

Hopes and Hurdles of Young Athletes in Pursuit of Sport Talent: Perceptions of Participant Athletes in 2019 KYISA Games, Kenya

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Abstract:

Background: The social context within which sport is practiced engenders both motivators and challenges for young athletes, which should neither be underestimated nor ignored for effective sport talent development. This study examined the motivators and challenges of young athletes in pursuit of sport talent in Kenya with a view to enhance sport talent development among youths. The study answered three questions: What motivates young athletes in Kenya to pursue sport talent? What challenges do young athletes pursuing sport talent in Kenya face? What interventions are needed to enhance nurture and development of young sport talent?

Materials and Methods: The study adopted a cross-sectional survey design, with data collected using questionnaires. The participants comprised of young athletes (N=418) drawn from 19 counties of Kenya, who were participating in the 2019 Kenya Youth Inter-county Sports Association (KYISA) championships. By simple random sampling, the researchers obtained 175 participants (42%) who volunteered to participate in the study. Questionnaires were used to collect data. The results were analysed using descriptive statistics in SPSS version 21, and presented using tables and figures.

Results: The findings of the study revealed that young athletes participate in sports with hopes of developing a career in sports, for recreation, socialization, financial benefits, to be like their role models and to keep busy. Hurdles encountered by young athletes included lack of access to sports facilities, coaches' sexual advances towards players, lack of funds, lack of trained coaches, drug and substance abuse, lack of parental support and approval, discrimination, lack of exposure, peer pressure to quit sports and inability to balance between sports and academics.

Conclusion: Apart from meeting organizational goals, sport organizations should also attune their activities to meeting the hopes and aspirations of young athletes, as well as attending to the challenges they face in order to enhance sports talent development. Furthermore, young athletes should be safeguarded against abuse and violation of their rights and privileges. More publicity of Kenya Academy of Sports should be done to put the academy and its functions in the limelight, due to its centrality in sport talent development in Kenya. Finally, sports organizations to mainstream gender concerns in their sports activities.

Key Words: Sport talent, Young athletes, Motivators, Challenges.

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I. Introduction

Sport is practiced within a social context, which comes along with both motivators and challenges for young athletes that should neither be underestimated nor ignored for effective sport talent development. Youth are motivated to participate in programs and activities they hope will be of social or personal benefit to them (McGuire, et al, 2016). These benefits, real or perceived, are often curved within the social spectrum. As Allen (2003) indicated, youth sport participants frequently reported social reasons for their involvement in sport such as wanting to be part of a team or to be with friends, and social sources of positive and negative affect such as social recognition and parental pressure.

Keegan, Spray, Harwood and Lavalley (2010) investigated the influence of peers. Parents and coaches on motivation of participants specializing in sport. The qualitative study that employed semi-structured focus groups involved 79 participants aged 9 to 18 years. The study found that participants motivation was anchored on social cues. Motivation was positively correlated to how the coaches instructed and how the parents supported sports. Peers influenced motivation through competitive behavior, collaborative behavior, evaluative communication, and through their social relationships. The current study sought not only examine the motivations, but also the challenges of young athletes engaged in sport talent development.

The response of parents towards their children who are involved in sport can either motivate or discourage. In Turkey, Kolayış, Sarı and Çelik (2017) conducted a study on how parents needed to behave to keep their child in sport. The study aimed at analyzing whether there was a relationship between perceived parent-initiated motivational climate and self-determined motivation of karate athletes. Karate athletes (N=325) participated in the research. Questionnaires were used to collect data. The study found that that perceived family climate significantly contributed to self-determined motivation. The study concluded that athletes' perception of parent-initiated motivational climate was important for their self-determined motivation. The current study built on these findings to determine other motivators of athletes, but also the challenges they face in development of their sport talent. Furthermore, while Kolayış, et al narrowed down on Karate athletes, the current study included athletes from several sport disciplines for inclusivity and enhancement of generalizability of the research findings.

In the Czech Republic, Mudrak, Slepicka, and Slepickova (2018) conducted a study on sport motivation and doping among 1035 adolescent athletes. This was due to the concern that although performance-enhancing drugs appeared to be prevalent in adolescent sports, no much attention had been paid to investigate why adolescent athletes decided to use these drugs. The study examined doping among adolescents from a motivational perspective. The study found that intrinsic motivation had a positive correlation with continuous winning, and negatively associated with acceptance of cheating and attitudes toward doping. Motivation was linked to the doping-related attitudinal variables. The study concluded that sports motivation is a psychological variable that should be considered in anti-doping policy and interventions.

There are times when there is reduced participation in school sports because of other motives as well. Ajowi, Rintaugu, Toriola and Nongogo (2017) examined sport participation motives of Kenyan female athletes in university sport championship. It was hypothesized that the participation motives would not differ significantly based on the athletes' age, sport participation experience and year of study. Data were collected through questionnaires from 132 female athletes participating in university sport championship. Results indicated that the primary motives for participation were to improve skills, for physical fitness and for team spirit. The motives did not differ based on age, sport participation experience and year of study. It was concluded that female athletes participate in sports due to intrinsic reasons and therefore coaches and administrators needed to structure training bearing in mind the participants' motives.

Bukhala, Bulinda, and Kweyu (2016) conducted a study to find out if motivators for involvement in sports are gender based. In their study of gender differences on motivation of Kenyan primary school pupils (n=180) towards participation in school sports, they however found that there was no significant gender difference in reasons for pursuing school sports. The reasons included playing with friends, benefiting from teachers' instructions, for competition, for improving talent, making a career in sports, for enjoyment and having fun. However, making a career in sports ranked lowest (with $\bar{X}=2.54$ on a 5-point scale) compared to the other factors. Pupils' responses on setbacks to participating in school sports included injuries, wastage of time, heeling hungry, exhaustion, poor relationships with team captain and the teacher being too harsh. The study recommended that emphasis be laid on attracting more children to sports through increased facilitation of physical education and sports in schools and community centers at an early age so as to gain from the benefits of participation in sports. Though many youths are motivated to engage in sports, the same is not without hurdles they must overcome, or be helped to overcome along the way.

Globally, young amateur athletes face numerous challenges ranging from violation of their rights and privileges, lack of parental support, inability to balance between sports and academics, financial constraints and lack of exposure among others. Sexual abuse is a challenge that has affected the integrity of sport in many nations. Sanderson and Weathers (2020) conducted a study on "Snapchat and child sexual abuse in sport" with a focus on the role played by technology. They examined how coach perpetrators utilized Snapchat to facilitate sexual abuse. This was due to the concern that child sexual abuse was a pervasive problem that sport organizations needed to confront to protect the integrity of sport. Cense and Brackenridge's (2001) "Temporal Model of Sexual Abuse with Children and Young Persons in Sport as a framework". Analysis of 99 media reports from 2013 to 2018 found that Snapchat provided motivation for coach perpetrators to sexually abuse, that allowed them, in varied ways, to overcome internal inhibitions, external barriers, and break down victim resistance. The results indicated that youth sport organizations must develop clear policies that govern coach-athlete communication and relationships in the digital age. To further protect young athletes, youth sport organizations need to develop programming to educate parents and athletes on these boundaries, to increase understanding about how sexual abuse and sexual maltreatment occur in virtual spaces.

In most African countries, participation in school sports has had challenges due to its perception as being a co-curricular activity that only complements the main curriculum, and the idea that "after all it is not examinable" (Odhiambo, Okwemba& Okoti, 2020). Student-athletes are thus faced with increased expectations in the classroom (which is considered the main thing) and on the playing field (which also requires one's body, mind and spirit). This context makes student-athletes to face numerous challenges during their education

experience. Huml, et al, (2019) in their study, “From the playing field to the classroom” investigated the academic challenges that university student-athletes faced. The study found that the challenges included athletic identity, strained student-athlete relationship with the athletic department, academic clustering and time constraints, stereotypes of student-athletes, and student-athlete burnout. Student-athletes were under pressure from coaches to excel in the playing field, and pressure from teachers to excel in the classroom. The university’s athletic department allowed their student-athletes to focus on athletic success over academic engagement, leading to a “general apathy towards academic engagement”. The study recommended improving of campus connections, both inside and outside the athletic department, establishing an academic advising model for athletic advisors, and implementing a summer bridge program for incoming student-athletes. Gomez (2019) also found that athletes faced challenges of combining sport with academic demands.

Another challenge facing young athletes is lack of safety. Solstad and Strandbu (2019) investigated the safety concerns affecting young people in the setting of organized sport in Zambia. They explored ways in which aspects of sport culture posed a threat to athlete safety. Secondly, they examined sport-specific safety concerns in light of more general concerns for young people’s safety in Zambia. The study was based on interviews with athletes, coaches and sports leaders from Zambian sport. Although sport was mainly described as a positive recreational arena for youth, concerns were raised about unequal power relations and problematic ideals in the sport culture. The study findings suggested a need to discuss critically how glorification of toughness and resilience might contribute to normalize harmful practices in sport. Further, we indicate that divergent and elusive understandings of violence and abuse – in research and in practice – can influence athlete safety in significant ways. It was concluded that safeguarding in sport continued to exist in the tension between protecting athletes from harm on the one hand and subscribing to a culture that promotes the ideals ‘faster, higher, stronger’ on the other. It is hitherto clear, that the social context within which sport is practiced engenders both motivators and challenges for young athletes, which should neither be underestimated nor ignored. Therefore, this study investigated the hopes and hurdles of young amateur athletes in pursuit of sport talent, with the aim of enhancing effective sport talent development among young people in Kenya.

II. Materials and Methods

This survey was carried out among young athletes who were participating in KYISA games of December 2019 (N=418) drawn from different counties in Kenya. The counties included Vihiga, Baringo, Embu, Tharaka Nithi, Kirinyaga, Meru, Kakamega, Siaya, Kwale, Kitui, Makueni, Busia, Nyandarua, Nakuru, Bungoma, Kilifi, Garissa and Turkana. A total 175 young athletes (both male and females) of age ≥ 15 years were involved in this study.

Study Design: Cross-sectional survey

Study Location: Busia County, Kenya.

Study Duration: 14th December 2019 to 21st December 2019.

Sample size: 175 young athletes.

Sample size calculation: According to Mugenda and Mugenda (2003), a sample of between 20 and 50 percent for a small population is reliable and representative enough for generalization. However, the bigger the sample is, the more representative of the population it becomes. In this case therefore, a sample of 175 (41.9%) was an adequate representation of the target population.

Subjects & selection method: The study population consisted of young athletes who were participating in KYISA games of December 2019 (N=418). By simple random sampling, the researchers obtained 175 participants who volunteered to participate in the study.

Procedure methodology: After written informed consent was obtained, a well-designed questionnaire was used to collect the data from participants. The questionnaires consisted of closed-ended items for determining the participant’s demographic characteristics as well as open-ended items for obtaining data on what motivates young athletes in Kenya to pursue their sport talent, challenges that young athletes pursuing sport talent in Kenya face and the negative aspects of youth participation in sports.

Statistical analysis: The results were analysed using descriptive statistics in SPSS version 21, and presented using tables and figures.

III. Results and Discussion

The findings on the demographic characteristics of participants as well as the three research questions are hereunder presented.

a) Participants’ Demographic Characteristics

The demographic characteristics investigated included gender, age, extent of participation in active sports and whether they knew what Kenya Academy of Sports does.

i) Participants’ Gender

Of the participants, 126 (72%) were male while 49 (28%) were female as shown in Figure 1.

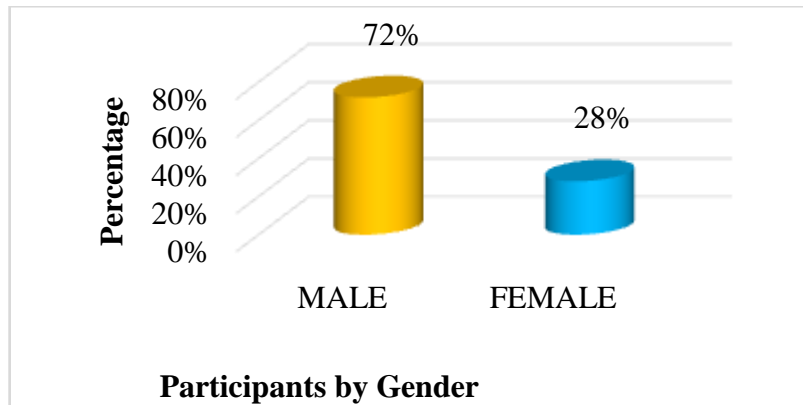


Figure 1: Distribution of Participants by Gender

There were more male participants than female participants involved in the study, resultant from simple random sampling. This gender difference was because there were more games for male participants than those for female participants.

ii) Participants' Age

The age brackets (15-17 years, 18-20 years, 21-23 years and Above 23 years) of the participants were analysed by gender. The analysis produced results in Table 1.

Table 1: Participants' Age bracket According to Gender
n=175

Gender	Age bracket	15-17	18-20	21-23	Above 23	Total
Male	0	55	29	42	126	
Female	13	15	21	0	49	
Total	13	70	50	42	175	

No male participant was aged below 18 years, but 13 female participants were under 18. On the other hand, no female participant was aged over 23 years while 42 male participants were aged above 23 years. It was observed that male participants were generally older than the female participants.

iii) Extent of Participants' Active Participation in Sports

Participants were asked the question, "Are you very active in sports?" Their responses were as in Figure 2.

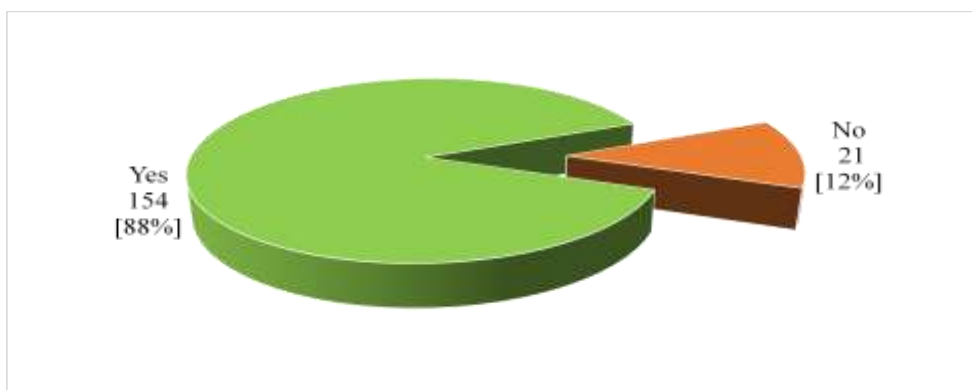


Figure 2: Participants' Response to the Question "Are you very active in sports?"

A total of 154 (88%) of the participants indicated that they were very active in sports while 21 (12%) indicated that they were taking sports simply as a professional activity.

iv) Knowledge of Kenya Academy of Sports.

The participants were asked whether they knew Kenya Academy of Sports (KAS), and what KAS does. Their responses were as in Figure 4.

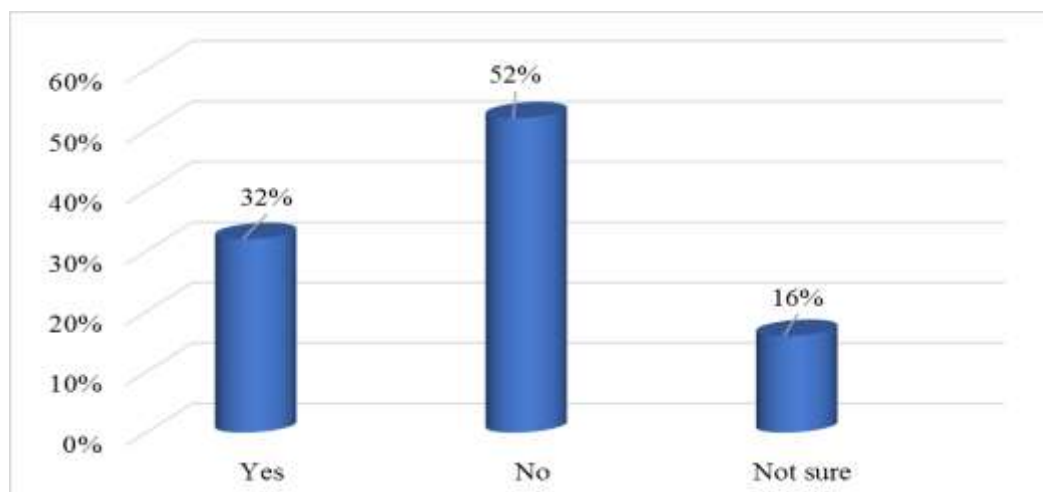


Figure 3: Participants’ Response to the Question “Do you know Kenya Academy of Sports (KAS), and what KAS does?”

It was revealed that most young athletes (91, 52%) did not know Kenya Academy of Sports and what KAS does. A total of 28 (16%) were not sure, and only 56 (32%) knew about KAS. This indicated that the level of publicity of the institution was still low, and efforts were needed to put KAS and its functions in the limelight due to its centrality in sport talent development in Kenya.

b) Hopes of Young Athletes in Pursuit of Sports

This section sought to establish what young athletes hope to achieve through pursuit of sports talent development. The participants were asked the question, “What motivates you to participate in sports?”. Their responses were as in Table 2, ranked by order of frequencies.

Table 2: Participants’ response to the question, “What motivates you to participate in sports?”
n=175

Motivation	f	%
<i>I want to have a career in sports</i>	36	20.6
<i>For recreation</i>	34	19.4
<i>For socialization</i>	29	16.6
<i>To get prizes and financial benefits</i>	27	15.4
<i>To grow my talent</i>	24	13.7
<i>Hoping to be like my role models who are champions in sports</i>	18	10.3
<i>To keep busy</i>	16	9.1
<i>Because of support and interest from family and friends</i>	14	8.0
<i>I just have a natural passion for sports</i>	11	6.3
<i>It is my hobby</i>	7	4.0
<i>Sports help me to keep fit</i>	5	2.9

The study revealed that a majority of youths who participate in sports do so with a hope to grow a career in sporting (20.6%). This however, differs with Bukhala, Bulinda, and Kweyu (2016) who found that making a career in sports ranked lowest among the reasons for youths’ pursuit of sports, with \bar{X} =2.54 on a 5-point scale. Socialization (16.6%) was mentioned as another reason why youths participate in sports. As one participant (P19) observed “I hope to make and meet with many friends through sports”. This agrees with Allen (2003), who indicated that youth participate in sports for social reasons, such as wanting to be part of a team and to make friends or be with their friends. Keegan, Spray, Harwood and Lavalley (2010) found that motivation for sports was positively correlated with how parents supported sports. In the current study, only 8.0% indicated that their reason for participating in sports was because of support and interest from family and friends. This also agrees with Kolayış, Sarı and Çelik (2017) who found that perceived family climate significantly contributed to self-determined motivation.

The least number of participants (2.9%) pursued sports with a hope that sports would help them to keep physically fit. This agreed with Ajowi, Rintaugu, Toriola and Nongogo (2017) who observed that sports help to improve skills and enhance physical fitness. Other hopes and motivators for pursuit of sports were: recreation (19.4%), financial benefits (15.4%), hoping to be like their role models who were champions in sports (10.3%), to keep busy (9.1%) and as a hobby (4.0%). These findings, that young athletes are motivated to pursue sports because of the gains they hope to achieve, are in agreement with McGuire, *et al* (2016) whose study on “Youth motivations for program participation” found that youth are motivated to participate in programs and activities they hope will be of personal or social benefit to them. The path to realization of these hopes, however, is not without hurdles.

c) Hurdles Facing Youth Athletes in Developing their Sports Talent

The study first investigated the general challenges that face the youth in development of their sports talent, followed by the extent of parental support and approval and lastly the challenges young athletes face with their coaches.

i) General Challenges

The participants were asked the question “What are the general challenges that face the youth in development of their sports talent?”. Their responses were as in Table 3, ranked in order of their frequencies.

Table 3: Participants’ Responses to the question “What are the general challenges that face the youth in development of their sports talent?”
n=175

Challenge	f	%
Lack of access to sports facilities and/ or equipment	77	44.0
Lack of funds for developing sports talent	52	29.7
Lack of trained coaches	35	20.0
Drug and substance abuse	29	16.6
Lack of sports attire	26	14.9
Lack of adequate training	24	13.7
Lack of support and approval from parents	24	13.7
Lack of motivation	20	11.4
Lack of exposure	17	9.7
Peer pressure to quit sports	13	7.4
Inability to balance between sports and academics	11	6.3
Discrimination against some tribes	8	4.6

Lack of access to sports facilities and / or equipment (44%) was the most common challenge facing youth in developing their sports talent. This was followed by lack of funds (29.7%), lack of trained coaches (20.0 %) and drug and substance abuse (16.6%).

ii) Parental approval and support

The participants were first asked the question, “Do parents support youth participation in sports? The responses were as in Figure 4.

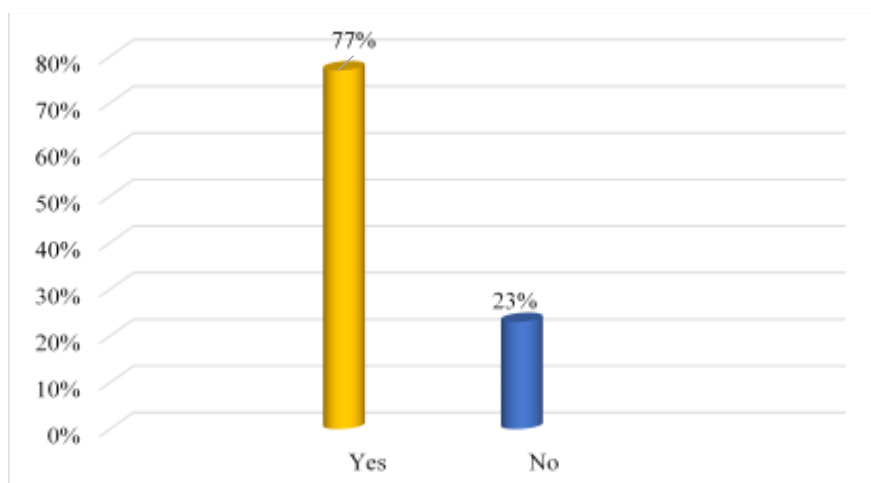


Figure 4: Participants’ Response to the Question, “Do parents support youth participation in sports?”

Out of the 154 participants who responded to this question, 119 (77%) agreed that their parents supported their participation in sports while 35 (23%) indicated lack of parental support. It was thus evident that most parents whose children were involved in sports were in support of their children. Secondly, the participants were asked the question “How can parents’ attitude towards sports be enhanced?” Their responses were as in Table 4, ranked in order of frequencies.

Table 4: Participants Responses to the Question, “How can parents’ attitude towards sports be enhanced?” n=84

Suggestion	f	%
i. Sensitization of parents on value and benefits of sports.	63	75.0
ii. Those involved in sports to perform well in academics also.	14	25.0
iii. Good care for players who are injured to assure parents of safety of their children.	9	5.8

Only 84 participants responded to this question. 75% indicated that parents needed to be sensitized on the value and benefits of sports. 25% suggested that athletes who are also students to perform well in academics also. Finally, 8.3% suggested that injured players should be taken good care of in order to assure parents of safety of their children.

iii) Hurdles Youth Face with Coaches

The survey first sought to know whether the participants had coaches or not. It was found that 126 (72%) were training under a coach while 49 (28%) did not have a coach to train them.

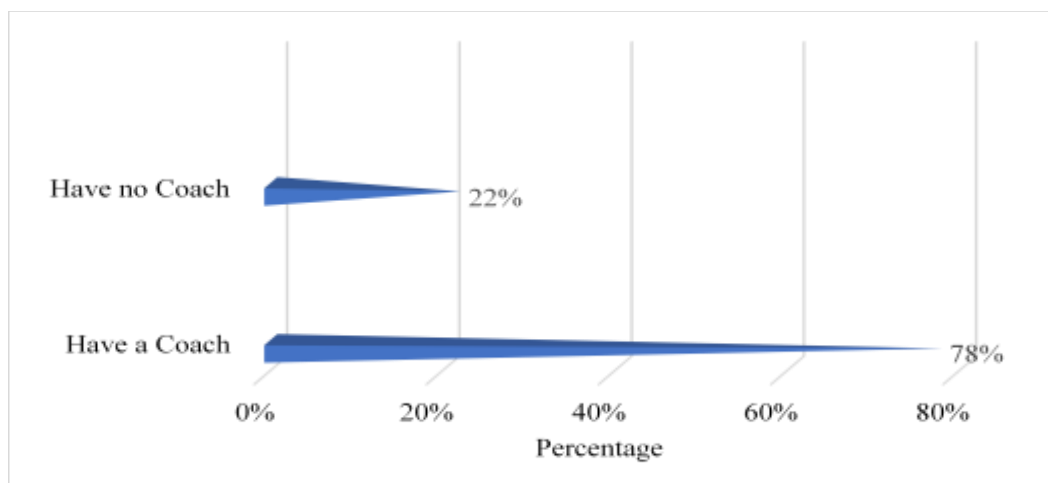


Figure 5: Participants’ response to the question “Do you train under a coach?”

This finding showed that the first hurdle that young athletes have with coaches, is that some (22%) do not even have the very coaches in the first place, and hence rely on self-training. Those who indicated that they had coaches were further asked if the coaches were trained. The results were as in Table 5.

Table 5: Participants’ responses to the question “Is your team’s coach trained?” n=126

Is your team coach trained?	f	%
Coach is trained	56	44.4
Coach is not trained	43	34.2
I don't know	27	21.4
Total	126	100.0

Of the participants, 44.4% indicated that their teams had trained coaches. This means that less than half of the teams had trained coaches. On the other hand, 33.3% indicated that their teams had coaches who were not trained. As one participant (P15) observed “Our coach isn’t trained. He is just a person with interest in promoting talents”. Finally, 21.4% did not know whether their coaches were trained or not. The study thus established a need for training of coaches of county sports teams.

Finally, the participants were asked the question, “What challenges do young athletes face with their coaches?” Their responses were as in Table 6.

Table 6: Participants Responses to the Question, “What challenges do young athletes face with their coaches?”
n=119

Challenge	f	%
<i>Coaches lacking of enough facilities e.g. balls</i>	36	26.4
<i>Discrimination in selection</i>	29	21.3
<i>Being neglected by the coach</i>	25	18.4
<i>Conflict of interest between coaches and parents</i>	20	14.7
<i>Sexual advances towards female players</i>	17	12.5
<i>Being verbally abused by the coach</i>	15	11.0
<i>Being beaten (physically assaulted) by the coach</i>	12	8.8
<i>Being threatened by the coach</i>	9	6.6
<i>Disagreements</i>	9	6.6
<i>Generation gap between coach and players</i>	7	5.1
<i>Tribal conflict</i>	5	3.7
<i>Coaches with inadequate skills</i>	2	1.5

Only 119 participants responded to this question. Thirty-six participants (28.6 %) indicated that coaches lacked facilities such as balls. Other participants indicated discrimination (23.0%), being neglected by coach (19.8%), conflict of interest between coaches and parents (20%) and sexual advances towards female players (13.5%). Other challenges included being beaten (physically assaulted) by the coach, being threatened by the coach, disagreements, generation gap, tribal conflict and coaches having inadequate skills. Some of the challenges raised bordered on violation of human rights of the athletes (for example, physical assault, discrimination, sexual advances, and verbal abuse). These underscore a necessity for mechanisms to safeguard the rights and privileges of the underaged and the vulnerable athletes.

Lastly, participants were asked the question “What are the negative aspects of youth participation in sports that need to be addressed to enhance sport talent development?” A total of 126 participants responded to this question. Their responses were ranked in order of frequencies in Table 7.

Table 7: Participants’ Responses to the Question “What are the negative aspects of youth participation in sports that need to be addressed to enhance sport talent development?”
n=126

Negative aspects	f	%
<i>Use of drugs to boost performance</i>	47	37.3
<i>Inability to balance time between sports and studies</i>	33	26.2
<i>Physical injuries</i>	29	23.0
<i>Wastage, if one does not succeed to get into professional sports</i>	18	14.3
<i>Negative rivalry and competition</i>	17	13.5
<i>Forgery of age</i>	10	7.9
<i>Indiscipline</i>	9	7.1

A total of 47 participants (37.3%) indicated pointed out use of drugs by young athletes to boost performance. This agrees with the concern raised by Mudrak, Slepicka, and Slepickova (2018) in a study conducted in the Czech Republic, that performance-enhancing drugs appeared to be prevalent in adolescent sports. 26.2% pointed out inability to balance time between sports and studies. As Huml, *et al*, (2019) explained, student-athletes are faced with expectations to excel in the classroom and on the playing field, making it difficult for athletes to strike a balance. Other negative aspects of youth participation in sports that participants felt needed to be addressed are physical injuries (23%), wastage if one fails to make it into professional sports (14.3%), negative rivalry and competition (13.5%), age forgery (7.9%) and indiscipline (7.1%).

iv) Interventions to Assist Young Athletes Develop Their Sports Talent

To answer this section, the participants were asked the question “In view of the general challenges facing the youth, suggest ways the youth could be assisted to develop their sports talent”. The responses were as in Table 8 below, ranked according to frequencies.

Table 8: Participants' suggestions interventions to assist young athletes to develop their sports talent.

n=96

Suggested approach	f	%
<i>Improving access to sports facilities and equipment</i>	24	25.0
<i>Providing funding to youths involved in sports</i>	20	20.8
<i>Having trained coaches</i>	16	16.6
<i>Increasing sports tournaments and competitions</i>	15	15.6
<i>Creating awareness of importance of sports</i>	12	12.5
<i>Establishing more sports academies</i>	9	9.4
<i>Promoting sports in the grassroots</i>	4	4.2
<i>Organizing sponsorship for young and talented youths</i>	2	2.1
<i>Giving awards to winning teams to enhance motivation</i>	2	2.1

IV. Conclusions and Recommendations

Based on the findings of this study, the following conclusions and recommendations were made.

a) Conclusions

The study concludes that:

- i. Youth athletes participate in sports with hopes of having a career in sports, recreation, socialization, financial benefits, to be like their role models and to keep busy.
- ii. Young athletes encounter many hurdles on the path of pursuing talent in sport, which they should overcome or they should be helped to overcome.
- iii. Hurdles encountered by young athletes include lack of access to sports facilities, coaches' sexual advances towards female players, lack of funds, lack of trained coaches, drug and substance abuse, lack of parental support and approval, discrimination, lack of exposure, peer pressure to quit sports and inability to balance between sports and academics.
- iv. Some of the challenges encountered by young athletes are bordering on violation of athletes' human rights and privileges.
- v. Young athletes need to be helped to overcome possible negative effects of participation in sports such as use of drugs, inability to balance between sports and studies, physical injuries, negative rivalry/competition, forgery of age and indiscipline.
- vi. More female participants should be encouraged to participate in sports.
- vii. Publicity of the Kenya Academy of sports is low, as majority of participants did not know about it nor what it does.

b) Recommendations

The study recommends that:

- i. Apart from meeting organizational goals, sport organizations should also attune their activities to meeting the hopes and aspirations of young athletes.
- ii. Anti-doping sensitization to be done to young athletes.
- iii. Young athletes should be safeguarded against abuse and violation of their rights and privileges.
- iv. There is need to establish more sports facilities so as to improve access to sports equipment and facilities by young athletes.
- v. Structured sports tournaments and competitions to enhance identification, nurture and development of young sport talent to be organized.
- vi. More publicity of Kenya Academy of Sports should be done to put the academy and its functions in the limelight, due to its centrality in sport talent development in Kenya.
- vii. Sports organizations to mainstream gender concerns in their sports activities.

This study revealed that some of the challenges that young athletes face border on abuse and violation of athletes' rights and privileges. Future studies should therefore consider examining the extent to which sport organizations in Kenya safeguard young athletes and vulnerable adults. This will not only enhance the integrity of sports, but also enable young athletes to overcome the hurdles on their path of sport talent development.

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