

Rozvojová strategie romských sportů jako nástroj sportovní integrace

Development strategy of Roma sports as a tool of sport integration

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Abstrakt

Podle rámcové smlouvy Národní romské samosprávy (National Roma Self-Government Hungary – NRSNG) a maďarské vlády se NRSNG zavazuje a vláda podporuje opatření k začlenění do sportovních aktivit formujících komunitu a osobnost a se započítáním sportovních programů romské mládeže pro 30 000 mladých Romů. Ke koncepčnímu rozvoji sportu v roce 2012 zahájila NRSNG projekt sportovní integrace, který probíhá s rozšířením na národní úroveň. Maďarsko jako první zřídilo program sportovní integrace, který se rozvíjí prostřednictvím boxování mladých Romů a dovedností znevýhodněných osob a napomáhá dokončení integračního procesu.

Výzkumy vztahující se ke sportům a vzdělávání hlásí trend, na němž se demonstruje pozitivní vliv fyzické aktivity na dokončení studia. Hlavní složkou projektu sportovní integrace je rozvíjet zároveň pokrok ve studiu a sportovní kvalifikaci, ovládnutí návyky zdravého životního stylu. Učitelé mentoři pomáhají mladým lidem ve vzdělání a v příslušném pokroku ve studiu, zatímco ve sportu předávají odborníci boxerské vlastnosti. NRSNG rozšiřuje program sportovní integrace na kraje v Maďarsku, kde žijí hlavně romské minority a znevýhodnění mladí lidé. Efektivita sportovních programů se odráží už dnes, ale o výsledku můžeme referovat až po 2 až 7letém období.

Podle této koncepce dochází ke sportovnímu tréninku a vzdělávání zároveň, takže jde o komplexní vliv na rozvoj dovedností při učení společenským normám a získávání gramotnosti. Sportovní program NRSNG probíhá paralelně prostřednictvím integrace vysoce socializačních aktivit spolu se sportovními programy, které řídí školní sportovní programy místní samosprávy až po sportovní programy venkovských organizací. Sportovní programy představují nezbytný prvek v rozvoji dovedností na poli fyzické a mentální aktivity.

Chceme romským minoritám a znevýhodněným mladým lidem nabídnout celoživotní model, ukázat směry, které jim dají příležitost odpoutat se od negativního společenského prostředí. Program sportovní integrace může být účinný u dětí od 8 do 18 let, u nichž dosud probíhá vývoj socializace a chování.

NRSNG poskytuje příležitost podchytit nejzranitelnější mladé lidi prostřednictvím sportu v celonárodních, trojúrovňových projektech sportovní integrace v celé zemi.

Abstract

According to the National Roma Self-Government Hungary (NRSNG) and the Government of Hungary framework agreement, NRSNG undertake and the Government supported the implement to involve in the community and personality shaping sports activities with starting the Roma youth sports program of 30,000 young Roma people. Conceptual development of the sport in 2012, the NRSNG launched the sport integration project, which is ongoing to extend the national level. Hungary was the first to set up sports integration program that develops through boxing of the young Roma people and disadvantaged people skills and help the completion of the integration process.

Researches related to sports and education have been reported trend, in which the positive effect of physical activity on achievement of the studies are demonstrated.

The main component of the sports integration project is to develop at the same time the progression of the study and the sports skills, mastery of healthy lifestyle habits. Mentor teachers help of the young people in education and in the appropriate studies progress, while in the sport the experts hand over the characteristics of boxing. The NRSNG expand the sports integration program on regions of Hungary,

where live mainly Roma minorities people and disadvantaged young people. The effectiveness of sports programs already today reflected but we can report about the outcome after 2–7-year period.

According to the concept, sports training and education takes place at the same time that a complex influence on the development of skills in learning the social norms and the acquisition of literacy. NRSNG sports programs run multi-threaded through the integration of high socialization activities lined with sports programs managed by the Local Government schools sports programs until the grass-roots organization sports programs. The sports programs are essential elements in the development of skills in the field of physical and mental activity.

We want to offer a life course model of the Roma minorities and of the disadvantaged young people, showing the directions that give them an opportunity to break out from negative social medium. The integration of sports programs can be effective of 8–18 year old children whom is still ongoing the medium of socialization, behavior development.

NRSNG provide an opportunity to catch up on the most vulnerable young people through sport with the nationwide, three-level sports integration projects across the country.

Klíčová slova: sport, integrace, Romové, začlenění, minority.

Key words: sport, integration, Roma, inclusion, minorities.

INTRODUCTION

The necessity of integration of young Roma and disadvantaged people through sport was questionable, because there were only few examples of positive outcomes we could have seen so far in Hungary. Research in the field of sports and education gave us a line of conduct, in which the positive effect of physical activity on school achievements were demonstrated.^{1, 2}

We would like to document the legitimacy of sports integration with scientific research results, while it may help in the development of the practice as well.

Under a framework agreement between the National Roma Self-Government (NRSNG) and the Government of Hungary, the NRSNG undertakes the task, with the support of the Government, of involving 30,000 young Roma people in the community-building and personality-shaping sports' activities described in the new Roma youth sports program. The National Roma Self-Government continuously supports and monitors sport programs. The NRSNG started the conceptual development of the sport integration project in 2012, which now is being spread at a national level. This was its first sport program for Roma people established in Hungary, which develops the skills of the disadvantaged young Roma people through boxing, and helps in carrying out their integration processes. The program developed with the results of the research would conduct the way of the practice, which may become a model for the promotion of social inclusion through sport, and the national level sports programs.

METHODS

The research on social inclusion through sport has two components, the first is the field of sport the second is the field of education. The sports integration projects simultaneously treat the development of education and sport, which are significantly related to each other.

Young Roma and disadvantaged people (n = 1759) were included in the sports' program for integration, one part of them study in special schools sponsored by the National Roma Self-

¹ Rétsági Erzsébet, H. Ekler Judit, Nádori László, Woth Péter, Gáspár Mihály, Gáldi Gábor, Szegnerné Dancs Henriette (2011), Sportelméleti ismeretek, Dialóg Campus Kiadó.

² Lakatos Katalin (2005), A mozgásérettség vizsgálatának jelentősége a tanulási zavarok korai felismerésében, PhD értekezés, 1999–2005 http://phd.sote.hu/mwp/phd_live/vedes/export/lakatoskatalin.d.pdf

Government, the other part were surveyed in those regions of Hungary where Roma people are present in force.³ The survey (NRSRG 2014) examines the recreational habits, motivational factors, study levels among the Roma minority and disadvantaged young people. The questionnaire implies items on the regular sport activities of young people aged between 9–18 years, on the opportunities for breakout of the Roma through sports, and on the importance of the effect of role models for them.

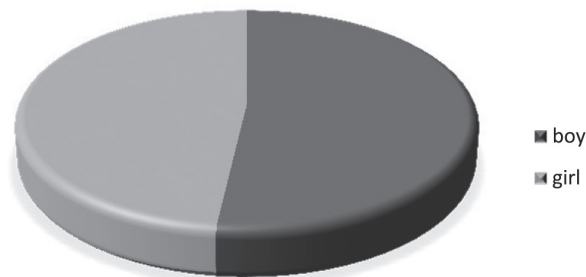
Some question of the research:

1. What is the Roma sporting activities?
2. Why is important the sport of this group?
3. Would they like to participate on program with sport and education together?
4. Do they support the mentoring programs?
5. What is needed in the financial background?

The expected result would be a survey on sporting habits of the Roma minority and disadvantaged youth and their positioning in education through which we could develop programs to promote the integration of the Roma minority and to improve their general circumstances. We can develop our sport projects with these answers.

RESULTS

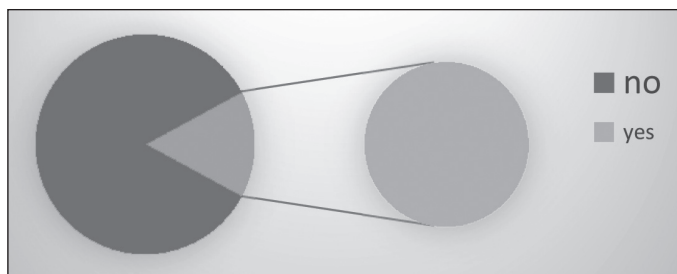
The results of the program and of the empirical research confirm the legitimacy of integration through sport, which complements and develops the practical implementation. Gender rate of the respondents is girl 48%, boy 52% (1. diagram respondents).



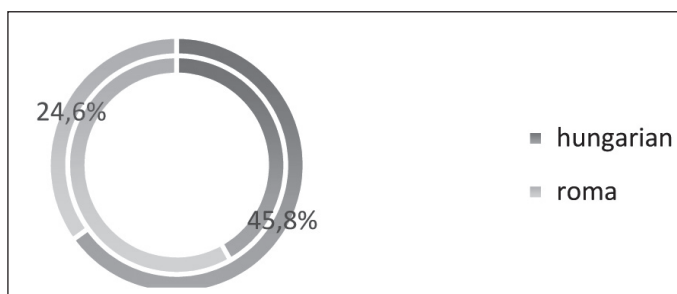
1. diagram: Respondents

The survey showed that in villages inhabited by the Roma ethnic minority, sporting activity is rare. There are even some areas where the proportion of non-athletes is 83.4% among the Roma youth (question 1., 2. diagram Do you sport regularly?). In most of the regions sport is considered important in the support of health (55.5%), but its advantages for the socialization, in terms of increasing social relationships (59.9%) were also highlighted. Sport seems to mean an opportunity to break out in the case of 75.4% of the surveyed group (question 2., 3. diagram Sport mean an opportunity to break out). 76.9% of the young Roma people requires to get a mentoring support in the school, which is the key component of the sports integration program (question 3–4). The survey showed, that among the athletes, people have fewer behavioral problems and they achieve better results in their studies. The parents in the background are typically permissive, which results that parents don't give a strong motivation for studies and sports. According to the survey, parents typically do not participate in sports activities neither now nor did in the past. We can only achieve effective results with the nation-wide expansion of the sports integration programs.

³ Hablicsek László (2007), Demográfia kiadó, Budapest 50. évf. I. szám 7–54. 17 p. http://www.demografia.hu/letoltes/kiadvanyok/Demografia/2007_1/Hablicsek4.pdf



2. diagram: Do you sport regularly?



3. diagram: Sport mean an opportunity to break out

The empirical research assured the basis for the development of the project. NRSG sports programs are ongoing simultaneously in multiple projects; the sports programs of high socialization activities, the organization of school sports programs managed by the local governments, and the local sports development programs. The essential element of the sports programs is the development of skills in the field of physical and mental activity. The beneficial effects of sport on learning abilities are proved.

Taking into account the territorial presence of the Roma population, there is a greater demand for the introduction of the programs promoting equal opportunities in the eastern regions of Hungary. Integration through sport may become more effective with national programs including the involvement of schools.

The programs for opportunity-building of sport integration will only work if there is a well-developed strategy, including the school mentor program, and the multi-level sport training. The main element of the sports integration programs is the combination of the educational and sports training programs, which will provide a walk of life for the participants. Through the sport and education mentoring our young people will have such opportunities that will help them to start a successful civil life on the basis of equal opportunities. Funding is recommended to ensure the realization of the costs and the multi-professional programs.

Financial background of sports integration programs is a serious problem. The solution could be the implementation of multi-level sports integration programs (question 5) what mean the three level sport programs.

Significant portion of the active members of the population of Roma and disadvantaged people are involved in these leisure activities.

One of the key aspects of the program is to take into account the local features as it is important that people's lives should not be charged with sudden changes. The introduction of innovation requires temperance in the socially sensitive areas, which means that results will present later.

DISCUSSION

The main goal of the sport integration project is to have the educational achievement, the acquirement of sport items, and the pretention to drive a healthy life, developed at the same time. In education, mentor teachers help young people in the appropriate education progress, while in the sports trainings sports experts teach them to the sport's specificities. This program applies a complex development of the physical and mental capacities. Social integration through sport in Hungary is a new territory, but the sample program justified its legitimacy. The success of the program prompts us to extend it to those regions of Hungary, where mainly Roma and disadvantaged young people live.

The sports integration programs are at the highest and most expensive level, as they include the education mentor support, the sports trainings and their professional background, equipment and competitions. On the highest level of the sports integration programs there are the complex sport integration projects. These are the projects that help to develop the sporting and educational skills at the same time with mentor teachers and effective professional background, as sports equipment and other supplies (college, traveling to tournaments, competitions meal).

The second level implies the involvement of the municipalities, where similar programs would be realized with co-financing. Those programs are in which the NRSNG collaborates with the local municipalities and other local organizations in the professional sports programs, which provide support to the young people with educational development.

The third level is the organization of recreational activities on a regular, but beforehand determined, minimum monthly basis, which should be conciliated with school competitions. The next level program about is the organization of local sport events, especially focusing on mass sport, and team sports, but other sports are also presented, which are included in the sports integration projects.

We would like to offer a life-career model to the Roma and disadvantaged young people that may show the ways of opportunities to break out from the disadvantaged social state. Sports integration projects developed by the NRSNG not only promote the sporting activities of the youth, but at the same time, they effect and put pressure on the development of cognitive skills, and help to support the successful implementation of an effective lifestyle by the program.

The sports programs can be effective for the age group of the 8-18 years old children, as their social and behavioral characteristics are still in development. The disadvantaged and Roma young people may feel autonomous during sporting activities, which state supports their development. Good examples of sporty lifestyle may stand in front of these young people, which help them to assume the responsibilities and commitments associated with sport and the related learning activities. They soon can become successful and recognized in sport that would be more difficult to reach in other areas. This gives them the motivational basis to help them through their obligations in sport and education careers.

It became apparent that in some parts of the Roma ethnic group sporting activities are at a low level.

The creation and expansion of the possibilities for sporting activities among the Roma young people are important for several reasons, such as social, and economic aspects of the preventive health promotion, the healthy lifestyle, and the increase of the standard of living, since the healthy people can become successful actors of the economy.

A long-term strategy is required to reach these goals that will help, within some years, the affected part of the Roma minority, to reach their successful social inclusion, and their equal opportunities.

The programs for integration through sport are especially emphasized in the disadvantaged townships, where the provision of equal opportunities is less noticeable.

CONCLUSIONS

Based on the research results, recommendations for the improvement of the following fields were identified.

Training of sports integration experts, and sport specialists is very important tools of the program. One of the missing branch of the social education is to promote the pretention of doing sport activities and driving a healthy life. To end this deficiency the training of sports integration experts is reasonable, while the sports expert could develop the skills and the healthy life-drive of the children through mentorship and sports trainings, handle the children coming from different cultural backgrounds, promote their social inclusion and integration into the society. This training could appear in the programs of coaching, sociology, social services and psychology studies. Involvement of parents in the sports integration programs increase the efficiency of the programs. Parents are one of the most dominant actors in the life of the Roma children. The cooperation with the parents is one of the key points of the program The inclusion of parents into the programs not only may influence the lives of their children, but parents can also have access to valuable information about health-consciousness, which would promote the health education of the children as well. We would like the parents involve our sport integrations program. Their inclusion in the physical activities may teach them about prevention and healthy lifestyle and may facilitate the building of useful friendships, driving families in positive direction.

The main goal of these young people is to be accepted in the social strata of the majority, which represents a higher standard of living. Social inclusion will become accessible for the Roma and disadvantaged people if their equality will be ensured.

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