

WRT 106, Dr. Daly

Lucas Lykkegaard
Elton Baidoo
Will Bonkowski
Christian Sannicandro

MPA DRAFT

Opening Scene: Overview

The visuals feature a montage of teens playing sports, laughing with their teammates, and celebrating victories. The coach engages in a team discussion with the athletes. The background music is upbeat and motivational.

Text on Screen: "The Influence of Organized Sports on Self-Esteem and Emotional Development in Adolescents" and the names of every group member

Introduction to the Topic (1–2 minutes)

Visuals: Start with one group member sitting in a chair and explaining. Then cut to adolescents at practice, studying in groups, or spending time with friends or text description (basic background with text floating subtly)

Voiceover:

Sports participation among adolescents has been a hot topic for years. Researchers and educators often ask: How does it shape cognitive development, health, and overall well-being? In this video, we explore a specific angle of how participation in organised sports impacts self-esteem and emotional development in adolescents. Through research and personal stories, we'll uncover the ways sports help young people grow emotionally and socially while also considering the potential challenges and hidden downsides of competitive sports.

Research Finds (2–3 minutes)

Find a connection between the other research and the interview.

Visuals: On-campus activities.

Voiceover:

Research consistently highlights the benefits of sports on teenagers' self-esteem and mental health. For example, a study by Collins et al. found that college students who played sports during their youth reported higher levels of self-confidence than non-athletes. And it's not just confidence. Regular participation in sports reduces the likelihood of depression by 25% and suicidal thoughts by 12%, according to Babiss and Gangwisch. (Attribute works from A3)

Voiceover:

"Physical activity triggers endorphin release, which helps reduce stress and boost mood. But beyond the science, sports also provide teens with something invaluable: a sense of purpose and belonging."

Interview

The interviewees provide a brief introduction, including their names, whether they participate in sports, and if so, which sport(s) with answering the interview questions.

Interview questions

1. How has participating in sports influenced your self-confidence and how you handle challenges or setbacks over time?
2. Has being a part of a team given you a sense of belonging and being accepted?
3. Do you think participating in sports has provided you with friendships and support?
4. Has sports participation had any negative effects on you emotionally or socially?

Voiceover:

"To truly understand the impact, we spoke to young athletes. Here's what they had to say."

Interview Clip 1:

"Hello, my name is [NAME], and I have been involved in [SPORT] since I was [AGE RANGE]."

Interview Clip 2:

"Hey, my name is Matt Curtis. I am 20 years old and I play lacrosse."

Interview Clip 3:

"Hello, my name is Emma Smith. I am 21 years old and participate in track and field competitions."

Create a compilation of the interviewees' answers.

There would be more context from the actual interview as this draft is done before the interview.

Conclusion

Visuals: A group member sitting in the same chair as in the beginning and talking

Voiceover:

"Organized sports are more than just extracurricular activities. They're spaces where teens discover their strengths, build resilience, and create lifelong connections. Whether it's the boost of confidence from achieving a goal, the camaraderie of being part of a team, or the lessons learned through setbacks, the impact of sports is undeniable."

We would discuss the relationship between the research and the interview.

Voiceover:

We started with a question: How does participating in organized sports impact self-esteem and emotional development in adolescents? Through our research and stories, we've explored the

positive effects, like building confidence, teamwork, and friendships, as well as some of the challenges. So, what do you think? Do you believe that participating in sports is essential for emotional growth, or are there other, potentially more effective ways to achieve it? The answer might depend on each person's unique journey, but one thing is clear sports play a powerful role in shaping many young lives.

Closing Visuals: Teens walk off the field, laughing and chatting.

End Scene (credits):

Fade to black background with subtle music.

1. The screen displays the credits or work cited (from the A3 [WRT 106]).

2. DESCRIPTION

Fully cited work. With Hyperlinks

Socials of athletes (With granted permission)

Locations-suggestions:

1. Library
2. Gym
3. Indoor track and field

Reference list

- 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>
- Collins, M., Cromartie, F., Butler, S., & Bae, J. (2017, December 28). *Effects of Early Sport Participation on Self-esteem and Happiness*. The Sport Journal.
<https://thesportjournal.org/article/effects-of-early-sport-participation-on-self-esteem-and-happiness/>