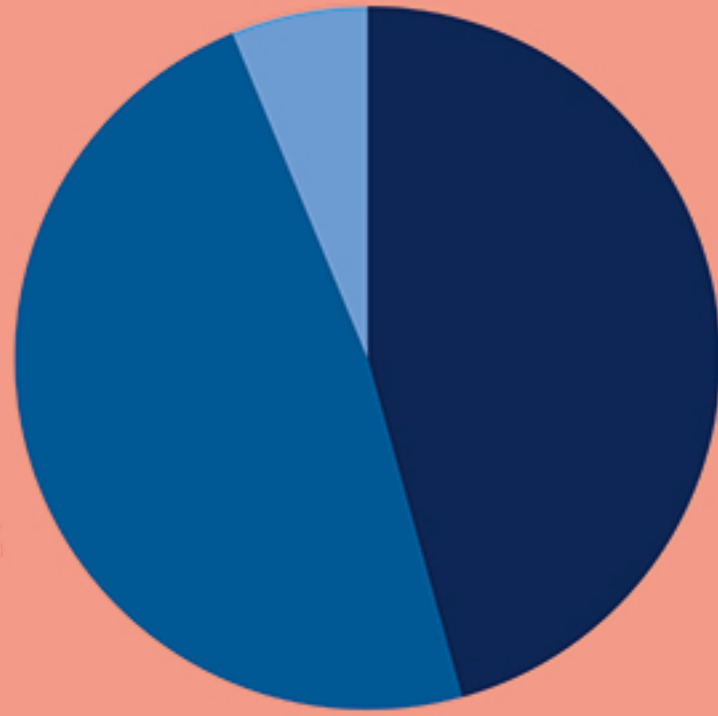




Exploring the Positive Impact of Sitting Volleyball on the Mental Health of Physically Disabled Individuals in Hong Kong

01 TOTAL POPULATION OF PHYSICALLY DISABLED INDIVIDUALS

Others
33400



Mental Illness
256800

(Census and Statistics Department Hong Kong Special Administrative Region, 2021)

CAUSES OF MENTAL ILLNESS

Low
Physical
Fitness

Low
Quality
of Life

Social
Isolation



Mental Illnesses

(Nzeyimana, C. 2019)

02 SITTING VOLLEYBALL



Inclusive

Fitness

Positive Communication

(Nzeyimana, C. 2019)
(Leung, Ka-Man, et al., 2021)

03 WELL-BEING FACTORS BROUGHT BY SITTING VOLLEYBALL

**BREAK
THE
STIGMA**

Reduction in Stigma

Self-exclusion
Negative



Self-esteem



Physical Well-being



Interpersonal
Relationships

(Gautam, et al., 2024)
(Nzeyimana, C. 2019)
(Leung, Ka-Man, et al., 2021)



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SUSTAINABLE
DEVELOPMENT

GOALS