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To Access the Efficacy of Back-to-Back Physical Activities in Developing Cohesion among Different Communities Living Along the Border of Bomet and Narok Counties in Kenya

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Abstract:

More than 40 ethnic groups in Kenya are characterized by diverse religious and traditional backgrounds. Back-to-back physical activities are relied on as a mark of national unity and are thus critical in people's integration and co-existence. Thus, the activities are essential in developing cohesion among the varying communities that live along the Narok and Bomet County border in Kenya. The researcher used a quasi-experimental research design to engage teams from Narok and Bomet Counties in a soccer tournament for eight weeks and collected data using a questionnaire. The target population was different communities along the border of the two counties. The study employed Morgan and Krejcie's technique to determine a sample size of 148 participants from whom data was collected. Descriptive frequency and T-test analysis of the results was achieved using the SPSS software. The study found that as a social activity, back-to-back physical activity is positively correlated with positive change in an individual's perception of group integration and also influences the group integration and individual attraction to the group both as a task and social activity ($p < 0.01$ < 0.05). It was also established that back-to-back physical activity has a correlation value of $r = 0.36$. Back-to-back physical activity is positively correlated to cohesion among ethnic communities that live along the Narok and Bomet county border in Kenya. Thus, the results of the study reveal that sporting activities can end the predominant war in Kenya along ethnic borders. Therefore, the study recommended that the community stakeholders in the two counties of Narok and Bomet organize periodic inter-ethnic back-to-back physical activities to enhance cohesion, build peace, and, consequently, end conflicts and wars.

Keywords: Cohesion, back-to-back, sports, border, physical activities

1. Introduction

Physical activity has become an incredible marketing tool for different cultural values [1]. Big-name competitors can be persuasive, good examples, and representative of harmony, filling in as a connection between antagonistic communities and opening discourse spaces. For instance, Tecla Chepkiter Lorupe, a former Kenyan long-distance track and road runner and currently the global spokesperson for peace, women's rights, and education, managed to champion peace between the feuding communities of Pokot and Marakwet [2]. She mobilized the two communities by organizing athletics, a dominant event in the Kerio Valley, with a prize. After that, she sensitized the need to shift from outdated skirmishes to embracing worthy activities such as education and sports professionalism.

Sports have an incredible capability of uniting individuals, cultivating solidarity, and getting resistance and love among individuals, which are fundamental fixings in advancing congruity [3]. Back-to-back (PA) encourages basic abilities, including conflict prevention and peaceful compromise to the social orders. In this way, sport, as a subset of PA, can never again be viewed as an extravagance by any general public. However, instead, it is a significant interest in the present and future harmony-building activity just as a mechanism of social change.

1.1. Purpose and Objectives of the Study

The purpose of the study was to assess the efficacy of physical activity in developing cohesion among different communities living along the border of the Bomet and Narok regions in Kenya.

- To assess the efficacy of back-to-back physical activities in developing cohesion among different communities living along the border of Bomet and Narok counties in Kenya.
- To investigate the level of efficacy of back-to-back PA on developing cohesion among different ethnic communities living along the border of Bomet and Narok counties in Kenya.

1.2. Hypotheses

- H₀₁: There is no significant efficacy of back-to-back physical activities on the development of cohesion among different ethnic communities living along the border of Bomet and Narok counties in Kenya.
- H₀₂: There is no significant difference in the efficacy of back-to-back PA on developing cohesion among different ethnic communities living along the border of Bomet and Narok counties in Kenya.

2. Literature Review

2.1. Introduction

When working together, task focus is essential to achieving a common goal since it builds cohesion. Cohesion is the tendency of group members to stay glued together in unity as they pursue a common objective [4]. Group members who stay together are said to live in harmony.

2.2. Back-to-Back Physical Activities

Physical activities are a statutory quarter of any human race set up, thinking or somewhat concerned with developing individuals' physical capability and self-confidence, and their ability to utilize them to perform in an array of activities it is fundamentally born out with the knowledge, skills, and understanding [5]. The connection between social activities accomplishment and social inequality, in his work, he depicted social capital as a specific sort of asset accessible to an entertainer comprised of an 'assortment of elements,' which contain two components: 'they all comprise of some parts of the social structures, and they encourage certain activities of entertainers whether people or corporate entertainers inside the structure [6]. Talbot further contended that back-to-back PA causes individuals to build the physical body and for others, which in turn, contributes towards individual development of psyche and body; builds up a comprehension of the activity of vital and anaerobic physical action in well-being; categorically upgrades individual courage and confidence; and also improves social and intellectual change and scholastic accomplishment. However, the researchers conducted no research on back-to-back Physical Activity among the feuding ethnic communities [6]. Therefore, the current study seeks to find out how back-to-back PA brings the feuding ethnic communities into a cohesive society.

Research on the adequacy of sport and physical activity and the sport's commitment to a broad scope of goals, for example, intercultural getting, compromise, and social coordination, are enormous [7]. She further contends that the game is viewed as a crucial social space, particularly considering the present abhorrence of perspectives, but did not factor in the social bond using back-to-back PA between warring communities living along the counties Bomet-Narok border [7].

3. Methodology

The study employed a quasi-experimental research design. The researcher conducted the study along the counties of the Bomet -Narok border, Kenya. This area is the extension of the Mau complex region, which covers large parts of Bomet and Narok in the Rift Valley-Kenya. The study targeted a population of all members of the Federation of Kenya Football (FKF).

Based on a conversion table developed by Morgan and Krejcie [8], the sample size was 148 respondents from a target population of 240 players. Qualitative data was assembled using a semi-structured questionnaire, which can be collected directly from the respondents [9]. The questions were rated on a nine-point Group Environmental Questionnaire (GEQ) scale based on the frequency of usage ("Strongly Agree" =9, to "Strongly Disagree" =1). Using SPSS, A Paired-sample t-test Model for comparative analysis was used to assess a significant difference between the perception of cohesion before and after the tournament amongst the communities living along the border of Narok and Bomet counties in Kenya.

4. Findings and Discussion

4.1. Introduction

The chapter presented the results of the influence of back-to-back physical activity in developing cohesion among communities.

4.2. Influence of Back-to-Back Physical Activity in Developing Cohesion among Communities

The effect of back-to-back Physical Activity in developing cohesion among communities was investigated using four variables: group integration-social, group integration-task, Individual attraction to group-social, and Individual attraction to group-task. The pre and post-test mean values for the group integration social averaged at 4.89 and 7.86, respectively. After participating in the back-to-back physical activity, the results implied a positive change in the Individual's perception of group integration as a social activity. The group integration as a task score for the pre and post-test mean values averaged at 2.83 and 8.14, respectively. The results implied a positive change in the Individual's perception of group integration as a task. The variable, individual attraction to group-social, measured the participant's interpersonal attraction to the group regarding social attractions. The pre-test and post-test mean values averaged at 4.83 and 8.03, respectively. The outcome implied a positive change in the participant's interpersonal attraction to the group with regard to social attractions after the individuals were subjected to back-to-back physical activity. The variable, individual attraction to group-task, expressed personal involvement in relation to group productivity and objectives. The pre-test and post-test values averaged at 4.97 and 7.86, respectively. The results implied a positive change in the feelings about personal involvement in relation to group productivity and objectives. Therefore, people prefer personal involvement in relation to group productivity and objectives.

		Mean	Std. Dev	t	df	Sig.(2-tailed)
Pair 1	Pre-test: Integration-social-Post-test: Integration-social	-2.97	1.11	-16.09	35	.000
Pair 2	Pre-test: Integration-task-Post-test: Integration-task	-5.31	1.12	-28.51	35	.000
Pair 3	Pre-test: Individual attraction to group-social-Post-test: Individual attraction to group-social	-3.19	1.26	-15.20	35	.000
Pair 4	Pre-test: Individual attraction to group-task-Post-test: Individual attraction to group-task	-2.89	1.14	-15.19	35	.000

Table 1: Paired Samples Test

The study investigated the significance of the difference between the pre-test and post-test among the group that undertook the integration social activity using a t-test technique. The test statistic was equal to $t(35) = -16.09$, $p < 0.01$. The p-value was less than 0.05, indicating that the test rejected the null hypothesis, concluding that back-to-back physical activity positively influenced the Individual's perception of group integration as a social activity.

Similarly, the study investigated the significance of the difference between pre-score and post-score for the group that undertook the integration using a t-test technique. The test statistic was equal to $t(35) = -28.51$, $p < 0.01$. The p-value was less than 0.05, indicating that the test rejected the null hypothesis, concluding that back-to-back physical activity positively influenced the Individual's perception of group integration as a task.

For the difference between pre-test and post-test scores for the individual's attraction to group-social, among the group that undertook the integration as a social, the test statistic was equal to $t(35) = -15.20$, $p < 0.01$. The p-value was less than 0.05, indicating that the test rejected the null hypothesis, concluding that back-to-back physical activity positively influenced the participant's interpersonal attraction to group social attractions. The significance of the difference between pre- and post-scores for the individual attraction to group-task investigated using a t-test technique was equal to $t(35) = -15.19$, $p < 0.01$.

The p-value was less than 0.05, showing that the test rejected the null hypothesis, leading to a conclusion that back-to-back physical activity positively influenced the feelings about personal involvement in relation to group productivity and objectives. This implies that back-to-back physical activity does not influence feelings about personal involvement in relation to group productivity and objectives.

4.3. The Influence of Back-to-Back PA on Developing Cohesion among Different Ethnic Communities Living Along the Border of Bomet and Narok Counties in Kenya

The table below shows the correlation analysis results on the influence of back-to-back PA in developing cohesion.

	Back-to-Back Physical Activity	Cohesion
Back-to-back physical activity	1	
Cohesion	0.36	1

Table 2: Correlation Analysis Results

The study revealed a correlation of $r=0.36$ between back-to-back physical activity and cohesion among different ethnic communities living along the border of Bomet and Narok counties in Kenya. The correlation coefficient was close to 0.5, implying a moderate association between the two variables, as represented in table 2 above.

	Coefficients	Standard Error	t- Stat	P-value	Lower 95%	Upper 95%
Intercept	1.92	0.74	2.58	0.01	0.45	3.39
Back-to-back physical activity	0.33	0.07	4.56	1.1E-05	0.19	0.49

Table 3: Regression Model's Coefficients

The coefficient (0.33) was positive, implying that back-to-back PA positively impacted the cohesion among different ethnic communities living along the border of Bomet and Narok counties in Kenya. Back-to-back physical activity had t-statistics with p-values less than 0.05. Hence, the effects of back-to-back physical activity on the cohesion among different ethnic communities living along the border of Bomet and Narok counties in Kenya were significant, as shown in table 3.

5. Conclusion and Recommendations

5.1. Conclusion

The study's findings showed that back-to-back physical activity is a social activity that leads to a positive change in an individual's perception of group integration (p-value of $p < 0.01$, which is less than 0.05). Besides, the study results revealed that back-to-back physical activity impacts a positive change in the participant's interpersonal attraction to the group with regards to social attractions. Furthermore, it also positively influences the individual's perception of group integration as a social activity, participants' interpersonal attraction to group social attractions, and feelings about personal involvement in relation to group productivity and objectives. Therefore, it was concluded that back-to-back physical activity positively influences group integration and individual attraction to the group both as a task and social activity (p-value of $p < 0.01$, which is less than 0.05). The findings from the above studies show that since socially cohesive communities are stable and focus on economic growth and upward mobility, back-to-back physical activity reduces violent activities, conflict, and other related humanitarian issues. Therefore, it can be deduced that through physical activities, community members gain a sense of belonging and trust and live as people of one race without fights.

5.2. Recommendations

Back-to-back physical activities should be used in the counties of Bomet and Narok to enable community members to gain a sense of belonging and trust and live in cohesion as people of one race without fighting.

5.3. Other Recommendations

There is also the need to conduct a study to assess if mediating factors influence cohesion alongside back-to-back physical activities.

It is also of great importance to evaluate whether the positive effects of back-to-back physical activities on cohesion are short-lived or long-lived.

6. References

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