An exploration of young people’s experiences of participating in boxing as an intervention

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What can we learn from using boxing as an intervention for children and young people?
Aims

Explore / Relate / Discuss
Rationale

Personal

Societal

Professional
Literature review

Boxing

Martial Arts

Informal Education

Sport as Informal Education

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Research Question

What is the experience of children and young people taking part in BAAI?
Theoretical Framework

- Chrono
- Macro
- Exo
- Meso
- Micro
- Individual

Risk Factors

Protective Factors

BAAI
Methodology

- Qualitative methods
- One setting (PunchNProgress)
- Pilot (focus group and interview with 4 CYP)
- 16 interviews with CYP (12) and coaches (4).
- Inductive thematic analysis
Findings
Coaching of a Developmental Journey

Perceived Benefits
Coaching of a Developmental Journey

Capture Interest
Attracting CYP with boxing and coaches

Open Atmosphere
Retention of CYP at PunchNProgress through non-judgement and openness

Build Deeper Trust
Creating a trusting foundation and leveraging this to push CYP hard to progress

Long Term Vision
Articulating aspirations for long term success and using boxing as an analogy to teach more than technique

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Rigidity = Egalitarianism
Coaching of a Developmental Journey

Perceived Benefits
Perceived Benefits

- Oasis of Respite
- Catharsis
- Increased Perception of Control
- Improved Self Efficacy

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Increased Perception of Control
Conclusions
- Scope for increased EP collaboration with IE organisations (utilisation, traded training)
- Shape the way we support CYP to integrate into new settings (relational trust, structure)
- Schools could provide spaces and activities to CYP who are experiencing chronic stressors (to facilitate respite)

**Implications**

- Informal education and/or sport can be used to provide ‘preferred’ narratives.
- CBT principles can be explored through sport and physical activities.
- Entrance and exit criteria for participants of informal education
Questions?
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