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**Comparison study of sustainable development impact between martial arts  
and group sports program in refugee camps**

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## **Abstract**

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### **Comparison study of sustainable development impact between martial arts and group sports program in refugee camps**

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During the last few years, the concept of sport for peace and development (SDP) has gained widespread acceptance. However, the existing literature has only examined the concept through a limited set of theoretical lenses, necessitating the development of additional theoretical frameworks in order to better understand its dynamics. The inclusion of martial arts training in SDP programs will aid in increasing the impact of sustainable development on the beneficiaries. The concepts of physical activity and value education found in the martial arts are ideal tools for achieving the SDGs objectives in this regard, and they may aid in the development of more impactful programs in this regard as well. This thesis will evaluate significant case studies that reflect on the impact of the SDP programs across a wide range of disadvantaged communities in different parts of the world. In order to compare the impact of group (team) sport and martial arts programs on the themes of self-development and sustainability, the following research questions were developed: The research question Are martial arts considered to be a good vehicle for achieving SDP objectives?

**Keywords:** Sport for Peace, Sport for Development and Peace, Martial Arts, Team Sport, Refugees, Millennials Development Goals, Sustainable Development Goals

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## List of Acronyms

|              |   |
|--------------|---|
| <b>NGO</b>   | Non-governmental organization                 |
| <b>HIV</b>   | Human immunodeficiency virus                  |
| <b>IGO</b>   | Intergovernmental organization                |
| <b>IOC</b>   | International Olympic committee               |
| <b>KEQs</b>  | Key evaluation questions                      |
| <b>MDGs</b>  | Millennium Development Goals                  |
| <b>NOC</b>   | National Olympic committee                    |
| <b>OWG</b>   | The Open Working Group                        |
| <b>S4P</b>   | Sport for peace                               |
| <b>SDGs</b>  | Sustainable Development Goals                 |
| <b>SDP</b>   | Sport for development and peace               |
| <b>SFD</b>   | Sport for development                         |
| <b>THF</b>   | Taekwondo humanitarian foundation             |
| <b>UN</b>    | United nations                                |
| <b>UNHCR</b> | United Nations High Commissioner for Refugees |

## Definition of Terms

- **Divided society or a culture divide** "a boundary in society that separates communities whose social economic structures, opportunities for success, conventions, styles, are so different that they have substantially different psychologies". (Prentice, Deborah A.; Dale T. Miller, 2001). Cultural divides: understanding and overcoming group conflict. New York: Russell Sage Foundation. p. 395).
- **A refugee**, In general, a displaced person is someone who has been forced to cross national borders and is unable to safely return home. Until the contracting state or the United Nations High Commissioner for Refugees grants refugee status, such a person is known as an asylum seeker.(United Nations High Commissioner for Refugees, 2019).
- **Personal development** consists of activities that develop a person's capabilities and potential, build human capital, facilitate employability, and enhance quality of life and the realization of dreams and aspirations (Cambridge Dictionary, 2021).
- **Sustainability** is an organization's ability to carry out its objective or program indefinitely. All initiatives must come to an end at some point, but the impact of the project should be felt for a long time. Donors want to know how the project and its influence will last after they are no longer involved in it. There are three types of sustainability for a project or organization: organizational, financial, and community sustainability. ("What is Project Sustainability? - proposalforNGOs," 2018).



# CHAPTER I

## INTRODUCTION

Refugee crises have dominated the headlines on a daily basis for the past decade. Thousands of thousands of people have abandoned their homes in search of safety and a better future. Situations such as the Syrian civil war and the Rohingya flight to Bangladesh are only a couple of instances of what I mean. Refugees have received less publicity in the press in recent years, which is a good thing. Refugee problems, on the other hand, continue to be a major source of worry around the world. According to official statistics, the number of refugees and internally displaced persons more than doubled in 2019 when compared to 2010 data (Almeida, 2021). There are presently more than 80 million internally displaced individuals across the world, with 30 to 34 million of them being children. This means that one in every 97 persons on the planet is today a victim of forcible relocation (The most urgent refugee crises around the world, 2021).

The Syrian refugee crisis, now in its eleventh year, continues to be the world's most serious refugee and displacement catastrophe of our generation. Approximately 6.8 million Syrians are refugees or asylum seekers, with a further 6.7 million internally displaced within the country. That amounts to 13.5 million Syrians being forcefully displaced in total, accounting for more than half of the country's population. Syria is home to about 11.1 million people who are in desperate need of humanitarian aid. Furthermore, almost half of those affected by the Syrian refugee crisis are children (Reid, 2021).

While camps are necessary for providing shelter to displaced people and organizing services and supplies during disasters, they also impose a number of constraints on refugees, particularly in terms of rights and freedoms, that prohibit them from living meaningful lives in the long run. As a result, considering camps as temporary, time-limited responses, rather than permanent solutions, is more beneficial to host governments in order to begin putting in place mechanisms that facilitate alternative solutions that promote peaceful coexistence between hosts and newcomers, as well as

local economic and social development. (United Nations High Commissioner for Refugees, 2021).

Sports may promote the well-being of refugees, give them more authority, provide chances for education and socialization, and strengthen connections between refugees and their host communities, according to the United Nations Refugee Agency. Finding a method for children who have been displaced from their homes as a result of war or terrorism to be free of the stress they are experiencing in refugee camps aids their recovery process (Global Sport Matters, 2019).

Martial arts have a long history in many countries and have many important aspects in the development and training of its practitioners, one of which is discipline (sportanddev.org, 2019). There is also a lot of potential for martial arts to be used as a way to get the development effect and long-term sustainability of sport for development and peace projects.

## **1.1 Rationale and Research Question**

Martial arts have a lot of potential to be a long-term source of self-development assets for SDP programs because they can teach discipline, resilience, and other things ("Exploring Regimes of Discipline," 2013). A person's well-being may be significantly improved as a result of their participation in martial arts. Specifically, as stated in this article, "individual well-being is influenced not only by physical activity such as fitness, but also by activity that involves a common social context." (Malm, Jakobsson, & Isaksson, 2019). The consequences of anomie, such as the resorting to violent acts against oneself or others, have been shown to be mitigated by active participation in martial arts-type sports, which explains why active participation in martial arts-type sports has been shown to be mitigated by violent tendencies (Sport for development and peace, n/d). As a result, disciplines such as martial arts offer a promising future in the SDP setting.

### **Aim of the study**

The purpose of this study is to investigate the impact differences between group sports and martial arts on self-development inside the refugee camps and disadvantaged communities by utilizing case studies, qualitative impact data, and KII session data to investigate the potential impact.

### **Objective of the study**

1. To evaluate the sustainability and self-development impact of martial arts compared to the impact of group sports.
2. To show the capacity of martial arts to be a good vehicle for achieving SDP objectives.
3. To lay the groundwork for future research and discussion on martial arts in the SDP.

### **1.2 Structure of the Paper**

The thesis is organized as follows. The introduction, rationale, and research question, as well as key terms and definitions, were all presented in Chapter 1. Chapter 2 contains a review of the literature and a discussion of the critical issues confronting SDP. The literature review establishes the SDP's history and objectives, including an overview of the SDP's research landscape, a concise explanation of the definition, the SDP's goals and objectives, and finally, a critique of the program's functionality. Chapter 3 will examine the methodology, including data collection from primary and secondary sources, data analysis, and research ethics and limitations. Finally, Chapter 4 summarizes the study's findings and discussions, draws conclusions from the findings, conducts a discussion, and makes recommendations for future research.

This thesis is one of the few attempts to reintroduce the martial arts into the SDP discourse. It aims to contribute to the establishment of a foundation for future discussions, particularly on international environmental issues, which will become

increasingly prominent on the international stage in the coming years. The thesis's premise should therefore be embraced by international NGO parties as a potentially more sustainable and impactful form of social intervention.

NGOs will inevitably be required to approach discussions with a research-based approach. SDP is thus a field that requires additional research to fully appreciate its advantages in the discourses of social intervention and development.

## CHAPTER II

### LITERATURE REVIEW

Sport has always been an adaptive part of human growth that has served to promote self-development in individuals. Different studies reveal that “cognitive and brain development are directly benefited from physical exercise as it adds to more advanced physical-psycho coordination.” (Mandolesi et al., 2018). Sports heritage has been continuously coordinated with well-being and self-development as different studies suggest that as well, modern sport has had an impact on the social construction and physical well-being of society as a result of the direct outcome of improving the average lifetime of people leading to greater integration of sport in society will result in greater self-development for mankind (Peng's, 1990.). This demonstrates that physical activity is a necessary requirement for the growth of human beings (Mandolesi et al., 2018). Sport has changed in a variety of ways nowadays, including the diversity of its varieties and participation in social events. As a result of this diversity, many aspects of society, such as politics and entertainment, have been influenced, and one of these aspects is the social intrusion utilized to aid unprivileged and disadvantaged societies, such as refugees and the poor. In this chapter, we will discuss the history of sport for peace and sport for development and peace (Spaaij, 2013), as well as the Martial arts potential for more sustainable impact on self-development. Individual well-being has been demonstrated in numerous research papers (Chalip, L.; Thomas, D.R.; Voyle, J., 1996), and modern sports are increasingly incorporating concepts of sustainable development into their aspects, which are thought to be related to improving overall quality of life. Chalip (1996) found that physical activity has a positive impact on individual wellbeing. Martial arts have been shown to be advantageous to long-term spiritual and physical human progress by (Pietrzak, H.; Cynarski, 2000) to illustrate its effectiveness. A beneficial influence on one's quality of life is unquestionably provided by social contacts, and earlier research has demonstrated that in the case of martial arts, young judokas emphasize the importance of making new friends as a consequence of their engagement (Guedes, D.P.;

Missaka, 2015). In addition, the objectives, problems, and outcomes of this study will be discussed in the paper. We will also talk about what this study is trying to accomplish.

## **2.1 SDP Origin & History**

The main stations in the SDP's history will be included in this section, along with a brief explanation, to provide a background understanding of the SDP's historical context.

It is the result of the actual nature of sport as a human activity that promotes self- and society-development, as well as peacebuilding. Sport for Development and Peace (SDP) (Sport for Development and Peace) “I have not lost faith in sport as one of the most powerful components of peace,” Pierre de Coubertin, the founder of the International Olympic Committee (IOC), remarked in 1894 (de Coubertin P, 1894, p. 15).

Furthermore, sport has served as an inspirational force for reconciliation and peacebuilding on numerous occasions, such as in 1995, when South African leader Nelson Mandela used the sport of rugby during the World Cup as a tool for reconciliation for the South African society and a weapon against the remnants of the apartheid system (Keech & Houlihan, 2022). In addition, it was the first time in history that the North and South Koreans competed as a single team under the same flag in the 23rd Winter Olympics in PyeongChang in 2018. That demonstrates the influence sport has in the realms of diplomacy and healing.

- The following section provides a historical summary of the major roles played by sport in the discourses on peacebuilding and development throughout history. Sport has always been included in one way or another in the discourse on peacebuilding and development, which has viewed sports as an enticing social intrusion for the international community to consider and engage with.
- When the United Nations General Assembly declared the rights of children as a basic right in 1959 (Assembly, U.G., 1959.), the international community recognized sport as a fundamental right.

- 1960 Sport was actively implemented by the United Nations Educational, Scientific, and Cultural Organization (UNESCO), which included sport as part of their educational development programs in developing countries, which began to polarize the image of sport and physical education for their capacity to develop (United Nations Educational, Scientific and Cultural Organization, 1960a). Furthermore, at the 1965 International Congress on Literacy, the United Nations Educational, Scientific, and Cultural Organization (UNESCO) defined sport as an objective in the education promotion activities integrated with the world campaign for literacy (United Nations Educational, Scientific and Cultural Organization, 1966).
- The 1970s marked the establishment of the SDP in the United Nations. In the 1970s, the United Nations (UN) encouraged more masseurs to work on development issues such as employment, education, health, nutrition, and housing, with a particular emphasis on the well-being of women and children in developing countries. The 1970s saw greater clarity when it came to the role of sport in development context, despite the fact that the SDP framework as we know it today would be developed decades later. Many countries expressed their support for sport as a means of promoting global equity in light of UNESCO extended physical education programs in developing countries (United Nations, 1973). Furthermore, the First International Conference of Ministers and Senior Officials Responsible for Physical Education and Sport, hosted by the United Nations Educational, Scientific, and Cultural Organization (UNESCO) in 1976 and attended by the President of the International Olympic Committee (IOC), established the role of sport in the development of society (United Nations Educational, Scientific and Cultural Organization, 1976).
- In the 1980s, there were numerous political events that demonstrated the effectiveness of sport in the promotion of peace and the fight against inequality. One of the most significant of these events was the Cold War geopolitics, which

culminated in the XII World Festival of Youth and Students held in Moscow in 1985, which was attended by more than 20,000 delegates from 157 countries. The festival delivered a message of solidarity against the postcolonial struggles that were taking place in many countries at the time, as well as the opportunity to learn about different national cultures. A forum titled "Youth and Sport in Contemporary Society" included a variety of discussions about personality development, sport democratization, and cooperation in the name of peace, among other topics (United Nations, 1985b). After all of this has been said, the role of sport has been further solidified by the Declaration against Apartheid Sport, which was adopted in 1987. The sport boycott assisted in isolating the apartheid regime on an international level, assisting the oppressed people in securing the total destruction of the Apartheid regime (United Nations, 1987).

- The world political scene has evolved dramatically since the 1980s, which has opened up a new chapter for sport as a development and peace-building tool in the twenty-first century. The International Olympic Committee (IOC) and the United Nations (UN) developed stronger ties in the 1990s, as seen by the promotion of the Olympic Games as a force for peace and development. In addition, in 1993, the United Nations on behalf of the African Unity organization revived the Olympic Truce, which pledged a cessation of hostilities in any war in order to ensure the athletes' safety during the Olympic Games (United Nations, 2015).
- The millennial declaration and the millennial development goals, which will serve as the framework for the SDP for the next 15 years, were adopted throughout the decade of the 2000s, bringing the sport for development and peace movement to a close. In addition to the Millennium Development Goals (MDGs), which offered measurable development objectives at the economic, social, and political levels, sport has been promoted as a new development technique. Sport as a universal language for development should be taken into consideration. The United Nations (UN) also signed a resolution in 2003 recognizing the importance of sport in development and peacebuilding, which was later approved by the UN General



Assembly (United Nations). In 2003, the Inter-Agency Task Force on Sport for Development and Peace was established. In the pursuit of the millennium development goals, sport for development and peace is being promoted. Published by the United Nations Publications) and established the United Nations Office on Sport for Development and Peace. In addition, 2005 was declared to be the International Year of Sport and Physical Education.

## **2.2 SDP Definition and Objectives**

In light of the widespread usage of the SDP in development programs around the world, the necessity for definition in order to improve efficiency became increasingly critical. According to the United Nations Inter-Agency Task Force on Sport for Development and Peace, “the intentional use of sport, physical activity, and play to achieve specific development objectives in low- and middle-income countries and disadvantaged communities in high-income areas” has emerged as a widely accepted definition for SDP (United Nations, 2015). That, in addition to adopting an international and inclusive definition for Sport for Development SFD, which is defined as “the intentional use of sport, physical activity, and play to achieve specific development objectives in low- and middle-income countries and disadvantaged communities in high-income settings” (sportanddev.org, 2021), the United Nations Economic and Social Council (UNESCO) has recommended that

The SDP as an important development instrument in achieving the Millennium Development Goals. At the United Nations Millennium Summit in 2000, the Millennium Development Goals (MGDs) were established to focus the world's attention and resources on eradicating global poverty. The Millennium Development Goals (MDGs) are a set of eight benchmarks and supporting targets aimed at reducing poverty, hunger, child mortality, and disease around the world, as well as boosting education, maternal health, gender equality, environmental sustainability, and global collaborations..The United Nations Inter-Agency Task Force on Sport for Development and Peace

determined in 2003 that "...well-designed sport-based programs are feasible and cost-effective methods to achieve objectives in development and peace," according to the United Nations. In addition to existing activities, sport is a powerful vehicle that the United Nations should increasingly explore as a complement to them." Sport for Development and Peace: A Report from the United Nations Inter-Agency Task Force on Sport for Development and Peace (Towards Achieving the Millennium Development Goals Report, 2003).

Many publications and papers have emphasized the potential contribution of sports to humanitarian and development efforts, highlighting the sport's contribution to development. The direct contribution of sport to the eight Millennium Development Goals objectives was the most significant, as seen in Table 1.

**Table 1: The contribution of sport to the MDGs**

| MDGS                                    | Sport contribution   |
|---|--|
| 1. ERADICATE EXTREME POVERTY AND HUNGER | <ul style="list-style-type: none"> <li data-bbox="852 1083 1404 1220">– Participants, volunteers, and coaches gain transferable life skills that help them find work.</li> <li data-bbox="852 1283 1404 1419">– Vulnerable individuals are connected to community service and supports through sport-based outreach programs</li> <li data-bbox="852 1482 1404 1619">– Sport programs and equipment production provide jobs and skills development</li> <li data-bbox="852 1682 1404 1818">– Sport can help prevent diseases that impeded people from working and impose health care costs on individuals and</li> </ul> |

|   |   |
|---|---|
|   | <p>communities</p> <ul style="list-style-type: none"> <li>– Sport can help reduce stigma and increase self-esteem, self- confidence and social skills</li> <li>– Reduced risk of diseases that can cause or aggravate poverty by preventing people from working and/or imposing health care costs, through: <ul style="list-style-type: none"> <li>• Increased physical activity levels</li> <li>• Sport-based public education and social mobilization</li> </ul> <p style="margin-left: 40px;">campaigns in support of prevention and vaccination initiatives</p> <li>• Sport programs successful in reducing health risk behaviors</li> </li></ul> |
| <p>2. ACHIEVE UNIVERSAL PRIMARY EDUCATION</p> | <ul style="list-style-type: none"> <li>– School sport programs motivate children to enroll in and attend school and can help improve academic achievement</li> <li>– Sport-based community education programs provide alternative education opportunities for children who cannot attend school</li> <li>– Sport can help erode stigma preventing children w/ disabilities from attending</li> </ul>  |

school

– Increased health and physical fitness of primary school children, reducing school absenteeism through:

- Increased physical activity
- Sport-based health and disease prevention education for

children and families

### 3. PROMOTE GENDER EQUALITY AND EMPOWER WOMEN

– Sport helps improve female physical and mental health and offers opportunities for social interaction and friendship

– Sport participation leads to increased self-esteem, self-confidence, and enhance sense of control over one's body

– Girls and women access leadership opportunities and experience

– Sport can cause positive shifts in gender norms that afford girls and women greater safety and control over their lives

– Women and girls with disabilities are empowered by sport-based opportunities to acquire health information, skills, social

networks, and leadership experience

– Improved health and well-being for girls and women through physical activity and access to health information through sport-based programs

#### 4. REDUCE CHILD MORTALITY

– Sport can be used to educate and deliver health information to young mothers, resulting in healthier children

– Increased physical fitness improves children's resistance to some diseases

– Sport can help reduce the rate of higher-risk adolescent pregnancies

– Sport-based vaccination and prevention campaigns help reduce child deaths and disability from measles, malaria and polio

– Inclusive sporting programs help lower the likelihood of infanticide by promoting greater acceptance of children with disabilities

– Reduction in child deaths and disability from measles, malaria and polio as a result of sport-based vaccination and prevention

## 5. IMPROVE MATERNAL HEALTH

campaigns

– Sport for health programs offer girls and women greater access to reproductive health information and services

– Increased fitness levels help speed and post-natal recovery

– Increased access to reproductive and sexual health information,

discussion and services for women and girls

– Reduced risk of adolescent pregnancy in sport participants in some contexts

## 6. COMBAT HIV AND AIDS, MALARIA, AND OTHER DISEASES

– Sport programs can be used to reduce stigma and increase social and economic integration of people living with HIV and AIDS

– Sport programs are associated with lower rates of health risk behaviour that contributes to HIV infection

– Programs providing HIV prevention education and empowerment can further reduce HIV infection rates

– Sport can be used to increase measles,

polio and other vaccination rates

- Involvement of celebrity athletes and use of mass sport events can increase reach and impact of malaria, tuberculosis and other education and prevention campaigns

- Reduced risk of HIV infection as a result of sport programs aimed at prevention education and improving health risk behaviours

- Reduced stigma and improved health for some people living with

HIV and AIDS, contributing to their increased social and economic inclusion

- Increased vaccination rates for measles and polio

- Increased reach and effectiveness of malaria, TB and other education and prevention campaigns

|   |   |
|---|---|
| 7. ENSURE ENVIRONMENTAL SUSTAINABILITY          | <p>— Public awareness of the necessity of environmental conservation and sustainability can be raised through sport-based public education initiatives.</p> <p>– Sport-based social mobilization projects can increase community participation in environmental improvement efforts.</p>  |
| 8. DEVELOP A GLOBAL PARTNERSHIP FOR DEVELOPMENT | <p>— Sport for Development and Peace efforts promote global alliances and increase networking among governments, donors, non-governmental organizations, and sport groups all over the world.</p> <p>— Global partnerships to promote positive health messages through professional and mass sport events and high-profile athletes</p> |

*Table 1*  
[https://www.un.org/sport/sites/www.un.org.sport/files/ckfiles/files/Sport%20and%20the%20MDGs\\_FACTSHEET\\_February%202010.pdf](https://www.un.org/sport/sites/www.un.org.sport/files/ckfiles/files/Sport%20and%20the%20MDGs_FACTSHEET_February%202010.pdf)

This shows the close relationship that exists between SDP and the Millennium Development Goals, which were established by the United Nations to serve as a developmental benchmark for all countries. The United Nations Inter-Agency Task Force on Sport for Development and Peace's 2003 report, "Sport for Development and Peace: Towards Achieving the Millennium Development Goals," helped to cement this relationship as a product of the UN Inter-Agency Task Force on Sport for Development and Peace, which established a framework for SDP programs at a coordinated and comprehensive level. Towards the end of the report, six recommendations were made (United Nations, 2003):



1. Sport should play a bigger role in the development agenda.
2. Sport should be used as a tool in development and peacebuilding efforts.
3. Where suitable and according to locally determined needs, sport-based projects should be included in UN agencies' country programs.
4. Governments and the UN system must devote more attention and resources to programs that promote sport for development and peace.
5. Sport-based communications should concentrate on well-targeted advocacy and social mobilization, especially at the national and local levels.
6. Partnerships should be used to implement programs that employ sport for development and peace.

Sport for peace is becoming an increasingly essential component in the development of refugee-assistance initiatives. The international community is paying increasing attention to sports power as a means of promoting development and peace, as has been the case in recent years. As a result of sport's recognition by the United Nations as a cost-effective tool for accelerating attainment of the Millennium Development Goals and promoting peace, Likewise, it has been demonstrated that sport can have a significant impact on public health, universal education, gender equality, poverty reduction, HIV/AIDS prevention and other diseases, environmental sustainability, as well as peace-building and conflict resolution.” As previously stated by (Sport serving development and peace: Achieving the goals of the United Nations through sport, 2015). The fact that sport has such a large part in the development of refugees is evidence of its importance.

After the Millennium Development Goals (MDGs) reached their deadline in 2015, the world's attention has turned to the Sustainable Development Goals (SDGs), which will be implemented in 2030. (SDGs). In order to assess the progress made and the work still to be done in relation to the eight Millennium Development Goals, the United Nations, in collaboration with the international community, launched a consultation process with all stakeholders in society and agreed on 17 Sustainable Development Goals to be implemented over the next 15 years. The 2030 Agenda appears to have the goal of bringing the world closer together while leaving no one behind; this agenda represents a

once-in-a-lifetime opportunity for development movements around the world, including those working in the field of sport for development and peace (United Nations, 2015).

The Open Working Group (OWG) of the United Nations General Assembly submitted a document in July 2014 that comprised 17 goals that would be put forth for adoption by the General Assembly in September 2015. These objectives lay the groundwork for the global development agenda, which will run from 2015 through 2030. (Rockström and Sukhdev, 2014).

Each of the Sustainable Development Goals (SDGs) will be included in the table, along with the potential contribution of sport to achieving the SDGs.

| SDGs                          |   | Sport Contribution   |
|-------------------------------|---|--|
| <a href="#"><u>Goal 1</u></a> | End poverty in all its forms everywhere   | <ul style="list-style-type: none"> <li>■ Fairness and respect in sports can be models for an economic system based on fair competition and resource sharing. Sport can help students learn and practice transferrable job skills that can help with job preparedness, productivity, and income-generating activities.</li> <li>■ Sport can be utilized as a platform to advocate for human rights to be realized.</li> <li>■ Sport can help raise cash for poverty programs by promoting personal well-being and encouraging social involvement, which can lead to increased economic participation.</li> <li>■ Sport programs in refugee camps may teach young people about the importance of cooperation as well as self-reliance, and sport is a profitable enterprise capable of lifting people out of poverty by providing employment and contributing to local economies.</li> </ul> |
| <a href="#"><u>Goal 2</u></a> | End hunger, achieve food security and improved nutrition, and promote sustainable agriculture | <p>Sport-based projects have the potential to mobilize resources. Participation in sports necessitates the right to appropriate nutrition.</p> <p>Sport-based activities provide a suitable platform for disseminating nutrition-related information and messages. Sport can help to raise awareness about food waste and develop educational efforts to help people modify their habits and move toward a more sustainable future.</p>  |
| <a href="#"><u>Goal 3</u></a> | Ensure healthy lives and promote well-being for all at all ages                               | <p>A healthy lifestyle based on physical activity and sport is supported by the right to health.</p> <p>Physical inactivity is the fourth biggest cause of death worldwide, according to the World Health Organization.</p>  |

|                               |   |   |
|-------------------------------|---|---|
|                               |   | <p>Regular sport is a widely accessible antidote to inactivity that can help reduce the cost of inactivity.</p> <p>Sport and physical exercise, in particular, promote cardiovascular health and thereby minimize the chance of getting noncommunicable diseases.</p> <p>Sport helps people of all ages, even the elderly, to live more active lives.</p> <p>Sport can aid in the reduction of newborn, child, and maternal mortality, as well as the improvement of post-natal recovery.</p> <p>Sport-based education programs can provide a solid foundation for health education.</p> <p>Through trauma counseling and inclusion efforts, sport-based social programs enhance mental well-being for at-risk communities.</p> <p>Sporting activities in refugee camps that are organized and done on a regular basis can provide social, psychological, and physiological benefits.</p> <p>Sport has the potential to promote sustainable lifestyles and increase demand for sustainable goods and services.</p> <p>Sport can help to raise awareness about the need of clean air for human health and create long-term solutions.</p>  |
| <a href="#"><u>Goal 4</u></a> | Ensure inclusive and equitable quality education and promote life-long learning opportunities for all | <p>This goal is founded on the right to education and the educational equality of women and girls. Sport has long been used to promote education, and as a result, it has been designated as a vehicle for advancing these rights.</p> <p>Women and girls, people with disabilities, and other vulnerable or underrepresented groups and individuals can all benefit from sports involvement.</p> <p>Sport and education stakeholders can work together to promote tolerance, diversity, and non-discrimination in school programs.</p> <p>Sport can help students study better by encouraging academic achievement, leadership skills, and the ability to concentrate and focus.</p> <p>Sport-based programs provide educational opportunities and life skills that can be applied outside of the classroom, including in the business.</p> <p>Sport, physical education, physical exercise, and play can all be used to encourage kids and teens to go to school and participate in formal and informal education.</p> <p>Designing sustainable educational curricula and greening schools and universities are two ways that sport may improve awareness about sustainability.</p> |
| <a href="#"><u>Goal 5</u></a> | Achieve gender equality and   | <p>Sport can be a great forum for advocating for gender equality and promoting awareness.</p>   |

|                               |   |  |
|-------------------------------|---|--|
|                               | empower all women and girls   | <p>Sport, particularly sport-based community programs, can help to promote gender equality.</p> <p>Women and girls can benefit from enhanced self-esteem and confidence through sports.</p> <p>Sport can provide women and girls with safe and equitable surroundings.</p> <p>Within sport, sport may promote awareness and combat abuse and gender-based violence.</p>  |
| <a href="#"><u>Goal 6</u></a> | Ensure availability and sustainable management of water and sanitation for all  | <p>Sport may be a useful educational tool for spreading information about the need of water cleanliness and management.</p> <p>By adhering to regulations and suggestions, sport and sport facilities can help meet water and sanitation goals.</p> <p>Sport contexts, such as sport facilities that are sufficiently equipped for this purpose, can improve access to adequate and equitable sanitation and hygiene for all.</p> <p>Improvements in water quality can be promoted and implemented in sports contexts such as aquatic and other sporting activities by minimizing pollution, dumping, and wastewater.</p> <p>Sport may increase awareness about the necessity of limiting or banning single-use plastic and microbeads, as well as creating campaigns and activities to educate and influence consumer and spectator behavior.</p> |
| <a href="#"><u>Goal 7</u></a> | Ensure access to affordable, reliable, sustainable, and modern energy for all   | <p>Sport programs and activities can help to support initiatives aimed at improving energy supply systems and providing energy access.</p> <p>Sport can serve as a place for energy efficiency discussion and promotion.</p> <p>Sporting facilities and sporting events can help meet renewable energy requirements.</p> <p>Sport infrastructures can support organizational models that utilise clean, renewable energy.</p>  |
| <a href="#"><u>Goal 8</u></a> | Promote sustained, inclusive and sustainable economic growth, full and productive employment, and decent work for all | <p>Sporting products and equipment should be produced in accordance with labor standards, including the elimination of forced and child labor, as well as all types of discrimination.</p> <p>Women, individuals with disabilities, and other vulnerable populations can benefit from sports programs, which can contribute to more equitable economic growth.</p> <p>Sport-based educational programs equip children with employability skills as well as opportunity to enter the labor market.</p> <p>By adhering to labor standards throughout their value chain and in line with business policies and practices, sport-based employment and entrepreneurship can help to create quality</p>  |

|                                |  |   |
|--------------------------------|--|---|
|                                |  | <p>jobs for all.</p> <p>Sport may increase general community involvement, as well as stimulate community mobilization and the expansion of sport-related economic activity.</p> <p>If the population is involved in the legacy of a sporting event, it can have long-term impacts on the population.</p> <p>Sport tourism, which includes tourism centered on sporting events, has the potential to generate jobs and promote local culture and products.</p> <p>Volunteer management can be made more effective and responsible through sport.</p>   |
| <a href="#"><u>Goal 9</u></a>  | Build resilient infrastructure, promote inclusive and sustainable industrialization, and foster innovation | <p>The sport industry's rising size and connections to other industries provide opportunities for economic growth and excellent employment.</p> <p>When it comes to organizing sporting events, stakeholders who base their activities on respect for human rights can have a good impact on local and regional economy.</p> <p>Sporting products and equipment should be produced in accordance with labor standards, including the elimination of forced and child labor, as well as all types of discrimination.</p> <p>Women, individuals with disabilities, and other disadvantaged populations can benefit from sports programs that boost their employability.</p> <p>Sport-based educational programs promote employable skills.</p> <p>Sport-related employment and entrepreneurship can help to develop good jobs for everyone.</p> <p>Sport has the potential to increase total community involvement.</p> <p>Sporting events can have a long-term impact on the populace.</p> <p>Sport organizations and sporting events can be a source of capacity building if they establish appropriate policies and processes.</p> <p>Sport tourism, which includes tourism centered on sporting events, has the potential to generate jobs and promote local culture and products.</p> <p>Sport can help to develop effective and responsible volunteer management.</p> |
| <a href="#"><u>Goal 10</u></a> | Reduce inequality within and among countries   | <p>A cornerstone of international law is the right to equality and non-discrimination.</p> <p>Sport can be used to commemorate and value diversity, especially sporting events.</p> <p>Sport is widely acknowledged as a factor in people's empowerment.</p> <p>In and through athletics, equal opportunity can be attained.</p> <p>Sport is a good instrument for reducing inequality because of its popularity and favorable attitude toward it.</p>  |

|                              |  |  |
|------------------------------|--|--|
| <p><b><u>Goal 11</u></b></p> | <p>Make cities and human settlements inclusive, safe, resilient and sustainable</p>                    | <p>A cornerstone of international law is the right to equality and non-discrimination.</p> <p>Sport can be used to commemorate and value diversity, especially sporting events.</p> <p>Sport is widely acknowledged as a factor in people's empowerment.</p> <p>In and through athletics, equal opportunity can be attained.</p> <p>Sport is a good instrument for reducing inequality because of its popularity and favorable attitude toward it.</p> <p>Sport has the potential to amplify the message of equality and diversity respect.</p> <p>Sport is widely acknowledged as a factor in people's empowerment.</p> |
| <p><b><u>Goal 12</u></b></p> | <p>Ensure sustainable consumption and production patterns</p>  | <p>Through teaching and awareness initiatives, sport can promote sustainable consumption and production.</p> <p>Incorporating sustainability criteria into the manufacturing and distribution of sporting goods can help to promote long-term consumption and production trends.</p> <p>In terms of natural resources, sport can help to improve their long-term management and efficient use.</p> <p>Sport, for example, in host cities of sporting events, may support sustainable tourism and lifestyles, as well as sustainable tourist products and services.</p>   |
| <p><b><u>Goal 13</u></b></p> | <p>Take urgent action to combat climate change and its impacts</p>                                     | <p>Children and kids can learn about environmental sustainability and climate change through sport-based education programs.</p> <p>Climate awareness can be raised through sport-based public awareness programs.</p> <p>Sport can aid disaster recovery efforts by providing psychosocial support to those who have been affected, particularly youngsters.</p> <p>Clean air can be promoted in sporting events through public awareness campaigns.</p> <p>Sport has the potential to make significant contributions to climate change mitigation through collaboration across a variety of stakeholders.</p>          |
| <p><b><u>Goal 14</u></b></p> | <p>Conserve and sustainably use the oceans, seas, and marine resources for sustainable development</p> | <p>Through teaching and awareness initiatives, sport can promote sustainable consumption and production.</p> <p>Incorporating sustainability criteria into the manufacturing and distribution of sporting goods can help to promote long-term consumption and production patterns that involve other industries.</p> <p>In terms of natural resources, sport can help to improve their long-term management and efficient use.</p> <p>Sport, for example, in host cities of sporting events, may support sustainable tourism and lifestyles, as well as</p>  |

|                       |   |  |
|-----------------------|---|--|
|                       |   | sustainable tourist products and services.   |
| <b><u>Goal 15</u></b> | Protect, restore and promote sustainable use of terrestrial ecosystems, sustainably manage forests, combat desertification, halt and reverse land degradation, and halt biodiversity loss | <p>Sport provides a platform for teaching and promotion about the importance of preserving terrestrial ecosystems.</p> <p>Sport can help raise awareness about biodiversity issues, such as the dangers of illegal wildlife trade.</p> <p>Sport can provide well-researched insights into the links between biodiversity and lifestyle choices through teaching programs.</p> <p>Sport in natural terrestrial settings can help to ensure the conservation and long-term viability of terrestrial ecosystems.</p> <p>Sport has been shown to be an excellent venue for value promotion and education since it is linked to important values.</p> <p>Organizing sporting events in an environmentally responsible manner, including the development of sporting facilities and infrastructure.</p>  |
| <b><u>Goal 16</u></b> | Promote peaceful and inclusive societies for sustainable development, provide access to justice for all, and build effective, accountable and inclusive institutions at all levels        | <p>Sport can aid in the reconstruction of post-conflict countries as well as the upliftment of afflicted communities and people.</p> <p>Sport provides a great platform for disseminating messages of solidarity and reconciliation, as well as promoting a culture of peace.</p> <p>Sport and sporting activities may peacefully promote national solidarity and identity while respecting others.</p> <p>Role models in sports can help to promote peace, human rights, and social togetherness.</p> <p>Sport activities can aid in the healing of war-related trauma by providing safe spaces for activities that allow victims of conflict to reclaim a sense of normalcy and security.</p> <p>Sport can be used to aid demobilization and disarmament initiatives, as well as the reintegration of former combatants, particularly former child soldiers, into their communities.</p> <p>Through friendly games, sport can aid in the reconciliation and integration of separated communities and cultures.</p> <p>Sport may be used to teach a variety of vital social and life skills as well as to address key risk factors for crime and violence, particularly among young.</p> <p>Some of the essential ideals in sport, such as respect, equality, and fair play, are also fundamental foundations for peaceful and inclusive society.</p> |
| <b><u>Goal 17</u></b> | Strengthen the means of implementation and revitalize the global partnership for sustainable development  | <p>Sport is a diverse means of implementation because of its global reach, unrivaled popularity, wide appeal, universal character and value-based foundation, as well as its specific link with youth.</p> <p>Sport has the potential to ignite, grow, and deepen multi-stakeholder networks and partnerships in the pursuit of long-</p>  |

|  |  |  |
|--|--|--|
|  |  | <p>term development and peace.</p> <p>The presence and diversity of sport and sport organizations can create effective networks for forming collaborations and putting programs in place.</p> <p>Sport can act as a bridge across several sectors, allowing them to address a wide range of issues, pool resources, and develop synergies.</p> <p>By examining and reporting on sport's contributions to the SDGs, the sport, development, and peace communities may help to cooperatively measure sustainable development progress.</p> |
|--|--|--|

Table 2 <https://www.un.org/en/chronicle/article/role-sport-achieving-sustainable-development-goals>

In addition to being a dynamic component of the Sustainable Development Goals, sport also contributes to them, as seen in the chart below. In recognition of the nature of sport and its social attributes, which make it a suitable weapon for global development strategy, an exceptional collaboration between the United Nations UN and the International Olympic Committee IOC was established in recognition of the nature of sport and its social attributes, which make it a suitable weapon for global development strategy. Among the many noteworthy examples of cooperation in this context is that between the United Nations and the International Olympic Committee (IOC), which is a non-governmental organization with observer status in the United Nations General Assembly and serves as a key UNOSDP partner with several joint initiatives in Sport for Development and Peace. Examples include a number of resolutions on the Olympic Truce that have been voted by the General Assembly in recent years. During the celebration of the Games, the United Nations calls on all member nations, all warring parties, and all stakeholders to observe a day of ceasefire in order for the Olympic and Paralympic Games to be able to take place. The goal is that a single day of ceasefire would progress to a week of peace, a month of peace, and finally the cessation of hostilities altogether. Therefore, Olympic values have evolved as a key component of



sport and education, with a long history of encouraging worldwide collaboration and peace. The International Olympic Committee was a co-sponsor of a resolution passed unanimously by the United Nations General Assembly in 2015 titled "Building a peaceful and better world through sport and the Olympic ideal," which was co-sponsored by 180 member states, including the International Olympic Committee. States have decided to respect the Olympic Truce from seven days before the opening ceremony of the Rio 2016 Olympic Games in August until seven days after the closing ceremony of the Rio 2016 Paralympic Games in September, according to the resolution passed by the General Assembly.

These Games will inspire and unite people from all over the world, and they will have a huge impact on their lives. For the first time in the country's history, Brazil will host both the Olympic and Paralympic Games, making it the first time in South American history that this has happened. Another first will be the inclusion of a refugee team in the Olympic Games, which will be the first time such a team has competed in such an event. Several first-time features of the 2016 Olympic and Paralympic Games show that they are more than just challenging competitions; they are also unique opportunities to foster a more open society and send a message of peace, inclusion, and respect to the entire world through their presence and participation. Mega sport events, especially when held in conjunction with other events and integrated into long-term policies that are coherent and sustainable at the municipal, regional, and national levels, can make significant contributions to social development, economic growth, and health, education, and environmental protection at the municipal, regional, and national levels. (SPORT AND THE An overview outlining the contribution of sport to the SDGs, n.d.).

### **2.3 SDP Research Scene**

The increasing interest in SDP in the last two decades due to the adoption from the UN and other international development bodies in their intrusion strategies with communities around the world, this interest lead to the need for more research on SDP to gain a better

understanding about the movement development capacity and efficient framework. “The maturation of the field of ‘Sport for Development and Peace’ (SDP) is reflected in the growing number of research publications on the topic” (Darnell et al., 2016). those kinds of people the primary goal of SDP research is to examine the impact of the programs on individual development aspects such as health promotion and disease prevention, gender equality promotion, social integration, peacebuilding or conflict prevention and resolution, and disaster or trauma assistance, among other things. The SDP research field focuses on four key study kinds according to (Tegwen Gadais, 2019):

1) Macro sociological studies on the positive attributes of SDP.

where researchers are conducting a number of macro-sociological studies to investigate the positive influence of the sport also investigating any potential abuse of SDP increasing use in the development context (*Sport-for-development: going beyond the boundary?*, 2021). That being said the positive attributes of SDP does not work automatically by itself as experts explain it require professional and socially responsible interventions that are modified to cope with the local context of the targeted community, as well as carefully designee the development objectives to be inclusive (*SPORT AND THE An overview outlining the contribution of sport to the SDGs*, n.d.). The scientific research and literature concerns with the specific mechanism of the sport attribute in the development and peace building among the targeted communities are still suffer from shortage in this field (Levermore, 2008).

2) exploratory field and case studies.

Exploratory methodology such as field case study has been used by researchers to obtain a more practical understanding of SDP working mechanism and impact (*Using report analysis as a sport for development and peace research tool: The case of El Salvador Olimpica Municipal's programme*, 2017). For instance, an Oxford case study to examine the social inclusion of young Colombian women in football, for six months this ethnographic research has studied the social, cultural and historical complexities surrounding the safe practice of girls' sports (*The social, cultural, and historical*

*complexities that shape and constrain (gendered) space in an SDP organization in Colombia, 2017*). Furthermore, a study titled “*Sport for development and peace: Surveying actors in the field, 2019*” concentrated on gaining a better understanding of the limitation of SDP, especially in the field of interviewing different stakeholders about their experience and expertise. Leading to several recommendations to enhance SDP impacts such as improving research partnerships and evaluation collaborations in a more rigorous way.

### 3) studies on the management and evaluation of SDP programs

Considered the classic way to investigate the sport social impact, researchers are interested in the program management and evaluation data as the funding agencies requests the SDP programs to conduct monitor and evaluation (Tegwen Gadais et al., 2017) nevertheless, this monitor and evaluation in SDP| faces several major limitations as levermore sites that monitoring and evaluation are insufficient, they are conducted with the acclaimed program and they tend to use a positivist logical framework (Levermore, 2011). In conclusion, these limitations according to levermore and others are products of unclarity in objectives and justification absents (*Sport-in-Development. A Monitoring and Evaluation Manual / sportanddev.org, 2011*) the idea is integrating the theory generated from the macroecological studies with the field case studies. As the specialists in sport management started to have planned strategies and a more solid pedagogically background which enables them to conduct a more efficient SDP evaluation study. Interestingly, Schulenkorf recommends four main practices to optimize SDP outcomes through sports management:

1. SDP programming and design.
2. Sustainable management and capacity building.
3. Creation and optimization of impacts and outcomes.
4. Conceptual/theoretical advances.

4) literature reviews on SDP.

Until 2016 several literature reviews have been conducted to gain an overview of the SDP field where lack of research and projects database were dominant. A review conducted by svensson and woods in 2017 (*A systematic overview of sport for development and peace organisations*, 2017) aimed to discover the issue of this lack of data on the SDP projects including the actual work done by these organizations, as this study had focused on the sporting and physical activities used in these projects. Giving efficient data on the number, type of sport, and region of SDP active practices around the world, the study shows a frequent emerging theme with SDP such as Education, livelihoods, and health, while disability and gender were less frequent. In a different study concerned with sport mechanism analysis in achieving the development objectives. The study concluded that development through sport is not an inevitable outcome, but the development aspect of sport needs to be pre-planned and designed professionally to attain its objectives considering the social and cultural context (Hartmann & Kwauk, 2011).

SDP includes multiple types of sport-related social intrusions such as competitive sport, physical education, physical activity, health education, etc. that being the case a clarity of the SDP use and type is an essential question.

Researchers have shown an increased interest in sports for development and peace initiatives during the previous two decades, and this trend is expected to continue. By establishing a historical link to the first modern Olympic Games in 1896, the United Nations (UN) General Assembly designated April 6 as International Day of Sport for

Development and Peace in 2013. The day has been observed annually since 2014, with the most recent celebration taking place in 2014. (International Day of Sport for Development and Peace, 2021). A growing number of research publications on the topic of 'Sport for Development and Peace' (SDP) reflects the maturation of the field, as discussed by Darnell and colleagues (2016). The SDP field has gotten more attention in recent years, and this bodes well for further advancement in critical analysis.

## **2.4 Critical problems facing SDP**

Due to the fact that Sports for Peace and Development is a relatively new movement on the development landscape. There are a lot of issues and obstacles that the movement is dealing with, both in the theoretical and practical realms. A number of these challenges are interfering with the effectiveness and expansion of SDP programs, making it a top priority for the movement to direct its attention toward resolving them as quickly as possible. The primary concerns that the movement is dealing with will be introduced and examined in this part.

It is necessary to conduct research and critical analysis. Previous studies in this field of research have identified the need for additional critical insights into the SDP program, which has been highlighted in previous studies. For example, according to some publications, "the field of SDP research continues to be largely unformulated, and a critical mass of SDP research is required to contribute to a more coherent and politicized field of SDP theory and research through history and practices, as well as its critical analysis" (Sport for Development and Peace: A Critical Sociology, 2012). The more critical investigations that are undertaken in the SDP field, the more efficient the programs that are associated with them will be.

However, there are still numerous issues that surround SDP and the sport for peace field. A number of studies have pointed to these issues, including (Lyndsay, 2009) which suggests that "1. SDP policies are unclear, circuitous, and underpinned by political rationalities; 2. coordinated and coherent SDP policy approaches b According to the

findings of the study, power ties between donors and those who are on the receiving end of SDP programs are extremely important in policymaking.

And this brings us to one of the most frequently encountered stumbling blocks in sport for peace and SDP programs: the lack of clarity in the theoretical framework. Considering that the purpose of this study is to improve the monitoring and evaluation process for SDP, the researchers discovered that “working with six different SDP programs working in communities ranging from rural Uganda to urban India, the main challenge in improving the evaluation tool for SDP was that the organizations found it difficult to outline a program theory and to formulate precise program outcomes” (Coalter & Taylor, 2013). As a result of these issues, it is difficult to describe the program objectives and, consequently, the program monitoring and evaluation.

## **2.5 Case Studies Overview**

In this research 4 case studies were adopted, 3 from secondary data and 1 as primary data from the field study. The choice of the case studies was based on the theme of the research “Sport for development and peace in refugee camps” but because of the lack of studies on this very specific topic, close case studies to the theme context were adopted to examine the self-development and sustainability impact on the targeted audiences.

1. Sport and peace-building in divided societies: A case study on Colombia and Northern Ireland

Sport has recently been recognized by a wide range of groups as a viable tool for promoting peace in very violent situations. Recognizing the complexities and diversity of issues that shape and define the Colombian and Northern Irish conflicts, this article examines the use of sport to promote peacebuilding as seen through the eyes of those who design, support, and implement sport-based peace interventions in both regions (SDP officials). The specific conflict dynamics in both Colombia and Northern Ireland

have played a crucial impact in molding the perceptions of SDP officials in both cases, according to this article, which discovered elements of convergence and divergence between the two countries.

## 2. Final report of the research project "Football and refugees: cultural anthropology of the Balkan corridor (2015 – 2019)"

"This study presents the outcomes of the research financed by the Croatian Football Federation and UEFA through its Research Grant Programme 2019/2020," according to the UEFA Academy website. Rahela Jurkovi, Ph.D., conducted a qualitative study titled "Football and Refugees: Cultural Anthropology of the Balkan Corridor (2015–2019)" (Rahela Jurković, 2020) in five countries: Bosnia and Herzegovina, Croatia, Greece, North Macedonia, and Serbia. The fieldwork took place between September 2019 and March 2020, with a particular focus on refugees: those seeking asylum or who have been recognized as refugees, i.e., those who have been granted asylum or subsidiary protection in one of the research nations

## 3. AZRAQ TAEKWONDO ACADEMY

THF has been conducting a Taekwondo academy at the Azraq refugee camp in Jordan since April 2016, in collaboration with the World Taekwondo Cares Programme (WTCP). The camp was established in 2014 by UNHCR in collaboration with the Jordanian government to house Syrian civil war casualties.

It is one of Jordan's largest refugee camps, with about 32'000 Syrian refugees living there and a length of more than 15 kilometers. THF's Azraq Taekwondo Academy currently has more than 100 pupils enrolled in taekwondo classes, which are held four times a week. Two taekwondo teachers were sent to the camp to set up and oversee the Academy: an international coach and a Jordanian instructor

## CHAPTER III

### METHODOLOGY

This research takes the form of a comparative case study of the SDP programs applied in refugee camps to explore the different impacts of SDP programs have in terms of self-development and sustainability between group-sport and martial arts. “Comparative case studies are particularly useful for understanding and explaining how context influences the success of an intervention and how better to tailor the intervention to the specific context to achieve intended outcomes. Comparative case studies involve the analysis and synthesis of the similarities, differences, and patterns across two or more cases that share a common focus or goal. And the selection of certain case studies is linked to the key evaluation questions (KEQs) which give a deeper understanding of each case study necessary to construct an analytical framework” (UNICEF Office of Research - Innocenti, 2014).

#### **3.1 Data Collection**

For this study, secondary and primary research methods were utilized. For the secondary research, a desk review was conducted in the beginning of thesis. Following this, qualitative data collection tools were employed to reach a good level of understanding for the Azarq Academy case study and its context, by conducting interviews with a number of beneficiaries and program stakeholders.

##### **3.1.1 Secondary Data**

In the process of literature review and research, the key evaluation questions were developed. These questions KEQs aim to highlight the self-development and sustainability impact on the participants resulted from the SDP programs implementation in the refugees and disadvantaged communities’ context. Based on that the comparison



between the two themes Team sport (football) and Martial Arts (Taekwondo) was conducted.

### 3.1.2 Primary Data (Qualitative Data)

To gain a better insight into the self-development and sustainable factors of the SDP program, a structured interview consisted of the 12 KEQs was conducted with two of the program administrators and a group of the beneficiaries based on the recombination of the project coordinator. A Program Administrator is defined as the person who plans, directs, and coordinates the program or services of the organization. the beneficiaries also called the target group or the target beneficiaries of the program, are those who benefit from the program services, they are the people whose circumstances are subjected to change by implementing the program strategy. As they can be affected directly or indirectly by the program. Interviews were conducted online and in-person and lasted 20-30 mins. Answers were recorded by note-taking.

| Program component   | Evaluation Question  |
|---|--|
| <p style="text-align: center;"><b>SELF-DEVELOPMENT<br/>IMPACT</b></p> | <p>1.1. To what extent the activities of the program contributed to increasing the participants social skills?</p> <p>1.2. To what degree the program increased the awareness about healthy lifestyle?</p> <p>1.3. Has the program contributed to the over-all happiness of the targeted audience?</p> <p>1.4. To what extent the program had any environment-friendly influence on the participants?</p> <p>1.5. Can you say that the program contributed to gender</p> |

|                              |  |
|------------------------------|--|
|                              | <p>equality?</p> <p>1.6. To what degree were these changes directly or indirectly produced by the program activities?</p> <p>1.7. To what extent the program contributed to realization of dreams and aspirations?</p>   |
| <b>SUSTAINABILITY IMPACT</b> | <p>2.1 To what degree the program influenced any economic growth on the participants?</p> <p>2.2 To what extent did the program contributed to increasing any educational quality?</p> <p>2.3 Can you see the program being sustainable?</p> <p>2.4 To what degree can you describe the program results in peaceful interaction and inclusion?</p> <p>2.5 to what extent did the outcomes produced can be maintained for long term sustainable outcomes?</p> |

*Table 3 Key Evaluation Questions*

### **3.2 Data Analysis**

The primary data of interviews material and SDP program M&E and secondary data of selected case studies were thoroughly analyzed to answer the research question for this study. A Qualitative analysis has been used in this study, integrating data from the primary recourse (qualitative) and the secondary source (selected case study) were employed to answer to gain more in-depth understanding of the case. As well, these methods are adopted to test and understand causal propositions.

#### **A- Primary Data**

- 1- Before analysis the gathered qualitative data was prepared. The dataset was checked for missing data. And then the data was then analyzed.
- 2- The interviews were transcribed into notes to categories key themes and identify patterns. Each theme was analyzed to gain a deeper understanding of participants' perceptions and snowball

sampling method was employed because of the covid-19 restrictions.

## B Secondary Data

- 1- The secondary data were taken from two studies that examine to a high degree the research phenomena

### 3.2.1 Self-Development Impact Theme

**To what extent the activities of the program contributed to increasing the participants social skills?**

#### A. Group Sport

**In the case of group sport (football) the publicity of the game and accessibility plays a big part in it is spread and impact on social skills. For example, “Football is a connection to other people: “You talk with so many people, new people. That's why sport is so famous in our country”. Because it connects people who do not know each other and enables meeting new friends, “it is a friendship game”, as one interviewee said. Furthermore, “all the people in the world speak the same language in football. It unites people and people become friends through football.” (Cardenas, 2016). “Sport has a great capacity to gather people together and is potentially an excellent pedagogical tool. Football in particular facilitates the development of values and social and emotional skills” (Executive director, *Fútbol Con Corazón*) (Jurković, Rahela.2020). Based on that we can see a clear impact of football on the social skills aspect, as it is not a surprise as team sport nature requires collaboration to execute deferent strategies to win, and this collaboration requires significant number of social skills to succeed.**

#### B. Martial Arts

**In the martial arts domain social skills also subjected to development in what seems to be a more structured approach. Coach Asef** “In Taekwondo like most martial arts the class is structured, leading to an organized interaction between the children during drills and sparing also kids in the class present themselves afront of everybody what increases their self-confidence”. **Muhammad** father of three students (Motaz 14 years, Ahmad 11 years, Duaa 9 years) and also a student himself at the academy “it is very strong, the kids in the camp had many challenges to overcome as refugees the academy provides positive environment and the kids with time started to have positive attitude with each other and in life general”. **Farah** the project coordinator: “at first the kids had very little social skills and the interactions were kind of violent not in physical manner but in lack of acceptance to the others. Since then, the kid’s behavior, the way they move, and handle themselves radically changed for the best. I remember one of the girls who were with the program from the beginning she told before she left the camp that taekwondo had impacted her life so much taught her how structure her life and have goals also having something to be excited for”. **As we can see with the martial arts there is more focus on the individual development aspect, and this needs more controlled environment. The results seem to have more impact on the participant.**

**To what degree the program increased the awareness about healthy lifestyle?**

#### **A. Group sport**

**Physical and psychological health are two components of physical exercise that are intimately linked to it; also, physical activity serves as a checkpoint for one's physical and mental abilities, increasing awareness of a healthy lifestyle.** “In order to be healthy, you need to do physical activities, and also in psychological terms it gives you a motivation to carry on, it helps you to be positive, find people who are good and healthy, and in a refugee crisis it avoids you to be disappointed, to be negative. In that

gap that is created in our lives, football can fill it. Our life is here, you do not know what's going to happen, so in this free time we have, we can use football as a tool either to have fun or to find your way (Jurković, Rahela. 2020).

## **B. Martial Arts**

**Although awareness of a healthy lifestyle is usually unavoidable when participating in sports, this does not negate the importance of well-planned awareness efforts to maximize the impact. Coach Asef explained,** In terms of a healthy lifestyle, the Taekwondo belt system works as motivation for kids to get better and that includes getting away from bad habits like smoking and other bad things, and also in the advanced stage when the kid is promoted to higher belts, the motivation increases especially if it is associated with preparing for competition, which is one of the things also for these kids competing to get better and that includes getting away from bad habits like smoking and other bad things, and also in the advanced stage when **Muhammad added,** "Of course, today the kids are really inspired to train harder and longer because of the internal competitiveness in the academy, as well as when they witness the black belts compete outside the camp." **In addition to that, Farah added** "It helped a lot because the kids knew very little about healthy diet and the value of training. During training, the instructors would talk about what to eat and what to avoid, especially before a tournament because the kids are extremely anxious to perform their best in the event." And this blended with Wael, who had the IOC sponsorship for the refugee team, when the sponsorship arrived with instructions, and I recall my coach Asef and I sitting down with Wael and telling him that this sponsorship is to help him prepare for the finest athletic performance he can provide. As a result, this was a critical part of our program's awareness. **We can observe a bit more capability in martial arts to hold conversations about healthy lifestyles, generating the necessary awareness, whereas, in group sports, it appears to be more indirect awareness.**

**Has the program contributed to the over-all happiness of the targeted audience?**

**A. Group sport**

**The joy of effort is genuine in physical activity, especially when it revolves around a popular sport like football.** One of the beneficiaries put it this way: "Football is a source of entertainment for me; when I'm upset, I play football to divert myself from my troubles and to get some exercise." Another participant backed up this remark by saying, "Football makes me really joyful." It makes me incredibly pleased when I am depressed and think about football. In my head, I'm always cheerful. It's a game I enjoy." (Rahela Jurkovi, 2020)

**B. Martial Arts**

**To have enjoyment doing anything implies that you will devote yourself to it and achieve success. Coach Asef:** "Yes, as you can see in the kids' eyes when we welcome them to class, since they are very eager and motivated to the point where they often ask if there are more courses." "Yes, very much," **Muhammad says.** "As parents, we can see that when the kids get home, they are overjoyed and can't wait for the next class." **Farah:** "A lot, you can't fathom how much; the findings surprised everyone, especially the families, as evidenced by their responses; we are really delighted that our child is doing well". **The game nature of the group sport may favor it over martial arts. This could be due to the fact that in group sports, the individual competition stress stakes are lower than in martial arts.**

**To what extent the program had any environment-friendly influence on the participants?**

**A. Group sport**

**The findings of the case studies studied revealed no evidence of generating a favorable environmental impact in this area. This does not, however, imply that environmental awareness is entirely lacking from group sport SDP programs.**

## **B. Martial Arts**

**This study does not appear to incorporate environmental consciousness in a direct manner, but that does not rule out the possibility of some indirect techniques of raising consciousness.** “The environment is not one of the core program objectives,” **Coach Asef says**, “but we did host some other activities that are concerned with the subject.” “Not exactly as a direct message, but the program has increased the kids' overall discipline,” **Muhammad said**. “No, not directly,” **Farah says**, “but we have procedures in place, such as cleaning the mat and restoring all of the gears to their proper locations. We also have an artificial grass area outside where we play football and conduct outdoor classes when the weather permits, so we were tilling the students.

**Can you say that the program contributed to gender equality?**

## **A. Group sport**

**We can see an upsurge in female participation in football activities, for example.** “With football, you can raise a voice,” said a young Afghan woman playing football in Athens. I believe that everyone can do these things in their own unique way, and mine is through football.” (Rahela Jurkovi, 2020). **However, the fact that football is largely a male-dominated sport remains unchanged. As a result, we can objectively detect obstacles in the promotion of gender equality through football.**

## **B. Martial Arts**

**Asef, the coach** “You know, this was subjected to community traditions where girls were treated more cautiously for their safety, but once the community saw that the program created a safe environment, families felt comfortable sending their daughters,” says the author. “As you know, we live in a conservative town, and the families are concerned about their daughters' primary education,” **Muhammad says**. “However, as time has passed, and they have seen that the academy provides a safe environment, they have begun to send their daughters to train.” “Yes, it contributed significantly to gender equality and sport accessibility for girls,” **Farah continued**, “and that took some time to evolve as I recall the first girl in the program, Asma, who was young 14 years old and the only girl in the program at the time, which was challenging at first but as Asma earned her black belt, many girls were encouraged and joined the program to the point where we now have a significant nucleus of girls in the program.”. **Individual sports, on the other hand, such as martial arts, may have an advantage in this domain due to the self-defense aspect acting as a promotional booster.**

**To what degree were these changes directly or indirectly produced by the program activities?**

| Team sport (Football)                                      | Martial arts (Taekwondo)  |
|--|---|
| <ul style="list-style-type: none"> <li>• strong</li> </ul> | <ul style="list-style-type: none"> <li>• very strong</li> </ul> |

**To what extent the program contributed to realization of dreams and aspirations?**

**A. Group sport**

**And this is one of the key issues that young people in these communities confront, particularly in the refugee population, where there is a lot of free time that may be spent productively or destructively.** “I want to play professional football because I know it pays well, and then I want to help others.



This is something I want to do all over the world. Everyone is now preoccupied with themselves.” If you're looking for a “I want to play more, enhance my talents, and eventually become a professional player,” she says. That is a dream we have had since we were children, and this is the only activity we have now, and it is the one that brings us all together.” Refraining this too “Football gives me optimism, and I'm still hoping to make it as a professional player; if that doesn't work out, I'll try to coach.” (**Rahela Jurkovi, 2020**) Colombian SDP authorities feel that using athletics as a tool can assist young people in developing a life plan (**Cardenas, A., 2016**).

## **B. Martial Arts**

**Coach Asef** “kids are big dreamers they say I want to be Olympic champion and I want to win the next competition, and this not only motivation for the kids but also for us the coach’s big time.” **Muhammad** “very string, you can hear the kids now says “I want to be a champion” like the kids who competed and comeback with medals also you hear things like “I want to be Olympian and I want to get Olympic sponsorship like Wael(Wael is a young athlete from the program who got sponsorship from the Olympic Solidarity) ” so it participated big time to draw goals for these kids” **Farah added** “a lot in an extraordinary way I always say I wish our program continues to reach more and more beneficiaries producing bigger number of Olympic athletes, not just that we have class rooms in the academy were the students can come and do there homework’s interacting with each other as this will help them to develop their personalities and pass the difficulties they been through”

### 3.2.2 Sustainable Impact Theme

**To what degree the program influenced any economic growth on the participants?**

#### **A- Group sport**

**Because this is such an essential factor, providing economic opportunities for members will improve the program's efficiency and influence.** Coaching, facility administration, player contracts, and other opportunities can all be found in a football program. “Learn how to find our way,” According to the refugees. Football can help you meet new people, get job, and function as a connector. I could also utilize football to help some of my buddies get work.” “Peace is about more than simply putting an end to armed conflict and encouraging peaceful coexistence among Colombians; it is also about establishing economic possibilities and aiding those on the outskirts of society in forming a life plan.” (Cardenas, A., 2016).

#### **B- Martial Arts**

**Asef, the coach** “I can't say there is a significant economic impact, but there are some opportunities the academy can provide, such as being a professional athlete representing the refugee team in the Olympics, and we are planning to have a TOT program to qualify coaches from the academy. This is what I can think of right now. We hope to provide more impact in the future as this will ensure the program's sustainability.” “If we assess the impact on all of the students, it is minimal; perhaps the best circumstance would be if one of the children were to acquire sponsorship and pursue a professional career,” **Muhammad says.** “There is an economic advantage for the individuals connected with the program since we employed local security and janitors, and we are continuously looking for

ways to benefit the students, such as when a student reaches black belt level, we look at hiring them as assistance coaches,” **Farah added.**

**To what extent did the program contributed to increasing any educational quality?**

#### **A- Group sport**

And here we find a fascinating aspect of sports in terms of improving educational quality (in the broadest sense of the term), where every experience and interaction contributes to the development of skills, capacities, and life perspectives. “Football is used by members of the local community who work with refugees to teach young refugees about the culture of the host society. It is not a formal education, but it is an equally vital one, made possible by the establishment of a trust and confidence-based social bridge between refugees and members of the local community.” (**Rahela Jurkovi, 2020**) “We are helping schools realize their goals,” says the director of PPI Northern Ireland.

#### **B- Martial Arts**

**Asef, the coach** “When the kids start training with us, they start to have goals and want to achieve something in their lives, so we always tell them about the importance of education, and if we notice that someone is not going to school, we tell them to go back to school so they can be successful and be something in the future,” says the trainer. “Training in the academy allows them to unleash their energy and have fun, allowing them to focus more on their education,” **Muhammad** says. **Farah:** "I believe so. I'm not sure about their school performance, but what we noticed about the students is that they were more disciplined and goal-oriented, looking to improve and achieve things in their lives."

## **Can you see the program being sustainable?**

### **A- Group Sport**

“In the current scenario, it is expected that recognition of sport's potential as a peace vehicle will be quickly followed by the creation of concrete policy on this front in Colombia (especially since Colombia is expected to enter its post-conflict phase in the months ahead), whereas there appears to be a lack of a solid political agenda guiding the issue of recreation in Northern Ireland (**Cardenas, A., 2016**). “As a closing remark, it's vital to recognize the challenges that football clubs like Hestia FC and Hope Refugee FC face. It's a lack of long-term finance, i.e., revenue that will allow them to keep the core staff required for the club's operation for more than a year or two, as is normally the case when such initiatives are sponsored by donors.” Based on these findings, the program's long-term viability is dependent on two elements. Long-term financial support. (**Rahela Jurkovi, 2020**) a specific policy strategy incorporating the program intervention.

### **B- Martial Arts**

**Asef, the coach** “The program's long-term viability is determined by the sponsors and the state of the camp; if both remain unchanged, the program will continue to operate.” “Yes and no,” **Farah** says. “As refugees, they always want to return to their home country, and this is, of course, what we want and hope for, but the program's long-term viability is contingent on the camp's status.”

**To what degree can you describe the program results in peaceful interaction and inclusion?**

## **A- Group Sport**

**In addition, athletic interventions in these contexts must be effectively designed, taking into account the uniqueness of each case as well as the tool's limitations.** “Well-executed sports programs can be an effective avenue for peacebuilding. Sport, according to SDP authorities, is a critical component in fostering cross-cultural connections. When asked to give an example of how recreational sport had a role in promoting communication between Catholics and Protestants, a coach from Football for Peace said, “Through our interventions I have seen coaches working with other coaches and teachers from the ‘opposite’ community as well as with children. Similarly, a Derry City Council representative emphasized the function of sport in promoting contact: “Through sport, children and youth get together and forget about their backgrounds.” (Cardenas, A., 2016). “Interviewees from all five countries stressed the importance of football in building social bridges, i.e., linking them with members of the local community or other refugees from countries other than their own. The interviewees also made friends with other refugees from the same country, suggesting that football may be used to form social relationships as well.” (Rahela Jurkovi, 2020)

## **B- Martial Arts**

**Asef, the coach** “very strong, especially when the camp officials, UNICEF staff, and some members of the community were concerned that the program would increase children's aggression, but now, after almost five years of the program, stakeholders have seen how the participants have become less aggressive and more peaceful in their interactions, as well as the amount of happiness produced by the program, “Yes, it helped the kids engage positively with one another, especially since they came from different backgrounds,” **Muhammad** said. As they exercise together 3 to 4 times a week, it provided them a sense of unity.” “Yes, as always, the coach begins and closes the lesson with instructions concerning discipline and etiquettes. Of course, we had issues at first,

such as miscommunication, but over time, they began to understand the overall theme of the sport and established a high level of discipline,” **Farah** says.

**To what extent did the outcomes produced can be maintained for long term sustainable outcomes?**

### **A- Group Sport**

**The major goals of social incursion with in-need communalities are peacebuilding and development; sport has been an effective peace in this equation, and thus enhances the possibility of such programs meeting their long-term goals.** “Football is used by members of the local community who work with refugees to teach young refugees about the culture of the host society. It is not a formal education, but it is an equally vital one, made possible by the establishment of a trust and confidence-based social bridge between refugees and members of the local community.” (**Rahela Jurkovi, 2020**). In addition to that, “Many non-governmental organizations and community projects have sprung up around football as a tool to promote peaceful cooperation, reduce drug addiction, crime, violence, and child and juvenile recruitment by illegal armed groups (pp.152-153),” according to the report. “In Northern Ireland, two major documents, Sport Matters (2009) and Program for Cohesion, Sharing, and Integration (n.d.), lay out the Northern Irish government’s present attempts to position sport as a vehicle for promoting social cohesion and good community relations in the shared future context.” (**Cardenas, A., 2016**).

### **B- Martial Arts**

**Asef, the coach** “On a personal level, we can see the impact in all of the kids who were involved in the program by the way they speak and conduct themselves; these skills stay with them even after they leave the camp.” “Yes, we can see the long-term impact,”

**Muhammad says,** “but family members should also have a role in maximizing the effect and impact.”

## CHAPTER IV

### DISCUSSION AND CONCLUSION

**The aim of this study was to investigate the impact differences between group sports and martial arts on self-development inside the refugee camps and disadvantaged communities.** By utilizing case studies, qualitative impact data, and KII session data to investigate the potential impact, **from the findings of the research it is apparent that martial arts have a huge effect.** We can see the positive impact of sport in general on the audience targeted by SDP programs based on the data reviewed and collected in the study. That being said, most of the programs in that domain are concerned with team sports for a variety of reasons, including popularity, funding bodies' preferences, and misunderstandings about martial arts. Through examining the literature review on this subject, we can see some concerns raised by researchers in this field not only about martial arts but also about the concept of competition in sports competitions, as mentioned by (David Lyle Light Shield). “There is little question that competition frequently increases intergroup conflict (Johnson & Johnson, 1989), and competition within sport has frequently been utilized to investigate these dynamics. Sherif and Harvey were among the first to look at the consequences of intergroup rivalry (“Classics in the History of Psychology -- Sherif et al. (1954/1961) Index,” 2021).

For this sector, experts emphasize the need of intentional design and effective administration of sports activities. “Sports are built on fair play ideals, and it is an essential component,” experts say. Because the regulations have been carefully crafted to guarantee that the skills are challenged in a fair and equitable manner. However, as discussed by (“Sport, Militarism, and Peace,” 2021) these aspects will not automatically play a positive role; they will require careful planning and skilled leadership. And it is here that martial arts, particularly those linked to a cultural aspect such as karate, jiu-jitsu,



and taekwondo, etc., have an edge, because these cultural components place a strong emphasis on values such as respect, fairness, and self-control, among others.

## **5.1 Research Objective Discussion**

**The first objective of our work was to evaluate the sustainability and self-development impact of martial arts compared to the impact of group sports.**

**In this study, it was demonstrated that a martial arts program has the ability to have a long-term impact on the targeted audience, particularly on an individual level. This may be due to the fact that martial arts is an individual sport in which the skill set must be acquired by the person as a whole.** Because martial arts are an individual sport and the skill set must be acquired by the person as a whole, this characteristic of martial arts differs from team sports in which the skill set may be dispersed among the team members as specializations. The cohesiveness and synergy between team members is critical in team sports, whereas the performance of an individual athlete in a sport such as martial arts is dependent mostly on the athlete himself or herself. In addition, the martial arts class structure places a greater emphasis on the growth of each person during the training process, which results in more progress overall. Martial arts pay more attention to the individual than other sports. One of the most significant distinctions between martial arts and team sports is the attention span of each individual, which is directly related to the growth impact. When it comes to martial arts, being individual sport means that a greater amount of attention is paid to developing the individual skill sets in, as he will be the primary performer of these skill sets; however, when it comes to team sports, the amount of attention paid to each individual

will be less, as the skill sets are more widely distributed among different types of positions and specialties, where team cohesion and collective effort is the most important factor.

**When it comes to SDP, the popularity of sports is a significant consideration.** A growing number of people are recognizing that sports like football and other types of physical exercise are excellent ways to achieve development goals since they are simple, low-cost, and easy to do. As a result of the consistency of the rules implemented globally and the little necessity to comprehend practical or linguistic variances, the popularity of football may be attributed to its simplicity as highlighted by (*Invasion games in war-torn nations: can football help to build peace?* 2011). As on the other hand, the adoption of new rules and the use of specialized facilities may be required for different sports disciplines what make it a little more complicated to adapt for SDP program.

**The second objective is to show the capacity of martial arts to be a good vehicle for achieving SDP objectives.**

**In the martial arts, there is an emphasis on peaceful engagement.** When it comes to martial arts, the nature of physical conflict and the notion of violence are recognized as a fundamental component of their philosophy, as martial arts have evolved into vitalizing living arts. Acquiring self-defense proficiency necessitates the development of physical and mental endurance, not just for conflict, but also, and perhaps more significantly, for peaceful contact. Because of this, martial arts have an edge when dealing with aggressiveness and other violent expressions, allowing for more peaceful contact to take place between individuals. Although there is no contact in team sports (non-contact sports), due to the dynamic character of the training session, many violent manifestations go unnoticed, as described by (Kreager, 2007).

## **The third objective to lay the groundwork for future research and discussion on martial arts in the SDP.**

Research, articles, and academic papers aim always to investigate certain aspects of an idea or field, vary in their influence level the most common influence happening to be encouraging the conversation and motivating future research about the selected topic and that is what we hope this research is providing for the field of SDP.

### **5.2 Research limitation**

The journey in this research was full of challenges and setbacks primarily because of the covid-19 pandemic and its restrictions. Due to covid-19 restriction, it was not possible to conduct in-person interviews with the beneficiaries what made the beneficiaries' sample limited to technological barriers, also this restriction made it very difficult to conduct field trips as such trips need a long process of paperwork. This resulted on the primary data level into a strong accreditation on the perception and opinion of SDP officials which can be limiting in grasping the real full picture of the program impact.

This being said the initial plan was to conduct full primary research in the Azraq refugee camp but due to the restrictions of the pandemic that was not possible resulting in conducting a short unstructured interview in the field with the affected audience (refugees). This has limited the ability to extract full data on the impact of the program.

On the secondary data level, the lack of research literature on the subject of SDP program impact on refugee's inside the camp resulted in many difficulties to collect data and analyze it. That caused the research to review through the closest themes of research on the subject of SDP impact.

### **5.3 Research Ethics**

(Bryman, 2008:118) Discusses four major issues of research ethics. The first is to ensure the safety of research participants both during and after the study. The consent of subjects to engage in the study is the second aspect to consider (Bryman 2008:121). Informants should be aware of the research's objective and content, as well as having the option to

skip some interview questions if they don't want to answer for various reasons. Invasions of privacy and research deceptions are the third and fourth ethical areas, respectively. (Bryman 2008:123- 124).

These ethical guidelines were followed during the process of interviewing the refugees on the camp to ensure no participant got in the way of harm of any sort also to ensure the integrity of the data collected.

## **5.4 Conclusion**

To shed light on the positive potential influence of martial arts programs in the SDP discourse, as well as to address the question of whether martial arts` programs are seen to be a good vehicle for attaining SDP objectives, the research goal was to answer the following questions: After reviewing the data and literature in the sports for development and peace domain, the conclusion is that Martial arts programs have a significant potential to support the SDP objectives in terms of both self-development and long-term sustainability. As a primary data source, the researchers used qualitative data from interviews with KIIs and a sample of beneficiaries from the Azraq Taekwondo Academy, and as a secondary data source, they used three SDP case studies. Following a thorough examination of the SDP literature, two primary themes emerged: the concept of sustainability and the topic of individual growth and development. We can see from the data studied in this research that martial arts has a significant potential in the SDP setting, similar to the influence of group sports, but with a stronger focus on the self-development aspect in favor of martial arts due to its character as an individual sport. Therefore, a collaborative space can be shared by the two types of programs, where group sport programs can be used as events to boost morale and enrich the experience of participating in sports, and martial arts, with its capacity for physical and value education, can contribute to the continuous self-development of those who participate in the programs.

Based on these findings, it is recommended for SDP programs to consider including martial arts training as part of their overall strategy. In addition, future research could examine the nature of martial arts and its impact on social dynamics in other

societies in order to gain a better understanding of the social consequences of such intrusions in the future. Due to the fact that martial arts involve physical contact in varying degrees, the findings of the study challenge the existing assumption that it is a violent activity; however, this is correct in terms of the physical contact; however, the findings of the study demonstrate that this physical contact is managed within a structure that ensures peaceful interaction and a self-development experience.

## **5.5 Suggestions for Future Research**

Sport for development and peace research propose a better understanding of the movement and allows for more efficiency in using sport for development. This being said, research also raised some issues and questions that need to be answered giving a guide for future research were to focus on. According to the latest studies, six areas need further studies (Tegwen Gadais, 2019):

1. Creating capacity for reflective thinking. Most SDP-related research is critical to the SDP project's field actors and hardly supportive. Despite that, a balance between criticism and corporative space should be maintained with the field actors for more improvements.
2. The SDP researcher approach to conduct the research should be a collaborative one. Field actors face many challenges and difficulties in the SDP domain and these challenges need to be enlisted for research project co-construction. Therefore, the researcher should act as a facilitator in the project to support the actors while maintaining constructive criticism.
3. To have a clear picture and fully understand the environment of SDP projects, researchers should be as close as possible to the field, building a collaborative relationship with the field actors to understand the picture they are working in.

4. Researchers in the SDP field must have an open-minded approach as the domain contain a variety of scientific themes that often overlap (e.g., sociology, psychology, and education). This approach will help to have a more accurate understanding of the phenomena as it is hard to capture the whole picture from a single angle.
5. Increase the quality of the research by developing the methods used to answer the field investigation requirements.

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