



Sport And Communities: Building A Better Future

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ABSTRACT

This study analyzes the multifaceted role of sports activities in promoting social cohesion, local economic development, social inclusion of vulnerable groups and community integration. Through applied, quantitative and descriptive research, the work explores how sport facilitates social integration, boosts the economy and promotes values of respect and equality. The research also addresses accessibility issues, including the inclusion of people with disabilities, and highlights the role of schools and sports infrastructures in strengthening community ties. The results of the study aim to provide valuable insights for policy makers and sports professionals, aiming at the creation of policies and initiatives that maximize the social and economic benefits of sport.

Keywords: Sports; Social Cohesion, Inclusion; Economic development; Community Integration.

RESUMEN

Este estudio analiza el papel multifacético de las actividades deportivas en la promoción de la cohesión social, el desarrollo económico local, la inclusión social de grupos vulnerables y la integración comunitaria. A través de una investigación aplicada, cuantitativa y descriptiva, el trabajo explora cómo el deporte facilita la integración social, impulsa la economía y promueve valores de respeto e igualdad. La investigación también aborda cuestiones de accesibilidad, incluida la inclusión de personas con discapacidad, y destaca el papel de las escuelas y las infraestructuras deportivas en el fortalecimiento de los lazos comunitarios. Los resultados del estudio buscan proporcionar perspectivas valiosas para los responsables políticos y los profesionales del deporte, con el objetivo de crear políticas e iniciativas que maximicen los beneficios sociales y económicos del deporte.

Palabras clave: Deporte; Cohesión social; Inclusión; Desarrollo económico; Integración comunitaria.

RÉSUMÉ

Cette étude analyse le rôle multifacette des activités sportives dans la promotion de la cohésion sociale, le développement économique local, l'inclusion sociale des groupes vulnérables et l'intégration communautaire. À travers une recherche appliquée, quantitative et descriptive, ce travail explore comment le sport facilite l'intégration sociale, stimule l'économie et promeut des valeurs de respect et d'égalité. L'étude aborde également les questions d'accessibilité, y compris l'inclusion des personnes en situation de handicap, et met en lumière le rôle des écoles et des infrastructures sportives dans le renforcement des liens communautaires. Les résultats de cette recherche visent à fournir des perspectives précieuses aux décideurs politiques et aux professionnels du sport, en vue de l'élaboration de politiques et d'initiatives maximisant les bénéfices sociaux et économiques du sport.

Mots-clés: Sports; Cohésion sociale ; Inclusion ; Développement économique; Intégration communautaire.

I. INTRODUCTION

This study aims to explore the multifaceted influence of sports activities on society, analyzing their role in promoting social cohesion, local economic development, inclusion of vulnerable groups and community integration through schools and sports infrastructures. In particular, this study seeks to understand how sport can serve as a catalyst for the creation of social bonds, economic stimulus and the promotion of values of respect and equality. The relevance of this study lies in the growing importance of sport as a tool for social and economic intervention. In a global context marked by inequalities and integration challenges, understanding the impact of sport on communities becomes crucial for the development of effective public policies and inclusive social initiatives. By analysing practical examples and studies, this



research seeks to identify best practices and obstacles to overcome to maximise the benefits of sport in different contexts. In addition, the study addresses the issue of accessibility to sport, focusing on the inclusion of people with disabilities and marginalized groups, and investigates the role of schools and sports infrastructures in promoting community integration. The analysis presented will contribute to the debate on how to create more inclusive and accessible sports environments, promoting equal opportunities and the well-being of all citizens. Through an applied, quantitative and descriptive research methodology, this study aims to provide a comprehensive and up-to-date view on the impact of sport on contemporary society, offering valuable insights to policy makers, sports professionals and members of the community in general.

II. LITERATURE REVIEW

SPORTS ACTIVITIES PLAY A SIGNIFICANT ROLE IN PROMOTING SOCIAL COHESION WITHIN COMMUNITIES - Through sport, individuals from different backgrounds have the opportunity to interact, establish bonds and develop a sense of belonging, thus strengthening the social fabric. As a practical example of this dynamic, we have the "Fútbol y Deporte" project of the Cepaim Foundation, recognized in the "La Caixa" Foundation awards for Social Innovation. Project started in 2019 and which offered free spaces for the practice of group sports, such as football and basketball, aimed at both the local population and migrants. The initiative aimed to create social bonds and promote integration, impacting more than 5000 people and with the collaboration of about 40 entities. In addition, it also includes educational activities in educational institutions and programs for the elderly, such as "Hincha Senior", which seeks to improve social interactions and quality of life through outdoor activities and adapted exercises. Several studies corroborate the positive relationship between sports practice and social cohesion. Marivoet (2016) highlights that, although sport has the potential to create networks of sociability and affinity in community spaces, the exclusion of sport is still manifested, reflecting the inequalities present in different social spaces. The author proposes concepts such as affiliation, social capital and empowerment as operative tools in the empirical investigation of the phenomenon, emphasizing the relevance of the social dimension of sport in European policies since the beginning of the 21st century.

The study developed by Monteiro et al. (2022) stands out, which analyzed the relationship

between social sports projects and resilience. Research suggests that participation in such projects can strengthen the resilience of individuals by promoting social and emotional skills that contribute to community cohesion. Vilela (2014), investigated the effects of a team building intervention on cohesion, collective effectiveness and cooperation in a youth handball team. The results of this investigation indicated a positive and statistically significant effect on collective effectiveness, although the effects on cohesion were negative and on cooperation with the coach null. The study also highlights the complexity of group dynamics and the need for specific approaches to strengthen cohesion through sport.

THE IMPACT OF SPORT ON LOCAL ECONOMIC DEVELOPMENT - Sport has been widely recognized as a determining factor for local economic development, generating a positive impact on sectors such as tourism, employment and infrastructure growth. In recent years, several studies have analysed the magnitude of this impact and strategies to maximise the economic benefits of sporting events. According to Passos Leite (2023), sporting events have taken on a transformative role for the regions, boosting not only tourism, but also the external perception of the city or region as a reference destination. Large-scale events promote the increase in demand for hotel, restaurant and transport services, boosting the local economy.

In the case of Rio Maior, for example, a study conducted by Desmor (2025) analyzed Casa Pia Atlético Clube's games and concluded that the direct economic impact of these events was approximately 667,435.58 euros per season, with an average of 39,260.92 euros per game. This impact was mainly reflected in the catering, accommodation and trade sectors. One of the best documented examples of the economic impact of sport is that of the Valencia Half Marathon, Trinidad Alfonso Zurich. According to a study published in Cadenaser. With (2025), this event generated a tourist expenditure of 13.6 million euros, five times higher than the cost of its organization. The total impact on the Valencian economy was estimated at 29.4 million euros, contributing to the creation of 258 jobs and generating tax revenues of around 5 million euros.

THE ROLE OF SPORT IN THE SOCIAL INCLUSION OF MINORITIES OR VULNERABLE GROUPS IN ITS COMMUNITY - When talking about sport in the context of inclusion and building a better future, we could not fail to express the vision of authors such as Wilson, A. et. (2020), which state that sport and physical activity programs have the ability to provide holistic benefits



for the health of young people, covering physical and psychosocial aspects. It was established that by 2030 it was intended to increase youth participation in sports by about 5%, however the continued inequality in access to sport and physical activities, particularly in groups of young people belonging to disadvantaged social groups, made the values insignificant. In this context, an initiative called "Healthy People 2030" was created, which aimed to establish a goal of increasing the practice of sports in the youth environment. According to the same authors, young people with less privileged identities face greater structural and cultural barriers, including high costs, lack of inclusive programs, discriminatory policies, and weight stigma. The authors also reinforce that young male adolescents have higher participation rates than females, while transgender and gender-diverse young people have much lower levels of involvement. In the same context, young LGBT adolescents are less likely to participate in physical activity due to factors such as victimization and harassment. On the other hand, racial and ethnic disparities, non-Hispanic white adolescents were underrepresented in sports relative to other groups, although there are still gaps in research on the influence of these factors on physical activity. Not least, Wilson, A. et. (2020), highlight that socioeconomic status significantly influences participation, since families with a higher level of education and income face fewer difficulties in keeping their children involved in sport. Other factors, such as the stigma associated with weight and the presence of "hidden disabilities" including challenges related to mental and emotional health, also negatively impact the participation of young adolescents in the practice of physical activity. Notwithstanding and despite the growing evidence on inequalities in access to sport and physical activity, there is a paucity of studies addressing the intersectionality of multiple social identities and their cumulative impacts. In this way, the need for more intersectoral approaches, more robust in the research and implementation of inclusive policies, in order to ensure equity in sports participation and promote the objectives of the "Healthy People 2030" program is reinforced.

ACCESSIBILITY OF SPORTS ACTIVITIES IN THE COMMUNITY - The accessibility of sports activities is a topic of great social and academic relevance, especially in the context of the inclusion of people with disabilities or reduced mobility. In recent years, several national and international studies have been developed addressing the existing barriers and initiatives aimed at ensuring equal access to sport. In the understanding

of Viegas (2017), accessibility to sports spaces still presents significant challenges. Based on a study carried out in the municipality of Oeiras, it was found that only 38.7% of sports facilities are adapted to receive people with disabilities or reduced mobility. In addition, most adaptations focus on motor needs, neglecting visual, auditory, and intellectual disabilities. This scenario demonstrates the need for a broader and more comprehensive approach to ensure effective inclusion in sport. Authors such as Bastos (2024) reinforce this issue by analyzing the "Move-te 21" project, which promoted the practice of physical exercise adapted for people with Trisomy 21. The study highlights the importance of specific initiatives for groups with differentiated needs, emphasizing that the adaptation of sports programs must be accompanied by effective public policies and adequate funding to ensure their sustainable implementation.

On the other hand, we highlight a study published by Le Monde (2024) shows that, despite projects such as "Prisme", which aim to improve accessibility in sports equipment, there is still a long way to go to ensure that all people have equal opportunities in sport. The research carried out identified gaps in infrastructure and a lack of societal awareness of the importance of full accessibility in the sports context.

THE PROMOTION OF SPORTS ACTIVITIES IN LOCAL SCHOOLS IS WIDELY RECOGNIZED AS A FUNDAMENTAL FACTOR FOR COMMUNITY INTEGRATION - Several studies highlight the importance of these practices for the social, emotional and physical development of students, in addition to their contribution to the strengthening of community ties. (2020), participation in school sports activities promotes cooperation, empathy and communication skills, essential for building interpersonal relationships and social integration. The authors argue that the practice of sports in the school context acts as a means of socialization, allowing children from different backgrounds to interact and integrate, breaking social and cultural barriers.

Lima and Almeida (2022) argue that local schools play a crucial role in promoting citizenship and strengthening social cohesion, with a special emphasis on the importance of sports activities, not only encouraging the physical well-being of students, but also creating spaces for coexistence that reinforce the integrity of the school community with families and society in general.

DEVELOPMENT OF COLLECTIVE IDENTITY AND THE PROMOTION OF VALUES OF RESPECT - Martim and Gomes (2021)



highlighted that school sports activities are essential for the construction of a collective identity between students and the community, promoting values of respect, tolerance and solidarity. Interactions in the sports context help students learn to deal with diversity and practice peaceful conflict resolution.

PSYCHOLOGICAL AND SOCIAL BENEFITS OF SPORTS PRACTICE - Authors such as Nascimento and Souza (2023) point out that sports practice not only improves physical health, but also provides significant psychological benefits, such as reducing stress and anxiety, in addition to promoting self-esteem. These qualities are fundamental for social integration, since greater confidence of students favors the establishment of social bonds and facilitates their insertion in the community.

SPORTS INFRASTRUCTURE AND ITS RELATIONSHIP WITH SOCIAL INTEGRITY AND ACCESSIBILITY - In Portugal, a recent study carried out by Figueiredo et al. (2023) on sports infrastructure highlights the importance of multifunctional spaces, such as Municipal Sports Centers, which are accessible and adaptable to the needs of the community. The study also points out that many cities have invested in the renovation of sports equipment, however inequality of access still persists in peripheral areas. As regional examples, we highlight the Municipality of Matosinhos, which has stood out in recent years, being elected the European City of Sport in 2025. In Silva's (2022) understanding, the city has invested heavily in sports infrastructure, such as the construction of new pavilions and training centers, as well as social inclusion projects through sport. However, the author warns that there are still challenges related to the maintenance of spaces and the lack of equipment in some locations.

In a more globalizing context, we highlight the study by Brito et al. (2021) show that, in many urban regions of Europe, sports infrastructure is concentrated in middle and upper class areas, making it difficult for the most deprived communities. The study suggests that public policies should focus on the creation of sports spaces in peripheral areas, promoting not only sport, but also social inclusion and the strengthening of community ties. In Copenhagen, Denmark, research conducted by Andersen et al. (2022) noted that the city is a positive example of inclusive sports infrastructure. The city has promoted equal access to its sports facilities, with the construction of urban sports centers and the provision of free physical activity programs for the population. The research also highlights that the infrastructure in Copenhagen is widely accessible, efficient and adapted to different needs, from

children to the elderly, promoting health and community integration. According to Lopez and Fernández (2023) on sports infrastructure in developing countries, with a focus on Latin America, it reveals that, although there is a growing investment in sports spaces, the lack of maintenance and lack of accessibility in rural and low-density areas, and with weak resources, remain major challenges. The study suggests that governments must balance the construction of new infrastructure with the improvement and conservation of existing ones, as well as promote a better distribution between urban and rural areas.

III. METHODOLOGY

The study was based on an "*applied research*" that aims to generate knowledge for practical application aimed at solving specific problems, (Gil, 2006). In the form of approach, a "*quantitative research*" was used, to the extent that everything can be counted, which means translating opinions and information into numbers to classify and analyze them (Collis; Hussey, 2005). Regarding the objectives, "*descriptive research*" was used, which aims to describe the characteristics of a given population, phenomenon or the establishment of relationships between variables. A questionnaire or systematic observation was carried out (Gil, 2006). The entire process regarding the sample will also be presented, as well as its characterization. At a later stage, the process of choosing the instrument for data collection was described, as well as the procedure for processing the information collected through specific techniques to finally identify the final results and discussion obtained with the study.

PARTICIPANTS

One of the phases of a research process involves identifying what we want to study and who we want to analyze, called the target population. According to this clarification, and in the impossibility of analyzing the entire population for different issues, a set of the sample is identified, namely, the students of the 3rd year of the Degree in Sports Management at the Autonomous University of Lisbon (2024/2025) and other agents linked to sport in its various areas. It allowed us to obtain data or observations, with the aim of drawing conclusions about the population from whom information was collected (Vilelas, 2020). It was possible to obtain a valid sample of 28 respondents.



INSTRUMENT

The instrument used in the study was the questionnaire survey. Based on Batista, Moreira, Rodrigues & Silva (2021), the instrument was developed with the support of the five-point *Likert* scale. It allowed us to discover different levels of opinion on a given topic. The *Likert* scale used in the research comprised the following levels of evaluation: totally disagree=1; disagree=2; neither agree nor disagree=3; agree=4; totally agree=5. The questionnaire is structured in two parts, the first part of which comprises sociodemographic questions related to the respondents under study (age, gender, household, residence within or outside the city of Lisbon, sports management student, sports professional and nationality); in the second part there are 4 groups distributed by several items suggested to measure the study variables, divided as follows: F1- Sustainable practices of sports spaces and facilities (4 items); F2 - Community participation and involvement (5 items); F3 - Sports infrastructure and accessibility (6 items); F4 - Future challenges (5 items). After a careful and demanding analysis, independent and dependent variables were defined that have the necessary and appropriate dimensions to find answers to the research objectives, as well as an objective data collection framed with the theme under study. In this continuity and within the scope of the study, several variables were selected that intend to give a direct answer and others that allow them to be related to each other, exploring and describing the various dimensions under analysis. The variables were selected and included in the questionnaire survey.

PROCEDURES

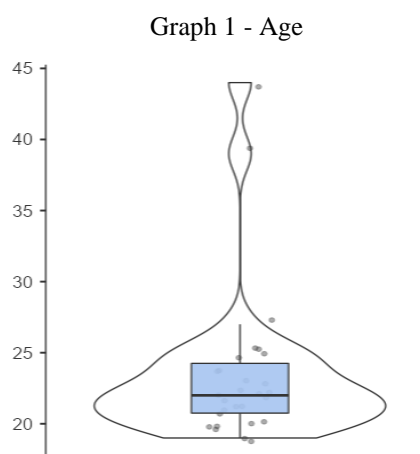
The recruitment of respondents was carried out among students in the 3rd year of the Degree in Sports Management at the Autonomous University of Lisbon, curricular year 2024/2025 and other agents linked to sports management. After the elaboration of a pre-test to a restricted group of respondents, questionnaires were elaborated, obtaining a final sample of 28 valid questionnaires. The collection was carried out during the school period, with the aim of including the largest percentage of students in the aforementioned school year of Sports Management and others with a connection to the areas under study. All respondents were previously informed of the nature of the study that was intended to be carried out, participated actively and voluntarily, ensuring the anonymity and confidentiality of their answers.

DATA PROCESSING

The collected data were entered and tabulated in the Microsoft Excel program. The arithmetic mean of the observations recorded for each variable of the study was also calculated. Subsequently, the data were migrated to the statistical analysis programs *Jamovi* version 1.6.23 and *SPSS*, where descriptive analyses were performed, namely frequencies, measures of central tendency and dispersion. The graphic representation matrix of correlations was used to illustrate the extremes and quartiles of the distribution. To analyze reliability and internal consistency, *Cronbach's alpha* parameter was used, which is generally used to measure the intercorrelation between the items suggested to measure a given variable. The non-parametric *Shapiro-Wilk* test was also performed to verify whether the variables follow a normal distribution. Spearman's test was also used to measure the degree of association and relationship between the variables.

IV. ANALYSIS AND DISCUSSION OF THE RESULTS

Sociodemographic Profile of the respondents - The sociodemographic analysis indicates some variation between the respondents in the study, namely: Age Indicator - the results point to the minimum age recorded at 19 years and the maximum 44 years. Regarding the measures of central tendency, it is reported that the age that was most frequently repeated was (Mo=22.0) years in males and (Mo=20.0) years in females. The overall average recorded was focused (Me=23.5) years. The Median had a value of (Md=22.0), Graph 1:



Source: Jamovi (2025)



The data discussed above are expressive with regard to the age of the group of respondents, with an average age of (23.5), which shows a significant weight of young people linked to sports. Regarding the "Shapiro-Wilk" normality test for all respondents under analysis, a value of $w=0.361$ and $p<0.001$ was obtained, concluding that for the quantitative variable under study, the data do not present a normal distribution. In this case we will use non-parametric tests such as "Kruskal-Wallis". Table 1 and Table 2.

Table 1 - Gender variable normality test "Shapiro-Wilk"

Id	Shapiro-Wilk			
	Wilk			
	Gender	N	W	P
	M and F	28	0.361	<0.001

Source: Jamovi (2025)

Table 2 - Kruskal-Wallis - Nonparametric test

Age	X2	Guidelines	p
	0.0902	1	0.764

Source: Jamovi (2025)

Since the p-value (0.764) is greater than 0.05, we do not reject the null hypothesis. This means that, based on this test, there is no statistically significant difference in median age between the groups being compared. In summary, the age distribution is not significantly different between the groups under study. Regarding the "Shapiro-Wilk" normality test based on stratified analysis (age/household/gender), it was possible to verify a record of variation in the p-values. Regarding age, a value of $p<0.001$ was obtained for males and (0.144) for females, which indicates that the variable does not have a normal distribution for males, but has a normal distribution for females. Regarding the household, with regard to the male gender, there is a normal distribution sustained by $p<0.006$ and $p<0.001$ females. These data are presented in Table 3.

Table 3 - "Shapiro-Wilk" normality test (age/household/sex)

								Shapiro-Wilk	
	Gender	N	Average	Mode	Standard deviation	Min	Max	W	P
Age	M	25	22.88	22.00	3.972	19	39	0.705	<0.001
	F	3	28.67	22.00	13.317	20	44	0.812	0.144
Household	M	25	3.20	3.00	4.00	2	4	0.781	<,0006
	F	3	2.33	2.00	2.00	2	3	0.750	<0.001

Source: Jamovi (2025)

Household - Regarding the household of the 28 respondents, a discrete quantitative variable shows that the respondents live predominantly in households composed of a maximum of 3.1 individuals. With regard to the median, half of the families have up to 3 individuals and the other half

have more than 3. The most frequent value in the sample is 4 members. The standard deviation of 0.832 indicates that there is a small variation in household size. The smallest aggregate has 2 members and the largest 4. We can conclude that families are relatively homogeneous. Table 4.

Table 4 - Household members

	N	Average	Mode	Standard deviation	Min.	Max.
Household	28	3.11	4.00	0.832	2	4

Source: Jamovi (2025)

Residence in Lisbon - With regard to area of residence, it can be seen that in the universe of the 28 respondents, 15 live in Lisbon or in the municipality

of Lisbon, corresponding to 53.6%, and 13 live outside the municipality of Lisbon, corresponding to 46.4%. As far as nationality is concerned, the results



indicate that 100.0% of the respondents have Portuguese nationality, which corresponds to all the respondents. Table 5.

Table 5 - Residence in Lisbon

Residence im Lisboa	N	%	% acum.
N	13	46.4%	46.4%
Y	15	53.6%	100.0%

Source: Jamovi (2025)

F1 - SUSTAINABLE PRACTICES OF SPORTS SPACES AND FACILITIES

F1 - "Sustainable practices of sports spaces and facilities" proposed in this study to measure the characteristics associated with: Question Q1 - "How do you assess the impact of sports activities on the social cohesion of your community?", about 35.7% of respondents answered (strongly agree); 53.6% answered (agree); 10.7% answered (neither agree nor disagree) and only 2 individuals had a dissenting opinion, which corresponds to 7.1%. In this way, it leads us to think that the majority of respondents have a concordant opinion on the question posed. Table 6 - Q1.

Table 6 - Q1

Q1 - Frequencies			
First	Counts	% Total	Cumulative %
Disagree	2	7.1%	7.1%
I neither agree nor disagree	1	3.6%	10.7%
Agree	15	53.6%	64.3%
I completely agree	10	35.7%	100.0%

Source: Jamovi (2024)

Question Q2 - "To what extent does sport contribute to local economic development, in your opinion?", in general all respondents agreed with the question posed. 42.9% of respondents answered (strongly agree) and 39.3% answered (agree) and about 17.9% do not have an opinion. In view of the results obtained, there is no doubt as to the question posed, that is, in which sport contributes effectively to local economic development. Table 7 - Q2.

Table 7 - Q2

Q2 - Frequencies			
2nd	Counts	% Total	Cumulative %
I neither agree nor disagree	5	17.9%	17.9%
Agree	11	39.3%	57.1%
I completely agree	12	42.9%	100.0%

Source: Jamovi (2025)

Question Q3 - "What is the role of sport in the social inclusion of minorities or vulnerable groups in your community?", 75.0% of respondents answered (strongly agree) and the remaining 25.0% answered (agree). In view of the figures found, there is a widespread understanding of the importance of inclusion in sport of minorities or vulnerable groups.

Question Q4 - "In general, what is your perception of sport as a factor in improving the quality of life of the residents of your community?", 82.1% of respondents answered (I totally agree) this figure indicates that a large majority firmly and enthusiastically believe in the positive impact of sport on quality of life. This high percentage suggests that sport is seen as an important tool for the well-being of the community, whether physically, socially or psychologically; About 17.9% answered (agree), a very significant percentage, although it indicates a slightly more moderate agreement. Table 8 - Q4.

Table 8 - Q4

Q4 - Frequencies			
4th	Counts	% Total	Cumulative %
Agree	5	17.9%	17.9%
I completely agree	23	82.1%	100.0%

Source: Jamovi (2025)

In the continuation of the study, we sought to know, for example, what is the correlation between question Q1 - "How do you evaluate the impact of sports activities on the social cohesion of your community?" and question Q2 - "To what extent does sport contribute to local economic development, in your opinion?" *element*. To determine the correlation between these two variables, we used the non-parametric Pearson correlation matrix, where it was possible to ascertain the following results: for Q2 the value of $p=0.820<0.005$, obtaining a very significant correlation, and the *Pearson R value* corresponds to



the value of 0.045, that is, moderately distant from 0, considered a mean correlation between Q1 and Q2, expressed in Table 9.

Table 9 - Correlation matrix Q1 to Q4

		Q1	Q2	Q3	Q4
Q1	R de Pearson	—			
	gl	—			
	p-value	—			
	N	—			
Q2	R de Pearson	0.045	—		
	gl	26	—		
	p-value	0.820	—		
	N	28	—		
Q3	R de Pearson	-0.077	0.531	—	
	gl	26	26	—	
	p-value	0.697	0.004	—	
	N	28	28	—	
Q4	R de Pearson	0.104	0.537	0.592	—
	gl	26	26	26	—
	p-value	0.600	0.003	< .001	—
	N	28	28	28	—

Source: Jamovi (2025)

F2 - PARTICIPATION AND COMMUNITY INVOLVEMENT

Question Q5 - "Do you believe that sports activities are accessible to everyone in your community?", 17.9% of respondents answered (strongly agree); 32.1% answered (agree); 39.3% answered (neither agree nor disagree) and only two respondents answered (disagree), which corresponds to 10.7% of the sample. In short, only 50% of respondents see sports activities as accessible, while the remaining 50% are unsure or disagree. This suggests that there is room for improvement.

On the other hand, the high percentage of people who neither agree nor disagree (39.3%) may indicate a lack of communication about the sporting opportunities available. Better dissemination and information can help clarify this perception. Finally, the fact that 10.7% disagree suggests that some people face difficulties in participating in sports activities. Table 10-Q5

Table 10 - Q5

Q5 - Frequencies			
5th	Counts	% Total	Cumulative %
Disagree	3	10.7%	10.7%
I neither agree nor disagree	11	39.3%	50.0%
Agree	9	32.1%	82.1%

I completely agree	5	17.9%	100.0%
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Source: Jamovi (2025)

Question Q6 - "In your opinion, is the community sufficiently involved in the organization of local sporting events?", 35.7% answered (agree); 46.4% answered (neither agree nor disagree) and 17.9% answered (disagree).

Question Q7 - "In your opinion, does the community value and encourage the participation of young people in sports activities?", 7.1% of respondents answered (strongly agree); 35.7% answered (agree); 46.4% answered (neither agree nor disagree) and only three respondents answered (disagree), which corresponds to 10.7% of the sample. In the sum of answers 3, 4 and 5, there is 89.3%, suggesting that most respondents believe that there is at least some level of appreciation of youth participation in sport. The fact that most responses focus on 3 and 4 suggests that while the community shows some support, this incentive may not be considered strongly positive.

Question Q8 - "How important do you consider it for local schools to promote sports activities to encourage community integration?", 78.6% of respondents answered (strongly agree); 14.3% responded (agree); 7.1% answered (do not agree), with only 3 respondents with a negative opinion. In short, most consider it important that schools promote sports activities in order to encourage community integration. Table 11 - Q8.

Table 11 - Q8

Q8 - Frequencies			
8th	Counts	% Total	Cumulative %
Disagree	2	7.1%	7.1%
Agree	4	21.4%	21.4%
I completely agree	22	78.6%	100.0%

Source: Jamovi (2025)

Question Q9 - "In your opinion, does the involvement of local businesses in community sports activities contribute to the social development of the community?", 94.6% of respondents answered positively, which demonstrates a broad consensus that the involvement of local businesses in community sports is beneficial to the community. On the other hand, the cumulative percentage reaches 42.9% already in option 4, showing that almost half of the responses are in the intermediate positive range, and the other half further reinforces this



positive perception with option 5. Only 3.6% of the responses indicate some disagreement, which suggests that the negative view is quite minority. In short, the data indicates that most people believe that the involvement of local businesses in community sports activities contributes significantly to social development. The predominance of the maximum score of 5 suggests that many see this impact as highly positive. The low rate of disagreement suggests that this is a strategy that is widely supported and recognized in the community.

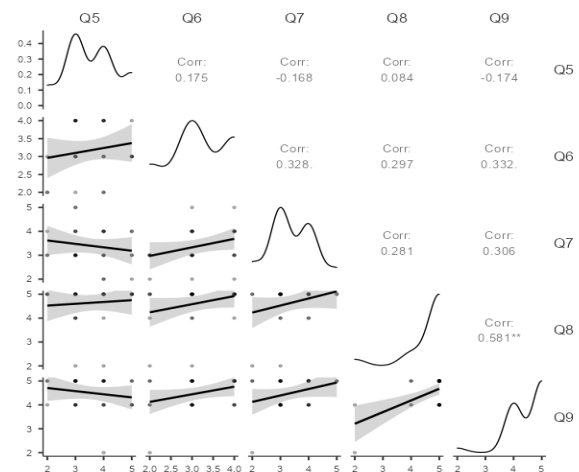
In the continuation of the study, we sought to know, for example, what is the correlation between the question Q8 - "How important do you consider it that local schools promote sports activities to encourage community integration?" and question Q9 - "In your opinion, does the involvement of local companies in community sports activities contribute to the social development of the community?" *element*. The value of 0.581 indicates a moderate to strong and positive correlation. This means that when the values of Q8 increase, those of Q9 also tend to increase. Regarding statistical significance, the p-value of 0.001 shows that the correlation is statistically significant ($p < 0.05$), i.e., it is highly unlikely that this relationship occurred by chance. In short, the strong and significant relationship between Q8 and Q9 suggests that these two factors are closely linked to respondents' perception. This data can be relevant for managers and companies interested in investing in community sport, as it reinforces the idea that their involvement can be seen as a positive agent for social development. Table 12 and Graph 1.

Table 12 - Correlation matrix Q5 to Q9

		Q5	Q6	Q7	Q8	Q9
Q5	R de Pearson	—				
	gl	—				
	p-value	—				
Q6	R de Pearson	0.175	—			
	gl	26	—			
	p-value	0.373	—			
Q7	R de Pearson	-0.168	0.328	—		
	gl	26	26	—		
	p-value	0.392	0.088	—		
Q8	R de Pearson	0.084	0.297	0.281	—	
	gl	26	26	26	—	
	p-value	0.673	0.125	0.147	—	
Q9	R de Pearson	-0.174	0.332	0.306	0.581	—
	gl	26	26	26	26	—
	p-value	0.376	0.084	0.114	0.001	—

Source: Jamovi (2025)

Graph 1: Correction matrix from Q5 to Q9



Source: Jamovi (2025)

F3 - SPORTS INFRASTRUCTURE AND ACCESSIBILITY

Variable F3 - "Sports infrastructure and accessibility", in relation to:

Question Q10 - "How do you evaluate the sports infrastructure available in your community (e.g., courts, fields, public academies)?" 50% of respondents answered (agree) suggesting a positive evaluation of the sports infrastructure; 14.3% of respondents responded (strongly agree), indicating that a smaller group considers infrastructure; 25% do not hold an opinion, which may represent a neutral or regular evaluation; 10.7% responded (disagree) pointing to a negative perception of the available infrastructure; There were no answers (I totally disagree), that is, in one respondent he evaluated the infrastructure as very bad. The general perception of the sports infrastructure in the community is mostly positive. In short, the data indicate that the community's sports infrastructure is well evaluated by the majority of respondents. This result can be useful to direct investments and actions aimed at improving infrastructure, ensuring that it fully meets the needs of the community.

Question Q11 - "In your opinion, is the sports infrastructure adequately maintained and conserved?", 39.3% of the answers (grades 2 and 3) indicate a neutral or slightly negative view, which shows that a part of the community believes that the maintenance carried out is not ideal. The majority of respondents 60.7% rated it with a score of 3 (neither agree nor disagree), reinforcing the perception that there is room for improvement. The cumulative percentage of 94.6% with responses (agree), shows



that only a very small number of respondents consider conservation excellent (strongly agreeing). In short, the maintenance and conservation of sports infrastructure are seen as reasonable, but far from ideal. Table 13.

Table 13 - Q11

Q11 - Frequencies			
11th	Counts	% Total	Cumulative %
Disagree	4	14.3%	14.3%
I neither agree nor disagree	13	46.4%	60.7%
Agree	10	35.7%	96.4%
I completely agree	1	3.6%	100.0%

Source: Jamovi (2025)

Question Q12 - "How accessible are these sports venues for people with reduced mobility?", the majority of respondents 78.6% rated accessibility as poor or regular, suggesting that sports venues are not fully accessible for people with reduced mobility; 10.7% of respondents responded (Strongly Disagree), indicating that they consider accessibility very poor; 39.3% responded (Disagree), showing that almost 40% of respondents evaluate accessibility as unsatisfactory; only 10.7% responded (Agree) and there are no records of (Strongly agree), which means that no participant considers the spaces fully accessible. The general perception of accessibility is negative or only moderate, with many respondents indicating that there are significant barriers for people with limited or reduced mobility in sports venues. The lack of a very favorable evaluation reflects that sports infrastructures are not yet inclusive enough.

Question Q13 - "In your opinion, is investment in community sports infrastructure sufficient?", the majority of respondents 42.9% answered (Disagree), indicating that they consider the investment insufficient; 46.4% responded (neither agree nor disagree), which suggests that a large portion evaluate the investment as moderate, but not entirely adequate; 7.1% responded (Agree), signaling a very small number of people see the investment as satisfactory; 3.6% rated it with (Strongly disagree), indicating that some consider the investment to be extremely insufficient. No response was considered (I totally agree), which means that none of the respondents believe that the investment is fully sufficient. In short, investment in community sports infrastructure is seen as insufficient or only moderate by most participants. Although most of the answers

are in grade 3 (neither agree nor disagree) 46.4%, the fact that 42.9% classify the investment as insufficient, suggests that there is considerable dissatisfaction with the resources allocated to the sector.

Question Q14 - "In your opinion, are the community sports venues suitable for the practice of different sports?", 50.0% of the respondents gave a score of 3 (neither agree nor disagree), indicating that the majority considers the spaces moderately suitable for the practice of different sports; 32.1% evaluated it as (Agree), suggesting that a significant part of respondents consider the spaces to be quite adequate; 10.7% chose the option (Disagree), which indicates that some people believe that the spaces are not so suitable; 3.6% responded (Strongly agree), indicating that few people consider spaces completely suitable for different sports. The prevailing perception is that the community's sports spaces are adequate, but not fully satisfactory. The fact that the majority chose it (I neither agree nor disagree) suggests that the spaces allow the practice of different modalities, but may have some limitations (such as lack of specific structure for certain sports). The presence of scores of (Disagree and Strongly Disagree) indicates that there are structural challenges to the inclusion of all sports.

Question Q15 - "Do you believe that there is enough security in the sports spaces in your community?", 50.0% of respondents answered (Agree), indicating that half consider security to be good, but not perfect; 35.7% gave a rating of 3 corresponding to (neither agree nor disagree), suggesting that a significant portion view safety as moderate; 10.7% responded (Disagree), demonstrating that some believe that security is not enough; only 3.6% responded (Strongly agree), indicating that few consider the security to be fully satisfactory. In short, the vast majority of responses are between (neither agree nor disagree and agree) 85.7%, suggesting that safety in sports spaces is acceptable but could be improved. The low predominance of responses (Strongly agree) 3.6% indicates that security is not seen as ideal. Security in the community's sports spaces is considered adequate by many, but not fully satisfactory.

In the continuation of the study, we sought to know, for example, what is the correlation between question Q12 - "How accessible are these sports spaces for people with reduced mobility?" and question Q13 - "In your opinion, is investment in community sports infrastructure sufficient?", Pearson's R value = 0.512, indicating a moderate positive correlation between questions Q12 and Q13. That is, in general, when respondents respond in a certain way to Q12, they



tend to respond in a similar way to Q13, with a tendency for joint variation. On the other hand, the p-value = 0.005: this value is much less than 0.05, which means that the observed correlation is statistically significant. It is very unlikely that this strong correlation is the result of chance. We can trust that there is a real relationship between the answers to these two questions. In short, the correlation in the table (Q12 with Q13) is the strongest and statistically significant. Table 14.

Table 14 - Correlation matrix Q10 to Q15

		Q10	Q11	Q12	Q13	Q14	Q15
Q10	R de Pearson	—					
	gl	—					
	p-value	—					
Q11	R de Pearson	0.370	—				
	gl	26	—				
	p-value	0.053	—				
Q12	R de Pearson	0.333	0.289	—			
	gl	26	26	—			
	p-value	0.084	0.135	—			
Q13	R de Pearson	0.009	0.101	0.512	—		
	gl	26	26	26	—		
	p-value	0.964	0.611	0.005	—		
Q14	R de Pearson	0.460	0.308	0.318	-0.028	—	
	gl	26	26	26	26	—	
	p-value	0.014	0.111	0.099	0.889	—	
Q15	R de Pearson	0.414	0.019	0.208	-0.247	0.431	—
	gl	26	26	26	26	26	—
	p-value	0.029	0.925	0.289	0.205	0.022	—

Source: Jamovi (2025)

F4 - FUTURE CHALLENGES

The variable F4 - "Future challenges", in relation to: Question Q16 - "In your opinion, what are the main challenges to increasing community participation in sports activities in the coming years?", the clear majority of respondents answered (Agree), this indicates a strong consensus that whatever challenge is posed by (Agree) is perceived as the most significant barrier to increasing community participation in sport; 25.0% of respondents answered (Neither agree nor disagree); the answers (strongly disagree and disagree) have relatively low percentages (3.6% and 7.1% respectively). Although they should not be ignored completely, they represent challenges perceived as less critical by most respondents. In short, we can say that the main barrier is perceived as lack of time, followed by insufficient access to facilities. Addressing these two issues is likely to have the greatest impact on increasing community participation in sport.

Question Q17 - "Do you consider that lack of financial resources is a significant barrier to the development of new sports initiatives in the community?", there is a strong agreement that lack of Finance is a barrier, the answers are strongly skewed towards the upper end of the scale (Strongly agree). The vast majority of respondents indicated agreement

or strong agreement. The most frequent answer was (Agree), with 46.0%, this means that almost half of respondents agree that lack of financial resources is a significant barrier; 31.0% of respondents responded (Strongly agree), indicating that they strongly agree that lack of financial resources is a barrier; Only 10.7% have a limited disagreement, this demonstrates that there is a very low perception that lack of finances is not a significant barrier. Therefore, it is crucial that decision-makers and stakeholders recognize the significant impact of financial constraints when planning and implementing sports initiatives.

Question Q18 - "How much do you believe that improving sports infrastructure would help overcome future challenges in promoting community sport?", all respondents answered (Agree or strongly agree), indicating a strong belief that improving sports infrastructure would help overcome future challenges. There are no respondents who believe that it is not useful or only slightly useful. The most frequent response was (Agree), corresponding to 53.6%, which agrees that improving sports infrastructure would help overcome future challenges. This data strongly suggests that improving sports infrastructure is seen as a critical component of promoting community sport and overcoming future obstacles. Investing in infrastructure should be a high priority. In short, the data provide clear support for the idea that improving the sports infrastructure is essential to promote community sport and overcome future challenges. Investing in infrastructure development should be a key priority.

Question Q19 - "In your opinion, what is the importance of public, private and community-based partnerships to address the future challenges of community sport?", the data indicate a strong consensus regarding the importance of partnerships. The majority of respondents answered (Agree or strongly agree). The highest percentage of respondents (53.6%) responded (Strongly agree), indicating that they strongly agree that partnerships are important; 39.3% selected (agree), indicating that partnerships are important; 7.1% of respondents responded (neither agree nor disagree), demonstrating very little belief that partnerships are of low importance. The data strongly support the notion that female partnerships are vital to addressing future challenges in community sport. Promoting and strengthening these partnerships must be a key priority.

Question Q20 - "Do you believe that the development of training programs for local leaders and coaches is essential for the future of community sport", the data



indicates that 39.3% responded (Strongly agree); about 50.0% answered Agree and only 10.7% answered (Neither agree nor disagree). In short, it is observed that the vast majority of respondents, totaling approximately 89.3%, agree or strongly agree with this statement. This high level of agreement suggests that participants recognize the positive impact of training leaders and coaches on the quality and sustainability of community sports activities. Proper training can contribute to better management, organization, and promotion of more inclusive and structured sports practices, benefiting both athletes and the community at large. The data reinforces the perception that investing in the training of local leaders and coaches is essential for strengthening community sport.

In the continuation of the study, we sought to know, for example, what is the correlation between question Q17 - "Do you consider that the lack of financial resources is a significant barrier to the development of new sports initiatives in the community?" and question Q19 - "In your opinion, what is the importance of partnerships between the public, private and community organizations to face the future challenges of community sport?" This is a strong and significant correlation. Pearson's coefficient of 0.555 indicates a moderate positive correlation. This means that as responses to Q17 increase, responses to Q19 also tend to increase, and vice versa. The p-value of 0.002 is lower than the significance level of 0.05, confirming that this correlation is not due to chance and is statistically significant. Table 15.

Table 15 - Correlation matrix Q16 to Q20

		Q16	Q17	Q18	Q19	Q20
Q16	R de Pearson	—				
	gl	—				
	p-value	—				
Q17	R de Pearson	-0.309	—			
	gl	26	—			
	p-value	0.110	—			
Q18	R de Pearson	-0.218	0.464	—		
	gl	26	26	—		
	p-value	0.264	0.013	—		
Q19	R de Pearson	-0.403	0.555	0.110	—	
	gl	26	26	26	—	
	p-value	0.034	0.002	0.576	—	
Q20	R de Pearson	-0.053	0.179	0.364	0.025	—
	gl	26	26	26	26	—
	p-value	0.790	0.362	0.057	0.899	—

Source: Jamovi (2025)

Reliability and internal consistency analysis (Cronbach's alpha): internal consistency is usually measured using *Cronbach's alpha coefficient*, calculated by pairing correlations between items.

According to Almeida, Santos and Costa (2010). It can be said that *Cronbach's alpha* is the mean of the correlations of the items that are part of an instrument (Almeida et. al., 2010). The internal consistency index ranges from 0 to 1. As a rule, a degree of consistency of $\alpha > 0.7$ is expected for reliability to be acceptable, taking as reference the critical value proposed by (Nunnally, 1978). In the case of values in the order of 0.8 and 0.9, it indicates a high degree of acceptance. Values in the order of 0.475 is acceptable, however if less than 0.21 means poor consistency, in turn they are not accepted. In summary, the following table shows the degree of internal consistency of the Likert items proposed to measure the variables of this study: it has a value of 0.521, which means an acceptable degree of reliability, Table 16.

Table 16 - Cronbach's alpha coefficient (F1, F2, F3, F4)

Scale reliability statistics				
	Average	Standard deviation	Cronbach's α	McDonald's
Scale	20.1	1.39	0.475	0.521

Source: Jamovi (2023)

V. CONCLUSION

The study highlights the significant role of sport in promoting social cohesion, economic development, social inclusion and community integration. It emphasizes that sport provides opportunities for individuals from diverse backgrounds to connect, build relationships, and develop a sense of belonging, thereby strengthening the social fabric. The positive economic impact of sport is evident in sectors such as tourism, employment and infrastructure development. Sporting events can boost local economies by increasing demand for hospitality, restaurants, and transportation services. However, the study also recognizes disparities in access to sport and physical activities, particularly among marginalized groups, including young people from disadvantaged backgrounds, individuals with disabilities, and those facing socioeconomic barriers. To ensure equitable participation and promote the holistic benefits of sport, the study underlines the importance of inclusive policies, accessible infrastructure, and targeted initiatives that address the specific needs of diverse communities. It also emphasizes the need for



more research to understand the intersectionality of social entities and their cumulative impacts on sports participation.

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