

# Statistical Analysis of Youth Sports Implementation and Its Role in Sustainable Development

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## ABSTRACT:

In this context, analyzing the implementation of sports among young people becomes a pressing necessity. Various governmental and non-governmental initiatives and programs have been launched to encourage involvement in sports activities, but their effectiveness requires rigorous evaluation. The objectives of this paper are to identify the current level of participation in sports activities among young people, to analyze the factors that influence this involvement and to evaluate the effectiveness of existing programs. The study will use various statistical methods to analyze data collected from surveys and other relevant sources. The methodology will include both descriptive analyses and significance tests. The shape of the paper will encompass an evaluation of the specialized literature, description of the technique used, presentation and evaluation of the data, and very last conclusions. Through this research, I aim to contribute to a deeper understanding of how sport is implemented among young people and to provide recommendations based on statistical data for improving future policies and programs.

*Keywords: development, future, sports, youth*

## 1. Introduction

Following the studies carried out, it was concluded that sport is among the main activities that bring benefits of both a physical and psychological nature, and this fact is very well recognized (Avci et al., 2023).

It is proper that an increasing number of younger human beings try and put in force game of their precise lifestyle, due to the fact due to the bodily hobby they convey out, a large number of advantages and modifications withinside the frame occur, such as: stimulation and growth in cardiovascular capacity, the gain of getting higher manage over one's very own weight, growth in muscle electricity and on the equal time growth withinside the resistance of the muscular system, obtaining flexibility, possibly precarious withinside the past, and additionally strengthening the bone structure (Chong et al., 2022).

In addition, it is well known that, most of the time, today's young people who choose to embrace this branch of physical or even psychological activities will enjoy a much higher level of health in the future, they being to a great extent advantaged, being able to enjoy a low percentage, in terms of the occurrence of many diseases, which nowadays are

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increasingly widespread among people - diabetes, heart diseases and deficiencies, obesity, osteoporosis, depression, cancer, etc.(Eather et al., 2021).

In this context, analyzing the implementation of sports among young people becomes a pressing necessity. Various governmental and non-governmental initiatives and programs have been launched to encourage involvement in sports activities, but their effectiveness requires rigorous evaluation (Rădulescu, Mănescu et al., 2023).

The targets of this paper are to pick out the present-day stage of participation in sports activities sports amongst younger humans, to research the elements that have an impact on this involvement and to assess the effectiveness of current programs (Fraser-Thomas et al., 2016).

The examine will use diverse statistical strategies to research facts gathered from surveys and different applicable sources. The method will encompass descriptive analyses and important tests. The form of the paper will embody a assessment of the specialized literature, description of the approach used, presentation and assessment of the facts, and final conclusions (Holt et al., 2017).

Through this research, we aim to make contributions to a deeper expertise of the way recreation is applied amongst younger humans and to offer suggestions primarily based totally on statistical facts for enhancing destiny regulations and programs (Giulianotti, 2011).

## 2. Stress control and improvement

Physical inactivity, especially among young people, refers to long-term unhealthy behavior. Not walking or cycling to school, not participating in sports classes, not following a diet rich in fruits and vegetables are just a few of the aspects that fall into the realm of physical inactivity (Pengpid, 2016, p.27).

Studies outline bodily inactiveness as getting much less than 60 mins of mild to energetic bodily pastime according to day for at the least five days according to week, and sedentary conduct is the nation of doing nothing, simply sitting, for greater than three or greater hours according to day (with the exception of sitting at a table at faculty or doing homework) (Levermore& Beacom, 2009).

The transition duration from adolescence to early life has been proven to be related to a large lower in bodily pastime, even as early life is an excellent time for adopting bodily pastime behaviors (Lindsey& Darby, 2018).

Several socio-demographic indicators have been shown to be associated with physical inactivity in adolescents, such as younger age group, older age, higher socioeconomic status, and lower social class, and associations with sedentary behavior in adolescents have included being female and having high socioeconomic status (Misener& Schulenkorf, 2016).

In phrases of fitness threat behaviour, terrible fitness indicators/fitness threat behaviour which include substance use, bullying, fitness complaints, passive transport, sedentary behaviour, non-participation in bodily schooling lessons and insufficient fruit and vegetable intake had been proven to be related to bodily inaction and terrible fitness indicators (Carter, 2006).The wider the use of the term *stress*, the more difficult it is to understand its meaning. All modern definitions of stress recognise that it is a personal

experience caused by pressure or demands on an individual and has an impact on their ability to cope or, rather, on their perception of this ability (Paspalj, 2020).

Work-related stress occurs when there is a mismatch between the demands of the workplace and the resources and capacities of the individual worker to meet these demands. Subjective and self-reported assessments of stress are as valid as “objective” data, such as absenteeism or accident statistics (Reynders et al., 2019).

In sports psychology, stress is seen as a form of exertion that is uniquely related to the specification of the task of expecting the demand that a situation places on individual performance in competitive sports.

Stress is viewed from different perspectives. Some psychologists or teachers or even coaches believe that stress management is an essential ingredient for excellent performance. Others believe that stress has devastating effects on psychological performance. Stress can be both good and bad (Schulenkorf & Adair, 2013).

This depends on its level and the caliber of the person affected. Stress is a central concept for understanding both life and evolution. All creatures face threats to homeostasis, which must be met with adaptive responses. Our future as individuals depends on our ability to adapt to environments and stressors (Svensson & Seifried, 2021).

There are a large number of strategies for promoting health in groups, communities and populations. We can legislate, for example, to prohibit certain things, we can use fiscal means to change people and their patterns of behavior, communication strategies, social marketing techniques, etc.

However, not all strategies are hierarchical. Some are “local”, which involves professionals and face-to-face meetings with them. For the most part, these interventions are taken up by individuals, groups or communities who are vulnerable in one way or another. Broadly speaking, the individuals and groups who may need support fall into two overlapping categories. Their problems may have to do with their living conditions, such as poverty, marginalization, poor housing and unemployment, which present a risk of illness or even disease (Wicker et al., 2013).

### **3. Statistical analysis of the implementation of sports among young people**

In this part of the paper, a series of relevant indicators for assessing the implementation of sport among young people will be presented and analyzed. These indicators are essential to better understand the level of participation, perceived benefits, obstacles encountered and the impact of sport on young people.

The analysis of these indicators will allow us to obtain an overview of how sport is implemented and perceived among young people, highlighting both the positive aspects and the existing challenges. In the following, each indicator will be described in detail, explaining its relevance and how it contributes to the general objectives of the research. The analyzed signs had been decided on primarily based totally on information furnished through the National Institute of Statistics, Statistical Yearbook of Romania, Time Series 1990-2024.

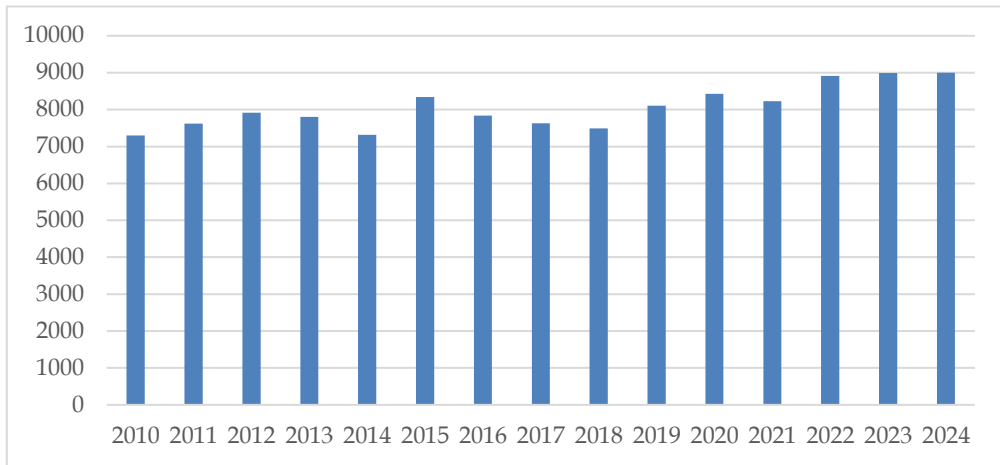


Figure 1. Evolution of the number of affiliated sports sections in the period 2010-2024. Source: National Institute of Statistics

Figure 1 indicates that the wide variety of affiliated sports activities golf equipment elevated from 6739 golf equipment in 2008 to 8911 golf equipment in 2022. This growth may be interpreted as a signal of growing hobby and funding in sports activities infrastructure. The common wide variety of affiliated sports activities golf equipment withinside the analyzed duration turned into 7796. Year-on-year, the wide variety of affiliated sports activities golf equipment elevated via way of means of a hundred and fifty five golf equipment, or 2.01%.

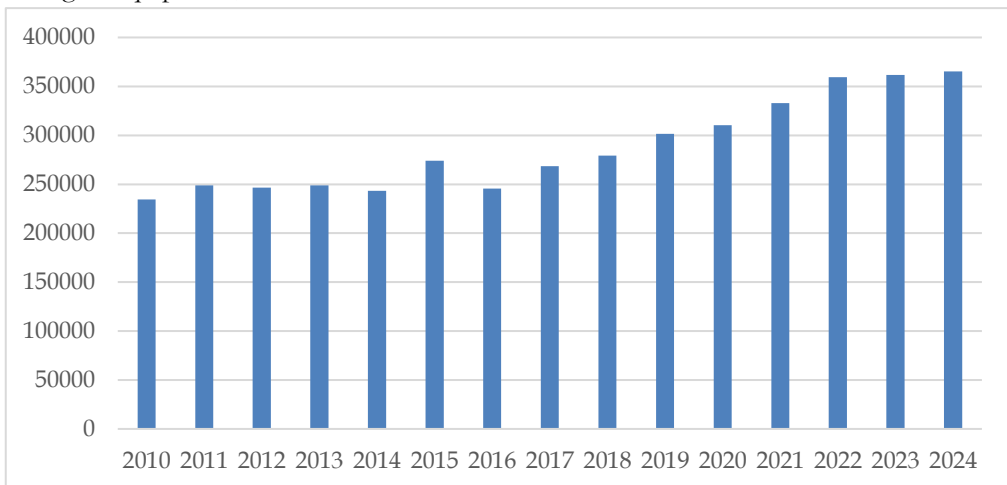


Figure 2. Evolution of the number of registered athletes in the period 2010-2024.

Source: National Institute of Statistics

Figure 2 shows that the number of registered athletes increased from 239,434 athletes in 2008 to 359,332 athletes in 2022. This indicator reflects an increased interest of young people in sports. The average number of registered athletes in the analyzed period was 271,928.6. From year to year, the number of registered athletes increased by 8,564.14 athletes, or 2.94%.

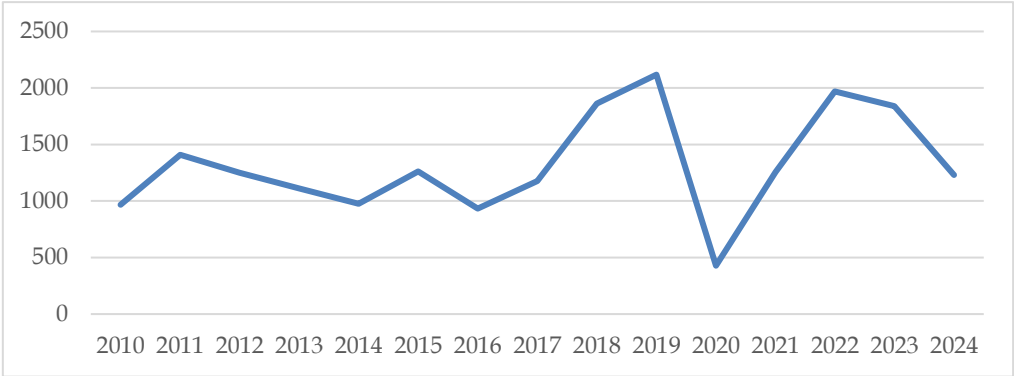


Figure 3. Medals won by Romanian athletes at the Olympic Games. Source: National Institute of Statistics, Statistical Yearbook of Romania, 2010-2024

Figure 3 shows that the number of medals won by Romanian athletes increased from 847 medals in 2008 to 1970 in 2022. This significant increase reflects an improvement in Romania's international sports performance. The average number of medals won during the analyzed period was 1231.7. Year-on-year, the number of medals won increased by 80.21, or 6.21%.

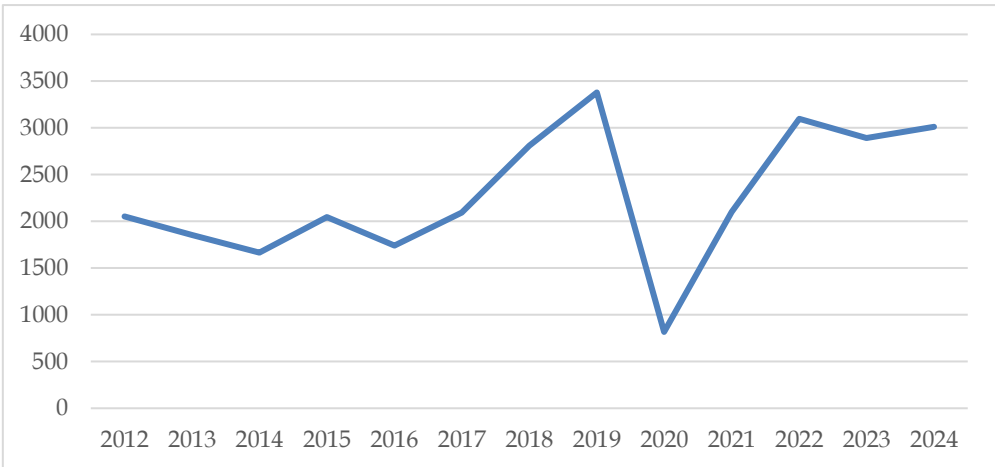


Figure 4. Evolution of the general ranking in official international competitions by federation (total ranking) during the period 2012-2024. Source: National Institute of Statistics, Statistical Yearbook of Romania

The figure above shows that the total ranking in official international competitions by federations increased from 2051 in 2012 to 3096 in 2022. This suggests an improvement

in Romania's overall position in international competitions. The average ranking number during the period analyzed was 2150. From year to year, the ranking evolved in a positive direction, increasing by 104.5, respectively by 4.2%.

## Conclusion

The data analysis indicates that most young people surveyed are active in sport and recognize its benefits for health and wellbeing. However, there are also significant challenges, such as lack of time, adequate equipment and difficulties in finding suitable venues for sport, which can prevent consistent participation in sport activities.

The importance of performance in sport and the positive influence on concentration at school are also relevant issues for many respondents, highlighting the role of sport in the overall development and wellbeing of young people.

This study shows that international projects have attracted young people to sport, increased the number of sports initiatives and expanded best practices in the field of physical education; for example, with the participation of international organizations, the level of physical activity has increased by 15-20% in countries that have implemented relevant programs. At the same time, these projects have contributed to creating an inclusive environment for people with disabilities and stimulated socialization through sport. The practical significance of the results obtained is to formulate recommendations for the development and implementation of international projects in the field of physical culture.

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