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Self-assessment of the activity effectiveness under the program of health promotion and addiction prevention „COMMUNITY SPORTS COACH”

Samoocena skuteczności zajęć prowadzonych w ramach programu promocji zdrowia i profilaktyki uzależnień „TRENER OSIEDLOWY”

Summary
One of the most important questions concerning the effective program of dealing with aggressive behaviors of youth among city environment is asking about ways. Either in Europe or the United States of America exist patterns of using sport as an effective way of constructive orientation of undesirable behaviors but also behaviors which give chances to create social relationships. Wroclaw is one of the cities in Poland where this kind of program is carried out. It was started with initiative of Urban Sport Office in Wroclaw workers in 2003 and is continues still. Observations on the program were conducted since 2006, and one of the elements of the study is to evaluate the effectiveness of these activities. Therefore, the aim of this study is self- assesment of the activity effectiveness of health promotion and substance abuse prevention in the program „Community sports coach”. After all, the success of this important social project largely depend on them. Due to coaches and their work the objective, which was originally planned, while citing this program in Wrocław, was possible to achieve.

Key words: children, sport activities, Community Sports Coach, program, self-assessment, efficiency

Streszczenie
Jednym z najważniejszych pytań dotyczących skutecznych programów radzenia sobie z agresywnymi zachowaniami młodych ludzi w środowisku wielkomiejskim, jest pytanie o sposoby. Zarówno w Europie jak i w Stanach Zjednoczonych istnieją wzorce wykorzystania sportu jako skutecznego sposobu nie tylko konstruktywnego ukierunkowania niepożądanych zachowań, ale też dających szansę na budowę więzi społecznych. W Polsce program o podobnych założeniach realizowany jest między innymi we Wrocławiu. Rozpoczął się on z inicjatywy pracowników Biura Sportu Urzędu Miejskiego we Wrocławiu w 2003 roku i kontynuowany jest do dzisiaj. Obserwacje nad tym programem trwają od 2006r a jednym z elementów badań ewaluacyjnych jest ocena skuteczności tych zajęć. Zatem celem niniejszego opracowania jest samoocena skuteczności zajęć prowadzonych w ramach programu promocji zdrowia i profilaktyki uzależnień „Trener Osiedlowy”. Przecież

to właśnie w dużej mierze od nich samych zależy powodzenie tego ważnego społecznie przedsięwzięcia. Gdyby nie trenerzy i ich praca najprawdopodobniej nie udałoby się osiągnąć celu, który pierwotnie zakładano, powołując do życia program wrocławski.

Słowa kluczowe: dzieci, aktywność ruchowa, trener osiedlowy, program, samoocena, skuteczność

Introduction

„Community Sports Coach", a program for promotion of health and prevention of addictions, is a part of the wider government strategy popularizing active lifestyle. The government announcement says that „one of the fundamental tasks of the State is to provide citizens with opportunities to practice sport, regardless of their financial status or social position. Therefore enough attractive forms should be created to encourage as many people as possible to the sports activity. In accordance with the Strategy for the Development of Sport in Poland by 2015, the goal of the Ministry of Sport and Tourism is to reduce the gap between Poland and other European countries in this field. Implementation of these tasks is conditioned by a significant increase in funding for the purpose. Promotion of the healthy lifestyle is one of the most important tasks that must be consistently pursued. Development of sports infrastructure will be of great importance in this matter. We want to put emphasis on popularization of active lifestyle, namely family sports weekends, sports and tourism" (information from the website of the Ministry of Sport and Tourism of the Republic of Poland, January 28, 2011).

The strategies of modern prevention are directed into settlement interventions.

Due to „Ottawa Charter" the important significance in solving the psycho-community problems has the local community and the local cooperation in recovery of the life quality of inhabitants of given population and more common ways constructive of spending free time which include sport activity (Hamilton, Bhatti, 1996; Taylor, Edwards, 2001).

Recommendations in such a prevention can be found in many documents of WHO and ONZ. These kind of activity is addressed to children and young who live or learn in a given town district. The organizers are set on more to get into young people „excluded" from local community and juvenile risks groups (Botvin et al. 990; Galambos et al. 2000).

In Poland, a similar program, namely „Prevention of aggression and pathology among children and young people through sport", was taken in Lodz in 2008. Its main task is to "reduce the level of aggression and pathology of the younger generation, through creating opportunities for the participation of children and young people in various forms of physical activity". The information shows that its implementation will proceed using the European Union funds (according to the financial perspective 2007-2013) and the state budget. There is also an „Interministerial agreement under the program: prevention of aggression and pathology among children and adolescents through sport". According to the Expose of the Polish Prime Minister Donald Tusk from 23 November 2007, over the past years a program „My playground Orlik 2012" began to be implemented on a grand organizational and propaganda scale. The legal basis for the program is the regulation of

the Minister of Sports and Tourism from 6 April 2009 on the financing tasks related to the construction and renovation of sports facilities and sports development from state budget (Journal of Laws of April 7, 2009, No. 56, item. 463). The main objective of the program is to provide children and youths with modern sports infrastructure in order to engage them into sports and physical development under the guidance of coach-animator, and to popularize active lifestyle, namely family sports competitions, weekends with sport and tourism.

On the other hand, in Wroclaw there is a program of health promotion and prevention of addictions „Community Sports Coach", which has been implemented successfully since 2003. The program has been selected as a leader in the competition of programs on health promotion and prevention of addictions and it is implemented by Wrocław Sports School Association on behalf of Sports Bureau in the Municipal Office of Wrocław.

The main objectives of the program are: 1 increasing the number of children and young people spending time in safe, organized way in sports manner; 2 improve safety on playgrounds and green areas; 3 increase youth self-government; 4 arouse interest in the issue of the proper organization of leisure of children and youths among themselves, as well as parents, institutions working for children and young people, sponsors and others.

Initially there were 3 persons employed, who carried out such activities in the selected sports and recreation areas of Wrocław. The positive effects observed resulted in the decision of the City to extend the area of operations of coaches and next year in April the number of people who became neighborhood coaches rose to 30, and in June 2004 to 32. In 2005 there were already 42 coaches and since 2006 the number of coaches has stabilized on a constant level of 47 people. Nowadays that number is also 47. The classes are held on weekdays and Saturdays with the possibility of some classes happening on Sundays. They are also carried out during the summer holidays. Each of the coaches has to carry out 15 hours a week, in previous years that number was 18. Thus, it is easy to calculate that the profit of the city thanks to "controlled" leisure is significant. Also, the number of areas under influence of coach increased. From the three areas covered by the program at the very beginning, the number was in turns 27, 32, 34 and in recent years as many as 35 districts.

Community sports coaches, indirectly by offering constructive leisure activities with the use of sports and recreational activities, are to counteract the pathological behavior among children and adolescents in the city of Wroclaw. Their main responsibilities include: 1.carrying out sports and recreational activities in the afternoon on the pitch set, 2.keeping the register of daily activities, 3. organizing sporting, recreational and tourist events 4. preparing schedule for the sporting holidays, 5.taking care of safety of the participants, 6.forming appropriate attitudes and patterns of behavior. Additionally, the neighborhood coaches have influence in the environment of children and adolescents from housing estates in Wrocław. They promote organized, active lifestyle, create a climate conducive to safety and health, shape self-governing attitudes and establish and facilitate cooperation with other social groups.

From the observations lead by organizers and program directors in previous years resulted that this idea is attractive and interesting for many Wroclaw residents (Surynt et al. 2007a; Surynt et al. 2007b; Surynt et al. 2009).

It was confirmed by the results of evaluation studies conducted in the years 2006-2011 (Surynt, Kulmatycki, 2010a; Surynt, Kulmatycki, 2010b; Surynt, Kulmatycki, 2011). And how the very coaches evaluate the program and the activities they carried out in the following years? After all, the success of this important social project largely depend on them. Due to coaches and their work the objective, which was originally planned, while citing this program in Wrocław, was possible to achieve.

To answer these questions late September and October 2012 there was once again, exactly the seventh time, conducted a study aimed to evaluate the program realized in yards and neighborhoods of Wrocław. Self-assessment of activities carried out by local coaches was also a part of the study.

Material and research

Three basic tools were used to evaluate the implementation of the program: sheet T, sheet O and sheet U.

Sheet T was filled out by neighborhood coaches, it contained 11 questions with regard to the activities organized by them (self-esteem).

Sheet O was filled out by trained evaluators. It included three groups of 10 questions.

Sheet U took into account the opinion of the participants of the program and consisted of 5 questions.

All sheets were filled in once at the end of the season of neighborhood coach work. The study has been extended to cover all the places where the coaches worked.

It was possible to carry out the research in 44 city areas of Wrocław from total 47 taking part in the program. It means that the presented material includes 44 local coaches opinion.

In the following study there were used data from spreadsheet T, which included the following questions: 1.An average number of participants active at the beginning of classes; 2.An average number of players active at the end of the classes, 3.Average number of participants of passive activities; 4.An average age of active participants; 5. Kind of dominant activity (team games, playing together according to the rules, spontaneous fun together, individual assignments, sub-division to rival groups); 6. Effectiveness of activities in terms of physical activity (very high, high, medium, low, very low), 7 . Safety during classes (very high, high, medium, low, very low); 8. Self-esteem of a coach as an organizer of today's schedule (very high, high, medium, low, very low); 9. Weather conditions for classes (very favorable, favorable, average, rather adverse, very adverse, does not matter); 10. Help from members of the local community (very big, big, medium, little, very little), and 11. The overall atmosphere of all classes (very good, good, medium, bad, very bad).

Data analyses

Given the number of people involved in the classes of „Community Sports Coach" in 2012 the average number of participants active at the beginning of classes was 12, while at the end of classes the number usually increased (an average of about 15). The average number of passive participants was about two people. Passive participants are those individuals who are physically present during the classes, but do not take part in them, such as accompanying persons (parents, grandparents) or simply onlookers (spectators, witnesses of the events, the curious passers-by). Young people that took part in the program in 2012 were most often about 13 years old.

The predominant type of physical activity according to coaches were team games, which occupied about ⅔ of all time of the classes. Subsequently appeared playing together according to the principles and individual assignments (table 1).

Tab.1. The dominant activity type of the classes „Community Sports Coach"

Answers	n	%
Team games	40	67,8
Playing together according to the rules	7	11,9
Spontaneous fun together	3	5,1
Individual assignments	5	8,4
Sub-division to rival groups	4	6,8
Total	59	100

n – number of examination, % - percentage

Considering the effectiveness of the classes in terms of physical activity it can be noticed that the coaches usually evaluated it as high (59,1% of responses). There are also typing the answer „very high" (27,3%) and „medium" (13,6%). None of the coaches has rated the effectiveness of activities as „low" and „very low" (Table 2).

Tab. 2. Efficiency of classes „Community Sports Coach" in terms of physical activity

Answers	n	%
Very low	0	0,0
Low	0	0,0
Medium	6	13,6
High	26	59,1
Very high	12	27,3
Total	44	100

n – number of examination, % - percentage

Similar responses occurred during the evaluation of safety of the classes. Maintaining safe conditions during the classes in the opinion of trainers was primarily high (63,6% of responses), very high (29,5%) and average (6,9%) (Table 3).

Tab. 3. Maintaining safety during the classes of „Community Sports Coach"

Answers	n	%
Very low	0	0,0
Low	0	0,0
Medium	3	6,9
High	28	63,6
Very high	13	29,5
Total	44	100

n – number of examination, % - percentage

Coaches evaluating themselves as organizers of the classes in the vast majority pointed to „high" self-esteem (68,2% of responses). 7 responses got also „very high" and „medium" (15,9%) self-esteem. Not even one coach has evaluated their self-esteem as „low" and „very low" (Table 4).

Tab. 4. Self-assessment of coaches as the organizers of classes „Community Sports Coach"

Answers	n	%
Very low	0	0,0
Low	0	0,0
Medium	7	15,9
High	30	68,2
Very high	7	15,9
Total	44	100

n – number of examination, % - percentage

An important element of the classes, due to their nature, are weather conditions, that could foster or hinder the classes and sometimes make it even impossible. In the opinion of coaches weather conditions for classes in 2012 in the majority of cases were favorable (43,2%), very favorable (22,7%) and average (20,4%). But there were also answers: „adverse" or „very adverse", which surely did not facilitate the work and favor attendance (Table 5).

Tab. 5. Weather conditions for classes „Community Sports Coach"

Answers	n	%
Very adverse	1	2,3
Rather adverse	4	9,1
Average	9	20,4
Favourable	19	43,2
Very favourable	10	22,7
Does not matter	1	2,3
Total	44	100

n – number of examination, % - percentage

Support from members of the local community was also a part of evaluation of the program, which coaches evaluated as the medium (36,4%) and big (29,5%). Many coaches declared also that the help was very big (15,9%). However, there appeared voices indicating the little and very little help (Table 6).

Tab. 6. Support from members of the local community during the classes of „Community Sports Coach”

Answers	n	%
Very little	6	13,6
Little	2	4,6
Medium	16	36,4
Big	13	29,5
Very big	7	15,9
Total	44	100

n – number of examination, % - percentage

The final element evaluated by the coaches was a general atmosphere of the whole classes. The vast majority of coaches evaluated it good and very good. 54,5% of coaches evaluated it „good”, and 38,6% „very good”. There appeared also an medium rate (6,9%). None assessed their classes bad and very bad (Table 7).

Tab. 7. Overall evaluation of atmosphere of all classes „Community Sports Coach”

Answers	n	%
Very bad	0	0,0
Bad	0	0,0
Medium	3	6,9
Good	24	54,5
Very good	17	38,6
Total	44	100

n – number of examination, % - percentage

Discussion

The authorities and leaders of large urban agglomerations around the world are looking for constructive solutions aimed at countering the wave of aggression and drug abuse among young people (Coalter et al. 2000). In the context of social sciences at the level of intervention of the local community may try to cooperate with each institution. Intervention itself should be particular open to dialogue with the recipients, because over time they should feel jointly responsible for events not only on the field, but also in the estate and not only during the run course, but also before or after.

From studies conducted in other countries, the authors emphasize the achievement of phase identification with the idea, which may be the beginning of change among the „neighborhood communities” (Griffin, 2000; Voorhees et al. 2005). Some American authors suggest even a reduction of pathological behavior by 22 percent (Schinke et al. 1997).

On the one hand, I feel that the program “Community Sports Coach” has still a lot of organizational shortcomings and deficiencies in the substantive preparation of coaches, particularly when confronted with difficult situations, so it is not really appropriate to compare it to projects implemented in other countries. On the other hand, it is too early

to compare it with the „Orliki" program, as compared to beginning fields of government program, the city's offer is far more complex and substantially more mature. The data that were monitored in relation to the project of the city of Wrocław are already sufficiently large to be able to evaluate the program and identify the strengths and weaknesses of the project. It is not hard to calculate the profit of the city during seven years of the program conducted by dozens of „coaches" working 18 hours a week, and now 15. Of course, it is difficult to overestimate the role of "coach" facing the multiplicity of factors e.g. social intervention, but without a doubt such a program can be an excellent means of "controlled" leisure activities for children and adolescents from urban agglomeration. From the prevention of pathological behavior point of view it may be a very important argument. And yet another important aspect related to the adjustment of the program in the following months. We highlight the need for consistency and fairness in the implementation of the housing estate program. This is essential for achieving a positive change in work for the local community development (Catalano et al. 2000). Without a doubt, the role of the workers in favor of the local community is played also by the employed by the city „Community Sports Coach". Note, however, that after all it is still a new idea, therefore it requires not only professional support, but also interdisciplinary research.

Conclusions

1. The average age of participants in the program „Community Sports Coach" in 2012 was 13.
2. The dominant activity in the class were team games, they occupied about ⅔ of all time of the classes.
3. The coaches evaluated highly their work, the effectiveness of classes in terms of physical activity and maintaining safety in the playground. In any case, a good evaluation prevailed.
4. Weather conditions for classes in the opinion of most of the coaches were favorable, average and very favorable.
5. Support from members of the local community in the opinion of the trainers was medium, and big.
6. General atmosphere of all classes was rated mostly at a good level.

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