
USING SPORT FOR PREVENTING VIOLENCE AND INTERNET ADDICTION

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Abstract

Although social intervention studies have questioned the effectiveness of sport as an intervening tool of youth violence and drug use (Brewer, Hawkins, Catalano, & Neckerman, 1995; Farrington, 1998; Gottfredson & Gottfredson, 2001), sport science researchers have long believed that sport could be used for preventing a variety of social problems (Hellison & Walsh, 2002; Pitter & Andrews, 1997). Recent sport-based social intervention studies have suggested that sport could be effective if it is manipulated by theories and empirical evidences (Hartmann, 2003; Kim, 2007; Werch et al., 2003). Such studies stressed on scientific approaches to generalize the intended effects of sport by examining in various intervention settings (Durlak, 1997). This study, in this regard, aims to examine the effects of sport against multiple social problems. In other words it attempts to examine whether participating in sport program can decrease risk factors in youth violent behaviors and Internet game addiction, respectively. In addition, through the findings of the study, we suggest how and under what conditions sport is manipulated for preventing youth violent behaviors and Internet game addiction. For this study secondary dataset was analyzed through both qualitative and quantitative research methods. Secondary dataset for qualitative research method was obtained from Kim's (2007) study and Lee's (2011). Kim (2007) studied the relationship between middle school students' violent behavior and sport-related intervention programs where he interviewed a total of 37 program participants. Lee (2011) interviewed a total of 20 informants to explore elementary and middle school students' Internet game addiction. These qualitative data were re-examined to identify common patterns as to which risk factors exist in both youth violence and Internet game addiction. These common patterns were constructed by Lipsey's (1983) program theory of change through which a social intervention program consists of the four consecutive stages from program definition, treatment, mechanism, to program outcomes. In program definition, this qualitative research found that youth violence and

Internet game addiction has common risk factors. The common risk factors affecting both youth violent behaviors and Internet game addiction were divided into the two types, individual risk factors and environmental. Individual risk factors identified here include boredom, lack of self-control, emotional distress, negative attitude toward school and teachers, and positive attitude toward violence. Environmental risk factors were delinquent peer groups, lack of parents bonding, and school and community climate. It also found that the Internet addiction appears to be related to low self-confidence and the lack of parents' understanding of Internet addiction, and convenient access to Internet games.

When the program theory of youth violence and Internet addiction was identified, the next thing was to examine the program theory through quantitative data. The data derived here were extracted from the Korean Youth Panel Data from a sample of 3,449 Korean adolescents between the year of 2003 to 2008. It includes various adolescents' psychosocial and behavioral variables to understand their characteristics. So, this study was able to use and examine the risk factors identified in qualitative study. Logistic regression analysis was performed to predict youth violent behaviors or Internet game addiction as dependent variables. A total of 17 independent variables included in the model were boredom(1variable), lack of self-control(5variables), emotional distress(1variable), negative attitude toward school and teachers(3variables), positive attitude toward violence(1variable), delinquent peer(1variable), lack of parents bonding (2variables), and school and community climate (3variables). Gender was included as a control variable and youth's sport participation as a moderating variable. The results of the two logistic regression analyses showed that the full models were statistically significant. We used an alpha level of .05 for all statistical tests. It correctly classified 95% of the cases and 35% variance in youth violence among Korean youth. It also classified 80% of the cases and 29% variance in Internet game addiction among Korean youth. The significant predictors of youth violent behavior were attitude toward violence, self-control, delinquent peer, parents bonding, attitude toward school and teacher, and school and community climate. On the other hand, the significant predictors of Internet addiction included attitude toward violence, self-control, emotional distress, attitude toward school and teacher, and parents bonding. Sport as a moderating factor was significant in Internet addiction but not violent behaviors.

This study suggests that the risk factors identified here may be critical to solve youth violence and Internet addiction problem. It also contends that sport may not be always effective to moderate all the risk factors and multiple problems simultaneously. This study shows that the risk factors identified are coherent with the findings in major criminal theories such as social learning theory (Akers, 1985), social bonding theory (Hirschi, 1969), and self-control theory (Gottfredson & Hirschi, 1990). Further study would be needed to see how and when sport can be treated to not only reduce the risk factors but also solve the one or more problems

simultaneously (Durlak, 1997; Kim, 2007).

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