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A4 - outline and plan

Thesis statement:

“Participation in organised sports benefits teenagers' self-esteem and emotional development by establishing a feeling of accomplishment, collaboration, and resilience, as well as offering structured settings that promote social and emotional development.”

Participating in organised sports provides teenagers with structured settings that foster personal development, helping them to develop confidence, resilience, and a feeling of belonging. Young athletes learn self-esteem and emotional abilities through collaboration and shared accomplishments, which helps them deal with stress, failures, and social interactions more effectively. Organised sports, with their mix of physical exercise and social support, are an effective way for teenagers to develop emotional well-being and self-confidence. In this video essay, we will explore adolescent experiences across different types of athletes, considering variations in gender, race, and sports. In addition, we would discuss both the positive and negative aspects of their experiences and how they contribute to their psychological wellness.

4 most important ideas:

1. Increasing Self-esteem and Mental Health through Physical Activity and Personal Achievements

Participation in organised sports has a significant positive influence on teenagers' self-esteem and mental health. Studies suggest that creating and achieving personal objectives in sports may lead to increased confidence, with Collins et al. (2017) finding that college students who played sports in youth had considerably greater self-esteem than non-participants. Also, sports serve as a protective factor against mental health problems; Babiss and Gangwisch (2009) discovered that teenagers who participate in sports on a regular basis are 25% less likely to suffer depression and 12% less likely to have suicidal thoughts. Physical exercise produces endorphins, which reduce stress and promote mental well-being. Interview questions should delve into how accomplishing sports milestones or just being active affects interviewees' confidence, mood, and mental concentration, emphasising how sports bring both physical and emotional advantages that contribute to overall development.

2. Fostering a sense of identity and belonging.

Team sports provide teenagers a feeling of community and belonging, which promotes emotional well-being. Dimech and Seiler (2011) discovered that frequent participation in extracurricular sports resulted in a substantial decrease in anxiety symptoms among

primary school students, indicating that feeling part of a team may have tremendous mental health advantages. Interview questions should focus on how being a member of a team helps young people feel accepted or appreciated, allowing them to build a better sense of self and emotional stability.

3. Improving teamwork and communication skills

Participating in team sports improves teenagers' social abilities, allowing them to make relationships and receive emotional support. Andersen et al. (2018) found that team sports promote a feeling of camaraderie and friendliness, which has a greater impact on social and emotional well-being than solo sports. This lends credence to the notion that sports foster collaboration and communication abilities. Interviews might concentrate on how team relationships and dependence on one another foster trust and how these qualities apply both on and off the pitch.

4. Establishing lifelong friendships and social support

Friendships and support networks formed through sports often last past adolescence. Fernandes et al. (2024) discovered that youth sports improve emotional intelligence, leading to higher self-esteem and life happiness. These social relationships provide continual emotional support, building lifetime friendships that improve well-being. Interviewees should be asked questions on how their colleagues have become close friends and how these ties make them feel better supported emotionally and socially.

Video Outline: Main Sections

1. Introduction of the topic

- **Includes:**

- On-Screen Title: "The Power of Sports: College Athletes' Self-Esteem and Social Growth"
- Voiceover: "Examining how participation in college sports influences athletes' self-esteem, fosters social development, and impacts their lives beyond college."
- Description: A brief introduction outlines the topic, emphasizing the purpose of exploring the positive effects of sports on self-esteem, social connections, and growth beyond college.

2. What does the research say? (exploring topic)

- **Includes:**

- Visuals of students studying, athletes practicing, and general campus life.
- On-screen text: "Academic and Social Experiences."
- Voiceover discussing the balancing act between academics and athletics, emphasizing time management challenges unique to athletes.
- Description: The scene then transitions into a summary of the research conducted, setting up the key questions that will guide the deeper investigation throughout the video

3. What do the athletes say? (interview)

- **Includes:**

- Voiceover describing the physical demands on athletes and how mental health plays a significant role in handling stress.
- Visuals of the athletes answering the questions
- Description: We ask the athletes the four questions derived from the four main points of our research.

4. Conclusion and Reflection

- **Includes:**

- Visuals of campus life, athletes celebrating, or students engaging in social activities.
- Description: we then draw conclusions from both the study and the interviews, summarising the key issues addressed. Thus demonstrating a connection between the issue and the findings.

Draft Interview

- **Visuals:** students attending classes, athletes in training.
- **Voiceover:** "Balancing academics and sports demands strong time management. Athletes often need to prioritize their schedules more rigorously than their non-athlete peers. But how does this affect their academic focus and social connections?"

Questions:

Interviewee Introduction: "Hello, my name is [Name], and my sport is [Sport]."

1. How has participating in sports influenced your self-confidence and helped you handle challenges or setbacks over time?
2. How has being part of a team or sport group helped you feel accepted or valued, and what effect has that had on your sense of self?
3. How has being in a team environment within sports shaped the way you communicate and interact with others in social settings outside of sports?
4. Have the friendships and support you've gained through sports provided you with emotional or social benefits that you rely on even outside of sports activities?

The 4 interview questions are derived from the 4 main points - comment (does not appear in the final piece)

Reference List

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- Fernandes, H. M., Costa, H., Esteves, P., Machado-Rodrigues, A. M., & Fonseca, T. (2024). Direct and Indirect Effects of Youth Sports Participation on Emotional Intelligence, Self-Esteem, and Life Satisfaction. *Sports*, 12(6), 155.
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