

**The Social and Emotional Benefits and Barriers of Traditional Karate for Children from
Low-Income Settings: Research Proposal**
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Problem Statement: Children from low-income settings have less opportunity to participate in sport which impacts their physical and mental health (Clark, 2014). There is an urgent need to examine the benefits and barriers for children from low income settings to participate in karate in order to discover ways to increase equity in child sport participation.

Research Question: The research study will be guided by the following research question: *What are the underlying social processes that support or prevent children from low-income settings and their families to participate in karate?*

Background: Thirteen articles were located and findings from the literature review regarding general sport participation for children from low-income settings include the social and emotional benefits of sport participation (fun and friends, improved social skills, confidence, and improved negative symptoms), facilitators and barriers of sport participation (psychological safety, quality coaching, family support, scheduling conflict, availability of activities, cost, and competition) to sport participation. Limitations of existing research include a lack of studies examining sport in the long-term, the role of sport environment, the role of coaching style and the use of more than one participation group (i.e. parents and children).

Methods: Charmaz's Constructivist Grounded Theory with a patient-oriented approach will be used. Participants will be recruited from North Central Regina and include children (7-12 years) who have participated in traditional karate for a minimum of two months with Dream Broker support and parents of child participants. A demographic survey, interviews, and Photo Voice will be used for data gathering.

Moving Forward: The proposal defense will occur in June, ethics will be sought, and data gathering will begin in the fall of 2021.