.

The reason why an individual may have intellectual disabilities varies considerably, but includes genetic differences (e. g. Down syndrome, Fragile X); complications during pregnancy (e. g. foetal alcohol syndrome); birth complications (e. g. oxygen starvation) and diseases or toxic exposure (e. g. measles, meningitis, malnutrition) (Hatton & Emerson, 2015). Additional health problems are very common and increase the more the severe the intellectual disability. One recent population study in Scotland identified the mean number of additional health conditions as 11, and 99% of people with intellectual disabilities had at least one additional health condition (Kinnear et al., 2018).

As a consequence, many people with intellectual disabilities suffer secondary health conditions such as obesity, cardiac, respiratory and metabolic conditions. This results in the average longevity for people with intellectual disabilities being shorter than that of those in the mainstream population (Robertson, Hatton, Emerson, & Baines, 2015). Not only do intellectual disabilities lead to physical vulnerability, but also to psychological vulnerability (Dunham, Kinnear, Allan, Smiley, & Cooper, 2018; Hatton, Emerson, Robertson, & Baines, 2018). Sadly, the stigma associated with intellectual disabilities is still pervasive and can lead to people being socially excluded, exploited and bullied. The impaired cognitive capacity of the individual to manage these challenges, together with social and economic disadvantages, brought by low income and unemployment, reduces the psychological resilience of the individual and increases prevalence of mental health problems. Such problems include both common disorders such as anxiety and depression and also more severe and enduring problems such as psychosis (Hatton et al., 2018).

Nevertheless, many people with intellectual disabilities are extremely resilient and despite the challenges put before them lead very fulfilling lives. However, it is the responsibility of society to provide the opportunities and support required to include all those with intellectual disabilities and support them to achieve as much as possible. One well evidenced way of improving an individual's physical and

psychological well-being is through sport and it is increasingly being recognised that this is a very important habilitative vehicle for people with intellectual disabilities, their families and society (Winnick & Porretta, 2016).

Sports Organisations for People with Intellectual Disabilities

The Special Olympics

The Special Olympics is probably the most well known disability sports organisation, serving 5.5 million people with intellectual disabilities and active in 193 countries. The organisation was founded by Eunice Kennedy Shriver in the 1960s, who started a day camp at her home for 'impoverished' children with 'mental retardation'. Funded through the Kennedy Foundation this grew to have an inaugural games in 1968, with 1,500 athletes attending and also the adoption of the name 'Special Olympics'. In 1971 the US Olympic Committee gave official approval to use the word 'Olympics', and this was followed by official recognition of the organisation by the International Olympic Committee (IOC) in 1977. The use of the title 'Olympic' is closely guarded and the Special Olympics is the only organisation outside of the International Olympic sport movement to be able to use the term 'Olympic' (Brittain, 2016).

The stated mission of the Special Olympics is:

"....to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community." http://www.specialolympics.org/mission.aspx

Over and above international, regional and national programmes of competitions, involving 32 different sports, the Special Olympics runs a variety of other activities including, 'Healthy Athletes' (health screening), 'Unified Sports' (bringing together disabled and non-disabled athletes), coaching and training for coaches, education, fund-raising and empowerment. Increasingly the organisation has become more involved in humanitarian initiatives and campaigning for social inclusion. As part of

the organisation's 50th birthday celebrations it launched a new initiative 'The Inclusion Revolution', to campaign for the inclusion of people with intellectual disabilities in all walks of life, no matter what their level of disability. The theme of this initiative is to demonstrate that sport can bring inclusion and through inclusion peoples' lives can be changed, both for those with and without intellectual disabilities, and in ways encompassing education, work, governance, culture and social life. Through the medium of telling the story of 'game changing' people, partnerships, events and projects, the Special Olympics is attempting to illustrate in a very personal manner what inclusion means and the wide-ranging beneficial outcomes.

Another very significant programme run by the Special Olympics is 'Inclusive Health'. The aim of this programme is to train health professionals and others to develop inclusive health care systems, disseminate health resources and provide health screenings at Special Olympic events to identify undiagnosed conditions which need treatment. In a recent report the figures reported demonstrate the significant impact of this programme, with between 2016-2018 over 54,100 screenings having taken place, 36,000 subsequent referrals and 115 health professionals trained (Special Olympics, 2019). This report states that over 3.5 million people have improved access to health and aims to reach over 11 million people with intellectual disabilities.

Hence, whilst the Special Olympics' activity is premised on sporting activity its objectives and reach are much broader. As a consequence, there are some fundamental differences between Special Olympics competitions and those of other sports organizations. In the Special Olympics athletes of all ability levels are encouraged to participate, and every athlete is recognized for his/her performance. Competitions are structured so that athletes compete with other athletes of similar ability in equitable divisions¹.

This approach emphasises inclusion and a range of competition performance as opposed to level of impairment and achieving elite performance standards. Events are divided into 'divisions' with guidance that a variation of fifteen percent between high and low scores should form a division, in addition to age and gender. Competitions are run under Special Olympic rules and not those of the Sport's International Federation, allowing greater adaptation for those with greater impairment. To

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http://resources.specialolympics.org/Topics/Sports/Divisioning.aspx

compete in the Special Olympics athletes need to be over eight years old and have evidence of being diagnosed with intellectual disabilities, usually through evidence, such as doctor's letters or school reports.

VIRTUS (previously INAS)

The only other global sports organisation for all people with intellectual disabilities is VIRTUS: World Intellectual Impairment Sport, which was rebranded from its previous name 'INAS' very recently in October 2019. This organisation started as the Federation for Para-athletes with Intellectual Disabilities (INAS-FMH) and was founded in 1986 in the Netherlands with the aim of promoting high level sports participation for the then named athletes with 'mental handicaps'. Originally it had 14 member nations and in 1989 held its first 'World Games for Athletes with Intellectual Disability' in Sweden. Today it has grown to an organisation involving over 80 nations, reaching over 300,000 athletes and running a Global Games every four years which attracted over 1,000 athletes to the city of Brisbane in 2019.

The mission of VIRTUS is to promote the opportunity for people with intellectual impairments to achieve excellence in sport and access high level competition. VIRTUS is involved in 16 mainstream sports, all run under that Sport's Federation rules. It has strict eligibility criteria requiring a portfolio of evidence of diagnosis, based on the WHO - ICF definition (World Health Organisation, 2001), to be submitted which is then scrutinised by a panel of expert psychologists and psychiatrists. Once eligibility has been evidenced athletes are entered onto a master list and allowed to compete internationally in VIRTUS and International Paralympic Committee (IPC) sanctioned events. VIRTUS holds the status of an International Organisation of Sports for the Disabled (IOSD) recognised by the IPC, and therefore is seen as a part of the 'Paralympic family'. VIRTUS has a formal contract with the IPC to provide the primary eligibility procedures to ensure eligibility to compete in this group in Paralympic competition. This is in contrast to the Special Olympics, which whilst having the name 'Olympics' has no formal relationship with either the Olympics or the Paralympics. Athletes may compete in both VIRTUS and the Special Olympics, and indeed many athletes come into VIRTUS having been talent spotted through Special Olympic competition. Likewise, when VIRTUS athletes retire from elite competition they may well return to competition in the Special Olympics.

VIRTUS is divided into five geographical regions, who organise national, regional and world competitions. In 2017 it expanded its remit to develop two more classes of competition. This included II2 for those with more significant impairment. Until then all those with intellectual disabilities competing in VIRTUS/INAS competed in one class regardless of their level of impairment, resulting in those with greater levels of impairment, including those with Down Syndrome, rarely coming through to international competition. Echoing the functional approach to classification taken by the IPC, VIRTUS has introduced II2 and is currently working on research to establish an evidence-based approach to underpin this functional classification. Until this system is finalised only those with Down Syndrome can compete in this class as it is known (with the exception of some of those with mosaic Down Syndrome) that this group has higher levels of functional impairment. Once the classification system is finalised all those with additional significant functional impairment will compete in this group. As a result of demand for an international sports organisation to support athletes with autism, a third class, II3, has been introduced for those athletes without intellectual disabilities, but with autism. The introduction of these additional classes reflects the range of disabilities within the umbrella title of intellectual impairments.

The Paralympics

The Paralympics has a very simple vision 'make an inclusive world through Para sport'². The mission of the IPC is 'to lead the Paralympic Movement, oversee the delivery of the Paralympic Games and support members to enable Para athletes to achieve sporting excellence'. As well as providing leadership and delivery of the summer and winter Paralympic Games the IPC acts as the International Federation for ten Para sports, including swimming and athletics. The IPC recognises ten eligible impairments, within three groups, physical, visual and intellectual impairment, and governs a classification system based on levels of functional impairment.

To compete in IPC sanctioned events, first an athlete must be deemed to meet the

https://www.paralympic.org/ipc/who-we-are

primary eligibility criteria for that impairment. As mentioned earlier, for athletes with intellectual disabilities this process is carried out by VIRTUS and then recognised by the IPC. However, an athlete must then go through a second process called classification, the purpose of which is:

To ensure competition is fair and equal, all Paralympic sports have a classification system in place which ensures that winning is determined by skill, fitness, power, endurance, tactical ability and mental focus, the same factors that account for success in sport for able bodied athletes. The purpose of classification is to minimise the impact of impairments on the competition outcome.' (http://www.paralympic.org/Classification/Introduction)

This process is carried out by the sport's International Federation, the IPC themselves for the ten sports governed by the IPC, and for those sports governed separately the process must be approved by the IPC.

The inclusion of athletes with intellectual disabilities in the Paralympic movement has not been straight forward. In 1992 athletes with intellectual disabilities were introduced in the Tignes Paralympic Winter Games. However, in the Barcelona summer Paralympics which followed in the same year a separate, later, event was held for these athletes called the 'Paralympic Games for Persons with Mental Handicap' (Brittain, 2016). The 'inclusion' but separation of the games for people with intellectual disabilities away from the rest of the Paralympic Games caused some debate and was seen as a discriminatory act on behalf of the IPC, used to appease protesting voices, but avoid real inclusion.

As time progressed such obstacles were overcome, at least in principle, and in 1996 a small programme for athletes with intellectual disabilities was included in the Atlanta Paralympic Games. The programme was enlarged for the 2000 Sydney Games, including athletics, swimming, table tennis and basketball. However, the aftermath of these Games saw the intellectual disabilities impairment group excluded from future Paralympic involvement. This resulted from the Spanish basketball team cheating by fielding the majority of players without intellectual disabilities, a member of the team then whistleblowing and an investigation then ensuing. Eligibility at this time was managed by INAS-FMH and their processes were seen to be inadequate

and as a consequence athletes with intellectual disabilities were excluded until more robust systems of eligibility could be demonstrated. The organisation was revised, bringing in new members, structures and governance systems. A much more robust and stringent eligibility process was put in place by 2009.

However, since 2000 governance within the IPC had also moved on and there was now a requirement to have an evidence-based classification system in place. Whilst part of classification is to group people with a similar level of impairment into functionally equivalent groups, a step before this is to demonstrate that the impairment has an impact on the performance of that sport to ensure that it is suitable for Paralympic inclusion. For those with a severe visual impairment playing football, or for an athlete with a leg amputation competing in swimming, this impact is not hard to prove. However, for those with intellectual disabilities showing, if and how, an intellectual impairment impacts on a sport is more complex, and then developing a classification process to demonstrate this is quite a challenge, especially with little existing research. Hence, a joint INAS/IPC research group was established in 2008 and a research programme embarked upon to achieve these IPC classification criteria.

On the basis of these developments, in 2009 at the IPC General Assembly in Kuala Lumpur, the IPC membership voted to re-include athletes with intellectual disabilities in competitions including the London 2012 Games. Between 2009 and 2012 the research behind the classification system was completed and a classification system launched, which enabled 120 athletes to compete in three sports; athletics, swimming and table tennis. This was comparable to the number of athletes who competed previously in Sydney 2000. The classification system comprises a number of parts including a generic sports intelligence battery of mostly computerised tests to measure cognitive skills such as reaction time, and then a set of sports specific tests to measure such factors as pacing ability in athletics, technical skills in table tennis and stroke patterns in swimming. An assessment of training history and incompetition observation make up the final components.

Subsequently, a similar number of athletes competed in Rio and are expected to compete in Tokyo 2020, but as yet, whilst the range of events within the three included sports of athletics, swimming and table tennis has been widened, inclusion remains constricted to these three sports. As a result, it is unlikely that the number

of athletes competing in the summer Games will grow substantially, until other revisions are made. However, it is well known that the summer Paralympics is facing increasing financial pressures, timetable restrictions and lobbying by varied groups all wanting their sports, impairment groups, or classes to be better represented. This provides the IPC with little flexibility to expand the current programme. Nevertheless, that intellectual impairment sport has only one class within the Paralympics, compared to the other impairment groups, remains a distinct inequality. This means that those who compete at Paralympic level are not representative of the vast range of levels of functional impairments routinely seen within athletes with intellectual disabilities. The development of class II2 for those with more significant impairments within VIRTUS, with a classification system built upon IPC principles, is seen as a step towards increasing the pressure on the IPC to widen its inclusion of athletes with intellectual disabilities. However, first VIRTUS needs to be able to demonstrate the viability of more than one class within sports and build a strong level of competition. Within the winter Paralympics Games there is more movement with the likely inclusion of cross-country skiing in the 2026 Games.

It perhaps should also be remembered that Paralympic inclusion, whilst reaping many benefits in terms of exposure to a world stage and the impact on a vast viewing public, only actually includes a very small number of individuals, and can lead to resources being focussed on only the Paralympic sports, resulting in the reduction of funding to other sports and the loss of opportunities for a wider range of athletes with intellectual disabilities. Hence, it is important that whilst the inclusion of these athletes in the Paralympics is supported, so should other sporting initiatives which lead to a wide range of impacts and include larger numbers of athletes.

The impact of sports inclusion for people with intellectual disabilities, their families and society

The athlete with intellectual disabilities

The positive impact on the physical, psychological and social well-being of people engaging in sport is well proven (Biddle, Ciaccioni, Thomas, & Vergeer, 2019) and all of these benefits are equally true for people with intellectual disabilities. However, it should be acknowledged that for people with intellectual disabilities there are some

differences that makes sport especially important for this group. Firstly, they are more vulnerable to physical, psychological and social issues than the rest of the population, and all of these issues have been shown to be improved by engagement in sport and exercise. For example, it is known that people with intellectual disabilities suffer more from conditions secondary to their initial impairments such as obesity. mental health problems, loneliness, economic deprivation, abuse and unemployment (Dunham et al., 2018; Hatton et al., 2018; Robertson, Beyer, Emerson, Baines, & Hatton, 2019). Secondly, as a product of their position in society people with intellectual disabilities are often excluded from accessing this important method of improving their well-being (Iver et al., 2019). For example, they may not have the confidence, knowledge or financial resources to access sport and exercise opportunities. Due to their impairments they may be actively excluded from programmes, without sufficient adaptations being made or alternative opportunities being provided. This leads to strikingly low levels of fitness in young people with intellectual disabilities, making them even more vulnerable to secondary health problems later in life (Wouters, Evenhuis, & Hilgenkamp, 2019). Hence, it is even more important that sporting opportunities are not just made available, but that people with intellectual disabilities are supported to access them.

The research demonstrating the benefits of such engagement is now substantial and will be reviewed in brief below.

Physical impacts

In a systematic review of Special Olympics participation Tint, Thomson, and Weiss (2017) concluded that sufficient evidence exists to suggest that motor skills, cardio-vascular endurance, body fat reduction, and blood pressure can be improved by sport participation. In an evaluation of their own inclusive health programmes the Special Olympics were able to demonstrate positive changes in behavioural patterns such as increased regular exercise, healthier eating, and physical health gains in terms of body weight and blood pressure (Special Olympics, 2019). Similar findings have resulted from studies looking both at projects aimed specifically at demonstrating the potential to include health gains of introducing sport or fitness interventions and also from the evaluation of naturally occurring sporting opportunities. For example, Collins

and Staples (2017) demonstrated increased muscle strength, cardio endurance and aerobic capacity through the introduction of a ten-week fitness programme for children with intellectual disabilities aged 7-12. In a further systematic review of studies aimed at examining the benefits of physical activities for people with intellectual disabilities, including both Special Olympic and generic programmes, Pestana, Barbieri, Vitório, Figueiredo, and Mauerberg-deCastro (2018) concluded that robust evidence exists for improvements in muscle strength, mobility, blood pressure, muscle mass and postural stability amongst other outcomes.

Psychological impacts

In a very recent review and meta-analysis involving 109 studies Kapsal et al. (2019) concluded that not only did physical activity have a large impact on physical health, but also on the psychosocial health of young people with intellectual disabilities. They also made the important point that given the basal rate of fitness and well-being is comparatively low compared to typically developing youth, physical exercise interventions can have larger than expected outcomes in terms of improvement, especially for physical health for young people with intellectual disabilities. Kapsal et al. (2019) also found that greater gains are made when the physical activity is performed in groups, suggesting the added social benefit of activities such as team sports. In terms of the types of psychosocial changes seen, these include improvements in self-concept (Pan & Davis, 2019), self-esteem (Crawford, Burns, & Fernie, 2015), self-control (Choi & Cheung, 2016), psychological well-being and a reduction in problem behaviour, including mental health issues such as anxiety (Pestana et al., 2018). In addition to improvements in psychosocial functioning, sport engagement has demonstrated improvement in cognitive skills. For example, Chen, Tsai, Wang, and Wuang (2015), demonstrated how table tennis training improved children with intellectual disabilities' visual perceptual and executive functioning skills.

Social impacts

Loneliness and limited social networks are common risks for people with intellectual disabilities, which belonging to a sports club or team can ameliorate (Hatton & Emerson, 2015). Crawford et al. (2015) found that those involved in sport had larger social networks and this was particularly true for those involved in Special Olympic sport. Indeed, the Special Olympics has invested heavily in their Unified Sport programme to bring those with and those without disabilities together through sport, and the evaluations of these programmes have demonstrated improved well-being, friendship networks and a sense of belonging (Bowers et al., 2016). In a recent systematic review of this area Scifo et al. (2019) concluded that there is sufficient evidence to recommend that targeted sports intervention programmes should be developed to improve health and increase social inclusion for this population.

The wider benefits of participation in sport are also being recognised in terms of the development of skills from the sporting environment which can then be used to enhance the person's wider context, for example in accessing employment. Such skills include team working, discipline, perseverance, managing failure and psychological resilience. Hence, employment has been a major focus of the Special Olympics' Inclusion Revolution' initiative with a specific campaign called 'Delivering Jobs', in collaboration with Autism Speak and Best Buddies (a global non-profit organisation focussed on social inclusion). Together they have made a commitment to create pathways to one million employment and leadership opportunities by 2025³.

Family impact

Families are key to encouraging people with intellectual disabilities to participate in sport and are usually an important factor in helping young people with intellectual disabilities access and maintain sporting activity (McGarty, Downs, Melville, & Harris, 2018; Robertson, Emerson, Baines, & Hatton, 2018). However, involvement in sport

https://www.specialolympics.org/about/press-releases/delivering-jobs-campaign-to-create-pathways-to-one-million-employment-and-leadership-opportunities-by-2025-for-people-with-autism-intellectual-and-or-developmental-differences

has positive benefits for the family, especially as having children with intellectual disabilities can lead to increased isolation and stress. Engagement in sport has been shown to bring families together and reduce isolation, increase the positive time spent together, increase the expectations they have of their offspring, and recognise their competence and independence (Bowers et al., 2016; Kaur, 2016; Werner, 2015).

Societal impact

Social inclusion through sport is a two-way interaction with outcomes not just for the individual with intellectual disabilities, but also for the people with whom they interact. The impact for society of inclusion through sport is also multi-layered, with at one end of the continuum the potential influence on societal attitudes by the 'myth busting' presentation of elite athletes at the Paralympics achieving performances well beyond the reach of most well motivated non-disabled athletes, to at the other end, the influential inter-personal relationships built up between two team mates playing football in a unified sports programme.

Research has demonstrated that watching athletes with intellectual disabilities compete at the elite level can positively influence social attitudes (Carew, Noor, & Burns, 2019; Ferrara, Burns, & Mills, 2015). High profile, positive media campaigns have been used well by organisations such as the Special Olympics and the IPC to influence public perceptions and combat the negative attitudes which lead to exclusion. High quality, positive interactions which challenge stereotypes are particularly effective (McManus, Feyes, & Saucier, 2011), and sport provides many opportunities, especially at the elite level to provide this type of contact. The Special Olympics has been engaged in monitoring public attitudes for some years and set out specifically to change attitudes, especially by using the impact of unified sports as a way of changing the attitudes of non-disabled players. One study found that engagement in a unified football project improved the understanding of the disabled players by the non-disabled players by as much as 50% (Norins, Harada, & Parker, 2006). Evaluation of the Special Olympic World games has demonstrated improved social perceptions, understanding and willingness to engage with people with intellectual disabilities (Norins, Parker, & Siperstein, 2007).

The belief that increasing positive interactions between two groups, one less valued

than the other, will increase the standing of the undervalued group is based upon Allport's (1954) 'contact' hypothesis, and it is this principle which underpins the endeavour to bring together those with and without intellectual disabilities in positive circumstances. Sport provides this opportunity, in terms of people competing together in unified or integrated sports programmes, volunteers, officials and organisers at events and the general public as the potential spectators. Research shows that this interaction is effective and can not only impact attitudes towards people with intellectual disabilities, but can also positively impact on the person without the impairment. For example, Li and Wu (2019) showed that not only did the attitude of volunteers working with Special Olympics improve, but this interaction impacted to improve the volunteers' own self esteem.

Tokyo and the future

The Tokyo Paralympics will be the next big staged event for Para-athletes with intellectual disabilities. In terms of the inclusion of these athletes in this movement it is an incremental step, in that they are now an established part of the event, they adhere to all the classification, doping and other governance procedures and compete under the same terms as any other athletes. There has been no great expansion between Tokyo and Rio, so in many ways the competition territory is known. However, as with any Games the home culture will impact significantly upon those competing, those attending and those watching from afar. How the Games is delivered and perceived is very dependent on the context and culture of the hosting city. So what will be the experience of those athletes with intellectual disabilities competing at these Games, and their families, coaches and supporters? What will people both with and without intellectual disabilities perceive when watching these athletes compete? What changes should or can be leveraged through this showcase?

An issue that permeates through all these questions is the visibility of the athletes with intellectual disabilities. Unlike many of the athletes competing in the Paralympics their impairment is invisible. Unless already aware that Para-athletes with intellectual disabilities compete in classes S14 (swimming), T20 (athletics track), F20 (athletics field) and TT11 (table tennis), when watching these athletes, at best the audience may assume some mild physical or visual disability or worse may question why these

athletes are competing at all in the Paralympics as they look non-disabled. Hence, the lack of visibility presents a problem of representation. To represent the range of athletes competing at the event to the spectating audience, the athlete's impairment needs to be identified in some way. One way is to explain the classification system, as with the LEXI system⁴ introduced in London 2012, which works well if the audience is prepared to attend to it. Another way is to represent and challenge stereotypes through advance media coverage. Based on the success of the London 2012 coverage, in the UK, Channel 4 produced some engaging and challenging TV trailers for Rio 2016, based on the theme 'We're the Superhumans'⁵. However, to represent elite athletes who clearly had intellectual disabilities remained a challenge, resolved by including athletes with Down Syndrome. Whilst this solved the issue in some way it did not truly solve it as, for the reasons explained earlier in this paper, no athlete with Down Syndrome met the performance standards required to compete at the Rio Paralympics and the sport they were depicted in was boxing, a sport in which Para-athletes with intellectual disabilities do not compete.

Rio 2016 took another approach, again consistent with their culture and the particular political and economic challenges they faced staging the Olympics and Paralympics at that time. A sponsoring partner was a large cinema corporation and in advance of the Games, short 2-3-minute, good quality videos were produced featuring prominent Brazilian Para-athletes. In advance of the Games, before viewing a film one of these videos would be played, much like an advert or preview for a future film. As visiting the cinema is a very popular leisure activity in Brazil a large part of the population became familiar with the personal stories of their Para-athletes and so rather than engaging with the politics of the Games the organisers encouraged spectators to engage with the individual athletes, through knowing their personal story and then having the opportunity to support their performance in competition.

The Paralympics offers the opportunity to change 'invisible' to 'incredible' in terms of media coverage and as a consequence change public attitudes. It also brings into focus very practical issues of inclusion, from obvious ones of physical access for wheel chair users, to those less considered such as accessible information for those with cognitive impairments, and autism 'friendly' environments. Legacy is frequently

⁴ http://lexi.global/

https://www.youtube.com/watch?v=IocLkk3aYlk

considered in terms of economic investment, usage of facilities and sporting developments, but it is often these challenges to social inclusion that have the most personal and meaningful impact on those involved. How Tokyo will engage with its Para-athletes with intellectual disabilities is yet to be seen, but it does provide an unmissable opportunity to educate, influence and improve social inclusion for this large sector of society.

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知的障がい者のパラスポーツ参加

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スポーツを実施することは、健康な生活を構築し維持するために非常に重要な方法で あり、これは知的障がい者の場合にはなおさらである。本論文は、知的障がいが障がい 者およびその家族の身体的および小理社会的幸福の双方に影響を及ぼす仕組みや、ス ポーツを行うことによってこれがどのように改善されるかを示している。また、知的障 がい者のスポーツに関与している主要3団体-スペシャルオリンピックス、VIRTUS(旧 INAS) およびパラリンピック―とその機能および関係性についても説明している。資 格や分類方法の簡単な歴史や、現在これらの組織においてそれがどのように運営されて いるかについても説明している。同論文は、身体的健康の悪化、社会的排除、心理的脆 弱性の点におけるニーズの高まりを提示し、スポーツがこれらの人々やその家族にもた らしうる実証済みのプラス効果を考察している。これには健康の改善、肥満や心疾患な どの二次的健康リスクの低減。友人関係や社会的包摂の向上、自尊心や主観的幸福など の心理的要素の改善などが含まれる。家族の孤立緩和や共同体意識といった、家族に対 する影響も考察している。社会的レベルにおいては、知的障がいを伴うアスリートが参 加するパラリンピックなどの大規模なスポーツイベントが、観衆の考え方に影響を及ぼ す仕組みについて説明されている。最後に、東京2020パラリンピック競技大会が、知的 障がい者に対する社会の姿勢を変化させ、彼らの社会的包摂を促進させる可能性につい ても考察している。

新聞報道におけるパラリンピックの技術潮流の分析

永松陽明

はじめに

2020年に開催される東京2020パラリンピック競技大会に向けて技術開発が活発化している。そのような技術開発はテレビや新聞で大きく扱われており、例えば、パラリンピックで使用される義足や車いすの技術開発を詳しく取り扱っている¹。

新聞におけるパラリンピックの技術開発に関する報道の例は図1の通りである。

朝日新聞2019年03月17日朝刊 東海経済面

「(勝算あり) スポーツと共に 競技用車いす、細部に技 日進医療器」

愛知県北名古屋市にある車いすメーカー、日進医療器の工場の隅で、製造部の河合政和さん(41)は黙々と作業を続けていた。アルミパイプをガスバーナーで熱し、曲げ、溶接する。つくっているのは前輪が突き出た3輪の競技用車いす。ハの字形についた後輪を手で回し、100メートル走やフルマラソンに使う。「少しのひずみも出さないように気をつけています」

■ミリ単位で溶接

選手の体の状態は一人ひとり異なり、それに応じてシート幅や足の置き場の位置も変える。ちょっとした溶接の不具合が、車いすのバランスや選手のパフォーマンスに支障となるため、作業はミリ単位の調整が必要だ。

一方,設計課長の山田賀久さん(44)は選手の声に耳を傾け、開発を続けてきた。激しい走行で、前輪近くのアルミフレームがゆがむと聞けば、フレーム断面の形状を工夫して強度を上げた。後輪と前輪をつなぐフレームに炭素素材を採用したモデルも開発。路面からの衝撃を和らげた。競技用車いすの最先端を追究する。

<以下略>

図1 パラリンピックの技術に関する報道例

朝日新聞社データベース「聞蔵Ⅱビジュアル」(朝夕刊)を基に作成。

井前ほか(2003)では新聞はテキスト情報として大量かつ重要度の高いものが記載されるだけではなく、毎日発行され社会を反映していると指摘している²。そのため、テレビと同様に新聞は、パラリンピックの情報を獲得するための良いソースであると考え

られる。それを支持するように、藤田(2002)は新聞報道とメディアリテラシーを踏まえた上で、社会の中でのパラリンピック報道分析を行っている 3 。パラリンピックに対するメディアの受け止め方を論じた Schantz and Gilbert(2012)では、多くの部分で新聞報道を対象として分析を行っている 4 。Wolbring(2018)は2016年のサイバスロン大会についてのカナダメディアの報道を分析している 5 。

関連して、技術とパラリンピックについては、シドニーパラリンピックから先進国と発展途上国との間の技術格差などを論じた研究(Cashman and Darcy, 2008)や車いすマラソンや義足などの技術に関してその進化がもたらす影響について論じた研究(渡, 2013)などがある^{6.7}。

以上, 既存研究において指摘されているように, 新聞報道が対象とするとパラリンピックの技術に関して, 例えば技術潮流を把握できるなどの有意義な知見を導出できると考えられる。技術潮流が分かれば効率的な研究開発計画の立案や関連投資, 技術の利用計画が立てられる^{8.9}など, 研究開発者や技術の利用者である競技者などへのメリットは大きい。

以上を踏まえ、全国紙の代表である「読売新聞」と「朝日新聞」におけるパラリンピック報道をサーベイする。図2は過去20年(2000年~2019年)における「パラリンピック+技術」をキーワードとした記事のトレンドを示す。

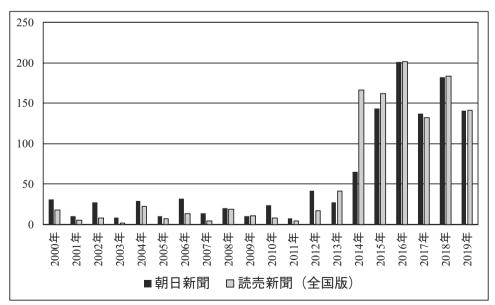


図2 読売新聞・朝日新聞における「パラリンピック+技術」記事の掲載推移 読売新聞社データベース「ヨミダス歴史館」および朝日新聞社データベース「聞蔵 II ビジュア ル」(朝夕刊) を基に作成。2019年は10月25日まで調査。

図2を見ていくと、2013年9月に東京での開催が決定以降、「パラリンピック+技術」に関する記事が急激に増加していることがわかる。こうした傾向が全国紙、一般紙においても見受けられるようになったことで、技術潮流の把握が容易になったと想定される。そこで本稿では、新聞報道を対象としてパラリンピックの技術潮流を分析することにより、研究開発を進める企業や技術を利用する競技者などに具体的な技術開発の方向性を示すことをねらいとする。

1. 技術の潮流を分析するステップ

(1) 分析の進め方

パラリンピックの技術の潮流を分析するために、**図3**に示すステップで研究を進める。

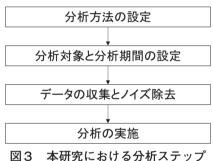


図3に示す「分析方法の設定」では、技術の潮流を分析するための方法を検討する。次に「分析対象と分析期間の設定」では対象とする新聞や期間を、「データの収集とノイズ除去」ではデータを収集するための方法と収集データから分析するためのデータを取り出すためのノイズ除去方法を考える。そして以上のステップを踏まえ、「分析の実施」を行う。

(2) 分析方法の設定

本稿では新聞記事の文章から有益な情報を導出するために、テキストマイングを行う。テキストマイニングとは、新聞記事などのテキストデータの文章構造を分析し、有益な知識や情報を導出する定量的な分析手法である。テキストマイニングには様々な手法があるが、「共起ネットワーク」を使用する。

角口(2016)によると、「共起ネットワーク」の共起とは、任意の文書において「ある文字列と他のある文字列が同時に出現する(=共に起こる)こと」であり、その共起関係をネットワーク図で示したものが共起ネットワークである¹⁰。共起関係が明らかに

なることで、意味のある文字列のつながりが可視化される。

本稿は、研究開発を進める企業や技術を利用する競技者などに具体的な技術開発の方向性を示すことをねらいとしているため、明らかとなる共起ネットワークが技術開発と その背景情報を示すものと考え、その方法を選択した。

(3) 分析対象と分析期間の設定

日本国内の新聞の販売部数(朝刊)は、850万部の読売新聞、595万部の朝日新聞が上位2社である¹¹。この2社を対象とする。また、2013年9月に東京オリンピック・パラリンピック競技大会開催が決定しているため、2013年を中心として前後5年の変化を見ることとする。

以上を表1に整理する。

表 1 本研究における分析対象と分析期間

分析対象	読売新聞(全国版),朝日新聞(デジタルは除く)
分析期間	2008年, 2013年, 2018年の各年の1月1日~12月31日

(4) データの収集とノイズ除去

次にデータの収集方法とその収集データから分析するためのデータを取り出す際のノイズ除去方法を考える。

読売新聞,朝日新聞の新聞記事は、それぞれのデータベースを利用することで収集することができる。読売新聞社のデータベースは「ヨミダス歴史館」であり、朝日新聞社のデータベースは「聞蔵 II ビジュアル」である。

これらのデータベースを使用して記事をダウンロードするのだが、「パラリンピック」と「技術」というキーワードだけでは、必要としない情報も含まれる可能性がある。そのため、表2に挙げるキーワードを踏まえてデータを収集した。含めるキーワードは「パラリンピック」と「技術」をより具体化している語彙であり、除くキーワードは政府や地方自治体の人事や予算といった新聞記事を除くために設定している。

表2 新聞記事タイトルに含まれるキーワード

含めるキーワード	「技術」、「パラリンピック」、「パラ」、「2020」、「スポーツ」、「競技」、「ス
	ポーツ・競技名(陸上など)」、「用具名(義肢など)」、「用具メーカ名
	(日進医療器など)」「ドーピング」、「オリンピック・パラリンピック 開催地名(東京など)」、「オリンピック・パラリンピック会場名(新
	国立競技場など)」、「パラリンピック選手名(出来島など)」
除くキーワード	「人事」「異動」「予算」「選挙」、「~選(選挙に関する)」

ノイズ処理をし、収集した分析対象記事数の推移を表3に示す。読売新聞、朝日新聞 併せて214件の記事が分析対象となった。

分析	読列	三新聞	朝日新聞		分析対象 記事数	
対象年	対象記事数 (a)	総記事数	対象記事数 (b)	総記事数	(a+b)	
2008	16	19	18	20	34	
2013	14	41	15	27	29	
2018	72	183	79	182	151	

表3 分析対象記事数の推移

新聞記事中には、文章の形式とはなっていない試合結果、また記者名、写真の説明文、 図表における文章などがあるが、その部分には本研究のねらいとしている情報は少ない と想定されるため、分析対象から外す処理を行った。

以上を踏まえた上で、共起ネットワーク分析を「KHコーダ」を用いて実施する¹²。 KHコーダは様々なテキストマイニングができるフリーウェアである。

2. 分析結果

(1) 分析結果の図示ルール

分析結果を整理するにあたって下記の共起ネットワークの図示ルールを設定する。 新聞紙面上に出てくる語彙を「名詞(固有名詞など、ただし人名を除く)」に限り、 現れる頻度を5回以上、上位60個を指定して共起ネットワークを描くことにする。尚、 ルール設定にあたり、2008年、2013年、2018年のそれぞれ3時点において特徴的な語彙 が表出されるように閾値(境界となる値)を設定した。

(2) 2008年の分析結果

2008年の分析結果を図4に示す。図4を作成するための対象記事数は34件,文章数は1,072件であり、対象語彙数は203件である。

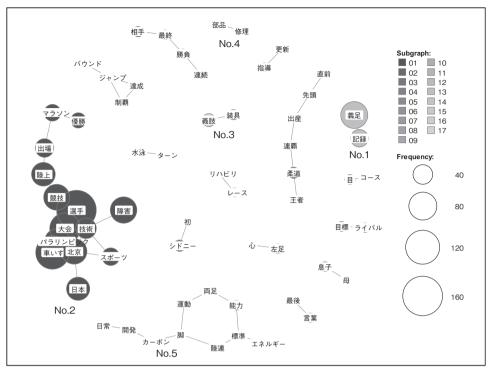


図4 2008年における共起ネットワーク分析結果

図の色分け(図中 subgraph)はグループに対して行っており、バブルの大きさは頻度を表している。後述する図5、図6も同様である。

次に図4から技術関連語彙に関する共起ネットワークを抽出したものを表4に整理する。

	次4 Z000年においる技術関連記集の会配不り下ノーノ				
No.	技術関連語 グループ	计 場所	記事の詳細	文章 数*	
1	義足, 記録	図4右部	義足を使った選手や開発などにつ いて記載。	74	
2	技術,障害,スポー	-ツなど 図4左部	車いすや選手など様々な技術について記載。	44	
3	義肢, 装具	図4中心部	義足開発について記載。	17	
4	部品,修理	図4上部	自動車部品メーカから出発した 「日進医療器」の車いす製造などに ついて記載。	7	
5	カーボン, 開発, 脚	即など 図4下部	競技用義足にカーボン素材を使用 していることを記載。	5	

表4 2008年における技術関連語彙の共起ネットワーク

^{*} 文章数は技術関連語彙(下線)を含む文章を示したものである。

表4の共起ネットワークを見ていくと、どのグループにも「義足」と「車いす」が関連しており(No.1~No.5)、それらが技術の中心であることがわかる。2008年におけるパラリンピックの技術潮流はその2つが核となっている。

(3) 2013年の分析結果

2013年の分析結果を**図** 5 に示す。図 5 を作成するための対象記事数は29件,文章数は 1,051件であり,対象語彙数は275件である。

次に図5から技術関連語彙に関する共起ネットワークを抽出したものを表5に整理する。

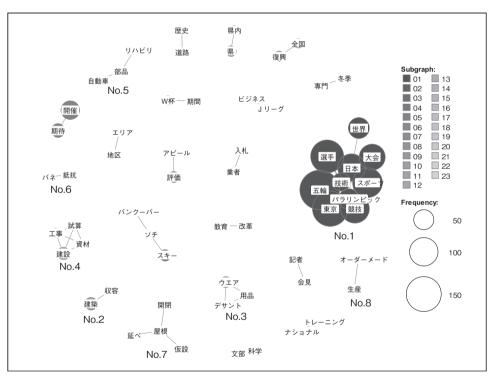


図5 2013年における共起ネットワーク分析結果

表5 2013年における技術関連語彙の共起ネッ	トワ-	-ク
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No.	技術関連語彙 グループ	場所	記事の詳細	文章 数*
1	技術、選手、スポーツなど	図5右部	スポーツや選手などを踏まえつつ, 義足, 車いす, 競技実施などにお ける様々な技術について記載。	41
2	建築, 収容	図5左部	新国立競技場について記載。	18
3	ウェア, 用品, デサント	図5中心部	スポーツウェアの開発について, デサントの取組を中心に記載。	14
4	<u>工事</u> , <u>建設</u> など	図5左部	新国立競技場について記載。	10
5	部品, 自動車, リハビリ	図5上部	チェアスキーや車いすに自動車部 品関連のメーカが関連しているこ とを記載。	6
6	<u>バネ</u> , <u>抵抗</u>	図5左部	陸上競技用の義足に使用されるバ ネについて記載。	6
7	屋根, 開閉など	図5下部	新国立競技場について記載。	6
8	生産, オーダーメード	図5右部	車いすのオーダーメード生産につ いて記載。	5

^{*} 文章数は技術関連語彙(下線)を含む文章を示したものである。

表5の共起ネットワークを見ていくと、「義足」「車いす」「競技実施」などの直接パラリンピックのスポーツを行うための技術(No.1、No.8)だけではなく、新国立競技場に関する技術(No.2、No.4)なども記載されるようになってきている。また、パラリンピックと直接関わる技術の中でもウェア(No.3)や義足の陸上用のバネ(No.6)に注目が集り、チェアスキーや車いすの開発に貢献している自動車部品メーカ(No.5)もトピックとして扱われている。

表 4 で示した2008年時と比較すると、「義足」、「車いす」が中心であった技術が「新国立競技場」、「ウェア」などに範囲が広がり、多様になっていることが分かった。

(4) 2018年の分析結果

2018年の分析結果を図6に示す。図6を作成するための対象記事数は151件, 文章数は3.513件であり、対象語彙数は953件である。

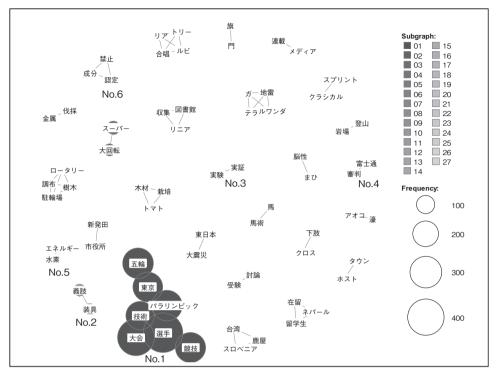


図6 2018年における共起ネットワーク分析結果

図6から技術関連語彙に関する共起ネットワークを抽出したものを表6に整理する。 ここで技術に関する「トマト、栽培、木材」、「リニア、収集、図書館」、「アオコ、濠」 についてはそれぞれ東京オリンピック・パラリンピック競技大会開催のタイミングに合 わせて成果を出し、世界に技術をアピールすることをねらいとした直接スポーツと関連 しない技術開発であるため除外した。

	200 Total Control Mindelling Control				
No.	技術関連語彙 グループ	場所	記事の詳細	文章 数*	
1	<u>技術</u> , 選手, パラリンピック など	図6下部	選手や大会などを踏まえつつ, 義 足, 車いす, 競技実施などにおけ る様々な技術について記載。	240	
2	養肢,装具	図6下部	義足開発や義肢装具士などについ て記載。	41	
3	実験. 実証	図6中心部	オリンピック・パラリンピックに 関連する新技術開発での実験につ いて記載。	15	
4	審判, 富士通	図6右部	体操などでの審判におけるコン ピュータ活用について記載。	7	
5	水素、エネルギー	図6左部	選手村やトーチに使用するエネル ギーについて記載。	6	
6	成分, 認定, 禁止	図6上部	ドーピングに関連する内容につい て記載。	5	

表6 2018年における技術関連語彙の共起ネットワーク

表6の共起ネットワークを見ていくと、表5同様に「義足」「車いす」「競技実施」などの直接パラリンピックのスポーツを行うための技術(No.1, No.2)だけではなく、オリンピック・パラリンピックに関連する新技術開発(映像関連技術、情報関連技術など)を実用化するための実証実験(No.3)、競技審判の自動化などのコンピュータ活用の技術開発(No.4)、選手村やトーチなどのエネルギー技術開発(No.5)、ドーピング検査・防止の技術開発(No.6)などがホットイシューとなっている。

表5で示した2013年時と比較すると、「義足」、「車いす」に「新国立競技場」、「ウェア」が加わり多様性が増した技術に対して、更に「新技術の実証実験」、「コンピュータ活用」、「エネルギー技術開発」、「ドーピング」などが加わり幅広い技術開発が行われていることがわかった。

3. 結論

本稿では、研究開発を進める企業や技術を利用する競技者などに具体的な技術開発の 方向性を示すことを研究のねらいとし、全国紙の代表格である読売新聞、朝日新聞の データベースを用いて、2008年、2013年、2018年の新聞記事の分析をテキストマイニン グの一つである共起ネットワークを使用して分析を行った。

^{*} 文章数は技術関連語彙(下線)を含む文章を示したものである。

表7に3年分の「技術関連語彙グループ数」と「文章数」の傾向を整理する。

	技術関連語彙グループ数	文章数
2008年	6	147
2013年	8	106
2018年	6	314

表7 3年分の「技術関連語彙グループ数」と「文章数」の傾向

2018年に(技術を含む)文章が増加しているにもかかわらず、技術関連語彙グループ数が増加していない理由としては、「分析結果の図示ルール」において図にする対象を上位60個に絞っているためと想定される。2018年においては語彙数の上限を引き上げた方が潮流を把握できた可能性がある。また、文章数が2008年に比して2013年が減少している理由は、2008年は北京オリンピックが開催されているが、2013年はオリンピックが開催されていないためと考えられる。

次にパラリンピックにおける技術潮流を考える。これまでの分析結果より2008年から2018年にかけて幅広い技術テーマが取り組まれるようになった。本研究で指摘した技術潮流の広がりを図7に示す。

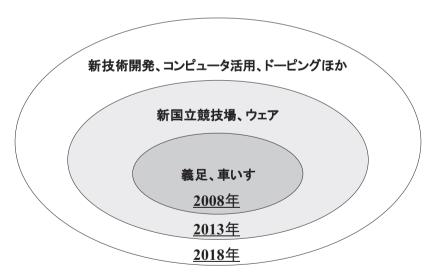


図7 パラリンピックの技術潮流のイメージ

新聞報道を分析し導出したパラリンピックの技術潮流において、2013年や2018年に登場してきた技術を見ていくと、障がいを持つパラリンピアンだけを対象とした技術ではなくなっていることがわかる。また、パラリンピックで使用される義足や車いすの高度化についての記事も2013年や2018年にもあることがわかる。つまり、パラリンピックの

技術に関する新聞報道は、技術の広がりを報道するだけではなく、義足・車いすの高度 化も触れている。

こうしたことが一般紙で取り扱われていることから、パラリンピック、そしてその技術がより身近なものになっていると考えられる。

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Analysis of Newspaper Coverage of Paralympicrelated Technological Trends

Akira NAGAMATSU

With the approaching Tokyo 2020 Paralympic Games, new technologies are under active development. Such technological development is frequently covered on television, in newspapers, and other forms of mass media. In particular, newspapers provide detailed information on such topics, making them a good source for obtaining Paralympic-related information. By analyzing newspaper coverage of Paralympic-related technological trends, this article presents a concrete direction of future technological development to companies promoting research and development, athletes using such new technologies, and other entities and individuals.

This analysis is conducted in four steps. (1) "Setting of analysis method" considers the method used for analyzing technological trends. (2) "Setting of objects of analysis and analysis period" considers the newspapers and period under analysis, and (3) "Data collection and noise removal" considers the data collecting method and the noise removal method for extracting analysis data from the collected data. (4) "Conducting of analysis" is performed based on the above three steps.

The specific analysis method used is text mining, which is a quantitative analysis method that involves analyzing the textual structure of newspaper articles and other kinds of text data to derive beneficial knowledge and information from them. In relation to this method, this article uses the co-occurrence network that enables the visualization of textual structure. The newspapers under analysis are the *Yomiuri Shimbun* and *Asahi Shimbun*, the two most widely-circulated newspapers in Japan with 8.5 million and 5.95 million morning issues, respectively. As Tokyo was chosen as the host city of the 2020 Olympic and Paralympic Games in September 2013, this

article considers the changes that occurred from 2008 to 2018, covering the five years before and after 2013.

It shows that groups including technology-related vocabulary numbered six in 2008, eight in 2013, and six in 2018. Texts including technology-related vocabulary numbered 147 in 2008, 106 in 2013, and 314 in 2018. The reason why the technology-related vocabulary groups did not increase despite the increase in texts in 2018 is presumed to be because the rules of illustration had changed. It may have been easier to grasp trends by increasing the upper limit of the volume of vocabulary for 2018. The reason why the number of texts declined in 2013 compared to 2008 is likely due to the Beijing Paralympic Games being held in 2008, while the Paralympics were not held in 2013.

Next, this article considers Paralympic-related technological trends. As mentioned above, a wide range of technological topics received newspaper coverage from 2008 to 2018. With regard to Paralympic-related technological trends derived from the analysis of newspaper coverage, it can be observed that the technologies that appeared in 2013 and 2018 were not only intended for Paralympians. Articles on the sophistication of prosthetic legs and wheelchairs used in the Paralympics appeared in 2013 and 2018 as well. In other words, newspaper articles concerning Paralympic-related technology did not only cover the spread of such technology but also mentioned how prosthetic legs and wheelchairs were becoming more sophisticated.

The fact that such topics are covered in general interest newspapers suggests that the Paralympics and Paralympic-related technology are becoming more familiar to the public.

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