

WRT 106 – FALL 2024

MPA – FINAL

DR. DALY

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VIDEO SOURCES

cottonbro studio. (n.d.). *A silhouette of a man kicking a soccer ball on the beach* [Video]. Pexels. <https://www.pexels.com/video/a-silhouette-of-a-man-kicking-a-soccer-ball-on-the-beach-4440937/>

Coverr. (n.d.). *Training Athletes* [Video]. Pexels. <https://www.pexels.com/video/training-athletes-854169/>

Kampus Production. (n.d.). *Volleyball Blocked Right Above the Net* [Video]. Pexels. <https://www.pexels.com/video/volleyball-blocked-right-above-the-net-6179958/>

Kelly. (n.d.). *A baseball game in a stadium* [Video]. Pexels. <https://www.pexels.com/video/a-baseball-game-in-a-stadium-2430839/>

Kelly. (n.d.). *Aerial footage of people playing* [Video]. Pexels. <https://www.pexels.com/video/aerial-footage-of-people-playing-3859428/>

Pixabay. (n.d.). *Rowing Team* [Video]. Pexels. <https://www.pexels.com/video/rowing-team-855863/>

PoppyPix. (n.d.). *Teenage Caucasian girls playing football at the late evening practice, full shot, teenage lifestyle. high quality 4K footage* [Video]. Adobe Stock. <https://stock.adobe.com/761852700>

Renard, S. (n.d.). *Basketball players practicing* [Video]. Pexels. <https://www.pexels.com/zh-tw/video/1585618/>

Slotman, R. (n.d.). *Boys training for boxing* [Video]. Pexels. <https://www.pexels.com/video/boys-training-for-boxing-1543760/>

RESEARCH SOURCES

Babiss, L. A., & Gangwisch, J. E. (2009). Sports Participation as a Protective Factor Against Depression and Suicidal Ideation in Adolescents as Mediated by Self-Esteem and Social Support. *Journal of Developmental & Behavioral Pediatrics*, 30(5), 376–384. <https://doi.org/10.1097/dbp.0b013e3181b33659>

In the study "Sports participation as a protective factor against depression and suicidal ideation in adolescents as mediated by self-esteem and social support" by Babiss and Gangwisch (2009), New York State Psychiatric Institute members investigate the relationship between sports participation, depression, and suicidal ideation among adolescents, focusing on potential mediating factors. The researchers did a multivariate hierarchical logistic regression analysis with Add Health data, and they found that participating in sports more often significantly lowers the chances of experiencing depression by 25% and suicidal thoughts by 12%. The research also looked into whether aspects such as exercise, self-esteem, body image, social support, and substance abuse played a role in these effects, discovering that self-esteem and social support were the most significant factors. However, the researchers found that exercise, body weight, and Substance abuse did not significantly influence these connections. The researchers emphasize the significant impact of sports participation in enhancing mental health among teenagers, particularly due to its ability to boost self-esteem and provide social support. They encourage us to provide more opportunities for young people to participate in sports.

Dimech, A. S., & Seiler, R. (2011). Extra-curricular sport participation: A potential buffer against social anxiety symptoms in primary school children. *Psychology of Sport and Exercise*, 12(4), 347–354. <https://doi.org/10.1016/j.psychsport.2011.03.007>

In *Extra-Curricular Sport Participation: A Potential Buffer Against Social Anxiety Symptoms in Primary School Children*, Dimech and Seiler examine how sports participation can help reduce social anxiety in children and adolescents. The authors explain that participating in organized

sports helps create a supportive environment that builds emotional strength and social skills. Their study, focused on primary school children, showed that regular Engagement in extracurricular sports led to a noticeable reduction in anxiety symptoms.

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.
<https://doi.org/10.3390/sports12060155>

In this study, Fernandes and colleagues investigate how youth sports participation impacts emotional intelligence, self-esteem, and life satisfaction. They use a sample of young athletes to analyze the direct and indirect effects of sports on psychological well-being. The results indicate that sports participation boosts emotional intelligence, which subsequently enhances self-esteem and life satisfaction. The research also highlights how these benefits extend into adulthood, suggesting sports as a critical factor for long-term personal development. The authors stress the importance of nurturing emotional intelligence through structured sports programs for young athletes.

Heath, R. D. (2020, October 15). Assessing the Social-Emotional Pathways between Organized Sports and Young Adult Outcomes - Falk College – Syracuse University.
<https://falk.syr.edu/faculty-research/assessing-social-emotional-pathways/>

In *Assessing the Social-Emotional Pathways between Organised Sports and Young Adult Outcomes*, Heath (2020) explores how adolescent sports participation influences social and emotional development, with impacts extending into adulthood. Using a large dataset of young adults, the study examines the links between organised sports and factors such as self-esteem, mental health, and school connectedness. Heath found that sports involvement positively affects emotional growth, academic performance, and long-term health, suggesting that these activities foster resilience and social skills that benefit youth over time. The study also indicates that sports participation can enhance educational outcomes, linking the structured environment of sports to academic success.

Marsh, H. W., & Kleitman, S. (2003). School Athletic Participation: Mostly Gain with Little Pain. *Journal of Sport and Exercise Psychology*, 25(2), 205–228.
<https://doi.org/10.1123/jsep.25.2.205>

In *School Athletic Participation: Mostly Gain with Little Pain*, Marsh and Kleitman examine the academic and social benefits of high school sports. They found that students involved in sports show higher self-esteem, improved academic performance, and greater educational aspirations. The study suggests that the benefits of athletic participation outweigh potential challenges, such as time management or injury risks. Additionally, sports provide emotional growth and contribute to social development. The authors strongly advocate for maintaining sports programs in schools due to their positive influence on student success.

Pluhar, E., McCracken, C., Griffith, K. L., Christino, M. A., Sugimoto, D., & Meehan, W. P. (2019). Team Sport Athletes May Be Less Likely To Suffer Anxiety or Depression than Individual Sport Athletes. *PubMed*, 18(3), 490–496.
<https://pubmed.ncbi.nlm.nih.gov/31427871>

In *Team Sport Athletes May Be Less Likely To Suffer Anxiety or Depression than Individual Sport Athletes*, Pluhar et al. (2019) explore how team sports compare to individual sports in supporting athletes' mental health. Their study finds that team athletes report experiencing lower levels of anxiety and depression than those in individual sports, possibly due to the increased social support and sense of community found in team settings. The authors suggest that the collaborative and encouraging environment of team sports may help protect athletes' mental well-being, providing a buffer against feelings of isolation or stress that can be more common in individual sports. However, the study highlights a limitation: it mainly looked at a specific group of athletes, so a more diverse sample is needed to confirm if these results hold across different populations. This makes expanding research in this area important for understanding how different sports environments impact mental health.

Shannon. (2024, June 20). Youth Sports and Mental Health | Skyland Trail. Skyland Trail.
<http://www.skylandtrail.org/what-parents-should-know-about-youth-athletics-and-mental-health/>

This article from Skyland Trail addresses the mental health impact of youth sports. The article goes through their benefits and challenges. It states that although sports can build resilience, social skills, and self-discipline in young athletes, it can also contribute to performance anxiety, burnout, and even depression, especially when there is a lot of pressure. The article also talks about advising parents to have a “balanced approach.” That would emphasize effort, personal growth, and enjoyment rather than competition and perfection. This can help reduce the stress athletes may feel from playing, whether that comes from family, coaches, or teammates. The article also recommends that parents have open communication to create a supportive environment. This can encourage children to express their feelings about their participation in

sports. Being aware of signs like stress, like loss of interest in the sport or noticeable changes in mood, can be crucial in addressing potential issues early. The article emphasizes that, in cases where the pressures become too much for an athlete to manage, seeking guidance from mental health professionals could be helpful. This can offer a lot of insights into how parents can support their children's mental health in sports by promoting a healthy relationship with athletics and managing expectations.