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Factors Influencing Youth Sports Participation in Different Districts of Balochistan, A Province of Pakistan

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Abstract: This study was conducted to evaluate the factors influencing youth sports participation in different districts of Balochistan, a province of Pakistan. The current study was carried out in male and female degree colleges from six (06) randomly chosen Balochistan districts. In all, 824 students—512 men and 312 women representing 10% of the student body at 18 men's colleges and 14 women's institutions participated in the study. The researcher created and employed a structured five-point Likert scale questionnaire, with responses ranging from Strongly Agree (SA), Agree (A), Neutral (N), and Disagree (DA), to Strongly Disagree (SDA). The significant level for the p-value that the researcher used to accept or reject the given hypotheses was 0.05. The study's findings showed that youth sports involvement in various districts of Balochistan is influenced by a number of factors, including parental financial resources, a lack of access to sports equipment due to high marketing costs.

Key Words: Factors, Influencing, Youth Sports Participation and Case Study of Baluchistan, Province of Pakistan.

Introduction

For many decades, there has been discussion about the impact of many influences on young athletes' participation in sports. The youth of a country are thought to be its future, and young, healthy countries are developed. Without sufficient individual participation in athletics, the aforementioned accomplishments would not have been feasible. On the basis of this idea, a study has shown that engaging in sports can benefit a person's physical, cognitive, and social qualities (Deci & Rayn, 2008). Bailey et al. (2009) made the case in their study that students' participation in athletics has a positive effect on their academic performance. The author has also made the case that regular and active participation in organized sports has a favorable impact on a

person's self-esteem, psychological well-being, and capacity for appropriate learning, all of which are crucial for successfully navigating social interactions.

Effective and successful sports programmers are not only promoted but also regularly scheduled from the national to the international level in the developed nations of the world. Deci and Rayn (2008) claim that the majority of international competitors in various sports at the national and worldwide levels are chosen from schools and universities when they are still teenagers.

Similar to how it affects other elements of life, poverty can also have an impact on psychological suffering, harshness, low self-esteem, fear, hatred, and other negative emotions (Harrell, 2000). Similar to how poverty affects young people's participation in sports in both developed and developing

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nations; Sports and poverty have a strong correlation to one another. According to author Lintner (2010), the connection between sports and poverty is a relatively new development.

It has been considered that athletes have potential at the national and international levels as it relates to their engagement in sports. But certain unavoidable factors are impeding their ability to participate in sports. Numerous researches had been done in relation to the variables influencing sports in various parts of the nation. Similarly to that, the current study was carried out in Pakistan's Baluchistan province. With the use of the relevant questionnaire, the researcher addressed the situation. According to the researcher, this study may give the relevant authorities accurate information that will help increase young people's participation in sports.

Using their joint efforts on research studies, Drexel University, the Department of Sports Management, and NCPA alleged that the NCAA imposes immoral and impractical restrictions on college athletes (Huma, & Staurowsky, 2011). The information was gathered from the college football and basketball teams in the Football Bowl Subdivision (Staurowsky, & Huma, 2011). In order to determine the fair market value of basketball and football players from the NFL and NBA, observers observed the wages of coaches, athletic administration scholarships for players at or below the federal poverty line, full scholarships, and bargaining agreements (Wieberg, 2010). The writers recommended minimizing infractions, placing a priority on education, and enabling athletes to pursue business opportunities (McCormick, & McCormick, 2010). According to the report "The Price of Poverty in Big Time College Sport," for the academic year 2010-11, players' scholarship out-of-pocket costs averaged \$3222. (NCAA Academic and Membership Affairs Staff, 2010). A full scholarship's housing and board provisions, according to the research, cause 86 percent of players who live off campus and 85 percent of players who live on campus to live below the federal poverty line. According to the report, the typical FBS football and basketball player is worth \$120,048 and \$265,027,

respectively (NCAA Academic and Membership Affairs Staff, 2010). Big-time basketball and football players do not get the facilities and incentives they should. The athlete receiving among among the athletes and the money obtained by the other athlete's findings, according to president Ramogi Huma, were shockingly different from fair market value (Lederman, 2011).

The researcher has been a match referee for the Pakistan Cricket Board (PCB) for the past ten years and has seen a variety of things that prevent young people from participating in sports. In this case, the researcher has stated that a research study is urgently needed to determine the elements influencing young people's participation in sports. As a result, a study on the "factors influencing youth sports participation in different districts of Balochistan, a province of Pakistan" was carried out. The researcher personally contacted the young people in the affected areas to get the necessary data, paying particular attention to the factors influencing how they participated in sports.

Objectives

1. To assess male students' opinions on how poverty influences youth sports participation in different districts of Balochistan.
2. To assess female students' perspectives on how poverty youth sports participation in different districts of Balochistan.
3. To compare the perspectives of male and female students on how youth sports participation in different districts of Balochistan.

Development of Hypotheses

- H_A 1 There is a significant viewpoint of male students regarding the effect of poverty on youth sports participation in different districts of Balochistan.
- H_A 2 There is a significant viewpoint of female students regarding the effect of poverty on youth sports participation in different districts of Balochistan.
- H_A 3 There is a significant difference between the viewpoints of male and

female students regarding the effect of Poverty on youth sports participation in different districts of Balochistan.

Significance of the Study

The main goal of this study was to evaluate the variables influencing youth sports involvement at the collegiate level in different districts of the Pakistani province of Balochistan. As a result, it is crucial in the world of sports. Important information about the effects of poverty on sports participation among male and female students enrolled in different degree colleges in Balochistan has been made available by this study. The study's conclusions might aid in getting the attention of relevant authorities on the availability of sports.

Research Methodology

The research methods and procedures (tools & techniques) that were used for carrying out the research in a particular context to look at the desired relationship between males and female under consideration have been provided in this section in order to pursue the hypothesized relationship among the research variable of the study (Kumar, 2018)

Research Design

This study employed a quantitative research design with exploratory elements that combined descriptive and inferential approaches relevant to the subject's nature. The study provided philosophical issues to employ as potential approaches for carrying

out the research utilizing a specific design (McKenne & Reeves, 2018). Because of this, the current study's technique was exploratory in order to explore research challenges, demographic priorities, and interactions between research men and women in a particular context in order to glean novel information and ground-breaking findings to promote research.

Research Approach

The research approach is the style of observation that social scientists utilize most frequently, according to an examination of social research methodology (Frankfort-Nachmias Nachmias, 2007). According to reports, research methodology is the best method for assessing sentiments among sizable populations (Ritchie, Lewis, Nicholls, & Ormston, 2013). In order to ascertain the impact of poverty on youth sports participation, a study approach with a quantitative tool was applied.

Population and Sampling

The population, according to Louviere, Hensher, and Swait (2000), is the entire set of elements (people or objects) that have a common trait as determined by the sampling criteria. All male and female students enrolled in degree-granting institutions in Baluchistan, Pakistan, make up the study's finite population of interest. There are 66 male degree-granting institutions and 37 female degree-granting institutions spread over Baluchistan's 30 districts. The table below provides a thorough description:

Table 1. Population and Sampling.

S. No	District	Total Male Colleges	Total Female Colleges	Total Colleges
1	Quetta	8	8	16
2	Nushki	1	1	2
3	Chaghi	1	1	2
4	Killa Abdullah	3	2	5
5	Pishin	4	1	5
6	Kalat	3	2	5
7	Khuzdr	4	1	5
8	Lasbela District	3	2	5
9	Kharan	1	1	2

S. No	District	Total Male Colleges	Total Female Colleges	Total Colleges
10	Mastung	2	1	3
11	Awaran	2	0	2
12	Washuk	1	0	1
13	Sibi	1	1	2
14	Ziarat	2	1	3
15	Harnai	1	1	2
16	DeraBughti	1	0	1
17	Turbat	4	1	5
18	Gawadar	2	1	3
19	Panjgor	1	1	2
20	Naseerabad	1	1	2
21	Jaffarabad	2	2	4
22	JhallMagsi	1	0	1
23	Sohbat	2	1	3
24	Kachi Bolan	4	1	5
25	Zhob	1	1	2
26	Sherani	1	1	2
27	Loralai	2	1	3
28	Musa Khail	4	0	4
29	KillaSsifullah	2	2	4
30.	Barkan	1	1	2
Total of each Column		66	37	103
Population: 66+37= 103				

Source: official Baluchistan website, a researcher's visit, and telephone communication

Sample and Selection of a Sample

According to Teddlie and Yu (2007), a sample in a research process is a subset of a population chosen to take part in the study, whereas Hernan, Hernandez-Diaz, and Robins (2004) believe that sampling is the process of choosing a group of subjects for a study in a way that ensures the subjects represent the larger group from which they were selected. To increase the sample's representativeness, the general rule for sample size is to maintain it as large as possible. To find meaningful links or differences, the sample size must grow as the

number of variables under investigation does. A sample size of students (i.e., 10% of the total population) was picked from the colleges chosen for the study. The sample was obtained by the researcher using a two-stage sampling approach. Using Dr. Khan, 2014; Gay, 1987 technique, the researcher selected six districts. a method of sampling used to obtain the sample. the first sta The researcher used a stratified random sampling procedure in the second stage, choosing 10% of the samples from each stratum (male and female). Below is a description of the sample in more depth. The researcher has selected six districts.

Table 2. Showing the Detailed Description of the Population.

S. No	District	Total Male Colleges	Total Male Students	10% Sample	Total Female Colleges	Total Female Students	10% Sample
	Quetta	8	2513	251.3	8	1732	173.2

Pishin	4	1190	119	1	335	33.5
Mastung	2	431	43.1	1	290	29
Zhob	1	296	29.6	1	186	18.6
Naseerabad	1	220	22	1	195	19.5
Killa Saifullah	2	475	47.5	2	390	39
Total of each Column	18	5125	512	14	3128	312
Sample: 512+312 = 824						

Data Collection

The researcher created a workable questionnaire and used it to gather primary data. The survey was designed with a Likert-type scale and five response alternatives. From Strongly Agree (SA), Agree (A), Neutral (N), and Disagree (DA), to Strongly Disagree, were the responses (SDA). The extent to which the respondents agreed or disagreed with the assertions had to be stated. On a scale of 1 to 5, the weight of the questions was given as follows. Strongly Agree 1, Strongly

Agree 2, Neutral 3, Neutral 2, Disagree 2, and Disagree 2.

Questionnaire Design

Experts in the fields of management sciences, sports sciences, and physical education were given the initial draught of the questionnaire and asked to provide comments on seventeen (17) topics. Finally, seven (7) items were chosen in consideration of the expert comments and suggestions. The explanation is provided below.

Table 3. Showing the Detailed of the First Draft and Second Draft of the Questionnaire.

Dimension of Questionnaire	First Draft	Second Draft
Poverty	17	7
Total	17	7

Validity and Reliability

Validity describes how well-suited, practical, and comprehensive the questionnaire is, while reliability relates to how consistently the results are obtained (Best & Kahn, 2006). The researcher obtained content-related evidences from fifteen (15) specialists to make the questionnaires valid in order to address the validity issue. Internal Consistency Reliability was essentially used to carry out the reliability procedure. The Statistical Package for Social Sciences (SPSS) was used to calculate the reliability coefficient of the questionnaires, and the results showed that it

was 0.87. Finally, to collect the necessary data, a trustworthy questionnaire with 7 items on poverty was employed.

Data Analyses

The part has been divided into two sections by the researcher: descriptive analysis and inferential analysis. The descriptive section is split into two parts further (the viewpoint of male on various dimensions and the viewpoint of females on various dimensions). The responses of the pupils are estimated using frequencies and percentages.

Table 4. Gender-wise Frequencies and Percentages of the Sample.

Gender	Frequency	Percent	Valid Percent	Cumulative Percent
Male	512	62.1	62.1	62.1
Female	312	37.9	37.9	100.0
Total	824	100.0	100.0	

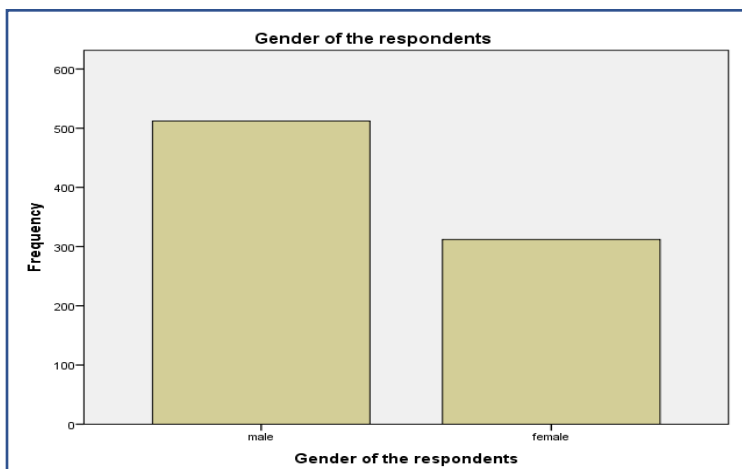


Figure 1

The gender-specific frequencies and percentages of the sample are shown in table 4 above. There were 312 girls and 512 males (a total of 62.1% of the sample) in total. 824 people made up the study's 100% sample.

Table 5. Locality-Wise Frequencies and Percentages of the Sample.

Locality	Frequency	Percent	Valid Percent	Cumulative Percent
Rural	450	54.6	54.6	54.6
Urban	374	45.4	45.4	100.0
Total	824	100.0	100.0	

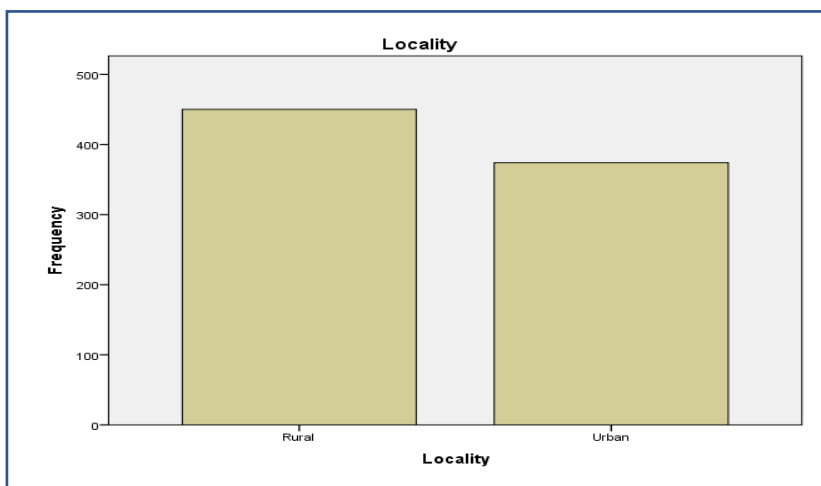


Figure 2

The aforementioned table displays five locality-specific frequencies and percentages of the sample, revealing that 374

(45.4%) of the study's 450 participants were urban and 450 (54.6%) rural. 824 people made up the study's 100% sample.

Table 6. The table shows the Standpoint of Male Students Regarding the Effect of Poverty Influencing Youth Sports Participation in Different Districts of Balochistan.

Statement	SDA (%)	DA (%)	UD (%)	A (%)	SA (%)
Sports equipment purchases are hampered by poverty.	76 (14.84%)	302 (58.98%)	65 (12.70%)	47 (9.18%)	22 (4.30%)
A group with little means cannot afford pricey sporting goods that would otherwise be required.	74 (14.45%)	298 (58.20%)	73 (14.26%)	43 (8.40%)	24 (4.69%)
The college-level athlete is unable to participate in sports due to family obligations.	22 (4.30%)	23 (4.49%)	70 (13.67%)	363 (70.90%)	34 (6.64%)
The cost of sports prevents lower-class college students from playing sports.	65 (12.70%)	345 (67.38%)	45 (8.79%)	35 (6.84%)	22 (4.30%)
Athletes are constantly aware of their standing.	9 (1.76%)	15 (2.93%)	12 (2.34%)	100 (19.53%)	376 (73.44%)
Poor parents limit their children to mainly academic pursuits.	11 (2.15%)	67 (13.09%)	34 (6.64%)	342 (66.80%)	58 (11.33%)
Youth sports involvement declines as a result of poverty.	22 (4.30%)	23 (4.49%)	54 (10.55%)	394 (76.95%)	19 (3.71%)

The sketched table 6 has shown that 302 (58.98%) respondents disagreed with the statement that sports equipment purchases are hampered by poverty. According to the analyzed data, 298 (58.20%) respondents disagreed that a group with little means cannot afford pricey sporting goods that would otherwise be required. Likewise, the data has configured that 363 (70.90%) respondents agreed that the college-level athlete is unable to participate in sports due

to family obligations, and 345 (67.38%) students disagreed that the cost of sports prevents lower-class college students from playing sports. The sketch indicated that 376 (73.44%) strongly agreed that Athletes are constantly aware of their standing, and 342 (66.80%) agreed with the statement that Poor parents limit their child's to mainly academic pursuits. Consequently, 394 (76.95%) male students agreed that youth sports involvement declines as a result of poverty.

Table 7. Table showing the standpoint of female students regarding the effect of Poverty influencing youth sports participation in different districts of Balochistan.

S. No	Statement	SDA (%)	DA (%)	UD (%)	A (%)	SA (%)
1	Sports equipment purchases are hampered by poverty.	12 (3.85%)	7 (2.24%)	18 (5.77%)	12 (3.85%)	263 (84.29%)
2	A group with little means cannot afford pricey sporting goods that would otherwise be required.	33 (10.58%)	24 (7.69%)	45 (14.42%)	27 (8.65%)	183 (58.65%)
3		34	37	34	178	29

S. No	Statement	SDA (%)	DA (%)	UD (%)	A (%)	SA (%)
	The college-level athlete is unable to participate in sports due to family obligations.	(10.90%)	(11.86%)	(10.90%)	(57.05%)	(9.29%)
	The cost of sports prevents lower-class college students from playing sports.	21 (6.73%)	33 (10.58%)	43 (13.78%)	17 (5.45%)	198 (63.46%)
4	Athletes are constantly aware of their standing.	22 (7.05%)	18 (5.77%)	39 (12.50%)	22 (7.05%)	211 (67.63%)
5	Poor parents limit their child's to mainly academic pursuits.	8 (2.57%)	11 (3.54%)	16 (5.14%)	63 (20.26%)	213 (68.49%)
6	Youth sports involvement declines as a result of poverty.	12 (3.85%)	10 (3.21%)	34 (10.90%)	23 (7.37%)	233 (74.67%)
7						

The sketched table 7 has shown that 263 (84.29%) respondents strongly agreed with the statement that sports equipment purchases are hampered by poverty. According to the analyzed data, 183 (58.65%) respondents strongly agreed that a group with little means cannot afford pricey sporting goods that would otherwise be required. Likewise, the data has configured that 178 (57.05%) respondents agreed that the college-level athlete is unable to participate in sports due to family obligations, 198 (63.46%) female

students strongly agreed that the cost of sports prevents lower-class college students from playing sports. The sketch indicated that 211 (67.63%) strongly agreed that athletes are constantly aware of their standing, and 213 (68.49%) strongly agreed with the statement that poor parents limit their children to mainly academic pursuits. Consequently, 233 (74.67%) female students strongly agreed that youth sports involvement declines as a result of poverty.

Table 8. The table Shows the Difference between the Perception of Male and Female Students Regarding the Effect of Poverty on Youth Sports Participation.

Group Statistics						
Factor	Gender of the Respondents	N	Mean	Std. Deviation	T	Sig.
Effect of Poverty on Youth Sports Participation	Male	512	3.0215	1.40084		
	Female	312	3.0769	1.52171	-.533	.594

Significant at 0.05

512 boys and 312 females were questioned about the impact of poverty on youth sports participation in the above table 8. Male and female averages were 3.02 and 3.07, respectively. Male and female standard deviations were both 1.40 and 1.52, respectively. The study discovered that $t(822) = -533, P > 0.05$, indicating that there is no

statistically significant difference between male and female perceptions on the impact of poverty on juvenile sports participation. Girls' means are higher than boys' means ($3.07 > 3.02$). Therefore, it can be said that there is no appreciable difference in how males and females view the impact of poverty on young people's participation in sports.

Table 9. Table Showing the Difference Between the Perception of Rural and Urban Students Regarding the Effect of Poverty on Youth Sports Participation.

Group Statistics							
Factor	the locality of the Respondents	N	Mean	Std. Deviation	T	Sig.	
Effect of Poverty on Youth Sports Participation	Rural	450	3.05	1.40084	-.422	.594	
	Urban	374	3.06	1.52171			

Significant at 0.05

In the above table 9, concerning the impact of poverty on youth sports participation, 450 rural and 374 urban respondents were surveyed. Rural areas' means were 3.05 and 3.06, respectively. Both the rural and urban standard deviations were 1.40 and 1.52, respectively. According to the researcher's findings, there is no discernible difference between rural and urban perceptions of the impact of poverty on juvenile sports participation $t(822) = -.422, P > 0.05$. Therefore, it can be said that there are no appreciable differences between rural and urban perceptions of how poverty affects young people's engagement in sports.

Discussion of How Poverty Influence Young People's Participation in Sports

The researcher found that there is a significant effect of poverty on youth sports participation. Because, for poor middle-class students and players sports equipment purchases are hampered by poverty. It was noted that a group with little means cannot afford pricey sporting goods that would otherwise be required which otherwise are necessary as well as the college-level athlete is unable to participate in sports due to family obligations. The data has revealed that Athletes are constantly aware of their standing. Due to financial issues, most of poor parents limit their child's to mainly academic pursuits. Cumulatively youth sports involvement declines as a result of poverty. According to Power (2016), "Poverty among 16 to 19-year-olds is currently the greatest of all age groups and has increased from 27% (2002-2003) to 34% of all young people in that age range." The age group between 21 and 24 has the next greatest poverty rate (29% between 2011 and 2013 vs. 23% between 2002 and 3). The researcher

came to the conclusion that money is the largest hurdle for young people who are past school age, such as gym and team sports costs. Poor local conditions have a significant effect. According to Edwards, Grubb, Power, and Serle's (2016) analysis of past research papers on poverty, impoverished families with children and youth suffer a great deal from poverty. Poor kids are unable to engage in outdoor activities. Because of peer pressure and fear of getting into trouble, poverty prevents young people from using clubs and facilities. Poverty is also closely associated with health issues such as obesity, disability, and poor physical activity. Low incomes also limit the amount of engagement that kids and teenagers may engage in, including the majority of sports. In their study "Family Futures: Childhood and Poverty in Urban Neighborhoods," Power, Willmot, and Davidson (2011) found that parents who cited cost as a deterrent to physical activity were more likely to be those of young adults who had dropped out of school and had no access to activities related to schools. These findings are consistent with those of the current study. The results of the present study are consistent with those of Power, Plöger, and Winkler (2010), Sport England and AMION Consulting (2013), Sport England (2014), and Wheeler, Dorling, Shaw, and Mitchell (2005).

Findings on how Poverty Influences Young People's Participation in Sports

The researcher discovered that poverty had a considerable impact on young people's participation in sports. The in-depth descriptions are as follows:

Viewpoint of Male Students

The researcher discovered that the majority of male students (302 out of 512) disagreed

that poverty is a barrier to buying athletic goods, and the majority of male students (298 out of 512) disagreed that low-income groups cannot afford expensive sporting items that would otherwise be necessary. The researcher also discovered, based on data analysis, that the majority of male students (363 out of 512) agreed that family expenses restrict college-level athletes from participating in sports activities. The researcher also discovered that the majority of male students disagreed with the claim that the cost of sports prevents lower-class college students from participating in sports. The majority of male respondents, according to the researcher, strongly agreed that athletes are always conscious of their position. Poor parents limit their children to academic issues alone was the sixth statement in the section of the questionnaire that examined the impact of poverty on youth sports involvement, and the majority (342 out of 512) of the male respondents agreed. The majority of male respondents also concurred that poverty reduces youth participation in sports.

The viewpoint of Female Students

The researcher discovered that the majority of female students (263 out of 312) strongly disagreed that poverty is a barrier to buying sporting goods, and the majority of female students (183 out of 312) strongly disagreed that low-income groups cannot afford expensive sporting goods that would otherwise be necessary. The majority of the female students (178 out of 312) who participated in the study agreed, based on data analysis, that family expenses impede college-level athletes from participating in sports activities. The majority of 198 out of 312 female students who participated in the study strongly agreed with the assertion that the cost of sports prevents lower-class college students from participating in athletics. The majority of female respondents, according to the study, strongly agreed that athletes are always concerned with their social standing. Poor parents limit their

children to academic affairs solely is the sixth statement in the section of the questionnaire that examined the impact of poverty on juvenile sports involvement, and the majority (213 out of 312) of the female respondents strongly agreed. The majority of female respondents (233 out of 312) firmly agreed that poverty results in children participating in sports less.

Conclusion

The study came to the conclusion that youth sports engagement in the Baluchistan area is significantly negatively impacted by poverty. Due to their poverty, the majority of pupils are unable to afford sports supplies and equipment, and those who can only afford academics for their children. After comparing the attitudes of male and female students, the researcher came to the conclusion that both genders held the same views on the impact of poverty on involvement in youth sports. Rural and urban respondents' perceptions of the factors influencing young people's participation in sports activities in the province of Baluchistan were similar.

Recommendations Regarding Influence of Poverty on Youth Sports Participation

1. The government may provide sports equipment to students and release special funding and finance for sports to all colleges, especially for financially disadvantaged students, as a result of the fact that the majority of students are unable to acquire their sporting goods.
2. If they do not buy pricey sports equipment, the family may buy affordable sports gear.
3. In order to relieve the additional financial load on families, the government may offer sports scholarships to college students.
4. College administrators may not use the college-level sports money for any other purpose than sports events.

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