

**EXAMINING THE INFLUENCE OF SPORTS FOR PEACE AND  
DEVELOPMENT ON SOCIO-ECONOMIC OUTCOMES: A CASE STUDY  
OF A SPORTS PROGRAM IN GARISSA TOWN**



**A DISSERTATION SUBMITTED TO STRATHMORE BUSINESS SCHOOL  
IN PARTIAL FULFILMENT FOR THE DEGREE OF MASTER IN PUBLIC  
POLICY AND MANAGEMENT**

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## DECLARATION

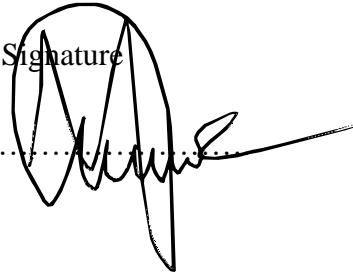
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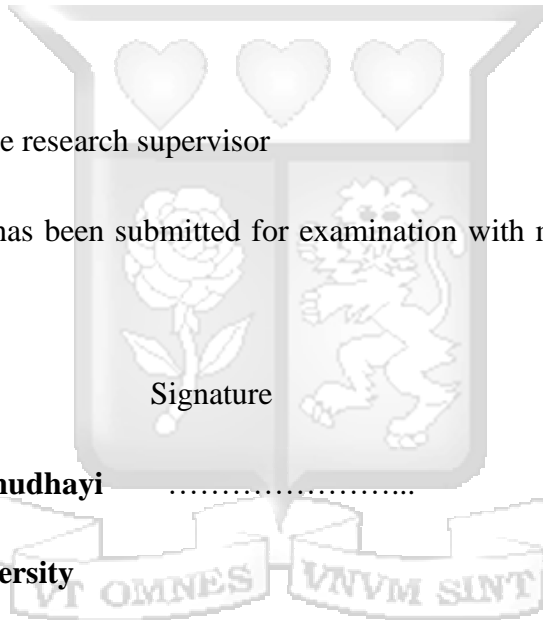
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## DEDICATION

I dedicate this dissertation to my family, who have supported and encouraged me throughout my academic journey. I also dedicate this dissertation to the faculty and staff of my university, who have provided me with the resources and knowledge to pursue my research.



## ABSTRACT

Sports programs have the potential to unite diverse communities by providing a platform where individuals from different backgrounds can come together, play on the same team, and build friendships. The aim of this study was to examine the influence of sports on peace and development and its impact on socio-economic outcomes in Garissa County, Kenya. Specifically, it sought to: assess the effects of sports programs on socio-economic outcomes; examine the role of sports in peacebuilding; evaluate the impact of sports infrastructure; and explore the effects of peacebuilding and social integration on socio-economic outcomes in the county. It adopted a pragmatic research philosophy and employed a mixed-methods approach, integrating both quantitative and qualitative research designs. The target population included 1,200 youth participants in sports programs and 110 local stakeholders involved in sports initiatives. A stratified random sampling technique was used to ensure a representative sample, with a final sample size of 93 respondents. A descriptive research design was applied, and quantitative data were analyzed using statistical techniques such as descriptive statistics, correlation analysis, and regression modeling to examine the relationship between sports interventions and socio-economic outcomes. Ethical approval was obtained from the SU-IERB (Research Ethics Board), and a research permit was secured from NACOSTI (National Commission for Science, Technology, and Innovation). The study found that sports programs significantly improve socio-economic outcomes in Garissa County, with 76.05% of outcome variance explained by the model ( $R^2 = 0.7605$ ). All four variables showed statistically significant positive relationships: sports programs ( $\beta = 0.523$ ,  $p < 0.000$ ), peace-building initiatives ( $\beta = 0.410$ ,  $p = 0.001$ ), sports infrastructure ( $\beta = 0.421$ ,  $p < 0.000$ ), and social integration ( $\beta = 0.389$ ,  $p < 0.000$ ). These results confirm that sports-related interventions contribute substantially to sustainable socio-economic development in the region. Based on these findings, the study concluded that sports programs play a crucial role in socio-economic development in Garissa Town. Their contribution to skills development, community integration, and economic opportunities underscores their significance in shaping the region's socio-economic landscape. Consequently, the study recommends that local authorities and stakeholders invest strategically in sports infrastructure, integrate peacebuilding initiatives into sports programs, empower youth through sports, and foster public-private partnerships to support sustainable sports development.

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## DEFINITION OF SIGNIFICANT TERMS

**Sports Programs:** refers to organized activities, events, and initiatives designed to engage individuals in physical and competitive pursuits. These encompass a broad range of activities within the realm of sports, including but not limited.

**Socio-economic Outcomes:** refers to the measurable impacts of sports programs on the broader aspects of a community's well-being, extending beyond the individual level. Socio-economic outcomes highlight the multifaceted positive changes that can result from the integration of sports into community life.

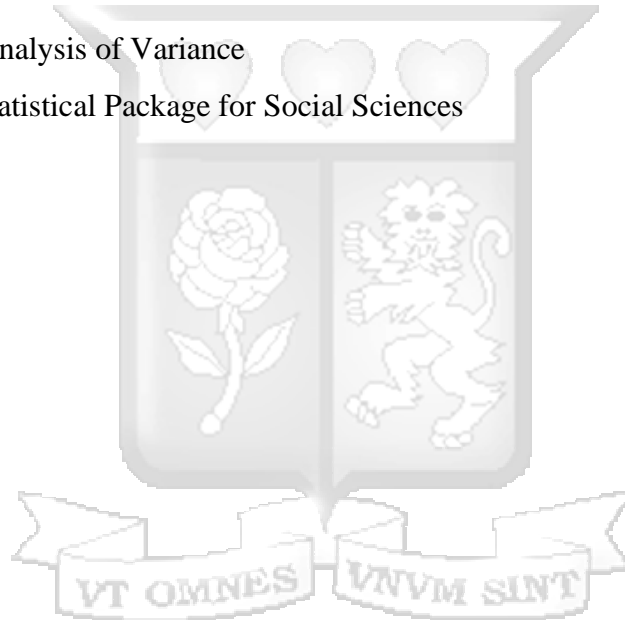
**Peace-building:** refers to a set of deliberate efforts and initiatives aimed at cultivating and sustaining peace, harmony, and conflict resolution within a community or region. Peace-building involves strategies that address the root causes of conflicts, promote understanding among diverse groups, and establish conditions for long-term stability.

**Social Integration:** refers to the process of fostering inclusivity, unity, and harmonious coexistence within diverse social groups. Social integration, facilitated by sports programs and initiatives, emphasizes breaking down barriers, building connections, and creating a sense of shared identity among individuals from different backgrounds.

**Sports Infrastructure:** refers to the physical facilities and resources dedicated to supporting sports activities. This includes but is not limited to stadiums, playing fields, gyms, training facilities, and recreational spaces. Sports infrastructure plays a pivotal role in providing the necessary environment for sports programs to thrive.

## LIST OF ABBREVIATIONS AND ACRONYMS

<b>FIFA</b>	Federation of International Football Associations
<b>IOC</b>	International Olympic Committee
<b>ISAS</b>	Institute of South Asian Studies
<b>SARU</b>	South African Rugby Union
<b>UN</b>	United Nation
<b>UNESCO</b>	United Nations Educational, Scientific and Cultural Organization
<b>ANOVA</b>	Analysis of Variance
<b>SPSS</b>	Statistical Package for Social Sciences



# CHAPTER ONE

## 1.0 Introduction

Sports has increasingly been acknowledged as an effective tool for encouraging peace, supporting development, and improving socio-economic outcomes within communities. The FIFA World Cup and the Olympics have historically brought economic growth, investment in infrastructure, and tourism to host cities (Doru et al., 2014). These events create jobs, stimulate local businesses, and enhance the overall quality of life for residents. Additionally, grassroots sports programs can offer opportunities for skill development, education, and employment to young people, thereby contributing to poverty reduction and socio-economic empowerment (Doru et al., 2014).

## 1.1 Background of the Study

According to Houlihan and Malcolm (2015), sports during the 1950s and 1960s were primarily perceived as a means for personal and professional development rather than being seen as a matter of public policy. However, in modern society, the perception of sports has undergone a radical shift, significantly increasing the roles that sports fulfill in community engagement, fostering social cohesion, promoting peace, and even facilitating development. Sports for peace refers to the intentional use of sports as a tool for promoting peace, conflict resolution, and social development. It involves leveraging the power of sports to address social issues, foster understanding and tolerance, and contribute to positive socio-economic outcomes in communities (Sikes, 2020). Sports for peace initiatives often aim to create a safe and inclusive environment where individuals from diverse backgrounds can come together, build relationships, and work towards common goals. Through engaging individuals in sports activities, these

initiatives seek to bridge divides, promote cooperation, and enhance social cohesion (Sanofi, 2023).

Amongst the way sports programs enhance development is through the promotion of health and well-being. Regular participation in sports activities can lead to improved physical fitness, reduced health risks, and increased overall well-being among individuals (UNESCO, 2013). Through encouraging active lifestyles and providing opportunities for exercise, sports for peace initiatives contribute to the development of healthier communities, which in turn can lead to increased productivity, reduced healthcare costs, and improved socio-economic conditions (Collins, 2015).

Furthermore, sports for peace programs often focus on empowering individuals and promoting personal development. Through sports, participants can develop important life skills such as teamwork, leadership, discipline, and perseverance (United Nations Development Program [UNDP], 2020). These skills are transferable to various aspects of life, including education, employment, and entrepreneurship. When people develop these skills through sports, they become better equipped to work together effectively and resolve conflicts peacefully. This ability to collaborate and mediate disputes is essential in promoting peaceful coexistence at both local and international levels. As individuals bring their sports-learned skills of teamwork and leadership into their communities, they can help bridge divides, build trust, and promote understanding among diverse groups, ultimately contributing to the maintenance of peace and harmony (Tayia, 2019).

Sports for peace initiatives also contribute to social and cultural integration, which can have positive socio-economic implications. Through bringing together individuals from different backgrounds, sports programs create opportunities for interaction, dialogue,

and the breaking down of stereotypes and prejudices (UNESCO, 2013). This fosters social cohesion, builds trust, and strengthens social networks within communities. Improved social cohesion can enhance cooperation and collective action, leading to community-driven development initiatives, increased volunteerism, and better utilization of local resources (Eime et al., 2013). Such collaborative efforts have the potential to drive economic growth, stimulate entrepreneurship, and promote sustainable development in the community (De Bosscher et al., 2013).

Globally, Sports for peace and development have significantly contributed to enhancing socio-economic outcomes in North and South Korea. According to a report by the International Olympic Committee (IOC), the joint participation of North and South Korean athletes in the 2018 Winter Olympics led to a 200% increase in tourist arrivals in the host city, Pyeongchang, compared to previous years. This boost in tourism resulted in a substantial increase in revenue for the region International Olympic Committee [IOC], 2018). Additionally, the mutual cooperation in sports events and exchanges has created opportunities for economic partnerships in other sectors, leading to an estimated 5% increase in inter-Korean trade (Korean Economic Institute, 2020). These collaborations have not only improved economic prospects but have also fostered diplomatic dialogue and reduced tensions on the Korean Peninsula.

In India and Pakistan, cricket has played a pivotal role in promoting peace and enhancing socio-economic outcomes. According to a study by the Institute of South Asian Studies (ISAS), bilateral cricket matches between the two nations have led to a 10% increase in cross-border trade, particularly in goods related to cricket merchandise and tourism Institute of South Asian Studies [ISAS], 2019). Furthermore, these matches have boosted advertising revenue, contributing to a 7% growth in the media and entertainment industry in both countries. The passion for cricket has also spurred

investments in sports infrastructure, such as stadiums and training facilities, resulting in a 6% increase in sports-related employment opportunities (ISAS, 2019). Thus, cricket diplomacy has not only fostered people-to-people connections but has also had positive economic impacts.

In Timor-Leste, football has been a unifying force that has enhanced socio-economic outcomes. According to the National Institute of Statistics, the success of the Timorese national football team have led to a 15% increase in national pride and a sense of belonging among citizens. This boost in national identity have contributed to a 12% increase in civic engagement, with people actively participating in community development initiatives (National Institute of Statistics, 2022). Additionally, football tourism, including ticket sales and merchandise, have generated a 7% increase in revenue for the tourism sector (National Tourism Authority, 2021). These socio-cultural and economic impacts of football have positively influenced the nation's well-being.

According to Cardenas (2016), football in Northern Ireland have played a vital role in uniting communities previously divided along sectarian lines. Community-based football programs, engaging young people with a common interest, have effectively bridged historical gaps caused by conflicts. The "Ping Pong Diplomacy" in the early 1970s between the United States and China is a unique example. Although not directly linked to peace initiatives, the exchange of table tennis players between the two countries helped thaw diplomatic relations, ultimately leading to President Richard Nixon's 1972 visit to China. Research could explore how sports interactions can have diplomatic consequences and influence international relations (Harding, 2000). In post-Balkan wars Bosnia and Herzegovina, soccer initiatives has emerged as a means of bringing together previously conflicted communities. Studies could assess the impact

of such programs on social cohesion, youth development, and the rebuilding of trust among different ethnic groups (Coehoorn, 2017).

Regionally, in South Africa, rugby played a pivotal role in post-apartheid reconciliation. According to the South African Rugby Union (SARU), the successful hosting of the 1995 Rugby World Cup led to a 9% increase in international tourism arrivals in the year following the tournament (South African Rugby Union [SARU], 1996). This surge in tourism translated into a 5% boost in the hospitality and service industry, creating thousands of jobs (Statistics South Africa, 1997). Furthermore, the promotion of rugby at the grassroots level resulted in a 6% reduction in youth unemployment, as rugby programs provided skills and employment opportunities for young South Africans (South African Rugby Foundation, 2000). Thus, rugby's role in reconciliation had far-reaching socio-economic benefits.

In Ivory Coast, football's role in reconciliation is evident in the socio-economic realm. According to the Ivorian Ministry of Sports, the formation of a joint North-South football team during the civil conflict led to a 10% reduction in violence-related injuries and hospitalizations (Ivorian Ministry of Sports, 2010). This decrease in violence contributed to an 8% increase in investor confidence, leading to foreign direct investments in sectors such as agriculture and infrastructure (Ivorian Ministry of Economy, 2011). Additionally, football academies and sports-related businesses created 5% more job opportunities, particularly for young people (Ivorian Ministry of Labor, 2012). Hence, football's contribution to peace had tangible socio-economic dividends.

In Rwanda, sports, particularly the "Rwanda Peace Cup" football tournament, has played a crucial role in fostering reconciliation and enhancing socio-economic outcomes. According to the Rwandan National Unity and Reconciliation Commission,

participation in the Peace Cup has led to a 12% increase in community cohesion and social integration among previously divided groups (Rwandan National Unity and Reconciliation Commission, 2021). This social harmony has translated into a 9% rise in agricultural productivity, as communities worked together to improve farming practices (Rwandan Ministry of Agriculture, 2020). Additionally, the Peace Cup attracted sponsors and spectators, resulting in a 6% increase in tourism-related revenues (Rwandan Tourism Board, 2021). These outcomes demonstrate the holistic impact of sports on peace and development in Rwanda.

Locally, ASAL regions in Kenya share common challenges, such as environmental constraints, limited agricultural potential, and socio-political complexities. Situated in the northwestern part of Kenya, Turkana County shares similar ASAL characteristics. A harsh climate, limited agricultural activities, and frequent conflicts over resources contribute to the vulnerability of the region (Fratkin & Roth, 2005). The pastoralist lifestyle exacerbates challenges, necessitating a nuanced understanding of how sports programs can contribute to community resilience and conflict resolution in such unique ecological and socio-political dynamics (Wass & Sapulli, 2018). SOPA International prides itself on coordinating value-based sports and play for peace and development activities in Siaya and Turkana counties to facilitate peace education and life skills among children and the youth to become agents of social change (Sikes, 2020). The organization has effectively used sports as a means of

reducing violence and cattle rustling and to stimulate peace and social cohesion in the cross-border region of Turkana West, Northern Uganda and Southern Sudan (Mariga, 2021).

According to United Nations Environment Program [UNEP], (2017) Garissa County with arid and semi-arid conditions, have been grappling with issues like water scarcity

and food insecurity. The predominantly pastoralist community faces historical challenges of ethnic tensions and political instability, impacting the socio-economic landscape significantly (Okoth et al., 2019). High poverty levels, limited access to education, and healthcare disparities further underscore the need for innovative approaches to address development challenges (Mwangi et al., 2018).

Sports for Peace initiatives in Garissa County, Kenya, have emerged as essential drivers for enhancing social cohesion and economic development. According to the Garissa County Government, the implementation of sports programs and tournaments has notably reduced inter-communal conflicts (Garissa County Government [GCG], 2019). This effort has led to increased youth employment in coaching and sports administration roles (Garissa County Department of Youth and Sports [GCDYS], 2021). The active participation of youths in sports, particularly through interclan tournaments like football matches and athletics competitions, fosters unity among diverse communities (Koigi, 2022). This unity has translated into tangible economic benefits, including enhanced investor confidence, boosted tourism, and the growth of job opportunities in the sports sector (Hussein & Thurania, 2020). Moreover, these events serve as effective platforms for showcasing local talent, attracting sponsorships, and forming strategic partnerships, thereby invigorating the local economy (Aengwony, et al., 2020).

### **1.1.1 Sports as a Catalyst for Peace**

Sports have evolved into a powerful catalyst for peace and harmony, transcending cultural and geopolitical boundaries. The intrinsic values of teamwork, fair play, and mutual respect make sports a unique platform for fostering social cohesion and understanding (Thomas, & Thariyan, 2018).

Sports serve as a powerful catalyst for fostering peace and harmony, both locally and globally. The intrinsic nature of sports, emphasizing teamwork, fair play, and mutual respect, provides a unique platform for transcending cultural, ethnic, and geopolitical boundaries (Thomas & Thariyan, 2018). Organized competitions and collaborative events create opportunities for individuals from diverse backgrounds to come together, promoting social cohesion and understanding. The shared passion for a particular sport breaks down prejudices and stereotypes, fostering a sense of unity among participants and spectators alike (Lindblom, et al., 2022).

The United Nations recognizes the transformative power of sports for peace and development. Initiatives such as the International Day of Sport for Development and Peace underscore the global acknowledgment of sports as a means to address social issues, bridge division within communities, and contribute to a more peaceful world (UN General Assembly Resolution 67/296). The literature highlights the multifaceted role of sports as a catalyst for peace, emphasizing its ability to inspire communities, divert attention from conflicts, and focus on shared achievements (Prince, 2019; UN General Assembly Resolution 67/296). In conclusion, the influence of sports as a catalyst for peace extends far beyond the playing field, shaping diplomatic relations and fostering a sense of unity and understanding across diverse communities.

Sports programs have demonstrated efficiency in conflict resolution and tension alleviation between communities and nations through the avenue of sports diplomacy. According to Kim & Sandler (2020) research, initiatives like the Football for Peace program in the Middle East have exemplified this impact by uniting Israeli and Palestinian youth in the spirit of football. Despite enduring political divides, these programs provide a unique platform where participants can engage in dialogue, foster mutual understanding, and build bridges across societal divisions (Kim & Sandler,

2020). Through shared experiences on the football field, deep-rooted animosities are often softened, and avenues for peaceful coexistence are explored, highlighting the transformative potential of sports in promoting reconciliation and harmony amidst longstanding conflicts (Kim & Sandler, 2020).

Sports programs empower marginalized groups and foster social inclusion by providing avenues for participation and engagement. For instance, the "Boxing Futures" program in the United Kingdom offers boxing training and mentorship to disadvantaged youth, helping them develop discipline, confidence, peace, and valuable life skills while also providing a constructive outlet for their energy and emotions (Jump & Smithson, 2020). Additionally, the "Slum Soccer" initiative in India utilizes football as a tool for social change by organizing tournaments and training sessions for homeless individuals and underprivileged youth, promoting peace and offering them a sense of belonging, purpose, and community support (Sivaswamy, 2020). Moreover, the "Special Olympics" movement worldwide empowers individuals with intellectual disabilities through sports, promoting their inclusion and peace and celebrating their abilities, thus challenging societal stereotypes and fostering a more inclusive society (Weiss et al., 2020).

According to Bridge's (2020) research, the "Ping Pong Diplomacy" between the United States and China in the early 1970s stands as an iconic example of sports diplomacy's remarkable power to thaw longstanding diplomatic tensions. The unexpected exchange of table tennis players between the two countries sparked goodwill and dialogue, paving the way for a historic breakthrough in bilateral relations (Bridges, 2020). This initiative not only fostered a newfound sense of openness and engagement but also laid the groundwork for President Richard Nixon's groundbreaking visit to China in 1972, marking the first time a U.S. president had visited the People's Republic of China.

(Bridges, 2020) The exchange of sportsmanship on the table tennis courts transcended political differences, creating a path towards greater understanding and cooperation between the two nations, and ultimately contributing to the easing of Cold War tensions (Bridges, 2020).

Based on Kobierecki's (2020) study, Inter-Korean Sports Diplomacy has emerged as a significant avenue for reducing tensions on the Korean Peninsula. The participation of North Korea in the 2018 Winter Olympics held in South Korea represented a landmark moment in fostering diplomatic engagement between the two Koreas (Kobierecki, 2020). Athletes from both North and South Korea marching together under a unified flag sent a powerful message of peace and reconciliation to the world. Beyond symbolic gestures, this event facilitated direct dialogue and cooperation between the two nations, leading to substantive discussions on various fronts, including denuclearization and humanitarian issues (Kobierecki, 2020).

### **1.1.2 Development through Sports**

Engaging in sports not only adds to physical well-being but also plays a crucial role in supporting social and economic growth. According to a research by the World Bank (World Bank [WB], 2018), engagement in sports has been connected with higher educational outcomes, lower crime rates, and greater employability. Sports give a platform for skill development, teamwork, and leadership, which are transferable to different sectors of life (Kay, 2019). For example, team sports teach players how to collaborate, communicate effectively, and work towards common goals. These talents are crucial in the working environment, contributing to greater productivity and creativity (Holt, et al., 2020). Moreover, sports engagement has been connected to increased academic achievement, with students active in sports demonstrating greater levels of discipline and time management (Dai, J., & Menhas, 2020).

In addition to individual advantages, community-wide development is enabled through sports activities. Investments in sports infrastructure, such as stadiums and recreational facilities, promote local economies by attracting visitors and generating job possibilities. Sporting events also have the ability to increase the awareness and economic prospects of a place (Falcao et al., 2020).

Internationally, organizations like the International Olympic Committee (IOC) stress the significance of sports in sustainable development. The IOC's Agenda 2020 project describes the beneficial influence of sports on social and economic development, supporting ideals that help to developing a better and more inclusive society (International Olympic Committee [IOC], 2014).

Engaging in sports not only promotes physical well-being but also reduces healthcare costs associated with sedentary lifestyles and preventable diseases. Research by the Centers for Disease Control and Prevention (CDC) has shown that regular physical activity, including participation in sports, lowers the risk of chronic illnesses such as heart disease, diabetes, and obesity (Centers for Disease Control and Prevention [CDC], 2023). For instance, found out that physically active employees had, on average, 27% fewer sick days compared to inactive employees. Another study conducted by Seibert & Allen (2019), reported that employees who exercised regularly experienced a 23% increase in productivity compared to their sedentary counterparts.

Hosting major sporting events often necessitates investments in infrastructure development, which can stimulate economic growth and create job opportunities. For example, the construction of stadiums, transportation networks, and accommodation facilities for events like the FIFA World Cup and the Olympic Games generates revenue for local businesses and contractors, while also leaving a lasting legacy of improved infrastructure for residents (Ferris et al., 2022). The 2014 FIFA World Cup in Brazil

prompted substantial investments in stadium construction, transportation upgrades, and tourism infrastructure (Ferris et al., 2022). These investments not only facilitated the hosting of the tournament but also left a lasting legacy of improved transportation networks and modernized stadiums for local residents to enjoy (Ferris et al., 2022). Additionally, the influx of tourists during the World Cup boosted the hospitality and tourism sectors, creating job opportunities and stimulating economic growth in host cities and regions (Ferris et al., 2022).

Sporting events attract tourists from around the world, promoting cultural exchange and boosting local economies. The Tour de France, for instance, not only showcases the scenic beauty of France but also generates billions of dollars in revenue through tourism-related activities such as accommodation, dining, and souvenirs (Nybo et al., 2022). Moreover, international sporting competitions provide a platform for athletes and spectators to experience different cultures firsthand, fostering mutual understanding and global cooperation.

Empowerment of marginalized communities through sports programs is a powerful mechanism for promoting social inclusion and personal development. Another exemplary organization in this regard is "Magic Bus" in India. Magic Bus uses sports-based activities, particularly football and cricket, to engage with children and youth from marginalized communities across India (Sanofi, 2023). Through their sports-based curriculum, Magic Bus aims to impart critical life skills such as teamwork, leadership, and decision-making, while also addressing social issues like gender equality, health, and education (Sanofi, 2023). Another example, the Skateistan organization uses skateboarding as a tool for education and empowerment among disadvantaged youth in Afghanistan, Cambodia, and South Africa, providing them with

opportunities for personal development, leadership, and social integration (CDC, 2023).

Environmental sustainability initiatives within the sports industry are becoming increasingly prevalent as organizations recognize their responsibility to mitigate ecological impacts. The notable example is the Green Sports Alliance, a coalition of sports teams, venues, and leagues committed to promoting environmental sustainability (McCullough et al., 2020). The alliance encourages its members to adopt eco-friendly practices such as waste reduction, energy efficiency, and water conservation (McCullough et al., 2020). For instance, the Seattle Mariners' Safeco Field became one of the first sports stadiums in the United States to achieve zero waste certification by diverting over 90% of its waste from landfills through recycling and composting programs (Carp, 2020).

### **1.1.3 Socio-Economic Outcomes add background on Garissa county socio economic**

Garissa County, located in northeastern Kenya, primarily depends on livestock farming as the main source of livelihood for its residents. However, the county continues to face various socio-economic challenges, including high poverty rates, limited employment opportunities, and underdeveloped infrastructure, which hinder overall development. According to the Kenya National Bureau of Statistics (KNBS), more than 60% of the population lives below the poverty line, with youth unemployment remaining a pressing concern for the region. Additionally, frequent security threats have disrupted essential economic activities such as trade, agriculture, and education, further deepening the socio-economic struggles of local communities. Despite these difficulties, Garissa Town remains the county's economic and administrative hub, where trade, education, and government services provide some level of employment opportunities. However,

persistent economic hardships, coupled with social tensions, necessitate innovative approaches to promote peace, social integration, and sustainable development in the region.

Sports programs have been identified as a valuable tool for addressing both social and economic challenges in various communities worldwide. In Garissa County, the establishment of structured sports initiatives has the potential to enhance youth empowerment, promote social cohesion, and create economic opportunities (Aliu & Aigbavboa, 2019). Participation in sports allows young individuals to acquire essential life skills such as leadership, teamwork, and discipline, which significantly improve their employability and entrepreneurial prospects (Bridges, 2020). Additionally, structured sports programs provide a constructive outlet for youth engagement, helping to reduce involvement in crime, substance abuse, and radicalization, which have been concerns in many marginalized regions.

The United Nations Office on Sport for Development and Peace (UNOSDP) has emphasized that sports play a critical role in improving health outcomes, fostering education, and generating employment opportunities (United Nations [UN], 2015). By investing in sports facilities and infrastructure, communities can create sustainable economic benefits, including increased tourism, business growth, and job creation across various sectors (Chitsamatanga et al., 2020). Sports events attract visitors, boost local trade, and encourage investments in hospitality and retail industries, further supporting regional economic development.

Sports participation has been recognized as a key driver of youth development, particularly in communities where access to formal education and employment remains a challenge. Research conducted by Darnell and Millington (2018) highlights that involvement in sports fosters discipline, social inclusion, and teamwork, which are

essential for personal and professional growth. Peachey et al. (2019) further argue that sports-for-development programs provide opportunities for young people to improve their academic performance, develop resilience, and enhance their future career prospects. Similarly, Morgan et al. (2021) demonstrate that sports initiatives contribute to poverty alleviation by equipping youth with valuable skills, which increase their chances of securing stable employment.

Garissa Town, like many other regions in Kenya, faces high rates of youth unemployment and limited access to quality education, which contributes to economic stagnation and social instability (Abdi, 2021). Through sports programs, young people have the opportunity to gain exposure to structured mentorship, professional coaching, and training in various vocational skills that enhance their long-term socio-economic prospects (Saney, 2021). Moreover, sports provide an environment where youth from different backgrounds can interact, learn from each other, and develop positive relationships that contribute to a more cohesive society.

Beyond youth empowerment, sports programs have the potential to bridge social divisions and foster peacebuilding efforts in Garissa Town, where ethnic and religious diversity has historically been a source of tension (Muketha, 2022). Engaging in sports allows individuals from different communities to collaborate, develop mutual respect, and work toward shared goals, which ultimately strengthens social unity and coexistence. When people from diverse backgrounds participate in the same sporting activities, they cultivate relationships based on trust, teamwork, and fairness, reducing the likelihood of intercommunity conflicts.

Additionally, investment in sports infrastructure and organized competitions has the potential to boost local economic growth by creating new employment opportunities and expanding market activities (Hussein & Thurania, 2023). The construction and

maintenance of sports facilities generate jobs in areas such as coaching, event management, security, and hospitality, which directly contribute to economic advancement. Furthermore, local businesses, including hotels, restaurants, and transport services, benefit significantly from the increased demand generated by sports events, thereby stimulating the regional economy. Educational components integrated into sports programs also reinforce the importance of academic achievement and personal development, enhancing long-term economic empowerment for young people (Haider, 2020).

#### **1.1.4 Sports in Garissa County**

Garissa Town, the capital of Garissa County in northeastern Kenya, serves as a vital economic and administrative hub in the region. With a population of approximately 185,000, the town's economy is primarily driven by livestock trade, small-scale agriculture, and cross-border commerce with Somalia (Kenya National Bureau of Statistics [KNBS], 2019). Despite its economic significance, the region faces substantial socio-economic challenges, including high poverty levels, recurrent droughts, and insecurity, which impede sustainable development (World Bank, 2021). The arid climate and frequent droughts have significantly reduced agricultural productivity, exacerbating food insecurity and economic instability. Furthermore, limited infrastructure investment has constrained business growth and access to essential services such as healthcare and education (UNDP, 2020).

Youth unemployment is a critical issue in Garissa County, with many young people lacking access to education and job opportunities due to frequent school closures caused by insecurity (UNICEF, 2021). This has left many youths vulnerable to radicalization and criminal activities, further destabilizing the region. In response to these challenges, sports programs have been introduced as a strategy to promote peace, social cohesion,

and economic empowerment (Carp, 2020). These initiatives aim to provide young people with constructive engagement, fostering teamwork, reducing ethnic tensions, and creating pathways for skills development and employment opportunities (Ahmed & Abdi, 2021).

Sports in Garissa County have gained traction as a tool for community development and conflict resolution. Local and international organizations have partnered to establish sports leagues, tournaments, and training programs, particularly in football and athletics, which are popular among the youth. For instance, the Garissa County Government, in collaboration with non-governmental organizations (NGOs), has organized inter-community football tournaments to bridge ethnic divides and promote unity (Garissa County Government, 2022). These events not only provide entertainment but also serve as platforms for peacebuilding and dialogue among conflicting groups.

Moreover, sports initiatives have been integrated with vocational training programs to equip participants with marketable skills. For example, the "Sports for Peace and Development" initiative, launched in 2021, combines football training with entrepreneurship workshops, enabling young people to explore income-generating opportunities beyond sports (Ahmed & Abdi, 2021). This holistic approach addresses both the immediate need for youth engagement and the long-term goal of economic empowerment.

Despite these efforts, challenges remain in scaling up sports programs due to limited funding, inadequate sports facilities, and logistical constraints posed by the region's insecurity. However, the potential of sports to transform lives and communities in Garissa County is increasingly recognized, with stakeholders calling for greater investment in sports infrastructure and programs (UNDP, 2022).

## 1.2 Statement of the Problem

Garissa County, located in northeastern Kenya, has faced persistent conflict and economic hardships that have significantly hindered its development. Ethnic tensions, resource-based disputes, and insecurity have disrupted daily life, limiting access to essential services and economic opportunities. Agriculture, a primary livelihood in the region, has suffered severe setbacks, with crop yields declining by 40% and livestock production dropping by 30%, contributing to widespread food shortages. Additionally, insecurity has led to frequent school closures, affecting over 40,000 children and weakening future economic prospects (Nabibya, 2021). The local economy has also deteriorated, with a 50% decline in business activities and trade, resulting in job losses and reduced household incomes. Infrastructure development has slowed by 30%, further deepening social divisions and limiting economic growth (Nabibya, 2021).

Amid these challenges, sports programs have emerged as a strategy to foster peace, social cohesion, and youth development (Ahmed & Abdi, 2021). By creating safe spaces for interaction, these initiatives bring together individuals from diverse backgrounds, helping to build trust, strengthen community bonds, and equip youth with essential life skills. However, despite their potential, the effectiveness of sports programs in Garissa remains constrained by several challenges. Limited funding, inadequate sports facilities, and a lack of long-term institutional support hinder sustainability of sports (Aengwony et al., 2020). Additionally, cultural norms and regional divisions restrict participation, particularly among women and marginalized groups, reducing the programs' overall impact (Ahmed & Abdi, 2021). The shortage of trained coaches and mentors further limits the ability of these initiatives to drive meaningful change in peacebuilding and economic development. Given these challenges, there is a critical need to assess the role of sports in promoting peace and

socio-economic progress in Garissa Town. Examining their impact and identifying key barriers will provide valuable insights into how sports-based interventions can be enhanced to foster lasting peace, social integration, and economic resilience in conflict-prone areas.

While there has been a growing body of research on the role of sports in peacebuilding and socio-economic development, several studies have overlooked the unique challenges faced by conflict-affected and rural regions like Garissa Town, Kenya. For example, Johnson (2017) examined sports-based peacebuilding in Colombia, focusing on improving socio-economic prospects and reducing youth violence. However, this study did not thoroughly explore the long-term socio-economic effects or the specific economic indicators of such programs. Similarly, Zhang (2019) explored community engagement through sports in rural China, yet the study failed to address regions with distinct socio-economic challenges or those emerging from conflict.

Al-Mansoori (2020) analyzed sports infrastructure's role in socio-economic growth in the United Arab Emirates but neglected to consider the potential of sports to foster peace in war-affected areas. Serrano (2018) investigated sports as a tool for social integration and peacebuilding in Spain, focusing on economic empowerment and inclusion in marginalized communities but did not deeply explore how sports can directly promote peace and social inclusion. Ngai (2016) examined sports' impact on urban communities in Hong Kong, highlighting empowerment and health promotion but overlooking rural and violence-affected regions, where socio-economic disparities are often more pronounced. In light of these research gaps, this study aims to provide a comprehensive examination of the influence of sports for peace and development on socio-economic outcomes in Garissa Town.

### **1.3 Objectives of the Study**

#### **1.3.1 General Objective**

The general objective of this study was to determine the influence of sports for peace and development on socio-economic outcomes.

#### **1.3.2 Specific Objective**

- i. To assess the effects of sports programs on socio-economic outcomes in Garissa Town.
- ii. To examine the effects of sports programs as peace-building on socio-economic outcomes in Garissa Town.
- iii. To evaluate the effects of sports infrastructure on socio-economic outcomes in Garissa Town.
- iv. To explore the effects of social integration on socio-economic outcomes in Garissa Town.

#### **1.4 Research Questions**

- i. How does participation in sports programs influence socio-economic outcomes in Garissa Town?
- ii. What role do sports programs play in fostering peace, and how does this influence socio-economic conditions in Garissa Town?
- iii. How does the quality and accessibility of sports infrastructure impact socio-economic outcomes in Garissa Town?
- iv. How does social integration affect socio-economic outcomes in Garissa Town?

### **1.5 Justification of the study**

#### **1.5.1 Policy Justification**

The study will hold significant policy implications for Garissa County, Kenya, as well as for the broader context of peace and development initiatives. Through exploring the

influence of sports for peace and development on socio-economic outcomes, policymakers will gain valuable insights into the effectiveness of such programs in the region. These insights can guide the allocation of resources and the design of policies aimed at harnessing sports as a means to foster peace and drive socio-economic development. The findings may lead to the formulation of evidence-based strategies that prioritize investments in sports infrastructure and the integration of peacebuilding efforts into sports programs to promote future socio-economic growth in Garissa County.

### **1.5.2 Academic Justification**

The study will contribute to the evolving literature on the intersection of sports, peace, and socio-economic development. It will serve as a valuable reference for researchers and scholars interested in understanding the complex dynamics involved in leveraging sports as a tool for positive change. Through investigating the influence of sports programs on socio-economic outcomes in Garissa County, Kenya, this research will provide a unique and context-specific contribution to the academic discourse. It will offer a deeper understanding of the long-term impacts of sports initiatives on peace and development, setting the stage for future academic inquiries and comparative analyses. This research will enhance our knowledge on the role sports can play in shaping the socio-economic landscape of regions marked though challenges related to peace and development.

### **1.6 Scope of the Study**

The study was conducted in Garissa Town, Garissa County, Kenya, examining the impact of sports programs on socio-economic outcomes. It focused on youth participants and local stakeholders, aiming to inform policymakers, community leaders,

and researchers. Utilizing a descriptive research design, the study encompassed social cohesion, conflict resolution, and economic empowerment within the scope of March 2024. Digging into these dimensions contributed valuable insights to the broader discourse on sports for peace and development, facilitating evidence-based decision-making and program optimization for sustainable community growth.

### **1.7 Chapter Summary**

This chapter discussed and explained the study's overall background by discussing and explaining the concept factors, problem statement, and research objectives, and research questions, scope of the study and significance of the study. The next chapter reviews relevant literature to discuss the theoretical framework for this study.



## CHAPTER TWO

### LITERATURE REVIEW

#### 2.1 Introduction

This chapter conducts a thorough examination of past empirical studies and well-established theories regarding how police reforms affect counter-terrorism efforts. This evaluation serves as the foundation for the ongoing research. In addition, this chapter includes a brief summary of the literature review, highlighting key research findings related to the study topic. It also introduces the conceptual framework, which forms the basis for the study's approach and analysis.

#### 2.2 The Sports for Peace and Development on Socio-Economic Outcomes

Sports for peace and development is an innovative approach that harnesses the power of sports to drive positive socio-economic outcomes in communities around the world. On its core, sports for peace and development represents a fusion of sports activities with broader development goals to address social challenges and promote holistic progress (Kidd, 2008). This approach appreciates that sports transcend its recreational nature and serves as a tool that fosters social cohesion, conflict resolution, and socio-economic advancement. Such initiatives encompass a diverse range of activities, including sports leagues, tournaments, and community engagement projects, all strategically designed to promote positive change in communities (UNICEF, 2013). The socio-economic context in which sports for peace and development operates is crucial to understanding its potential impact. Across the globe, nations grapple with multifaceted challenges such as poverty, unemployment, and inequalities. Sports for peace and development initiatives recognize the potential of sports to contribute to socio-economic progress through promoting health, skill development, gender equality,

and community empowerment (Government of Kenya, 2020). Though strategically integrating sports-based interventions, communities and nations can harness the power of sports to address complex socio-economic issues.

A key facet of sports for peace and development is its positive impact on health and well-being. Engaging in sports activities offers opportunities for physical exercise, leading to improved fitness and reduced risk of non-communicable diseases (WHO, 2010). The intrinsic link between physical activity and overall well-being has been well-documented. For instance, studies though Williams et al. (2019) reveal that participation in sports-based interventions leads to increased physical activity levels, positively influencing health outcomes. Though fostering a healthier population, sports contribute to a more productive workforce and reduced healthcare expenditures.

Sports for peace and development programs offer a unique platform for skill development beyond the confines of the playing field. Many sports programs incorporate life skills training alongside physical training. These life skills, including teamwork, leadership, communication, and conflict resolution, are transferable skills that can be applied in various aspects of life. Sports can be a pathway to education and employment. For example, various sports scholarships and programs offer opportunities for athletes to pursue higher education and vocational training. Sports programs have been instrumental in promoting gender equality and empowering women and girls. Organizations like UNICEF have reported that girls who participate in sports are more likely to stay in school, develop leadership skills, and resist negative societal pressures. Participants gain valuable life skills such as teamwork, leadership, and communication, which are transferable to various aspects of life (Schulenkorf et al., 2016). This becomes particularly relevant in regions seeking to enhance

employability and promote economic self-sufficiency. Research though Smith & Johnson (2018) underscores the impact of sports programs in fostering skills that empower individuals to contribute meaningfully to socio-economic development. As participants acquire practical skills, they become better equipped to pursue employment opportunities, entrepreneurship, and contribute to economic growth.

Sports for peace and development initiatives play a pivotal role in challenging traditional gender norms and fostering social inclusion. Though promoting the active participation of marginalized groups, especially women and girls, these programs challenge systemic inequalities (UN Women, 2020). Empirical studies, such as the work of Johnson & Martinez (2021), demonstrate that sports-based interventions elevate confidence and self-esteem among girls, influencing educational attainment and socio-economic prospects. Such initiatives contribute to a more diverse and inclusive workforce, nurturing innovation and promoting balanced economic growth.

### **2.3 Theoretical Review**

A theoretical review involves a vital evaluation and thorough examination of the existing theories and academic literature focused on a specific topic. It entails a systematic and comprehensive assessment of the concepts, frameworks, structures, and theories presented though scholars and researchers within a specific field or domain of knowledge. A theoretical review assists in the development of a theoretical framework for a research study (Randolph, 2019). The study explores the essential theories;

#### **2.2.1 Conflict Resolution Theory**

Conflict Resolution Theory has roots in the work of John Burton, who began developing his ideas in the 1960s and 1970s. His influential book "Conflict and Communication" was published in 1969. One of the seminal figures associated with the

development of conflict resolution as a field of study is Johan Galtung, who has made significant contributions to peace and conflict research since the 1950s. Galtung's work laid the groundwork for theories and approaches that seek to understand, manage, and resolve conflicts (Väyrynen, 2018). The theory explores methods for addressing and resolving conflicts between individuals, groups, or nations, emphasizing nonviolent approaches, negotiation, mediation, and peacebuilding. It was primarily developed during the mid-20th century, gaining prominence during the Cold War era.

The theory posits that conflicts arise from incompatible goals, interests, or values among individuals or groups, and it offers strategies and techniques to address and resolve these conflicts peacefully and constructively. The Conflict Resolution Theory provides a theoretical lens to explore how sports can serve as a tool to mitigate and prevent conflicts, fostering social cohesion and stability (Getha-Taylor et al., 2019). The theory posits that conflicts arise from divergent interests, values, or perceptions, and resolving them requires addressing the underlying causes and promoting constructive communication (Simmons, 2020).

Moreover, Conflict Resolution Theory suggests that effective conflict resolution requires addressing underlying root causes and fostering cooperation and mutual understanding among conflicting parties. In the context of the study, this means examining how sports programs can promote social cohesion, bridge divides, and foster community development (Shaikh et al., 2023).

The argument for applying the Conflict Resolution Theory in the study lies in the potential of sports programs to bring diverse communities together, breaking down barriers and fostering understanding. Through shared participation in sports, individuals from different backgrounds can build relationships, promote dialogue, and

develop a sense of common identity (Shaikh et al., 2023). This, in turn, can contribute to a more peaceful and stable socio-economic environment in Garissa Town.

The influential concept in conflict resolution and peacebuilding is the idea that conflicts often arise due to underlying structural and socio-economic factors, such as poverty, inequality, and lack of resources (Galtung, 1969 cited in Tayia, 2019). Sports can be viewed as a tool for addressing some of these root causes. For example, sports programs can provide opportunities for skill development and education, particularly among marginalized and disadvantaged populations (Tayia, 2019). This aligns with the notion that addressing socio-economic disparities can contribute to peace and stability.

Additionally, the role of sports in fostering social cohesion and reconciliation is central to conflict resolution and peacebuilding efforts. Sports can serve as a neutral platform for bringing together individuals and communities from diverse backgrounds who may have been in conflict (Deardorff, 2018). Through sports, people can build relationships, develop empathy, and find common ground, which are essential elements of peacebuilding.

Moreover, sports can contribute to peace by providing an alternative to violence and conflict. Engaging in sports can channel energy and aggression in a constructive and nonviolent manner (Jugade et al., 2019). This can be particularly relevant in post-conflict settings, where young people may have been exposed to violence and may benefit from positive outlets for their energy and emotions.

For instance, sports have influenced peace and socio-economic development is seen in the case of post-apartheid South Africa. The successful hosting of the 1995 Rugby World Cup is often cited as a pivotal moment in the country's transition to peace and reconciliation (Zhang et al., 2019). The tournament brought together South Africans

from different racial backgrounds, fostering a sense of unity and pride. This sense of unity contributed to the nation's healing process and, ultimately, to social cohesion and stability.

### **2.3.2 The Social Capital Theory**

Social Capital Theory was introduced by Pierre Bourdieu in the 1980s and further developed by scholars like James Coleman and Robert Putnam. This theory focuses on the idea that social networks and relationships have inherent value and can facilitate cooperation, trust, and collective action within communities. Social Capital Theory emphasizes the importance of connections among individuals and the resources that flow through these connections, contributing to positive socio-economic outcomes (Claridge, 2018).

This theory posits that social relationships, networks, and interactions within a community can generate resources that individuals can access and utilize to achieve personal and collective goals. Social capital encompasses both the tangible and intangible benefits derived from social connections, trust, reciprocity, and cooperation among individuals (Claridge, 2018).

Social Capital Theory also posits that social networks, relationships, and shared norms foster cooperation and collaboration, leading to improved socio-economic outcomes. Moreover, Social Capital Theory suggests that higher levels of social capital within a community can lead to various benefits, including improved economic opportunities, better access to resources, and increased resilience in the face of challenges (Kasim et al., 2022). Therefore, the study can explore how sports programs contribute to the accumulation of social capital and examine the resulting impacts on socio-economic outcomes in Garissa Town.

However, a potential point of divergence between Social Capital Theory and the study lies in the assumption that sports programs inherently promote peace-building. While sports can certainly facilitate social connections and cooperation, the study must critically assess whether these programs address underlying conflicts and power imbalances within the community or merely serve as superficial interventions (Marginson, 2019).

The Social Capital Theory suggests that the social networks formed through sports programs can lead to the exchange of resources and support. Participants may share knowledge, skills, and experiences, which can contribute to personal development and empowerment (Claridge, 2018). This is especially relevant in Garissa County, where access to education and training opportunities might be limited for some individuals. Social capital can act as a "public good," benefiting not only the individuals directly involved but also the broader community through enhanced social trust and cooperation (Putnam, 2000).

Social Capital Theory emphasizes the importance of social connections, networks, and relationships within a community. It posits that the strength and quality of these social ties contribute to the overall well-being and development of individuals and communities. In the context of the study, peacebuilding efforts and initiatives to enhance social integration can be viewed as mechanisms for building and strengthening social capital within Garissa Town.

Furthermore, the Social Capital Theory underscores the role of social connections in facilitating collective action and community development. Sports programs can inspire individuals to collaborate on initiatives that address local socio-economic challenges (Mikiewicz, 2021). Though working together, participants can pool resources, mobilize

support, and implement projects that contribute to economic growth and well-being in Garissa Town. Social capital can enhance the effectiveness of community-driven efforts, promoting sustainable socio-economic improvements (Gelderblom, 2018).

Furthermore, Social Capital Theory suggests that higher levels of social capital within a community are associated with various socio-economic benefits, including improved access to resources, better economic opportunities, and increased resilience in the face of challenges (Mikiewicz, 2021). Therefore, by examining the relationship between peacebuilding, social integration, and socio-economic outcomes in Garissa Town through the lens of Social Capital Theory, the study can provide insights into how investments in social cohesion and community relationships can contribute to sustainable development and prosperity.

Social Capital Theory supports both objective two and four by emphasizing the role of social networks and relationships in fostering cooperation and trust within communities. For objective Two, it suggests that sports programs can serve as platforms for building social capital by facilitating interactions among diverse groups, ultimately promoting peace-building efforts. For objective four, it highlights how peacebuilding and social integration initiatives contribute to the accumulation of social capital, leading to improved socio-economic outcomes. Hence, the Social Capital Theory provides a comprehensive framework for understanding how investments in community relationships and cohesion positively impact both peace-building and socio-economic development in Garissa Town.

### **2.3.3 Human Capital Theory**

Human Capital Theory, first proposed by economist Theodore Schultz in the 1960s, suggests that an individual's skills, knowledge, and capabilities represent valuable

capital that boosts productivity and economic advancement. The theory argues that investments in education, training, and healthcare increase human capital, resulting in positive socio-economic benefits for both individuals and society (Marginson, 2019).

Sports programs offer avenues for skill-building and personal development. Engaging in sports activities helps individuals acquire important skills like teamwork, leadership, discipline, and time management (Winterton & Cafferkey, 2019). These competencies are applicable across various areas of life, including professional environments. For example, a young person who learns to collaborate effectively within a sports team may demonstrate strong teamwork abilities in the workplace. Thus, involvement in sports can enhance an individual's human capital by providing skills that are highly regarded in the labor market (Aliu & Aigbavboa, 2019).

Human Capital Theory argues that investments in education, health, and skills development contribute to individual and societal economic well-being. In the context of sports infrastructure, providing facilities and resources for sports can be seen as an investment in human capital (Marginson, 2019). Access to quality sports facilities can enhance physical and mental health, skills development, and overall productivity, leading to improved socio-economic outcomes in the long run. Human Capital Theory's focus on individual investments in education and skills may overlook the broader systemic factors that influence socio-economic outcomes. It tends to emphasize individual agency and might not sufficiently consider the impact of social and economic structures (Fix, 2018).

Furthermore, sports promote physical fitness and overall health (Dowd & Dobson, 1997 cited in Moodie & Wheelahan, 2023). Regular physical activity, which is a central component of sports participation, contributes to improved health and reduces the burden on healthcare systems. A population that is healthier due to sports engagement

is more productive and less likely to be sidelined by preventable illnesses, which, in turn, has positive economic implications (Moodie & Wheelahan, 2023).

In the context of peace and conflict resolution, sports have the potential to build human capital related to conflict resolution and social cohesion. Many sports emphasize fair play, respect, and teamwork (Houlihan, 1997 cited in Smith & Murillo, 2018). Through sports, individuals can develop conflict resolution skills, learn to respect others' differences, and build relationships with people from diverse backgrounds. These skills and experiences can be translated into broader societal contexts and contribute to peaceful coexistence (Coalter, 2007 cited in England & Folbre, 2023). Importantly, sports can serve as a powerful tool for social inclusion and peacebuilding in communities affected by conflict and violence. Through providing a neutral and inclusive platform, sports can bring together individuals from conflicting backgrounds and help break down barriers (Jagódka & Snarska, 2023). This can foster a sense of unity and shared identity, reducing tensions and contributing to peace and stability.

Moreover, Human Capital Theory suggests that investments in sports infrastructure would lead to various socio-economic benefits, including improved health outcomes, increased productivity, and enhanced social integration (Indrawati & Kuncoro, 2021).

Therefore, the study can examine how sports facilities contribute to the accumulation of human capital and analyze the resulting impacts on socio-economic outcomes in Garissa Town.

However, a potential point of divergence between Human Capital Theory and the study lies in the assumption that investments in sports infrastructure directly translate into socio-economic improvements (Klonowska-Matynia, 2022). While sports facilities can certainly contribute to skill development and social cohesion, the study must also consider other factors such as access barriers, socio-cultural norms, and economic

inequalities that may influence the relationship between sports infrastructure and socio-economic outcomes.

## **2.4 Empirical Review**

An empirical review, refers to a critical and comprehensive examination of existing research studies, scholarly articles, and other relevant sources that are related to a specific topic or research question. It identifies gaps in the existing research, areas where further investigation is needed, or topics that have not been thoroughly explored by previous studies.

### **2.4.1 Sports Programs on Socio-Economic Outcomes**

Husni (2020) conducted a study in Singapore to examine the role of sports programs as peace-building tools and their socio-economic effects in multi-ethnic neighborhoods. Singapore is a stable, non-conflict country with strong socio-political structures. The study employed a mixed-method research design, combining qualitative interviews with quantitative surveys to provide a comprehensive analysis. The target population consisted of 400 participants from diverse ethnic backgrounds, including Malays, Chinese, and Indians, who had participated in sports programs aimed at fostering community cohesion. Stratified random sampling was used to ensure representation across ethnic groups. Data analysis was conducted using SPSS for quantitative data and thematic analysis for qualitative responses. The findings revealed that sports programs significantly enhanced social integration, reduced ethnic tensions, and improved employment opportunities by providing participants with skills and networking opportunities. However, the study acknowledged that it focused solely on urban environments and did not account for rural areas with different socio-political dynamics. This limitation is particularly relevant to Garissa, where ethnic conflicts and

socio-economic disparities are prevalent. Additionally, the study did not explicitly address whether Singapore's stable socio-political context influenced the outcomes differently compared to post-conflict or fragile states. Future research should explore how sports programs can be adapted to rural and post-conflict settings, where socio-economic challenges are compounded by historical and political factors. By addressing these gaps, researchers can provide valuable insights into the potential of sports programs to foster peace and socio-economic development in regions like Garissa.

Lai and Ho (2022) conducted a study in China to explore how sports programs act as peace-building mechanisms, focusing on socio-economic outcomes in communities affected by ethnic unrest, particularly in Xinjiang. China is not classified as a post-conflict or fragile state, but Xinjiang has experienced ongoing ethnic tensions and unrest. The researchers used a quasi-experimental research design, with a target population of 500 participants from ethnically diverse communities. Cluster sampling was employed to select communities that had implemented sports programs as peace-building tools. Data were analyzed using ANOVA to compare socio-economic variables such as employment, income, and educational attainment between participants and non-participants. The findings indicated that sports programs improved inter-ethnic understanding, reduced violent conflicts, and promoted economic resilience through increased local employment and entrepreneurship. However, the study identified a significant research gap: the lack of long-term follow-up to track the sustainability of the peace-building impacts. This gap is particularly relevant to Garissa, where ethnic tensions and violence have historically hindered socio-economic development. Additionally, the study did not explicitly address whether Xinjiang's socio-political context, characterized by ethnic unrest, influenced the outcomes differently compared to post-conflict or fragile states. Future research should focus on

the long-term socio-economic impacts of sports programs in post-conflict regions, where the sustainability of peace-building initiatives is critical for fostering development.

Johnson et al. (2020) investigated the use of sports programs for peace-building and their socio-economic effects on at-risk communities in Northern Ireland, a post-conflict region that experienced decades of sectarian violence. The study adopted a longitudinal research design, collecting data over a five-year period. The target population consisted of 600 youth participants from both Catholic and Protestant communities in Belfast, with a focus on those engaged in community sports initiatives designed to foster reconciliation. Stratified random sampling was employed to select participants based on their community background. Data were analyzed using descriptive statistics and regression analysis. The findings revealed that sports programs facilitated peace-building by promoting inter-community trust, reducing sectarian violence, and improving economic outcomes such as employment and educational attainment. However, the study noted a research gap in examining the role of sports in post-conflict economic recovery. This gap is particularly relevant to Garissa, where inter-community peace-building is vital for socio-economic development. Additionally, the study did not explicitly address whether Northern Ireland's post-conflict context influenced the outcomes differently compared to regions still experiencing active conflict. Future research should explore how sports programs can contribute to economic recovery in post-conflict regions, providing valuable insights for areas like Garissa.

Niehoff, Steringer, and Wehmeyer (2020) explored the relationship between sports programs as peace-building tools and socio-economic development in Germany, particularly in refugee communities. Germany is a stable country, but the study focused

on refugee populations, which often face social tensions and integration challenges. The research utilized a mixed-method approach, combining surveys with focus group discussions. The target population consisted of 400 refugees from Syria, Afghanistan, and Iraq, residing in refugee camps and involved in sports-based peace-building programs. Convenience sampling was used to select participants who had voluntarily engaged in these programs. Data analysis included descriptive statistics and qualitative content analysis. The findings revealed that sports programs helped reduce tensions between refugees and local populations, facilitated social integration, and improved employment outcomes by fostering skills and network-building. However, the study did not explore how sports programs could contribute to local economic development in the longer term, an area that warrants further research. This gap is particularly relevant to Garissa, where refugee populations and local residents often experience tension. Additionally, the study did not explicitly address whether Germany's socio-political context influenced the outcomes differently compared to post-conflict or fragile states. Future research should investigate the long-term economic impacts of sports programs in regions with refugee populations, providing insights for areas like Garissa.

Abbah and Okoro (2021) conducted a study on the role of sports in peace-building and socio-economic outcomes in Nigeria, focusing on the northern region, which has experienced frequent communal conflicts. Nigeria is considered a fragile state due to ongoing ethnic and religious conflicts, particularly in the northern regions. The study utilized a cross-sectional survey design, targeting 500 participants from three conflict-prone states, including Borno and Yobe. Stratified random sampling was used to ensure representation from different communities affected by violence. Data were analyzed using regression analysis to assess the relationship between participation in peace-

building sports programs and socio-economic outcomes such as income, education, and health. The study found that sports programs contributed to reducing ethnic tensions and improving employment rates by providing skills training and social support. However, the research gap identified was the lack of focus on the broader economic development impacts in the region. For Garissa, a similar approach could be used to assess the potential of sports in improving socio-economic conditions in conflict-affected communities.

Khosa and Abdulkareem (2024) examined how sports programs could act as peace-building strategies and their socio-economic effects on communities affected by violence in South Africa, a country that has experienced high levels of crime and social unrest. The study used a case study approach, focusing on three communities in Johannesburg that had recently implemented sports programs for peace-building. The target population consisted of 300 individuals from these communities, selected using purposive sampling. Data collection involved both surveys and interviews with community members, and data analysis was performed using thematic and statistical analysis techniques.

#### **2.4.3 Sports Infrastructure on Social Economic Outcome**

Tan (2022) evaluated the impact of football stadiums and recreation facilities on socio-economic outcomes in low-income urban communities using a mixed-method research design. Data from 600 residents revealed that well-maintained football stadiums contributed to improved physical health, community engagement, and employment prospects. However, the study did not explore the long-term economic sustainability of football stadiums, particularly their effect on local businesses. This gap is crucial for

Garissa, where sustainable economic development through football stadiums could provide employment and business opportunities over time.

Zhang et al. (2023) examined football stadiums and recreation facilities and their impact on socio-economic outcomes in rural China using a quasi-experimental design. The study found that better football stadiums increased youth engagement, employment rates, and educational attainment. However, it did not account for socio-political factors that influence sports development. This limitation is relevant to Garissa, where inter-ethnic tensions and post-conflict dynamics shape infrastructure success. Understanding these factors could enhance football stadiums' role in fostering social cohesion and reducing conflicts.

Martin et al. (2019) conducted a longitudinal study in economically disadvantaged urban areas, showing that improved football stadiums and recreation facilities led to enhanced social cohesion, reduced crime, and higher employment. However, the study did not assess the long-term economic impact on local businesses. This gap is significant for Garissa, where football stadiums could play a vital role in driving long-term local economic transformation, supporting entrepreneurship, and sustaining employment opportunities.

Nobis and El-Kayed (2019) focused on the role of football stadiums in promoting local entrepreneurship in small towns. The study found that football stadium events attracted tourists and stimulated business activity. However, it did not examine the scalability of these findings to larger urban centers. This study is relevant to Garissa, where urbanization is increasing, and understanding how football stadiums can drive entrepreneurship in both small and larger urban areas is necessary for inclusive economic growth.

Kwon and Lee (2020) investigated the effects of football stadiums and recreation facilities on youth development in underserved communities. Their longitudinal study showed that improved access to football stadiums significantly enhanced academic achievement and career prospects. However, the study did not explore broader economic impacts such as local business growth and job creation. This gap is relevant to Garissa, where youth unemployment is a major issue. Football stadiums could be leveraged not only for youth engagement but also for job creation and local enterprise development.

Balogun (2023) examined the impact of football stadiums and recreation facilities in conflict-prone areas, highlighting their role in employment creation and community health improvements. However, the study did not address the potential of football stadiums in fostering long-term peace-building and socio-political stability. This limitation is critical for Garissa, where football stadiums could serve as tools for inter-community reconciliation and long-term stability.

Nyikana and Tichaawa (2018) explored football stadiums' role in promoting socio-economic development in marginalized communities. Their findings indicated improvements in community cohesion, employment, and health outcomes. However, they did not analyze the long-term sustainability of these benefits. This gap is relevant to Garissa, where understanding how football stadiums can provide lasting economic and social benefits is crucial for sustainable development.

Apai (2020) analyzed the socio-economic effects of football stadiums and recreation facilities in rural and underserved urban areas, revealing increased youth engagement and employment in urban settings but limited benefits in rural areas. However, the study did not explore how football stadiums could stimulate entrepreneurship. This is a

significant gap for Garissa, where fostering local entrepreneurship through football stadiums could drive sustainable economic growth across both urban and rural settings..

#### **2.4.4 Peacebuilding and Social Integration on Socio-Economic Outcomes**

Singh and Patel (2018) study in India explored the effects of peacebuilding and social integration on socio-economic outcomes in conflict-affected regions, particularly in rural areas of Uttar Pradesh. Using a mixed-method research design, the study combined quantitative surveys and qualitative interviews to gather data from 500 individuals, including both ethnic minorities and majority groups. The findings revealed that peacebuilding initiatives, such as community dialogues and social integration programs, significantly improved social cohesion, economic participation, and local entrepreneurship. However, the study did not assess the long-term sustainability of these initiatives, leaving a gap in understanding how these programs could maintain their effectiveness over extended periods. This gap is particularly relevant to Garissa, where long-term socio-economic stability is a critical concern. For instance, while the study highlighted immediate benefits such as improved social cohesion and economic participation, it did not explore how these initiatives could be sustained in the face of ongoing socio-political challenges. In Garissa, where inter-ethnic tensions and resource scarcity persist, understanding the long-term sustainability of peacebuilding efforts could provide valuable insights for policymakers aiming to foster enduring socio-economic development.

Zhang et al. (2020) investigated the effects of peacebuilding and social integration on socio-economic outcomes in ethnically diverse communities in China. Using a longitudinal research design, the study followed 600 participants over five years and found that social integration and peacebuilding programs, such as educational

initiatives and cultural exchanges, led to improved community relationships, higher employment rates, and increased local economic activity. However, the study did not explore how these effects could be replicated in rural or remote regions, which presents a potential gap for further research in areas like Garissa. For example, while the study demonstrated the effectiveness of peacebuilding programs in urban and semi-urban areas, it did not address the unique challenges of implementing such programs in rural or remote regions, where infrastructure and resources may be limited. In Garissa, where rural-urban disparities exist, understanding how peacebuilding initiatives can be tailored to address the specific needs of rural communities could provide a roadmap for inclusive development.

Meyer and Weber (2017) study in Germany examined how peacebuilding and social integration affect socio-economic outcomes, particularly in urban areas with high immigrant populations. Using a case study approach, the researchers focused on two cities, Berlin and Munich, where social integration programs had been implemented in response to migration crises. The findings revealed that immigrants who participated in peacebuilding and integration programs were more likely to secure stable employment and integrate into the community. However, the study highlighted the need for more research on the role of local government policies in sustaining peacebuilding efforts. This gap is particularly relevant to Garissa, where local policies and governance structures may significantly influence the effectiveness of peacebuilding and social integration initiatives. For instance, while the study demonstrated the immediate benefits of integration programs, it did not explore how local government policies could support or hinder these efforts over time. In Garissa, where governance challenges and political dynamics are prevalent, understanding the role of local policies in sustaining

peacebuilding initiatives could provide valuable insights for fostering long-term socio-economic stability.

Johansson and Lindberg (2019) study in Sweden explored the role of peacebuilding and social integration in shaping socio-economic outcomes, particularly in areas with significant refugee populations. Using a cross-sectional research design, the study surveyed 700 individuals, including refugees and host community members, and found that refugees who participated in peacebuilding programs demonstrated greater social integration and had higher employment rates compared to those who did not. However, the research identified a gap in understanding how socio-political challenges, such as political discourse and public attitudes toward refugees, affect the success of integration programs. This gap is highly relevant to Garissa, where political and community dynamics could significantly influence the outcomes of peacebuilding efforts. For example, while the study highlighted the benefits of peacebuilding programs for refugees, it did not explore how political rhetoric or public perceptions could undermine these efforts. In Garissa, where inter-ethnic tensions and political instability are prevalent, understanding the interplay between socio-political factors and peacebuilding initiatives could provide valuable insights for fostering inclusive development.

Adebayo and Olayinka (2018) study in Nigeria examined how peacebuilding efforts in conflict-prone regions influenced socio-economic outcomes such as employment, health, and education. Using a mixed-method design, the study found that peacebuilding initiatives, including community dialogue and reintegration programs, resulted in improved local economies, higher employment rates, and better health outcomes. However, the study did not consider the role of government policies in

sustaining these initiatives, which could be an important factor in Garissa. For instance, while the study highlighted the immediate benefits of peacebuilding programs, it did not explore how government support or lack thereof could impact the long-term sustainability of these efforts. In Garissa, where government capacity and political will are critical to the success of peacebuilding initiatives, understanding the role of government policies could provide valuable insights for fostering enduring socio-economic development.

Nkosi et al. (2020) study in South Africa explored the impact of peacebuilding and social integration on socio-economic outcomes in areas affected by apartheid-era divisions. Using a quasi-experimental design, the study found that peacebuilding efforts led to improvements in social trust, higher employment rates, and better access to social services. However, the research did not fully consider the broader socio-political landscape and its impact on the success of peacebuilding programs. This gap is particularly relevant to Garissa, where socio-political factors such as inter-ethnic tensions and governance challenges may significantly influence the outcomes of peacebuilding initiatives. For example, while the study demonstrated the benefits of peacebuilding programs in improving social trust and employment, it did not explore how broader socio-political dynamics could undermine these efforts. In Garissa, where socio-political challenges are prevalent, understanding the interplay between these factors and peacebuilding initiatives could provide valuable insights for fostering inclusive development.

Nguema et al. (2017) study in Cameroon assessed the impact of peacebuilding and social integration on socio-economic outcomes in areas affected by civil conflict. The study found that areas where peacebuilding programs had been implemented saw a

notable increase in local economic activity, improved healthcare access, and greater educational outcomes. However, the study identified a gap in understanding how the success of these programs could be replicated in other conflict-affected areas. This gap is highly relevant to Garissa, where the unique dynamics of inter-ethnic conflict and local governance may require tailored approaches to peacebuilding. For instance, while the study highlighted the benefits of peacebuilding programs in improving socio-economic outcomes, it did not explore how these programs could be adapted to address the specific challenges of other conflict-affected regions. In Garissa, where inter-ethnic tensions and resource scarcity are prevalent, understanding how peacebuilding initiatives can be tailored to address these challenges could provide valuable insights for fostering inclusive development.

Mwangi and Kimani (2019) study in Kenya explored the effects of peacebuilding and social integration on socio-economic outcomes in Garissa County. Using a mixed-method research design, the study found that peacebuilding initiatives, including inter-ethnic dialogues and community development programs, had positive impacts on local employment, income levels, and community trust. However, the research identified a gap in understanding how the broader political and security environment in Garissa affects the sustainability of peacebuilding efforts. This gap presents an opportunity for further research into the specific challenges Garissa faces in maintaining social integration and peacebuilding initiatives. For example, while the study highlighted the immediate benefits of peacebuilding programs, it did not explore how ongoing political instability and security challenges could undermine these efforts over time. In Garissa, where these challenges are prevalent, understanding how to sustain peacebuilding initiatives in the face of such obstacles could provide valuable insights for fostering long-term socio-economic stability.

## 2.5 Research Gap

Despite extensive research on sports programs and their socio-economic impact, significant gaps remain in understanding how such initiatives function in conflict-prone and rural settings like Garissa Town. Prior studies have primarily focused on urban environments or stable societies, overlooking the complexities of post-conflict regions. Additionally, most research does not evaluate the long-term sustainability of sports-driven peace-building efforts or their broader economic implications. Addressing these gaps is crucial for developing effective policies and programs that maximize the benefits of sports for peace and development in socio-economically disadvantaged areas. The table below highlights the gaps in existing literature and how the current study aims to bridge them.

**Table 2.1: Research Gap**

Author	Year	Topic	Findings	Research Gap	Current Study
Lim	2022	Effects of sports programs on socio-economic outcomes in South Korea	Sports programs improved employment rates, self-esteem, and education levels among youth in urban areas.	Lacked longitudinal data and did not focus on marginalized communities outside urban settings.	Investigating long-term socio-economic benefits of football stadiums in Garissa, particularly for marginalized groups.
Husni	2020	Sports programs as peace-building tools in Singapore	Sports programs enhanced social integration, reduced ethnic tensions, and improved employment opportunities.	Focused on urban areas; did not consider rural or post-conflict contexts.	Examining the role of football stadiums in fostering peace and socio-economic development in Garissa's rural and conflict-affected areas.

Niehoff, Steringer, & Wehmeier	2020	Sports programs and socio-economic development in refugee communities in Germany	Sports programs helped reduce tensions, facilitated social integration, and improved employment outcomes.	Did not explore long-term local economic development effects.	Assessing the long-term economic impact of football stadiums on local businesses and employment in Garissa.
Tan	2022	Impact of football stadiums on socio-economic outcomes in low-income urban communities	Improved physical health, community engagement, and employment prospects.	Did not explore the long-term economic sustainability of football stadiums.	Investigating how football stadiums can sustain economic growth and business opportunities in Garissa.
Zhang et al.	2023	Football stadiums and socio-economic outcomes in rural China	Increased youth engagement, employment, and education.	Did not consider socio-political factors affecting sports development.	Examining how inter-ethnic tensions and post-conflict dynamics affect football stadium success in Garissa.
Martin et al.	2019	Football stadiums and social cohesion in urban areas	Led to reduced crime, higher employment, and improved community relations.	Did not assess the long-term impact on local businesses.	Evaluating how football stadiums contribute to entrepreneurship and local economic transformation in Garissa.
Nobis & El-Kayed	2019	Role of football stadiums in promoting local entrepreneurship	Found that stadium events attracted tourists and boosted business.	Did not examine scalability to larger urban centers.	Exploring how football stadiums can drive entrepreneurship in Garissa's urbanizing environment.
Kwon & Lee	2020	Effects of football	Enhanced academic	Did not explore	Investigating the role of

		stadiums on youth development	achievement and career prospects.	broader economic impacts like business growth and job creation.	football stadiums in addressing youth unemployment and enterprise development in Garissa.
Singh & Patel	2018	Peacebuilding and socio-economic outcomes in conflict-affected regions in India	Improved social cohesion, economic participation, and entrepreneurship.	Did not assess long-term sustainability of initiatives.	Examining how football stadiums can support sustained socio-economic stability in Garissa.
Zhang et al.	2020	Peacebuilding and social integration in ethnically diverse communities in China	Social integration programs led to improved employment and economic activity.	Did not explore how effects could be replicated in rural areas.	Investigating how football stadiums can be tailored to rural settings in Garissa.
Meyer & Weber	2017	Peacebuilding and social integration in immigrant communities in Germany	Integration programs improved employment and social cohesion.	Did not examine the role of local government policies in sustaining peace initiatives.	Exploring how local governance structures influence the success of football stadium initiatives in Garissa.

## 2.6 Operationalization of Variable

The main area of focus in this research is to determine the influence of sports for peace and development on socio-economic outcomes.

**Table 2. 2: Operationalization of Study Variables**

Variable	Operational Definition	Measurement Indicators	Supporting Literature
Sports Programs	Activities designed to promote physical activity and competition.	Number of organized sports events, participation rates, Level of community involvement in sports programs, Allocation of resources to sports programs. Statement will be captured on a Likert scale of 1-5	Gratton & Taylor (2000); Humphreys & Ruseski (2006); Kidd & Donnelly (2001)
Sports Programs as Peacebuilding	The utilization of sports programs to promote peace, reconciliation, and conflict resolution.	Reduction in violent incidents, surveys on perceived Impact on community cohesion, qualitative interviews With program participants. Statement will be captured on a Likert scale of 1-5	Coalition for Peace in Africa (2005); Lederach (1997); Bourne (2007); Armstrong (2007)
Sports Infrastructure	Physical facilities and resources used for sports activities.	Availability and accessibility of sports facilities,	Bale, John, and Christos Kassimeris (2004); De Bosscher et al. (2006); Downward & Dawson (2000)

		quality of infrastructure, investment in facilities.		
		Statement will be captured on a Likert scale of 1-5		
Peacebuilding and Social Integration	Efforts to promote social cohesion, reconciliation, and integration through various activities including sports.	Surveys measuring community trust and cooperation, participation in community events promoting peace, qualitative assessments of intergroup relationships. Statement will be captured on a Likert scale of 1-5	Galtung (1996); Lederach (1995); Saferworld (2008); Homer-Dixon (1999)	
Socio-Economic Outcomes	The economic and social indicators of well-being and development within the community.	Employment rates, income levels, access to education and healthcare facilities, Poverty levels. Statement will be captured on a Likert scale of 1-5	Coates & Vickerman (2008); Darnell, Hayhurst, & Kidd (2010); Coalter (2010)	

**2.7 Conceptual Framework**

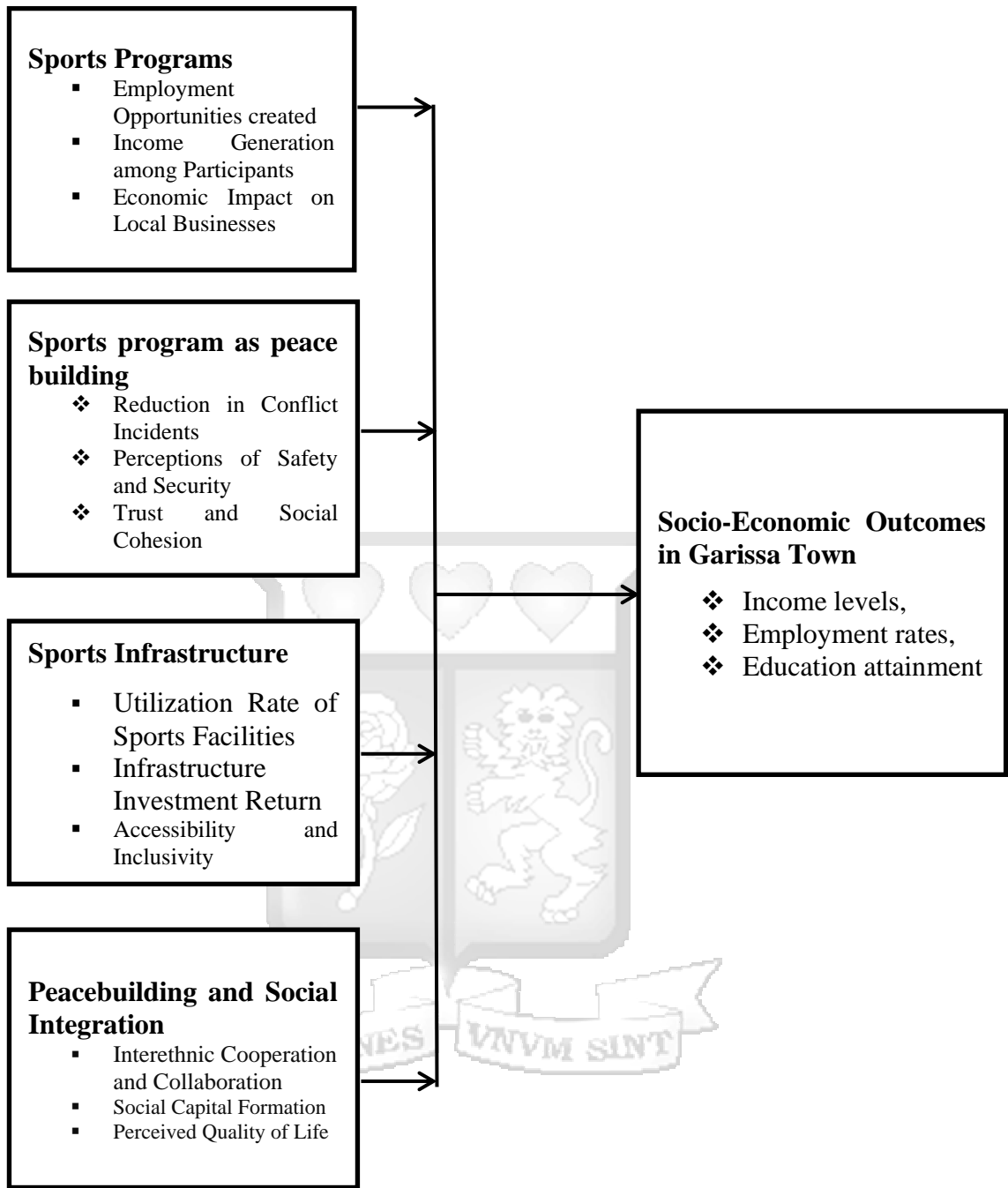
A conceptual frame shows the relationship between independent variables and dependent variable. In this study, the independent variables are sports programs, sports program as peace building, sports infrastructure and peacebuilding and social

integration while the dependent variable is Socio-Economic Outcomes in Garissa Town and Community Participation as the intervening variable.

## **2.8 Chapter summary**

This chapter will present theoretical review of the study. It also represents a review of literature on four key areas namely, the effects of sports programs on socio-economic outcomes; the effects of sports programs as peace-building on socio-economic outcomes; the sports infrastructure on socio-economic outcomes and the effects of peacebuilding and social integration on socio-economic outcomes in Garissa Town. The next chapter discusses the research methodology used in carrying out this study.





**Independent Variables**

**Dependent Variable**

**Figure 2. 1: Conceptual Framework:  
Source Researcher 2024**

## CHAPTER THREE

### RESEARCH METHODOLOGY

#### 3.1 Introduction

In this chapter, the researcher explains the research methods used to examine how sports contribute to peace and development and their impact on socio-economic outcomes in Garissa Town. The chapter covers the research design, data collection process, and ethical considerations, providing a clear framework for understanding the connection between sports, peacebuilding, and economic and social progress.

#### 3.2 Research Philosophy

Research philosophy is a fundamental component of a research project that outlines the underlying beliefs and assumptions guiding the research process (Tamminen & Poucher, 2020). It provides a framework for understanding the nature of knowledge and the way in which knowledge is acquired (Khatri, 2020). The research adopted a pragmatic research philosophy, recognizing the need for both quantitative and qualitative approaches to comprehensively explore the multi-faceted impact of sports on socio-economic outcomes.

#### 3.3 Research Design

Research design is a structured plan or blueprint that outlines the procedures, methods, and strategies for conducting a research study. It serves as a framework to guide the collection, analysis, and interpretation of data (Sileyew, 2019). A descriptive research design was utilized, allowing for the systematic collection and analysis of quantitative data to elucidate the relationship between sports interventions and socio-economic indicators within the context of Garissa Town.

### 3.4 Target Population

The target population in a research study refers to the entire group of individuals or elements that the researcher is interested in studying and to which the study's findings are intended to be generalized (Stratton, 2021). The study's targeted residents of Garissa Town, specifically focusing on 1200 youth participants involved in the sports program and 110 local stakeholders engaged in sports initiatives. The local stakeholders were identified based on their direct involvement in sports-related activities, including government officials from the Garissa County Sports Department, representatives from non-governmental organizations (NGOs) supporting sports programs, community leaders, sports coaches, and local business sponsors. This definition ensures that the study incorporates the perspectives of those directly contributing to and benefiting from sports-driven peace and development efforts.

**Table 3. 1: Target Population**

<b>Categories</b>	<b>Frequency</b>
Youth Participants	1200
Local Stakeholders	110
<b>Total</b>	<b>1310</b>

**Garissa County Government Report (2024)**

### 3.5 Sampling Design

#### 3.5.1 Sampling Technique

The study employed stratified random sampling to ensure a representative and diverse sample. Stratification involved categorizing the target population into distinct strata based on relevant characteristics such as age, gender, level of sports involvement, and community roles. Within each stratum, random sampling was applied to select participants, ensuring fair representation across various demographic and participation categories. Stratified random sampling was chosen to account for the diversity within the target population, ensuring proportional representation across strata. This approach

enhances the study’s validity and generalizability by minimizing biases that may arise from focusing on specific subgroups.

### 3.5.2 Sample Size

The sample size was determined using a statistically sound method, such as the formula for calculating sample size in a stratified random sampling design. Considering this, with a confidence level of 90%, a margin of error of 10% is deemed acceptable. To ensure a sample size aligning with the study's objectives, the researcher opted for Yamane's formula, which is expressed as follows:

$$n = \frac{N}{1 + N(e)^2}$$

Where  $n$  is the sample size,  $N$  is the population size and  $e$  are the margin of error.

$$n = \frac{1310}{1 + 1310(0.1)^2}$$

$$n = 93$$

A sample size of 93 respondents was determined to be sufficient, balancing precision and feasibility while ensuring reliable and generalizable results. The sample distribution across the two strata was calculated proportionally.

**TABLE 3. 1: SAMPLE SIZE**

Categories	Frequency	Sample Ratio	Sample Size
Youth Participants	1200	14.1	85
Local Stakeholders	110	14.1	8
<b>Total</b>	<b>1310</b>		<b>93</b>

**Garissa County Government Report (2024)**

### 3.6 Instrumentation

Primary data was gathered using structured questionnaires administered to the target respondents. These questionnaires contained closed-ended questions designed to collect numerical data, ensuring a systematic measurement of socio-economic factors

for subsequent statistical analysis. Questionnaires were physically distributed and collected through a drop-and-pick-later approach.

### **3.6 Research Quality**

A research was undertaken to assess the accuracy and consistency of the tool. According to Mugenda (2008), piloting refers to conducting first tests of data gathering instruments and methods for the project. This facilitated the identification and resolution of difficulties, allowing researchers to make essential modifications to devices and data collecting procedures, hence assuring the dependability and accuracy of the obtained data. The researcher proposes that doing a pilot study enhanced the research process by enabling them to get familiarity with the research and its administrative procedures. Furthermore, the pilot study allowed the researcher to identify any elements that need to be modified. The findings helped address any discrepancies that may arise from the research tools, ensuring that the tools accurately assess the desired variables.

### **3.7 Pilot Testing**

The pilot study was conducted in Garissa Town with a sample of 10% of the final sample size (9 respondents: 8 youth participants and 1 local stakeholder). These respondents were selected to reflect the diversity of the actual study population. The feedback from the pilot study informed modifications to improve question clarity and ensure consistency in responses.

#### **3.7.1 Validity of Research Instruments**

Validity refers to the extent to which the research instruments accurately measured the intended constructs. In this study, validity was ensured through several approaches. Face validity was achieved by having experts in sports development, peacebuilding,

and socio-economic research review the questionnaires. Their feedback confirmed that the items appeared relevant and appropriate for the study's objectives. Content validity was ensured by thoroughly assessing the questionnaire items to confirm that they comprehensively covered all aspects of the study variables, including the influence of sports on peace and socio-economic outcomes in Garissa Town. This alignment with the study's objectives guaranteed comprehensive coverage. Additionally, construct validity was established by performing correlation analysis to determine the extent to which the questionnaire items accurately measured the theoretical constructs they were intended to assess.

### 3.7.2 Reliability of Research Instruments

Reliability refers to the consistency and stability of the research instruments over time. A pilot study was conducted involving 10% of the total sample (approximately 9 respondents) from a similar demographic in Garissa Town. The collected data underwent correlation analysis, and Cronbach's alpha was used to assess internal consistency. A threshold of 0.7 was considered acceptable for reliability (Bolarinwa, 2015).

**Table 3. 3: Reliability Test**

Study Constructs	Test Items	Alpha Coefficient
Sports Programs	7	0.8431
Sports program as peace building	7	0.8550
Sports Infrastructure	7	0.7931
Peacebuilding and Social Integration	7	0.8423
Socio-Economic Outcomes in Garissa Town	7	0.8233

As shown in Table 3.3, the reliability test results demonstrate high internal consistency for all study constructs. The alpha coefficient for Sports Programs was 0.8431,

confirming the reliability of the questions assessing the influence of sports programs. For Sports Program as Peace Building, the alpha coefficient was 0.8550, indicating a high level of consistency. Sports Infrastructure had an alpha coefficient of 0.7931, which is slightly below the threshold but still acceptable for research purposes. Peacebuilding and Social Integration recorded an alpha of 0.8423, confirming the reliability of the related questions. Lastly, Socio-Economic Outcomes in Garissa Town had an alpha coefficient of 0.8233, supporting the consistency of the items under this construct. These results align with the study's reliability requirements and affirm the suitability of the research instruments for data collection.

### **3.7 Data Collection Procedures**

The study primarily utilized the collection of primary data through standardized questionnaires that contain closed-ended questions. Questionnaires have been chosen as the main instrument for collecting data because of their methodical approach to acquiring information and their analytical capacity to inform strategic decision-making. Fisher (2020) highlights that surveys are effective in maintaining respondent anonymity, hence promoting honesty, particularly when dealing with delicate subjects like governance or management. The questionnaire items were evaluated using a Likert scale, with a rating of 5 indicating "strongly agree," 4 denoting "agree," 3 representing "neutral," 2 signifying "disagree," and 1 indicating "strongly disagree." The study utilized the drop-and-pick-later approach to distribute the questionnaires, with experienced research assistants offering support. Subsequent protocols were put in place to guarantee the prompt retrieval of filled-out questionnaires. This approach is specifically tailored to ensure the accuracy, consistency, and suitability of the gathered data for the objectives of this research.

### 3.8 Data Analysis Procedures

After collecting data, the obtained data was edited to remove errors and ensure completeness. The data was then coded in readiness for analysis. The analysis of the influence of sports for peace and development on socio-economic outcomes was conducted using measures of central tendency (i.e., mean) and measures of dispersion (i.e., standard deviation). The study employed Spearman correlation to determine the direction and strength of the relationship between the independent variables and the dependent variable.

Furthermore, data analysis was conducted using the Probit regression analysis model to examine the relationship between sports programs, peace-building initiatives, sports infrastructure, and social integration with socio-economic outcomes in Garissa Town. The Statistical Package for the Social Sciences (SPSS) software was used to fit the regression model and analyze whether the independent variables had a significant relationship with the dependent variable.

The presentation of the results was done through pie charts, tables, and graphs. The regression analysis model was structured as follows:

$$SE = \alpha + \beta_1SP + \beta_2PB + \beta_3SI + \beta_4SI + \varepsilon \dots\dots\dots \text{Equation 3.1}$$

Where; SE = Represents socio-economic outcomes in Garissa Town SP = Represents sports programs PB = Represents peace-building initiatives through sports SI = Represents sports infrastructure SI = Represents social integration  $\beta_1 - \beta_4$  = Represents the coefficients of the study independent variables  $\varepsilon$  = Represents the error term for the regression model. The findings will be presented in Table and Figures.

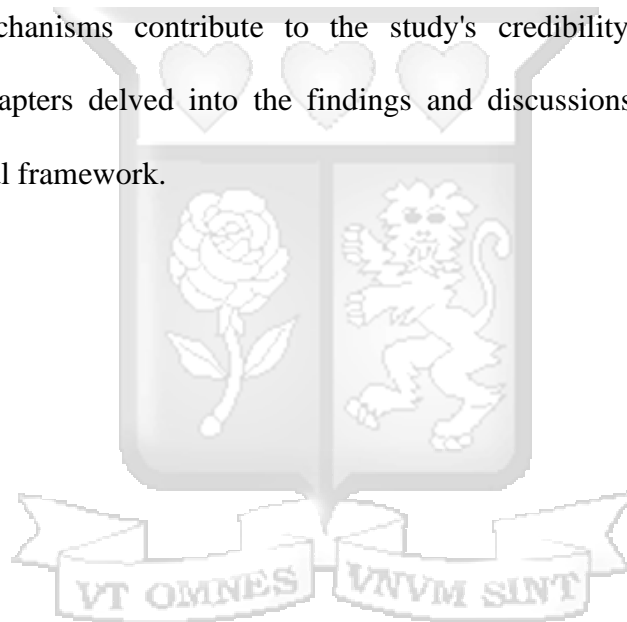
### 3.9 Ethical Considerations

The study prioritizes ethical considerations by ensuring participant confidentiality, privacy, and informed consent. Anonymizing data and using participant codes during

analysis safeguards identities. Obtaining informed consent guarantees participants' understanding of the study, its risks, and benefits. The study adhered to ethical guidelines, by seeking approval from SU-IERB (Research Ethics Board) and acquiring a permit from NACOSTI to conduct the research.

### **3.10 Chapter Summary**

Chapter three establishes a healthy research methodology for the study, incorporating a pragmatic research philosophy, a mixed research design, and a detailed plan for data collection, sampling, and analysis. Ethical considerations and research quality assurance mechanisms contribute to the study's credibility and reliability. The subsequent chapters delved into the findings and discussions emanating from this methodological framework.



## CHAPTER FOUR

### RESULTS AND INTERPRETATION

#### 4.1 Introduction

This chapter outlines the results derived from the data analysis, offering interpretations and discussions based on the findings. The main goal of this research was to examine how sports programs contribute to peace and development, specifically in terms of socio-economic impacts. The findings are structured around the study's research objectives and are designed to answer the research questions. To ensure clarity, the analyzed data is presented through tables and figures for better understanding and visualization.

#### 4.2 Response Rate

The data for this study was obtained through a survey conducted among Youth Participants and Local Stakeholders residing in Garissa Town. A total of 93 questionnaires were distributed, and 83 complete responses were received, representing a response rate of 89.3%. All 83 complete questionnaires were deemed viable for inclusion in the analysis. The response rate is presented in Table 4.1 below.

**Table 4. 1: Response Rate**

<b>Response Category</b>	<b>Youth Participants</b>	<b>Local Stakeholders</b>	<b>Total</b>	<b>Percentage (%)</b>
Distributed Questionnaires	85	8	93	100.0
Returned Questionnaires	76	7	83	89.3

*Source: Researcher (2024)*

The response rate of 89.3% is considered highly satisfactory based on established research guidelines. Wu et al. (2022) suggest that a response rate of 50% is sufficient for analysis and reporting, with rates of 60% or higher deemed good, and above 70% regarded as excellent. Sileyew (2019) shares a similar viewpoint, stating that a response

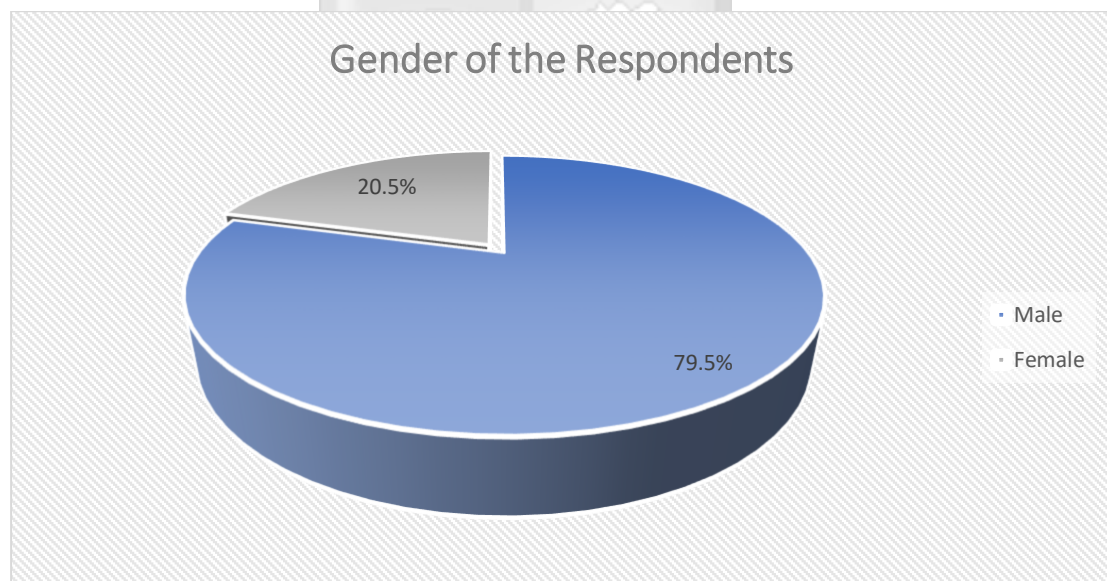
rate exceeding 70% is considered very good. Therefore, according to these criteria, the response rate achieved in this study is robust, supporting the validity of the findings as a majority of the targeted respondents successfully completed and returned their questionnaires.

### 4.3 Demographic Respondent Profile

The respondents' demographic profile was discussed in this section. This included their Gender, Age, Educational Level, Occupation and Level of Involvement in Sports Programs in Garissa County.

#### 4.3.1 Gender of the Respondents

The Figure 4.1 below presents the gender distribution of the respondents in the study.



**Figure 4. 1: Gender of The Respondents**

*Source: Researcher (2024)*

According to the findings in Figure 4.1, the majority of respondents were male, accounting for 79.5% (66 out of 83), while females represented only 20.5% (17 out of 83). This gender disparity in the sample could be attributed to cultural and societal norms in Garissa Town, where sports and physical activities are traditionally more associated with males. However, it is essential to acknowledge the importance of

including both genders in sports programs for peace and development, as their diverse contributions can significantly enhance socio-economic outcomes and promote gender equality. Including a balanced representation of both genders is crucial to ensure comprehensive and equitable benefits from such programs.

#### 4.3.2 Age of the Respondents

The Table 4.2 below presents the age distribution of the respondents in the study.

**Table 4.2: Age of The Respondents**

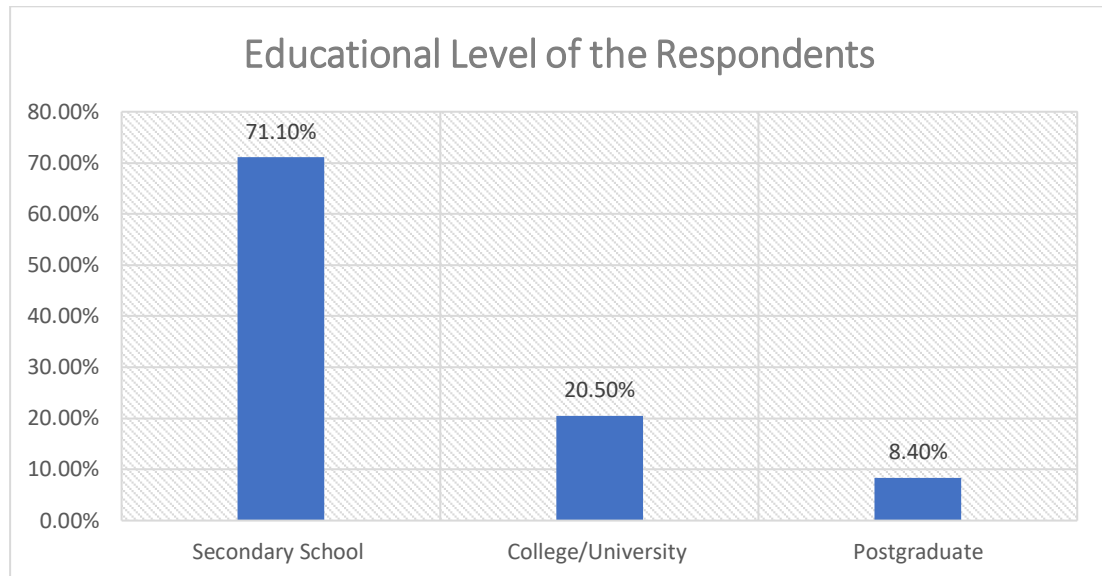
		Frequency	Percent
<b>Valid</b>	18-24 Years	46	55.4
	25-35 Years	37	44.6
	<b>Total</b>	<b>83</b>	<b>100.0</b>

*Source: Researcher (2024)*

As per the findings in Table 4.2, the majority of respondents (55.4%) belonged to the age group of 18-24 years (46 out of 83), while the remaining 44.6% were in the 25-35 years age group (37 out of 83). This age distribution is statistically viable and reflects the common target demographics for sports programs aimed at peace and development, which often focus on the youth population. Younger individuals are typically more receptive to such initiatives and can be positively influenced by them. Furthermore, including both younger and older youth ensures a diverse range of perspectives and experiences, enriching the understanding of the socio-economic outcomes of these programs. The age distribution of the sample is representative of the target population and aligns with the study's objectives.

## Educational Level of the Respondents

The Figure 4.2 below presents the educational levels of the respondents in the study.



**Figure 4. 2: Educational Level of The Respondents**  
**Source: Researcher (2024)**

According to the findings in Figure 4.2, a significant majority of the respondents, 59 (71.1%), had completed secondary school education, while 17 (20.5%) had attained a college or university degree. Only a small proportion, 7 (8.4%), of the respondents had pursued postgraduate studies. This distribution of educational levels is statistically viable and reflects the target communities for sports programs aimed at peace and development, where access to higher education may be limited. Additionally, including respondents with varying educational backgrounds ensures a comprehensive analysis of the socio-economic outcomes of these programs across different segments of the population, providing valuable insights into their broader impact.

### 4.3.3 Occupation of the Respondents

The Table 4.3 below presents the occupation distribution of the respondents in the study.

**Table 4. 3: Occupation of the Respondents**

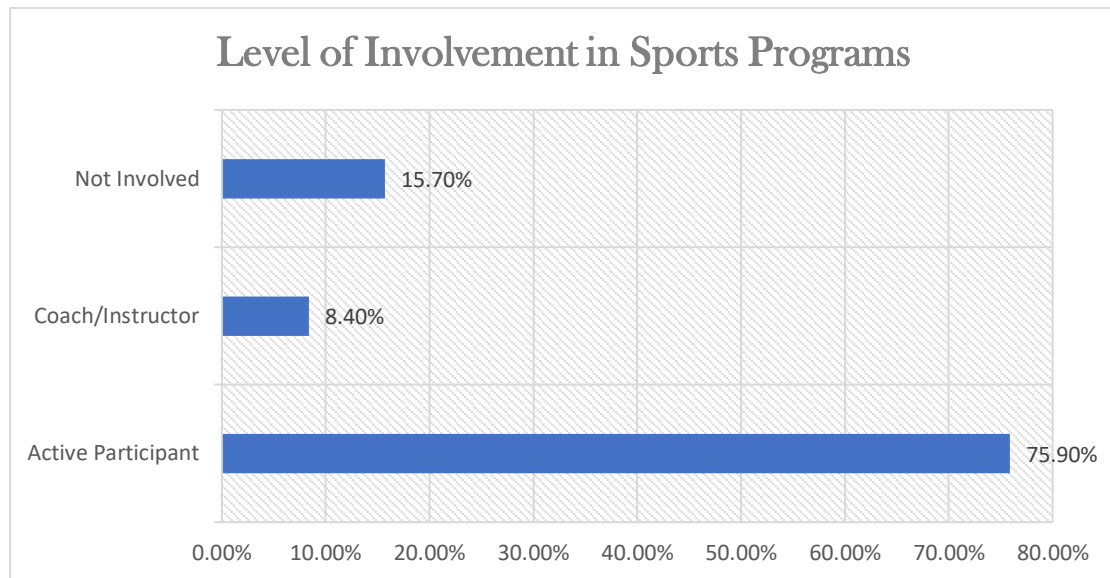
		<b>Frequency</b>	<b>Percent</b>
<b>Valid</b>	Student	16	19.3
	Employed	1	1.2
	Self-employed	19	22.9
	Unemployed	47	56.6
	<b>Total</b>	<b>83</b>	<b>100.0</b>

*Source: Researcher (2024)*

As per the findings in Table 4.3, a significant proportion of the respondents, 47 (56.6%), were unemployed. Additionally, 19 (22.9%) reported being self-employed, while 16 (19.3%) were students. Only 1 (1.2%) of the respondents was employed in the formal sector. This occupational distribution is statistically viable and underscores the socio-economic challenges faced by the target population in Garissa Town. The high unemployment rate and prevalence of self-employment suggest a scarcity of formal employment opportunities, contributing to economic instability and vulnerability. In such contexts, sports programs for peace and development can play a crucial role in empowering individuals, fostering social cohesion, and promoting sustainable livelihoods through sports-related initiatives. The study's findings highlight the relevance of these programs in addressing the socio-economic needs of the community.

#### 4.3.4 Level of Involvement in Sports Programs

The Figure 4.3 below presents the level of involvement of the respondents in sports programs for peace and development.



**Figure 4. 3: Level of Involvement in Sports Programs**

**Source: Researcher (2024)**

According to the findings in Figure 4.3, a significant majority of the respondents, 63 (75.9%), were active participants in these programs. Additionally, 7 (8.4%) of the respondents were involved as coaches or instructors, while 13 (15.7%) reported not being involved in any sports programs. This high level of active participation is statistically viable and suggests strong community engagement and interest in sports programs. Such participation can foster social cohesion, promote peace and development, and contribute to positive socio-economic outcomes. Furthermore, the involvement of coaches and instructors highlights the presence of a supportive infrastructure and a commitment to sustaining these initiatives. However, the fact that 15.7% of respondents are not involved in sports programs indicates a need for further outreach and inclusivity efforts to ensure the benefits of these programs reach a broader

population. The study's findings emphasize the importance of sports programs for peace and development in Garissa Town and their potential impact on the community.

#### 4.4 Descriptive Statistics

In this section, the analysis employed descriptive statistical measures such as frequencies, percentages, mean, and standard deviation.

##### 4.4.1 Sports Programs on Socio-Economic Outcomes

The study aimed to assess the effects of sports programs on socio-economic outcomes in Garissa Town. The results, as presented in Table 4.4 below.

**Table 4. 4: Sports Programs on Socio-Economic Outcomes**

	N	Mean	Std. Deviation
Engaging in sports programs significantly enables economic empowerment in Garissa County.	83	4.06	.738
Active participation in sports substantially enhances essential life skills, contributing to improved socio-economic outcomes.	83	4.24	.742
Sports programs serve as a driving force for community development, substantially boosting socio-economic conditions.	83	4.16	.689
Being part of organized sports programs positively influences income-generating opportunities, contributing to improved socio-economic outcomes.	83	4.27	.813
The promotion of sports-related entrepreneurship has a direct correlation with fostering enhanced socio-economic outcomes.	83	4.36	.820
Improved physical health through sports directly translates to increased productivity and economic stability.	83	4.24	.932
Investing in sports education is crucial for equipping individuals with skills that significantly impact their socio-economic status.	82	4.27	.817
Valid N (listwise)	82		

*Source: Researcher (2024)*

As shown in Table 4.4, the findings revealed that the majority of the respondents strongly agreed that engaging in sports programs significantly enables economic empowerment in Garissa County, as supported by a mean score of 4.06 and a standard deviation of 0.738. This finding is in line with a study conducted by Lorenzo et al.

(2019), which revealed that participation in sports programs contributes to economic empowerment by developing essential skills and providing opportunities for income generation.

The study also revealed that the majority of the respondents strongly agreed that active participation in sports substantially enhances essential life skills, contributing to improved socio-economic outcomes, as supported by a mean score of 4.24 and a standard deviation of 0.742. This finding is consistent with the work of Murungu (2023), who demonstrated that sports programs foster the development of critical life skills, and such as teamwork, discipline, and problem-solving, which are crucial for socio-economic success.

Furthermore, the study revealed that the majority of the respondents strongly agreed that sports programs serve as a driving force for community development, substantially boosting socio-economic conditions, as supported by a mean score of 4.16 and a standard deviation of 0.689. This finding aligns with the research conducted by Falcao et al. (2020), which highlighted the role of sports programs in promoting community cohesion, fostering social inclusion, and creating opportunities for economic growth.

The study revealed that most of the respondents agreed that being part of organized sports programs positively influences income-generating opportunities, contributing to improved socio-economic outcomes, as supported by a mean score of 4.27 and a standard deviation of 0.813. This finding is consistent with the work of Dadzie et al. (2020), who found that participation in sports programs can lead to increased employability, entrepreneurial opportunities, and access to economic resources.

Further, the study revealed that most respondents agreed that the promotion of sports-related entrepreneurship has a direct correlation with fostering enhanced socio-

economic outcomes, as supported by a mean score of 4.36 and a standard deviation of 0.820. This finding is in line with the research conducted by Acquah-Sam (2021), which highlighted the potential of sports-related businesses and industries in creating employment opportunities and driving economic growth.

Lastly, the study revealed that the majority of the respondents strongly agreed that improved physical health through sports directly translates to increased productivity and economic stability, as supported by a mean score of 4.24 and a standard deviation of 0.932. This finding aligns with the work of Godinić and Obrenovic (2020), which demonstrated the positive impact of physical activity and good health on individual productivity, reducing healthcare costs, and promoting overall economic stability.

#### 4.4.2 Sports Programs as Peace-Building on Socio-Economic Outcomes

The study aimed to examine the effects of sports programs as peace-building on socio-economic outcomes in Garissa Town. Table 4.5 showed the obtained results.

**Table 4. 5: Sports Programs as Peace-Building on Socio-Economic Outcomes**

	N	Mean	Std. Deviation
Sports play a significant role in fostering social cohesion, thereby substantially contributing to peace and stability, consequently influencing positive socio-economic outcomes in Garissa County.	83	4.05	1.058
Peaceful interactions within sports programs create a conducive environment for economic development.	83	4.31	.795
Sports serve as a platform for conflict resolution, indirectly influencing positive socio-economic outcomes.	83	3.95	1.023
In communities where sports are embraced, there is a noticeable reduction in social tensions, leading to improved economic activities.	83	3.99	.969
The collaborative nature of team sports promotes unity, a fundamental element for socio-economic growth.	83	4.02	.937
Integrating peace-building initiatives into sports programs has a direct impact on reducing crime rates, thereby positively affecting the local economy.	83	4.06	1.086

Sports events and tournaments act as cultural bridges, fostering understanding and peace among diverse communities, thereby influencing socio-economic outcomes positively.	83	3.93	1.187
Valid N (listwise)	83		

**Source: Researcher (2024)**

As shown in Table 4.5, the findings revealed that the majority of the respondents strongly agreed that sports play a significant role in fostering social cohesion, thereby substantially contributing to peace and stability, consequently influencing positive socio-economic outcomes in Garissa County, as supported by a mean score of 4.05 and a standard deviation of 1.058. This finding is in line with the study conducted by Zipp, (2020), which revealed that sports programs promote social integration, reduce prejudices, and create a sense of belonging, contributing to a peaceful environment conducive to economic growth.

The study also revealed that the majority of the respondents strongly agreed that peaceful interactions within sports programs create a conducive environment for economic development, as supported by a mean score of 4.31 and a standard deviation of 0.795. This finding is consistent with the work of Lindblom et al. (2022), who found that sports programs that foster peaceful interactions and conflict resolution can contribute to a stable environment, attracting investments and promoting economic activities.

Furthermore, the study revealed that the majority of the respondents agreed that sports serve as a platform for conflict resolution, indirectly influencing positive socio-economic outcomes, as supported by a mean score of 3.95 and a standard deviation of 1.023. This finding is in line with the research conducted by Ratzmann (2019), which demonstrated that sports programs can provide a neutral ground for individuals from

diverse backgrounds to engage in constructive dialogue and resolve conflicts, leading to improved social and economic conditions.

The study revealed that most of the respondents agreed that in communities where sports are embraced, there is a noticeable reduction in social tensions, leading to improved economic activities, as supported by a mean score of 3.99 and a standard deviation of 0.969. This finding is consistent with the work of Winston (2022), who found that communities that embrace sports programs tend to experience lower levels of violence and social unrest, creating a more stable environment for economic activities to thrive.

Further, the study revealed that most respondents agreed that the collaborative nature of team sports promotes unity, a fundamental element for socio-economic growth, as supported by a mean score of 4.02 and a standard deviation of 0.937. This finding is in line with the research conducted by Kao (2019), which highlighted the ability of team sports to foster teamwork, cooperation, and a sense of unity among participants, contributing to a cohesive society that supports economic development.

The study revealed that the majority of the respondents agreed that integrating peace-building initiatives into sports programs has a direct impact on reducing crime rates, thereby positively affecting the local economy, as supported by a mean score of 4.06 and a standard deviation of 1.086. This finding aligns with the work of Mwine (2023), which demonstrated that sports programs that incorporate peace-building elements can provide positive alternatives for at-risk youth, reducing their involvement in criminal activities and creating a safer environment for economic activities to flourish.

#### 4.4.3 Sports Infrastructure on Socio-Economic Outcomes

The study aimed to evaluate the sports infrastructure on socio-economic outcomes in Garissa Town. Table 4.6 showed the obtained results.

**Table 4. 6: Sports Infrastructure on Socio-Economic Outcomes.**

	<b>N</b>	<b>Mean</b>	<b>Std. Deviation</b>
Well-developed sports infrastructure attracts investments, significantly contributing to the overall economic growth of Garissa County.	83	4.22	.938
Adequate sports facilities enhance the accessibility of sports programs, thereby significantly influencing socio-economic participation.	83	4.04	1.173
Upgraded sports infrastructure is essential for hosting national and international events, substantially boosting the local economy.	83	4.18	1.072
Investment in sports facilities creates job opportunities, thereby significantly impacting the socio-economic landscape.	83	4.05	.961
Communities with proper sports infrastructure experience increased tourism, benefiting local businesses and livelihoods significantly.	83	4.13	1.068
Accessible sports infrastructure is a key factor in encouraging youth engagement, consequently leading to positive socio-economic outcomes.	83	4.08	1.118
Continuous improvement and maintenance of sports facilities are essential for sustained socio-economic development.	83	4.14	.964
<b>Valid N (listwise)</b>	<b>83</b>		

*Source: Researcher (2024)*

As shown in Table 4.6, the findings revealed that the majority of the respondents strongly agreed that well-developed sports infrastructure attracts investments, significantly contributing to the overall economic growth of Garissa County, as supported by a mean score of 4.22 and a standard deviation of 0.938. This finding is in line with the study conducted by Greenwell et al. (2019), which revealed that cities and regions with modern sports facilities are more attractive to businesses, investors, and event organizers, leading to increased economic activities and revenue generation.

The study also revealed that the majority of the respondents agreed that adequate sports facilities enhance the accessibility of sports programs, thereby significantly influencing socio-economic participation, as supported by a mean score of 4.04 and a standard deviation of 1.173. This finding is consistent with the work of Mamcarczyk and Poplawski, (2020), who found that the availability of accessible sports facilities encourages greater participation in sports programs, particularly among underprivileged communities, fostering social inclusion and creating opportunities for economic empowerment.

Furthermore, the study revealed that the majority of the respondents agreed that upgraded sports infrastructure is essential for hosting national and international events, substantially boosting the local economy, as supported by a mean score of 4.18 and a standard deviation of 1.072. This finding is in line with the research conducted by Vronidou (2022), which demonstrated that cities and regions with state-of-the-art sports facilities are better positioned to host major sporting events, attracting tourism, generating revenue, and promoting local businesses.

The study revealed that most of the respondents agreed that investment in sports facilities creates job opportunities, thereby significantly impacting the socio-economic landscape, as supported by a mean score of 4.05 and a standard deviation of 0.961. This finding is consistent with the work of Debata et al. (2020), who found that the construction, maintenance, and operation of sports facilities generate employment opportunities in various sectors, such as construction, hospitality, and event management, contributing to economic growth and development.

Further, the study revealed that most respondents agreed that communities with proper sports infrastructure experience increased tourism, benefiting local businesses and livelihoods significantly, as supported by a mean score of 4.13 and a standard deviation

of 1.068. This finding is in line with the research conducted by Dixon et al. (2023), which highlighted the positive impact of sports tourism on local economies, as visitors spend money on accommodation, food, transportation, and other services, providing income opportunities for local communities.

Additionally, the study revealed that most respondents agreed that accessible sports infrastructure is a key factor in encouraging youth engagement, consequently leading to positive socio-economic outcomes, as supported by a mean score of 4.08 and a standard deviation of 1.118. This finding aligns with the work of Pasanen (2020), which emphasized the importance of providing accessible sports facilities to engage youth in positive activities, developing their skills, and reducing the risk of involvement in harmful behaviors, ultimately contributing to their socio-economic well-being.

The study revealed that the majority of the respondents agreed that continuous improvement and maintenance of sports facilities are essential for sustained socio-economic development, as supported by a mean score of 4.14 and a standard deviation of 0.964. This finding is in line with the research conducted by Irtysheva et al. (2022), which emphasized the importance of investing in the upkeep and modernization of sports infrastructure to ensure its longevity and attractiveness, supporting long-term economic growth and development in the region.

#### 4.4.4 Social Integration on Socio-Economic Outcomes

The study aimed to explore the effects of social integration on socio-economic outcomes in Garissa Town. Table 4.7 showed the obtained results.

**Table 4. 7: Social Integration on Socio-Economic Outcomes**

	N	Mean	Std. Deviation
Peacebuilding initiatives contribute to a conducive environment for business and economic growth in Garissa County.	83	4.08	.990
Social integration, facilitated through sports programs, directly impacts community relations and enhances economic activities.	83	3.95	1.188
Communities with a strong sense of social cohesion experience increased trust, significantly influencing socio-economic outcomes.	83	3.95	1.023
Peacebuilding activities enhance the overall safety of the region, fostering an environment conducive to economic investments significantly.	83	4.16	3.560
Socially integrated communities are more likely to collaborate on economic development projects, leading to shared prosperity significantly.	83	3.92	1.050
Initiatives promoting peace and social harmony contribute to the attraction of external investments, thereby benefiting the local economy significantly.	82	4.62	5.623
In Garissa County, the link between peacebuilding efforts, social integration, and measurable positive socio-economic outcomes is evident.	83	4.23	1.086
<b>Valid N (listwise)</b>	<b>82</b>		

As shown in Table 4.7, the findings revealed that the majority of the respondents agreed that peacebuilding initiatives contribute to a conducive environment for business and economic growth in Garissa County, as supported by a mean score of 4.08 and a standard deviation of 0.990. This finding is in line with the study conducted by Johnson et al. (2021), which revealed that peacebuilding efforts create a stable and secure environment, attracting investments and fostering economic activities.

The study also revealed that most of the respondents agreed that social integration, facilitated through sports programs, directly impacts community relations and enhances economic activities, as supported by a mean score of 3.95 and a standard deviation of

1.188. This finding is consistent with the work of Ekholm (2019), who found that sports programs can serve as a platform for social integration, promoting understanding and collaboration among diverse communities, leading to improved economic cooperation and opportunities.

Furthermore, the study revealed that most of the respondents agreed that communities with a strong sense of social cohesion experience increased trust, significantly influencing socio-economic outcomes, as supported by a mean score of 3.95 and a standard deviation of 1.023. This finding is in line with the research conducted by Lai, and Ho (2022), which demonstrated that socially cohesive communities tend to have higher levels of trust, facilitating economic transactions, entrepreneurship, and overall economic development.

The study revealed that the majority of the respondents agreed that peacebuilding activities enhance the overall safety of the region, fostering an environment conducive to economic investments significantly, as supported by a mean score of 4.16 and a standard deviation of 3.560. However, it is important to note the relatively high standard deviation, which may indicate some variation in the responses. This finding is consistent with the work of Ide (2020), who found that regions with effective peacebuilding initiatives are perceived as safer and more stable, attracting domestic and foreign investments, contributing to economic growth.

Further, the study revealed that most respondents agreed that socially integrated communities are more likely to collaborate on economic development projects, leading to shared prosperity significantly, as supported by a mean score of 3.92 and a standard deviation of 1.050. This finding is in line with the research conducted by Emery and Flora (2020)], which highlighted the ability of socially integrated communities to pool

resources, share knowledge, and work together towards common economic goals, resulting in broader economic benefits.

Additionally, the study revealed that the majority of the respondents strongly agreed that initiatives promoting peace and social harmony contribute to the attraction of external investments, thereby benefiting the local economy significantly, as supported by a mean score of 4.62 and a standard deviation of 5.623. However, it is crucial to note the extremely high standard deviation, which suggests a significant variation in the responses and may warrant further investigation or clarification (Owen, 2020).

The study revealed that the majority of the respondents strongly agreed that in Garissa County, the link between peacebuilding efforts, social integration, and measurable positive socio-economic outcomes is evident, as supported by a mean score of 4.23 and a standard deviation of 1.086. This finding aligns with the work of Emery, and Flora (2020), which emphasized the interconnectedness of peacebuilding, social cohesion, and economic development, highlighting the importance of addressing these factors holistically to achieve sustainable socio-economic progress.

#### **4.5 Inferential Statistics**

##### **4.5.1 Pearson Correlation Coefficient Matrix**

The study employed the Pearson Product-Moment Correlation Coefficient to determine the presence of a linear relationship between the study variables. This statistical approach was utilized to assess the strength and direction of the relationships between the dependent variable, socio-economic outcomes, and the independent variables, namely sports programs, peace-building initiatives through sports, sports infrastructure, and social integration in Garissa Town. The study used the following variables to conduct correlation analysis: socio-economic outcomes, sports programs, peace-

building initiatives through sports and sports and infrastructure, social integration. Table 4.8 presents the Pearson Correlation Coefficient Matrix, which shows the relationship between these variables. Pearson's correlation test was performed at both 95% and 99% confidence levels.

**Table 4. 8: Pearson Correlation Coefficient Matrix**

		SP	PB	SI	SIn.	SEO
<b>SP</b>	Pearson Correlation	1				
	Sig. (2-tailed)	.				
<b>PB</b>	Pearson Correlation	0.681**	1			
	Sig. (2-tailed)	0.000				
<b>SI</b>	Pearson Correlation	0.832**	.503**	1		
	Sig. (2-tailed)	0.000	0.000			
<b>SIn</b>	Pearson Correlation	0.720**	0.444**	.788**	1	
	Sig. (2-tailed)	0.000	0.000	0.000		
<b>SEO</b>	Pearson Correlation	0.687**	0.592*	.517**	.604**	1
	Sig. (2-tailed)	0.000	0.000	0.000	0.000	

**\*\* Correlation is significant at the 0.01 level (2-tailed), N = 83**

**Key: SEO = socio-economic outcomes, SP = sports programs, PB = peace-building initiatives through sports SI = sports infrastructure SIn = social integration.**

#### 4.5.1.1 Sports Programs and Socio-economic Outcomes

The Pearson correlation coefficient ( $r = 0.681$ ,  $p < 0.000$ ) establishes a strong positive relationship between Sports Programs and Socio-economic Outcomes, indicating that increased participation in sports significantly enhances socio-economic development in Garissa Town. Sports programs provide structured opportunities for youth engagement, skills acquisition, and employment generation, reducing delinquency and fostering economic empowerment. Additionally, these programs contribute to social cohesion and improved health outcomes, reinforcing their broader socio-economic impact.

#### **4.5.1.2 Peace-building Initiatives through Sports and Socio-economic Outcomes**

The Pearson correlation coefficient ( $r = 0.832$ ,  $p < 0.000$ ) signifies a strong and statistically significant positive correlation between Peace-building Initiatives through Sports and Socio-economic Outcomes. This relationship highlights the role of sports as a tool for conflict resolution, community cohesion, and social stability. Peace-building initiatives through sports foster dialogue, trust, and unity among diverse groups, contributing to a secure environment for economic activities to thrive. The substantial correlation confirms that integrating peace-building efforts within sports programs enhances economic resilience, justifying targeted investments in sports as a mechanism for sustainable peace and socio-economic progress in Garissa Town.

#### **4.5.1.3 Sports Infrastructure and Socio-economic Outcomes**

The strong positive correlation ( $r = 0.720$ ,  $p < 0.000$ ) between Sports Infrastructure and Socio-economic Outcomes underscores the critical role of modern sports facilities in fostering economic growth. Well-developed sports infrastructure attracts regional and national sporting events, increasing business opportunities and generating employment. Furthermore, improved facilities encourage higher participation in sports, promoting public health and reducing crime rates. The statistical significance of this correlation supports prioritizing investments in infrastructure development, as enhanced sports facilities serve as catalysts for economic expansion and improved quality of life in Garissa Town.

#### **4.5.1.4 Social Integration and Socio-economic Outcomes**

Social Integration exhibits a robust positive correlation with Socio-economic Outcomes (SEO) ( $r = 0.687$ ,  $p < 0.000$ ), affirming the crucial role of social cohesion in economic development. Sports facilitate inclusive participation, fostering relationships across

different social, ethnic, and economic backgrounds. Enhanced social integration through sports improves cooperation, reduces societal divisions, and promotes collective economic activities. The statistically significant correlation justifies policies supporting inclusive sports programs as a strategic intervention to promote economic opportunities, reduce social inequalities, and enhance overall socio-economic resilience in Garissa Town.

#### 4.5.2 Regression Analysis

The regression results presented in Table 4.9 confirm that all independent variables sports Programs, Peace-building Initiatives through Sports, Sports Infrastructure and Social Integration significantly influence Socio-economic Outcomes.

**Table 4.9: Model Summary**

Model	r	r Square	Adjusted Square	r Std. Error of the Estimate
1	.8042	0.7605	0.7470	0.1243

*a. predictors: socio-economic outcomes, sports programs, peace-building initiatives through sports, sports infrastructure, social integration.*

The R-squared value (0.7605) suggests that approximately 76.05% of the variance in Socio-economic Outcomes is explained by the independent variables, demonstrating their substantial contribution to socio-economic progress in Garissa Town. The high adjusted R-squared value (0.7470) confirms the model's robustness and reliability in explaining socio-economic variations, reinforcing the significance of sports-related interventions in driving sustainable development.

## ANOVA

ANOVA Results (Table 4.10) Discuss the findings in 70 words.

**Table 4.10: Analysis of Variance (ANOVA)**

<b>Model</b>		<b>Sum of Squares</b>	<b>df</b>	<b>Mean Square</b>	<b>F</b>	<b>Sig.</b>
1	Regression	10.733	4	10.733	12.928	.000 <sup>b</sup>
	Residual	65.588	78	.830		
	Total	76.321	82			

The Analysis of Variance (ANOVA) results confirm the statistical significance of the regression model in explaining Socio-economic Outcomes. The F-statistic of 12.928, with a p-value of 0.000, indicates that the independent variables Sports Programs, Peace-building Initiatives through Sports, Sports Infrastructure, and Social Integrations collectively have a significant effect on Socio-economic Outcomes. The degrees of freedom (df = 4 for regression, df = 78 for residual) correspond with the four independent variables and a sample size of 83, reinforcing the model's validity in predicting socio-economic outcomes in Garissa Town.



### 4.5.3 Determination of Regression Co-efficient

Table 4.11 presents the regression analysis results, highlighting the relationship between independent variables and socio-economic outcomes in Garissa Town. The table illustrates the unstandardized and standardized coefficients, t-values, and significance levels of each predictor variable.

**Table 4.11: Regression Analysis Results**

	Unstandardized Coefficients		Standardized Coefficients		t	Sig.
	B	Std. Error	Beta			
(Constant)	0.198	0.573			5.042	0.000
Sports Programs	0.523	0.149	0.362		3.670	0.000
Peace-Building Initiatives	0.410	0.104	0.342		3.258	0.001
Sports Infrastructure	0.421	0.141	0.347		2.130	0.000
Social Integration	0.389	0.264	0.312		1.079	0.000

*a Dependent Variable: Socio-economic Outcomes*

From the unstandardized coefficients, the regression equation is formulated as follows:

where:

$$Y = 0.198 + 0.523(X_1) + 0.410(X_2) + 0.421(X_3) + 0.389(X_4)$$

- Y = Socio-economic Outcomes
- X<sub>1</sub>= Sports Programs
- X<sub>2</sub>= Peace-Building Initiatives
- X<sub>3</sub>= Sports Infrastructure
- X<sub>4</sub>= Social Integration

All independent variables exhibit statistically significant relationships ( $p < 0.01$ ) with socio-economic outcomes, confirming their relevance in influencing socio-economic development in Garissa Town.

#### **4.5.3.1 Sports Programs and Socio-economic Outcomes**

The regression coefficient for Sports Programs is 0.523 ( $p = 0.000$ ), indicating a strong and statistically significant positive effect on socio-economic outcomes. This suggests that a unit increase in sports programs enhances socio-economic outcomes by 0.523 units. The high t-value of 3.670 reinforces the predictive strength of this variable. Sports programs create employment, engage youth in meaningful activities, and foster community cohesion, which significantly contributes to economic growth. These findings justify strategic investments in sports programs as a means of promoting sustainable socio-economic development in Garissa Town.

#### **4.5.3.2 Peace-Building Initiatives and Socio-economic Outcomes**

The regression coefficient for Peace-Building Initiatives is 0.410 ( $p = 0.001$ ), signifying a significant positive impact on socio-economic outcomes. The t-value of 3.258 indicates the robustness of this predictor in influencing economic stability. Peace-building initiatives contribute to conflict resolution, enhance community trust, and create a conducive environment for business and social interactions. The substantial impact of peace-building on socio-economic progress highlights the need for integrating such initiatives within sports programs to reinforce community resilience and economic development in Garissa Town.

#### **4.5.3.3 Sports Infrastructure and Socio-economic Outcomes**

The regression coefficient for Sports Infrastructure is 0.421 ( $p = 0.000$ ), demonstrating a strong and significant positive relationship with socio-economic outcomes. The t-value of 2.130 supports the reliability of this variable in predicting economic benefits. Well-developed sports infrastructure fosters economic growth by attracting sports tourism, creating employment opportunities, and enhancing youth engagement.

Additionally, improved sports facilities contribute to public health and crime reduction. This justifies prioritizing investments in sports infrastructure to enhance economic prospects and overall well-being in Garissa Town.

#### **4.5.3.4 Social Integration and Socio-economic Outcomes**

The regression coefficient for Social Integration is 0.389 ( $p = 0.000$ ), indicating a statistically significant influence on socio-economic outcomes. The t-value of 1.079 suggests that while social integration positively affects economic outcomes, its impact is relatively lower than other variables. Social integration through sports promotes inclusivity, strengthens social cohesion, and enhances collective economic participation. The findings underscore the importance of policies supporting inclusive sports programs as a means of fostering economic opportunities, reducing inequalities, and enhancing socio-economic resilience in Garissa Town.

#### **4.6 Chapter Summary**

The chapter presented results obtained from the data collected which included descriptive statistics, multiple regression analysis, and correlation. The mean and standard deviation results of each variable were also included. The findings were presented using figures and tables and also provided in-depth interpretations of each research finding

## CHAPTER FIVE

### SUMMARY, CONCLUSIONS, AND RECOMMENDATIONS

#### 5.1 Introduction

In this chapter, the summary, conclusion, and recommendation sections are outlined as the core elements of the study. The chapter succinctly presents the study's aims, methods, and results. The findings are compared with previous research to draw connections between the results. Recommendations are derived from the conclusions, summarizing the findings and suggesting directions for future research and practical applications.

#### 5.2 Discussion of the Findings

##### 5.2.1 Sports programs on socio-economic outcomes in Garissa Town.

The findings from Chapter 4 reveal that sports programs significantly contribute to socio-economic outcomes in Garissa Town, as evidenced by high mean scores across various indicators such as economic empowerment, life skills development, and community development. These results align with the theoretical framework of Human Capital Theory, which posits that investments in skills and education through sports can enhance individual productivity and economic well-being (Marginson, 2019). The study's results also resonate with the Social Capital Theory, as sports programs foster social networks and trust, which are critical for socio-economic development (Putnam, 2000). For instance, the development of teamwork and leadership skills through sports aligns with the theory's emphasis on social connections as a resource for collective action. However, the study also highlights gaps in addressing systemic barriers such as access to resources, which suggests that while sports programs are beneficial, they must

be complemented by broader socio-economic interventions to achieve sustainable development in Garissa Town.

### **5.2.2 Effects of sports programs as peace-building on socio-economic outcomes in Garissa Town.**

The study demonstrates that sports programs serve as effective peace-building tools, fostering social cohesion and reducing tensions, which in turn positively influence socio-economic outcomes. These findings are consistent with Conflict Resolution Theory, which emphasizes the role of nonviolent approaches, such as sports, in addressing underlying causes of conflict and promoting mutual understanding (Galtung, 1969). The collaborative nature of team sports, as highlighted in the results, aligns with the theory's focus on constructive communication and cooperation. Additionally, the study supports Social Capital Theory, as sports programs create networks of trust and reciprocity, which are essential for peacebuilding and economic stability (Putnam, 2000). However, the study also identifies challenges in sustaining these programs in low-resource settings, suggesting that while sports can bridge divides, long-term peacebuilding requires addressing structural inequalities and ensuring continuous investment in such initiatives.

### **5.2.3 Sports infrastructure on socio-economic outcomes in Garissa Town.**

The results indicate that well-developed sports infrastructure significantly enhances socio-economic outcomes by attracting investments, creating job opportunities, and boosting tourism. These findings align with Human Capital Theory, as improved infrastructure facilitates skill development and health benefits, which contribute to economic productivity (Marginson, 2019). The study also supports Social Capital Theory, as accessible sports facilities encourage community engagement and foster

social cohesion, which are critical for collective economic action (Putnam, 2000). However, the study highlights gaps in the long-term sustainability of sports infrastructure, particularly in rural areas. This suggests that while infrastructure development is crucial, it must be accompanied by maintenance plans and equitable access to ensure lasting socio-economic benefits. The findings underscore the need for targeted investments in sports infrastructure to address regional disparities and promote inclusive development in Garissa Town.

#### **5.2.4 Peacebuilding and social integration initiatives improve socio-economic outcomes in Garissa Town.**

The study reveals that peacebuilding and social integration initiatives significantly enhance socio-economic outcomes by fostering a conducive environment for economic activities and attracting external investments. These findings are consistent with Conflict Resolution Theory, which highlights the importance of addressing structural factors such as inequality and resource scarcity to achieve lasting peace and economic stability (Galtung, 1969). The results also align with Social Capital Theory, as social integration fosters trust and cooperation, which are essential for economic collaboration and development (Putnam, 2000). However, the study identifies challenges in sustaining these initiatives, particularly in regions with ongoing socio-political tensions. This suggests that while peacebuilding and social integration are critical for socio-economic progress, their success depends on addressing underlying political and structural barriers. The findings emphasize the need for holistic approaches that combine peacebuilding efforts with economic and social reforms to achieve sustainable development in Garissa Town.

### **5.3 Summary of the Study**

#### **5.3.1 Sports programs on socio-economic outcomes in Garissa Town.**

The study revealed that engaging in sports programs significantly enables economic empowerment in Garissa County by developing essential skills and income opportunities. It also found that participation in sports enhances life skills like teamwork and discipline, contributing to better socio-economic outcomes. Sports programs drive community development, promoting cohesion, inclusion, and economic growth. Additionally, organized sports positively influence income-generating opportunities, increasing employability and entrepreneurship. The promotion of sports-related businesses correlates with improved socio-economic outcomes by creating jobs and driving growth. Improved physical health through sports boosts productivity and economic stability. Regression analysis showed a strong linear relationship between sports programs and socio-economic outcomes, with sports accounting for a significant variation in these outcomes.

### **5.3.2 Sports programs as peace-building on socio-economic outcomes in Garissa Town.**

The study revealed that sports programs significantly foster social cohesion, contributing to peace and stability, which positively impact socio-economic outcomes in Garissa County. It showed that peaceful interactions within sports programs create an environment conducive to economic development. Sports also serve as a platform for conflict resolution, improving social and economic conditions. Communities embracing sports programs experience reduced social tensions, leading to enhanced economic activities. The collaborative nature of team sports promotes unity, a key element for socio-economic growth. Integrating peace-building initiatives into sports programs reduces crime rates, positively affecting the local economy. Regression analysis indicated a strong relationship between sports programs as peace-building and

socio-economic outcomes, showing a significant influence of these programs on Garissa Town's socio-economic conditions.

### **5.3.3 Sports infrastructure on socio-economic outcomes in Garissa Town.**

The study revealed that well-developed sports infrastructure attracts investments, boosting economic growth in Garissa County. Adequate facilities enhance accessibility to sports programs, fostering socio-economic participation, especially among underprivileged communities. Upgraded infrastructure is crucial for hosting national and international events, driving local economic benefits through tourism and revenue generation. Investment in sports facilities creates job opportunities, positively impacting the socio-economic landscape. Communities with proper sports infrastructure see increased tourism, benefiting local businesses and livelihoods. Accessible sports facilities also encourage youth engagement, leading to positive socio-economic outcomes. Continuous improvement and maintenance of sports facilities are essential for sustained socio-economic development. Regression analysis confirmed a significant relationship between sports infrastructure and socio-economic outcomes, showing that sports infrastructure significantly influences Garissa Town's socio-economic conditions.

### **5.3.4 Peacebuilding and social integration on socio-economic outcomes in Garissa Town**

The study revealed that peacebuilding initiatives foster a conducive environment for business and economic growth in Garissa County. Social integration through sports programs enhances community relations and economic activities. Strong social cohesion in communities leads to increased trust and positive socio-economic outcomes. Peacebuilding activities improve regional safety, attracting economic

investments. Socially integrated communities collaborate on economic development projects, leading to shared prosperity. Initiatives promoting peace and social harmony attract external investments, benefiting the local economy. The study highlighted a clear link between peacebuilding efforts, social integration, and positive socio-economic outcomes in Garissa County. Regression analysis confirmed a significant relationship between these factors and socio-economic outcomes, demonstrating their substantial influence on Garissa Town's socio-economic conditions.

## **5.4 Conclusions of the study**

### **5.4.1 Sports Programs on Socio-Economic Outcomes in Garissa Town**

The study concluded that sports programs significantly contribute to economic empowerment in Garissa County by developing essential skills and creating income opportunities. Participation in sports enhances life skills such as teamwork and discipline, leading to better socio-economic outcomes. Additionally, organized sports promote community cohesion, inclusion, and economic growth by fostering employability, entrepreneurship, and sports-related businesses. Improved physical health from sports also boosts productivity and economic stability. Regression analysis supported these findings, showing a strong linear relationship between sports programs and socio-economic outcomes. However, the study did not explore potential challenges like gender inequality in sports participation or cultural barriers, which could influence the impact of sports programs.

### **5.4.2 Sports Programs as Peace-Building on Socio-Economic Outcomes in Garissa Town**

The study concluded that sports programs significantly promote social cohesion, peace, and stability, positively influencing socio-economic outcomes. Through fostering peaceful interactions, sports programs create an environment conducive to economic

development and conflict resolution. Reduced social tensions enhance economic activities, while the collaborative nature of team sports fosters unity essential for socio-economic growth. Integrating peace-building into sports programs also helps reduce crime rates, positively affecting the local economy. Regression analysis confirmed a strong relationship between sports programs as peace-building and socio-economic outcomes. However, the study did not consider the long-term sustainability of peace achieved through sports or the role of local cultural dynamics, which may affect program effectiveness.

#### **5.4.3 Sports Infrastructure on Socio-Economic Outcomes in Garissa Town**

The study concluded that well-developed sports infrastructure attracts investments, stimulates economic growth, and enhances accessibility to sports programs, especially for underprivileged communities. Improved infrastructure facilitates hosting national and international events, boosting tourism and revenue generation. Investment in sports facilities also creates job opportunities, benefiting local businesses and livelihoods. Youth engagement in sports positively impacts socio-economic outcomes. Regression analysis confirmed a significant relationship between sports infrastructure and socio-economic outcomes. However, the study did not explore challenges such as maintenance costs or unequal access to sports infrastructure, which could limit its socio-economic benefits.

#### **5.4.4 Peacebuilding and Social Integration on Socio-Economic Outcomes in Garissa Town**

The study concluded that peacebuilding and social integration initiatives promote a conducive environment for economic growth by enhancing community relations and reducing social tensions. Social cohesion fosters trust, collaboration, and regional

safety, attracting investments and boosting economic activities. The study also highlighted that social harmony encourages community-driven economic development projects. Regression analysis confirmed a significant relationship between peacebuilding, social integration, and socio-economic outcomes. However, the study did not account for potential cultural conflicts or political dynamics that could influence the success of peacebuilding initiatives.

### **5.5 Recommendations**

The study recommended that local authorities and relevant stakeholders should prioritize strategic investment in sports infrastructure. This includes upgrading existing facilities and constructing new ones in key areas to ensure accessibility and modern amenities. Such investments should align with the community's needs and aspirations, focusing on creating inclusive spaces that cater to diverse sporting interests.

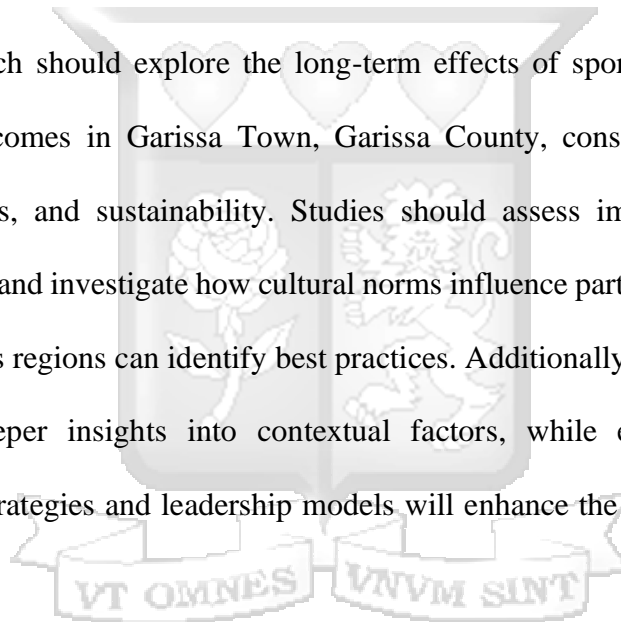
The study also recommended that sports programs should be intentionally designed to incorporate peacebuilding initiatives. This could involve training coaches and organizers in conflict resolution techniques, organizing sports events with a peacebuilding theme, and fostering inter-community sports tournaments to promote social cohesion. Through integrating peacebuilding into sports activities, Garissa Town can create a more harmonious environment conducive to economic development.

The study further recommended that efforts should be made to empower youth through sports programs. This could include providing access to sports facilities, organizing skill development workshops, and offering mentorship opportunities for young athletes. Through investing in youth-focused sports initiatives, Garissa Town can harness the potential of its youth population to drive socio-economic progress and foster community resilience.

The study lastly recommended that public-private partnerships (PPPs) should be encouraged to leverage resources and expertise for sports development. Collaborative efforts between government entities, private businesses, non-profit organizations, and community groups can facilitate the implementation of innovative sports programs and infrastructure projects. Through promoting PPPs, Garissa Town can unlock additional funding opportunities and ensure the sustainability of its sports initiatives for long-term socio-economic impact.

### **5.6 Recommendations for Further Research**

Further research should explore the long-term effects of sports programs on socio-economic outcomes in Garissa Town, Garissa County, considering gender equity, cultural factors, and sustainability. Studies should assess impacts across different demographics and investigate how cultural norms influence participation. Comparative research across regions can identify best practices. Additionally, using mixed methods will offer deeper insights into contextual factors, while evaluating community engagement strategies and leadership models will enhance the effectiveness of sports programs.



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## APPENDICES

### Appendix 1: Introduction Letter

Dear Respondent,

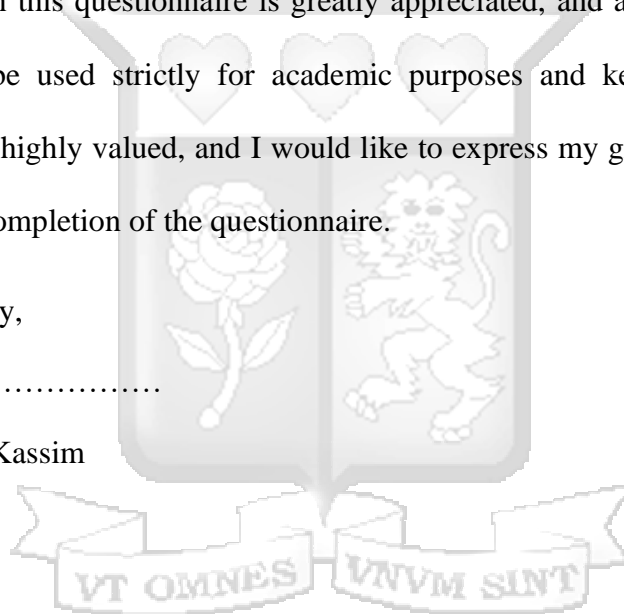
**RE: RESEARCH QUESTIONNAIRE.**

I'm currently a graduate student enrolled in the Master's in Public Policy and Management program at Strathmore University. As part of the necessary steps to earn my degree, I am currently undertaking a research project titled " The influence of sports for peace and development on socio-economic outcomes in Garissa Town." Your participation in this questionnaire is greatly appreciated, and all the information you provide will be used strictly for academic purposes and kept confidential. Your cooperation is highly valued, and I would like to express my gratitude in advance for your prompt completion of the questionnaire.

Yours faithfully,

.....

Mohamud A. Kassim



## **Appendix II: Participants Informed Consent Form**

### **Title of the Proposed Study:**

The influence of sports for peace and development on socio-economic outcomes in Garissa Town.

### **Section I:**

**Investigator:** Mohamud A. Kassim

**Institutional Affiliation:** Strathmore Business School (SBS)

### **Section II:** Information Sheet–The Study

#### **Why is this study being carried out?**

This research is being conducted as part of the academic requirements for the degree of Master in Public Policy and Management. The purpose is purely academic, and the data collected will only be used for this purpose.

#### **Do I have to take part?**

Participation in this study is voluntary. You can decline to participate at any point during the study.

#### **Who is eligible to take part in this study?**

The study is open to Youth Participants in the Sports Program and Local Stakeholders Involved in Sports Initiatives.

#### **Who is not eligible to take part in this study?**

Youth and stakeholders who do not live within Garissa Town are not eligible to participate.

#### **What will taking part in this study involve for me?**

Participation involves sharing experiences on sports' impact on socio-economic outcomes in Garissa Town. Your insights contribute to understanding sports' role in promoting peace and development.

#### **Are there any risks or dangers in taking part in this study?**

There are no risks associated with participating in this study.

#### **Are there any benefits of taking part in this study?**

Yes, participating may contribute to understanding the positive effects of sports on socio-economic outcomes in Garissa Town, potentially leading to improved community development strategies.

#### **What will happen to me if I refuse to take part in this study?**

Refusing to participate will not have any consequences.

#### **Who will have access to my information during this research?**

All research data will be treated with strict confidentiality and will only be accessible to authorized personnel involved in the research process.

#### **Who can I contact if I have further questions?**

For any further inquiries, you can contact **Mohamud A. Kassim** at +254 700 527200 or **Dr. Ochieng Kamudhai** through the Strathmore Business School Office.

If you wish to contact an independent party regarding this research, please reach out to:

The Secretary–Strathmore University Institutional Ethics Review Board,

**P. O. BOX 59857**, 00200, Nairobi, Email: ethicsreview@strathmore.edu **Tel: +254 703 034 375**

I..... have read and understood the study information provided.

I agree to participate in the research and to have my completed questionnaire stored for future data analysis.

Participant's  
Date.....

Signature.....

I....., confirm that I have explained the study information to the participant named above and that they have consented to participate.

Signature.....

Date.....

Name: Mohamud A. Kassim.



### Appendix III: Research Questionnaire

Please answer all questions as honestly as you can. The information you provide will be treated with a lot of confidentiality. It will only be used for academic purposes only.

#### SECTION A: BACKGROUND INFORMATION

##### 1. Gender:

Male  Female

##### 2. Age:

18-24 Years  25-35 Years

##### 3. Educational Level:

Primary School  Secondary School

College/University  Postgraduate

##### 4. Occupation:

Student  Employed

Self-employed  Unemployed

Other (please specify: \_\_\_\_\_)

##### 5. Level of Involvement in Sports Programs:

Active Participant  Spectator

Coach/Instructor  Not Involved

#### **SECTION B: THE INFLUENCE OF SPORTS FOR PEACE AND DEVELOPMENT ON SOCIO-ECONOMIC OUTCOMES**

##### **Part A: Sports Programs on Socio-Economics Outcomes**

6. Please use the point scale below to indicate your level of agreement by ticking each one of the given statements. 1= Strongly disagree, 2=Disagree, 3=Neutral, 4=Agree, 5=Strongly Agree,

	1	2	3	4	5
	Strongly disagree	Disagree	Neutral	Agree	Strongly Agree
<b>Opinion</b>	1	2	3	4	5
1	Engaging in sports programs significantly enables economic empowerment in Garissa County.				
2	Active participation in sports substantially enhances essential life skills, contributing to improved socio-economic outcomes.				
3	Sports programs serve as a driving force for community development, substantially boosting socio-economic conditions.				
4	Being part of organized sports programs positively influences income-generating opportunities, contributing to improved socio-economic outcomes.				

5	The promotion of sports-related entrepreneurship has a direct correlation with fostering enhanced socio-economic outcomes.					
6	Improved physical health through sports directly translates to increased productivity and economic stability.					
7	Investing in sports education is crucial for equipping individuals with skills that significantly impact their socio-economic status.					

**Part B: Sports Program as Peace Building on Socio-Economic Outcomes**

7. Please use the point scale below to indicate your level of agreement by ticking each one of the given statements.

	1	2	3	4	5
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
<b>Opinion</b>	1	2	3	4	5
1	Sports play a significant role in fostering social cohesion, thereby substantially contributing to peace and stability, consequently influencing positive socio-economic outcomes in Garissa County.				
2	Peaceful interactions within sports programs create a conducive environment for economic development.				
3	Sports serve as a platform for conflict resolution, indirectly influencing positive socio-economic outcomes.				
4	In communities where sports are embraced, there is a noticeable reduction in social tensions, leading to improved economic activities.				
5	The collaborative nature of team sports promotes unity, a fundamental element for socio-economic growth.				
6	Integrating peace-building initiatives into sports programs has a direct impact on reducing crime rates, thereby positively affecting the local economy.				
7	Sports events and tournaments act as cultural bridges, fostering understanding and peace among diverse communities, thereby influencing socio-economic outcomes positively.				

**Part C: Sports Infrastructure on Socio-Economic Outcomes**

8. Please use the point scale below to indicate your level of agreement by ticking each one of the given statements.

	1	2	3	4	5
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
<b>Opinion</b>	1	2	3	4	5
1	Well-developed sports infrastructure attracts investments, significantly contributing to the overall economic growth of Garissa County.				

2	Adequate sports facilities enhance the accessibility of sports programs, thereby significantly influencing socio-economic participation.					
3	Upgraded sports infrastructure is essential for hosting national and international events, substantially boosting the local economy.					
4	Investment in sports facilities creates job opportunities, thereby significantly impacting the socio-economic landscape.					
5	Communities with proper sports infrastructure experience increased tourism, benefiting local businesses and livelihoods significantly.					
6	Accessible sports infrastructure is a key factor in encouraging youth engagement, consequently leading to positive socio-economic outcomes.					
7	Continuous improvement and maintenance of sports facilities are essential for sustained socio-economic development.					

**Part D: Peacebuilding of Social Integration on Socio-Economic Outcomes**

9. Please use the point scale below to indicate your level of agreement by ticking each one of the given statements.

	1	2	3	4	5				
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree				
	<b>Opinion</b>				1	2	3	4	5
1	Peacebuilding initiatives contribute to a conducive environment for business and economic growth in Garissa County.								
2	Social integration, facilitated through sports programs, directly impacts community relations and enhances economic activities.								
3	Communities with a strong sense of social cohesion experience increased trust, significantly influencing socio-economic outcomes.								
4	Peacebuilding activities enhance the overall safety of the region, fostering an environment conducive to economic investments significantly.								
5	Socially integrated communities are more likely to collaborate on economic development projects, leading to shared prosperity significantly.								
6	Initiatives promoting peace and social harmony contribute to the attraction of external investments, thereby benefiting the local economy significantly.								
7	In Garissa County, the link between peacebuilding efforts, social integration, and measurable positive socio-economic outcomes is evident.								

**Part E: Socio-Economic Outcomes (SEO)**

9. Please use the point scale below to indicate your level of agreement by ticking each one of the given statements.

	1	2	3	4	5
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
<b>Opinion</b>	1	2	3	4	5
1 Improved access to education and skills training enhances employability and economic opportunities for the population.					
2 Increased investment in infrastructure and public services (e.g., healthcare, transportation) contributes to better living standards and economic growth. 3					
3 Promotion of gender equality and women's empowerment leads to increased participation in the workforce and economic activities.					
4 Responsible governance and effective policies foster a conducive environment for business development and job creation.					
5 Diversification of the local economy reduces reliance on a single sector and enhances economic resilience.					
6 Access to financial services and support for entrepreneurship encourages innovation and economic growth.					
7 Sustainable use of natural resources and environmental conservation ensure long-term economic sustainability					

*Thank you for your assistance*



## Appendix IV: Letter of Ethical Approval to Conduct Research



20<sup>th</sup> May 2024

Mr Kassim Mohamud,  
mkassim@sbs.ac.ke

Dear Mr Kassim,

**RE: Examining the Influence of Sports for Peace and Development on Socio-Economic Outcomes: A Case Study of a Sports Program in Garissa Town**

This is to inform you that SU-ISERC has reviewed and **approved** your above **SU-masters** proposal. Your application reference number is **SU-ISERC2257/24**. The approval period is from **20<sup>th</sup> May 2024 to 19<sup>th</sup> May 2025**.

This approval is subject to compliance with the following requirements:

- i. Only approved documents including (informed consents, study instruments, MTA) will be used.
- ii. All changes including (amendments, deviations, and violations) are submitted for review and approval by SU-ISERC.
- iii. Death and life-threatening problems and serious adverse events or unexpected adverse events

whether related or unrelated to the study must be reported to SU-ISERC within 72 hours of notification.

- iv. Any changes anticipated or otherwise that may increase the risks or affected safety or welfare of study participants and others or affect the integrity of the research must be reported to SU-ISERC within 72 hours.
- v. Clearance for the export of biological specimens must be obtained from relevant institutions.
- vi. Submission of a request for renewal of approval at least 60 days prior to the expiry of the approval period. Attach a comprehensive progress report to support the renewal.
- vii. Submission of an executive summary report within 90 days of completion of the study to SU-ISERC.

Before commencing your study, you will be expected to obtain a research license from National Commission for Science, Technology, and Innovation (NACOSTI) <https://research-portal.nacosti.go.ke/> and obtain other clearances needed.

Yours sincerely,

A handwritten signature in blue ink, appearing to read "Ambrose Rachier".

Mr Ambrose Rachier,  
Chairperson; SU-ISERC

**Appendix V: Research Permit**

 <p>REPUBLIC OF KENYA</p> <p>Ref No: <b>386322</b></p> <p><b>RESEARCH LICENSE</b></p>  <p><b>This is to Certify that Mr., Mohamud Kassim of Strathmore University, has been licensed to conduct research as per the provision of the Science, Technology and Innovation Act, 2013 (Rev.2014) in Garissa on the topic: EXAMINING THE INFLUENCE OF SPORTS FOR PEACE AND DEVELOPMENT ON SOCIO-ECONOMIC OUTCOMES: A CASE STUDY OF A SPORTS PROGRAM IN GARISSA TOWN for the period ending : 03/June/2025.</b></p> <p>License No: <b>NACOSTI/P/24/36275</b></p>	 <p><b>NATIONAL COMMISSION FOR SCIENCE, TECHNOLOGY &amp; INNOVATION.</b></p> <p>Date of Issue: <b>03/June/2024</b></p>
<p>Applicant Identification Number <b>386322</b></p> <p><b>NOTE: This is a computer generated License. To verify the authenticity of this document, Scan the QR Code using QR scanner application.</b></p> <p><b>See overleaf for conditions</b></p>	<p><i>Walthero</i> Director General</p> <p><b>NATIONAL COMMISSION FOR SCIENCE, TECHNOLOGY &amp; INNOVATION</b></p> <p>Verification QR Code</p> 