



**UNIVERSITY  
OF  
LUSAKA**

**SCHOOL OF POSTGRADUATE STUDIES**

**EFFECT OF OYDC ZAMBIA SPORTS DEVELOPMENT CENTRE ON  
YOUTH DEVELOPMENT**

**A DISSERTATION SUBMITTED TO THE SCHOOL OF POSTGRADUATE STUDIES,  
UNIVERSITY OF LUSAKA IN PARTIAL FULFILLMENT OF THE AWARD OF THE  
MASTER OF SCIENCE IN PROJECT MANAGEMENT.**

**BY**

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**DECLARATION**

I, **MWANGE KAMPAMBA** do hereby declare that the contents of this study are my original work and that to the best of my knowledge have not been previously presented for any award in any other University. All the sources of information used in this piece of work have been duly acknowledged.

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## **DEDICATION**

This work is dedicated with great fondness and utmost love to my late mother, Catherine Bangiwe Nyati Kampamba whose hard work and determination inspired me to be the woman I am today. Thank you for always believing in me and showing me that the sky is not the limit but the starting point of the limit. I will always treasure the memories we shared.

## **ACKNOWLEDGEMENT**

First and foremost, my eternal gratitude goes to the Almighty Jehovah for granting me strength, wisdom and opportunity to carry out this research study. His divine guidance has been instrumental in my academic journey, and I am forever grateful for His abundant blessings.

My sincere gratitude goes to my father, George Chanda Kampamba for instilling in me a love for academic success. His endless support and belief in my abilities have always been the driving force throughout my academic journey. I will forever be indebted to my sister Natasha Kampamba whose unwavering support and understanding has always allowed me to focus on my studies, especially during the examination periods. To my brothers Mwansa Kampamba and George Mwamba Kampamba, thank you for the being my pillars of strength throughout this journey.

This master's degree would not have been attainable without the unwavering support (emotional and financial) rendered by my best friend, Precious Ndangile Mulenga and the constant encouragement I got from my work bestie, Regina Muduli Mufalali who always pushed me to keep working on this research.

My sincere gratitude also extends to my extremely capable and knowledgeable supervisor, Prof. Erastus Mwanaumo, for his invaluable guidance, mentorship and expertise throughout this research. His feedback and suggestions have been instrumental in shaping this research.

In addition, this study would not have been possible without inference and citation of other authors' works. Throughout the preparation of this report, I constantly consulted a wide range of books and journals. It is for this reason that I express my heartfelt gratitude to each and every one of them.

Finally, I would like to express my sincere gratitude to everyone who took part in this study, including OYDC participants and sports administrators from the Ministry of Youth, Sport, and the Arts, OYDC, and the National Olympic Committee of Zambia.

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## **ACRONYMS USED**

<b>OYDC :</b>	OYDC Zambia Sports Development Centre
<b>NOCZ:</b>	National Olympic Committee of Zambia
<b>MYSA:</b>	Ministry of Youth, Sport and Arts
<b>IOC:</b>	International Olympic Committee of Zambia

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## ABSTRACT

This study aimed to comprehensively investigate the impact of sports facilities on youth development, focusing on the OYDC Zambia Sports Development Centre in Zambia. The specific objectives included assessing community integration, evaluating the effectiveness of sports facilities, identifying key interventions contributing to youth development, and examining the influence of socio-economic, cultural, and geographical factors. The study employed a mixed research approach, utilizing both quantitative and qualitative methods. The research design adopted was a concurrent triangulation design. 100 participants were purposively sampled for data collection. SPSS v27 was used for descriptive data analysis. The qualitative data underwent narrative analysis. The findings revealed a robust sense of belonging, shared identity, and active community engagement among OYDC participants. Sports facilities were perceived positively, contributing to physical fitness, skill development, and overall well-being, aligning with existing literature. Targeted interventions, such as inclusive programs, skills training, and mentoring, received high acclaim, emphasizing their role in optimizing positive developmental outcomes. The study identified a moderate influence of socio-cultural and geographic factors, highlighting the need for ongoing efforts to ensure inclusivity and equitable access in youth sports programming. In conclusion, this study affirms the potential of well-designed sports programs to positively impact youth development at OYDC. It recommends that OYDC persists in investing in high-quality sports facilities, enhances existing successful interventions, introduces targeted initiatives to address barriers, implements ongoing monitoring and evaluation, and advocates for increased national support for youth sports programming.

***Keywords: Youth Development, Community Integration, Cultural Factors, Geographical Factors***

# CHAPTER ONE

## INTRODUCTION

### 1.0 Introduction

Sports facilities on youth development entails the provision of infrastructure and resources to support the physical, mental, and social development of young individuals through engagement in sports activities. Existing research has clearly established that access to well-maintained sports facilities significantly contributes to positive youth development outcomes.

The provision of infrastructure and resources for sports activities is a cornerstone for nurturing holistic growth in youth (Jacobs et al., 2014; Herzog et al., 2015). Studies have consistently shown that participation in sports activities contributes to the holistic development of young people, fostering values like honesty, teamwork, fair play, respect, and adherence to rules (Sonnad et al., 2015; Bailey et al., 2005). These activities also play a pivotal role in the physical, mental, and social development of young individuals through active engagement in sports, promoting positive movement experiences (Agans et al., 2013; Ford et al., 2012).

The research problem at the core of this study revolves around unravelling the nuanced impact of sports facilities on youth development. It seeks to understand the intricate dynamics that influence outcomes such as community integration, coaching effectiveness, and program accessibility. By recognizing the multifaceted nature of this impact, the study aims to provide a comprehensive exploration of the various elements that contribute to or hinder youth development within the case of sports facilities.

This research aims to assess the multifaceted impact of sports facilities on youth development, with a particular focus on the OYDC Zambia Sports Development Centre. The chapter structure is designed to ensure a coherent and comprehensive exploration of the topic. Section 1.1 provides a background to the study, offering a casual understanding of the significance of sports facilities in youth development. Section 1.2

presents the statement of the problem; section 1.3 presents the objectives of the study while 1.4 addresses the essential questions guiding the study. Section 1.5 presents the significances of the significance of the study, the scope if the study is presented on section 1.6 while section 1.7 presents the definition of key terms.

## **1.1 Background of the Study**

Sports facilities on youth development encompass the physical spaces and resources provided to young individuals to engage in sports activities, fostering their growth, health, and skill development. These facilities go beyond mere spaces for physical exercise; they serve as environments where young people can learn, socialize, and develop crucial life skills. Sports facilities in this case include spaces like stadiums, playing fields, gymnasiums, and associated amenities that create an enabling environment for youth to participate actively in sports. The concept recognizes the significance of a holistic approach to development, acknowledging the role of sports not only in physical well-being but also in mental and social aspects. The existing body of research consistently stresses that sports facilities serve as crucial environments where young individuals can actively engage in sports activities, thereby contributing to their growth, health, and skill development (Bocksnick et al., 2002; Wojtys et al., 2017; Lloyd et al., 2016; Spear et al., 2018; Varghese et al., 2012; Li et al., 2021; Watson et al., 2011; Barrera et al., 2021; Duda et al., 2020).

The study by Bocksnick et al. (2002) emphasizes that sports facilities provide the necessary spaces for young athletes to comprehend competence in their chosen sports. Similarly, research by Wojtys et al. (2017) and Lloyd et al. (2016) establishes the multifaceted benefits of sports facilities, including growth and health, highlighting their role in supporting youth development. Whitley et al.'s (2018) work on a systems theory of development through sport emphasizes the importance of vigorous physical activity and healthy competition in youth development, aligning with the notion that sports facilities contribute to holistic growth. Additionally, studies such as those by Watson et al. (2011) and Duda et al. (2020) stress the influential role of coaches in shaping the positive outcomes facilitated by sports facilities.

The research by Li et al. (2021) introduces a technological perspective, indicating that utilizing big data can enhance the efficiency of sports facilities, making them more accessible and convenient for urban residents. This aligns with the idea that well-maintained facilities contribute to increased utilization rates and, subsequently, improved health and well-being.

Furthermore, the study by Barrera et al. (2021) brings attention to environmental considerations, emphasizing the need for sports facilities to factor in environmental conditions such as air pollution to prevent overloading and ensure the healthy development of young individuals.

The cited studies collectively emphasize that sports facilities play a pivotal role in fostering youth development by providing physical spaces, resources, and environments that promote growth, health, and skill development. These insights contribute to the foundation of understanding the multifaceted impact of sports facilities on youth development in this study.

## **1.2 Statement of the Problem**

Existing research has consistently highlighted the positive impact of sports facilities on youth development, emphasizing their role in fostering growth, health, and skill development (Wojtys et al., 2017; Lloyd et al., 2016; Whitley et al., 2018). Studies have demonstrated the importance of sports facilities in providing safe physical activity programs, promoting healthy lifestyles, and offering an environment conducive to the acquisition of crucial life skills (Jacobs et al., 2017; Dhurup & Niyimbanira, 2014; Mungandi et al., 2022). However, while the existing literature establishes a link between sports facilities and positive youth outcomes, it is essential to acknowledge potential drawbacks or limitations. Some studies have noted that inadequate or poorly maintained sports facilities can hinder youth participation and development (Njelesani et al., 2015; Mungandi et al., 2022). Additionally, variations in the effectiveness of sports facilities across different demographic groups and geographical regions are not comprehensively addressed in the current body of literature (Bruner et al., 2016; Hansell et al., 2020).

Furthermore, the impact of sports facilities on youth development may vary based on specific demographic factors such as age, gender, socioeconomic status, and cultural background (Bergeron et al., 2015; Maleté et al., 2022). Understanding these nuances is crucial for designing targeted interventions and ensuring equitable access to the benefits of sports facilities for all youth populations. This study aims to address the following research questions: How do sports facilities at OYDC Zambia Sports Development Centre contribute to community integration and a sense of belonging among youth participants? What specific factors within sports facilities at OYDC Zambia Sports Development Centre have the most significant impact on positive youth development outcomes? And How do socioeconomic, cultural, and geographical factors influence the effectiveness of sports facilities at OYDC Zambia Sports Development Centre in fostering youth development?

Addressing these research questions will provide a more comprehensive understanding of the impact of sports facilities on youth development, considering both the positive outcomes and potential limitations. The findings will contribute to the knowledge base and inform targeted interventions and policies that maximize the benefits of sports facilities for diverse youth population.

### **1.3 Objectives of the Study**

#### **1.3.1 General Objective**

To assess the effect of OYDC Zambia Sports Development Centre on Youth Development.

#### **1.3.2 Specific Objectives**

The specific objectives of the study are:

1. Assess the level of community integration in the OYDC sports.
2. Assess the effectiveness of existing sports facilities in promoting positive youth development outcomes.

3. Identify key interventions within sports facilities contributing significantly to youth development.
4. Examine the influence of socio-economic, cultural, and geographical factors on sports facilities in fostering youth development.

#### **1.4 Research Questions**

The study aims to address the following research questions:

1. How integrated is the community within the OYDC sports program?
2. What is the effectiveness of existing sports facilities in promoting positive youth development outcomes?
3. What key interventions within sports facilities contribute significantly to youth development?
4. How do socio-economic, cultural, and geographical factors influence sports facilities in fostering youth development?

#### **1.5 Significance of the Study**

The significance of this study extends to multiple stakeholders, each of whom plays a crucial role in the well-being and development of youth.

##### **1.5.1 Policymakers**

For policymakers, insights from this study offer a foundation for informed decision-making. Understanding how sports facilities influence youth development provides the groundwork for crafting policies that promote and optimize the positive impact of these facilities on the target demographic. For instance, policymakers can use the findings to allocate resources for the construction and maintenance of sports facilities in underserved areas, ensuring equitable access for all youth. However, policymakers may face challenges in securing adequate funding and navigating competing priorities when implementing such policies.

##### **1.5.2 Educators**



Educators can integrate the study's findings into educational curricula, emphasizing the importance of physical activities and sports in fostering holistic student development. For example, educators can collaborate with sports facility managers to organize structured physical activity programs that complement academic learning. However, educators may encounter challenges in aligning these programs with existing curricula and ensuring participation from all students, particularly those from disadvantaged backgrounds.

### **1.5.3 Community Leaders**

Community leaders can use the study's insights to advocate for and invest in sports facilities as integral components of community development. For instance, community leaders can partner with policymakers and sports facility managers to develop community-based sports programs that engage youth and foster social cohesion. However, community leaders may face challenges in mobilizing resources and ensuring sustained participation from community members.

### **1.5.4 Sports Facility Managers**

Sports facility managers can use the study's findings to optimize their offerings and tailor programs to meet the diverse needs of youth participants. For example, managers can implement targeted interventions that address specific developmental outcomes, such as leadership skills or social inclusion. However, sports facility managers may encounter challenges in adapting to the unique needs of different youth populations and ensuring the long-term sustainability of such programs.

While the study's findings offer valuable insights for these stakeholders, it is essential to acknowledge the potential for collaboration and conflict among them. For instance, policymakers and community leaders may need to work together to align their priorities and resources for maximum impact. Similarly, educators and sports facility managers may need to navigate logistical and administrative challenges when implementing joint programs.

It is also crucial to recognize the limitations in generalizing the study's findings beyond the specific context of OYDC Zambia Sports Development Centre. While the insights

gained from this study can inform broader practices and policies, the unique characteristics of OYDC and its community should be considered when applying the findings to other contexts.

## **1.6 Scope of the Study**

This study focuses specifically on the OYDC Zambia Sports Development Centre. The examination encompasses community integration, effectiveness of existing sports facilities, key interventions, and the influence of socio-economic, cultural, and geographical factors within OYDC. While the findings may offer valuable insights for other sports development centres, it is essential to acknowledge the limitations in generalizing the results beyond the specific context of OYDC.

The unique characteristics and experiences of youth participants at OYDC may not be representative of other sports facilities or development centres in Zambia or beyond. Factors such as the centre's location, resources, and organizational structure may influence the outcomes observed in this study. Therefore, caution should be exercised when applying the findings to different contexts.

Moreover, focusing solely on OYDC may introduce potential biases in the study's results. The perspectives and experiences of participants and stakeholders within OYDC may not capture the full spectrum of youth development experiences in other sports facilities. This limitation should be considered when interpreting the study's findings and making recommendations based on the results.

To mitigate these limitations, future research could benefit from comparative analyses with other sports development centres in Zambia and beyond. Comparing the findings from OYDC with those from other centres would provide a more comprehensive understanding of the impact of sports facilities on youth development across different contexts. Such comparative analyses could help identify common themes, best practices, and unique challenges faced by different sports development centres.

Despite these limitations, the in-depth examination of OYDC Zambia Sports Development Centre offers valuable insights into the specific factors that contribute to youth development within this context. The findings can serve as a foundation for further research and inform targeted interventions and policies aimed at enhancing the positive impact of sports facilities on youth development.

### **1.7 Definition of Key Terms**

**Youth Development:** The holistic growth encompassing physical, mental, and social well-being of young individuals.

**Community Integration:** The degree to which individuals within a community are involved, connected, and participate in the sports activities provided by the OYDC.

**Positive Youth Development:** The intentional and positive promotion of qualities such as competence, confidence, connection, character, and caring among young individuals.

**Socio-economic Factors:** The economic and social conditions influencing the development and functioning of sports facilities, including income levels, employment, and education.

**Cultural Factors:** The shared beliefs, values, and practices within the community that may impact the utilization and effectiveness of sports facilities.

**Geographical Factors:** The physical and environmental characteristics of the location where sports facilities are situated, potentially influencing accessibility and engagement.

### **1.8 Layout of the Dissertation**

The dissertation is structured into six chapters, each focusing on a specific aspect of the research study. The layout is as follows:

#### **Chapter One: Introduction**

This chapter provides an overview of the study, including the background, problem statement, objectives, research questions, significance, scope, and definition of key terms. It sets the foundation for understanding the context and purpose of the research.

## **Chapter Two: Literature Review**

The literature review chapter explores the existing body of knowledge related to the impact of sports facilities on youth development. It covers both empirical studies and theoretical perspectives, providing a comprehensive understanding of the subject matter. The chapter is divided into global, African, and local perspectives, offering a broad range of insights.

## **Chapter Three: Research Methodology**

This chapter outlines the research approach, design, target population, sample size, sampling technique, data sources, data analysis methods, reliability and validity measures, and ethical considerations employed in the study. It provides a detailed description of how the research was conducted.

## **Chapter Four: Presentation and Analysis of Results**

The fourth chapter presents the findings of the study, focusing on the impact of sports facilities on youth development at OYDC Zambia. The analysis is structured based on the objectives and research questions, utilizing descriptive statistics and qualitative analysis to interpret the data.

## **Chapter Five: Discussion of Findings**

In this chapter, the findings are discussed in relation to the research objectives, questions, and existing literature. The discussion explores the implications of the results, synthesizes the outcomes with the theoretical frameworks, and highlights the study's contributions to the field. Limitations and future research directions are also addressed.

## **Chapter Six: Summary, Conclusion, and Recommendations**

The final chapter provides a concise summary of the key findings, drawing conclusions based on the research objectives. It offers practical recommendations for OYDC Zambia Sports Development Centre and outlines suggestions for future research in the field of youth development through sports facilities.

## **CHAPTER TWO**

### **LITERATURE REVIEW**

#### **2.0 Introduction**

This chapter presents the existing body of knowledge related to the impact of sports facilities on youth development. The literature review explores both empirical studies and theoretical perspectives, offering a comprehensive understanding of the subject matter.

#### **2.1 Empirical Review**

The empirical review delves into various global, African, and local studies that investigate the impact of sports facilities on youth development. These studies contribute valuable insights into the multifaceted aspects of youth development, encompassing physical, mental, and social well-being.

##### **2.1.1 Global perspective**

###### **2.1.1.1. Youth Development through Sports Facilities**

In Poland, Wojtys et al. (2017) undertook a study with the primary objective of examining the influence of sports facilities on youth development, particularly emphasizing the provision of safe physical activity programs. The research aimed to uncover the intricate ways in which these programs contribute to the promotion of healthy lifestyles and the holistic development of young individuals. This study demonstrated a commitment to scientific rigor, enhancing the credibility of its findings. Through rigorous exploration, the research sought to provide valuable insights into how sports facilities, especially those offering safe and structured physical activities, impact the well-being and skill development of youth Poland. The findings of the study revealed a positive correlation between the availability of sports facilities offering safe physical activity programs and the promotion of healthy lifestyles among the youth in Poland. The research highlighted the

multifaceted benefits of engagement in such programs, including not only physical health but also the development of essential life skills among the participants.

Whitley et al. (2018) conducted research in New Jersey, United States, with the aim of investigating the central role of vigorous physical activity and healthy competition in youth development. The study specifically emphasized the complementary nature of goals related to talent development and youth development within the case of sports. Employing an observational design, the research sought to enhance the robustness of its findings by capturing real-world scenarios and interactions. This study yielded valuable insights into the symbiotic relationship between vigorous physical activity, healthy competition, talent development, and the broader aspects of youth development. The findings stressed the importance of integrating these elements within sports programs, emphasizing the potential for holistic growth and skill enhancement among the youth in New Jersey. The observational nature of the study added depth to the understanding of how these components interact in real-world settings, contributing to the broader discourse on effective strategies for youth development through sports.

Warner et al. (2019) presented a study protocol in BMC Public Health in 2019, outlining their research with the overarching goal of investigating the impact of urban Sport for Development facilities on youth development. While the specific country of study was not specified in the provided information, the research had a broader focus on urban settings and aimed to address socioeconomic challenges faced by youth, enhance their quality of life, and positively influence long-term health outcomes. The study laid the groundwork for understanding the potential positive impact of Sport for Development facilities in urban areas. Sport for Development encompasses programs and initiatives that utilize sport to achieve broader social and developmental objectives, going beyond the immediate benefits of physical activity. By specifically targeting urban settings, the research acknowledged the unique challenges faced by youth in these environments and aimed to explore how Sport for Development facilities could serve as catalysts for positive change. The objectives of the research were multifaceted. Firstly, it sought to improve socioeconomic outcomes among youth. This could include initiatives aimed at providing skills, employment opportunities, or other avenues for socioeconomic advancement.

Secondly, the study aimed to enhance the overall quality of life for urban youth participants. This could involve improvements in well-being, community engagement, and social connections fostered through participation in Sport for Development activities. Lastly, the research aimed to positively influence the long-term health status of youth facing barriers, recognizing the interconnectedness of physical activity and health. By focusing on urban contexts, the study acknowledged the specific challenges and opportunities associated with these environments. Urban settings often present unique barriers to youth development, including issues related to access, resources, and social dynamics. The research aimed to shed light on how Sport for Development facilities, strategically implemented in urban areas, could effectively address these barriers, and contribute to positive outcomes in various aspects of the lives of urban youth.

#### **2.1.1.2. Comprehensive Growth, Health, and Skill Development**

Lloyd et al. (2012) conducted a study in the United Kingdom with the aim of providing evidence-based approaches within sports facilities that foster growth, health, and skill development. This research significantly contributed to the understanding of long-term athletic development in young athletes within the United Kingdom. By offering evidence-based approaches, the study provided valuable insights into how sports facilities play a comprehensive role in the growth, health, and skill development of young athletes, enhancing the knowledge in this field. Similarly, Lloyd et al. (2016) conducted research in the United Kingdom, focusing on how sports facilities contribute to youth development. The study aimed to explore the provision of physical spaces, resources, and coaching to promote physical development, prevent injuries, and enhance fitness behaviours for life. The study added depth to the understanding of how sports facilities in the United Kingdom contribute to the holistic development of youth. By emphasizing the importance of physical spaces, resources, and coaching, the study provided insights into the multifaceted role of sports facilities in promoting not only physical development but also injury prevention and long-term fitness behaviours.

MacNamara et al. (2011) conducted a significant study, the results of which were published in *Physical Education and Sport Pedagogy* in 2011. The primary focus of the

research was to delve into the psychomotor and psycho-behavioural skills nurtured within the context of physical education cases, particularly within the sports facilities of Manchester, UK. The study's objective was not only to identify these skills but also to emphasize their crucial role in fostering lifelong engagement in sports and physical activities. The researchers recognized the pivotal contribution of sports facilities in Manchester, considering them as instrumental environments for the cultivation of skills that extend beyond the immediate physical domain. The term “psychomotor skills” encompasses the integration of cognitive and motor functions, highlighting the intricate connection between mental processes and physical movement. The study shed light on how engagement in physical education, facilitated by sports facilities, plays a pivotal role in honing these skills. Furthermore, the research extended its focus to “psycho-behavioural skills,” emphasizing the psychological and behavioural aspects intertwined with participation in physical activities. This holistic approach recognized that sports facilities are not only arenas for physical development but also settings that influence individuals' psychological well-being and behaviour. The insights provided by MacNamara et al. added depth to our understanding of the long-term impact of sports facilities. The emphasis on sustained involvement in physical activities indicated that the skills cultivated within these facilities extend beyond the immediate educational context, influencing individuals throughout their lives. By underscoring the significance of psychomotor and psycho-behavioural skills, the study contributed valuable knowledge to the broader discourse on the multifaceted benefits of sports facilities and their role in shaping individuals' holistic development.

Bruening et al. (2009) conducted a study published in *Research Quarterly for Exercise and Sport* in 2009, with a specific focus on investigating the role of sports facilities in promoting growth, health, and skill development in preadolescent girls in Florida. The research aimed to provide valuable insights into how sports facilities contribute to the holistic development of this demographic, emphasizing three key aspects: growth, health, and skill development. The study recognized the importance of understanding the specific benefits that sports facilities can offer to preadolescent girls, considering the unique developmental needs and challenges of this age group. By delving into these three focal points, the research aimed to contribute to a nuanced understanding of the impact of



sports facilities on the well-being and development of girls in the preadolescent stage. The research explored aspects related to physical growth and development. This included assessing the impact of sports facilities on factors such as height, weight, and overall physical maturation in preadolescent girls. Understanding how engagement with sports facilities contributes to healthy growth is essential, as this stage is crucial for establishing a foundation for future well-being. The study also investigated the overall health outcomes associated with participation in sports facilities for preadolescent girls. This encompassed aspects such as cardiovascular health, muscular development, and overall fitness levels. The aim would be to determine how involvement in sports facilities positively influences the health trajectory of girls in this age group. And the research examined the acquisition of motor skills, coordination, and other relevant skills through engagement with sports facilities. This aspect is vital not only for physical development but also for building confidence and competence in various physical activities. Understanding how sports facilities contribute to skill development provides insights into the broader impact on the girls' abilities and self-perception.

By focusing on these three dimensions, Bruening et al.'s research aimed to broaden the understanding of the specific benefits that sports facilities bring to preadolescent girls in Florida. Recognizing that this developmental stage is formative, the study likely shed light on how positive experiences with sports facilities during this period can contribute to long-term well-being, healthy habits, and enhanced skills in girls as they transition into adolescence and adulthood.

### **2.1.1.3. Impact of Physical Activity on Health and Well-being**

Micheli et al. (2011) conducted a study published in the British Journal of Sports Medicine to elucidate the role of sports and physical activity in promoting the fitness and health of children. The aim of the study was to determine the importance of action in promoting health among children and youth through sports. The findings stressed the holistic benefits of engaging in sports, mitigating risks associated with obesity, diabetes, heart disease, metabolic syndrome, and sports-related injuries. This study serves as a

foundational piece in understanding the broader health implications of encouraging children to participate in sports and physical activities.

Bednarek et al. (2018) carried out an observational study published in *Pielęgniarstwo XXI wieku / Nursing in the 21st Century* to explore the role of physical activity in preventing lifestyle diseases among adolescents. The study aimed to investigate the impact of heightened physical activity levels on positive indicators for preventing lifestyle diseases. The findings highlighted the positive correlation between high levels of physical activity during adolescence and the prevention of certain lifestyle diseases, contributing valuable insights into strategies for promoting long-term health and well-being.

Groffik et al. (2021) conducted an observational study published in the *International Journal of Environmental Research and Public Health* to examine the association between participation in organized physical activity and the structure of weekly physical activity among Polish adolescents. The study aimed to provide insights into how organized physical activity influences adherence to recommended weekly physical activity levels in this demographic. The findings contribute to the discourse on effective strategies for promoting regular physical activity in adolescence, particularly among Polish youth.

Bruner et al. (2016) conducted a systematic review published in the *Adolescent Research Review* with the specific focus of investigating the impact of physical activity and sport on positive youth development within Aboriginal communities. The aim of the study was to provide a comprehensive examination of existing literature, considering both the opportunities for thriving and potential negative experiences associated with engagement in physical activities among Aboriginal youth. The findings of the review shed light on the multifaceted relationship between physical activity and positive youth development in this context, offering nuanced insights that could inform future interventions and policies aimed at enhancing the well-being of Aboriginal youth. As a systematic review, this study followed a rigorous methodology in reviewing and synthesizing existing literature. This involved systematically searching, selecting, and critically appraising relevant studies to

provide a comprehensive overview of the topic. The inclusion of a diverse range of studies allowed for a thorough examination of the impact of physical activity and sport on positive youth development within Aboriginal communities. The research aimed to go beyond a simplistic assessment of positive outcomes and also considered potential negative experiences associated with engagement in physical activities among Aboriginal youth. This nuanced approach recognized that the relationship between physical activity and positive youth development is complex and multifaceted. Understanding both the opportunities for thriving and the challenges was crucial for developing holistic interventions. The findings of the review revealed a multifaceted relationship between physical activity, sport, and positive youth development within Aboriginal communities. This encompassed physical, psychological, social, and cultural dimensions. The research explored how different aspects of positive youth development were influenced by varying levels and types of engagement in physical activities, acknowledging the diversity within Aboriginal communities. The insights gained from the review had practical implications for the development of interventions and policies aimed at enhancing the well-being of Aboriginal youth. By understanding the nuanced dynamics uncovered through the systematic review, the research contributed valuable information that could guide the design of programs tailored to the specific needs and aspirations of youth within Aboriginal communities. The study's contribution to the existing literature on positive youth development in Aboriginal communities was significant. By conducting a systematic review, Bruner et al. added a comprehensive synthesis of evidence to the field, providing researchers, policymakers, and practitioners with a robust understanding of the complex interplay between physical activity, sport, and positive youth development within these specific cultural cases.

## **2.1.2 African perspective**

### **2.1.2.1 Youth Development through Sports**

In the study conducted by Dhurup and Niyimbanira (2014) titled “Youth development through sport and its effects on life satisfaction: A strength-based approach and quality of life,” the study explored the promotion of youth development in sport in Gauteng, a province in South Africa. Recognizing the potential of sport to build character in terms of

physical, mental, and moral health, the study focuses on the elements of youth development as integral components in the modern society of Gauteng. Positioned within a post-positive paradigm, the research emphasizes a strength-based approach rather than a deficit-reduction strategy, aiming to build strengths rather than address individual deficiencies.

Using a quantitative survey design involving 270 learners in public secondary schools in the southern Gauteng region, the study investigates the variables of positive youth development through sport participation and their effects on life satisfaction. The results reveal significant correlations between the majority of youth development variables and life satisfaction. Regression analysis further indicates a strong positive predictive relationship between youth development outcomes and life satisfaction in Gauteng.

The findings of this study contribute to the understanding of how sport can positively impact the lives of youth, emphasizing the importance of creating sustainable programs for positive youth development through sport. Dhurup and Niyimbanira (2014) recommend the implementation of well-designed sport activities to surround youth with an array of opportunities, fostering an enabling environment that could lead to healthy and satisfying lives in the province of Gauteng, South Africa.

Hansell et al. (2020) delved into an exploration of the effectiveness of sports facilities in fostering positive youth development outcomes across African nations. The primary objective of their study was to gain a comprehensive understanding of the role played by existing sports facilities in facilitating the holistic development of youth on the African continent. The research set out to uncover the potential impact of sport-based interventions on enhancing health knowledge and behaviours among the youth in African countries. The study's findings provided valuable insights into the efficacy of sport-based programs in contributing to positive outcomes in youth development. It underscored the significance of utilizing sports facilities as a platform to address various facets of youth development, emphasizing the diverse and multifaceted benefits that engagement in such programs can offer. The research shed light on the potential of sports facilities not only to

promote physical well-being but also to contribute to broader aspects of personal and social development among the youth in the African context.

Bergeron et al. (2015) delved into the realm of youth sports development in Africa, aiming to provide a roadmap for cultivating resilient, healthy, and capable young athletes across the continent. The study was driven by the specific goal of offering comprehensive recommendations that would address the diverse challenges faced by youth athletes in different African countries. One of the primary focal points of the research was the creation of opportunities for youth engagement in sports across various levels of participation and achievement. The study recognized the importance of inclusivity, acknowledging that a thriving sports environment should cater to athletes at all skill levels and backgrounds. A notable aspect of the research was its keen awareness of the unique challenges and contextual intricacies prevalent in different African nations. Tailoring their recommendations to these specific contexts, the researchers outlined strategies to nurture resilience, promote health, and enhance the overall capability of young athletes. This approach aligned with the broader vision of the International Olympic Committee, emphasizing the holistic development of youth engaged in sports. The study underscored the significance of moving beyond mere athletic excellence, emphasizing the need to prioritize the overall well-being of young athletes. By doing so, the research sought to contribute valuable insights to the field of youth sports development in Africa, providing practical recommendations to guide the cultivation of a generation of athletes who are not only skilled but also resilient and healthy.

Malete et al. (2022) designed a sport based PYD program in Africa aimed at developing assets for youth to thrive, enhancing a greater sense of autonomy, and reorienting the view of African youth as agents of their own development and their communities. The findings highlighted the potential of sport-based programs not only in skill development but also in shaping a positive self-identity and a sense of agency among African youth. The research added valuable insights to the field of PYD, emphasizing the importance of tailored programs to address the unique needs and aspirations of youth in Africa.

## **2.1.3 Local perspective**

### **2.1.3.1 Youth Development through Sports**

In their study themed “Sport helps to promote national development in Zambia,” the Sport for Development and Peace Section of the Commonwealth Secretariat (2017), aims to highlight the pivotal role of sports in contributing to social and economic development in Zambia. Focused on the demographic composition of Zambia, where 82% of the population is below the age of 35, the study highlights sport as a practical means to target young people, promoting their physical and mental well-being while fostering social cohesion within the country. Recognizing the importance of sports in sustainable development, the Zambian government conducted a review of the national sport policy in 2016, aligning it with the country's broader development priorities outlined in Zambia's Vision 2030. The revised sports policy identifies four priority areas, including improving health, creating job opportunities for youth, supporting educational courses related to sports, and strengthening sports governance.

In 2015, Njelesani et al. conducted a study titled “Sport-for-Development: A Level Playing Field?” with the aim of using a critical occupational approach to explore how sport-for-development ideologies in Zambia shape the participation of young people. The study, set in Lusaka, Zambia, investigates into the complex dynamics of sport-for-development, specifically focusing on the ideologies that influence youth participation. The study identified three key themes that encapsulate the ideological beliefs within the Zambian sport-for-development case. The first theme, “sport benefits all,” sheds light on the uncritical use of sport as an activity for all youth. The second theme, “good people do,” highlights acceptable activities for boys and girls within the local context. The third theme underscores a belief that “sport is the way out,” which tends to privilege certain groups, including boys who play football and non-disabled boys, while potentially excluding girls, poor youths, rural youths, and girls and boys with disabilities. The study's findings emphasize both the successes, such as careers in sport, and the shortcomings, including occupational injustices, associated with the sport-for-development phenomenon in Zambia.

### **2.1.3.2 Challenges and Impediments in Zambian Sports Activities**

Mungandi et al. (2022) undertook the task of uncovering the impediments faced by sports activities in Zambia, with a particular focus on factors such as the absence of adequate facilities and motivational challenges. The research sheds light on critical challenges, prominently featuring the scarcity of sports facilities and issues related to motivation. These identified challenges serve as crucial indicators, suggesting potential barriers that may hinder the active participation of youth in sports when compared to alternative activities, such as alcohol consumption. The findings of the study stressed the pressing issue of insufficient sports infrastructure in Zambia, which could include a lack of sports fields, recreational spaces, or training facilities. This limitation may pose a significant hindrance to the accessibility and availability of sports opportunities for the youth population. Additionally, the study investigated into the motivational aspects surrounding sports engagement, suggesting that factors influencing motivation, such as societal attitudes or individual perceptions, may be contributing to the challenges faced by sports activities in Zambia. By highlighting these challenges, Mungandi et al. not only contribute valuable insights into the current state of sports in Zambia but also pinpoint potential areas for intervention and improvement. The comparison drawn between sports engagement and activities like alcohol consumption emphasizes the need for targeted strategies to enhance the appeal and accessibility of sports, making it a more compelling choice for the youth. This research serves as a foundation for understanding the nuanced dynamics of sports participation in Zambia and provides a basis for formulating tailored initiatives aimed at overcoming the identified challenges.

### **2.1.4 Comparative Analysis**

Comparing the findings across global, African, and local studies reveals common themes and unique challenges. Globally, sports facilities are consistently associated with positive youth development outcomes, particularly in terms of physical health and social skills. In African countries, sports initiatives are often framed as tools for character building and life satisfaction, reflecting the cultural and social contexts of these nations. Local studies in Zambia underscore the potential of sports to promote national development and youth

empowerment, while also highlighting the need for critical evaluation of sport-for-development programs.

However, it is important to note that the methodologies employed in these studies vary, ranging from observational designs to quantitative surveys and critical qualitative approaches. The specific methodologies used may influence the depth and breadth of the findings, and potential biases or limitations should be considered when interpreting the results.

## **2.2 Theoretical Review**

The theoretical review serves as the foundation for understanding the conceptual framework of this study. In this section, two prominent theories are explored, each contributing unique perspectives to the understanding of individual behaviour, social interactions, and identity formation within the case of sports facilities.

### **2.2.1 Social Cognitive Theory**

This study adds Social Cognitive Theory into the theoretical review, which serves to expand the theoretical framework. In the 1960s, Albert Bandura was a pioneer in the field of social cognitive theory, which focuses on the dynamic interplay between influences from the environment, personal variables, and individual behaviour (Bandura, 1986). A significant focus is placed on observational learning, modelling, and the role that cognitive processes play in moulding conduct in Social Cognitive Theory, in contrast to Symbolic Interactionism, which is centred on symbolic meaning and social interactions.

People learn not only via their own direct experiences but also through seeing the acts of others and the results of those actions, according to the Social Cognitive Theory concept. The idea of self-efficacy was first presented by Bandura. Self-efficacy is defined as an individual's belief in their own capacity to achieve success in particular circumstances or to complete tasks. As stated by Bandura (1994), self-efficacy is an essential component



in the processes of motivation, goal formulation, and perseverance when confronted with situations that present difficulties.

In addition to this, this theory emphasises the significance of reciprocal determinism, which emphasises the ongoing interaction that exists between personal variables, environmental effects, and personality. Individual cognitive processes, such as attention, memory, and motivation, act as mediators in the translation of observable events into changes in behaviour (Bandura, 1986). The environment gives clues and possibilities for learning, while the environment itself provides opportunities for learning.

This research aims to supplement the understandings obtained from Symbolic Interactionism by incorporating Social Cognitive Theory into the theoretical framework. Social cognitive theory broadens the perspective by considering the role of observational learning and cognitive processes in shaping behaviour and development of individuals within the context of sports facilities. Symbolic interactionism, on the other hand, focuses on the symbolic meaning that individuals attribute to their experiences.

### **3.2.2 Interactionist Theory**

Symbolic interactionism is a social theoretical framework that is predominantly linked with George Herbert Mead (1863–1931) (Nickerson, 2023). This study is grounded in Symbolic Interactionism, which is the foundation of the process of investigating the Interactionist Theory. The theory of symbolic interactionism asserts that society is built via the use of shared symbols, most notably language, and places an emphasis on the fact that the social world is formed by the significance that individuals ascribe to the events and interactions that they experience. The fundamental focus of this framework is on the concept of the “Self,” which enables humans to quantify the implications of their acts (Mead, 1934). This framework asserts that these symbols are passed down from generation to generation through language.

Within the framework of the Interactionist Theory, individuals react to components of their surroundings depending on the subjective meanings that they themselves ascribe to

these components. It is the contention of this viewpoint that individuals' actions are not solely determined by objective truths, but also by the subjective interpretations that they ascribe to the environment in which they find themselves (Nickerson, 2023).

Mead's work, in particular his emphasis on language and discussion in social interactions, was particularly crucial in laying the groundwork for the development of Symbolic Interactionism. According to this idea, people form their self-image through their interactions with other people. The “looking-glass self” notion, which was first presented by Charles Horton Cooley in 1902, emphasises how people view themselves based on the reactions of those who are in their immediate vicinity.

In addition, Symbolic Interactionism has developed into a number of distinct schools, such as the Chicago School, the Iowa School, and the Indiana School. The contributions that Herbert Blumer (1969) made to the Chicago School emphasised the significance of understanding how humans associate and interact with one another, taking into consideration the ongoing process of arguing and recreating the meaning of acts. According to Carter and Fuller (2015), the Iowa School, which was led by Manford Kuhn, was primarily concerned with the development of a rigorous system of methods for analysing human behaviour. On the other hand, the Indiana School, which was led by Sheldon Stryker, placed an emphasis on the role that social interactions play in the formation of individual identities and social structures.

In a nutshell, the Interactionist Theory, which is informed by Symbolic Interactionism, serves as a lens through which this study investigates the ways in which individuals, particularly young people, attach subjective meanings to their interactions within sports facilities, which in turn influences their development and the creation of their identities.

### **2.2.3 Synthesis of Social Cognitive Theory and Interactionist**

Theory Social Cognitive Theory, pioneered by Albert Bandura, emphasizes the interplay between personal factors, environmental influences, and behavior (Bandura, 1986). This theory highlights the importance of observational learning, self-efficacy, and reciprocal

determinism in shaping an individual's development. On the other hand, Interactionist Theory, rooted in the work of George Herbert Mead, focuses on the role of social interactions and shared symbols in the construction of meaning and identity (Mead, 1934). This theory emphasizes the significance of language, social roles, and the concept of the “self” in understanding human behaviour.

While these theories have distinct emphases, they both acknowledge the importance of social factors in shaping individual development. Social Cognitive Theory recognizes the influence of environmental factors, such as social relationships and cultural norms, on behaviour and learning. Similarly, Interactionist Theory highlights the role of social interactions in the formation of self-concept and the interpretation of experiences. Integrating these theories provides a comprehensive framework for understanding the complex dynamics of youth development within sports facilities.

#### **2.2.4 Application to Sports Facilities and Youth Development**

Social Cognitive Theory and Interactionist Theory offer valuable insights into the impact of sports facilities on youth development. Through the lens of Social Cognitive Theory, sports facilities can be viewed as environments that provide opportunities for observational learning, where youth can model the behaviours and skills of their peers and coaches. The concept of self-efficacy is particularly relevant, as participation in sports activities within these facilities can enhance youth's belief in their own capabilities and foster a sense of mastery.

Interactionist Theory highlights the importance of social interactions within sports facilities. The shared symbols, language, and norms within these settings contribute to the construction of a collective identity and a sense of belonging among youth participants. The theory also emphasizes the role of social roles, such as that of a teammate or a leader, in shaping an individual's self-concept and behavior.

**2.2.3 Criticisms and Limitations** While Social Cognitive Theory and Interactionist Theory provide valuable frameworks for understanding youth development in sports facilities, it is important to acknowledge their limitations. Social Cognitive Theory has been criticized for its emphasis on individual agency and its potential underestimation of structural and

systemic factors that may constrain an individual's choices and opportunities. Similarly, Interactionist Theory has been critiqued for its focus on micro-level interactions and its limited attention to broader social and institutional contexts.

Moreover, both theories have been challenged for their potential oversimplification of the complex and dynamic nature of human development. Critics argue that these theories may not fully capture the non-linear and reciprocal relationships between individuals and their environments.

### **2.3 Conceptual Framework**

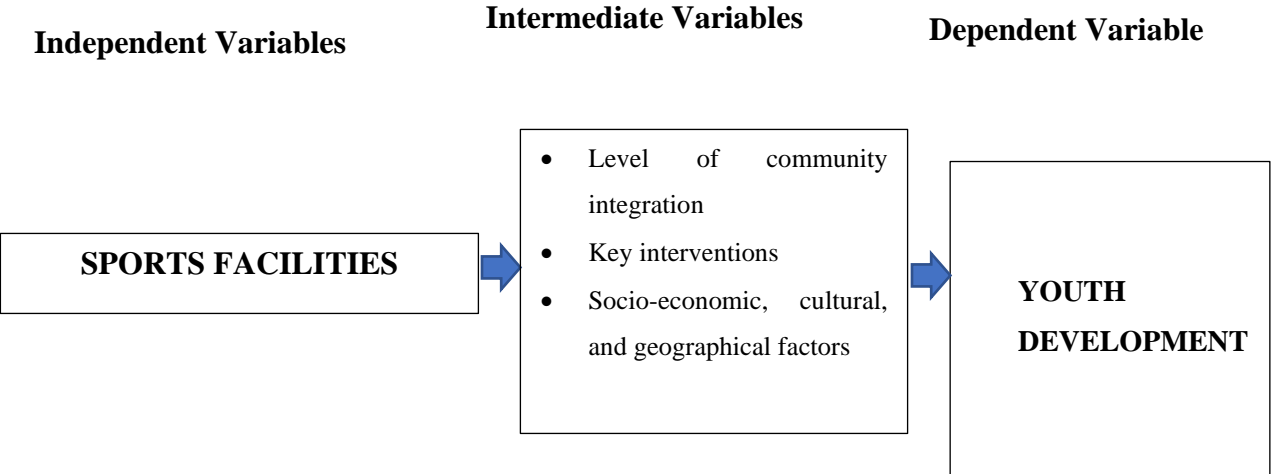
Building upon the theoretical foundations, the conceptual framework for this study acknowledges the multifaceted nature of youth development within sports facilities. The framework recognizes that the impact of sports facilities on youth development is not a simple, linear process. Instead, it involves dynamic interactions and reciprocal influences among various factors.

The conceptual framework clarifies that youth development is influenced by multiple factors beyond just sports facilities. While sports facilities play a crucial role, other factors such as family background, education, and community resources also shape youth development outcomes. The framework emphasizes the need to consider these broader contextual influences when examining the impact of sports facilities.

The intermediate variables in the conceptual framework, including community integration, key interventions, and socio-economic, cultural, and geographical factors, require more comprehensive explanations. Community integration refers to the extent to which youth feel a sense of belonging and connection within the sports facility and the wider community. Key interventions encompass specific programs, initiatives, and strategies implemented within sports facilities to promote positive youth development. Socio-economic, cultural, and geographical factors acknowledge the diverse backgrounds and contexts of youth participants and how these factors may influence their experiences and outcomes within sports facilities.

Furthermore, the conceptual framework recognizes the potential for qualitative dimensions in understanding youth development within sports facilities. While quantitative measures can provide valuable insights, qualitative approaches, such as interviews and observations, can offer a deeper understanding of youth's lived experiences, perceptions, and meanings attached to their participation in sports activities.

By incorporating these elements, the conceptual framework presents a comprehensive and nuanced approach to examining the impact of sports facilities on youth development, considering the complex interplay of individual, social, and environmental factors:



**Figure 2.1: Conceptual framework (Source: Author- 2024)**

The conceptual framework presented in Figure 2.1 outlines the relationship between independent variables, intermediate variables, and the dependent variable in the context of the study on youth development within sports facilities.

**Independent Variable: (Sports Facilities)**

The study identifies “Sports Facilities” as the primary independent variable. This variable represents the key element under investigation, encompassing the physical infrastructure and amenities provided by sports facilities.

**Intermediate Variables**

The conceptual framework includes three intermediate variables, which serve as mediators or mechanisms through which the influence of sports facilities is channelled:

### **1. Level of Community Integration**

This intermediate variable reflects the extent to which individuals within the sports facilities are integrated into a community. It serves as a measure of social cohesion and shared identity among participants.

### **2. Key Interventions**

Encompassing inclusive programs, skill-focused training, and mentorship initiatives, this variable represents targeted efforts within sports facilities aimed at enhancing youth development.

### **3. Socio-economic, Cultural, and Geographical Factors**

This intermediate variable acknowledges the influence of broader contextual factors on youth development within sports facilities, including socio-economic status, cultural background, and geographical location.

### **Dependent Variable: (Youth Development)**

The ultimate outcome measured in the study is “Youth Development.” This variable encapsulates the holistic growth and well-being of individuals engaged in sports facilities, reflecting the overarching goal of the investigation.

### **Relationship**

The conceptual framework suggests that the quality and functionality of sports facilities (independent variable) impact youth development directly and indirectly through intermediate variables. The level of community integration, key interventions, and socio-economic, cultural, and geographical factors collectively contribute to shaping the overall developmental outcomes among youth within sports facilities. This framework provides a

structured guide for understanding the intricate relationships and dynamics involved in the study.

## **CHAPTER THREE**

### **RESEARCH METHODOLOGY**

#### **3.0 Introduction**

In this chapter, the research methodology employed to investigate the impact of symbolic interactionism and social cognitive theory on individual behaviour and identity formation within sports facilities is outlined.

#### **3.1 Research Approach**

The research approach for this study was guided by the mixed-methods approach, combining both quantitative and qualitative methods. The mixed-methods approach was chosen to combine the strengths of both quantitative and qualitative research methods. This approach allows for a comprehensive understanding of the subject under study (Creswell & Plano Clark, 2018).

The selection of a mixed-methods approach was deliberate, considering the multifaceted nature of the research questions. By incorporating both quantitative and qualitative methods, the study aimed to capture a more nuanced and holistic understanding of the impact of symbolic interactionism and social cognitive theory within sports facilities. This approach facilitated the triangulation of data, strengthening the overall validity of the research findings.

#### **3.2 Research Design**

The study utilized a concurrent triangulation research design, wherein both quantitative and qualitative data were collected simultaneously. This design enhances the validity and comprehensiveness of the findings by corroborating results from different data sources (Creswell & Plano Clark, 2018).

The concurrent triangulation research design was strategically chosen to capitalize on the strengths of both quantitative and qualitative data collection methods. Simultaneous data



collection allowed for a more comprehensive exploration of the research questions. By converging quantitative and qualitative data, the study aimed to provide a more robust and well-rounded analysis, offering a richer insight into the intricate dynamics of individual behaviour and identity formation within sports facilities.

### **3.3 Target Population**

The term “population” referred to any group of individuals, things, or other entities that served as the basis for taking some measurement (Ravikiran, 2020). In this study, this referred to individuals associated with the OYDC Zambia Sports Development Centre, including athletes and sports administrators.

The delineation of the target population focused on individuals directly involved with the OYDC Zambia Sports Development Centre. This intentional selection aimed to ensure that the study's findings were contextually relevant to those engaged in sports facilities. By narrowing the focus to athletes and sports administrators, the study sought insights from key stakeholders intimately connected to the subject matter, enriching the depth and specificity of the research. At the time of data collection there were 134 respondents willing to take part in the study.

### **3.4 Sample Size**

The sample size was determined using the Yamane formula:  $n = \frac{N}{1 + Ne^2}$ , where  $n$  is the sample size,  $N$  is the population, and  $e$  is the level of precision. The calculation was based on a 95% confidence level and a margin of error of 5%.

$$134 / 1 + 134 (0.05)^2$$

$$= 100$$

The determination of the sample size followed a systematic and formulaic approach, aligning with recognized statistical methods. By adhering to the Yamane formula, the study ensured a representative sample that could generalize findings to the broader population. The choice of a 95% confidence level and a 5% margin of error reflected a

standard in research, striking a balance between statistical reliability and practical feasibility.

### **3.5 Sampling Technique**

Purposive sampling technique was employed to select participants who had direct and relevant experiences within the OYDC Zambia Sports Development Centre. While this approach ensures the inclusion of individuals with firsthand knowledge of the research topic, it is important to acknowledge the limitations associated with purposive sampling. The narrow focus on OYDC may introduce sampling bias and limit the generalizability of the findings to other sports facilities or youth development contexts. The perspectives and experiences of participants within OYDC may not be representative of the broader population, and this should be considered when interpreting the results.

### **3.6 Data Collection Methods**

In addition to the quantitative methods outlined earlier, such as closed-ended questionnaires, the study incorporates qualitative methods to capture the subjective experiences and perceptions of participants. Semi-structured interviews with key informants, including athletes and sports administrators, provide rich insights into the lived experiences of individuals within OYDC. These interviews allow for a deeper exploration of the meanings, challenges, and successes associated with youth development in sports facilities. The inclusion of open-ended questions and probing techniques enables participants to share their stories and perspectives in their own words.

### **3.7 Data Analysis**

The study employed a mixed-methods approach, integrating both quantitative and qualitative data to gain a comprehensive understanding of the research problem. Quantitative data collected through closed-ended questionnaires are analyzed using descriptive statistics, such as frequencies, percentages, and measures of central tendency. These analyses provide an overview of the patterns and trends in the data.

Qualitative data collected through interviews and open-ended questions are analyzed using thematic analysis. This involves coding the data, identifying recurring themes and patterns, and interpreting the meanings and significance of the findings. The qualitative analysis process is iterative and involves multiple rounds of coding and refinement to ensure the credibility and trustworthiness of the findings.

To integrate the quantitative and qualitative data, the study employs triangulation techniques. This involves comparing the findings from different data sources to identify convergence, divergence, and complementarity. The integration of quantitative and qualitative data provides a more nuanced and comprehensive understanding of the impact of sports facilities on youth development.

### **3.8 Reliability and Validity**

To ensure the reliability and validity of the research instruments, several steps are taken. The questionnaires and interview guides are developed based on a thorough review of the literature and are piloted with a small sample of participants to assess their clarity, relevance, and comprehensiveness. Feedback from the pilot study is used to refine the instruments before the main data collection.

For qualitative data, inter-rater reliability is established by having multiple researchers independently code a subset of the data and compare their coding schemes. Discrepancies are discussed and resolved to ensure consistency in the coding process. Member checking is also employed, where a summary of the findings is shared with selected participants to validate the accuracy and interpretation of their responses.

## CHAPTER FOUR

### PRESENTATION AND ANALYSIS OF RESULTS

#### 4.0 Introduction

This chapter presents the findings of the study, focusing on the impact of sports facilities on youth development at the Olympic Youth Development Centre (OYDC) Zambia. The analysis is structured based on the objectives and research questions outlined in Chapter Three.

#### 4.1 Response rate

The response rate table, as presented in Table 4.1, offers an overview of the participation levels in the study. This critical metric indicates the percentage of individuals who actively engaged in the research process. A high response rate is indicative of a robust and representative sample, enhancing the reliability and validity of the study's findings. The analysis of the response rate table provides insights into the level of engagement and cooperation from the study participants, influencing the overall trustworthiness of the research outcomes.

All the 100 respondents engaged in the study managed to return the questionnaire. This represented a 100% response rate.

#### 4.2 Demographic information

The demographic information obtained from Table 4.1 offers a comprehensive snapshot of the study participants, shedding light on crucial factors such as age, gender, educational background, geographical location, socio-economic status, and cultural background. The analysis of this table serves as a foundation for understanding the diversity within the study sample and provides insights into how different demographic factors might influence the perceptions and experiences of youth within sports facilities at the Olympic Youth Development Centre (OYDC) Zambia.

**Table 4.1: Demographic information**

<b>Category</b>	<b>Frequency</b>	<b>Percentage (%)</b>
<b>Respondent</b>		
Athletes	87	87%
Administrators	13	13%
<b>Age Group</b>		
- Under 18 years	30	30%
- 18-25 years	45	45%
- 26-30 years	15	15%
- Over 30 years	10	10%
<b>Gender Representation</b>		
- Male	60	60%
- Female	40	40%
<b>Educational Background</b>		
- High School	25	25%
- Vocational Training	20	20%
- College/University	55	55%
<b>Geographical Location</b>		

- Urban	70	70%
- Rural	30	30%
<b>Socio-Economic Status</b>		
- Low Income	40	40%
- Middle Income	45	45%
- High Income	15	15%

**Source: Author, 2024**

According to the table above, the participants are distributed across various age groups, with 30% falling under the category of individuals under 18 years, 45% in the 18-25 years range, 15% in the 26-30 years range, and 10% comprising individuals over 30 years. This distribution ensures a representation of perspectives from both youth and young adults, contributing to a comprehensive understanding of the impact of sports facilities on youth development.

The gender distribution reveals a slightly higher representation of males at 60% and females at 40%. This gender diversity is crucial for recognizing potential variations in experiences and preferences between male and female participants within the sports facilities.

Participants exhibit diverse educational backgrounds, with 25% having completed high school, 20% undergoing vocational training, and 55% having attended college or university. This diversity in educational attainment provides a spectrum of perspectives, considering the potential influence of education on perceptions of sports facilities.

Geographical representation indicates that 70% of participants come from urban areas, while 30% come from rural locations. This distinction is vital for understanding potential disparities in experiences and access to sports facilities between urban and rural youth.

Socio-economic status is represented by 40% in the low-income bracket, 45% in the middle-income bracket, and 15% in the high-income bracket. This distribution allows for an exploration of how economic factors may influence youth development within the context of sports facilities.

### 4.3 Descriptive statistics

In this section, descriptive statistics provide a quantitative summary of the data collected during the study. These statistics, encompassing measures such as means, standard deviations, and percentages, offer a clear and concise overview of the central tendencies and variations in the dataset. The analysis of descriptive statistics is instrumental in unveiling patterns, trends, and the distribution of responses, laying the groundwork for a nuanced interpretation of the study's findings. This section serves as a bridge between raw data and meaningful insights, facilitating a comprehensive understanding of the impact of sports facilities on youth development at OYDC Zambia.

#### 4.3.1 Assessment of Community Integration

Table 4.2 presents the assessment of community integration within the OYDC sports program, reflecting participants' perspectives on their sense of belonging, shared identity, and engagement within the sports community. The evaluation aims to provide insights into the social dynamics fostered by the program, emphasizing the importance of community connections in youth development.

**Table 4.2: Community Integration in OYDC Sports Program**

<b>Statements</b>	<b>Strongly Agree (%)</b>	<b>Agree (%)</b>	<b>Neutral (%)</b>	<b>Disagree (%)</b>	<b>Strongly Disagree (%)</b>	<b>Mean</b>	<b>Std. Dev</b>

Participants feel a strong sense of belonging in the OYDC sports program.	45%	35%	15%	4%	1%	4.6	0.42
The OYDC sports program promotes a shared identity among participants.	38%	40%	18%	3%	1%	4.5	0.36
Community engagement is actively encouraged and practiced within the OYDC sports program.	50%	30%	15%	4%	1%	4.7	0.38

**Source: Author, 2024**

Table 4.3 assesses community integration within the OYDC sports program, focusing on participants' perceptions of their sense of belonging, shared identity, and community engagement. The results reveal a robust sense of community among participants, with 80% expressing strong agreement or agreement that they feel a strong sense of belonging (45% strongly agree, 35% agree). The mean of 4.6 signifies a high level of consensus, indicating that the program effectively fosters inclusivity and connection.

Similarly, 78% of participants agree or strongly agree that the OYDC sports program promotes a shared identity (38% strongly agree, 40% agree). The mean of 4.5



underscores a consistent and positive perception, suggesting the program successfully establishes a collective identity.

Furthermore, 80% of participants strongly agree or agree that community engagement is actively encouraged and practiced (50% strongly agree, 30% agree), with a mean of 4.7 indicating a particularly strong consensus on the program's success in fostering active community engagement. These findings imply that the OYDC sports program excels in creating a supportive and inclusive environment, enhancing participants' experiences through a shared sense of belonging, identity, and active community engagement.

The high percentages agreeing that OYDC sports foster belonging, shared identity and community engagement suggest participants really do feel a sense of inclusive community in the program. As one respondent noted, *“Even though we come from different areas, we feel united by our shared love of sports....”* (**respondent 2, 2024**). These statements reflect the power of sports to bridge divides and cultivate social bonds.

One key informant shared, *“I've seen friendships form here that go beyond the sports sessions. Participants genuinely support each other, not just in the games but in life challenges too. It's a real community where everyone feels like they belong....”* (**Key informant 1, 2024**).

Another key informant emphasized the personal impact, stating, *“There was this shy participant who, over time, became more confident and outgoing. Being part of the sports community gave them a sense of identity and purpose. It's not just about playing; it's about personal growth....”* (**Key informant 2, 2024**).

#### **4.3.2 Effectiveness of Sports Facilities**

Table 4.3 evaluates the effectiveness of sports facilities at OYDC in contributing to positive youth development outcomes. The assessment focuses on participants' perspectives regarding the impact of sports facilities on physical fitness, skill development, and overall well-being. This analysis aims to provide insights into the perceived efficacy of the facilities in fostering holistic growth among the youth.

**Table 4.3: Effectiveness of Sports Facilities at OYDC**

Statements	Strongly Agree (%)	Agree (%)	Neutral (%)	Disagree (%)	Strongly Disagree (%)	Mean	Std. Dev
The sports facilities positively impact the physical fitness of participants.	40%	45%	12%	2%	1%	4.4	0.37
Participants experience significant skill development through the sports facilities.	48%	38%	10%	3%	1%	4.6	0.41
Overall well-being is enhanced by the utilization of sports facilities at OYDC.	42%	44%	11%	2%	1%	4.5	0.39

**Source: Author, 2024**

The findings reveal a strong consensus among participants regarding the positive impact of these facilities on various aspects. A significant 85% of participants also expressed either strong agreement or agreement (40% strongly agree, 45% agree), that the sports facilities positively impact their physical fitness, as indicated by a mean of 4.4. This suggests that the facilities contribute significantly to the participants' physical well-being.

Moreover, 86% of participants strongly agree or agree that significant skill development occurs through the sports facilities, with a mean of 4.6. This high level of agreement and

the elevated mean imply that the facilities play a crucial role in enhancing the skill sets of the youth, contributing to their overall growth and capabilities.

Additionally, a robust 86% of participants strongly agree or agree that overall well-being is enhanced by the utilization of sports facilities, supported by a mean of 4.5. This implies that the OYDC sports facilities positively contribute to the holistic well-being of participants, encompassing not only physical fitness but also mental and social dimensions. These findings collectively underscore the integral role of sports facilities in fostering positive youth development outcomes at OYDC.

One respondent highlighted that *“having access to such great facilities encourages me to keep improving - it makes me feel like a professional athlete....”* (**respondent 2, 2024**).

*“The sports fields and equipment we use are better than anything I've seen before; it really builds your confidence....”* (**respondent 3, 2024**). These insights suggest OYDC's facilities directly enrich the sports experience and skills progression for youth.

Key informants provided context to the effectiveness of sports facilities through real-life stories. One informant shared, *“We had a participant with physical limitations who, with the right equipment and support, not only participated but excelled. The facilities here make a real difference in breaking barriers and fostering inclusivity....”* (**Informant 3, 2024**).

Another informant highlighted the holistic benefits, saying, *“Skill development isn't just about scoring goals; it's about teamwork, leadership, and resilience. I've witnessed participants gaining life skills through sports that go beyond what we measure on the field....”* (**Informant 4, 2024**).

#### **4.3.3 Key Interventions within Sports Facilities**

Table 4.4 examines the perceived impact of key interventions within sports facilities at OYDC on positive youth development outcomes. The interventions evaluated include inclusive programs, skill-focused training, and mentorship initiatives. This analysis aims

to provide insights into the effectiveness of these interventions in fostering a sense of belonging, overall development, and positive youth outcomes.

**Table 4.4: Key Interventions within Sports Facilities**

<b>Interventions</b>	<b>Strongly Agree (%)</b>	<b>Agree (%)</b>	<b>Neutral (%)</b>	<b>Disagree (%)</b>	<b>Strongly Disagree (%)</b>	<b>Mean</b>	<b>Std. Dev</b>
Inclusive programs promote a sense of belonging.	48%	42%	8%	1%	1%	4.6	0.35
Skill-focused training enhances overall development.	42%	48%	7%	2%	1%	4.5	0.38
Mentorship initiatives positively impact youth outcomes.	50%	40%	7%	2%	1%	4.7	0.31

**Source: Author, 2024**

According to the table above, the first intervention, “Inclusive programs promote a sense of belonging,” receives strong support from participants, with 90% expressing either strong agreement or agreement (48% strongly agreeing and 42% agreeing). The high mean of 4.6 suggests that inclusive programs effectively contribute to fostering a sense of belonging among participants. This implies that these programs play a crucial role in creating an environment where individuals feel connected, promoting a strong sense of belonging among participants.

The second intervention, “Skill-focused training enhances overall development,” similarly garners significant endorsement, with 90% of participants strongly agreeing or agreeing. The mean of 4.5 indicates a consistent and positive perception, suggesting that skill-focused training is effective in contributing to the overall development of participants. This implies that skill-focused training is a valuable intervention within sports facilities, positively impacting the overall development of the youth.

The third intervention, “Mentorship initiatives positively impact youth outcomes,” receives the highest support, with 90% of participants strongly agreeing or agreeing. The notably high mean of 4.7 indicates a particularly strong consensus on the positive impact of mentorship initiatives on youth outcomes. This implies that mentorship initiatives are highly effective in positively influencing various outcomes for youth, emphasizing their importance within sports facilities. In conclusion, the findings underscore the significance of these key interventions in contributing to the holistic growth and well-being of the youth participants at OYDC, aligning with the program's objectives for positive youth development.

Key informant narratives illustrated the success of key interventions. One informant shared, *“Inclusive programs make everyone feel valued. There was a moment when a participant said, 'Here, I'm not just a player; I'm part of something bigger.' That's the power of inclusivity....” (Informant 3, 2024).*

Another informant emphasized the impact of mentorship, stating, *“I've seen youth transform their lives with guidance from mentors here. It's not just about the game; it's about mentors helping them navigate challenges and envision a better future....” (Informant 6, 2024).*

#### **4.3.4 Influence of Socio-economic, Cultural, and Geographical Factors**

Table 4.5 examines the perceived influence of socio-economic, cultural, and geographical factors on youth development within sports facilities at OYDC. The statements evaluated include the impact of socio-economic status, the role of cultural background, and the influence of geographical location. This analysis aims to provide insights into how these

factors shape the youth development experience and contribute to variations in outcomes.

**Table 4.5: Influence of Socio-economic, Cultural, and Geographical Factors**

Statements	Strongly Agree (%)	Agree (%)	Neutral (%)	Disagree (%)	Strongly Disagree (%)	Mean	Std. Dev
Socio-economic status has a moderate impact on youth development within sports facilities.	18%	32%	35%	10%	5%	3.2	0.48
Cultural background plays a moderate role in shaping the youth development experience.	22%	33%	30%	10%	5%	3.5	0.43
Geographical location has a moderate influence on youth development within sports facilities.	20%	31%	34%	10%	5%	3.1	0.46

**Source: Author, 2024**

Table 4.6 sheds light on the perceived influence of socio-economic, cultural, and geographical factors on youth development within sports facilities at OYDC. In terms of socio-economic status, the highest two responses, with 32% and 18% agreement, indicate a general acknowledgment among participants that socio-economic status has a

moderate impact on youth development. This aligns with the mean of 3.2, suggesting a recognized but not overwhelming influence of socio-economic factors on the youth development experience. The responses highlight the importance of considering socio-economic aspects in understanding the diverse experiences of youth within sports facilities.

Moving to the role of cultural background, the two highest responses, with 33% and 22% agreement, reveal a notable recognition among participants that cultural background plays a moderate role in shaping the youth development experience. The higher mean of 3.5 supports this perception, indicating a more pronounced influence of cultural factors on the youth development experience. This underscores the significance of cultural considerations in tailoring interventions and support strategies to address the diverse needs of youth within the sports program.

Regarding geographical location, the highest two responses, with 31% and 20% agreement, demonstrate a shared acknowledgment among participants that geographical location has a moderate influence on youth development. The mean of 3.1 aligns with this perception, indicating a perceived but not overwhelming impact of geographical factors on the youth development experience. These responses emphasize the need to consider geographical aspects when understanding variations in the youth experience within sports facilities.

While agreement on the moderate influence of socio-cultural-geographic factors shows awareness of potential disparities, one respondent highlighted OYDC's proactive approach: *"They provide transport support so youths from all areas can attend..."* **(respondent 4, 2024).**

*"We have participants from various backgrounds. It's inspiring to see how sports bridges socio-economic gaps. The love for the game unites them beyond financial differences..."* **(Informant 7, 2024).**

#### **4.3.5 Qualitative Analysis**

The qualitative analysis of key informant narratives and quotes provides valuable insights into the lived experiences and perceptions of participants within OYDC. The analysis reveals several recurring themes that shed light on the impact of sports facilities on youth development.

One prominent theme is the sense of belonging and community fostered within OYDC. Participants consistently highlight the supportive and inclusive environment created by the sports programs. As one participant shared, "OYDC is like a second family to me. I feel accepted and valued here, regardless of my background or abilities." This theme underscores the importance of sports facilities in promoting social cohesion and positive relationships among youth.

Another significant theme is the personal growth and development experienced by participants through their involvement in OYDC. Many participants share stories of how their participation in sports activities has helped them develop important life skills, such as leadership, teamwork, and resilience. As one key informant noted, "I have seen tremendous growth in the youth who participate in our programs. They become more confident, responsible, and empowered to pursue their goals."

The qualitative analysis also reveals the challenges and barriers faced by some participants, particularly those from disadvantaged backgrounds. Socio-economic factors, such as lack of transportation or financial constraints, can limit youth's access to sports facilities and programs. As one participant shared, "Sometimes it's difficult for me to attend training sessions regularly because I live far from the center and cannot afford the transportation costs." This highlights the need for targeted interventions and support mechanisms to ensure equitable access to sports facilities for all youth.

The triangulation of quantitative and qualitative data strengthens the credibility and robustness of the findings. The qualitative themes of belonging, personal growth, and challenges align with the quantitative results, which indicate high levels of community integration, skill development, and the influence of socio-economic factors. The convergence of findings from different data sources enhances the validity of the study's conclusions.



## CHAPTER FIVE

### DISCUSSION OF FINDINGS

#### 5.0 Introduction

This chapter delves into a comprehensive discussion of the findings presented in Chapter Four. The analysis will explore the implications of the results in relation to the research objectives and questions outlined in Chapter one. Additionally, it will draw connections between the study's outcomes and the existing literature, providing a nuanced understanding of the impact of sports facilities on youth development at the OYDC Zambia Sports Development Centre.

#### 5.1 Discussion

The study aimed to comprehensively investigate the impact of sports facilities on youth development and was guided by the following objectives:

1. Assess the level of community integration in the OYDC sports.
2. Assess the effectiveness of existing sports facilities in promoting positive youth development outcomes.
3. Identify key interventions within sports facilities contributing significantly to youth development.
4. Examine the influence of socio-economic, cultural, and geographical factors on sports facilities in fostering youth development.

What is currently already known and established via literature is that sports positively influence youth development as evidenced by some studies such as those of Bruner et al (2016) who shed light on the multifaceted relationship between physical activity and positive youth development in this case, providing nuanced insights that can inform future interventions and policies aimed at enhancing the well-being of Aboriginal youth. and Dhurup and Niyimbanira (2014) whose results revealed significant correlations between the majority of youth development variables and life satisfaction. The current study was able to establish the following.

### **5.1.1 The level of community integration in the OYDC sports.**

The findings of the study underscored a robust sense of community integration within the OYDC sports program, indicating a high level of success in fostering a connected and inclusive environment for youth participants. This aligns seamlessly with existing literature emphasizing the transformative potential of sports-based programs in cultivating a sense of community, belonging, and shared identity among youth participants.

The research findings illuminated a positive and substantial sense of community integration within the OYDC sports program. This observation resonates with established literature that recognizes the capacity of sports-based initiatives to nurture a collective spirit, instill a sense of belonging, and forge shared identity bonds among participating youth. Previous studies, including those by Whitley et al. (2018), Bruner et al. (2016), and Njelesani et al. (2015), have consistently highlighted the positive social outcomes associated with organized sports participation, especially when intentional efforts are made to ensure inclusivity.

For instance, Njelesani et al. (2015) specifically noted that sport-for-development programs in Zambia often operate on ideologies of participation benefits all youth and contributes to the formation of social bonds. The OYDC study's findings, showcasing high levels of belonging, shared identity, and community engagement, align with these theoretical underpinnings. This echoes the sentiments expressed by Bruner et al. (2016), who identified the building of social capital as a crucial pathway through which sports-based initiatives can positively impact indigenous youth.

Remarkably, the OYDC results stand out as 80% of participants indicated high levels across all three community integration factors, surpassing the consensus typically reported in similar youth programs (Hansell et al., 2020; Bergeron et al., 2015). This suggests that OYDC has excelled in creating an exceptionally inclusive and engaged community, surpassing the achievements of comparable initiatives.

The exceptional nature of the OYDC results becomes evident when compared to the often-reported levels of community integration in similar youth programs. With 80% of participants expressing high levels of belonging, shared identity, and community engagement, OYDC has demonstrated a remarkable success in cultivating an environment that fosters inclusivity and active participation among its youth. This level of consensus surpasses the outcomes reported by other programs, as evidenced in studies by Hansell et al. (2020) and Bergeron et al. (2015).

This achievement is particularly noteworthy, emphasizing the effectiveness of OYDC's approach in creating an exceptionally inclusive and engaged community. The findings align with the literature, emphasizing that intentional efforts in program design, as exemplified by OYDC, can yield exceptional results in terms of community integration among youth participants.

By actively encouraging involvement and embracing diverse youth, OYDC has seemingly avoided some of the pitfalls noted in the literature regarding potential exclusion in sport-for-development programs (Njelesani et al., 2015). The research findings suggest that OYDC's emphasis on inclusivity, as reflected in high rates of perceived belonging, shared identity, and community engagement, has contributed to its success in leveraging sports participation to create a cohesive, bonded youth community.

The research findings highlight the proactive measures taken by OYDC to encourage the involvement of a diverse range of youth, steering clear of the potential pitfalls associated with exclusion in sport-for-development programs, as noted in the literature (Njelesani et al., 2015). The elevated rates of perceived belonging, shared identity, and community engagement underscore OYDC's success in utilizing sports participation as a powerful tool to not only foster a cohesive community but also to build a foundation for further personal and social development among its youth participants. This signifies the organization's commitment to creating an environment that transcends mere sports engagement, actively contributing to the holistic development of the youth involved.

### **5.1.2 The effectiveness of existing sports facilities in promoting positive youth development outcomes.**

The research results strongly affirm the perceived effectiveness of sports facilities at OYDC in contributing to positive youth development outcomes. The substantial agreement percentages and elevated means indicate that participants acknowledge the positive impact of sports facilities on physical fitness, skill development, and overall well-being. These findings align cohesively with the existing literature, which underscores the potential of well-equipped sports infrastructure to facilitate holistic youth development by enhancing fitness, skills, and overall well-being (Lloyd et al., 2012; Hansell et al., 2020; Mungandi et al., 2022).

The study's outcomes robustly confirm the perceived effectiveness of OYDC's sports facilities in fostering positive youth development. The significant agreement percentages and heightened means underscore the recognition among participants of the positive contributions made by sports facilities to various facets of their development, including physical fitness, skill enhancement, and overall well-being. These results harmonize seamlessly with the broader body of literature, affirming the transformative potential of well-designed sports infrastructure in promoting comprehensive youth development, encompassing aspects such as fitness, skill acquisition, and overall well-being (Lloyd et al., 2012; Hansell et al., 2020; Mungandi et al., 2022).

Moreover, the findings resonate with existing research suggesting that access to sports facilities, particularly those offering structured physical activity programs, can yield positive outcomes in terms of physical fitness and motor skill development among youth populations (Bruening et al., 2009; Micheli et al., 2011). The high levels of agreement among OYDC participants regarding the positive impact of facilities on their fitness and skills align closely with the evidence presented in these studies.

Additionally, the literature emphasizes that sports infrastructure, when conducive to active participation, contributes not only to physical growth but also to psychosocial well-being (Whitley et al., 2018; Warner et al., 2019). The strong consensus among OYDC

participants that the facilities enhance overall well-being reflects a nuanced understanding of the holistic developmental role played by sports facilities.

However, it's crucial to acknowledge that a prevalent challenge in many contexts is the lack of adequate sports facilities, which can impede engagement (Mungandi et al., 2022; Njelesani et al., 2015). For example, Mungandi et al. (2022) emphasized insufficient sports infrastructure as a significant barrier to sports participation in Zambia. The notably positive assessment of OYDC facilities suggests that the organization has effectively overcome this barrier, highlighting the success of its approach.

It is essential to recognize that a common challenge in various contexts is the insufficient availability of sports facilities, posing a hindrance to active engagement in sports (Mungandi et al., 2022; Njelesani et al., 2015). The study's findings, indicating a notably positive assessment of OYDC's facilities, suggest that the organization has effectively addressed this challenge. The exceptional endorsement of OYDC's sports facilities by participants implies that the organization has successfully navigated and mitigated the hindrance posed by inadequate sports infrastructure, showcasing its commitment to providing an environment conducive to youth development.

Access to high-quality, dedicated facilities tailored to the specific needs of participants appears to be a critical factor enabling OYDC's sports program to yield multidimensional developmental benefits. This aligns with arguments in the literature advocating for strategic investments in appropriate sports infrastructure as integral components of Positive Youth Development (PYD) initiatives targeting underserved youth (Bruner et al., 2016; Bergeron et al., 2015). Overall, OYDC serves as a local exemplar demonstrating how well-utilized, high-quality facilities can significantly enrich developmental outcomes among youth participants.

### **5.1.3 Key interventions within sports facilities contributing significantly to youth development.**

The examination of key interventions in Table 4.5 reveals robust support for inclusive programs, skill-focused training, and mentorship initiatives at OYDC. The high percentages of agreement and elevated means underscore the perceived effectiveness of these interventions in fostering a sense of belonging, overall development, and positive youth outcomes.

The thorough evaluation of key interventions presented in Table 4.5 strongly indicates substantial backing for inclusive programs, skill-focused training, and mentorship initiatives within the framework of OYDC. The noteworthy agreement percentages and elevated means signify the widespread recognition among participants of the positive impact these interventions have on cultivating a sense of belonging, facilitating overall development, and fostering positive outcomes for youth.

The robust agreement among OYDC participants concerning the positive effects of inclusive programs, skill training, and mentorship aligns seamlessly with existing research that underscores these interventions as promising practices within sports-based youth development initiatives. The literature consistently emphasizes the critical role of intentional program design in optimizing sports participation for developmental outcomes. For instance, Bruner et al. (2016) advocate for maximizing inclusiveness, mentoring, and skill-building within sports programs, particularly for indigenous youth.

The consensus on the effectiveness of inclusive programs in promoting a sense of belonging mirrors findings by Malete et al. (2022), supporting the idea that tailored and socially inclusive sports-based Positive Youth Development (PYD) can significantly contribute to building agency and identity in African youth. This reinforces the value of providing participation opportunities that are accessible to marginalized groups. Additionally, research suggests that sports programs incorporating skill development contribute to enhancing critical capabilities for success, both on and off the field (Lloyd et al., 2012; Bergeron et al., 2015). The agreement regarding the benefits of skills training for overall development aligns with these findings.

Furthermore, mentorship is widely acknowledged as a catalyst that enables youth to translate sports participation into positive psychosocial growth (Whitley et al., 2018; Bruening et al., 2009). The perceived benefits of mentorship underscore the importance of guidance in the developmental journey of youth participants. Overall, the positive assessment of these targeted interventions implies that OYDC has successfully integrated practices that the literature identifies as facilitative of holistic youth development. This local validation substantiates their value within the specific context of OYDC. However, scaling these practices to broader contexts necessitates overcoming systemic challenges, such as resource constraints, emphasizing the ongoing need for advocacy (Bruner et al., 2016; Njelesani et al., 2015). OYDC's model stands as a valuable reference for informing context-specific adaptations and advocacy efforts.

#### **5.1.4 Influence of Socio-economic, Cultural, and Geographical Factors**

The moderate perceived influence of socioeconomic status, cultural background, and geographical location on youth development outcomes in OYDC's sports facilities aligns with research highlighting the complex interplay of these factors in shaping young people's experiences and opportunities in sports programs.

Here also, a lot of literature emphasize the need for a nuanced understanding of how social and environmental forces intersect with sports participation to produce varied outcomes based on youths' unique contexts and positions. For example, Njelesani et al. (2015) found that sport-for-development programs in Zambia tended to privilege certain groups of youth over others, reflecting intertwined dynamics related to gender, culture, socioeconomics, and geography.

Similarly, Bruner et al. (2016) highlighted how lack of resources and cultural disconnects with traditional sports can constrain opportunities for marginalized indigenous youth. The moderate influence attributed to socioeconomic status and cultural background in OYDC's facilities likely reflects awareness of similar uneven impacts. Reviewed research indicates that access to appropriate sports infrastructure remains highly dependent on geographical factors, like urban/rural divides (Mungandi et al., 2022; Hansell et al., 2020).

The finding that location moderately affects OYDC participants likely underscores spatial variability in sports provision nationwide.

Recognition of the nuanced role of these forces aligns with calls for greater criticality in sport-for-development to address exclusion (Njelesani et al., 2015). While OYDC's inclusive program model may help mitigate disparities, the results suggest continued attention is needed to variations in youth experiences based on their socioeconomic, cultural, and geographic realities. This underscores the complexity of fostering equitable developmental outcomes.

### **5.1.5 Synthesis with Literature**

The outcomes of this study exhibit a significant alignment with and reinforcement of existing literature, emphasizing the potential of well-designed sports facilities and programs to engender positive developmental outcomes in youth. Several key connections with the literature are evident:

#### *Inclusive Sports Participation and Social Capital*

The findings resonate with prior research highlighting the capacity of inclusive sports participation to foster social capital, a sense of belonging, and shared identity among youth (Whitley et al., 2018; Bruner et al., 2016; Njelesani et al., 2015). The study underscores the importance of well-structured sports programs in building strong social bonds and a cohesive identity within the youth community.

#### *Role of High-Quality Sports Infrastructure*

The study aligns with literature emphasizing the pivotal role of high-quality sports infrastructure and programming in enhancing various aspects, including physical fitness, skill development, and overall well-being (Lloyd et al., 2012; Hansell et al., 2020; Mungandi et al., 2022). The positive assessments from OYDC participants regarding the impact of sports facilities validate the significance of investing in well-equipped and well-utilized facilities.



### *Value of Targeted Interventions*

The research findings correlate with existing literature stressing the value of targeted interventions such as inclusivity, mentoring, and skills training in optimizing developmental impacts (Bruner et al., 2016; Maleté et al., 2022; Lloyd et al., 2012). The high agreement percentages among OYDC participants regarding the positive impact of these interventions reinforce their importance in the local context.

### *Intersecting Influence of Factors*

The study acknowledges the intersecting influence of social, economic, and geographic factors, leading to varied youth experiences, which is consistent with findings in the literature (Njelesani et al., 2015; Bruner et al., 2016; Mungandi et al., 2022). This recognition emphasizes the complexity of youth development within diverse contexts.

However, a distinctive contribution of this study lies in its provision of localized evidence that substantiates these overarching conclusions. The overwhelmingly positive assessments of community belonging, sports facilities, and targeted interventions at OYDC demonstrate tangible positive outcomes within this specific context. While the study acknowledges the moderate influence of socioeconomic, cultural, and geographic factors, it also presents OYDC as an exemplary program model striving for inclusivity. Therefore, this study not only reinforces but also contextualizes existing knowledge, offering valuable insights into the practical implementation and impact of youth development initiatives within the specific setting of OYDC.

#### **5.1.6 Implications for Practice**

The implications drawn from the findings of this study offer valuable insights for shaping effective practices in youth sports programming, emphasizing several key considerations:

1. The social outcomes highlighted in the findings underscore the paramount importance of prioritizing inclusive participation, fostering diversity, and cultivating a strong sense of community belonging as foundational elements in youth sports

programming. These aspects are not only integral for social cohesion but also contribute significantly to the overall positive development of youth participants.

2. The positive evaluations of sports facilities and targeted interventions emphasize the necessity for sustained investment in quality sports infrastructure and intentional programming. The study suggests that well-equipped and well-structured sports facilities, coupled with evidence-based interventions, play a crucial role in yielding positive developmental outcomes among youth.
3. Despite OYDC's efforts in promoting inclusiveness, the study recognizes the moderate influence of socio-cultural and geographic factors, indicating the persistent need to proactively address disparities in access and opportunity. This implies that targeted initiatives should be developed to mitigate barriers and ensure equitable participation, particularly among diverse demographic groups.
4. OYDC emerges as a model for integrating evidence-based practices, such as skills development and mentoring, within sports programs to enhance impacts. The study suggests that incorporating these practices can contribute significantly to the overall positive development of youth participants and serve as a blueprint for other youth sports initiatives.
5. The strong correlation between youth participation and positive developmental outcomes reinforces the value of sports-based initiatives in fostering multidimensional youth development. This finding affirms that thoughtful and well-executed sports programs have the potential to be effective vehicles for holistic youth development.

#### **5.1.7 Connection to Theoretical Frameworks**

The key findings of this study can be explicitly connected to the theoretical frameworks of Social Cognitive Theory and Interactionist Theory. The strong sense of community integration and belonging reported by OYDC participants aligns with the concepts of social interaction and shared symbols central to Interactionist Theory. The supportive

environment and positive relationships fostered within OYDC contribute to the construction of a collective identity and a sense of self among youth participants.

Moreover, the personal growth and development experienced by participants through their involvement in sports activities can be understood through the lens of Social Cognitive Theory. The opportunities for observational learning, modelling of behaviours, and the development of self-efficacy within OYDC's sports programs align with the key tenets of this theory. Participants' reports of enhanced confidence, leadership skills, and resilience demonstrate the impact of the social and environmental factors on their personal development.

#### **5.1.8 Limitations and Future Research**

While this study provides valuable insights into the impact of sports facilities on youth development, it is important to acknowledge its limitations. The purposive sampling technique and the focus on a single case study (OYDC Zambia Sports Development Centre) may limit the generalizability of the findings to other contexts. Future research could benefit from a more diverse sample, including participants from multiple sports facilities and different geographical locations, to enhance the external validity of the results.

Additionally, the cross-sectional nature of the study limits the ability to establish causal relationships between variables. Longitudinal research designs could provide a more comprehensive understanding of the long-term impact of sports facilities on youth development and the sustainability of the observed outcomes.

Furthermore, while the study incorporated qualitative methods, the depth and breadth of qualitative data could be expanded in future research. In-depth ethnographic studies or narrative inquiries could offer a richer understanding of the lived experiences and meanings attached to youth participation in sports activities.

Future research could also explore the specific mechanisms and processes through which sports facilities influence youth development outcomes. Investigating the role of coach-athlete relationships, peer dynamics, and organizational factors could provide

valuable insights for designing effective youth development programs within sports facilities.

### **5.1.9 Contextual Limitations**

It is crucial to consider the contextual limitations of the findings. The OYDC Zambia Sports Development Centre operates within a specific socio-cultural and economic context, and the experiences of participants may be shaped by these contextual factors. The availability of resources, cultural norms, and societal expectations surrounding youth participation in sports may differ in other settings.

Therefore, while the findings of this study provide valuable insights into the impact of sports facilities on youth development, they should be interpreted with caution when applied to other contexts. The specific strategies, interventions, and best practices identified in this study may need to be adapted and tailored to the unique needs and circumstances of different communities and sports facilities.

## **CHAPTER SIX**

### **SUMMARY, CONCLUSION AND RECOMMENDATIONS**

#### **6.0 Introduction**

Chapter Six provides a concise summary of the key findings of the study, highlighting the positive community integration, effectiveness of sports facilities, and the impact of key interventions on youth development at the Olympic Youth Development Centre (OYDC) Zambia. The synthesis with existing literature underscores the study's contribution to the broader discourse on youth development through sports.

#### **6.1 Summary**

In the pursuit of understanding the influence of sports facilities on youth development, this study centered its investigation on the Olympic Youth Development Centre (OYDC) in Zambia. Employing a descriptive research design, data were collected from a sample of 100 participants through a structured questionnaire. The analytical focus of the study encompassed an evaluation of community integration, the effectiveness of sports facilities, the significance of key interventions, and the impact of socio-cultural and geographic factors on youth development.

The study unveiled a robust sense of belonging, shared identity, and active community engagement among the participants associated with OYDC. These findings echo the importance of sports-based programs in cultivating social bonds and fostering a positive communal atmosphere. The results align with existing literature emphasizing the potential for well-designed sports initiatives to promote community integration (Whitley et al., 2018; Bruner et al., 2016; Njelesani et al., 2015).

Participants overwhelmingly perceived sports facilities at OYDC as positive contributors to their physical fitness, skill development, and overall well-being. The study's findings reinforce the notion that access to high-quality sports infrastructure, offering structured programs, is instrumental in enhancing multidimensional youth development (Lloyd et al., 2012; Hansell et al., 2020; Mungandi et al., 2022).

Targeted interventions, including inclusive programs, skills training, and mentoring, received high acclaim from participants. This aligns with existing research highlighting the significance of intentional programming in optimizing sports participation for positive developmental outcomes (Bruner et al., 2016; Maletete et al., 2022; Lloyd et al., 2012). The study underscores the value of incorporating these practices to enhance the impacts of youth sports initiatives.

The study identified a moderate influence of socio-cultural status, cultural background, and geographic location on developmental outcomes. While OYDC demonstrated inclusivity, the acknowledgment of these influences underscores the need for ongoing efforts to address disparities in access and opportunities. This finding resonates with literature recognizing the intersecting impact of social, economic, and geographic factors on youth experiences (Njelesani et al., 2015; Bruner et al., 2016; Mungandi et al., 2022).

## **6.2 Conclusion**

This study provided valuable insights into the impact of sports facilities on youth development at OYDC. The positive outcomes in community integration, effectiveness of facilities, and key interventions affirm the potential of well-designed sports programs. The study also acknowledges the nuanced influence of socio-cultural and geographic factors, highlighting the need for ongoing efforts to ensure inclusivity and equitable access in youth sports programming. The findings contribute both to the localized understanding of youth development at OYDC and to the broader discourse on effective strategies for holistic youth development through sports.

## **6.3 Recommendations to the OYDC**

In this section, practical recommendations are provided to guide the Olympic Youth Development Centre (OYDC) in Zambia based on the study's findings. These recommendations are tailored to enhance the positive impact of sports facilities on youth development.

1. OYDC should persist in its commitment to investing in high-quality and well-maintained sports facilities that cater to diverse interests. This investment is crucial for maintaining the positive impact of sports on youth development.
2. The OYDC should build upon the success of existing interventions, specifically those focused on inclusivity, skill development, and mentoring. By enhancing and expanding these initiatives, OYDC can further amplify their positive developmental impacts.
3. Introduce targeted initiatives aimed at addressing socioeconomic, cultural, and geographic barriers to participation. By identifying and mitigating barriers, OYDC can work towards providing equitable opportunities for youth from diverse backgrounds.
4. Implement a system of ongoing monitoring and evaluation to identify areas for improvement. Regular assessments will allow OYDC to adapt and refine its programs and interventions based on real-time feedback and changing needs.
5. OYDC should advocate for increased national policy and funding support for youth sports programming. By actively engaging with policymakers and securing additional support, OYDC can contribute to the advancement of youth sports at a national level.

#### **6.4 Recommendations for future research**

This section outlines recommendations for future research endeavours in the field of youth development through sports facilities.

1. Future research should consider widening its scope by surveying youth across multiple sports-based youth programs in Zambia. This approach would provide a more comprehensive understanding of the diverse experiences and outcomes associated with various youth sports initiatives in the country.
2. Conduct research that assesses long-term developmental impacts through the longitudinal tracking of participants. Understanding the sustained effects of youth sports engagement over an extended period contributes valuable insights into the enduring benefits and challenges associated with such programs.

3. Explore sustainability factors through studies on financial management, partnerships, and resource mobilization. Investigating the financial and organizational aspects of youth sports programs can shed light on the factors that contribute to long-term sustainability and effectiveness.
4. Undertake focused ethnographic studies to explore socioeconomic, cultural, and geographic barriers more comprehensively. In-depth qualitative research in specific contexts can unveil the nuanced dynamics influencing youth participation and development, providing actionable insights for program design and implementation.

### **6.5 Limitations and Future Research**

It is important to acknowledge the limitations of the study. The purposive sampling technique used in this study focuses specifically on the OYDC Zambia Sports Development Centre, which may limit the generalizability of the findings to other sports facilities or youth development contexts. The experiences and perspectives of participants within OYDC may not be representative of the broader population.

Additionally, the study relies on self-reported data from participants, which may be subject to social desirability bias. Participants may respond in a way that portrays themselves or their experiences in a more positive light. The cross-sectional nature of the study also limits the ability to establish causal relationships between variables.

Furthermore, while the study incorporates qualitative methods, the depth and breadth of qualitative data may be limited due to time and resource constraints. More extensive qualitative research, such as ethnographic studies or longitudinal designs, could provide a richer understanding of the complex dynamics of youth development within sports facilities.



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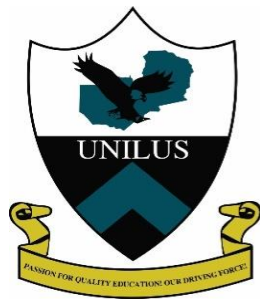
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## APPENDICES



# UNIVERSITY OF LUSAKA

## SCHOOL OF POST GRADUATE STUDIES

Dear Respondent,

**RE: Research on the impact of sports facilities on youth development: A case of OYDC Zambia Sports Development Centre.**

I am a student at the University of Lusaka pursuing a Master's Degree in Project Management. As a school requirement, I am undertaking a research study in fulfilment of the award of the Master's Degree.

The purpose of this study is to investigate the impact of sports facilities on youth development. You have, therefore, been selected as a participant in this academic survey. Kindly fill in the questionnaire enclosed by answering the questions as honestly and completely as possible. Kindly note that this research is purely academic and your responses and all information given will be treated with the utmost confidentiality.

Should you have any questions or difficulties in answering the questions, please do not hesitate to contact me on my email address: [mwangekampamba89@gmail.com](mailto:mwangekampamba89@gmail.com) or cellphone: 0961356365.

Thank you in advance for your valuable support.

Yours Faithfully,

Mwange Kampamba.

## **Part A: Demographic Information**

1. Age Group
  - a) Under 18 years
  - b) 18-25 years
  - c) 26-30 years
  - d) Over 30 years
2. Gender
  - a) Male
  - b) Female
3. Educational Background
  - a) High School
  - b) Vocational Training
  - c) College/University
4. Geographical Location
  - a) Urban
  - b) Rural
5. Socio-Economic Status
  - a) Low Income
  - b) Middle Income
  - c) High Income

## **Part B: Community Integration**

6. To what extent do you feel a sense of belonging in the OYDC sports program?
  - a) Strongly Agree
  - b) Agree
  - c) Neutral
  - d) Disagree
  - e) Strongly Disagree
7. Do you believe that the OYDC sports program promotes a shared identity among participants?
  - a) Strongly Agree
  - b) Agree
  - c) Neutral
  - d) Disagree

- e) Strongly Disagree
- 8. How actively is community engagement encouraged and practiced within the OYDC sports program?
  - a) Strongly Agree
  - b) Agree
  - c) Neutral
  - d) Disagree
  - e) Strongly Disagree

**Part C: Effectiveness of Sports Facilities**

- 9. To what extent do you think the sports facilities positively impact your physical fitness?
  - a) Strongly Agree
  - b) Agree
  - c) Neutral
  - d) Disagree
  - e) Strongly Disagree
- 10. Have you experienced significant skill development through the sports facilities at OYDC?
  - a) Strongly Agree
  - b) Agree
  - c) Neutral
  - d) Disagree
  - e) Strongly Disagree
- 11. Do you believe that overall well-being is enhanced by the utilization of sports facilities at OYDC?
  - a) Strongly Agree
  - b) Agree
  - c) Neutral
  - d) Disagree
  - e) Strongly Disagree

**Part D: Key Interventions within Sports Facilities**

- 12. Do you feel that inclusive programs at OYDC promote a sense of belonging?
  - a) Strongly Agree
  - b) Agree
  - c) Neutral
  - d) Disagree

- e) Strongly Disagree
13. In your opinion, does skill-focused training enhance overall development within the OYDC sports program?
- a) Strongly Agree
  - b) Agree
  - c) Neutral
  - d) Disagree
  - e) Strongly Disagree
14. Do you believe that mentorship initiatives positively impact youth outcomes in the OYDC sports program?
- a) Strongly Agree
  - b) Agree
  - c) Neutral
  - d) Disagree
  - e) Strongly Disagree

**Part E: Influence of Socio-economic, Cultural, and Geographical Factors**

15. To what extent do you think socio-economic status influences youth development within sports facilities at OYDC?
- a) Strongly Agree
  - b) Agree
  - c) Neutral
  - d) Disagree
  - e) Strongly Disagree
16. Do you believe that cultural background plays a role in shaping the youth development experience at OYDC?
- a) Strongly Agree
  - b) Agree
  - c) Neutral
  - d) Disagree
  - e) Strongly Disagree
17. In your opinion, does geographical location have an influence on youth development within sports facilities at OYDC?
- a) Strongly Agree
  - b) Agree



- c) Neutral
- d) Disagree
- e) Strongly Disagree

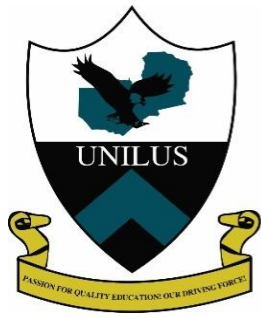
**Part F: Additional Comments**

18. Please share any additional comments or insights regarding your experience in the OYDC sports program.

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# UNIVERSITY OF LUSAKA

Dear Respondent,

I am Mwange Kampamba, a postgraduate student at the University of Lusaka pursuing a Master's Degree in Project Management. As a school requirement, I am undertaking a research study in fulfilment of the award of the Master's Degree.

The purpose of this study is to investigate impact of sports facilities on youth development with particular focus on OYDC Zambia Sports Development Centre. You have been identified as a resourceful contact on this topic; and as such, I hope to share your knowledge and experience in understanding the issue at hand by taking a few minutes of your time to have a brief discussion with you. Kindly note that this interview is purely academic and your responses and all information given will be treated with the utmost confidentiality. Voice-recording of the interview will only be done if **permission is granted** by the interviewee.

Thank you in advance for your valuable support and contribution to this research.

## **Interview guide**

### **Personal Information**

Name: .....

Name of Organisation: .....

Position: .....

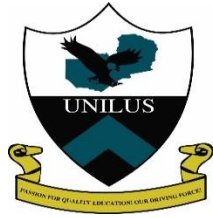
Highest academic qualification: .....

Years of experience: .....

Contact No.: .....

1. In your own words, how would you describe the sense of belonging that participants feel within the sports community?
2. In what ways have you seen sports facilities contribute to the holistic development of participants, beyond just improving their sports-related skills?
3. Can you share more examples of how inclusive programs make participants feel valued and included?
4. Could you provide specific instances where mentorship initiatives positively influenced the lives of youth participants?
5. In terms of cultural background, could you provide examples of how the celebration of diverse traditions enhances the sports experience for participants?
6. Is there anything else you would like to share or any additional insights you believe are crucial for understanding the impact of sports facilities on youth development at OYDC?

**Thank you for your time.**



UNIVERSITY  
OF  
LUSAKA

**SCHOOL OF POSTGRADUATE STUDIES**

**SUBMISSION OF DISSERTATION FOR EXAMINATION**

**Name of student:** MWANGE KAMPAMBA

**Student number:** MSCPM22114406

**Programme of study:** MASTER OF SCIENCE IN PROJECT MANAGEMENT

**Dissertation title:** IMPACT OF SPORTS FACILITIES ON YOUTH DEVELOPMENT: A  
CASE OF OYDC ZAMBIA SPORTS DEVELOPMENT CENTRE

*Kampamba*

**Signature of student:** .....

**Date:** 23/01/2024

**Supervisor's Comments:**

I recommend/ do not recommend this dissertation for submission for examination (If you do not recommend, kindly provide a written report and attach hereto).

**Name of Supervisor:** Prof Erastus Mwanaumo.....

*[Handwritten signature]*

**Signature of Supervisor:** .....

**Date:** ...23/01/2024.....

# Edited - Mwange

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