

Sport for Resilience: Exploring 'Green' Physical Activity as a Culturally Relevant Vehicle for Fostering Rural Youth Resilience

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CHANGING LIVES IMPROVING LIFE

Research Questions: Is resilience fostered in a rural community green recreation? What are the mechanisms? Are other lifeskills developed?

Canadian Youth Wellbeing Facts:

Wellbeing deficit is not limited to targeted 'at risk' populations. It is a broad based public issue of lack of supportive systems for healthy development.

Canada ranks 25th out of 30 OECD countries for child and youth wellbeing:

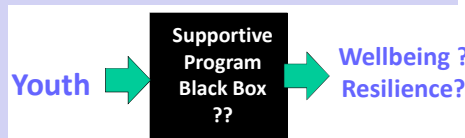
- 75-85% of 15yr olds critically low self-esteem
- 80%+ youth insufficiently active
- 30-40% children and youth experience risk factors
- 60% youth have insufficient adult mentorship

Rural Areas: rurality = more adversity

- Higher % of population are children & youth
- 25% higher obesity;
- up to 140% higher youth excessive alcohol
- Cycle perpetuates: fewer achieve skills for thriving (lower numbers post-secondary or job skill training)

Major Research Gaps:

- No resilience studies for S4D programs
- S4D dominated by mainstream sport imposed on other populations
- 'Black Box' around how (mechanisms)



Who are 4-H Members?:

- 52% non-farm dwelling, Age 10-21
- Same origins as Boys and Girls Clubs
- Rural & urban activities & members
- Mixed gender, age, intellectual and physical abilities in same group
- PYD Philosophy: all can learn leadership, learn to do by doing, diversity & new experiences
- 4 'H's: Heart Head Hands Health for learning, leadership & serving neighbour, community, country

Research Approach:

- Mixed Method
- Constructivist
- Purposive Sampling

Phase 1: Describe resilience presence

Survey to 400 Province-wide 4-H horse club members (93% female): demographic & qualitative questions, and 2 Scales:

- Modified Liebenberg & Ungar Child and Youth Resilience Measure (CYRM-28)
- Schwarzer & Jerusalem Self-Efficacy Scale (10 questions)

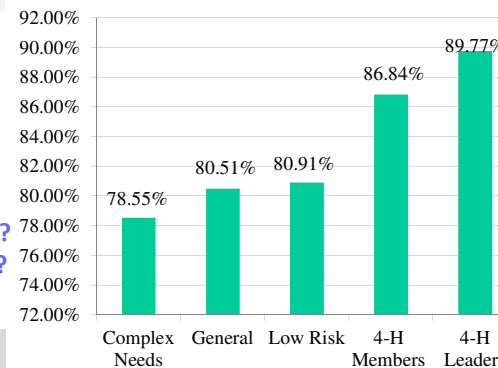
Phases 2 & 3: Triangulate & Explore Meanings and Mechanisms

- Phase 2: Key Informant Interviews (phone. 10 club leaders, mixed qualitative & above Scales)
- Phase 3: Photo-Voice Group Interviews (30 club members in situ. Data includes images, art, video and interview transcripts)

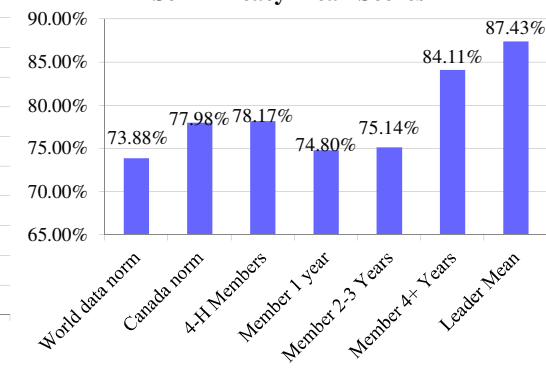
Rural Wellbeing affects Canada:

- 20% Canadians live in rural areas
- 75% Municipalities include rural areas

Resilience Mean Scores



Self-Efficacy Mean Scores



Preliminary Observations:

- 4-H youth highly resilient, more so with exposure; Survey supported by rich qualitative data
- Qualitative data a better source for explaining life-skill acquisition, presence of protective factors for resilience, meaning of the 'green'/animal aspect, and meaning for adult thriving
- Consistent across wide variations in geography, club leader style, activity type, ability
- Pearson correlation Self-Efficacy & CYRM Scales: .908 (Schwarzer & Jerusalem Scale very interesting where short surveys ideal.)

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