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## CHAPTER 43

### MENTAL HEALTH AND RESTORATION OF PERSONS WITH DISABILITIES

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#### **Introduction**

People's health can truly be described as their wealth. When the body suspects that an enemy is within its premises it becomes an issue of concern. The disease seems to be threatening to the person's health mentally, socially, emotionally and physically. Nigerians in many cases are struggling to make end meet. The numerous effects calls for finding remedy from different professional like medical personnel, educationists, psychologists, guidance and counsellors. Finding remedy for health restoration cannot be completed without financial expenditure and efforts of different researchers.

A lot of researches have been done into the human mental development. And there have also been discoveries of human mental health disorders from different researchers; such disorders do cause other health challenges. Sometimes, mental health issues result in some abnormal behaviour and feeling bad about self and others. Some individuals sometimes disorganised in social and academic activities. There are also anomalies in their feelings resulting in weak, tense, restless, slow, hypoactive and hyperactive behaviour.

Researchers like Ozoji, Unachukwu and Kolo (2016), maintained that the degree of effect of what mental retardation has to do with IQ levels such as: mild IQ scores from 70 down to 55/50, moderate IQ scores from 55/50 down to 40/35, severe IQ scores from 40/35 down to 25/20 and profound IQ scores below 25/20. The affected persons need restoration therapists that will provide them good mental fitness and eliminate stress and encountering more problems. This can be done through exercises and recreational activities.

Teaching recreational activities serves as therapeutic tool to persons with special needs for rehabilitation and sustainability. The exercise participants with disabilities (PWDs) can be educated on the principles of exercise and given



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adequate direction to the use of the exercise prescription for restoration of health issues (Anam & Nanjwan, 2016).

Health may be seen as the ability to adapt and manage physical, mental and social challenges in daily life. The context in which adaptation of recreational activities for individual to participate is of great importance for both health status and quality of life. It is increasingly recognized that health is maintained and improved upon through efforts and intelligent lifestyle choices of the individual and society (Nanjwan & Owojaiye, 2019). Health-related stress encompasses five components: they are muscular strength, muscular endurance, aerobic endurance, flexibility, and body composition (Maina, Griffin, Ryan, & Schelgel Maina, 2001).

Muscular strength, muscular endurance, and aerobic endurance are health-related fitness components that are directly related to physical conditioning. Muscular strength is defined as the force that a muscle can produce or exert on a one-time maximal effort or the greatest amount of weight or resistance of muscle tone (Otinwa, 2005). Aerobic endurance is defined as the body's ability to engage in activity over a prolonged period of time; and utilizes oxygen in the process of energy generation (Universal Fitness Tester, 2007). Assessment of cardio respiratory endurance status of persons with disabilities has become a necessity for exercise prescriptions (Nanjwan, 2019)

The term Health has been viewed from various perspectives for example, World Health Organization (WHO) (2020), has defined health as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Ajibola (2021), citing states that health is an integrated method which is oriented towards maximizing the potential the individual is capable of.

Viewing from different specialists on health for example, the anatomists see a healthy body as conforming to natural anatomical structures (Nanjwan & Dada, 2018); to a physiologist, it implies normal body functioning; a biochemist will regard it a normal biochemical levels/values measured; a pathologist sees it as a normal cellular makeup composition; the geneticist views it as a full realization of genetic potential, a clinician will see it as a normality in structure and functions; while a psychiatrist will regard a healthy person as one that is well-adjusted with a balanced behaviour and personality (Department of Psychiatry, 2020). It requires that the individual maintains a continuum where he/she is functioning.

When good health restoration is incorporated into one's lifestyle, it becomes an individual personal asset that enables one to meet normal daily needs and other challenges of life. In other words, optimum health or fitness would be that level which would enable the individual to live life to the fullest. Teaching independent living skills for persons with disability will help to maintain and restoration of good health (Nanjwan, 2017). Health maintenance for PWDs would mean that one could meet the requirements of his vocation, academic, industry, governance, politics, sports, etc with good health composition for enough energy and strength and then have enough vitality to meet any vocational interest or any special demands placed by emergencies.



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Mental health is about the way human beings are able to reason and adjust to various factor in their environment so that they still maintain a good mental state or social psychological well-being. It includes, among others, how children adjust to school life, how adults adjust to job situations, marital life and community involvement activities. In other words, it refers to how people adjust to living with other people, such as their spouse, parents, brother, sisters, cousins, friends and neighbors. In fact, mental health is concerned with how people adjust to all life events.

The concept of mental health, like the term health, is difficult to define. This is because like health, mental health is a relative term whose boundaries are not clear-cut. Definition of mental health is difficult for several reasons like differences among conceptual models, difficulties in measuring emotions and behavior, relationships between emotional disorders/behavioural disorder and other handicapping conditions, differences in the functions of socialization agents who categorize and serve children (McLoughlin & Lewis 1994).

Mental health is a relative term. What is accepted as being a normal mental state in one culture may turn out to be abnormal in another society and vice-versa. Armatas (2009) in Ozoji, Unachukwu and Kolo (2016), defined mental retardation (MR) as a genetic disorder manifested in significantly below average overall intellectual functioning and deficit in adaptive behaviior. Mental retardation (MR) or Intellectual Disabilities (ID) is a state of functioning that begins in childhood and is characterized by decreased cognitive, affective and psychomotor skills, as well as being the most common developmental disorder that needs restoration as it may affect the wellness of an individual. Discussing MR and ID in this context or paragraph do not blend properly with mental health issues

An individual or a group is always in the dynamic process of moving towards behaviors that are beneficial to their health. Wellness is a process of moving towards greater awareness of your human potentials by developing high levels of physical fitness, good nutrition, positive relationships with others and a concern about self- care and sensitive on the environment (Ajibola, 2019). It is presented as a style of living that requires self-responsibility to achieve maximum potentials. It is related to your purpose in life and your determination to take control of happiness by exercise-oriented life style of living.

Indeed there are so many factors that are capable of influencing the wellness of an individual. Exercising from all ramifications is an approach to health that focuses on balancing and attempting to minimize conditions of illness. It can be conceptualized to select appropriate assessment tools, planned, structured, repetitive and purposive in the sense that it aims at improving or maintain one or more components of the physical fitness of the individual in order to achieve an optimal state of health.

Nanjwan and Ashi (2013), advised that selection of assessment tools for effective inclusive education of students with disabilities for sport participation will promote their wellness. True wellness is largely determined by decisions one



makes about his or her lifestyles, physical fitness regimen or exercise based on sound scientific principles and guidelines is for the promotion of good health. Wellness, therefore, implies a state of life that is active, energetic with optimal personal and environmental well-being. Exercise is a leisure-time activity that one carries out to achieve fitness in the areas of agility, power, strength, speed, reaction time and coordination (Nanjwan, 2019). Wellness is the overall goal of a person

### **Thesis statement**

Based on the above thesis statement, the chapter will be discussed under the following sub-headings: mental health, restoration of mental health, recreational activities, fitness exercise for persons with disabilities, challenges in achieving mental wellness for persons with disabilities and the chapter ends with conclusion and suggestions.

### **Mental Health**

Mental health is a state of well-being of the mind. Having self-esteem is a vital part of mental health. Self esteem means liking yourself and being able to stand up for what you believe is right. It is easy to understand that mental health depends on one's feeling good about you, when you are having confidence in yourself. Who you reflect is your personality. To belong is to feel a part of the group to feel accepted to feel safe and secure. Any abnormalities that affect the well-being of the mind either mentally, socially, emotionally and otherwise may be regarded as mental health disorders.

Mental health disorders attacks everybody, rich or poor, young or old, black or white and so on. It can have both inter and intrapersonal effects on the individual. Mental health disorders manifestation can occur in different dimensions.

Classification of mental disorder are mental retardation attention deficit disorder, conductive disorder, anxiety disorder, childhood and adolescence disorders, eating disorder, stereotype, movement disorder, other disorders with physical manifestation and pervasive developmental disorder. Under pervasive developmental disorder some of them are organic mental disorder, schizophrenic disorders, paranoid disorders and psychotic disorders. Neurotic disorders: under neurotic disorder are affective disorders under specific affective disorders are hyperchol affective disorders anxiety disorders somatoform dissociative disorder and psycho sexual disorder.

Developing self-esteem is important part of feeling good about yourself the people around you and your purpose in life. The keys to a healthy self-esteem rest in appreciating your own word and acting responsibly towards yourself and others. Ajibola and Nkere (2019), refered it to definitions of health as the absence of disease and injury. The physical component of health refers to the bodily aspect of health. They include: Physical health components, mental health component, social health component, emotional health component, spiritual health component,



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vocational health component, environmental health component. Appropriateness of health components lead to appreciate and feel wellness on the individual.

According to Ajibola (2019) the National Wellness Institute promotes different dimensions of wellness. All the components of wellness interact continuously and influencing each other, thus, restore level of wellness in one or more areas of life. They are emotional, occupational, physical, social, intellectual, spiritual, interpersonal social environmental and financial wellness. Addressing their entire prescribed medication regimen is by getting recommended vaccines for health problems either be completely prevented or at least managed before they become extraordinary expensive. Maxwell (2018), explained that the dimensions of wellness builds a holistic sense of wellness and fulfillment for human lives as follows:

(a) **Physical wellness:** To individuals, physical wellness refers to optimal health requiring eating adequate diet well, exercising regularly and productively avoiding harmful habits, learning about and recognizing the signs and symptoms of diseases, getting regular medical and dental check-ups and taking steps to prevent injuries at home, on the road and on the job.

(b) **Emotional Wellness:** The qualities of emotional wellness include optimism, trust, self-esteem, self-acceptance, self-confidence, self-control, satisfying relationships and an ability to share feeling with others. As an individual, maintaining emotional wellness requires mentoring and exploring your thoughts and feelings, identifying hurdles to emotional wellness and finding solution to emotional problems with the help of an expert. (c) **Intellectual wellness:** It refers to participation in new and creative activities, learning and exploring new skills (Namaste, 2018). It encourages us to engage in creative and making-stimulating activities that expand your knowledge and skills for self gain (Plang, Nanjwan & Ntino, 2021).

(d) **Spiritual Wellness:** is to set a guiding beliefs, principles or values that give meaning and purpose to your life. Spiritual wellness involves the capacity for love, comparison, forgiveness, altruism, joy and fulfillment.

(e) **Interpersonal wellness:** Satisfaction of relationships is basic to physical, emotional and mental health of individuals. It is therefore necessary to have mutual loving supportive people, friends and families in our lives.

(f) **Social wellness:** This refers to human relationships and how human beings interact with each other. Human relationship can offer support during difficult times. Social wellness involves building healthy, nurturing, supportive relationship, fostering a genuine connection with those around you.

(g) **Environmental wellness:** personal health of individuals depends on the health nature of the planet on which we live on from the safety of the food, prescribed medication regimen, and getting recommended vaccines, water supply, air we breathe, environment cleanliness to the degree of violence, crime and terrorism in a society.



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(h) **Financial wellness:** It involves the process of learning how to successfully manage financial expenses. Money plays a critical role in our lives and not having enough of it impacts our health as well as academic performance.

(i) **Occupational wellness:** It inspires individuals to prepare for work in which they gain personal satisfaction and find life enrichment..Attitude about work is a crucial influence for occupational development.

### **Restoration of Mental Health Disorders**

Mental health disorders needed to be understood to provide solutions through restoration. Manifestations of mental health disorders are those observable and non observable indication or sign which signal illness that can make someone uncomfortable or even kill. For example one may develop high tension, abnormal Body Mass Index (BMI), abnormal head size, un equal body part sizes unhealthy weight or too much of weight loss, too much of amount of fat contained in the body, abnormal blood pressure, abnormal body temperature, too much of cholesterol in the blood, low or high rate of heart beats, unwanted behaviour generally low physical fitness. Some of them may experience sleeplessness or insomnia, frequent depression, anger, cardiovascular heart diseases, peptic ulcer, high levels of anxiety. Its effects also includes: physiological, intellectually, sociological, behaviourally, religiously, job wise and environmental problems.

Treatment of mental ill-health occurred largely in hospitals, institutions and other therapeutic centers. Currently, the major method of treatment is chemotherapy or the use of drugs, Planning therapeutic recreational activities and rehabilitation of the affected person by specialist in the area of health restoration. It is frequently used with psychoanalysis or behaviour therapy Cissik, (2010).

Chemotherapy has proven an active treatment to control psychotic episode or reduce relapse through maintenance and medication. A prescription will be written based on the patient's needs a treatment or rehabilitation team including specialist from the field of social work, occupational therapy, psychology, therapeutic, recreational service and possibly other appropriate personnel is organized to carry out the treatment goal. At this point the medical prescription serves as the behavioral objective which the patient is to achieve.

Planning therapeutic recreational activities for patient with mental challenges may be necessary by therapeutic team members. If the client responds to the prescriptions, then continuous assessment of the client or patient is essential as well as programme evaluation so that basic objectives can be met. The rehabilitation team serves as the overall team of quality assurance body with respect to the therapeutic recreational services. The team evaluates the outcome of the recreational activities participation to determine whether the client's behaviour is appropriate for the situation and environment. Individualized programme is established to satisfy the treatment goals which have been selected activities for the client on the basis of analysis that indicate successful performance.



Recreational assistant identifies the performance areas in which problems are occurring. These functional performance areas are what the client needs to work on in order to resume their normal pattern of life. There may be specific reason why a client cannot perform daily living activities. Questions may be asked on sub skills acquired; does the client have deficiencies in sensory function? Does he or she have the large of motion needed to dress him or herself? Is coordination impaired? These sub skills are called performance components and often they must be worked and improved on before a client can be expected to performance daily living skills or other performance skills.

Recognizing the sign can prevent the development of mental distress. It is important to take notice of long-lasting sign of emotion stress and clinical depression especially if someone frequently talks about suicide or death. The next step is to ask for help. The school should know or have a doctor, a member of the clergy, the teacher or the school counselor who can help or identify the right person to talk with or the best place to go for help.

Mental health or mental wellness is affected by emotional and intellectual wellness. Emotional wellness contributes positively to mental health. Health and wellness relationships are in diverse ways such as state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity through active process which people become aware of, and make choices toward more successful existence. A state of wellbeing is a practical way of achieving good health. Health is more related to western medicine while wellness is more related to complementary and alternative medicine. Considers mental wellbeing as being free from stress or other mental diseases. Wellness focuses on mindfulness and mind training as well, in addition to general mental health. Health is the ultimate goal that can be achieved if a person is healthy and free from diseases.

Physical fitness activities give individuals the ability to carry out daily tasks with vigor and alertness. Exercise provides immediate long term effects on the individual. It enhances self-image and increased ability to manage stress, decreased risk of heart disease, and increase cooling effect of the body through sweating, increase bone density and bearing strength of bones, ligaments and tendons. It also improves respiration and enhances ability to extract oxygen from the air by increasing blood volume and capillary density. There is a need to assess PWDs to obtain information can help for better services.

The data collected can assist to know the health status for effective restoration. Restoration can be through prescript exercise, eating of recommended food, taking part in doing regular exercises, application of therapists, prescription of appropriate treatment and activities, taking precaution against unwanted happening and counselling affected client positively.

Restoration of health is the ability to adapt and manage situation as key to health. It also acknowledges the subjective element of health. Ajibola (2021), explained that health parameters are numerous and occur in different dimensions, for example, the Body Mass Index (BMI), which is measure to help assess if an



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individual is at a healthy weight and if weight loss is necessary. It can calculate the amount of fat contained in the body and help individuals decide a healthy weight for them. Similarly, the range of normal blood pressure reading by medical guidelines state that normal blood pressure for most adults will be 120/80 mm Hg. Treatment is recommended if blood pressure is at or above 140/90 mm Hg. When the level of cholesterol in the blood is high, it begins to accumulate on the walls of the artery, over time the arteries become narrowed, blocking easy blood flow to the heart, brain, or other vital organs.

### **Recreational Activities**

Participation in recreational activities by PWDs needs special consideration by recreationist. There is a need to consider the physical surroundings. They are tools that the recreationist can manipulate to help the client achieve security. The recreationist has to engage in planning interactions with client to help them towards their therapeutic goals. They must be sensitive and receptive to those of their client.

There is a need for effective use of self which depends heavily on the skill and the ability to communicate clearly and directly. The therapist helps to make learning process easier and more effective for the client and practice new behaviour that will enable them to function more effectively in daily life. There is also a need for use of purposeful activity that involves interaction with both the human and the non human environment. Activity can be made in groups that comprise individuals who share common concerns or who need to work on similar problems or deficiencies.

There is a need to examining the task or activity in terms of its smallest performance component that will fit with the client's needs. The task of selection is an appropriate treatment activity that is essential to meet the specific needs of the client. Comparative sport tends to reduces stress, the individual feel better after exercise it reduces anxiety it is a common belief that certain type of recreational activities provide an opportunity for the release of feeling of aggression in a socially acceptable manner.

To function effectively the trainer must have variety of sub skills that contribute to total performance. These performance components are the building blocks that support performance and are necessary for normal functioning For example, sensor motor function is refers to one of the performance component that focuses on the ability of the central nervous system to organize the use of sensory stimuli to plan interaction with the external environment. Neuromuscular functions are other components of performance and refer to the ability to use one's body to move and respond effectively. Motor function is related to the ability necessary for the physical performance of task. Cognitive function refers to the ability of the brain to learn understand, remember conceptualize and solve problems. Psychosocial performance components include the ability to perceive oneself and another who orders realistically and to express one's feeling and



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understand those of others. They include being able to relate with others in meaningful ways and to function in group situations.

The essence of gaining knowledge on the performance components is to give them appropriate activity that will suit their performance ability. According to Ajibola (2021), exercise prescription is the process of designing a regiment of physical activities in a systematic and individualized manner. Each exercise prescription has five essential components namely: Frequency, Duration, Intensity, Mode and Progression.

The coach and athlete trainers must possess sound understanding of the principles of assessment, training and conditioning of PWDs relative to their levels flexibility, strength, and cardiovascular endurance (Nanjwan 2019). By adhering to certain fundamental principles, the programme produces restoration as desired gains.

The principles of conditioning include:

1. Adaptation; the level of adaptation is proportional to the demands placed on the individual's body, such as the volume/quantity, frequency and the intensity/load of training has to be modified base on need of the individual. 2. Reversibility; this principle states that if you do not maintain a regular exercise programme, your state of physical fitness will regress. If an individual stops working, the already trained skill will become weaker and eventually diminish. 3. Specification; specificity states that the body makes gains according to how the body exercises. This principle is important because applying it correctly will allow one to have a focused, efficient and effective programme to attain the desired gains (Cissik, 2010).

4. Progressive Overload; Progression is an exercise that states that a person should start slowly and increase gradually. The body is pushed to more than what it is used to, in ways such as resistance, repetitions, duration, speed, volume or range of motion that leads to improve performance. Compensation; this is when an individual attempts to work too far beyond his/her current abilities (Welsh, 2009). Without intervention and of activities it may cause more problems to the participant with disability.

Different levels of activities according to the length and type perform can also be adapted to suit PWDs for health restoration. For example, sedentary activities- performed infrequently they may include watching television, searching materials from the internet, talking on the telephone. Moderate-intensity is physical activity that can be take place preferably every day (about 30mins). Some examples are walking to the market or bank or work place, washing windows, climbing stairs, cleaning the room. Cardio-respiratory endurance exercise; performed 3-5days in a week, 20-60minutes. The examples are walking, jogging, bicycling, swimming, aerobic dancing, cross-country. Strength training; this can be done 2-3 days per-week. All muscles and muscle groups are involved- the biceps curls, push-ups, abdominal curls, bench press, calf raises. Flexibility training: 2 or more



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days per week. Some examples are calf stretch, slide lunge, step stretch, hurdle stretch. All the activities can be done to promote fitness for PWDs.

### **Fitness Exercise for Persons with Disabilities**

Research findings indicate that people involved in a rigorous physical exercise programme experience increased efficiency in the cardio-vascular system in approximately eight weeks and progressive increase follow thereafter (American College of Sports Medicine ACSM 2010) and (Nanjwan (2019). The authors stressed that to initiate a continuous exercising regimen for PWDs needs is an individualized approach for there is the need to obtain medical, health, and physical fitness information for each participant to know their health needs before prescription of exercise performance. It is advisable to discuss interest felt-needs and reasons for exercise programme for persons with special needs.

Helping people to be well and remain well is an important investment. Any person who experiences any abnormal symptoms in the body or behaviour should consult medical personnel, psychologists psychiatrists, counsellors, educational management experts, special educators and others should show their focus on human wellness for restoration skills. They may include; exercise or jumpology activities therapeutic activities, how to take care of themselves, the use of technology to access curriculum and functioning, independent living skills, personal skills, arts and craft.

Within the circle of Human Kinetics, the term exercise or jumpology and physical activities are being used interchangeably, though both have similar attributes. The term physical activity differs from exercise in the sense that it is conceptualized to refer to body movements that are produced by the contraction of skeletal muscles and that help to increase energy expenditure.

Exercise is a physical activity that is planned, structured, and repetitive for the purpose of conditioning the body. It is any bodily activity that enhances or maintains physical fitness and overall health and wellness. Exercise is performed for various reasons these include increase in growth and development, prevention of aging, strengthening of the muscles and the cardiovascular system, honing of athletic skills, weight loss or maintenance and improvement of health and also for enjoyment for the participants.

Many individuals including PWDs choose to exercise outdoors where they can congregate in groups, socialize, and enhance their wellbeing. Exercises bring together and strengthen the whole community in its efforts to prevent, protect against mitigate respond to the body and recover from all hazards the body has loss. Exercise helps in maintaining a healthy weight regulating the digestive system, building and maintaining healthy bone density', muscle strength and joint mobility, promoting physiological well-being, reducing surgical risks, and strengthening the immune system. Some studies indicate that exercise may increase life expectancy and a Healthy life (Germeaux, Gayda, Lepers, Sosner, Juneau, & Nigam, 2012).



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### **The different types of exercise for restoration of PWDs may involve:**

Firstly, Aerobic exercise; this includes activities that have to do with running, swimming or dancing. They are activities that work on the cardiovascular system. These types of exercise can reduce the risk of cardiovascular diseases, type 2 diabetes mellitus and high blood pressure and may even lower the risk of cancer. Aerobic exercises speed up heart rate and produce good breath that are important for many body functions. It gives the heart and lungs a workout and increases endurance (Harvard University 2017).

Second, Strength exercise; this includes activities that have to do with weightlifting, push-ups and crunches. This type of exercises increases lean muscle mass, which are particularly important for weight loss (Rettner, 2016).

Third; Balance exercises; balance exercises include standing on one foot or walking on heel to toe, with eyes open or closed. Balance exercises improve the ability to control and stabilize the body's position. Balance exercises can be beneficial to everyone, including people who have gained or lost a lot of weight. (Harvard University, 2017) and (Nanjwan, 2017).

Fourth Flexibility exercise; Flexibility exercises include activities that have to do with sit up, trunk extension. Flexibility exercises stretch the muscles once and may improve the range of motion at the joints. They can improve your flexibility, and reduce the risk of injury during sports and other activities Nanjwan (2018).

### **Challenges in Achieving Mental Wellness for Persons with Disabilities**

Fitness assessment specialists may not be enough since persons with disabilities vary widely in their health and fitness states, based on that they need proper assessment before participation in physical fitness activities (Nanjwan 2015). Responsiveness to training exercise is based on individual differences such as age, sex, race, genetic disposition, obesity, exercise history; medical history and motivation all play important parts. Training principles for PWDs are not well followed based on the individual differences, for that they may not have successful result. Participants need sometimes in performing the activities to feel some physical changes in the body but they may lack patient. They lack personnel who will let them understand that it may take one's body a number of months to adjust to the demand of exercising, in order to gear up for increase in mental alertness. They may find it difficult to meet the required dose.

Someone who is not feeling emotionally well may exhibit different types of behavior related to mental distress or illness. Lack of specialist to handle their needs can make identification of their specific wellness needs a problem. This can deprived their participation in wellness activities. They require assistant from different specialist but there is shortage of personnel to guide behavioural traits that prevent them from interacting with others in a healthy way. Lack of awareness of coordinating wellness programme, insufficient literature to educate personnel has made compliance of the client during sport participation activities not



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sufficiently handled. They may not have choice of participation in wellness activities because poverty made most of them live in isolation and live their lives based on charity and pity.

Assistance required for their transportation is lacking and there are difficulties in locating where suitable recreational activities are found in their surroundings. Persons with antisocial personality disorder have little sense of responsibility no respect for the right of others or concern for other people. Most of them can be very difficult to change because of their antisocial behaviours. Persons with paranoid personality disorder have often have suspicions and mistrust for others. They experience difficulties in taken part in team work.

Communication problems make them have feeling of exclusion. Insufficient learning equipments, facility orientation and monitoring of wellness teaching skills makes difficulty to engagement in the activities successfully. Schizoid personality disorder involves a condition of deep withdrawal from other people. Criticism from others can easily hurt them. People with Compulsive personality disorder have difficulty changing the new way of doing things. They may lack a sense of humour and cannot express warm loving emotion.

People who have a compulsive personality can only express satisfaction when things seems right to them. Passive aggressive personality disorder causes people to strongly resist cooperating with others, such resistance is not out in the open but express indirectly and can severely hamper relationships between participants. These disorders serve as a big challenge in achieving mental wellness since they cannot cooperate with people.

### **Implications of the Discussion Towards Persons with Disabilities**

The implication of the discussion of this paper is based on the variables in the thesis statements.

Good living conditions enable PWDs to enjoy better and long life. Mental health is all about feeling a sense of belonging due to sound mind. The implication is that awareness of health improvement is important to improve their health status. Advances in medical care approach to life activities that focus on prevention can help to increase life span of PWDs.

Restoration of mental health is all about how PWDs can help base on their special needs. The implication is that Identify ways to make their life better and maintain good behavior will promote the improvement and development their health status.

Recreational activities are programmes of progressive recreational skills development tailored to their needs and capabilities. This helps them to display unique talents. The implication is that it creates sense of belonging and awareness of proper activity will help them taken precautions during participation.

Fitness exercise for PWDs is about understanding of the effect of exercise on the health of PWDs. The implication is that it creates joy of participation in



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various exercises that suit them. This help to take precautions on how suitable activities can be selected to affect health positively.

Challenges in achieving mental wellness for PWDs are many. It is good to note that knowing differences in people and understand that those differences make people special. The implication of mental health restoration is that help them overcome challenges and barriers to mental health development. Applying therapy to areas that might be weakness can provide new concepts for improvement of wellness. And it is good thing to access behavioural activities that help to prevent the spread of diseases.

### **Conclusion**

Mental health disorders may not be considered such a dreadful and visible disease like other infectious diseases. But they do cause stressful lives and have debilitating effects on people's general life performance. Mental health disorders also account for some dreadful diseases that can kill or render the victims useless even if they remain alive. Mental health management, treatment and restoration do prevent stressful lives.

A healthy human being is one that generates technical knowledge and healthy body for serving humanity. Special educators, adapted physical educators, exercise physiologists, psychologists, and medical personnel are entrusted with the responsibility for helping person with mental health to be well and remain well. The management modalities are important investment for mental health restoration of PWDs.

Life span and good health of PWDs can be greatly enhanced by continued practice of disease prevention behavior.

### **Suggestions**

1. Assessment of intelligence quotients health and adaptive behaviour is very important to ascertain the intellectual and health status of PWDs for effective rehabilitation of their of mental health.
2. Government should make provision of funds available to train personnel, establish exercise and recreational centers to aids in personal mental health restoration of PWDs.
3. Government should establish a training center for skill acquisition programmes that will work to restore mental health of PWDs.
4. Free treatment, medical check and therapeutic centers for maintenance of health needs for PWDs. Organizations and establishments should have exercise and recreational period within the official time for their staff.
5. The general society should guide PWDs to take part in intensity activities based on their health levels that can offset risks of illness.

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