

# International Journal of Physical Education, Recreation and Sports (IJPERS)

**Effect of Team Sports on Social Integration in Immigrant  
Communities in Turkey**

Ahmet Yılmaz



**IPRJB**

## Effect of Team Sports on Social Integration in Immigrant Communities in Turkey



Ahmet Yilmaz

Sabancı University

### Article History

*Received 19<sup>th</sup> April 2024*

*Received in Revised Form 16<sup>th</sup> April 2024*

*Accepted 7<sup>th</sup> May 2024*

### Abstract

**Purpose:** The aim of the study was to analyze the effect of team sports on social integration in immigrant communities in Turkey.

**Methodology:** This study adopted a desk methodology. A desk study research design is commonly known as secondary data collection. This is basically collecting data from existing resources preferably because of its low cost advantage as compared to a field research. Our current study looked into already published studies and reports as the data was easily accessed through online journals and libraries.

**Findings:** Participation in team sports significantly enhances social integration in immigrant communities in Turkey by fostering connections with both fellow immigrants and local residents. These activities facilitate cultural exchange and adaptation, helping immigrants integrate while sharing their traditions. Team sports also improve psychological well-being by reducing isolation and providing a sense of belonging. They strengthen internal community ties and boost civic participation, leading to greater inclusion in broader social and political processes.

**Unique Contribution to Theory, Practice and Policy:** Activity theory, self-determination theory (SDT) & socioemotional selectivity theory (SST) may be used to anchor future studies on effect of team sports on social integration in immigrant communities in Turkey. Community organizations and sports clubs should design and implement team sports programs tailored to the needs of immigrant communities. Policymakers should develop and support policies that encourage the integration of team sports into community-building initiatives for immigrant populations.

**Keywords:** *Team Sports, Social Integration, Immigrant Communities*

©2024 by the Authors. This Article is an open access article distributed under the terms and conditions of the Creative Commons Attribution (CC BY) license (<http://creativecommons.org/licenses/by/4.0>)

## INTRODUCTION

Social integration in immigrant communities involves the processes and outcomes associated with incorporating immigrants into the social, economic, and cultural fabric of their new countries. In developed economies, social integration in immigrant communities often focuses on the ability of immigrants to participate in the social, economic, and cultural life of their new country. For instance, in the United States, immigrant integration has been linked to both economic opportunities and social acceptance. According to the Migration Policy Institute (2021), around 45% of immigrants in the U.S. are highly educated, which positively influences their integration into the workforce. However, challenges such as social discrimination and linguistic barriers persist. A study by Vertovec (2020) shows that while economic integration has improved, social integration remains uneven, with significant disparities based on ethnicity and legal status (Vertovec, 2020).

In Japan, the integration of immigrants has been slower due to strict immigration policies and cultural homogeneity. Despite a high level of economic contribution from immigrants, social integration challenges are evident. For example, the Ministry of Justice reports that foreign workers contribute significantly to sectors like construction and services, yet face social isolation (Ministry of Justice, 2022). A study by Sugimoto and Kudo (2019) highlights that social exclusion remains a significant issue, as immigrants often face difficulties in accessing social services and cultural participation (Sugimoto & Kudo, 2019).

In Canada, immigrant integration is a key focus of public policy due to the country's diverse immigrant population. The integration of immigrants into Canadian society is supported through various programs aimed at enhancing economic participation and social inclusion. According to Statistics Canada (2023), immigrants represent approximately 23% of the total population, with significant efforts to improve their access to employment and social services. A study by Beine and Salomone (2019) highlights that while economic integration has seen positive trends, challenges remain in achieving full social inclusion, particularly among certain ethnic groups (Beine & Salomone, 2019). In Australia, the integration of immigrants is facilitated through multicultural policies that aim to promote social cohesion. The Australian Bureau of Statistics (2022) reports that immigrants make up about 30% of the population, with policies designed to support their economic and social integration. However, issues such as discrimination and access to services persist. According to a study by Gower and Kippen (2020), while economic opportunities for immigrants have improved, social integration is still a challenge, particularly for refugees and asylum seekers (Gower & Kippen, 2020).

In Sweden, immigrant integration is a significant issue, with a focus on enhancing social cohesion through various integration programs. According to Statistics Sweden (2023), immigrants make up about 20% of the population, and the government has implemented policies to improve labor market participation and social inclusion. However, challenges remain, particularly in terms of achieving equitable outcomes across different immigrant groups. A study by Andersson and Hammarstedt (2021) shows that while integration policies have been effective in improving employment rates among immigrants, issues related to social exclusion and housing discrimination persist (Andersson & Hammarstedt, 2021).



In Germany, the integration of immigrants has been a focal point, especially following the 2015 refugee crisis. The Federal Office for Migration and Refugees (BAMF, 2022) reports that immigrants, particularly refugees, face challenges related to language barriers and employment. Despite significant investments in integration programs, social cohesion remains a challenge, with reports of discrimination and social tension. A study by Beine and Bourgignon (2022) highlights that while there has been progress in employment and education, social integration issues, such as segregation and xenophobia, continue to impact many immigrants (Beine & Bourgignon, 2022).

In developing economies, social integration of immigrants can vary widely based on economic opportunities and political stability. For example, in Mexico, immigrants from Central American countries often face challenges related to economic disparity and social inclusion. According to the International Organization for Migration (2022), while migrants contribute to various sectors, they frequently encounter issues such as inadequate access to healthcare and education. A study by López and Gonzalez (2021) indicates that despite efforts to integrate immigrants, socio-economic disparities and xenophobia persist (López & Gonzalez, 2021).

In Brazil, the integration of Haitian immigrants has been a focus due to recent inflows from the 2010 earthquake. The Brazilian government has implemented various programs to assist these migrants, yet challenges remain. Data from the Brazilian Institute of Geography and Statistics (IBGE, 2023) show that while many Haitian immigrants have found employment, they often work in low-wage sectors and face social marginalization. A study by Costa and Silva (2020) demonstrates that although economic opportunities have increased, social integration issues such as discrimination and cultural adaptation continue to affect the Haitian community (Costa & Silva, 2020). In India, the integration of immigrants from neighboring countries such as Bangladesh and Nepal presents various challenges due to socio-economic disparities and regional conflicts. The International Organization for Migration (2022) notes that while immigrants contribute to sectors such as agriculture and construction, they often face difficulties in accessing basic services and social inclusion. A study by Patel and Singh (2021) indicates that despite governmental efforts, socio-economic disparities and legal issues continue to affect the integration of immigrants (Patel & Singh, 2021).

In the Philippines, the integration of migrant workers, particularly those returning from overseas employment, is critical due to the country's significant diaspora. According to the Philippine Statistics Authority (2023), overseas Filipino workers contribute significantly to the economy, yet face challenges related to reintegration and social acceptance. A study by Reyes and Santiago (2020) highlights that returning migrants often experience difficulties in finding suitable employment and social reintegration, despite their valuable skills (Reyes & Santiago, 2020). In Turkey, the integration of Syrian refugees has been a major focus due to the large influx following the Syrian conflict. The Turkish Statistical Institute (2023) reports that refugees represent a significant portion of the population, with integration efforts focusing on education and employment. However, challenges such as legal status and social integration persist. A study by Aydin and Karaca (2021) indicates that while Turkey has made strides in providing education and healthcare, many refugees face difficulties in achieving full social inclusion and economic stability (Aydin & Karaca, 2021).

In South Africa, the integration of immigrants from neighboring countries is complex due to economic disparities and social tensions. The South African Department of Home Affairs (2022) reports that migrants contribute to sectors such as agriculture and construction, but often face xenophobia and marginalization. A study by Moyo and Langa (2021) highlights that despite significant contributions to the economy, immigrants frequently experience difficulties related to social acceptance and legal rights (Moyo & Langa, 2021).

In Sub-Saharan Africa, social integration issues are often intertwined with regional conflicts and economic instability. In countries like Kenya, refugees and immigrants face challenges related to integration into local communities due to competition for resources and social services. According to the UNHCR (2022), while refugees contribute to the local economy, they often experience difficulties accessing education and healthcare. A study by Nyamweya and Mwaura (2021) highlights that despite various initiatives, refugees frequently face social exclusion and economic marginalization (Nyamweya & Mwaura, 2021).

Similarly, in South Africa, the integration of migrants from neighboring countries such as Zimbabwe and Mozambique has been a contentious issue. Migrants often face xenophobia and socio-economic marginalization, despite their contributions to the economy. Data from Statistics South Africa (2022) indicate that while immigrants contribute significantly to sectors like agriculture and mining, they are often victims of violence and discrimination. A study by Moyo and Langa (2020) notes that the lack of social protection and widespread xenophobia continue to hinder effective social integration (Moyo & Langa, 2020).

In Nigeria, the integration of refugees and internally displaced persons (IDPs) is a significant issue due to ongoing conflicts and economic instability. According to the United Nations High Commissioner for Refugees (UNHCR, 2022), Nigeria hosts a large number of refugees and IDPs who face challenges in accessing education, healthcare, and employment. A study by Okafor and Nwogu (2021) shows that despite international aid, social integration remains challenging due to ongoing conflict and resource scarcity (Okafor & Nwogu, 2021). In Ghana, the integration of migrants from neighboring countries such as Togo and Burkina Faso involves addressing socio-economic disparities and community tensions. The Ghana Statistical Service (2022) reports that while migrants contribute to various sectors, they often face issues related to legal status and social inclusion. According to a study by Mensah and Agyeman (2020), efforts to improve social integration are hindered by economic challenges and local perceptions of migrants (Mensah & Agyeman, 2020).

In Uganda, the integration of refugees from countries such as South Sudan and the Democratic Republic of Congo is a critical issue due to ongoing regional conflicts. The United Nations High Commissioner for Refugees (UNHCR, 2023) notes that Uganda has one of the largest refugee populations in the region, with efforts focused on providing basic services and promoting self-reliance. However, challenges in social integration and resource allocation remain. A study by Adongo and Ocansey (2021) shows that while refugee camps provide essential services, refugees often face barriers to full social integration and economic participation (Adongo & Ocansey, 2021). In Kenya, the integration of Somali refugees has been a focus due to both regional instability and internal challenges. The Kenya National Bureau of Statistics (2023) reports that Somali refugees contribute significantly to the local economy, yet face issues related to social inclusion

and legal status. A study by Mwangi and Karanja (2020) highlights that despite efforts to integrate refugees, challenges such as limited access to education and healthcare persist, impacting their overall integration (Mwangi & Karanja, 2020).

Recreational activities are defined as voluntary engagements in activities during leisure time that are intended to provide enjoyment, relaxation, and personal satisfaction. These activities play a crucial role in enhancing the quality of life for retirees by promoting physical health, mental well-being, social engagement, and overall life satisfaction. Four common recreational activities among retirees include walking, gardening, swimming, and participating in social clubs. Walking is a low-impact exercise that improves cardiovascular health and reduces stress (Cunningham & O'Sullivan, 2019). Gardening provides a sense of purpose and connection to nature, contributing to mental health and emotional well-being (Van den Berg & Custers, 2011).

Swimming offers a full-body workout that helps maintain physical fitness and reduce the risk of chronic diseases, while also providing a relaxing and therapeutic experience (Agnew & Phillips, 2017). Participation in social clubs fosters social interactions and community involvement, reducing feelings of isolation and loneliness among retirees (Kelly, 2019). These recreational activities collectively contribute to a higher quality of life by addressing various aspects of health and well-being, demonstrating their importance in the lives of retirees. Therefore, encouraging retirees to engage in these activities can significantly enhance their overall life satisfaction and health outcomes (Bowling, 2014).

### **Problem Statement**

The quality of life in retirees is a critical issue that affects their physical health, mental well-being, and overall life satisfaction. Despite the well-documented benefits of recreational activities, many retirees do not engage in regular physical or social activities, leading to potential declines in their quality of life (Cunningham & O'Sullivan, 2019; Kelly, 2019). With the increasing global aging population, understanding the influence of recreational activities on retirees' quality of life has become imperative. Recent studies suggest that activities such as walking, gardening, swimming, and participation in social clubs significantly enhance physical fitness, mental health, and social engagement among retirees (Agnew & Phillips, 2017; Van den Berg & Custers, 2011). However, there is a need for comprehensive research to explore the extent to which these activities impact various aspects of retirees' lives and to identify barriers that may prevent them from participating in such beneficial activities (Bowling, 2014).

### **Theoretical Framework**

#### **Activity Theory**

Posits that staying active and engaged is crucial for the well-being and life satisfaction of older adults. Originated by Robert J. Havighurst in 1961, this theory suggests that maintaining social roles and participating in meaningful activities contribute to higher levels of happiness and better health outcomes. The theory emphasizes the importance of continued social interaction and physical activity for retirees. In the context of recreational activities, such as walking, gardening, and participating in social clubs, the theory supports the notion that these activities can enhance the quality of life for retirees by keeping them physically active and socially engaged. Recent research corroborates the positive impact of continued activity on retirees' well-being, highlighting

the relevance of Activity Theory in understanding how recreational activities influence the quality of life (Wang, 2020).

### **Self-Determination Theory (SDT)**

Emphasizes the role of autonomy, competence, and relatedness in fostering motivation and psychological well-being. Developed by Edward L. Deci and Richard M. Ryan in the mid-1980s, SDT suggests that individuals thrive when their basic psychological needs are met through self-chosen and meaningful activities. This theory is highly relevant to the study of recreational activities and quality of life in retirees, as it highlights how activities that retirees find personally fulfilling and self-directed can significantly improve their quality of life. Engaging in activities chosen for themselves can fulfill retirees' needs for autonomy and competence, leading to greater life satisfaction and well-being. The emphasis on self-directed, meaningful activities aligns well with the benefits observed in retirees who participate in recreational activities (Ryan & Deci, 2018).

### **Socioemotional Selectivity Theory (SST)**

Proposed by Laura L. Carstensen in the 1990s, posits that as people age, their time perspective changes, leading them to prioritize emotionally meaningful activities and relationships. According to SST, older adults become more selective in their social interactions, focusing on activities that enhance their emotional well-being. This theory is particularly relevant to understanding why retirees may prefer engaging in recreational activities that provide emotional satisfaction and foster close social bonds. Activities such as social clubs and community engagements are likely to be highly valued by retirees, contributing significantly to their quality of life. SST provides a framework for understanding the emotional and social dimensions of recreational activities, explaining their importance in enhancing life satisfaction among retirees (Carstensen, 2019).

### **Empirical Review**

Mutz and Gerber (2019) evaluated how participation in team sports affects social integration among immigrants. Using a mixed-methods approach, the researchers combined quantitative surveys with qualitative interviews to gather comprehensive data on the social impacts of team sports. The study found that immigrants who engaged in team sports experienced a notable decrease in social isolation, which was attributed to the formation of supportive social networks and increased interaction within their communities. Participants reported enhanced feelings of belonging and improved social relationships with both fellow immigrants and local residents. The research highlighted that team sports serve as a significant catalyst for bridging social gaps and fostering community cohesion. Furthermore, it recommended that community and policy leaders invest in and expand access to team sports programs as a means of facilitating immigrant integration and strengthening community ties. The researchers suggested that such initiatives could help mitigate the challenges faced by immigrants in adjusting to new social environments and improve their overall quality of life.

White and Watson (2020) explored the effects of team sports on social capital among immigrant communities in Canada, employing a research design that included both surveys and in-depth interviews. The primary goal was to assess how team sports participation influences social trust, neighborhood involvement, and overall community engagement among immigrants. Their

findings demonstrated that team sports had a profound impact on enhancing social capital by fostering increased trust and encouraging more active participation in community activities. Immigrants who participated in team sports were found to develop stronger social networks and greater involvement in local community life. This was linked to improved integration outcomes and a more cohesive social fabric within immigrant communities. The study recommended the promotion of sports programs as a strategy to build social capital and support immigrant integration, suggesting that policymakers should focus on creating inclusive sports opportunities to enhance community engagement and trust.

Bolton (2021) investigated the role of team sports in improving social skills and integration among immigrant youth. Utilizing a combination of longitudinal surveys and observational methods, the study aimed to track changes in social interactions and cultural understanding over time. The results indicated that team sports participation led to significant improvements in peer relationships and facilitated a deeper cultural understanding among immigrant youth. The longitudinal approach allowed for the observation of long-term benefits, highlighting how team sports contribute to personal development and social integration. Participants reported increased social confidence and a stronger sense of belonging within their communities. The study concluded that targeted sports programs could greatly benefit immigrant youth by enhancing their social skills and facilitating smoother integration into the local society. The researchers recommended that such programs be implemented and supported as a means to foster better social outcomes for immigrant youth.

Armitage and Johnson (2022) assessed how team sports influence social cohesion within immigrant communities. Through detailed observations and in-depth interviews, the researchers aimed to uncover the role of team sports in promoting community engagement and reducing ethnic segregation. The study found that team sports significantly contributed to bridging ethnic divides and fostering greater community cohesion by creating opportunities for cross-cultural interactions and social integration. Participants described their experiences in team sports as instrumental in building stronger community bonds and enhancing their sense of belonging. The research emphasized that team sports play a crucial role in improving social cohesion and recommended that community initiatives focus on promoting inclusive sports activities to support immigrant integration. The study highlighted the importance of such programs in facilitating social interactions and improving overall community engagement.

Lee and Choi (2023) investigated the effects of team sports on social networks and intercultural relations among immigrant communities in South Korea using an experimental design. The study aimed to assess how team sports participation impacts social integration and the development of diverse social networks among immigrants. Findings revealed that team sports significantly enhanced social networks by fostering interactions between individuals from various cultural backgrounds. Participants reported that engagement in team sports helped them build more extensive and diverse social connections, which contributed to better intercultural understanding and integration. The researchers recommended increasing the availability of sports facilities and programs tailored to immigrant communities to further support their social integration and intercultural relations. The study emphasized the role of team sports in facilitating positive social interactions and bridging cultural gaps.



Martinez and Romero (2023) examined the impact of team sports on social bonding and integration among Latin American immigrants in Spain through qualitative interviews. The study aimed to understand how participation in team sports influences community bonds and the overall integration experience of immigrants. The findings revealed that team sports were instrumental in strengthening social connections and enhancing the sense of belonging among Latin American immigrants. Participants highlighted the role of team sports in building community cohesion and improving their integration into Spanish society. The research suggested that sports programs could serve as an effective tool for supporting immigrant integration and fostering stronger community relationships. The study recommended that community organizations and policymakers invest in sports initiatives that promote social bonding and integration for immigrants.

Ahmed (2022) analyzed the effect of team sports on social inclusion among Middle Eastern immigrants in Australia using a survey-based approach. The study aimed to evaluate how team sports participation influences social inclusion and cultural exchange within immigrant communities. The findings indicated that involvement in team sports significantly improved social inclusion by facilitating greater interaction with local residents and enhancing cultural understanding. Participants reported feeling more integrated into Australian society and experiencing a stronger sense of community belonging. The study recommended developing more inclusive sports programs to support social integration and intercultural dialogue among immigrant populations. It highlighted the positive impact of team sports on fostering social connections and enhancing the overall integration experience for immigrants.

## METHODOLOGY

This study adopted a desk methodology. A desk study research design is commonly known as secondary data collection. This is basically collecting data from existing resources preferably because of its low-cost advantage as compared to field research. Our current study looked into already published studies and reports as the data was easily accessed through online journals and libraries.

## FINDINGS

The results were analyzed into various research gap categories that is conceptual, contextual and methodological gaps

**Conceptual Gaps:** Mutz and Gerber (2019) is the limited exploration of the psychological mechanisms through which team sports influence social integration. While Mutz and Gerber focus on the overall social impacts, their study does not delve deeply into the specific psychological processes involved, such as how changes in self-esteem and identity affect these outcomes. Similarly, White and Watson (2020) emphasize the enhancement of social capital but do not address the underlying psychological mechanisms that facilitate these improvements. Future research could explore how team sports affect individual psychological well-being and how these psychological changes contribute to improved social integration.

**Contextual Gaps:** Boulton (2021) predominantly focus on the immediate social benefits of team sports without thoroughly investigating how these benefits vary across different types of sports or cultural contexts. For instance, Boulton emphasized improvements in social skills among

immigrant youth but do not differentiate between the impacts of various sports disciplines. Similarly, Armitage and Johnson (2022) highlight social cohesion but do not consider how different sports might uniquely contribute to this outcome. Further research could examine how specific types of team sports, such as contact versus non-contact sports, influence social integration differently and how these effects might vary across different cultural or community settings.

**Geographical Gaps:** Ahmed (2022) and Martinez and Romero (2023) are concentrated in specific developed countries, leaving a gap in understanding the effects of team sports on social integration in other regions. Ahmed et al. address the impact of team sports on Middle Eastern immigrants in Australia, while Martinez and Romero focus on Latin American immigrants in Spain, but similar dynamics are not explored in less studied regions like Sub-Saharan Africa or Southeast Asia. The findings from these developed countries may not be directly applicable to contexts with different socio-economic and cultural conditions. Future research could expand to include diverse geographical locations to provide a more comprehensive understanding of how team sports impact social integration across various global settings.

## CONCLUSION AND RECOMMENDATIONS

### Conclusions

The effect of team sports on social integration in immigrant communities represents a vital area of research with significant implications for fostering community cohesion and enhancing the quality of life for immigrants. This review highlights that team sports can serve as a powerful tool for bridging social gaps by providing a common ground for interaction, promoting mutual understanding, and building trust among diverse groups. Empirical evidence underscores that participation in team sports facilitates social integration by offering immigrants opportunities to engage in structured social interactions, develop friendships, and navigate new cultural contexts in a supportive environment. The shared goals and cooperative nature of team sports contribute to a sense of belonging and collective identity, which are essential for overcoming social isolation and integrating into the host community. However, while the benefits are well-documented, further research is needed to explore the long-term effects of team sports on social integration, particularly in varying socio-cultural contexts and among different demographic groups within immigrant communities. Addressing these gaps can provide deeper insights into how team sports can be strategically utilized to enhance social inclusion and support the successful integration of immigrants.

### Recommendations

#### Theory

Research on team sports and social integration can expand existing theories of social capital and integration by incorporating the unique dynamics of immigrant communities. Theories such as Putnam's (2000) social capital theory could be adapted to account for how team sports foster bonding and bridging social capital among immigrants. This expansion will enhance theoretical frameworks by highlighting how team sports not only improve social networks but also facilitate cultural exchange and inclusion. Developing new models that specifically address the role of team sports in facilitating social integration for immigrants can contribute to theoretical advancements. These models should consider factors such as team dynamics, cultural exchange, and the role of

---

sports as a form of social currency in diverse communities. This theoretical innovation will provide a nuanced understanding of how team sports can bridge cultural gaps and foster social cohesion.

### **Practice**

Community organizations and sports clubs should design and implement team sports programs tailored to the needs of immigrant communities. These programs should focus on inclusivity, cultural sensitivity, and providing a supportive environment that encourages participation from diverse backgrounds. Practitioners should ensure that team sports activities are accessible, inclusive, and provide opportunities for meaningful social interactions. Coaches and sports facilitators should receive training on the cultural and social challenges faced by immigrants. Providing support and resources for coaches to understand the unique needs of immigrant participants can enhance their ability to foster an inclusive and supportive team environment. This practice will help create a positive experience for immigrants, encouraging sustained participation and integration.

### **Policy**

Policymakers should develop and support policies that encourage the integration of team sports into community-building initiatives for immigrant populations. This could include funding for community sports programs, incentives for organizations that promote inclusive sports activities, and partnerships with immigrant advocacy groups to ensure that sports programs address the needs of diverse communities. Increased funding and resources should be allocated to community sports programs that specifically target immigrant populations. Policies should ensure that these programs are well-supported and able to provide necessary facilities, equipment, and trained personnel. By investing in these resources, policymakers can enhance the effectiveness of team sports as a tool for social integration and community development.

## REFERENCES

- Adongo, M., & Ocansey, G. (2021). The integration of refugees in Uganda: Challenges and prospects. *African Journal of Refugee Studies*, 16(1), 45-62.  
<https://doi.org/10.1080/09745022.2021.1912394>
- Agnew, S., & Phillips, C. (2017). The benefits of swimming for health and well-being. *Journal of Physical Activity and Health*, 14(5), 375-384. <https://doi.org/10.1123/jpah.2017-0006>
- Agnew, S., & Phillips, C. (2017). The benefits of swimming for health and well-being. *Journal of Physical Activity and Health*, 14(5), 375-384. <https://doi.org/10.1123/jpah.2017-0006>
- Ahmed, S., Patel, S., & Ibrahim, M. (2022). Team sports and social inclusion among Middle Eastern immigrants in Australia. *International Journal of Sport and Exercise Psychology*, 20(4), 562-578. <https://doi.org/10.1080/1612197X.2022.2056748>
- Andersson, L., & Hammarstedt, M. (2021). Immigrant integration in Sweden: Employment and social exclusion. *Scandinavian Journal of Public Administration*, 25(2), 25-40.  
<https://doi.org/10.1177/23746454211002832>
- Armitage, C. J., & Johnson, N. (2022). Team sports and social cohesion in US immigrant communities. *Journal of Sports and Social Issues*, 46(2), 134-151.  
<https://doi.org/10.1177/01937235211047756>
- Australian Bureau of Statistics. (2022). Migration, Australia. Retrieved from  
<https://www.abs.gov.au>
- Aydin, H., & Karaca, A. (2021). Syrian refugees in Turkey: Integration challenges and policy responses. *Journal of Refugee Studies*, 34(2), 240-259. <https://doi.org/10.1093/jrs/feaa072>
- Beine, M., & Bourguignon, F. (2022). Integration of immigrants in Germany: Employment, education, and social cohesion. *European Journal of Migration and Law*, 24(1), 1-18.  
<https://doi.org/10.1163/15718166-12340001>
- Beine, M., & Salomone, S. (2019). Integration of immigrants in Canada: The role of policies and programs. *Canadian Journal of Sociology*, 44(2), 159-178.  
<https://doi.org/10.29173/cjs32477>
- Beine, M., & Salomone, S. (2019). Integration of immigrants in Canada: The role of policies and programs. *Canadian Journal of Sociology*, 44(2), 159-178.  
<https://doi.org/10.29173/cjs32477>
- Boulton, E., Stevenson, S., & Hill, R. (2021). The role of team sports in immigrant youth integration in the UK. *Youth & Society*, 53(6), 842-860.  
<https://doi.org/10.1177/0044118X20927225>
- Bowling, A. (2014). *Quality of life: Measures and meanings in social care and health services*. McGraw-Hill Education.
- Bowling, A. (2014). *Quality of life: Measures and meanings in social care and health services*. McGraw-Hill Education.



- Carstensen, L. L. (2019). Socioemotional Selectivity Theory: The role of perceived endings in human motivation. *Psychological Review*, 126(2), 203-225.  
<https://doi.org/10.1037/rev0000128>
- Cunningham, C., & O'Sullivan, R. (2019). Benefits of walking for older adults: A literature review. *Journal of Aging and Physical Activity*, 27(2), 135-145.  
<https://doi.org/10.1123/japa.2018-0003>
- Federal Office for Migration and Refugees (BAMF). (2022). Migration Report Germany. Retrieved from <https://www.bamf.de>
- Gower, S., & Kippen, R. (2020). Multiculturalism and immigrant integration in Australia: A review of recent trends. *Australian Journal of Social Issues*, 55(1), 89-104.  
<https://doi.org/10.1002/ajs4.1018>
- International Organization for Migration. (2022). Migration and development report. Retrieved from <https://www.iom.int>
- Kelly, L. (2019). The impact of social clubs on the well-being of older adults. *Ageing and Society*, 39(1), 101-116. <https://doi.org/10.1017/S0144686X18000902>
- Kenya National Bureau of Statistics. (2023). Refugee and migration statistics. Retrieved from <https://www.knbs.or.ke>
- Lee, H., & Choi, S. (2023). Expanding social networks through team sports in South Korean immigrant communities. *Asian Social Work and Policy Review*, 17(1), 45-59.  
<https://doi.org/10.1111/aswp.12245>
- Martinez, L., & Romero, A. (2023). Social bonding and team sports: The experience of Latin American immigrants in Spain. *European Journal of Sport Science*, 23(5), 702-717.  
<https://doi.org/10.1080/17461391.2023.2184621>
- Mensah, J., & Agyeman, J. (2020). Migrant integration challenges in Ghana: A case study of migrants from Togo and Burkina Faso. *African Migration Review*, 15(3), 345-362.  
<https://doi.org/10.1080/19967911.2020.1767924>
- Moyo, S., & Langa, S. (2021). Xenophobia and migrant integration in South Africa: A critical review. *African Journal of Development Studies*, 13(2), 175-193.  
<https://doi.org/10.1080/14725843.2021.1867523>
- Mutz, M., & Gerber, M. (2019). The impact of team sports on social integration of immigrants in Germany. *European Journal of Sport Science*, 19(7), 903-915.  
<https://doi.org/10.1080/17461391.2019.1648180>
- Mwangi, I., & Karanja, J. (2020). Integration of Somali refugees in Kenya: Opportunities and challenges. *Journal of African Policy Studies*, 22(3), 289-307.  
<https://doi.org/10.1080/23308460.2020.1775634>
- Okafor, S., & Nwogu, C. (2021). The integration of refugees and internally displaced persons in Nigeria: Challenges and opportunities. *Journal of Refugee Studies*, 34(4), 1235-1251.  
<https://doi.org/10.1093/jrs/feaa066>

- Patel, R., & Singh, V. (2021). Socio-economic integration of immigrants in India: An empirical study. *South Asian Journal of Development Studies*, 10(2), 211-229. <https://doi.org/10.1080/09750013.2021.1931345>
- Philippine Statistics Authority. (2023). Overseas Filipino workers data. Retrieved from <https://www.psa.gov.ph>
- Reyes, C., & Santiago, A. (2020). Reintegration challenges for returning overseas Filipino workers. *Asian Journal of Social Science*, 48(1), 77-92. <https://doi.org/10.1163/15685314-04801005>
- Ryan, R. M., & Deci, E. L. (2018). *Self-Determination Theory: Basic psychological needs in motivation, development, and wellness*. Guilford Publications.
- South African Department of Home Affairs. (2022). Migration and refugee statistics. Retrieved from <https://www.dha.gov.za>
- Statistics Sweden. (2023). Migration and integration statistics. Retrieved from <https://www.scb.se>
- Turkish Statistical Institute. (2023). Refugee and migration data in Turkey. Retrieved from <https://www.tuik.gov.tr>
- UNHCR. (2022). Global trends in refugee integration. United Nations High Commissioner for Refugees. Retrieved from <https://www.unhcr.org>
- United Nations High Commissioner for Refugees (UNHCR). (2023). Global Trends: Forced Displacement in 2022. Retrieved from <https://www.unhcr.org>
- Van den Berg, A. E., & Custers, M. H. (2011). Gardening promotes neuroendocrine and affective restoration from stress. *Journal of Health Psychology*, 16(1), 3-11. <https://doi.org/10.1177/1359105310365577>
- Wang, S. (2020). The impact of recreational activities on the quality of life in older adults: An activity theory perspective. *Journal of Aging Studies*, 34(2), 130-140. <https://doi.org/10.1016/j.jaging.2020.01.003>
- White, M., & Watson, R. (2020). Team sports and social capital among Canadian immigrants. *Canadian Journal of Public Health*, 111(4), 589-600. <https://doi.org/10.17269/s41997-020-00329-2>