

**IMPACT OF ATHLETICS ON YOUTH EMPOWERMENT: A STUDY OF  
ITEN TOWN, ELGEIYO MARAKWET COUNTY, KENYA**

**KEMBOI WEDNESTER JANSSEN**

**A RESEARCH PROJECT REPORT SUBMITTED IN PARTIAL  
FULFILLMENT OF THE REQUIREMENT FOR THE AWARD  
OF A DEGREE OF MASTER OF ARTS IN PROJECT PLANNING  
MANAGEMENT OF THE UNIVERSITY OF NAIROBI.**

**2013**

**DECLARATION**

This project report is my original work and has not been presented to any other university for any award.

**SIGN** ..... ..

**KEMBOI WEDNESTER JANSSEN** **DATE**

**L50/81348/2012**

This research project report has been submitted for examination with my approval as the university supervisor.

**SIGN** ..... ..

**MR. PETER K.HARRY** **DATE**

**UNIVERSITY OF NAIROBI**

## **DEDICATION**

This research project report is dedicated to my mother Rose, my brother Cornelius, my twin sisters, Maureen and Doreen Ayabei and my entire extended family.

## **ACKNOWLEDGEMENT**

My deepest gratitude is to the Almighty Lord for giving me the knowledge, strength and capability to complete this enormous task.

I am also greatly indebted to my supervisor Mr. Peter K. Harry for his great inspiration, valuable guidance and the relentless encouragement he made to ensure that this work met the expected standards. I also wish to also acknowledge my lecturers, Mr. Koringura, Mr. Owuor Ochieng, Mr Cheben, and Mrs. Katete. for their time in successfully taking me through the different units of the course work that formed a basis for this project.

To fellow classmates whom I shared with this journey, thank you for all your constructive criticisms during class seminars; your input to my work was indispensable. I am also thankful to the University of Nairobi School of distance and continuing education, Eldoret Extra mural campus for a chance to learn and undertake this project. To my work colleagues in KCB Kimilili, thank you for the moral support and your input.

Lastly, in a very special way, I would like to thank my whole extended family for their financial, moral, and emotional support throughout this period. May God protect all of you and bless you.

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## **LIST OF ACRONYMS**

UN:	United Nations
MOYAS:	Ministry of Youth Affairs and Sports
GoK:	Government of Kenya
KNYP:	Kenya National Youth Policy

## ABSTRACT

Kenya is a great sporting nation. The name Kenya has become an epitome for athletic prowess thanks to it's the youthful and strong athletes. At many recent and past athletic Olympic and international athletic activities, the sight of Kenyan winning such events has become a norm. From such success in international athletic activities and producing world champions coupled by high rates of unemployment among the Kenyan youth, many young people are now attempting to participate in athletics as an avenue to empower themselves and be part of success in this arena. This study endeavored to explore this Kenyan asset through an analysis on the impact of athletics on youth empowerment in Iten town. Iten Town, a small town in the Elgeiyo Marakwet County has recently become a hub for residential and training for both local and international athletes.

Therefore, this research sought to explore the impact of athletics on youth empowerment in Iten town. The study was anchored on the following objectives: to determine the extent to which youth participate in athletics, to establish the influence of athletics on the life of the youth, to explore incidences of youth empowerment as a results of athletics and to explore the role of government in promoting athletics for youth empowerment. The study theoretical framework was anchored on the community empowerment theory and the variables for the study were the impact of athletics as the independent variable while youth empowerment was the dependable variable. The research designed used was a descriptive survey design involving the use of semi structured questionnaires and interviews of key informants. A sample of 100 respondents was obtained through stratified sampling technique, including a sample of ten key informants who were purposively selected through purposive sampling. Data analysis was done by use of descriptive statistics analysis.

Data was analyzed through qualitative and quantitative approaches so as to gather as much information as possible. The results of the study showed that athletics had a positive impact on youth empowerment. Results of the study further showed that through athletics the youth were economically empowered and that the impact of athletics not only influenced the youth but also the community at large had benefitted as a result of athletics. The findings showed that although the government offered training facilities to empower the youth through athletics, more efforts and facilities that are essential was needed to further empower the youth .

The study recommends that the government should regularly provide training facilities to the youth in the area through availing enough manpower and infrastructure to facilitate more youth in engaging in athletics as a mean to empower themselves.

## **CHAPTER ONE**

### **1.0 Introduction**

This chapter presents background to the study, statement of the problem, purpose of the study, objectives and research questions. This is followed by limitations and delimitation of the study and concludes with definition of terms.

### **1.1 Background of the study**

Worldwide, there are 1.3 billion young people between the ages of 12 and 35 and in Kenya, the youth constitute over 51 percent of the total population. The explosion in the youth population, particularly in the developing world, provides unprecedented opportunities for harnessing the energy and potential of youth to further development objectives. Ensuring that the next generation is prepared to lead is crucial to the continued development of growing economies, and it is therefore critical to find new and creative ways to give them the tools they will need to thrive.

Many studies state that athletics both actively and passively, have become an important part of the social and cultural profiles of many youths around the world (Coakley 1998; Frey and Eitzen 1991; Guttmann 1988; Hargreaves 1986).

In Europe and North America, sports are increasingly becoming important as a source of economic empowerment to its youthful participants. About 2 million people are employed in the sports economy in the 15 member countries of the European Union – that is, 1.3 per cent of overall EU employment. In the United Kingdom, the contribution of the sports economy to GDP is currently estimated at more than 2% with majority of the participants being youth between the age of 16 years to 35 years. As a comparison: this is three times as high as the current contribution of agriculture to GDP in the United Kingdom (Andreff and Szymanski, 2006).

In Canada, the Commonwealth Games of Canada and the Commonwealth Sport Development Program are among the agencies which have promoted the “added value” of sport in fostering empowerment of youths and in addressing issues affecting the youth such as poverty, environment, human rights, gender equality, HIV/AIDS prevention and awareness, economic growth and sustainability and international pride and peace (CIDA, 2012).

On the African continent, the concept of using sports to foster development among the youth and spark positive social change has gained significant momentum in the African community in the past decade. According to UN Office on Sport for Development and Peace report on Sport for Development and Peace International Working Group (2010), sports in Nigeria has grown from a humble beginning as an entertainment and recreational past time for young people to a prominent phenomenon whose influence is felt in all facets of lives of the citizenry.

A case study from Zambia conducted by Johannes Haasler (2012), on analysis of sport as a vehicle for social change among the youth in Zambia shows and proves on the crucial role of sports in promoting positive social change among the youth with a view that the expansion of sport as a new engine that complements development assistance in being able to reach areas that traditional development agencies have had difficulty reaching.

In Kenya, Sports has been used in various ways to promote youth empowerment and development. Corporate organizations have used different kinds of sports to promote and enhance community welfare through sponsoring sporting activities as part of their corporate social responsibility and as an avenue towards youth engagement in social issues like HIV/AIDS, peace drives, Environmental conservation programs and as an avenue for community mobilization. Good examples

and the Lewa Maraton sponsored by Safaricom to enhance conservation, Mater heart run to promote and help children with heart problems among others with the major participants being the youth.

Globally in the athletic arena Kenyan athletes are world-famous and it's through this success in medium and long distance running that athletic stars and champions have been created. Several high altitude training camps exist in Kenya, in particular found in the Great Rift Valley and Central Kenya which attract many Kenyan athletes as well international athletes, yearning to share in a little of that which builds Kenya's runners (New York Times, 2008).

One town, Iten, has positioned itself a hub for training for both local and international athletes. Iten town is a town in the Elgeiyo Marakwet county, RiftValley Province of Kenya. At approximately, 2,400 meters above sea level the town provides for an ambivalent environment of a high altitude that is excellent for training. This fertile ground for the development of world beating athletes has also created an international phenomenon, as many runners across the world seek to come and discover the source of Kenya's athletic prowess (New York Times, 2008).

Additional, International athletes are flocking to Iten in quickly increasing numbers for the high altitude, clean air and cool temperature, and to analyze their performances. And so due to such success foreign athletes and sport tourist are flocking to Kenya to learn their secrets.

## **1.2 Statement of the problem**

Kenya is recognized worldwide for its prowess in athletics and for producing world class athletes. This sporting activity is highly dominated by young people, as such; it constitutes an increasingly important part of social and economic

development of the youths. The Kenyan sporting arena is virtually dominated by youths with approximately 90% of participant in professional sport being the youth. The UN-Habitat (2012) reports states that Kenya has 12 million youth (18-32 years) and statistics show that most of these youths are facing a mix of social and economic conditions and demographic trends certain to make their lives dramatically different from those of their parents or grandparents' Fussel et al. (2012).

Mwisukha, Njororai and Onywera (2003) showed that the youths through engagement in sports in Kenya have contributed immensely to national, economic, social, education, health and political development. Yet a large number of them are unemployed and hence marginalized from the social, economic and political development of their countries. As a result of lack of empowerment, the youth have tended to migrate to urban centres as one way in which they attempt to access better education, employment and housing and in other ways try to better their life chances (ibid,2012).

As such with the changing dynamics and the unique opportunities which athletics presents to the youth, it's only imaginable for many youth to look for innovative ways to cater for their needs and empower themselves through engagement in athletic actively or passively.

Comparable and representative data on the impact of sports in youth empowerment especially in Kenya are partial and contested, and more especially for developing countries. Many previous researches have focused on different forms of sports on specific social and economic issues affecting the youth.

With such a unique sporting asset which has propelled Kenya's image international, there was need to understand the role athletics plays in fostering youth empowerment. Therefore, there was need for the study to know on the impact of

Athletics on youth empowerment in the context of the Iten town, a hub of Athletics in Kenya. This firsthand information obtained would be of crucial importance in understanding how Athletics influences youth empowerment and how such influence could be replicated elsewhere.

### **1.3 Purpose of the study**

This research sought to explore the influence of athletics on youth empowerment through studying the case of Iten town, Elgeiyo Marakwet county.

### **1.4 Objectives of the study**

The following were the objectives for the research:

- 1 To determine the influence of the extend to which youth participate in
- 2 athletics.
- 2 To establish the how athletics on the life of the youth.
- 3 To explore how athletics influence incidences of youth empowerment
- 4 To explore the influence of government in promoting athletics for youth empowerment.

### **1.5 Research Questions**

The research sought to answer the following questions:

- 1 To what extent do the youth participate in athletics?
- 2 What influence does athletics have on the life of the youth?
- 3 What are some of the incidences of youth empowerment that are attributed to athletics?
- 4 What is the influence of the government in promoting athletics for youth empowerment?



## **1.6 Significance of the study**

The study was of colossal significance as it sought to establish the impact of athletics on youth empowerment in Iten town. The Elgeiyo Market County administration which hosts Iten town, as well as Development planners, sports stakeholders and the Government of Kenya would greatly benefit from this study as the finding would help in understanding the influence of Athletics on youth empowerment and thereby help in formulation of better policies and strategies to improve athletics and adopt it as a means to socially and economically empower the youth. Furthermore, this research would enhance and perpetuate the need for further research on other diverse sports and their roles in different sectors and regions.

## **1.7 Limitations of the study**

The limitation of the study was that the subject of youth empowerment was relative and subject to different interpretation and sometimes non-quantifiable, hence it will not be possible to focus on all dynamics of youth empowerment, therefore it would be limited to the operationalized definition of the subject youth empowerment as adopted in this research. Additionally, the scope of the study was enclosed to Iten Town, Elgeiyo Marakwet County, Kenya and as such there should be discretion in applying the findings to other different towns or geographical locations that have similar or different characteristics.

## **1.8 Delimitations of the study**

The delimitation of a study is very much a function of the factors that the researcher has chosen to control or include in the study, given that there are very many extraneous factors that would intrude into any research process (Mugenda 2008). The delimitation of the study was that the language used was well understood

and clear for the respondents thus ensured a smooth running of the research. The respondents selected for the study were expected to be over 18 years of age.

### **1.9 Assumptions of the study**

The following were the assumptions for the study: that the residents of Iten town would give truthful responses without fear, that the subject of youth empowerment is relative and subject to diverse interpretation and perceptions and as such its understanding and usage would be as per the definition adopted by this research. Finally, due to the sensitivity nature to divulge information of economic nature by respondents, it would not be possible to elicit all information in regards to this matter by means of questionnaire and as such the interview of key informants would be used.

### **1.10 Operational definition of terms**

**Sports:** All forms of physical activity that contribute to physical fitness, mental well-being and social interaction, such as play, recreation, organized or competitive sport, and indigenous sports and games.

**Athletics:** The sport of competing in track and field events also including medium and long distance running.

**Youth:** defined as a Kenyan resident in the age bracket of 15 to 30 years

**Empowerment:** Entails creating opportunities and inspiration for the youth through participation with others to achieve goals, efforts to gain access to resources, and being central agents in the development process and being the main actors in the improvement of their own welfare.

**Youth empowerment:** It is based on the belief that young people are the best resource for promoting development and they are agents of change in meeting their own challenges and solving their own problems

**Impact:** Measure of the tangible and intangible effects of one thing's or entity's action or influence upon another.

### **1.11 Organization of the study**

This research project comprises of five chapters; the first chapter gives the introduction of the study as well as its background. The statement of the problem, objectives and research questions are also found in chapter one. Literature review is shown in chapter two where the researcher reviewed the relevant studies concerning the topic under investigation. Chapter three examines the research methodology which includes the research design, target population, sample size and sampling procedure, research instruments, reliability and validity of the instruments and data collection procedure. The fourth chapter talks about the presentation, analysis and interpretation of data while chapter five discusses the summary of the study, conclusions as well as recommendations.

## **CHAPTER TWO: LITERATURE REVIEW**

### **2.0 Introduction**

This chapter examined the theoretical framework and related literature to the study, and also provided for the conceptual framework with regard to the objectives of the research project.

### **2.1 Extent of youth participation in athletics**

Over the years, Kenya has dominated the long distance track events and produced more world record beating runners than any other nation. Kenya holds the longest winning streak in international sporting history, winning the men's title for 18 consecutive years from 1986 to 2003 (Athletics Kenya, 2013).

According to Athletics Kenya, the emerging trends as a result of these athletic successes has seen the increase in young people participation in athletics as an avenue to reap on the athletic rewards and also the emergence of young professional athletics that are rich and have started to invest in their local communities. Additionally, this trend towards the development of professional sport, coupled with the fact that most youth are unemployed and have greater leisure time and prefer to practice athletics, has led to the creation and growth of employment directly or indirectly in the fields of athletics (Delva et al. 2010).

It is becoming more and more evident that the pursuit of sports, both actively and passively, occupies an important place in the lives of the majority of the world population. Whereas many participate in sports to stay fit, others make a living from it. Some experience athletics as part of their culture, while others dedicate their time to just watching it. Many studies state that sports have become an important part of the social and cultural profiles of many societies around the world (Coakley 1998; Frey and Eitzen 1991; Guttmann 1988; Hargreaves 1986). Due to the changing

political and economic environments within which sports organizations operate, sport nowadays has acquired a rather universal character that is argued to unite people across the world more than ever before (UN Youth Report, 2012).

Worldwide young professional football stars and other athletes are among the world richest personality thanks to their engagement in sports as a career. The extent of their participation in such sports is embodied in their engagement in these sporting activities as a full time career goal (Coakley, 1998).

In Kenya, an example of the increasing institutionalization of the link between participation in sport and youth empowerment is the work of the Mathare Youth Sports Association (MYSA) which is recognized worldwide for its efforts in using sport as an entry point to youth empowerment. The rationale behind the use of sport in HIV prevention programmes, for example, is based on claims that sport can provide an attractive and accessible platform to disseminate health information, and that “it can foster life skills that are necessary to translate knowledge, attitudes and behavioral intentions into actual behavior” (Delva et al. 2010).

Another instance is the Nederland program in Kilifi, where sports is used as a means to foster youth empowerment. The program which is still ongoing is called "Moving the Goalposts Kilifi (MTGK)" in Kenya. In this project, football was used to improve self-confidence in girls and women, to educate them about a healthier lifestyle and make them aware of their role in the community and the opportunities open to them (Van Kempen Consultancy, 2007).

To address the marginalization facing youth in slums some Non-Governmental Organizations have designed programs that use sports as an alternative profession career choice as well as an intervention programs. Saaverda (2005) argues that ‘sport as an embodied career has the capacity to free female youth from

constraints of discursive, and practical gender inequalities and empower them within their communities, thus contributing to overall social, political and economic development. Mathare Youth Sport Association (MYSA) is one such intervention operating in the slums of Mathare.

According to Brady and Khan (2002), girls' participation in athletics represents a departure from traditional femininity and challenges male privilege and cultural myths about female frailty (Brady and Khan 2002). Girls are often socially conditioned to view their bodies solely in sexual and reproductive terms, rather than as sources of power and strength for themselves. Athletics participation helps girls develop a sense of ownership of their bodies, allowing them to challenge traditional notions of femininity and establish self-worth outside of their sexuality.

## **2.2 Influence of athletics**

The role athletics has played has had rich historical antecedents. For instance, ancient Greece used sports to enhance fitness of their citizens for war and to demonstrate their superiority over the city-states. They gave large incentives to successful athletes who brought prestige to their cities (McPherson, Curtis & Loy, 1989). In the early part of Roman era, sports was used for military fitness and in the later years, the ruling elite produced sport-like events to entertain and thereby control the masses.

The potential of athletics as a tool for youth empowerment is being harnessed by a range of organizations across the world. The United Nations (2003) has argued that well designed sport-based initiatives among the youth are practical and cost-effective tools to achieve objectives in development and peace. However, they also note that "the potential of sport as a tool for youth empowerment has yet to be fully realized".

In Africa, athletic activities (traditional genre) had numerous and diverse objectives ranging from preparation for tribal wars, initiation, payment of homage to the gods, fitness for daily living and economic activities, etc. However, the objectives of traditional sports changed with the advent and introduction of Western sporting traditions (Rintaugu et.al 2008)

In Tanzania, a study by Maro et al. (2009) was conducted in Tanzania with an organization called EMIMA. The purpose of the research was to investigate if a youth peer coaching intervention through sport could facilitate the learning of HIV/AIDS prevention information and if a mastery-based motivational coaching technique could further HIV/AIDS knowledge through peer coaching. In this study, the researcher created four groups, two control and two treatment groups. There was a pre-assessment followed by an eight week intervention then a post-assessment. The researchers' findings indicate that the EMIMA sport program was successful at teaching HIV/AIDS awareness and information about safe-sex behaviors. The findings also suggested that more was learned by children in a sport setting than in a normal educational setting regarding HIV/AIDS. This study highlights the role that sport can play in an educational awareness campaign, which in the case of HIV/AIDS, can have a great impact on the community and could be utilized effectively in St. Lucia for educational and preventative purposes.

According to the Ministry of Youth affairs Report on Youth Empowerment through Sports (2006), Sports among the youth have long been a popular part of Kenyan culture, from athletics to rugby and football. Addressing issues affecting the youth in general such as soaring HIV-infection rates, growing unemployment, ever-expanding slums, and the overall effects of poverty in Kenya requires creative solutions that aim to engage youth in an appealing yet sustainable manner. Athletic

activities can play an effective role in providing youth with opportunities including acting as a source of income, educational and vocational training, as well as interaction with their communities and peers. The Youth, Sport, Recreation and Community Service Unit within the Kenyan Ministry of Youth Affairs and Sports works to facilitate the use of sports as a way of empowering the youth through enhancing behavior change and to mobilize youths to form sports groups and engage in community service (MOYAS, 2007).

### **2.3 Incidences of youth empowerment as a result of athletics**

In a detailed case study, Peacock-Villada, DeCelles and Banda (2007) researched the impact of the Grassroots Soccer resiliency pilot program on young boys and girls in Lusaka, Zambia and Johannesburg, South Africa. They evaluated whether a sport-based education model could teach resiliency in order to prevent HIV/AIDS in high risk communities. After analyzing the data, the researchers found that the program helped both boys and girls to improve their resiliency by empowering them to identify the positive aspects of their lives and ways to improve their situations.

In Scotland, the Scottish Office Development Department in 2003 commissioned the Centre for Leisure Research to undertake a study to explore wider evidence for the assumption that sport can contribute positively to aspects of urban regeneration and youth social inclusion. The finding of this study revealed that indeed sports activities have a positive role to play as ingredients in wider ranging initiatives to address issues of affecting the youth such as, diversion from crime, education and employment initiatives and community development and social inclusion ( Rintaugu et.al 2008).



Additionally, the study and review of the different cities that have once hosted major athletic events such as Olympics and World Cup reveals on how such events has played a significant role in promoting youth empowerment (Fairfax Media, 2012). Youth empowerment is perceived through developments which are from global events which are best illustrated by what has been achieved by selected cities in the past and what is planned for the future. Similarly through sports tourism and sports migration, young athletes and athletics enthusiasts are moving to urban centers that can accommodate their athletic activities.

An extensive literature on the youth empowerment and poverty impacts of general athletic migration suggests that international remittances have in general a positive impact on youth empowerment (Adams, 2006). Remittances reduce the level, depth and severity of poverty in the developing world, because a large proportion of these income transfers go to poor households, although not necessarily the very poorest (Adams and Page, 2003, 2005). Remittances to the athlete also have a positive impact on investment in education and in entrepreneurial activities and can help raise the level of human social capital in a country as a whole (Cuecuecha and Adams, 2008). Many aspiring athletes from all over the world are flocking to Kenyan cities to train and understand the dynamics of Kenya's success in athletics.

A case study from Zambia conducted by Johannes Haussler (2012), on analysis of sport as a vehicle for social change among the youth in Zambia shows and proves on the crucial role of sports in promoting positive social change among the youth with a view that the expansion of sport as a new engine that complements development assistance in being able to reach areas that traditional development agencies have had difficulty reaching.

## **2.4 Role of government in promoting youth empowerment through athletics**

In recognition of the enormity of the problems facing the African Continent, many governments, United Nation and Non-governmental organisation's have endeavored to introduce and integrate sports as a medium to promote youth empowerment in the continent and to holistically address the challenges the youth face.

In Nigeria, a study on sport roles as correlate of development and peace among crisis-communities area in Nigeria, Gloria obajimi, et.al (2010) revealed on how sports had been used to foster for peace among crisis communities. Similarly, a case study by UN Office on Sport for Development and Peace (2010) on sports, child and youth development in Nigeria details on how the federal government of Nigeria has recognizes the power of sports and had used it to pursue its foreign policy and diplomatic agenda as well as foster national unity and socio-cultural integration.

In a review of the Australian Government's involvement in sport and recreation in Australia, the Commonwealth government stated that it gets a good return on its investment in sport and recreation (Commonwealth of Australia Sport 2000 Taskforce, 1999). The review identified a number of benefits from the government's investment in sport, which include: youth empowerment, the building of national identity and national pride, community development and integration, crime prevention among the youth, health, education, and economics benefits (Australian Sports Commission, 2004).

Additionally, a study by the Canadian government on sports for youth empowerment titled "The Mulholland report" (2008) released by the Canadian government provides a flurry of research that shows sport positively contributing to youth empowerment, improving health and well-being, putting children and youth on

a positive life course, building stronger and more inclusive communities, contributing to Canada's economy and promoting environmental sustainability.

A review on the report by the Ministry of Youth affairs and Sports of 2007, indicates that the Government of Kenya has emphasized on using sports to foster youth empowerment and development through development plans which have continued to underscore the importance of sports in Kenya's development. One of the objectives guiding government policy includes creating proper conditions for the youth to empower themselves and exploit their potential and to identify ways of empowering the youth (MOYAS, 2009).

Sports has also been recognized by the United Nations as a viable and practical tool to assist in the achievement of the Millennium Development Goals (MDGs). According United Nations Report titled, " Sports for Development: Youth perspective", its suggests that while Sports does not have the capacity to tackle solely the MDGs, it can be very effective when part of a broad, holistic approach to addressing the youth empowerment as a way of achieving the MDGs.

## **2.5 Theoretical framework**

This study was guided by the Community empowerment theory which was originally put forward by Fawcett et al. (1994) in relation to community health and development initiatives. Empowerment, in its most general sense, refers to the ability of people to gain understanding and control over personal, social, economic and political forces in order to take action to improve their life situations (Israel et al., 1994). It is the process by which individuals and communities are enabled to take power and act effectively in gaining greater control, efficacy, and social justice in changing their lives and their environment (Fawcett et al., 1994; Israel et al., 1994).

Central to empowerment process are actions which both build individual and collective assets, and improve the efficiency and fairness of the organizational and institutional context which govern the use of these assets.

Based on this community empowerment theory, three components of empowerment definition are basic to any understanding of the concept: empowerment is multi-dimensional, social, and a process. It is multi-dimensional in that it occurs within sociological, psychological, economic, and other dimensions. Empowerment also occurs at various levels, such as individual, group, and community. Empowerment is a social process, since it occurs in relationship to others, and it is a process along the continuum. Other aspects of empowerment may vary according to the specific context and people involved, but these three remain constant. In this case therefore empowerment is a construct that links individual strengths and competencies, natural helping systems, and proactive behaviors to social policy and social change (Fawcett et al., 1994).

Wilson (1996) pointed out that recently, more researchers, organizers, politicians and employers recognize that individual change is a prerequisite for community and social change and empowerment (Speer and Hughey, 1995). Therefore, individual change becomes a bridge to community connectedness and social change. This theory suggests that to create change in a community, individual empowerment endeavors to enable people to become partners in solving the complex issues facing them. In collaborations based on mutual respect, diverse perspectives, and a developing vision, people with different capabilities work toward creative and realistic solutions.

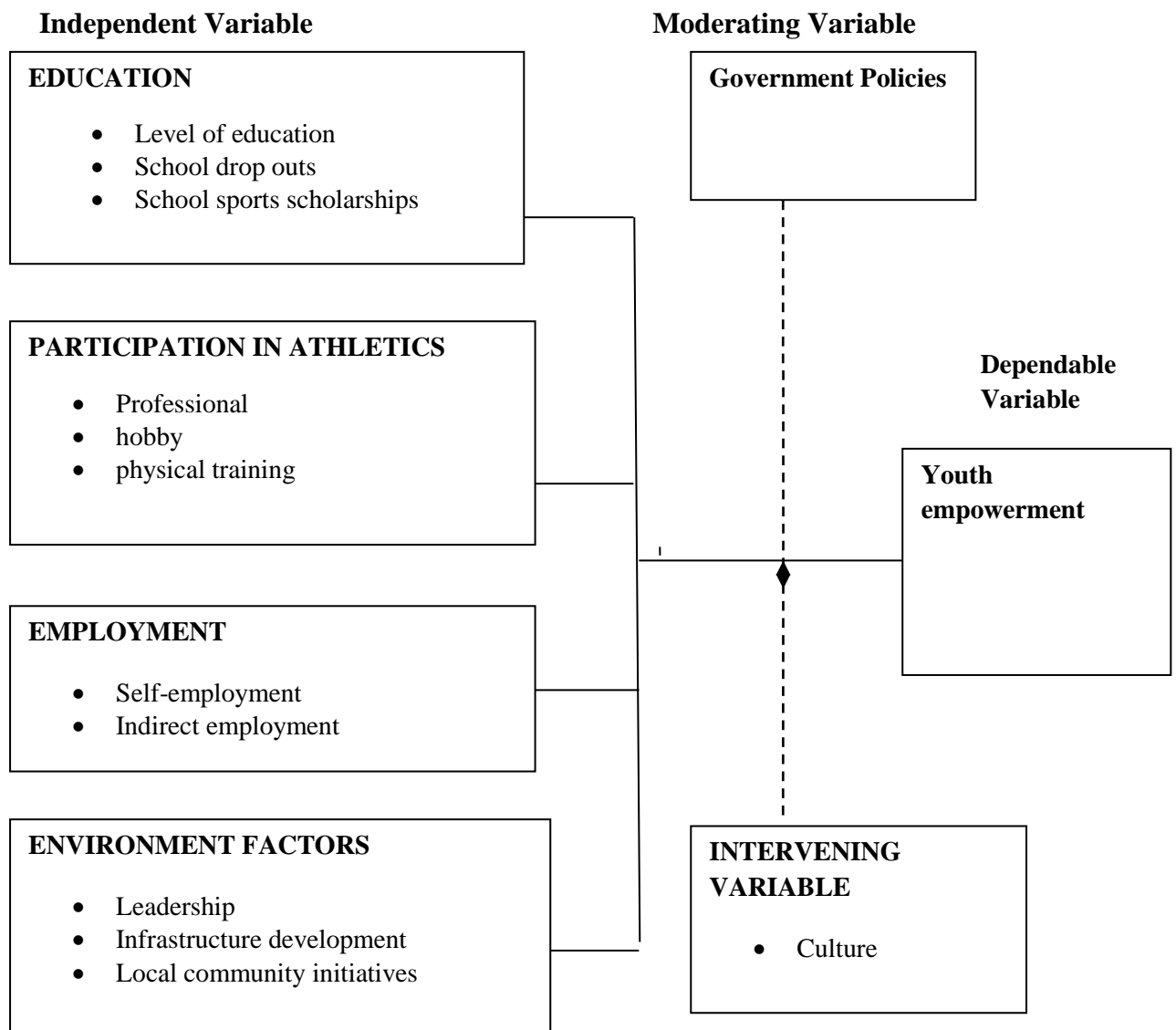
The use of athletics for youth empowerment fits within this community empowerment theory as it is a social medium which is used to empower the youth of a community, therefore empowering the entire community and promote development. Empowerment theory provides a critical lens that allows for athletics as a social change and process to be discussed within development, instead of merely outcome oriented theories.

This theory was therefore relevant to the study as it explained on how athletics as a medium of social change is empowering the local communities and individuals as a new engine that complements development and on how the access to and participation in athletics can serve as a positive development influence.

## **2.6 Conceptual Framework**

The conceptual framework that guides this study is constructed from four independent variables; level of education, participation in athletics, employment, and environmental factor. The government policies are the moderating variable and culture is extraneous variables for the dependent youth empowerment.

**Figure 1: Conceptual Framework**



Youth empowerment will depend on the level of education of the youth as well as the extent of their participation in athletics. Additionally, youth empowerment is also dependent on the employment status of the youth as well as other environmental and social issues such as leadership and infrastructural development that enhances youth empowerment.

## **2.7 Knowledge gaps**

The realm of sport and youth empowerment, despite being a relatively recent phenomenon, has been investigated by many academics and practitioners across the globe. Different research have focused on various topics, including sport for development and peace, sport for youth empowerment, sport and conflict resolution and sport for HIV/AIDS prevention and community development. All of these researches have highlighted the potential for great outcomes through sport, but with different procedures and objectives.

While all communities, cultures and contexts are different, examining a certain sporting activity like athletics and its impact on the youth in detail can indeed be beneficial to furthering an understanding of useful practices within the sport and youth empowerment field. Overall, the literature focusing on athletics as a means for youth empowerment is limited, but others that are related have provided initial insight into a fledgling area of study. Therefore, this study will attempt to fill this knowledge gap by unraveling the role athletics plays in socio-economic development of Iten town, Kenya.

## **CHAPTER THREE: RESEARCH METHODOLOGY**

### **3.0 Introduction**

This chapter focuses on the research design that was employed for the study, target population, sampling techniques and sample size, methods of data collection, pilot study and procedures to ensure the validity and reliability of variables studied, methods of data analysis and ethical.

### **3.1 Research design**

According to Mugenda and Mugenda (1999) a research design is the conceptual structure within which research is conducted. The research design used was a descriptive survey design involving the use of semi structured questionnaires and interviews of key informants.

Descriptive survey is used to obtain a description of a particular perception about a situation, phenomena or variable and their views are taken to represent those of the entire population. Descriptive survey are designed to collect information from a group of people; in this case the residents of Iten town, Kenya, in order to describe some aspects or characteristics of the population, the activities they are engaged in and how it impacts them of which the group is part of (Fraenkel, 2000).

According to Kothari (2004) a descriptive study is undertaken in order to ascertain and be able to describe the characteristics of the variable of interest in a situation. Descriptive research is restricted to fact finding and may result in the formulation of important principles of knowledge and solutions to significant



problems. It is more than collection of data and it involves measure, classification, analysis and interpretation (Kothari 2008).

### **3.2 Target population**

The study targeted 1000 residents of Iten town in Elgeyo Marakwet County. This population was drawn from the local Kamariny Stadium, an open facility where youths train every day in the morning and evening. The target population was also stratified to be inclusive of the facility administrators, coaches, government officers and local leaders who acted as key informants for the study all of whom formed part of the 1000 target population. This target population would be critical as they would provide first-hand information that will be key for this study. Denscombe (2007) defines a target population as “an objective list of the population from which the researcher can make his or her selection.”

### **3.3 Sampling techniques and sample size**

Sample size is the number of items to be selected from the total population that constitute a sub set of a total population while sampling procedure is the technique that is used in selecting the items for the sampling (Mugenda and Mugenda, 2003).

Mugenda and Mugenda (2003), suggest that in descriptive studies, ten percent or above of the accessible population is enough for the study.

In selecting the sample size, the following formula was used as proposed by Mugenda and Mugenda, (2003);

$$nf = \frac{n}{1 + \left(\frac{n}{N}\right)}$$

Where:  $n_f$  = the desired sample size (when the population is less than 10,000)

$n$  = the desired sample size (when the population is more than 10,000) = 100

$N$  = the estimate of the population size = 1000

$$\text{Therefore } n_f = \frac{100}{1 + \left(\frac{100}{1000}\right)} = 100$$

The selection of the sample to represent the population was carefully done through a stratified sampling technique. The population was divided into several subgroups that were individually more homogeneous than the total population in this case into three strata. For the first strata, a number of 60 athletes to constitute a sample was purposively selected through purposive sampling, then the second strata of 30 local youths coaches was simple randomly selected. The research also used a sample of 10 key informants who were also be purposively selected to include government officials, local leaders, coaches, district development officers and civil society groups in the area.

### **3.4 Research Instruments**

Data was collected through the administration of semi structured questionnaires to the subjects and were self-administered by the researcher. Semi structured questionnaires includes a set of carefully selected and ordered questions used in survey studies. Some of the advantages of semi structured questionnaires are that it stimulates responses to a greater extent through providing room for in depth discovery of issues being studied. They also seek to encourage respondents to share as much information as possible in an unconstrained manner as well as provide an efficient ways gathering data from samples representing large populations.

Additionally, data was collected in terms of interviews of key informants. An interview is a formal meeting or communication framework between two parties whose primary objective is the procurement of factual information. Interviews are

important because it allows face to face contact between the researcher and respondent and can provide for an in-depth understanding of issues.

### **3.5 Pilot study**

A pilot study is the pre-testing or 'trying out' of a particular research instrument (Baker 1994). A pilot study discards all unnecessary, difficult or ambiguous questions and establishes that replies can be interpreted in terms of the information that is required (Peat 2002).

A pilot study to pretest the research tools and instruments was conducted using a small sample size of ten youth resident of Eldoret town. This group however was not used in the final study. One of the advantages of conducting a pilot study is that it might give advance warning about where the main research project could fail. Where research protocols may not be followed or whether proposed methods or instruments are inappropriate or too complicated. This pilot study would also be used to improve the study's reliability and validity.

### **3.6 Reliability of research instruments**

Reliability is a measure of the degree to which a research instrument yields consist results of data after repeated trials. A reliable instrument will have consistent results if repeated overtime or if used by two different investigators. Internal consistency of reliability refers to the extent to which all parts of the measurement technique are measuring the same concept Traub (1994).

The researcher tested reliability of a research instrument by doing a test retest. In this case ten respondents were selected and given semi structured questionnaires in

order to detect, eliminate and to determine whether the semi structured questionnaire had the ability to provide desired results.

### **3.7 Validity of research instruments**

Validity is the degree to which results obtained from the analysis of data actually represent the phenomenon under study. Validity therefore, has to do with how accurately the data obtained in the study represents the variable of the study (Mugenda and Mugenda 2003).

Content validity refers to the extent to which there is a need for the adequate coverage of all the domains of the constructs being examined (Cooper and Schindler, 2001). In this case, measures used were reviewed by a panel of academicians, experts, or professional on the relevancy and adequacy of the constructs.

### **3.8 Data analysis**

Data analysis was done by use of descriptive statistics. Data was analyzed through qualitative and quantitative approaches so as to gather as much information as possible. Additionally, statistical package for social sciences (SPSS) was used for analysis of data. Leedy and Ormrod (2001) suggest that qualitative research is used “to construct a rich and meaningful picture of a complex, multifaceted situation”. Data was analyzed using statistical methods and results interpreted to give meaning to the study.

Quantitative methods of data analysis can be of great value to the study since generation of data can be subjected to rigorous quantitative analysis in a formal and rigid fashion (Kothari, 2004). It would also aid when drawing meaningful results from a large body of qualitative data. The main beneficial aspect is that it provides the

means to separate out the large number (McDowall, 2000). The method would help in summarizing the reports and drawing conclusions from the respondents in the study.

Data collected using questionnaire was sorted out to check completeness and clarity on the research instrument and then analyzed quantitatively, Descriptive statistics will be employed and data presented in form of frequency and tables that have facilitated description and explanation of the study. Data would then be presented in form of tables, graphs to describe distributions, pie charts to show differences in frequencies and bar charts to show ordinal data. Essential notes would accompany the presented data.

### **3.9 Ethical considerations**

Permission to carry out the research was obtained from the relevant authorities as required by law and the principles of research. All ethical issues relating to informed consent and confidentiality were adhered to. The respondents were guaranteed of their confidentiality and thus no respondent was required to give or her identity. All data acquired from the respondents were managed privately and confidentiality was maintained. Information on the nature and purpose of the study was expounded to the respondents as a means of providing sufficient information before they decide to participate.

## **CHAPTER FOUR: DATA ANALYSIS, PRESENTATION AND INTERPRETATION**

### **4.1 Introduction**

This chapter is a documentation of the results on the research that sought to assess the impact of athletics on youth empowerment. Data was analyzed using descriptive tools, findings interpreted with frequencies and percentages while presentation was done using tables. Data findings were then linked with the researcher's opinion as well as the existing body of knowledge for the elaborate interpretation and discussion. The chapter is organized in sections beginning with presentation of demographic information and subsequent sections have been organized following the research objectives.

### **4.2 Response Rate**

The study administered 90 questionnaires to local athletes and youth of Iten town. Out of the 90 questionnaires used in the sample, 86 questionnaires were returned and were additionally checked for conformity and completeness. Only 4 questionnaires were not returned.

**Table 4.1 Response Rate**

	<b>ATHLETES</b>		<b>LOCAL YOUTH</b>	
	<b>Frequency</b>	<b>Percentage</b>	<b>Youth</b>	<b>Percentage</b>
Responded	57	95	29	97
Not Responded	3	5	1	3
<b>TOTAL</b>	60	100	30	100

The returned questionnaires' represented an average response rate of 96%, which the study considered excellent for analysis. According to Babbie (2002) any response of 50% and above is adequate for analysis thus 95.6% is even better.

### **4.3 Demographic Characteristics of the Respondents**

The study targeted local youth athletes of Iten town and the local youth in investigating the impact of athletics on youth empowerment. As such the results on

demographic characteristics of these respondents were investigated in the first section of the questionnaire. They are presented in this section underage of the respondents, gender distribution of the respondents, and level of education and occupation of the respondents.

#### 4.3.1 Distribution of Respondents by Age

The study posed a question requesting the respondents to indicate their age brackets. Table 4.2 shows the results of the findings on the age brackets of the respondents. The following table represents the age distribution of the respondents.

**Table 4.2 Distribution of Respondents by Age**

<b>Age bracket</b>	<b>x</b>	<b>Frequency</b>	<b>fx</b>	<b>Percentage</b>
16-20 years	5	16	80	19
21-25years	5	26	130	30
26-30 years	5	30	150	35
31-35 years	5	14	70	16
<b>Total 40</b>		<b>86</b>	<b>430</b>	<b>100.0</b>

From table 4.3.2, it was established that majority of the respondents were aged between 26 and 30 years comprising 35percent of the respondents, 30% of the respondents were aged between 21 and 25 years, 19% of the respondents were aged between 16 and 20 years, while 16% of them were aged 31 to 35 years. Out of the 86 respondents that participated, the study findings show that none of them were distributed in over 35 years of age showing that majority of participants in athletics were within the youth age bracket.

#### 4.3.2 Distribution of the Respondents by Gender

The research sought to find out the gender of the respondents. In this study the respondents sampled were expected to comprise both male and female youth. As such, the study required the respondents to indicate their gender by ticking on the spaces provided in the questionnaire. Table 4.3 shows the distribution of the respondents by gender.

**Table 4.3 Distribution of respondents by gender**

<b>Gender</b>	<b>Frequency</b>	<b>Percentage</b>
Male	53	62
Female	33	38
<b>TOTAL</b>	<b>86</b>	<b>100</b>

Accordingly, it was established that 62% of the respondents were male while 38% of them were female. The research found out that the majority of the participants in the study were male.

#### **4.3.3 Distribution of Respondents by level of education**

The youth of Iten town are of different level of education. This difference might contribute to differences in the responses given by the respondents as well as influence participation in athletics. The study therefore sought to establish the level of education attained by the respondents. The responses on this question are depicted in table 4.4

**Table 4.4 Distribution of respondents by level of education**

<b>Level of Education</b>	<b>Frequency</b>	<b>Percentage</b>
Primary	8	9.3
Secondary	46	53.5
College	18	20.9
University	9	10.5
Dropped out of school	4	4.7
Not educated	1	1.2
<b>Total</b>	<b>86</b>	<b>100.0</b>



The study results revealed that, 53.5% of the respondents had acquired a secondary level of education, 10.5% of the respondents indicated that they had acquired undergraduate degrees, 20.9% of them had acquired college level of education, 9.3% of the respondents indicated that they had acquired primary education, 4.7% of the respondents indicated that they had dropped out of school while another 1.2% of respondents indicated that they are not educated. This results imply that majority of the respondents (comprising over 94.2%) had at least some form of education and hence understood the information sought by this study. These findings further imply that majority the respondents were knowledgeable on key issues of youth empowerment attributed to athletics and also familiar with the issues sought by this study.

#### 4.4 Participation of youth in athletics

The study sought to establish from the respondent their participation in athletics. The study findings are shown on table 4.5

#### 4.5 Distribution of respondents' participation in sports

<b>Response</b>	<b>Frequency</b>	<b>Percentage</b>
Respondents ever participated in athletics	73	84.8
Respondents has never participated in athletics	13	15.2
<b>TOTAL</b>	<b>86</b>	<b>100</b>

The findings showed that 84.8% of the respondents have participated in athletics while 15.2 % of the respondents had never participated in athletics. This findings show that majority of youths in Iten town engage in athletic activities.

#### 4.5 Extent of participation of respondents in athletics

In order to establish the impact of athletics on youth empowerment, it was imperative to establish the extent to which the respondents participated in athletics. The findings were as shown in table 4.6 below.

**Table 4.6 Extent of participation in athletics**

<b>Extent of participation</b>	<b>Frequency</b>	<b>Percentage</b>
Professional sports person	55	63.95
Hobby	13	15.11
Participation in support of event/program	12	13.95
Influence by friends	6	6.98
<b>TOTAL</b>	<b>86</b>	<b>100</b>

Accordingly, it was established that majority of Iten youth engage in athletic activities as professional athletes. This was attributed to the finding which showed that 63.95% of the respondents were participating in athletics as professionals, while 15.11% of the respondents were engaged in athletics as a hobby. 13.95% of the respondents indicated their participation in athletics was in support of local events and programs while finally 6.98% of the respondents indicated their extent of participation in athletics as result of influence by friends. These finding proved that indeed majority of the youth in Iten town were engaged in athletics as a profession perceiving it as a means to empower themselves.

To further explore on the extent of participation of the youth in athletics, the study sought to establish how frequent the respondents participated in athletics. The findings are shown in table 4.7 below.

**Table 4.7 Frequency of participation in athletics**

	<b>Frequency</b>	<b>Percentage</b>
Daily	30	34.9
Weekly	41	47.8
Monthly	13	15.1
Never	2	2.3
<b>TOTAL</b>	<b>86</b>	<b>100</b>

The finding indicated that majority of the respondents were frequently engaged in athletic activities, at a cumulative percentage of 82.7 %. The research further established that 15.1% and 2.3% of the respondents were less frequently engaged in athletics. These findings reveal that participation in athletics by the youth is a regular activity and as such forms a basis as part of the routine activity which influences their lives.

#### **4.6 Monetary gains from participation in athletics**

The research sought to establish the average monetary gains per annum of the youth from their participation in athletics in order to determine the extent of influence of athletics on the life of the youth. The findings are shown on table 4.8 below.

**Table 4.8 Monetary gains from participation in athletics**

	<b>Frequency</b>	<b>Percentage</b>
Over Kes 1 million	9	10.47
Between Kes. 500,000 to 1 million	12	13.95
Between Kes. 100,000 to 500,000	17	19.77
Below Kes. 100,000	19	22.09
None	29	33.72
<b>TOTAL</b>	<b>86</b>	<b>100.00</b>

The finding showed that majority of the respondents had received some form of monetary rewards as a result of athletics. 10.47% reported to have received an average of over 1 million shillings, while 13.95% reported to have received between Kshs,500,000 and 1 million, 19.77% reported to have received between Kes. 100,000 to Kes.500,000, 22.09% reported to have received less than Kes.100,000 and finally 33.72% reported to have received no form of monetary gains from athletics. These finding showed that majority of the respondents had gain some form of monetary gains as a result of athletics hence economically empowered.

#### **4.7 Role of athletics in empowering the life of the youth**

The study sought to establish the role of athletics in the life of the youth in Iten town. The respondents were asked on whether athletics plays an important role in their life. The finding were as shown in table 4.9 below

**Table 4.9 Importance of athletics in the life of the youth**

	Frequency	Percentage
Yes. Athletics is important	86	100
No. Athletics is not important	0	0
<b>TOTAL</b>	86	100

All respondents, at 100% reported that athletics played an important role in the lives of the youth in Iten town. This finding indicates the importance of athletics to the youth of Iten town.

Further, the research sought to establish how the respondents rated the role of athletics in empowering the life of the youth to further expound on the importance of athletics in the lives of the youth in Iten town. The findings are as shown in Table 4.10 below. 4

**Table 4.10 Rating on the importance of athletics in the life of the youth**

	Frequency		Percentage	
	YES	No	YES	NO
Infrastructure development	54	32	62.79	37.21
Employment	73	13	84.88	15.12
Education	61	25	70.93	29.07
Improved Health	57	29	66.28	33.72
Security	12	74	13.95	86.05
<b>TOTAL</b>	86	100	100.00	100.00

The finding further proved on the impact of athletics on the lives of the youth as 84.88% of the respondents reported employment as the most important aspect of the life that athletics has impacted. 62.79 % of the respondents reported infrastructure development which in this analysis is also most important thing attributed to athletics. 70.93% of the respondents reported improved health as an important facet in their

lives due to athletics. These findings show that indeed the youth perceive athletics as playing a crucial role in empowering their lives.

The findings from all key informants interview revealed similar findings with the district development officer, district youth officer and the coaches all agree that the most important facets of the youth lives that athletics has influenced was provision of employment as many youth are self-employed through athletics.

#### 4.9 Reasons for youths engaging in athletics

The study also sought to know the reasons for youths to engage in athletics in order to establish the influence of athletics on the life of the youth. The findings are shown on table 4.11.

**Table 4.11 Reasons for youths engaging in athletics**

	Frequency	Percentage
As a source of income	31	36.05
Maintain health and physical wellbeing	17	19.77
Due to unemployment	20	23.26
Hobby	13	15.12
Other reasons	5	5.81
<b>TOTAL</b>	<b>86</b>	<b>100.00</b>

Accordingly, majority of the respondents at 36.05% indicated the reasons for engaging in athletics as a source of income, 23.36% of the respondents listed unemployment as the reasons for their engagement in athletics. 19.77% of respondents listed health wellbeing as the reason for their participation in athletics. Similarly, 15.12% of the respondents listed their engagement in athletics as a hobby while 5.81% of the respondents listed other reasons for their engagement in athletics.

Furthermore, the research sought to find the respondents agreement with statement regarding youth empowerment through athletics. The finding as shown in Table 4.12 below presents the results on respondents' agreement with various statements about how athletics influence different dynamics of their lives

**Table 4.12 Response on statements on youth empowerment**

Statement	Agreement with the statement		Disagree with the statement		No response		Totals	
	frequency	%	frequency	%	frequency	%	total frequency	total %
Engaging in athletics promote Self confidence	81	94.19	2	2.33	3	3.49	86	100
Engaging in athletics helps youth be aware of social issues affecting them	70	81.40	6	6.98	6	6.98	86	100
Engaging in athletics can acts as a source of employment for the youth	86	100.00	0	0.00	0	0.00	86	100
If athletics is well paying, I will opt to be a professional athlete rather than get employed	66	76.74	14	16.28	2	2.33	86	100
If I am still studying, I would rather drop out of school and participate in athletics as a profession	20	23.26	64	74.42	2	2.33	86	100
The government is promoting athletics as a means to empower the youth	37	43.02	39	45.35	4	4.65	86	100

The findings indicate that the majority of the respondents with a cumulative percentage of 94.18% were in agreement that engaging in athletics promoted self-confidence. 24.42% and 56.98% of the respondents were in agreement that engaging in athletics helps the youth be aware of social issues affecting them. All respondents were in agreement on the statement that engaging in athletics can act as a source of employment for the youth.

When the respondents were asked if athletics was well paying, would they opt to be professional athletes, a cumulative percentage of 76.75% of the respondents were in agreement with this statement, while a 36.05% of the respondents were in

disagreement with the statement. 2.33% of the respondents neither agreed nor disagreed with the statement.

23.26% of the respondents were in agreement with the statement that they would rather drop out of school and pursue athletics, while 74.42 % of the respondents were in disagreement with the similar statement. 2.33% of the respondents neither agreed nor disagreed with the statement.

On the statement about the government promoting athletics as a means to empower the youth, 43.02 % of the respondents were in agreement with this statement, while 45.35% of the respondents were in disagreement with the statement and 4.65% of the respondents neither agreed nor disagreed with the same statement. This findings show an almost equal percentage on the level of responses which are in agreement and disagreement with the statement.

#### **4.10 Incidences of youth empowerment as a result of athletics**

The study required the respondents to indicate incidences of development that are as a result of athletics in Iten town. Table 4.12 shows the results of this question.

**Table 4.12 Incidences of youth empowerment as a result of athletics**

	<b>Frequency</b>	<b>Percentage</b>
Stadiums built	23	26.74
Hotels	17	19.77
Gymnasium	14	16.28
Sports tourism	13	15.12
School scholarship	9	10.47
Others	10	11.63
<b>TOTAL</b>	86	100.00

The results as indicated above show incidences of the development in place that promote athletic activities in Iten town. Stadiums being built at was mostly listed by the respondents as an example of development at attributed to athletics at 26.74%, while 19.77 % of respondents listed Hotels, 16.28% reported Gymnasiums, 15.12% listed sports tourism while 10.74% of the respondents listed sports scholarship as



some of the local developments attributed to athletics. The results of these finding indicate that athletics has positively influenced the lives of the youth and the community in general will benefit as a result of athletics in Iten town.

#### **4.11 Availability of facilities provided by the government and municipality**

The study sought to explore on role of government in promoting athletics for youth empowerment. Respondents were asked to report on the availability of sports facilities provided by the government and the municipality of Iten town. The findings are shown on table 4.14 below.

**Table 4.14 Availability of facilities provided by the government and municipality**

	<b>Frequency</b>	<b>Percentage</b>
Facilities are available	84	97.67
Facilities are not available	2	2.33
<b>TOTAL</b>	<b>86</b>	<b>100</b>

The results of the findings shows that almost all the respondents (97.67%) reported on the availability of facilities by the government to promote athletics hence empower the youth. Further, the research sought to establish the kind of facilities that the government and the municipality was providing. The result of these finding were as shown in table 4.13 below.

Further the research sought to know some of these facilities provided by the government and municipality. The findings are as shown in Table 4.15 below.

**Table 4.15 Facilities provided by the government**

	<b>Frequency</b>	<b>Percentage</b>
Stadium	74	86.04
Health facilities	9	10.47
Others	3	3.49
<b>TOTAL</b>	<b>86</b>	<b>100</b>

Accordingly, 86.04% of the respondents listed stadium as one of the facility provided by the government while 10.47% listed health facilities as one of the facilities provided for by the government. These finding shows that there are very few facilities that the government has provided to promote athletics as shown by the number of facilities listed by the respondents.

On the same note, the research sought to investigate on the availability of privately owned athletic facilities that promote athletics. The results are tabulated as shown in table 4.16.

**Table 4.16 Availability of privately owned facilities.**

	<b>Frequency</b>	<b>Percentage</b>
Yes, Available	80	93.1
No, Unavailable	6	6.9
<b>TOTAL</b>	<b>86</b>	<b>100</b>

The findings indicated that 93.1% of the respondents were aware of privately owned athletic facilities that promote athletics among the youth. 6.95 of the respondents were not aware of any privately owned facilities. Further, the research sought to establish the pricing of these private athletic facilities and how the respondents considered their pricing. The result are shown on table 4.14 as follows.

**Table 4.17 Pricing of privately owned athletic facilities**

<b>Pricing</b>	<b>Frequency</b>	<b>Percentage</b>
Very expensive	24	27.91
Expensive	31	36.05
Moderate	13	15.12
Cheap	9	10.47
Affordable	9	10.47
<b>TOTAL</b>	<b>86</b>	<b>100.00</b>

The findings show that majority of the respondents indicated that the privately owned facilities were expensive. Cumulatively, 63.96% of the respondents reported that these privately owned athletic facilities were expensive, while 25.59% of the respondents reported that the privately owned athletic facilities were affordable. The result of the findings shows that while indeed there is existence of privately owned athletic facilities that promote athletics, they are however, mostly expensive and thus unaffordable to majority of the youth.

#### **4.12 Respondents considering athletics career if government empowered the youth through facilitating the youth with training facilities.**

The study further sought to establish whether the respondents would consider the choice of an athletic career if the government facilitated them. The findings were as shown on table 4.18

**Table 4.18 Respondents who would consider athletics as a career**

	<b>Frequency</b>	<b>Percentage</b>
Yes I would consider an athletic career	63	73.26
No, I would not consider an athletic career.	23	26.74
<b>TOTAL</b>	86	100

The findings showed that 73.26% of the respondents would consider opting for an athletic career if the government empowered the youth by facilitating them with training facilities. On the other hand, 26.74% of the respondents reported that they would not consider an athletic career if the government empowered the youth by facilitating them with training facilities. This shows that majority of the youth would engage more in athletics if they are empowered by the government through facilitation and provision of training facilities.

## **CHAPTER FIVE: SUMMARY, CONCLUSIONS AND RECOMMENDATIONS**

### **5.0 Introduction**

This chapter describes the summary of the findings, conclusions, recommendations, suggestions for further research and of the study's contribution to the body of knowledge.

### **5.1 Summary of findings**

The study was informed on the continued success of Kenyan athletes and the influx of young people willing and ready to join and enjoy on the same success. The study specifically sought to establish the impact of athletics on youth empowerment. The study involved the participation of 100 respondents, which included a sample of 90 youths residing in Iten town and a sample of 10 key informants. The data collected was analyzed using descriptive statistics.

The general findings of the study showed that athletics has empowered the youth as majority of the youth were willing to participate in athletics as professional athletes. The findings also revealed that the youths were empowered through athletics with the results being economically empowerment through employment at 84% and training infrastructure development at 63% and 71% improved health.

The findings are summarized according to the objectives of the study under the indicated sub-heads.

#### **5.1.1 Extent of participation in athletics**

The study established that majority of the youth engaged in athletics. Out of the 84.8% of the respondents who reported as participating in athletics, the research established that 63.95% of the respondents were participating in athletics as professionals, while 15.11% of the respondents were engaged in athletics as a hobby. 13.95% of the respondents indicated their participation in athletics was in support of local events and programs while finally 6.98% of the respondents indicated their extent of participation in athletics as result of influence by friends. The findings showed that indeed the youth in the area were involved in athletics and more so, majority of them were involved in athletics as a profession.

The fact that majority of the youth engage in athletics as profession was further emphasized through by the District youth officer and the District sports officer who explained that majority of the youths in Iten town engage in athletic as a profession because of the rewards athletics is associated with. These findings were in agreement with Rintauguet. al (2008) that the level of participation in sports by the youth is determined by the perceived gains of their involvement in the sports.

### **5.1.2 Influence of athletics on the life of the youth**

The study through its findings proved that indeed athletics had a positive impact on the lives of the youth. The findings showed that a majority of the respondents at 82.56 % reported that Athletics was of paramount importance to their live. 17.45% of the respondents reported that athletics was less important. Additionally, it was revealed that the youths were empowered through athletics with the results being economically empowerment through employment at 84% and training infrastructure development at 63% and 71% improved health

This was further emphasized by the local county social services officer and the district development officer who reiterated that many youth in Iten town have had their lives changed positively as a result of athletics. Many youth are now joining athletics as a career choice and also due to its high returns and rewards.

The implication of such impact of athletic on youth empowerment means that if this athletics was further exploited and adopted by more youth in the region, it would impact not only the participants but also the community at large. The findings in regards to the monetary gains attributed to athletics further exemplify this, as many respondents reported to have gained some form of monetary gains from athletics hence they are economically empowered. This is in agreement with Saaverda (2005) who argued that ‘sport as an embodied career has the capacity to free youth from constraints of discursive, and practical social issues and empower them within their communities, thus contributing to overall social, political and economic development. The findings shows similarity in the use of sports by youth to empower themselves economically as is in the case of Mathare Youth Sport Association (MYSA) where sports is not only used as intervention to social issues affecting the youth but also in empowering them economically as aspiring professional footballers.

### **5.1.3 Incidences of youth empowerment as a result of athletics**

The study was able to establish the existence of different incidences of youth empowerment that was attributed to athletics in Iten town. The results show incidences of the development in place that promote athletic activities in Iten town. The reported ones included stadiums that have been built and others being built , hotels, gymnasiums, sports tourism , and sports scholarship as some of the local developments attributed to athletics. The results of these finding indicate that athletics has positively influenced the lives of the youth and the community in general will benefit as a result of athletics in Iten town.

From the interviews with the local leaders and the district planning officer, they reiterated that indeed there were several incidences of developments that were attributed to athletics which essentially have helped in empowering the youth. The district sports officer stated that although most developments are private investments initiated like the Lorna Kiplagat high altitude training centre and stadium were examples of private initiates that are geared towards providing opportunities to young people to explore their talents. The government offered the local stadium free for use as well as offering free health services during sporting events

### **5.1.4 The role of government in promoting athletics for youth empowerment**

It was established through the findings that majority of the respondents at 73.36% acknowledged the government efforts in empowering the youth through athletics. The study established that the government was facilitating this through offering of training facilities such as stadiums and offering free health services during athletic events.

However majority of the respondents indicated that the government is not doing enough to empower the youth through sports. A fact that the district development officer and coaches in Iten town asserted through the interview, that the government is not offering the essential facilities that is why private individuals are now offering the same facilities although at a fee.

Similarly, the findings showed that 73.26% of the respondents would consider opting for an athletic career if the government empowered the youth by facilitating them with training facilities. This means that the government to counter on the rising number of unemployment, it should consider facilitating the youth to engage in sports

as a career which is equally rewarding. This findings concurs with Obajini(2010) who stated that the government should be proactive in offering creative and alternative avenues to empower the youth especially through tapping to their unique capabilities and talents.

## **5.2 Conclusion**

The study concludes that athletics is a sustainable means to empower the youth of Iten town, Elgeyo – Marakwet County. The research showed that majority of the youth are willing to participate in athletic since is well paying and more so they are willing to be engaged in athletics as a profession if the government empowered them by providing adequate facilities to promote athletics.

The research indeed proved that athletics had a positive impact to the youth and the community at large. This was evident from the development initiatives by both the government and private owners in putting up facilities that are geared towards empowering the youth through athletics.

This was acknowledged by the district youth officer and sports officer who said that as a means to empower the local youth, the government had partnered with private developer, non-governmental agencies and other organization to put up facilities such as stadiums, gymnasiums and youth training centres to promote athletics in the region.

Athletics in Iten town has brought opportunities that are not only beneficial to individual youth but also community as a whole. Business development and sports tourism has brought about indirectly employment to the many people in the town. Results further showed that through athletics, the youth have found an alternative source of income which is proving to be more lucrative than the ordinary source of income and as such it has empowered the youth economically.

The research revealed that the government is not doing enough to promote athletics in the town. Majority of the youth were unaware of government policies that promoted youth empowerment through athletics. This was despite the fact that, the local athlete brings fame and glory to the country as well as being engaged in development of the country through their earning. This space created by the

government was been filled by private developer and individuals who are providing better facilities, however their charges for these facilities are unaffordable to the local youth.

### **5.3 Recommendations**

Based on the finding of the study, results have shown athletics is important to promoting youth empowerment in Iten ton, Elgeyo – Marakwet County. Therefore, the study makes the following recommendation

#### **5.3.1 Diversification in athletics**

As much as many youth are engaged in athletics, there is need for diversification in terms of the kind of athletic activities the youth are engaged in. This will assist the youth in having a wide range of athletics activities to engage in and thus promote variation in participation.

#### **5.3.2 Training opportunities for youth**

There is need for constant and regular training of youth on how to utilize the monetary rewards and make maximize utilizations of the money they gain from athletics. Additionally, the government and other stakeholders need to educate the youth to take other job opportunities in the large sporting arena such as being athletic coaches and managers especially for those who are unable to directly engage in athletics. Agricultural office that would be of great help to women in training them on good crop husbandry practices

#### **5.3.3 Government support and incentive**

The Republic of Kenya has continually restated her commitment to empower the youth. Athletic is one area where the government can incorporate in its strategies to promote youth empowerment. Consideration in terms of training facilities and infrastructure development should be provided for those who are interested in engaging in athletics.

The popularization of athletics as a career choice for the youth could lead to self-employment creation in the sense that the many youth will see athletics and other sports as a viable source of income. Many youths could be given little training and can then be self-employed and thus promote utilization of their talents.



#### **5.4 Suggestions for Further Research**

Based on the findings of the study, the research makes the following suggestions for further research;

1. There is need for the same study to be conducted on a wider scope in the country to determine the impact of sports on youth empowerment.
2. A monitoring and evaluation research needs to be conducted to ascertain the effectiveness in the use of athletics rewards on development in the region
- 3 A study should be conducted to determine other viable sport activities that can be executed in the region to further promote youth empowerment

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## **APPENDICES**

### **APPENDIX 1: LETTER OF TRANSMITTAL**

Kemboi Wednester Janssen,

University of Nairobi

P.O Box 511-30700,

Iten.

Dear Respondent,

I am a student of the University of Nairobi pursuing a Masters of Arts Degree in Project Planning and Management. I am conducting an academic research on the “THE IMPACT OF ATHLETICS ON YOUTH EMPOWERMENT: A CASE OF ITEN TOWN, ELGEIYO MARAKWET COUNTY”. This questionnaire has been prepared to obtain information on the above topic by you individually.

Please note that all the information provided for this study will be treated with utmost confidentiality. Your ability to answer all the questions comprehensively and to the best of your knowledge will be highly appreciated.

Thank you for your co-operation and precious time.

Yours faithfully,

Kemboi Wednester Janssen

E-mail: [wednester@gmail.com](mailto:wednester@gmail.com)

Phone: 0723664593

## APPENDIX II: QUESTIONNAIRES FOR RESPONDENTS

### Instructions.

#### Dear respondent

The information you give will be handled and treated with utmost privacy and confidentiality. Kindly respond honestly to all the questions given below. Thank **you**.

### PART A. BASIC INFORMATION

1. Name:.....(optional)
2. AGE: .....
3. SEX: Male  Female
4. Your level of Education? Tick accordingly  
University College Secondary Primary Not  
Educated  
Dropped Out of School

### PART B: EXTENT OF PARTICIPATION

1. Personally, have you ever participated in athletics in your town? Tick accordingly.  
Yes   
No

If Yes for the above,

What activities have you been involved

in?.....

How would you consider your participation in athletics? Tick accordingly

- Professional sports man/woman
- Hobby
- Participation in support an event or program
- Because my friends told me to participate

2. How frequent do you participate in athletics? tick accordingly

**Daily**  **Weekly**  **bi-weekly**  **Monthly**  **never**

3. During any of your participation in athletics, Have you ever received any monetary gains from participating in athletics?

Yes

No

If Yes for the above, kindly indicate your average annual income that you have received. Tick appropriately.

	<b>Tick here</b>
Over Kes 1 million	
Between Kes. 500,000 to 1 million	
Between Kes. 100,000 to 500,000	
Below Kes. 100,000	
None	

**PART C: INFLUENCE OF SPORTS**

1. In your opinion, do you think athletics play a crucial goal/role in the life of the youth?

YES [ ]  
NO [ ]

If YES for the above,  
How would you rate the role sports play in the life of the youth in your town?  
Circle/tick accordingly

	<b>Yes, It has influenced</b>	<b>No, It has not influence</b>
Employment		
Infrastructure development		
Health		
Security		
None		

2. According to you, what are some of the reasons youths engage or you in athletics in your town?

.....  
.....  
.....  
.....

3. Indicate the level to which you agree with the following statement concerning how athletics can empower the youth both socially and economically .

Statement	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
Engaging in athletics promote Self confidence					
Engaging in athletics helps youth be aware of social issues affecting them					
Engaging in athletics can acts as a source of employment for the youth					
If athletics is well paying, I will opt to be a professional sportsperson rather than get employed					
If I am still studying, I would rather drop out of school and participate in athletics as a profession					
The government is promoting athletics as a means to empower the youth					

**PART D: INCIDENCES OF YOUTH EMPOWERMENT DUE TO ATHLETICS**

1. In your own opinion, what are some of incidences of development that you have seen in your town that you think is as a result of athletics in Iten town? List them down

.....  
 .....  
 .....  
 .....  
 .....



2. In your own opinion, Is there anything in your life that has changed due to athletics?

YES [  ]

NO [  ]

If Yes, What are these things that have changed?

.....  
.....  
.....  
.....

**PART E: GOVERNMENT INTERVENTION**

1. In your town, are there facilities that have been provided by the government or municipality to facilitate youth in engaging in sports?

YES [  ]

NO [  ]

What are some of the facilities that you know are provided for

.....  
.....  
.....

DO youth pay for these facilities? YES [  ] NO [  ]

How much? .....

2. Do you know of privately owned sporting facilities in your town?

YES [  ] NO [  ]

In terms of the charges for their services, how do you consider them?

Very Expensive [  ] Expensive[  ] Moderate[  ] Cheap[  ]  
Affordable[  ]

3. If the government facilitated for all facilities necessary for sport activities, would you consider taking any sport activity as a career? Tick accordingly

YES [  ] NO [  ]

**Thank you very much for your cooperation and honest opinion.**

**APPENDIX II: KEY INFORMANTS INTERVIEW SCHEDULE**  
**SEMI STRUCTURED QUESTIONNAIRE**

**PART A:**

**Name:**.....

**Period of residence in Iten town:**.....

**Name of your department/Organization:**.....

**Capacity/position in your organization:**.....

**PART TWO:**

1. For how long have you been an officer in this institution/organization?

.....

2. In what ways or capacity does your office/institution/organization interacts with athletes in Iten

town?.....

.....

.....

.....

3. In what ways has Athletics empowered the youth in Iten town?

.....

.....

.....

.....

.....

.....

.....

4. In what ways has athletics influenced the economic empowerment of youth in Iten town?

.....

.....

.....

.....

5. In your opinion, what is the role of the government in promoting the athletics for youth empowerment?

.....

.....

.....

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.....

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.....

.....

**Thank you for your cooperation and your honest response.**