

YOUTH EMPOWERMENT THROUGH SPORTS

**(A case study of Shree Rameshwori Secondary School,
Majheripatan Pokhara Lekhnath - 14)**

A Thesis

Submitted to

The Faculty of Humanities and Social Science, Department of Sociology

For the Partial Fulfillment of the Requirements of the

Master Degree in

Sociology

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April 2018

LETTER OF RECOMMENDATION

This is to certify that **Mrs Tam Kumari** Pun has completed this dissertation entitled **Youth Empowerment Through Sport: A case study of Shree Rameshwori Secondary School** is under my supervision. This is an original work. I, therefore recommend this dissertation for final approval and acceptance

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We hereby certify that the dissertation entitled **Youth Empowerment Through Sport: A case study of Shree Rameshwori Secondary School** submitted by **Mrs Tam Kumari Pun** to the Department of Sociology, Prithivi Narayan Campus, Pokhara in the partial fulfillment of the requirement for the Degree of Master's of Arts in Sociology has been found satisfactory in scope and quality. Therefore, we accept this thesis as a part of the mentioned degree.

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ACKNOWLEDGEMENTS

This thesis would not have been possible without the guidance and help of several individuals, who in one way or the other contributed and extended their valuable support in this study. It is indeed my pleasure to convey my sincere gratitude & thanks to one and all. I acknowledge each of them with all sincerity.

First and foremost I offer my most sincere respects & gratitude to my supervisor, Associate professor Mrs. Shanti Bhusal who has supported me throughout my thesis with her patience and knowledge even as allowing me to work in my own way. It is her interest & her contribution that has been the major attribute to the success of my work. But for her encouragement and effort this thesis would not have been completed or written.

I gratefully acknowledge the support given by our Head of the Department Prof. Bishow Kalyan Parajuli. I gratefully acknowledge the support and guidance given by lecturer Tej Subedi and lecturer Ram Chandra Baral.

I would like to extend my sincere thanks to EWN's founders Lucky Karki, Dicky Karki and Nicky Karki, all my respondents, key informers Chandra Bahadur Ale, Archana Karki, Rajan Giri, Kamalraj Dhungana, teachers and principle of Shree Rameshwori Secondary School, who largely supported me to collect the data essential for the thesis. I would like to personally thank my colleagues Isha Pathak, Tsering Gurung, Arati Gurung, Anupa Tiwar Jharana Parajuli and Christine, who helped and back support.

I also enjoyed the great affection and constant encouragement from my parents, my family and my husband for their great help and moral support during the entire course of study.

Last but not the least, I would like to thank all, who inspired me and helped me to carry out this research.

Thanks

Tam Kumari Pun

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ABBREVIATIONS

AIDS	–	Aacquired immune deficiency syndrome
ANFA	-	All Nepal Football Association
EE	-	Economic empowerment
EWN	-	Empowering Women of Nepal
FIFA	–	International Federation of Association Football
GBV	-	Gender based violence
HIV	–	Human Immunodeficiency Virus
NSC	-	National Sports council
NYF	–	Nepali Youth in Figure
NYP	–	National Youth Policy Organization
SAG	-	South Asian Games
SDPIWG	-	Development and Peace International Working Group
SRHR	-	Sexual and reproductive health and rights
STEM	–	Science Technology Engineering Mathematic
UN	–	United Nation
UNESCO	–	United Nations Educational, Scientific and Cultural
UNICEF	-	United Nations Children’s Fund
WHO	–	World Health Organization
WRSDC	-	Western Regional Sports Development Committee
YETS	-	Youth Empowerment through Sport

ABSTRACT

This Thesis entitled 'Youth empowerment through sports 'A case study of Shree Rameshwori Secondary, Majheripatan Pokhara-14 Nepal. This programs importance was established as no study referring to the empowerment of youth through sport in Nepal could be found, and the researcher had a vested interest due to the work she is undertaking in empowering youth through sport in various districts in Nepal.

How are sports based programs developed? Do they help to increase the confidence level of students? How do these programs help youths to be empowered, and improve their social skill. These are the main questions and interest of the study.

The objectives of the study is to gather information about sports based training in Pokhara. However, the specific objectives of the study are:

-) To identify the process of Empowerment through sports*
-) To analyze the relation between health, education and sports.*

The research work was carried out in a particular area therefore generalization of all projects in Nepal cannot be made from this study. Due to the limited nature of the research a limited sample size in the Pokhara area was selected.

The study focused on Shree Remeshwori Secondary School in Majheripatan Pokhara Lekhnath metropolitan city - 14, Kaski., In this school, 104 students were selected to take the empowerment training from EWN but only 92 respondents were available, when the interview schedule was fixed. Without youth development we cannot develop our society, empowerment training provides different skills to develop youth behavior.

A purposive sampling method was applied to achieve the objectives. The data was collected from primary and secondary sources. The primary data was collected through interview, case study, and key informer. Secondary data were collected from articles, journals, books and the internet.

The findings of the study shows that the empowerment training significantly increases self confidence, increases good relations with individuals peer group, improves team work, increases knowledge and understanding about health and hygiene. The

findings in this study indicate that sport programs are perceived as contributing to personal development of youth groups. It shows that the empowerment sport based training is running effectively in school. Data analysis has been carried out and presented in the relevant section in the form of tables, charts, pie charts, and percentages.