

# Outcomes of an after school soccer program for at risk youth

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## Introduction ~

- ✓ Youth are confronted with complex environments

- ✓ Time spent after school increased public concern

(Halpern, 2003)

- ✓ After school programs at first unstructured (Halpern, 2003)

- ✓ Structured recreation programs with desired outcomes (Green et. al., 2000)

## After school recreation programs desired outcomes ~

- **Self efficacy** (Bandura, 1997, Todd & Kent, 2003)
- **Poor academic performance**
- **Improved social behaviors**  
(Baker & Witt, 1996)



## Need for the study ~



- ✓ At risk youth participate less in structured recreation than other students
- ✓ Aid in youth development: academically and in life (Danish , 2005)
- ✓ Outcomes/Effectiveness measurement essential (Witt & Crompton, 2002)

## Method:

### Design of the program ~

- After school soccer program
- Participants teacher selected with parental permission
  
- Program built on National Research Council features for positive developmental settings and specific outcomes selected

## Research questions ~

- 1) Are there any differences between teacher's perceptions of behavioral skills before and after the program?
- 2) Are there differences in participant's math and reading scores before and after the program?
- 3) Are there differences in the self-efficacy of participants after the program?

**Survey development ~ Behavioral skills**

**Walker-McConnell Scale of Social Competence and School Adjustment (SSCSA)**

**Social Skills Rating System (SSRS)**

**Teacher Observation of Child-Adaptation Revised Scale (TOCA-R)**





**End of Grade Scores (EOG): math and reading**

**Self report after program**

## Participant profile:

- Complete data of 25 of the 31 participants
- 17 male, 8 female
- African American/Hispanic
- Grades 3 and 4
- Age range 8-10



**Research Question #1:**

**Differences between behavioral skills:  
Paired samples t-tests**

**SSCSA: 15 significant items**

**SSRS: 1 significant item**

**TOCA-R: all items significant**

## Research question #2

Differences between EOG reading and math scores with paired samples t-tests

### ✓ Averages for Grade 3

Reading: 248.1      Math: 253.4

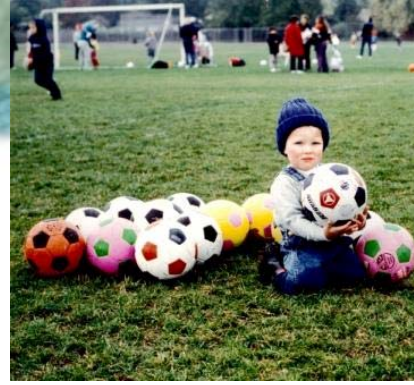
### ✓ Averages for Grade 4

Reading: 252.3      Math: 259.2

## Research question #3

- ✓ Report of self efficacy from participants
- ✓ Member of team and about themselves
- ✓ Fitting in with others

## Conclusions ~



- ✓ Participation in the program led to better social skills, classroom behaviors, and academic scores
- ✓ Recreation after school program with emphasis on academic efforts
- ✓ Improved behavioral skills in the classroom not only help participants but all students in the classroom

Future research ~

Longitudinal study

Larger sample

Other perspectives



Thank you for your time.

Questions?

