



THE CONTRIBUTION OF PEACEFUL SPORTS IN PEACEBUILDING

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Abstract

This study conceptualized to find out the role of sports in peacebuilding. Sports have the unique ability to break down barriers of hinder making them an integral part of any effort to establish peace. There is no doubt that for young people uprooted from their homes by war or persecution, sport can provide them with an opportunity to heal, develop and grow, as well as an opportunity to feel included and protected. The grand mean of the importance of the sports was 3.74 which with the description of “very important”. This emphasizes that sport plays a vital role in our lives and there is no doubt that it has a positive effect on people in many ways. The building peace was 3.67 with the description of “highly evident”. This result means that sports have the benefit of building peace through the power of competition. The students’ reason in joining clubs were rated 3.75 which interpreted highly evident. This means that in many cases, students join clubs because of their own interests, and this is one of the most common reasons why they join a club. The contribution of sports in Peacebuilding were 3.81 which were interpreted highly evident. These results means that the role that sports play in building peace is something that cannot be underestimated. The study concludes that students become involved in sports clubs and activities so that they can benefit in the long run since sports play a significant role in the maintenance of peace among nations. Based on the findings and conclusion of this study the researcher strongly recommend to make the student's experience more enjoyable, the university may intensify its sports programs and may join another type of club in order to boost their other skills to the next level.

Keywords: Peaceful Sports, Peacebuilding, Cotabato State University, Bangsamoro Autonomous Region in Muslim Mindanao

INTRODUCTION

It is recognized in the 2030 Agenda, adopted in 2015 by the United Nations, that sports play a significant role in the creation of sustainable communities. As a part of its promotion of tolerance and respect, the 2030 Agenda emphasized the role that sport plays in achieving development and peace. As well as contributing to health, education, and social inclusion goals, it also empowers women, youth, individuals, and communities." (www.un.org).

Additionally, it promotes tolerance, respect, perseverance, resilience, equity, and solidarity in addition to stimulating positive mental health and cognitive development. Youth development is essential for realizing their potential as a result of sport participation. Sport is also recognized by the United Nations as being an important instrument for the prevention and resolution of conflict, as well as for the promotion of long-term peace and progress. The power of sport lies in its ability to build bridges between communities, regardless of their cultural differences or political divisions, due to the fact that it disregards geographical boundaries, ethnic differences, and class differences. A significant role is also played by it as a co-facilitator of social integration and economic empowerment through the building of bridges." (www.un.org).

Increasingly, sport has been recognized as a tool for education, capacity-building, and community engagement, and youth sport-based development initiatives have been on the rise. Sport benefits individuals at the community level, sport can provide a platform for community members to come together, bridging ethnic, racial, religious and other divides, and can be an effective component of peacebuilding and social integration efforts. Because sport promotes norms, behaviors, and rules that are desirable for a broader community, it can support vulnerable youth. As a result of participating in sport, you develop a sense of responsibility that you can apply to other aspects of your life. Sports are often a medium for engagement for youth who have left the formal educational system, are vulnerable to becoming involved in gangs, and are isolated from other forms of youth engagement.

Sports have the unique ability to break down barriers of hinder making them an integral part of any effort to establish peace. There is no doubt that for young people uprooted from their homes by war or persecution, sport can provide them with an opportunity to heal, develop and grow, as well as an opportunity to feel included and protected. In the process of transitioning from their secondary school life to their adult life, sports in secondary schools are a great opportunity for young people to enhance their livelihood and career opportunities, and dream of a brighter future. Conflicts between parties can be resolved through sport, which opens communication channels that have been closed by war. Sport competitions can become areas of active social networking because they can mobilize and connect people very effectively.

METHOD

This study used the quantitative-descriptive research design that aims to systematically obtain information to describe a phenomenon, situation, or population. More specifically, it helps answer the what, when, where, and how questions regarding the research problem rather than the why.

Moreover, exploratory research design is conducted for a research problem when the researcher has no past data or only a few studies for reference. Sometimes this research is informal and unstructured. It serves as a tool for initial research that provides a hypothetical or theoretical idea of the research problem. It will not offer concrete solutions for the research problem. This research is conducted in order to determine the nature of the problem and helps the researcher to develop a better understanding of the problem. Exploratory

research is flexible and provides the initial groundwork for future research. Exploratory research requires the researcher to investigate different sources such as published secondary data, data from other surveys, observation of research items, and opinions about a company, product, or service. Specifically, the study was conducted at Cotabato State University, particularly in the College of Teacher Education Program, where the Bachelor of Physical Education program is offered as part of the Bachelor of Education program. The respondents of this study were the Third year and Fourth year students of the Bachelor of Physical Education of the College of Teacher Education who are enrolled at CSU for third year college 54 students and for fourth year college 31 students for the school year 2022-2023.

This study utilized the purposive sampling technique which (also known as judgment, selective or subjective sampling) is a sampling technique in which researcher relies on his or her own judgment when choosing members of population to participate in the study. Purposive sampling is a non-probability sampling method and it occurs when "elements selected for the sample are chosen by the judgment of the researcher. Researchers often believe that they can obtain a representative sample by using a sound judgment, which will result in saving time and money" Black, K. (2010).

RESULTS AND DISCUSSIONS

Results on Importance of Sports

Table 1 revealed shows the results on the importance of the sports. Further, the table shows the respondents rated the item on promotes peace, tolerance and understanding "Very important" with mean rating of 4.15. This means that participating in sports is an excellent way to promote peace, tolerance, and understanding among people. Further, item on brings people together across boundaries, cultures, and religions rated 3.54 with description of very important. This implies that sport has the ability to bring people together from all over the world, allowing them to overcome the barriers of cultures and religions.

In addition, item on values teamwork, fairness, and discipline rated 3.68 which described "very important". This result implies that sports place an emphasis on teamwork, fair play, and discipline as factors that contribute to the success of the game. Sports have these important aspects that are important to take into account.

Likewise, item on improves social skills, strengthen cultural values and adopt to rules was rated 3.82 by the respondents with the description of "very important". This implies that by engaging in sports, students have the opportunity to improve their social skills, strengthen their cultural values, adopt new habits, and improve their health and fitness all at the same time.

Still, item on unites and inspires people collectively which builds communities was rated 3.54 with the description of "very Important". This result means that sport, by its very nature, brings people together and inspires them to work together, which promotes the building of communities at the same time as it promotes the building of a sense of community.

Lastly, the grand mean of the importance of the sports was 3.74 which with the description of "very important". This emphasizes that sport plays a vital

role in our lives and there is no doubt that it has a positive effect on people in many ways.

Table 1

Mean Rating on Importance of Sports

n-85

Statement	Mean	Description
1. Promotes peace, tolerance, and understanding.	4.14	Very Important
2. Brings people together across boundaries, cultures, and religions.	3.54	Very Important
3. Values teamwork, fairness, and discipline.	3.68	Very Important
4. Improves social skills, strengthen cultural values and adapt to rules.	3.82	Very Important
5. Unites and inspires people collectively, which builds communities.	3.54	Very Important
Grand Mean	3.74	Very Important

Legend:

1:00-1:74 Least Important

1:75-2:74 Less Important

2:75-3:74 Important

3:75-4:00 Very Important

Results on Building Peace

Table 2 revealed shows the results on building peace. Further, the table shows that the item on models how to love and care for others through their interactions among each other and with students was rated by the students 3.37 with a description of “evident”. This means that through interaction among the athletes and with the students, sports help students learn the value of loving and caring for others.

On the other hand, item on facilitates conversations on what would need to happen to restore balance in the community with mean rating of 3.63 with the description of “very evident”. This result implies that sports can facilitate a conversation that facilitates a discussion about the solutions that have to be

implemented to restore balance to the community and to provide a safe environment for children to learn.

Further, item on involves students’ voices in establishing and revising school and class norms with mean rating of 3.50 and with a description of “very evident”. This result implies that in addition to the many ways students can express themselves through sports, they can also establish and revise the rules that govern the school and the class as they see fit, as well as speak their minds about these rules as they see fit through their voice.

Furthermore, item on emphasizes collaboration and teamwork and emphasize competition and self interest was rated 3.50 with the description of “highly evident”. This result implies that as students play the game, there is an emphasis on collaboration and teamwork, as opposed to competition and self-interest, which are less prominent when they play. Moreover, item on facility ate discussions about divisive civic and ethical issues for students of all ages was rated 3.95 with description of “highly evident”. This means that all students, regardless of their age, can benefit from sports as a medium for exploring and discussing divisive civic and ethical issues that arise in their communities.

Lastly, the grand mean of the building peace was 3.67 with the description of “highly evident”. This result means that sports have the benefit of building peace through the power of competition.

Table 2

Mean Rating on Building Peace
 n-85

Statement	Mean	Description
1. Models how to love and care for others through their interactions among each other and with students.	3.37	Evident
2. Facilitates conversations on what would need to happen to restore balance in the community.	3.63	Evident
3. Involves student voices in establishing and revising school and class norms.	3.50	Evident
4. Emphasizes collaboration and teamwork and deemphasize competition and self-interests.	3.50	Evident

5. Facilitate discussions about divisive civic and ethical issues for students of all ages. 3.95 Highly Evident

Grand	3.67	Evident
Mean		

Legend:

- 1:00-1:74 Least evident
- 1:75-2:74 Less evident
- 2:75-3:74 Evident
- 3:75-4:00 Highly Evident

Results on Students Reason in joining Sports Clubs

Table 2 revealed shows the results on reasons in joining sports. Further, the table shows that the item on It’s a chance to builds skill set with a description of “highly evident”. This result means that joining a sports club is a great way to develop the skills needed to succeed in life.

In addition, item on getting new friends was rated 3.82 with a description of 3.82 which interpreted “highly evident”. This result implies that one of the best ways to meet new people is by joining a sports club.

Moreover, item on intercultural communication and new networking opportunities was rated 3.84 which interpreted “Highly Evident”. This result implies that intercultural communication is enhanced by the use of sports as a platform for cross-cultural exchange and networking opportunities are created.

However, items on listening to some cultural learners and helps to become more collaborative were rated 3.98 and 4.11 which were interpreted evident and highly evident respectively. These results imply that through sports that we can listen to some cultural learners and we are able to come up with more collaborative ideas.

Lastly, the grand mean of the students’ reason in joining clubs were rated 3.75 which interpreted highly evident. This means that in many cases, students join clubs because of their own interests, and this is one of the most common reasons why they join a club.

Table 3

Mean Rating on Reasons in Joining Sports Clubs

n-85

Statement	Mean	Description
1. It's a chance to build the skill set	3.92	Highly Evident
2. Getting new friends	3.82	Highly Evident

3. Listening to some cultural lecturers	3.98	Highly Evident
4. . Helps to be become more collaborative	4.11	Highly Evident
5. Intercultural communication and new networking opportunities	3.84	Highly Evident
Grand Mean	3.75	Highly Evident

Legend:

- 1:00-1:74 Least evident
- 1:75-2:74 Less evident
- 2:75-3:74 Evident
- 3:75-4:00 Highly Evident

Results on Contribution of sports in PeaceBuilding

Table 2 revealed shows the results on building peace. Further, the table shows that the item on encourages students to do something positive, fun and competitive, in the hope that they will avoid becoming part of the violence and avoid the temptation of drugs was rated 4.25 which interpreted Highly evident. This means that in order to avoid becoming part of the violence and avoiding the temptation of drugs, sports encourage students to participate in something positive, fun, and competitive so that they do not become part of it themselves.

In addition, item on Gives engaging and cost-effective medium for post conflict relief work and peace building as well as future conflict prevention was rated 4.29 which was interpreted highly evident. This means that a sport is a very engaging, cost-effective means of promoting peace and relief in post-conflict situations, and it can also be used as a tool to prevent future conflicts.

Further, item on Brings students together and strengthens dialogue between nations and communities in a sustainable way was rated 4.32 which was interpreted Highly evident. This result means that as a means of fostering a sustainable dialogue between nations and communities, sports play an important role in bringing students together and strengthening their bonds within each other.

Furthermore, item on Teaches values to students also helps prevent many problems in the communities that are the most affected by violence and poverty was rated 3. 81 which was interpreted highly evident. The result implies that aside from teaching students the value of values, sports also helps to prevent the occurrence of many problems in rural communities whose communities are most adversely impacted by poverty and violence.

Lastly, the Grand mean of the contribution of sports in Peace building were 3.81 which were interpreted highly evident. These results means that the role that sports play in building peace is something that cannot be underestimated.

Table 4

Mean Rating on Contribution of Sports in PeaceBuilding
 n-85

Statement	Mean	Description
1. Encourages students to do something positive, fun and competitive, in the hope that they will avoid becoming part of the violence and avoid the temptation of drugs.	4.25	Highly Evident
2. Gives engaging and cost-effective medium for post conflict relief work and peace building as well as future conflict prevention.	4.29	Highly Evident
3. Brings students together and strengthens dialogue between nations and communities in a sustainable way.	4.32	Highly Evident
4. Teaches values to students also helps prevent many problems in the communities that are the most affected by violence and poverty	3.85	Highly Evident
Grand	3.81	Highly Evident
Mean		

Legend:

- 1:00-1:74 Least evident
- 1:75-2:74 Less evident
- 2:75-3:74 Evident
- 3:75-4:00 Highly Evident

Summary of Findings

The following are the major findings of the study.

The grand mean of the importance of the sports was 3.74 which with the description of “very important”. This emphasizes that sport plays a vital role in our lives and there is no doubt that it has a positive effect on people in many ways.

The grand mean of the building peace was 3.67 with the description of “highly evident”. This result means that sports have the benefit of building peace through the power of competition.

The grand mean of the students’ reason in joining clubs were rated 3.75 which interpreted highly evident. This means that in many cases, students join clubs because of their own interests, and this is one of the most common reasons why they join a club.

4. The Grand mean of the contribution of sports in Peacebuilding were 3.81 which were interpreted highly evident. These results means that the role that sports play in building peace is something that cannot be underestimated.

Conclusion

The study concludes that students become involved in sports clubs and activities so that they can benefit in the long run since sports play a significant role in the maintenance of peace among nations.

Recommendations

Based on the findings and conclusion of this study the following are strongly recommended.

1. In order to make the student's experience more enjoyable, the university may intensify its sports programs.
2. In addition to joining sports clubs, students may join another type of club in order to boost their other skills to the next level.
3. The university may open peaceful sports not only for the intramurals, MAST, SCUAA and others.

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