

**INFLUENCE OF PHYSICAL ACTIVITIES AND SPORTS IN DEVELOPING
COHESION AMONG COMMUNITIES ALONG BOMET AND NAROK
COUNTY BORDER IN KENYA**

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DECLARATION

This research thesis is my original work and has not been presented for a degree award in any other university.

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ABSTRACT

Kenya has over 40 ethnic groups which have diverse traditional and religious backgrounds. Sports and Back-to-Back Physical Activities are acknowledged as a mark of national unity and have worked as an instrument for the integration and co-existence of people. Considering the benefit of sports events towards the co-existence of the people, the current study endeavored to assess sports and back-to-back physical activity in developing cohesion among different communities living along the Narok and Bomet county border in Kenya. The research employed a quasi-experimental research design where teams from Narok and Bomet Counties were engaged in a soccer tournament for eight weeks. The study targeted different communities living along the border of Narok and Bomet counties. From the projected target of ten teams which constitutes about 240 respondents, the study adopted a technique formulated by Morgan and Krejcie (1972) to determine the 148 both genders sample size for the study and SPSS version 25 was used to perform analysis. Descriptive frequency and T-test were used to analyze the data collected via questionnaire. Motto-driven soccer for peace positively changes individuals' perception of group integration as a social activity and it leads to a positive change in participants' interpersonal attraction to the group with regards to social attractions ($p < 0.01 < 0.05$). Back-to-Back Physical Activity is a social activity that leads to a positive change in an individual's perception of group integration, and it positively influences group integration and individual attraction to the group both as a task and social activity ($p < 0.01 < 0.05$). Team sports did not influence the individual's perception of group integration as a social activity ($p = 0.09 > 0.05$), however, team sports activity did not influence the participant's interpersonal attraction to group social attractions ($p = 0.098 > 0.05$). Team sports activity did not influence the feelings about personal involvement in relation to group productivity and objectives ($p = 0.429 > 0.05$) and it did not influence the individual's perception about group integration as a task and that team sports activity did not influence the participant's interpersonal attraction to group social attractions. Sports mentor intervention activity positively influences the individual's perception of group integration as a social activity ($p < 0.01 < 0.05$). Besides, sports mentor intervention activity positively influenced the individual's perception of group integration as a task ($p = 0.017 < 0.05$). Also, sports mentor intervention activity positively influenced the participant's interpersonal attraction to group social attractions ($p < 0.01 < 0.05$). Finally, sports mentor intervention activity positively influenced personal involvement in relation to group productivity and objectives ($p < 0.01 < 0.05$). The study established a correlation value of $r = 0.36$ for back to back physical activity $r = 0.21$ for motto driven soccer for peace, and 0.11 sports mentor intervention. The study established that that motto-driven soccer for peace, back-to-back physical activity, and sports mentor intervention are positively correlated to cohesion among ethnic communities that live along the Narok and Bomet county border in Kenya. Thus, sporting activities can end the predominant war in Kenya along the ethnic borders. Therefore, the study recommended that the Narok and Bomet counties and the community stakeholders organize periodic inter-ethnic motto-driven soccer for peace, back-to-back physical activities, team sport, sports mentor intervention tournaments to enhance cohesion, build peace, and consequently, build peace end conflicts, clashes, and wars.