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Annals of Biological Research

Abstract

[Effects of sports participation on social delinquency reduction](#)

[among adolescents](#)

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The purpose of this study is investigate the effects of sports participation as a social inclusion mechanism. Socialization and internalization of social norms via sports participation can provide for endangered groups a sense of belonging to the larger community, which can decrease juvenile delinquency within neighborhoods. Using data from a survey on 366 high school students from a disadvantaged neighborhood in Tehran, the relationship between individual and group sports activities and creating socially-accepted norms and attitudes in them were examined. The results of Regression analysis revealed a positive correlation between sports participation and lower rates of juvenile delinquency. Path analysis was performed and path coefficients were determined. The indirect effect of sports participation through four socialization variables was calculated to be $r=-0.249$ ($P?0.05$). The path coefficient of the effects of perceived deprivation and poverty on sports participation were -0.207 and -0.285 , respectively. The total effect of perceived deprivation on delinquency was 0.252 . Although this study supports the evidences regarding the social benefits of sport, it still warns against the overestimation of the role of sports in tackling social problems.

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