



Immigrant girls and female adolescents' access to sports in Helsinki

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to sports in Helsinki**

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Young immigrant male participation in football is generally high in relation to the percentage of the population in Eastern Helsinki. Young immigrant female participation is significantly lower with only a few individuals participating. The purpose of the thesis was to assist immigrant girls and female adolescents to access sports and receive the benefits of participating in sports as same age-group non-immigrant girls and female adolescents, and their male immigrant counterparts get. The objectives were to define the benefits of sports, especially team sports, identify possible barriers that prevent young immigrant females' participation, and assist in creating solutions to increase their participation in sports. In the thesis, FC Kontu, a football club serving Eastern Helsinki, was the collaborative organization. The goal was to produce invitational, informative material which can be used to educate immigrant girls and female adolescents, and their parents about the benefits of participating in sports and to address the possible barriers preventing the participation, for example apparel options. FC Kontu has now a club hijab available in their gear list.

The thesis research included 13 anonymous, thematic interviews with football personnel about immigrant girls and female adolescents' participation in football. The main barrier was identified as the parents' influence on their daughters' ability to participate in sports. Parents' cultural and religious backgrounds impact their views. Gender roles define young females' duties and which activities are suitable for them. Young female immigrants are taking care of younger siblings, have more home chores than males, and their activities outside of the home are not valued as much as young males' activities. Language and cost were not considered primary barriers nor gender specific barriers in this context.

Based on the results in this thesis, it was confirmed that forming a special group for immigrant girls is necessary. FC Kontu is planning a low threshold football group and a summer camp for immigrant girls. A campaign based on the information in the thesis about the benefits of participating in sports has been initiated to educate parents about the importance of their daughters' participation. Developing connections with parents and increasing their involvement is of paramount importance.

FC Kontu has had a good collaboration with the City of Helsinki in participating in physical education at the local schools, hosting activity clubs, and organising sports events. The cooperation is expected to continue and expand.

Keywords: Immigrant, girls, female, sports, football, barriers, Helsinki

Heini Maisala-McDonnell

Maahanmuuttajataustaisten tyttöjen ja teinityttöjen mahdollisuus osallistua urheiluun Helsingissä

Vuosi

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Sivuja

86

Maahanmuuttajataustaisten poikien osuus jalkapallon harrastajien keskuudessa on suurempi kuin heidän osuuteensa väestössä Itä-Helsingissä. Maahanmuuttajataustaisilla tytöillä harrastaminen sen sijaan on vähäistä, vain yksittäisiä osallistujia eri joukkueissa. Tämän opinnäytetyön tarkoituksena oli auttaa maahanmuuttajataustaisten tyttöjen ja teinityttöjen mahdollisuutta harrastaa urheilua ja saada urheilun tuomat hyödyt kuten samanikäiset kantaväestön tytöt ja maahanmuuttajataustaiset pojat saavat. Tavoitteena oli määrittää urheilun, erityisesti joukkueurheilun, tuomat hyödyt, tunnistaa mahdolliset esteet, jotka vaikeuttavat maahanmuuttajataustaisten tyttöjen harrastamista ja auttaa luomaan ratkaisuja, jotka mahdollistaisivat harrastamisen. Opinnäytetyön yhteistyökumppani oli itähelsinkiläinen jalkapalloseura FC Kontu. Tarkoituksena oli tuottaa tiedote maahanmuuttajatyttöille ja heidän vanhemmilleen urheilun harrastamisen hyödyistä ja miten rajoitteita voidaan vähentää esimerkiksi antamalla vaihtoehtoja vaatetukselle. Seuralla on nyt urheiluhuivi varustelistallaan.

Tutkimuksessa haastateltiin 13 jalkapallon parissa työskentelevää henkilöä maahanmuuttajataustaisten tyttöjen ja teinityttöjen jalkapalloon osallistumisesta. Suurimmaksi esteeksi tunnistettiin vanhempien vaikutus tyttöjen mahdollisuuksiin harrastaa. Vanhempien kulttuuri- ja uskontotaustat vaikuttavat heidän päätöksiinsä. Sukupuoliroolit määrittävät, mitä tyttöjen tulee tehdä ja mihin heidän on sopiva osallistua. Tytöillä on enemmän kodinhoitoon ja sisarusten hoitamiseen liittyviä velvollisuuksia kuin pojilla ja heidän kodinulkopuolisia toimintojaan ei arvosteta yhtä paljon kuin poikien. Tässä yhteydessä kieltä ja kustannuksia ei pidetty pääasiallisina esteinä eikä myöskään sukupuoleen liittyvinä esteinä.

Tämän opinnäytetyön tulokset vahvistivat, että maahanmuuttajataustaisille tytöille suunnattu erityisryhmä on tarpeellinen. FC Kontulla on suunnitteilla maahanmuuttajataustaisten tyttöjen matalan kynnyksen jalkapalloryhmä ja leiri. Aloitteilla on myös kampanja pohjautuen opinnäytetyön tietoon liikunnan harrastamisen hyödyistä, jolla tiedotetaan vanhemmille, kuinka tärkeää tyttöjen urheilun harrastaminen on. Yhteyksien luominen vanhempiin ja heidän osallistumisensa rohkaiseminen on ensiarvoisen tärkeää.

FC Kontu on jo aiemmin toiminut yhteistyössä Helsingin kaupungin kanssa osallistumalla alueen koulujen liikuntaopetukseen, pitämällä kerhoja ja järjestämällä liikuntatapahtumia. Yhteistyön odotetaan jatkuvan ja kehittyvän edelleen.

Avainsanat: Maahanmuuttajataustainen, tytöt, urheilu, jalkapallo, esteet, Helsinki

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1 Introduction

The population of Helsinki is becoming more diverse. The City of Helsinki residents with foreign backgrounds formed 16.0% of the total city population in the beginning of 2019. 82% of them were born outside of Finland and 18% in Finland. The highest proportion of residents with foreign backgrounds resided in the Eastern Major District of Helsinki with 27% of the population. In Kallahti and Meri-Rastila in Vuosaari, Itäkeskus, Kontula, Jakomäki, Kivikko and Kurkimäki over one third of the population was of foreign background in 2019. (City of Helsinki 2019.)

As the quantity of immigrant children and youth in Eastern Helsinki has risen, so has the amount of immigrant boys and male adolescents participating in youth sports. The comparable participation rate of immigrant girls and female adolescents in youth sports is small. (Virolainen 2020a; Markkanen 2019-2020.)

Sports have a significant positive impact on physical, mental, and social health as well as academic performance. Physical activity during childhood and adolescent years forms a foundation for health for years to come. Regular physical exercise can build a stronger body composition and immune system. Physically active females are less likely to develop chronic diseases: cardiovascular diseases, type 2 diabetes mellitus, osteoporosis, and depression. Participation in sports has many positive benefits on children and adolescents' mental and social well-being: building friendships, improving language and communication skills, learning to work amongst a group, as well as increasing self-confidence. Sports may also decrease isolation and assist with social integration. (Tennant 2014; Children's Medical Group 2019.) Consistent physical activities and group activities are connected with scholarly success, leading to extended opportunities in life (Rosewater 2009; Ybarra, Burnstein, Winkielman, Keller, Manis & Chan 2007). Immigrant girls and female adolescents should have equal opportunities to access sports as same age-group non-immigrant girls and female adolescents have, as well as their male immigrant counterparts, and receive the benefits of participating in sports.

In this thesis football (soccer) is used as an example sport. FC Kontu, a football club in Eastern Helsinki, is the collaborative partner in this thesis. FC Kontu is committed in promoting female football and multiculturalism. Football was chosen due its notability in the world, easy access to participate in the local neighborhood football club FC Kontu, relatively low cost, financial assistance availability, and immigrant integration assistance in the club. FC Kontu youth football operations are based on joyfulness, acceptance, sociability,

promotion of active lifestyle, coaching based on individual needs, as well as growth as a human being. (FC Kontu 2020; FC Kontu Personnel 2020.)

The purpose of the thesis is to assist immigrant girls and female adolescents' access sports and receive the benefits that sports provide. The objectives are to define physical, mental and social health as well as the scholastic benefits of the sports, identify possible barriers that prevent immigrant girls and female adolescents from participating in sports, create solutions to decrease or remove the barriers, and assist in creating a path to increase the participation in sports. The goal is to produce invitational, informative material that can be used to educate immigrant girls and female adolescents, and their parents about the benefits of participating in sports and address the possible barriers preventing the participation. A qualitative study is performed by interviewing adult female football personnel about their experiences and opinions about immigrant girls and adolescents' participation in football, identify the possible barriers and collect suggestions about the ways to negotiate them.

The author is an OMT physiotherapist, a youth coach, with female athletics as a one of her clinical specialties. She is interested in researching immigrant girls and adolescents' access to sports and developing methods to assist their participation in sports. Based on her personal observation and communication within the female football community, low participation rate of immigrant girls and female adolescent in football and sports in general has been recognized but not adequately addressed.

2 Immigrants in Finland and in Helsinki

An immigrant is a person who has moved to Finland with an intention to reside for more than 12 months or has resided in Finland over three months without interruption. A foreign background, foreign origin or second-generation immigrant is a person whose only known parent or both parents were born abroad. (Tilastokeskus 2020a.)

Finnish migration policies and the relevant legislation are based on Government objectives, the common migration and asylum policy of the European Union, and international agreements. Finland is committed to International treaties: the European Convention on Human Rights, the United Nations Convention against Torture, the Convention on the Rights of the Child, and the Geneva Refugee Convention. (The Ministry of the Interior 2020.)

The nature of immigration in Finland changed in the 1990's. Most immigrants were Ingrian Finn return immigrants, returnees, as well as refugees from Somalia and the former Yugoslavia area. Due to the European Union and free movement of people the immigration increased in the 2000's. In the 2010's the net immigration, the difference between

immigration and emigration, has been 12 000-18 000 yearly. Most of the net immigration has originated from European countries. (Tilastokeskus 2020b.)

Since 2000, 1 500-6 000 asylum seekers have entered Finland yearly, except in 2015 when 32 476 asylum seekers arrived following the refugee crisis. The number of asylum seekers have since then levelled off. In 2018, the number of asylum seekers were below the level seen before 2015. (The Ministry of the Interior 2020.)

The main reason to immigrate to Finland has been family ties based on a study in 2014. Over 50% of the immigrants moved to Finland due to reasons of family and love relations, 25% of immigrants who have moved due to family ties were under 15-year-old. 18% of the immigrants had moved for work to Finland, 10% for studying, and 11% had moved as refugees or asylum seekers. 60% of the women have moved to Finland for family reasons and 14% have moved for work reasons. (Sutela & Larja 2015.)

In 2019, 423 494 of the population of Finland, were from foreign background, which is about 8%. The number of immigrants has doubled in the past ten years. In the end of 2018 about 335 000 were first generation immigrants and 67 000 second generation immigrants. 10% of the under school-age children in Finland are from foreign background. 55% of the first-generation immigrants are from European countries, 29% from Asian countries, and 11% from African countries. 48% of the second-generation immigrants are from European countries and 27% from Asian countries. The African population rises in the second-generation immigrants to 22%. In the end of 2019, the average age of the foreign background population was 33,8 years. The first-generation immigrants' average age was 38,4 and the second-generation 11,1 years. (Tilastokeskus 2020b; Tilastokeskus 2020c; Yle 2019.)

The largest group of immigrants, about 20%, come from Russia and the former Soviet Union area. The second largest group is Estonians followed by immigrants from Iraq, Somalia, former Yugoslavia, and China. Over 50% of the foreign background population resides in the province of Uusimaa. The largest foreign populations in mainland Finland resided in Vantaa, 19,3%, in Espoo, 17%, and in Helsinki and Närpiö 16%, in the end of 2018. (Tilastokeskus 2020b; Yle 2019.)

The City of Helsinki residents with foreign backgrounds formed 16.0%, over 100 000, of the total city population in the beginning of 2019. In the Metropolitan area schools in Helsinki, about 25% of the children are from foreign backgrounds. In Eastern Major District, 27% of the population is from foreign background. In Kallati and Meri-Rastila in Vuosaari, Itäkeskus, Kontula, Jakomäki, Kivikko and Kurkimäki, over one third of the population was of foreign background in 2019. Five large foreign language populations exist in Helsinki: Russian, Somalian, Estonian, Arabic, and English. These languages are spoken by 53 000 Helsinkians. The rest of the foreign background population speaks over 150 languages. Two thirds of under

18-year-old foreign language speakers were born in Finland and many of them speak Finnish or Swedish as well. Foreign background children born in Helsinki have a need to integrate in Helsinki, in their hometown and feel accepted. Ethnic concentrations in certain areas are still moderate in Helsinki. The foreign language background population of Helsinki is expected to increase by nearly 100 000 in next 15 years, almost doubling, hence ethnic concentration and separation from the main population is becoming a growing concern. (City of Helsinki 2019; Tilastokeskus 2020c; Kuokkanen & Kivisalo 2020; Kuokkanen 2020.)

Immigrants are from various backgrounds. Health differences between different immigrant groups and genders can be significant. Immigrants' health and wellbeing depend on many factors, such as country of origin, age of immigration, reason for immigrating, and the length of time spent in Finland. Various customs, culture, and religion in the country of origin affect immigrants' lifestyles. Immigrants who have resided longer in Finland may adopt Finnish lifestyles. (THL 2019.)

A healthy lifestyle is a foundation for preventing many diseases. Dietary customs vary depending on the background. People of African origin tend to consume less vegetables, fruits, and berries than recommended. Immigrants have anaemia more often than general population. Vitamin D levels are particularly low among Kurdish and Somalian background populations. Being overweight or obese is common among Kurdish and Somalian female immigrants. In average immigrants participate less in physical activity than general population, women significantly less than males. As a health-related life habit, smoking is common among men from Russia, Estonia, Middle East, and North African countries. Alcohol consumption is uncommon for many people from African countries and Middle East, especially for women. (THL 2019.)

Immigrants have the same diseases as Finns, but the prevalence of the illnesses varies and depends on ethnicity, age, and gender. The blood pressure and cholesterol levels among Russian background population correspond with Finnish population. Elevated blood pressure is rare among people with Kurdish or Somalian backgrounds, but they have high incidence of elevated blood sugar levels and diabetes is common. The immigrants rarely experience asthma and allergies. Based on a 'UTH-survey', the survey on work and well-being among persons of foreign origin, over 25% of the immigrants reported health issues. Women reported more often health problems than men. (THL 2019; Tilastokeskus 2015.)

Integration is defined as a measure of the individuals' health and well-being, education and/or employment. Social integration is a two-way process of an immigrant to feel being a member of society. The immigrant gains knowledge and skills to function in society and be an active participant. These functional skills make it possible to seek education and employment, participate in hobbies, and form social connections. (THL 2020.)

Immigrants experience social integration using different strategies. The most common strategy is the integration strategy, which is the combination of being a part of a person's own ethnic and national group and participating in the main population (Finnish) groups in everyday life and in activities like sports. The own, from same origin, groups help to maintain identity and mixed groups with the main population help familiarize them with the main population and culture. Some immigrants prefer the assimilation strategy, which prioritizes mixing with the main population, to learn language and society functions faster. The separation strategy, focusing on their own native culture, is less common. (Zacheus, Koski, Rinne & Tähtinen 2012, 4.)

Integration of immigrants is arranged in cooperation between national, regional, and local levels and different branches of administration. The Ministry of Interior, The Ministry of Economic Development and Employment, The Ministry of Education and Culture, The Ministry of Social Affairs and Health, The Ministry of Justice, The Ministry for Foreign Affairs, Finnish Immigration Service, Finnish National Board of Education (FNBE), The Advisory Board for Ethnic Relations (ETNO), and Non-Discrimination Ombudsman are all responsible for promotion of integration of immigrants in their national administrative branches. (The Ministry of Economic Affairs and Employment in Finland 2020.)

At the national level, The Ministry of Economic Affairs and Employment is responsible for integration of immigrants, integration legislation, and advancement of the employment of immigrants. The Ministry also monitors labour immigration with The Ministry of the Interior. The Centre of Expertise in Integration of Immigrants under The Ministry of Economic Affairs and Employment promotes knowledge foundation of integration. Centres for Economic Development, Transport, and the Environment (ELY Centres) are responsible for integration of immigrants at the regional level and provide support and direction to municipalities and Employment and Economic Development Offices (TE Offices) in integration issues. Municipalities are responsible for overall integration of immigrants with collaboration of local organisations. The public sector and civil society sector with various organisations are involved with social integration processes and providing services. Many non-governmental organisations and religious communities provide activities and services assisting immigrants to socially integrate and teach to function in Finnish society. Immigrants in Finland have also formed their own organisations to serve their needs and provide support in settling in Finland. Immigrants' needs should be considered by organisations to introduce and offer activities to help them to integrate into Finnish society. Participation in sports clubs and other leisure activities assists in integration. Integration is promoted in day-care systems, schools, leisure activities, and in the places of employment, in addition to the official programs. Non-discrimination and cooperation form a foundation for successful integration of immigrants. (The Ministry of Economic Affairs and Employment of Finland 2020.)

Immigrant women have a higher risk of not receiving integration services. They are more likely than men to arrive to Finland as spouses and may not receive all the information about integration services. Many immigrant mothers are responsible for taking care of children and home, and do not have an opportunity to participate in integration training. According to the Migrant Health and Wellbeing Study 'Maamu' (2012) women experience more difficulties with learning the language, spoken language and reading skills, than men, which is possibly connected to less time spent outside the home. (THL 2020.)

The interviewed specialists reported multiple benefits of utilizing sports to help social integration. The language of sports is universal, so participants are able to operate together despite language barriers and working together increases vocabulary and social interaction. Participating in sports has a potential to provide positive experiences, which builds confidence to operate in daily life. (Zacheus et al. 2012, 112-113.) Elling and Knoppers (2005) study also supported sport involvement as a venue for social integration for teenagers from different socio-ethnic backgrounds.

3 Participation in sports

The human right to participate in recreational activities (sports) (United Nations, 1979) was recognized in the Convention on the Elimination of Discrimination Against Women (CEDAW), and the International Charter of Physical Education and Sport (UNESCO, 1978) (Nakamura 2015). Sport is not protected legally as a universal human right, but it can be considered to be included under broader human rights categories. Article 24 of the Universal Declaration of Human Rights, UDHR, includes 'the right to rest and leisure'. Article 12 of The International Covenant of Economic, Social and Cultural Rights, ICESCR, 'the right of everyone to the enjoyment of the highest attainable standard of physical and mental health' and Article 15 'take part in cultural life'. Article 31 of The United Nations Convention on the Child, UNCRC 'the right of the child to rest and leisure, to engage in play and recreational activities appropriate to the age of the child and to participate freely in cultural life and the arts'. UN international human rights declarations and covenants include equal rights between the genders. Article 2 of The International Covenant on Civil and Political Rights, ICCPR, includes 'respect of rights regardless of sex', and Article 3 includes 'the equal right of men and women to the enjoyment of all civil and political rights'. (UN 1948; PWESCR 2015; UNICEF 1990; UN 1966; Fair Play for Women 2018.)

According to the research 'Maahanmuuttajat ja liikunta' immigrant participation in sports was less than in the main population in all age groups. Immigrant youth participated in sports more than the middle-age or older and male more than female. The Finnish sports culture has an influence, the second-generation immigrants are significantly more physically active than

the first-generation immigrants. The most popular physical activities mentioned were walking, running, cycling, swimming, and football (soccer). The immigrants were generally active in following sports, especially football, either in person or via media. They viewed that the most important benefits of sports were improved health, fitness, well-being, relaxation, socializing, forming friendships, and improved appearance. Relaxation was more important for women and elderly than youth and male. Participation in sports was considered beneficial in getting daily life in order, learning Finnish and Finnish societal rules, promoting social acceptance, and preventing racism. (Zacheus et al. 2012, 4-5; Zacheus et al. 2012, 117.)

In many European countries the majority of ethnic groups would like to participate in sports if they were given opportunities. This challenges the common misconception that ethnic minorities participate less in sports because they are not interested. (Walseth & Fasting 2004.) The immigrants do not form a homogenous group. The differences depend on the country of origin, the reason for immigration, age, gender, and social status. (Zacheus et al. 2012, 113.)

The studies from the United Kingdom, Netherlands, Belgium, and Norway regarding immigrant females' participation in physical activity and sports in Europe concluded that female immigrants participate less in sports and physical activity than females of the main population and male immigrants (Walseth & Fasting 2004; Walseth 2006; Elling & Knoppers 2005). Participation in physical activity is rare among females from African and Middle Eastern countries (THL 2020). There are however some very physically active female immigrants. Russian females may be even more active than Russian male immigrants. Immigrant females' participation may increase with the length of residency due the sports culture in Finland that aims for gender equality. (Zacheus et al. 2012, 124-125.)

Low levels of participation in sports and physical activity have negative impacts on health. Based on the '2004 Health Survey for England' greater levels of health problems were reported amongst ethnic minorities. Participation in sports effectively prevents many diseases and can also help in treatment. Promoting changes in participation habits at an early age and getting young girls to enjoy the sports, encourages participation into adulthood. (Women's Sport and Fitness Foundation and Sporting Equals 2010.)

According to a study in Norway, 16-21-year-old female Muslims who participated in team sports commonly felt a sense of belonging. The teammates supported each other in sports and outside the sports. Some females also felt that their skills as a player brought them respect from other players, team personnel, and parents. For many sports offered a counterbalance for home duties: chores and taking care of younger siblings and helped to build their own identity. (Walseth 2006.)

Sports provide a venue to lessen geographical, political, cultural, religious, and language boundaries more effectively than any other industry (The Conversation 2017). The City of Helsinki promotes and provides physical activities and venues. It provides specific physical activity services for immigrants. The program is called 'Stadin MaaLi'. (City of Helsinki 2020.) In a discussion with the Vice Mayor of Helsinki Nasima Razmyar (2020), she expressed that it is important that every Helsinkian child, adolescent, girl, and boy, is allowed to engage in physical activities and that we have to find ways to make it possible.

4 Football worldwide

4.1 Football

Football is the most popular sport in the world and has a long history. The history of ball games is thousands of years old. Lascaux caves in France have paintings, dated to 17,000 years ago, that seem to show an activity using a ball. The first known variations of a team game with a ball, made out of rock, are from Mesoamerican cultures over 3000 years ago. The first game involving kicking a ball is from 300-100 BCE in China, and it later spread to Japan. Other variations of ball games were practiced in Ancient Greece and Rome. Roman culture brought ball games to the British Islands. The game that resembled football was developed in the British Islands in the 1100's. Unorganized football clubs have existed since 1400's. Organized football clubs started to form in 1800's in the British Islands. Nowadays 211 national associations are included in Fédération Internationale de Football Association, FIFA, the world governing body of the sport which was founded 1904. The Union of European Football Association was founded 1954 and has 55 national associations as members. (Football history 2020; FIFA 2020a; UEFA 2020.)

Suomen Palloliitto, The Finnish Football Association, was founded 1907, before the independence of Finland in 1917. It joined FIFA in 1908 and UEFA in 1954. Suomen Palloliitto has nearly 1000 clubs and over 130 000 registered players, which makes it the largest sport association in Finland. Approximately 500 000 people are involved in football weekly. The mission of Suomen Palloliitto is to provide educational development opportunities, as well as recreational and competitive sport activities based on humane values with the principal 'Football for everyone'. (Suomen Palloliitto 2020a.) The 'Everyone plays' project was initiated in 2000 with principles of equality and to provide children and adolescents a safe and well-rounded physical activity. Since then, the principles of equality and fair play have been integrated into operations in other formats. (Suomen Palloliitto 2019a.)

According to research collected by Suomen Palloliitto, football is the most popular sport among people from multicultural backgrounds. Suomen Palloliitto has systematically

supported multiculturalism and has been very active in promoting immigrant participation in football and sports. Suomen Palloliitto has collaborated with The Finnish Education and Culture Ministry and started equality project in 2006. Multiculturalism training has been integrated into coaching, refereeing, and administrative training. Suomen Palloliitto has published a guide in five languages: Finnish, Swedish, English, Russian, and Somalian, to guide immigrant players and parents about the function of Finnish football club system and what are the roles and responsibilities of players and parents in the club. Suomen Palloliitto operation is based on the principle of equality. Every person residing in Finland has a right to participate in football activities at their own level, at their own way, with the right attitude and self-confidence as a player, coach, referee, manager, parent, or spectator, at a recreational or competitive level. No exclusions are made based on gender, age, ethnicity, language, religion, views, physical ability, health, or any other reason. Participating and following football is popular amongst the immigrants in Finland, especially those under 20-year-old and of African origin. Over 60 % of the immigrants reported of following football. Some immigrants find that their social standing improves through sport club activities. They are active participants, want to improve and succeed as athletes, especially in football. (Suomen Palloliitto 2019a; Eduskunta 2015; Zacheus et al. 2012, 165.)

4.2 Female football

There is no exact knowledge of how far in the global history women's football goes, but the evidence exists that women have played football for a very long time. The ancient forms of women's football have been played in several locations in the world: Greece, Rome, China, Australia, and others. The World's oldest surviving football was discovered in Mary Queen of Scotland chamber (1540). In 1580, Sir Philip wrote: "Tyme there is for all, my mother often says, When she, with skirts tuckt very hy, with girls at football playes". By 1800's women's football was highly developed. (Hopkins 2014.)

The first women's international football (soccer) tournament, Copa del Mondo, took place in 1970. FIFA, Fédération Internationale de Football Association, has organized the official Women's World Championships, World Cup every four years since 1991. Women's football was the first time in the Olympics in Atlanta, USA 1996. 2019 Women's World Cup had accumulative 1.12 billion viewers worldwide. (Lautela, Wallen, Kanerva, Sjöblom, Virolainen & Tuunainen 2007, 232-233; Glas 2019; Piper 2015; Wilson 2018.)

Women and girls' football have grown exponentially at all levels recently. Still there is more potential to expand different opportunities. FIFA has started 'FIFA Women's Football Strategy' to empower girls and women, create opportunities to have football available to everybody, and advocate gender equality. FIFA has stated that the goal is to increase female participation worldwide to 60 million players by 2026. FIFA has launched a program for

member associations to develop female football sustainability and simultaneously pushing the game into the mainstream. (FIFA 2020b; FIFA 2020d.)

According to a FIFA survey the top priority for national football associations below the top 20 ranking, is to increase the number of female players in their countries. The best performing associations report player development as their priority. This shows the variations of the situations between the female football nations. The most competitive nations focus on quality, and the less-developed nations prioritize quantity. For all female football nations, the development of grassroots programmes should be a priority since only about 40% of the football nations at all levels have training programs focusing on registered or non-registered female players under 12 years old. More females are needed at all levels of administration, as coaches and referees in addition to players. (FIFA 2014.) Finland is currently ranked on 30th place in FIFA Women's ranking (FIFA 2020c).

The first UEFA, the Union of European Football Association, Women's European Championships final was held in 1984. A significant surge in women's football happened in 1990's in Europe. 'UEFA Women's football across the national associations 2017' report shows the growth of female football in all 55 member associations. Increasing number of women and girls play football across Europe. Girls' football shows strong growth, and the number of female youth teams have increased from 21 285 (2013) to 35 183 (2017) in Europe. Registered female player quantity increased in Europe 2017 from 1.270 million to 1.365 million, 7,5% increase, in one year. (UEFA 2017a; UEFA 2017b.)

The documents show that women's football games were played in Finland in 1930-1940's. The official competitive football started in the beginning of 1970's. The first women's national team was formed in 1973. At the time there were approximately 3 000 female players in Finland. Finland has participated in European Championship qualifying series since the beginning, in 1982-1984, and qualified for the championship tournament the first time 2005. (Lautela et al. 2007, 235-239.)

In 2018 23% of registered football players were female in Finland. Since 1982 the statistics of female football players in Finland have shown women and girls (under 20) separately. The growth of girls' football has been strong. Suomen Palloliitto has supported young female football players with different projects. The 'F.U.N.' project 2001-2006 and the 'Osoitteena Futis' project 2008-2015 focused on developing girls' football. Suomen Palloliitto has also organized separate female football training events. (Lautela et al. 2007, 250; Suomen Palloliitto 2019a.)

Pihlaja, the director of development of female football in Suomen Palloliitto, has stated that the majority of male football audience are males. Female football audience is more

equally gender presented. The audience includes women of all ages, men, girls, and boys being more of a family interest. She believes that value base is generally more associated with female football. Female players and organisations have not hesitated to emphasize the values: equality, social responsibility, sustainable development, and that football is inclusive for all. Female football is gaining media and commercial interest globally and in Finland but is still behind male football. (Alkula 2019.)

Women and girls' participation in football in many countries is restricted due to the attitudes of patriarchal societies. Limited knowledge and possibilities have prevented girls and women from training and playing football. Some players have defied strict social or religious rules, or even laws, and have found their way to play football. (Egorov 2018; Indian Express 2018.) Informing all parents about opportunities for both genders to participate in football in Helsinki and other communities is important.

5 Barriers towards participating in sports

The barriers towards participating in sports among immigrants vary and depend on the country of origin, culture, socioeconomic status, age, and gender. The immigrants in the research 'Maahanmuuttajat ja liikunta' (Immigrants and physical activity) reported that the main barriers that prevent participating in sports were lack of funding and time, and the needs of family. The lack of interest, time and initiative, and mixed gender exercise groups were more prominent obstacles among females than males. Winter and lack of Finnish language skills were larger obstacles for males than females. Several studies have indicated the connection with socioeconomic status and participation in sports. Lower socioeconomic status provides less opportunities for sports involvement. (Zacheus et al. 2012, 4; Zacheus et al. 2012, 129-133.)

The participants reported that the lack of friends and Finnish language skills formed a barrier towards participating in sports (Zacheus et al. 2012, 131). Inability to adequately communicate due to a language barrier causes anxiety and uncertainty about how to initiate the participation and receive information. Information should be provided in other languages and with easy access. (Women's Sport and Fitness Foundation and Sporting Equals 2010.)

Cultural background is a significant factor that acts as a barrier that prevents or lessens the participation in sports. In the study the lack of adequate instructors was considered more inconvenient by the Western European immigrants than immigrants from Eastern Europe. The language barrier troubled immigrants from African countries more than for example immigrants from Eastern Europe. Winter formed a barrier more for the immigrants from Asian, African, and Western European countries than the immigrants from Eastern European

countries. The attitudes of Finns hindered participation in sports, more Western Europeans than Eastern Europeans. Mixed gender sport groups were a significant obstacle for immigrants of Asian or African origin, but not for immigrants of European origin. In conclusion, the immigrants from Eastern European countries expressed less barriers for participating sports than other cultural groups due to familiarity of weather conditions, better language base, and they were used to females and males participating together. (Zacheus et al. 2012, 147.)

Multiple personal, practical, social, and cultural barriers exist that prevent some females from participating in sports (Women's Sports and Fitness Foundation 2009). It is critical to address any existing barriers. Funding is a general barrier for immigrant participation in sports and does not alone explain females participating less than males. Both genders experience an equal language barrier, therefore it is not a gender specific barrier.

5.1 Leisure time

The meaning leisure time and importance of leisure activities vary from a family to family, and the concept of leisure time and hobbies are not defined in many cultures. In the family situations where the youth's choice of leisure activities is restricted, there is an area for negotiations. In some families it is not about restricting leisure activities outside of home but prioritizing school and studying. It is important to build a connection with families and inform about the activities and the benefits of participation. Most often increased knowledge increases acceptance. (Honkasalo 2011, 134-137.) Many older immigrants do not consider leisure time valuable due to cultural, economic, or personal reasons. They were often raised to think leisure time as wasteful. (Ward 2000; Zacheus et al. 2012, 117.) This point of view may have an impact on younger generations and how their activities are viewed.

The youth from multicultural backgrounds considers the leisure time, the time outside of their school schedule, an important venue for forming social relationships and integration to the society. The leisure time activities and friendships are very important in preventing isolation. Immigrant girls and female adolescents' preference in leisure activities is to get to know Finnish girls and form friendships. The issue of identifying gender equality in youth leisure time activities makes the position of immigrant girls and female adolescents more visible (Honkasalo 2011, 15; Honkasalo 2011, 205). Young female immigrants can have more home duties: chores and taking care of younger siblings than young males (Walseth 2006; Women's Sport and Fitness Foundation and Sporting Equals 2010).

5.2 Cultural and religious rules and their impact on gender roles

Gender relations and females' status and role in a society are different in many immigrants' countries of origin compared to Finland. The definition and structure of sports can be different in the society compared to the society of origin and can create a cultural conflict

for an immigrant. Different cultures can have different views of a human body. In general females have more barriers than males which is aligned with females participating in sports less than males. (Zacheus et al., 132-133.)

Family expectations about the role of young females have an impact on participation in sports. Loughborough University 2006 study presented extensive family influence on young females' involvement in sport and their lives in general. Young Muslim females negotiate between their families' values and the daily experiences they have in the society. According to a research conducted in the United Kingdom a majority of young Muslim females spent less time outside of their homes. The culture expects them to participate in taking care of home chores and family duties. Many Muslim females have to navigate between traditional religious practices and the opportunities they have. They have to find a compromise based on their values, expectations, obligations, their interest in sports, and other aspects of their life to form an identity as a female, a Muslim, and an athlete. (Women's Sport and Fitness Foundation and Sporting Equals 2010; Kay 2006; Isard 2015.)

According to 'The Perspective of Arabic Muslim Women toward Sport Participation' the participants had positive views on participating in sports because of their own interest in sports and religious influences. Their interest in sports were based on health, physical fitness, general wellness, and also religious beliefs. The participants stated that their culture and traditions: society rules, dress code, and family have discouraged or prevented them from participating in sports. (AbdulRazak, Omar-Fauzee & Abd-Latif 2010.)

In the study by Walseth and Fasting (2003) all Muslim women participants believed that Islam encourages women to participate in sport. These women participated in different aspects of sport based on their interpretation of Islam, but they all considered sport as a positive activity for them. In the study, Muslim women were divided into four categories based on level of covering they used: 'no head cover', 'hijab' covering the head and hair, 'krimar-veil' that covers hair, shoulders and the breasts, and 'nikab-veil' (niqap-veil) covering the face which is used in addition to krimar-veil and sometimes used with gloves. Other names are also used for the veils. The levels of veiling correlated with women's interpretations of Islam and attitudes towards sports. Varied interpretations of Islam create practical barriers for females' participation in sports: use of veils, gender segregation, disallowed 'exciting movements', and power relationship between genders. All the participants stated that Islam preferred that Muslim women wear covering. Females in 'no head cover' and 'hijab' groups interpreted Islam such that veil, gender segregation, quality of movement did not create practical barriers to participate in sports. They felt barriers from gender power relationship, patriarchy. The 'krimar' and 'nikab' groups felt it was almost impossible to participate in sports with the veil on, so they were restricted in doing exercises at home or finding a sex-segregated environment. These groups felt that Islam define women's position and role in the

society not men. These groups also considered that disallowed movements created a barrier toward participating in sports. The interpretation of 'exciting movements' varied significantly among the participants. Majority of the barriers described by the participants were directly or indirectly in connection with Islam's view of females and their sexuality.

Religion is commonly considered a barrier for immigrant females' participation in sports. Religious conservatives have argued against women playing sports or even watching sporting events with male players. Due to religious misinterpretations or lack of adequate information, many Muslim females have been prevented from participating in sports or have felt that they have not been able to participate. The apprehension can be related to a fear of discrimination or negativity because of their religious or cultural background. In general, Islam promotes healthy lifestyle and encourages both genders to be physically active. Certain rules have to be followed: mixed gender sports are not allowed for females, and the environment and apparel rules require consideration. Despite the fact that Islam encourages Muslims to practise sport, there are low participation rates among Muslim women. Participation of Muslim women in sports is dependent of multiple factors: country of origin, culture, religious interpretation, gender roles, parents, family, relatives, and society's support. Some Muslim women participate in sports without major obstacles, while some other Muslim women face numerous barriers for sports participation. (Women's Sport and Fitness Foundation and Sporting Equals 2010; Stodolska & Livengood 2006; Bichi 2018; Dehghanpishes 2011.) All females influenced and governed by conservative social and religious rules in their communities or societies face challenges to participate in sports.

According to Nakamura (2002) immigrant Muslim women face various barriers preventing them from participating in sports. A cultural issue that restricts female participation is a fear of 'defeminisation'. Parental influence, 'adherence to parental wishes' is a significant barrier. Many parents feel that sport is not an appropriate activity for girls, and it should not disturb academic achievements or domestic obligations. The needs of family and home chores form a more significant barrier for females than males. Some females feel the difficulty of adhering to religious rules and modest dress code. Additional reasons are lack of time, skills, companions, role models, positive experiences, transportation, and language skills.

5.3 Apparel rules

In some cultures, females are required to dress modestly: cover their hair, neck, and extremities in public, including when participating in sports. Sports like football, volleyball and martial arts do not require significant special arrangements for females with apparel requirements to participate as long as long athletic pants, long sleeves, and head cover can be worn. Wearing a head cover can be inconvenient but it does not form an obstacle. (Stodolska & Livengood 2006; Dehghanpishes 2011.)

People wearing head covers for religious purposes have a long history in Judaism, Islam, Christianity, and Sikh as well as in many cultures and other faiths. The use of head covers has diminished to use only during religious service or not at all within many religions in Western countries. Orthodox Jews, Muslims, although not all, Anabaptist and other conservative Christians, and some others continue to cover their head consistently. In some cultures, head covering is used to show an identity, ward off evil spirits, and it can be a great work of art. There are different ways of wearing a head scarf: a short or long scarf, wound tightly around the face or tucked in at the neck, or an elaborate way of wrapping around the head. These all show cultural and religious background. (Guide for Religious Head Covering 2020; Wojcik 2017.)

FIFA initially banned hijab, the traditional head-covering worn by many Muslim women, in 2007 citing safety concerns, specifically danger of choking. FIFA's principle of separation of politics and religion from sports was an underlying issue. After back and forth allowing and banning, the hijab ban was permanently removed in March 2014. International Football Association Board (IFAB), which is in charge of the rules of football (soccer), stated 'male and female players can now wear head covers'. Removing the hijab ban allows more opportunities for current and future female Muslim players, particularly those players whose participation is contingent upon covering. (Torres & McLaughlin 2014.)

The decision of lifting the hijab ban has had a wide influence on other sports contemplating the same issue. Canadian activist Farrah Khan whose group 'Right2Wear' promoted the cause and raised awareness has stated: 'Being able to participate in sports, which helps to build self-confidence, break down barriers and forge a sense of community and teamwork, is a huge boost for all women. It tells them they can have the dream of playing on a national level or playing for their country in the Olympics'. (Yelaja 2012.)

World-wide athletic brands along with the pioneering smaller companies, which have launched sport hijabs in various forms, have countered the Muslim patriarchal view confining Muslim women to mainly privacy based on the requirement of modesty and traditional values. The launching of sport hijabs has created controversy among opponents of hijabs who consider that hijabs are oppressive. Globally recognized brands promoting sport hijabs have mainstreamed a garment that has been considered marginalizing. (The Conversation 2017.) In football any jewellery and pins are forbidden for safety reasons (Suomen Palloliitto 2020b). Sport hijabs are safe and stay in place without pins.

The need for modest sportswear being available have been recognized to allow females from families with more conservative views to participate in sports. Sport hijabs and full body covering sport clothing: long sleeves and long pants open possibilities for these females to access sports. The dress code correlates with the decision to wear the hijab. Observing that a

hijab is to cover one's head and to abide by the philosophy of modesty. Parents in some cultures would disallow their daughters to participate in sports without modest sport apparel. Flexibility with uniforms: ability to wear track pants or leggings and a long sleeve top under the uniform is important in order to adhere to the rules of modesty leading to improved access to sports. This is a barrier that can be negotiated with communication with families. (AbdulRazak et al. 2010; Nakamura 2002.)

5.4 Role models

Role models are people whose actions are followed, and people look up to them. Successful athletes often become role models and inspire others to participate in sports. Some groups and sports lack visible role models which has a negative impact and can form a barrier. Promotion of positive role models and images develops long term attitudinal changes and increases participation levels. The visible female personalities in sports will help to break barriers and make sports more inclusive. In recent years, the situation has evolved and international athletes like those wearing a hijab (head scarf) have gotten media attention. This shows young Muslim females that wearing the hijab is not an obstacle for excelling in life and sports. (Women's Sport and Fitness Foundation and Sporting Equals 2010; Bichi 2018; BBC 2020.)

Amna Al Haddad, a weightlifter and a cross fit athlete from UAE, has been a role model for aspiring young female Muslim athletes. Olympians Hedaya Wahba, a Taekwondo athlete from Egypt, Zahra Lari, a figure skater from UAE, Doaa Elgbashy with Nada Meawad, beach volleyball players from Egypt, Ibtihaj Muhammed, a fencing athlete from USA, Sara Ahmed, a weightlifter from Egypt, and Kimia Alizadeh Zenooin, a Taekwondo athlete from Iran, have all received media attention globally. (The Sports Journal 2017.) In 2016 Under-17 Women's World Cup held in Jordan, Tasneem Abu-Rob and Rand Albustanji, two of Jordan's starting line-up football players, became the first players to wear a hijab at a FIFA-sanctioned world tournament, 2 years after FIFA lifted hijab ban (Ahmed 2016).

In many countries, females are breaking barriers, playing football despite the resistance in some sects of society. Some players are taking a significant risk in order to play the game they cherish. New leagues are being formed and women's national teams are being established, leading the way for the future players. (New York Post 2020; Indian Express 2018.)

6 Benefits of sports

6.1 Physical health

Several researches conclude that a healthy lifestyle is supported through regular participation in sport and physical activity. Physical activity can be also considered an intervention strategy for people who are at risk to get or already have a disease. Physical exercise is an effective component in maintaining the integrity of multiple physiological systems of those without an ongoing disease or being in a risk group. The prevention is preferred over intervention. Many of our physiological systems: muscles, cartilage, ligaments are meant to function dynamically and being active while immobility is harmful. (Hart & Zernicke 2020.) Physical exercise is essential for optimal health and wellbeing. An inadequate amount of physical exercise can have a negative impact on health, motor skills, healthy growth, and development of children, even under school-age. The growing environment and family's life habits influence child's health trajectory. According to early childhood education recommendations in Finland under school-age children should have physical activity minimum of 2 hours daily and 7-18 years old 1-2 hours daily. (Karvinen, Rätty & Rautio 2010, 4-8.)

Physical activity and sports provide numerous health benefits in school-aged children and youth. There are dose-response relations between physical activity and health, increased physical activity creates increased health benefits. Even modest level of physical activity can provide significant health benefits. Ideally physical activity should be moderate-vigorous intensity. Aerobic activities train cardiovascular and respiratory systems and give great health benefits. In addition, high-impact weight bearing activities are required to strengthen bones. Both endurance training and strength training can contribute to an improved health-related quality of life. Inactivity leads to declined muscle strength and endurance and may impact the ability to perform various activities in a long term. (Janssen & LeBlanc 2010; Williams et al. 2007.)

Building physical exercise habits at a young age and continuing them has a life-long impact on female health. Physical activity during adolescence is a strong indicator of adherence to physical activity as an adult. (Eime, Young, Harvey, Charity, Payne & Westerbeek 2016.) Girls and female adolescents participating in physical activity have stronger immune systems. Many chronic diseases: cardiovascular diseases, type 2 diabetes mellitus, osteoporosis, depression, and some types of cancer (endometrial, colon, breast) can be prevented with consistent physical activity. (Warburton, Nicol & Bredin 2006.)

6.1.1. Cardiovascular health

Regular physical exercise has an impact on many cardiovascular risk factors: high blood pressure, high cholesterol level, decreased insulin sensitivity and obesity. Consistent physical

activity increases activity tolerance and decreases fatigue. Endurance type activities improve aerobic capacity and associated cardiopulmonary factors, so the body is able to utilize oxygen maximally. Physical training improves the capacity of the blood vessels to dilate, which correlates with better vascular wall function and oxygen delivery. Regular physical activity prevents or decreases high blood pressure. It also reduces harmful 'bad', LDL (low density lipoproteins), cholesterol levels. LDL cholesterol forms most of the body's cholesterol. High level of LDL cholesterol increases the risk for heart diseases and cerebrovascular accidents or insults, called strokes. Exercising also increases beneficial 'good', HDL (high density lipoproteins), cholesterol levels creating healthier cholesterol ratio. High HDL level can lower the risk for heart diseases and stroke. HDL cholesterol absorbs cholesterol and delivers it back to the liver for flushing it from the body. (Myers 2003; Williams et al. 2007; CDC 2020.)

6.1.2. Insulin sensitivity, body composition

Diabetes mellitus, glucose intolerance, and insulin resistance (decreased insulin sensitivity) increase the risk for cardiovascular diseases. Physical exercise increases insulin sensitivity. Obesity is defined as a person having excess body fat. Obesity is a general risk factor for decreased insulin sensitivity and cardiovascular health. Obesity also causes high blood pressure and increased cholesterol level (LDL), which also increase the risk for cardiovascular diseases. The obese person can experience musculoskeletal problems and can develop osteoarthritis prematurely. Decreased physical activity level, sedentary lifestyle, with increased time spent on electronic devices, and obesity are considered to be contributors to the rise of type 2 diabetes mellitus among children and adolescents, a rising health concern. Obesity in childhood and youth is associated with serious health complications and the increased risk of early onset of chronic illnesses. The childhood obesity complications include higher tendency for asthma and sleep apnoea, and it can have an impact on emotional health. (WHO 2019; Moxley, Habtzghi, Klinkhamer, Wang, Donnelly & Dykhuizen 2019; Williams et al. 2007.)

The body composition is more important factor than body weight. Body composition is a concept of 'fat' versus 'fat free mass' or 'lean mass'. People need a certain amount of fat in a body to function optimally, essential fat, while stored fat is extra fat. Lean mass is the rest of the components in body: bones, muscles, tissues, and organs. Exercising can reduce excess fat and increase muscle strength and volume leading to improved body composition. Physical training impacts maintenance or improvement of basal metabolic rate. Endurance and aerobic training also enhance caloric expenditure and help to maintain or reach a healthy body weight. The metabolic impacts of reduced muscle mass due to inactivity contribute to obesity and insulin resistance leading to type 2 diabetes, dyslipidaemia, and hypertension. Skeletal muscles are the primary tissue for glucose and triglyceride metabolism and are determinant

of resting metabolic rate. Improvements in muscle mass can decrease multiple cardiovascular disease risk factors. (McDougall 2016; Williams et al. 2007.)

6.1.3. Musculoskeletal health

Physical activity improves bone and muscle mass and strength. It is essential for joint health and enhances overall well-being throughout the life. Physical activity during childhood and adolescence has a positive impact on development of the body structure and is necessary in order to achieve optimal musculoskeletal health which can remain to adulthood. It is important to educate and encourage children and adolescents to participate in physical activities that provide various challenges to the body. Physical activities provide benefits on stability and vestibular, balance, system. Good muscle function and muscle balance provide support for joints, reduce the impact forces on joints, and can prevent osteoarthritis. (Aronson 2016; Cho & Kim 2017; Westermann 2018.)

Regular exercise during childhood and adolescence is requisite to attain optimal peak bone mass since up to 90% of peak bone density is achieved by age 18 in females, by age 20 in males. Bone mineral density has been shown to increase with physical activity. Bone mass and strength increase with resistance exercise when the contraction of muscles and/or gravity place force on bones. Only the bones that are subjected to the force respond. Osteoporosis is a disease of reduced bone mass and deterioration of bone's microarchitecture, leading to increased risk of fractures. Prevention of osteoporosis is important especially for females since they have a higher risk of osteoporosis. It has been shown that an adequate acquisition of bone mass in the growing years correlates to decreased osteoporosis risk later in life. (Aronson 2016; Williams et al. 2007; Gracia-Marco 2016.)

6.1.4 Menstrual health

Estimated 75% of the reproductive age women report minimum of one physical or emotional premenstrual symptom. 8-20% of them fill the criteria for PMS, premenstrual syndrome, which impacts the quality of life. Common symptoms include pain, headache, bloating, swelling, weight gain, breast tenderness, sleep disturbance, irritability, depression, anxiety, and poor concentration. Physical exercise improves circulation and circulating endorphin levels, connected with the level of happiness, decreases adrenal cortisol level for a short period time, and can have analgesic, pain reducing, effects. Physical exercise is recommended as a prevention and treatment for PMS symptoms. Studies have mainly shown the connection of physical activity to decreased PMS symptoms, some reported no significant connection, but no negative impact have been reported. (Saglam & Orsal 2020; Kroll-Desrosiers, Ronnenberg, Zagarins, Houghton, Takashima-Uebelhoer & Bertone-Johnson 2017.)

According to a study among students 14-17-year-old, 75 % experienced dysmenorrhea, painful periods, or menstrual cramps. Pain usually starts 1-3 days prior to periods and is at worst 24 hours after starting of periods. Pain is in the lower abdomen and can radiate to the low back and thighs. Some females experience nausea, digestive issues, headache, and dizziness. Dysmenorrhea can interfere with school, work duties, and social activities. Regular physical exercise can reduce symptoms of dysmenorrhea. (Fathizadeh, Farajii, Khodakaramii, & Nahidii 2004; Mayo Clinic 2020.)

Female athlete triad risk must be considered in female athletics. It is a condition consisting of low energy with or without disordered eating, menstrual dysfunction, and low bone mineral density. It is considered a metabolic injury. Physically highly active females at any age or level can be at risk especially in sports requiring and emphasizing low body fat and mass, aesthetics, and endurance. (Daily & Stumbo 2018; ACOG 2017.)

6.2 Mental health

Mental health is a foundation for the ability to think, feel, act, interact, and cope with the challenges in everyday life. Positive mental health in children and youth promotes learning and creativity, encourages them to try new things and take risks. It enhances the enjoyment of life. Participation in physical activity improves mental health in children and adolescents. As they exercise the body the mood improves. This is dose-related, the amount of physical activity is in correlation with the amount of mood enhancement. Both genders receive mental health benefits of physical exercise. Participation in physical activity promotes independence and the ability to take on challenges. It improves physical abilities and has a positive impact on feelings of self-worth. (Leduc 2014.)

Participation in sports assists girls and female adolescents psychologically and emotionally. With the decrease of physical activity, the symptoms of depression increase on girls and female adolescents. According to the 'protection hypothesis', physical activity protects against biological and psychological factors that cause depression. Physical activity can provide experiences of capability and control, distract from negative thoughts and stressors, and help with gaining positive thoughts. Participation in sports and physical activity can build self-esteem and improve self-image, which is especially beneficial during adolescence. Sports can also teach leadership skills and self-reliance. (Rausepp & Neissaar 2012; Children's Medical Group 2014.)

Physical exercise influences two contributors to positive mental health: working memory and sleep. Working memory is our ability retain and manipulate information in short term and it is needed for focusing and processing the environment. Adequate quality and quantity of sleep is important foundation for mental health. Being physically active improves the ability to fall asleep and increases the length of sleep. (Leduc 2014.)

6.3 Social health and integration

Social health is defined as the ability to form satisfying and meaningful relationships with others, adapt comfortably to different social situations, and act appropriately in different settings. Social relationships skills include empathy for others, communication skills, as well as a sense of accountability and responsibility. Being isolated and withdrawn can have a negative impact on social health. Stress can have a significant impact on social relationships, and it can be managed with regular physical activity. (Koshuta 2015.)

Based on consistent evidence, sport club-based and team sports participation can have better psychological and social health outcomes than only engaging in individual physical activity without a social context. The social aspect of sports has an important impact on health in general, although mental and social benefits from participation in sports vary between children, adolescents, and adults. Social health benefits are more prominent for children and adolescents than adults. Club-based and team sports participation assists in building self-esteem and developing social skills through social interaction. Being a member of a team teaches group dynamics, can improve the ability to work with others and solve problems. The team can provide a core group of friends that supports in daily life. Working with teammates, coaches and other personnel teaches to set and meet goals, which is a very useful skill throughout the life. In addition, sports provide a venue to challenge gender and other stereotypes. (Eime et al. 2016; Kids Health 2020; Children's Medical Group 2014.)

Sports are important venues for immigrants for social integration. Through sports immigrants can get an insight to the country's culture in a natural way. Utilizing sports in integration can happen through doing an activity together that everyone is familiar with already. Common interest breaks barriers. Participation in sports supports interaction, learning the language and society's way of functioning, and helps to develop social relationships. Valo (Valtakunnallinen Liikunta- ja Urheilujärjestö, National Physical Exercise and Sport Organization 2012-2016) and Suomen Olympiakomitea (Finnish Olympic Committee) suggest in their report for Eduskunta (Finnish Parliament) that sport clubs can participate in social integration: use positive communication, inform about sport participation opportunities in the area, offer an opportunity for trying in a practice, invite to follow sports events, offer volunteer opportunities, and consider equipment lending or donations. (Eduskunta 2015.)

6.4 Scholarly success

Evidence shows that physical activity has a positive impact on cognitive performance. Exercise can improve concentration, operational memory, and information processing efficacy with a potential to increase academic performance in the long term. Aerobic fitness enhances the learning process. Participation in sports reinforces brain functions that are critical to learning and is shown to be beneficial for girls and boys. The studies imply that exercising

improves cognitive performance and school success instead of taking time away from studying. Physical activity produces intellectual and academic benefits that may have long lasting positive effects on life chances. (Haapala 2012; Gomez-Pinilla & Hillman 2015; Rosewater 2009.)

Participation in group-activities in general improves cognitive performance as well. Socializing with others improves cognitive outcomes with improved memory and processing speed. Having a social group connection promotes cognitive health more extensively than individual social ties, possibly because a group membership promotes social identification and a sense of belonging to a group providing more social support than individual ties. (Ybarra, Burnstein, Winkelman, Keller, Manis & Chan 2007; Haslam C., Cruwys, Milne, Kan & Haslam S. 2016). According to research by Beadleston et al. (2019) girls should be encouraged to participate in sports primarily for health reasons, even more than for the cognitive reasons, since girls receive group activity cognitive benefits from non-sport group activities also.

Children and adolescents' participation in team sports and other group activities receive even more extensive benefits than participation in individual sports and activities alone. Group participation teaches social skills: sharing, co-operating, behaving in a group, and functioning according to rules. Group activities provide significant cognitive gains which participating in team sports can provide. Team sports provide a beneficial combination of physical exercise and group activity, both promoting scholarly success. (Eime, Young, Harvey, Charity & Payne 2013; Taras 2005.)

6.5 Benefits of football (soccer)

Participation in football can provide all health and other benefits sports can offer. Football increases aerobic capacity and cardiovascular health. The intermittent exertions of football impact the heart resulting in positive changes in cardiac structure and function. Participation in football can prevent or reduce elevated blood pressure, improve blood lipid profile, and increase insulin sensitivity. Football can help to improve body composition by lowering body fat, improving muscle mass and strength, and it can strengthen the skeletal structure. Football challenges body's functions by improving coordination, balance, and flexibility. (Bangsbo, Junge, Dvorak & Krustupp 2014; Better Health 2014.)

As a team sport football provides multiple significant social and psychological benefits. Football provides social interaction, promotes teamwork and sharing. It provides an opportunity for 'We' moments of unity. It challenges mentally, makes you 'think on the run', requires concentration, persistence, and self-discipline. Football can build confidence and self-esteem, and it can reduce and control stress. Football is enjoyable from beginners to masters and does not require major equipment. (Bangsbo et al. 2014; Better Health 2014.)

Football can provide an environment to succeed and be accepted. It can give a sense of belonging to a group and an opportunity to be yourself. A player can have the own community around the football and can leave other issues and concerns outside while in that community. The participation in a hobby like football brings a rhythm and regularity to life which helps managing the life in general: sleep, school, nutrition, and time. (Vara 2020.)

7 Development project

The development project has been a collaboration between the author and FC Kontu, an Eastern Helsinki football club. FC Kontu and the female football community have recognised the need to identify the reasons why the portion of immigrant girls and female adolescents' participation in football and in sports in general is low. The increased participation of immigrant females in football would strengthen the community involvement, improve gender equality, increase general participation in the organisation's activities, and add to the quality of performance in FC Kontu. Once the barriers towards participating in football were identified, the solutions were discussed and developed in collaboration. The organisation has needed information and material to present to the immigrant girls and female adolescents, and to their parents to promote the benefits of physical exercise and team activities, and present solutions for the possible barriers. This information can be used to promote football and physical activity for all girls, and it can be utilised in various contexts. (FC Kontu personnel 2020; Markkanen 2019-2020.)

The purpose of the thesis has been to assist immigrant girls and female adolescents to access sports and receive the benefits of participating in sports as the same age-group non-immigrant girls and female adolescents and their male immigrant counterparts. The objectives were to define the physical, mental and social health as well as scholastic benefits of sports for female adolescents; identify possible barriers that prevent immigrant girls and female adolescents from participating in sports; find, create, and present solutions to decrease or remove the barriers; assist in creating paths to increase the participation of immigrant girls and female adolescents in sports. The goal was to produce invitational, informative material that can be used in a printed or electronic format and translated into other languages. The developed material is modifiable to serve in different settings. The material informs about the importance of participation of girls and female adolescents in physical exercise and group activity for health, general wellbeing, and scholarly success, as well as assists in showing possibilities for immigrant girls and female adolescents to participate in football, in FC Kontu.

The immigrant girls and female adolescents in Helsinki have been the subjects of the study. An immigrant is a person who has moved to Finland to reside permanently. A foreign

background person or second-generation immigrant is a person whose only known parent or both parents were born abroad. In this project immigrant was defined as a first or second-generation immigrant who has moved to Finland for any reason or from any background, and at least one of the parents is from foreign background. Immigrants may have very variable cultural, ethnic, or national backgrounds, and the study was not limited to any specific background (Tilastokeskus 2020a; Honkasalo 2011, 27.) A girl was defined as a 2-9-year-old female, and a female adolescent as a 10-19-year-old female in this study. Adolescence is a transitional phase between childhood and adulthood which is a time for rapid physical, cognitive and psychosocial growth (WHO 2020).

‘Haasteena liikkumattomat lapset ja nuoret’ (Non-exercising children and youth as a challenge) identified immigrants and girls being in risk groups of not doing adequate amount of physical activity. The families, ‘neuvola’ child health centres, child-care centres, schools, and sport clubs were recognised as having an important role in encouraging physical activity and supporting healthy growth of children and youth. Parents, siblings, and friends were considered as principal motivators and role models for children and youth. The significance of social integration through sports was emphasised especially among young immigrants. (Karvinen et al. 2010, 4; Karvinen et al. 2010, 24-25.)

8 Methods for the development project increasing immigrant girls’ participation in sports

8.1 Development organisation

In the thesis, football (soccer) is used as an example sport due its notability and popularity worldwide, and strong presence in the Eastern Helsinki neighborhoods. FC Kontu is a football club based in Kontula that serves a large population in Eastern Helsinki. The club has over 1100 licensed players that play in official leagues. FC Kontu has been chosen by Suomen Palloliitto, the Finnish Football Association, to be part of the ‘Kotouttamisprojekti’, the Social Integration Project. FC Kontu was chosen as the only football club in Helsinki to be a participant in Suomen Palloliitto ‘Girls’ Football Project’ in 2020. In 2017 FC Kontu was awarded as a ‘Grass root club of the year’. (FC Kontu Personnel 2020; Suomen Palloliitto 2019b.)

FC Kontu is a registered organisation and its values are openness, joyfulness, volunteering, responsibility, and communality. The organisation’s operational model promotes regular education and collaboration between the age groups. The administration provides support for coaches and other personnel. The 2020 focus is on team development, coaching education, supporting of volunteerism, and communication. Junior football is the core function of FC Kontu and every age group player is provided with quality coaching. (FC Kontu 2020a.)

FC Kontu provides football activities for children from 2 years old to adulthood. 'Perhefutis' is family football, where parents and children together play, learn basics of football, and improve general physical skills. 'Perhefutis' is for girls and boys 2-5 years old. 'Nappulafutis', kids' football, provides football and general motor skill activities for girls and boys 4-6 years old. There are mixed groups and a girls' group. Starting in 2021 the program for children 3-6 years old is called 'PikkuKontuFutis'. 'PikkuKontuliiga' provides events where girls and boys 5-6 years old can become familiar with football skills and rules in a playful atmosphere. The early childhood activities are based on educational values. The club aims to provide quality, well-rounded and safe activities that respect children. The children learn to be physically active and operate in a group. (FC Kontu 2020b.)

FC Kontu has total of 56 teams participating in Finnish Football Association or regional leagues and various tournaments, 49 of them are junior teams. The junior teams start with age group 2014 born and continue to age group under 18 in girls and under 20 in boys. After these age groups are adult teams. Many age groups have several teams and provide different levels of football, so every player can play at their own level. The teams are open for new members, both competitive and recreational. All teams operate year around. (FC Kontu 2020c.)

'The Fair Play Team' is a special football team which has almost 40 players from young school-age children to adults. The players have either a physical or developmental disability that hinders their playing in a normal team. The Fair Play Team provides an opportunity for children and youth with special needs to participate and be encouraged in a team. The team has three levels: Pantterit (Panthers), Leijonat (Lions) and Tiikerit (Tigers). The Fair Play Team practices year around, participates in tournaments, and plays friendly games. (FC Kontu 2020c.)

FC Kontu is actively involved with the community and collaborates with the City of Helsinki. FC Kontu has a city subsidised after-school program for 40-45 children with Vesala school. The club holds twice weekly after-school football clubs at the local schools Vesala, Keinutie and Jakomäki with a collaboration with schools. The clubs are free of charge. FC Kontu participates also in providing activities during Sport Days at local schools. The schools have welcomed the activities FC Kontu provides. This collaboration increases the club's visibility and the role in the community. (Virolainen 2020b.)

Maria Virolainen (2020b), the executive director of FC Kontu, states that the club is making a concerted effort to improve communication with the immigrant families in the area. It is a challenge but also an opportunity. 'We want to provide opportunities for the immigrants to participate in FC Kontu, it is a richness of our operation'. The immigrants are a significant part of the area population and a significant portion of the FC Kontu members. FC Kontu

wants to expand immigrant female participation in the club's activities. She states that the club is important for children and youth because it provides another place in addition to school to socialize with friends, a venue for social integration (Yle 2020).

Heli Liuha (2020), the president of FC Kontu, states: 'We want to be a sport club where everyone feels welcome regardless of gender, ethnic background, any disability, sexual orientation or socioeconomical situation'.

Topi Leinonen (2020), FC Kontu Director of Coaching, describes that FC Kontu is community-oriented and understands its operational environment. FC Kontu's principal is to be open and have transparent operations. FC Kontu welcomes everyone from all levels and backgrounds, and this is emphasized to everyone involved. The club has 54 nationalities and considers multiculturalism a richness. The club is recruiting cultural interpreters to help with the communication, but it is challenging to find people who have sufficient language skills in Finnish and the language in question. FC Kontu considers the socioeconomics of the area in everything it does. 90-95% of the personnel are dedicated volunteers and the foundation of the club function. The volunteerism keeps the cost for families manageable. The fee cap is 50 euros a month for players under 15 years old, after that it is 60-100 euros depending on the age group. The club gets referrals from social services. The staff receives calls that the social service office has clients who do not speak Finnish, but boys would like to play football. Information about the equal opportunity for girls should reach many levels. In general FC Kontu promotes girls' participation in football: increase the quantity of female players and get them involved with the football at a younger age.

According to the Peewee football head coach Julius Karlsson (2020) it is important that the club creates a safe place for players where they can for a moment forget everything else, focus fully on something they love, and be their own individuals. If we succeed in this, we can get the marginalized groups to join and come to play in FC Kontu.

FC Kontu is motivated and committed to supporting football opportunities for girls and is making a concerted effort to provide access to football for immigrant youth, given the large and rising percentage of immigrant population in Eastern Helsinki. FC Kontu is actively collaborating with this master's thesis project. (FC Kontu Personnel 2020; Virolainen 2020a.)

8.2 Development project methods

A qualitative research method was chosen for this study because the subject of this study is a real-life phenomenon, the low participation rate of the young immigrant females in sports, in this study football, in Helsinki compared to the population structure, same age other girls, and their male immigrant counterparts. Qualitative research aims to describe a meaning and produce comprehension of a real-life phenomenon that is being researched. It is a systematic

subjective approach to research and is opposite to the quantitative research approach. Qualitative research compares subjective human experiences to objective external reality. It is dependent on the researcher's familiarity of the social and geographical context where the data is collected and relies on the researcher's integration and analysis of the data compared to the quantitative research that is independent from the researcher and is statistics driven. The method includes seeking research objects that are willing and able to describe experiences and opinions orally or by writing. The information can be collected also by direct observation. Audio and video recordings are useful for data collection. (Bhattacharjee 2012, 113.)

The purposive sampling method was used for the study. It is suitable sampling method for exploratory research design and useful when the data source population is too large to analyse as a whole. It is a method that requires a connection to informants on the specific field to assist in identifying informative sources. The purposive sampling method selects participants deliberately in order to provide valuable information that could not be collected from other sources. The purposive sampling can limit generalisation. (Suri 2011; Taderhoost 2016; Silverman 2013, 203.)

The aim was to have a minimum of 10 participants in the study. The researcher included the participants based on their experience and involvement with female football. The participants had expressed their interest in the thesis topic and volunteered their participation or volunteered after the author contacted them and informed about the research. The participants were FC Kontu personnel or professional contacts who have been involved with female football either professionally or as a volunteer. They represented both genders and a wide age-range. Their amount of experience totaled well over a hundred of years.

The subject, background information, and research participant forms were presented in a streamed Microsoft Teams presentation for the volunteered participants. The participants were provided with a 'Participant Information Sheet', a 'Privacy Notice for Research' and were asked to sign 'Participant Consent Form' (Appendix 1 and 2). The volunteers had an opportunity to review the presentation privately and decide or verify their interest in participation. The topic was presented without any obligation to participate. The presentation excluded the data collected via literature review to avoid influencing the participants.

During the interview process the participants suggested 3 additional informants. All referred participants were willing to participate in the research. The final sampling included 13 participants and presented both genders, range of age, experience, and background. All participants were included even though the data saturation level had been reached earlier.

The reason was to allow a voice for all who actively were interested in the study. The saturation started to build from the first interview and every participant brought specific details and experiences to the study. The final 3 interviews were used to confirm the analysis.

8.3 Ethical and legal considerations

Ethical and legal issues were considered throughout the thesis. The aim of the thesis was to present information about the physical, mental and social health as well as scholastic benefits of sports, present immigrant girls and adolescents and their parents possible solutions to the barriers, and encourage participation in sports, no judgement was intended. The participants were adult football coaches, team, club, and football association personnel from the Helsinki area. According to ethical rules the ethical review was not required. (Tutkimuseettinen Neuvottelukunta 2019.) The participant inclusion was involvement with female football either professionally or as a volunteer, no exclusions were made based on gender, age, ethnicity, professional association, title, or any other factors.

The master's thesis study was conducted by interviewing the participants. The interviews were anonymous and no sensitive personal information was collected. All participants volunteered for the interviews and had a right to refuse or terminate the interview at any point and withdraw from the project without any negative consequences. The participants were informed about the purpose of the research and their involvement in it. The participation in thesis research presented no physical risk. Since the research was conducted protecting the participants' identity, there was no apparent psycho-social risk involved. The final product is an evidence-based informative product and does not contain any personal, negative, or provocative information. The project participants who wanted publicly to express their views and experiences were given the option to identify themselves by their name, title, and role in the context of sports. They had an opportunity to review and modify their statements prior to publishing.

The interviews were performed in Finnish and were translated to English by the author. The author is a native Finnish speaker and has a professional conduct of English. The author has practiced in health care in the United States for 27 years, worked in health care, and completed a United States accredited master's degree. The informative product was written initially in Finnish and English by the author. The author consulted a master level native English speaker to review the English version of the product. The informative product may be translated to other languages in the future by the organization, based on the needs of the population they serve. The organisation, FC Kontu, is responsible for the additional translations.

The author respected all aspects of ownership of the information and gave credit for the original sources according to Laurea University of Applied Sciences Guidelines for Referencing (2013). The pictures in the project were photos taken personally by the author with a permission of the subjects and their parents, except one picture, which was taken by FC Kontu personnel. The subjects and their parents gave permission to use the pictures in the project and be published.

The author presented no conflict of interest for the project. She is not a member and does not hold any position in FC Kontu. She is involved with female football as an educator and a consulting coach. Her lectures are open to all personnel from all football organizations, free of charge. The author conducted the research and completed the final product as a volunteer service for the organization and had no financial gain in the project. Participation in the research did not involve any cost for the participants and they did not receive any financial compensation. This was stated in an information sheet. The project had no expected expenses and was performed as volunteer service for the organisation and female football. The minor expenses that occurred were covered by Finnish Line Fysioterapia & Valmennus without having any financial gain.

Personal data is any information about directly or indirectly identified or identifiable natural person, particularly a name, an identification number, an online identifier, contact information, location information, or any other specific characteristics of a natural person: physical, physiological, psychological, genetic, economic, social or cultural (GDPR 2016; Office of the Data Protection Ombudsman 2020).

The personal data that was collected was anonymous voice material during the interviews. The interviews were performed in person and were recorded with the participants' permission. An interviewee chose a combination of a letter and a number (0-99), which only the interviewee knows. The author recorded the interview under that code, no name was used. A telephone with a password was used for the recording of the interviews. The recordings were transcribed promptly using a portable computer with a password. The researcher only has the passwords for the devices. The transcriptions were printed out and no personal information was stored in any computer. The printed transcriptions were stored and continue to be stored in a private, secure location that only the author can access. Personal data was processed by The European Union General Data Protection Regulation (2016), in a fair and transparent manner that ensures appropriate integrity and confidentiality in relation to the participants. The data was collected only for a specific, defined, legitimate purpose. The research material was processed only by the author, no outside translator or help were utilized. At the completion of the thesis an additional three years are allowed for any rectifications until all transcriptions will be destroyed by burning in undisclosed location.

According to Laurea University of Applied Sciences (2019) 'The thesis is part of the university of applied sciences degree and should be available for public evaluation. The approved theses are public by the approval of the President of Laurea University of Applied Sciences' (Tj. 47/2006, 21.3.2016). The publicity ensures that the theses are evaluated objectively and fairly. Confidential matters cannot be included in the portion of the thesis to be evaluated.'

A data management plan (Appendix 3) is an integral part of the research plan. It describes how the research data is collected, processed, and stored during and after the research is completed (Responsible Research 2018). All data was and will continue to be managed in compliance with the European Parliament and the Council of the European Union General Data Protection Regulation (European Union 2016).

8.4 Data collection

13 participants were interviewed for the study regarding their experiences and opinions about immigrant youth's participation in sports and in football in general and specifically immigrant girls and female adolescents' ability to participate in sports. All participants were familiar with the population structure in Eastern Helsinki and were connected with the area. They have been involved with female football and represented both genders and a wide range of age and experience. Their experiences included coaching, administration, medical aid, youth work, and work in an educational setting. Some participants recalled also experiences from their own player careers.

The data collection was conducted by interviewing individually coaches, team personnel, and administrators and other specialists. Two pilot interviews were conducted prior to the actual interviews. The interviews were anonymous, conducted in person in a safe manner, and were recorded. The interview design was a thematic open-ended interview without a predetermined pattern regarding the interviewee's experiences about immigrant girls and female adolescents' participation in sports, and particularly in football. All information was encouraged and included. The recordings were transcribed promptly after the interviews. The data was collected until no new elements were identified and the data saturation level had been reached. The data was preliminarily collected and analysed at the same time in order to recognise and verify the data saturation. The interviews were transcribed focusing on the information. Filler words, sounds and pauses were omitted. The font size 10 and spacing 1,5 were used in the transcriptions. The transcriptions totalled 38 pages. The researcher reviewed the transcripts several times to obtain the sense of entirety. (Vaismoradi, Turunen & Bondas 2013; Silverman 2013, 199-204; Silverman 2005, 214-215)

8.5 Data analysis

The processing of data was comprehensive. All parts of the data were reviewed and analysed in detail. Deviant information was included and analysed. The constant comparative method was used: data was reviewed several times to find new details and meaning. Qualitative research content analysis method was chosen for the study. The content analysis method is suitable to analyse complex, sensitive issues and it can be applied to various levels of interpretation. The content analysis method can be used either with quantitative or qualitative research. It is a descriptive approach for coding and interpretation of quantity of the codes. The concepts or categories describe the phenomenon. The method allows the researcher to test theories to enhance understanding the data. The purpose is to bring new knowledge and insights, present facts, and give a practical guide to action. The goal of content analysis is to produce a condensed and broad description of the phenomenon. (Elo & Kyngäs 2008; Vaismoradi et al. 2013; Silverman 2005, 212-215.)

The content analysis method allows the data to be processed in either an inductive or deductive way. Inductive content analysis is used in the cases where there are no previous studies regarding the studied subject or when the existing data is diverse or fragmented. The coded categories utilised in the inductive content analysis process are derived from the data. Inductive reasoning is initiated with observations and builds up to general statements, the data consolidates from specific data to larger units. Inductive content analysis method provides an opportunity for quantification of data by measuring the frequency and occurrence of codes, categories, and themes. The researcher must be aware that frequency of the code or category may indicate the level of importance or simply a greater level of comfort to talk about the subject. (Elo & Kyngäs 2008; Vaismoradi et al. 2013; Bowling 2004, 131.)

The three main phases of inductive content analysis process include preparation, organizing and reporting. The preparation phase includes selecting the unit of the analysis. The next phase in inductive content analysis is organising the qualitative data, open coding, creating categories and abstraction. The purpose of creating categories is to describe the phenomenon. The individual categories are grouped to broader categories. Abstraction is a process of formulating a general description of the research topic through producing categories. The integrity of the narrative data during the analysis phase is maintained. The researcher analyses and consolidates the data and formulates categories that reflect and cover the subject and present a link between the data and the results. The results of the research evolve through comprising a number of phases. Every research analysis has a context which influences the information the participants provide. The researcher considers the context and can share it with the participants. In the reporting phase, the researcher gives a precise description of the context, sampling, characteristics of participants, data collection, and the process of analysis for transferability. The analysis process and research findings are

described in detail to allow the strengths and limitations of the process to be judged. (Elo & Kyngäs 2008; Vaismoradi et al. 2013.)

The inductive content analysis method was used in this thesis to identify the common barriers that prevent immigrant girls and female adolescents from participating in sports and suggestions how the barriers could be removed or decreased. The saturation started build up from the first interview and after the initial analysis of the transcriptions, saturation point was verified after 10 interviews. Additional 3 interviews were performed to validate the analysis. The additional interviews provided also valuable details and personal experiences.

After the analysis, the author compared the results to the literature review. A communication was arranged to discuss the research results and how they correlated with the literature review. The impact of the context on the research results was discussed. The participants were encouraged to give feedback about the accuracy and authenticity of the results to verify that their voice was heard and respected. The process continued with the discussion how to utilize the achieved information to initiate and advance various projects and deliver the information further. An informative product was created that is modifiable for different usages, usable in electronic or printed format, and can be translated into other languages. The informative product was presented to the participants and the organisation for the feedback. The product was further developed based on the feedback to optimally serve the organization's needs.

8.6 Credibility assessment

The trustworthiness of the research in the thesis 'Immigrant girls and female adolescents' participation in sports in Helsinki' was carefully considered. The principal trustworthiness issues in the qualitative content analysis preparation phase are sampling and data collection methods. The participants were chosen using purposive sampling, which is useful in a qualitative study where the researcher wants the participants who have the best knowledge of the subject being studied. (Elo, Kääriäinen, Kanste, Pölkki, Utriainen & Kyngäs 2014.) The sampling size was 13. The sampling included both genders and a range of ages, experiences, and backgrounds. No exclusions were made for any reason. All participants were presented with neutral background information about the subject. Literature review findings were not presented to the participants prior to the interviews to avoid influencing their views.

The most suitable data collection method was chosen to answer the research questions and to assist the credibility of the study, in this case, recorded in-person interviews. The data is generally unstructured when the inductive content analysis method is used. The interviews were thematic, open-ended, and strictly anonymous to prevent any hesitancy to express the participants' knowledge, experience, or opinions. In the interviews all information was encouraged and included in the data collection. The deviant information was also included

and analysed. The completion of data collection can be verified by assessing if data correlates with the research objectives. (Elo et al. 2014.)

The data saturation level can indicate the appropriate sampling size. The data saturation is more noticeable if the data is preliminarily collected and analysed simultaneously. In this case data was transcribed immediately after each interview and were given a primary analysis. The data saturation was reached prior to the finishing all interviews, but the researcher felt it was important to verify the saturation and give an opportunity to all active participants to express their views. The last three interviews provided an opportunity to test and confirm the analysis. Verified, well-saturated data facilitates reliable categorizing, comprehension, and completion. The qualitative content analysis always has some interpretation by the researcher when approaching the data. The credibility is dependent on how well the categories cover the data and that the main themes have been abstracted from the data. (Elo et al. 2014.)

All parts of the data were reviewed several times to find new meanings and details. The data was coded by extracting meanings from the data and the frequency of the codes in data was noted. The codes formed larger themes. The data answered the questions of interest in the study. The findings of the qualitative study were compared to the literature review. The findings and comparisons were presented to all participants and stakeholders for a review, authentication, and feedback. Their input was encouraged and respected.

The aim of the analysis and reporting of the findings is to make the phenomenon understandable and the information useful. Quotations are considered important to indicate the trustworthiness of the findings. They provide evidence that that the participants provided the data. The purpose is to show a connection with between the data and the findings. In this study the participants' expressions are translations of the original statements that were made in Finnish. The author respected the original statement with her translation as much as possible while carefully maintaining the anonymity of the source. (Elo et al. 2014.)

When the credibility of the results is assessed the context must be considered. FC Kontu, the development project organisation, operates largely by volunteerism leading to lower cost for the participation in the club's activities. The organisation also promotes multicultural and multilingual approach due to the diverse population they serve. In another context the priority of the barriers may vary.

9 Results

9.1 Interview results

A qualitative research was conducted by interviewing 13 participants for the study. All participants expressed an interest in increasing the participation rate of the immigrant females in the club activity and in sports. Their views were based on their experiences of working with the player population, managing operations, having conversations with the immigrant parents and players, and personal observations. They all noted that immigrant males' participation in the club teams correlated with or exceeded the immigrant percentage in the population in Eastern Helsinki. In many boys' teams 40-50% of the players are from foreign background. They reported that immigrant females' participation in the club teams were 0-2 players per team, maximum of 10%, which is significantly less than the percentage in the population. The interviews were transcribed, and the transcriptions were analysed using inductive content analysis method. The recurrent concepts for the barriers that prevent immigrant females from participating in football were influence of the parents, culture, religion, gender roles, male priority over females in the family, home duties, lack of role models, mother's example, and the difficulty of being able to make a connection to the parents. The participants expressed that lack of knowledge of the health and scholastic benefits of the physical and group activity, and lack of awareness of solutions for practical issues like the apparel options can be present.

Participants felt that the country of the origin was an important factor for the girls and female adolescents' participation in sports. In some cultures, female participation in sports is more common compared to some cultures where it may be a rarity. Even in some European countries there can be specific expectations for females like which sports are more acceptable for girls. The participants felt that girls and female adolescents from African and Middle Eastern Muslim countries had more barriers than other immigrant females. They expressed the importance of all young females being involved with sports including immigrant females for social integration, health, and well-being. They also noted that immigrant females would be a great talent pool and would increase the general player amount. They had observed immigrant girls being excited about playing football in physical education classes at schools, in after school clubs as well as playing around with friends by football fields and in parks, so they felt that the girls have an interest in football. The challenge is to transfer that interest into the ability to participate in FC Kontu activities.

Team sports are so good for social integration, feeling like a part of the society.

With football you can get a much stronger feeling of belonging, being part of 'We' than in a school setting.

We are also missing significant talents since we do not have participation of immigrant females in football as we have on the male side.

All the participants acknowledged that the language barrier and cost can prevent or hinder some immigrants from participating in football. They also noted that these barriers have not

formed an obstacle for immigrant males to participate in football in FC Kontu, based on the participation numbers. All coaches have language skills at least in English and the club has recruited cultural interpreters to assist with the communication. Most of the young immigrants are in Finnish schools and have already gained functional skills in Finnish. The players without Finnish language skills have managed well. Language can be an issue among under school-age children and some parents help during the practice sessions. The participants noted that participation in football is a great way to improve language and communication skills and provided examples. The language skills required for playing are relatively low and the players learn the terms quickly.

Football is a language by itself. Players do very well even if they would not know Finnish.

In Finland, financial support is available for children's hobbies for families based on their socioeconomic situation from the social services. The support is for every child, so girls are as eligible for the support as boys even though the referrals that FC Kontu receives are for boys. Only one team has had a referral for a girl. Other sources of financial assistance are the organizations like Hope ry, Pelastakaa Lapset ry and Tukikummit. FC Kontu has a support fund available for the members who need financial assistance. The financial assistance application is available in Finnish, English, Spanish, French, Estonian, Russian, and Arabic. The cost can equally be a barrier for the general population, in the Eastern Helsinki sociodemographic and it is taken into consideration in all FC Kontu operations. In this context language and cost were not considered primary barriers nor gender specific barriers.

We have a support fund in FC Kontu that provides financial assistance for those who need it and have not received it from other sources. 80 % of the applications come from foreign background families. The application is available in several languages, but we have received only one application in another language than Finnish. There are also general population families who possibly should apply but choose not to.

The participants felt that parents are the most significant immediate influence on immigrant girls or female adolescents' participation in sports. Even though a girl would like to participate herself in organized sports her parents or cultural community may not feel it is suitable. In a patriarchal culture, males make the decisions in the family and this can have an impact on girls' participation. The participants felt it is important to try to make a connection with the parents to be able to encourage girls' participation and inform them about the benefits of sports and especially team sports. They said that the difficulty is that many immigrant parents are not very involved even on the boys' side so making a connection to the parents is challenging. The club is using the help of cultural interpreters to make contact with parents when the language is considered a barrier. It is important to try to make a connection to both parents. The personnel are making an effort to build a connection to all parents because the parents' interest in the children's activities is very important. It makes

children feel valued and important. If parents are interested and involved the children are more likely to start and continue with the physical activity. It becomes a life-long habit.

Immigrant girls often need both parents' approval for participation in sports, for a boy one parent's approval may be enough.

It is so important that parents are interested and care. It is important to see it from a child's view. It brings the feeling of being accepted. We all need to think about a child's well-being as a whole: physically, mentally, and socially.

With the parents' influence, the culture in connection with the religion was considered a strong influence in immigrant girls and adolescents' ability to participate in sports. Culture and religion set more restrictions on females than males and determine gender roles. Female roles can be strongly connected to the home and outside activities may not be encouraged. Girls and female adolescents are expected to take more responsibility of home chores and helping to take care of the younger siblings, be a mother's helper. These duties can weigh heavily on the child at a very young age. Boys do not have these same expectations.

In some cultures, the ultimate role for a woman is considered becoming a mother, and most girls are raised for that role.

When a girl becomes a certain age, maybe 10, 11, 12, the girls' responsibilities at home increase, and then comes the situations when home duties are the priority, and the hobbies are left behind. I have realized this in my experience.

When we have tried to establish different groups for girls the question has been can the younger sibling come along, because they must take care of the younger siblings. Especially when we talk about fifth and sixth graders, they usually have younger siblings with them.

There was a player, and we got a strong message from her home that she had to take care of the younger brother and a sister and could not play anymore. The older brother however was allowed to play.

A very talented girl had to quit football to take care of home chores more. Her brothers were able to continue playing football.

A father was told that their daughters would be welcome to participate in football as their sons were. The father replied that his sons can play football but never their daughters. He stated that playing the piano or something of the sort would be more suitable for them.

A role of a parent and a role of a child should be defined. A child must be able to be a child and have age-appropriate responsibilities.

The concept of a hobby especially for females may not be part of the gender role. Gender roles show what are considered suitable activities for girls. Sports may not be considered an appropriate activity for girls even though sports are being gender neutralized. Many immigrant girls do not have a mother's example of exercise habits.

I have been thinking about can the immigrant girls participate in any hobbies, not just sports and what could be done about it.

Girls from some cultures have not grown into the same joy of sports as we have. They have not had the same opportunities.

Most Finnish girls have grown up seeing their mothers doing some form of physical activity and have had the opportunity themselves to do sports. It is a part of our culture.

The gender roles can be seen when boys are prioritized over girls in the family, for example boys' participation in sports is considered more important than girls' participation. Some immigrant families have several children and if the finances are not sufficient for all the children to participate then the boys are the priority. Even though a team or a club have offered to help with the expenses, the families have opted not to have their daughters to continue or start participation.

A father told me that they could only afford to have their sons to play and the daughter had to quit football. The team gathered funding to cover the daughter's fees, the father still decided that daughter had to quit football. The daughter was very talented in football and was motivated.

Boys are encouraged to play football because families feel that they can make a living from it in the future. Girls are directed more toward studies.

It can be due to future plans, and dreams about millionaire careers for boys.

We cannot generalize that for all immigrants, money being an issue. It can be also about prioritising, what you view as important. It is the same for all of us.

Lack of role models can be a significant barrier for participating in an activity. It is important for girls to see that all girls are accepted and are truly a part of the team. The threshold would be much lower if the team already has someone who follows same apparel rules or may have same ethnicity or language. All participants emphasised the importance of getting the first brave ones to the team and the rest could follow easier. It would provide an example for parents and encourage them to consider their own daughter's participation. Parents may fear being the first ones or fear judgement from the team or from their own community. Youth have idols and role models. The coach is also a role model hence the importance of having female coaches involved. The relatively low number of female coaches is a challenge.

We do not have many immigrant females in sports as role models, especially any known Muslim female athletes that wear a scarf in Finland.

An example can create a snowball effect.

Youth have idols in sports and especially for girls the coach can be an idol. We have tried to recruit and train more female coaches.

It would be ideal to have female coaches from other cultures involved.

In the area the population that have specific apparel rules are females from Muslim backgrounds although not all follow the exact same rules. The participants discussed the possibility that the parents are not aware about the clothing options: wearing long sleeves and leggings under the uniform or wearing track pants at practice and that wearing a scarf is not an obstacle. This should be visually informed. With a discussion about sport hijabs being available, the participants agreed to a club hijab as a part of the gear selection for the teams.

The club is very flexible and willing to find solutions for clothing.

It can be hard for a girl to be the only one in the team that for example uses a scarf, but if someone else does too it makes it easier. Although in Eastern Helsinki youth are so used to seeing scarves worn that it is not really a big deal.

I agree, if there was a hijab available in a team color and with a team logo, it would make it feel more like a part of the uniform.

Let's add the club hijab immediately to the gear list.

Club hijab is a great idea. We just have not thought about it.

The participants noted that parents may not have knowledge about how important physical activity is for physical and mental health. The participants expressed that most parents feel that school success is important and may think that participation in sports would take a focus away from the schoolwork. Those parents may not be aware of the benefits of physical activity and social activities can have on learning. It is important to raise the awareness about the health and school benefits for every parent. Parents may need an acceptable reason for the participation.

Parents may lack knowledge about the health and school benefits of sports. They may need a real reason to have their daughter to participate in sports. I think the joy of sports is just not enough for them.

Team sports are a great combination of social activity and physical activity. It provides a consistent and very close group of friends. Those friendships are often long-lasting and provide support outside the sports. A common interest ties teammates together and helps to make social connections.

Team sports would provide immigrant girls with a social environment that they may not otherwise experience, they would make new friends.

The team is like a family. My best memories and experiences are being part of the team. You see your teammates so often that you become very close and they stay as your friends. I wish all girls could have an opportunity to experience that.

9.2 The outcome and further development

The author created framework for an informative product based on the literature review and the findings of the interviews. The informative product was refined with the collaboration of the participants and FC Kontu. The product was written in Finnish and English in a format that it may be translated into other languages by the club. The informative product can be used in an electronic or written format and is modifiable to suit for different teams, activities, and events.

The informative product is an invitation to participate in football in FC Kontu, emphasizing the healthy group activity for girls. It describes physical, mental and social health benefits of sports as well as the positive impact of sports and group activities on scholastic success. The informative product presents football teams and activities available for girls and female adolescents. It also shows clothing options to show how modesty rules can be followed. (Appendix 4 and 5.)

In the conversations with the participants and FC Kontu personnel, it was considered beneficial to create a campaign to educate parents and young females about the benefits of sports and special benefits of team sports. This could hopefully provide a reason for parents to allow and encourage their daughters to participate. Regardless of the background parents generally are for children's health, well-being, and school success. We can never reach everyone and cannot expect a fast change but trying to make a change however small is still worth the effort.

The author suggested a campaign 'Do you have a sister?', 'Bring a sister' to the participants and received encouraging feedback and suggestions. The idea is initially to focus on families who already have gone over the initial threshold of participation and were familiar with the club's operations. Possibly brothers could provide additional support and encouragement in the families for their sisters' participation. It was suggested that the information about girls' football and the benefits of football for health and school success could be presented in the parents' meeting of boys' teams although low level participation of immigrant parents is a challenge. This could prove to be useful for the general population.

The author visited the sports equipment store in Eastern Helsinki, which orders and sells the club gear for several football clubs in the area. The representative said that no one had ever acquired about a sport hijab at the store and appreciated the suggestion. The store took an immediate action and currently carries sport hijabs in their selection. The author suggested of having a sport hijab as a part of FC Kontu gear list and this suggestion was well received in the club. The club has a sample piece of sport hijab printed with a FC Kontu logo and pictures have been taken to provide an example in the informative material. The hijab is an optional part of the FC Kontu uniform. FC Kontu is possibly the first club in Finland to have a club sport hijab. This is a way FC Kontu shows inclusivity.

The planned Girls' football event for 2020 was moved to a later date due to the COVID-19 epidemic. Once the situation allows, the event will be planned again and will be used for promotion of football participation for all girls. This will provide an opportunity to deliver the information about the benefits to participate in football and how important physical activity is for young females. The discussion had already been initiated for low-threshold afterschool programs to encourage the population that is harder to reach. FC Kontu applied for a grant from 'Jalkapallosäätiö' in collaboration with the author for a low-threshold afterschool club and a summer camp for the immigrant background girls. The information from this research was used to validate the need for the program (Appendix 6). Information from the thesis was used in social media for World's Children's Day recognition 20 November 2020. The information of the thesis can be utilised also when cooperating with the local schools and the City of Helsinki to advance young immigrant females' participation in sports.

10 Conclusions

The previous studies presented that the participation in sports depends on the country of origin, culture, socioeconomic status, and gender which correlates closely with the experiences and views presented by the participants. (Zacheus et al. 2012, 113.)

A language barrier was presented in the studies (Zacheus et al. 2012, 131), but it is not a gender specific barrier. The participants expressed that language can be a challenge but not a primary obstacle since FC Kontu is already addressing multilingualism and it has not formed a barrier for immigrant boys' participation in sports. They all felt that players even without any Finnish language skills can operate well and the participation in football enhances learning the language and communication.

The studies did not specifically address the challenge of communicating with parents and getting parents involved with their children's activities. This was a subject that was brought up by the participants and they expressed their experiences. The participants informed about FC Kontu's efforts of making a contact to immigrant parents individually using the help of cultural interpreters and not being successful in significantly increasing the parents' involvement and interest. The participants expressed their observations around boys' teams where 40-50 % of the players are from foreign background and very few of their parents are around for games, practices, or parents' meetings. The personnel are considering different ways of improving the communication.

According to the previous studies there is a connection between socioeconomic status and participation in sports. Immigrants reported lack of funding preventing them from participating in sports. (Zacheus et al. 2012, 4; Zacheus et al. 2012, 129-130.) The

socioeconomic issues are a factor in the area population in general in this context. The participants expressed that financial support is available from various sources for children's hobbies if a families' financial situation requires. FC Kontu receives referrals from social services, but only one referral has been received so far for a girl. FC Kontu has a support fund for families in need. The application is available in several languages. FC Kontu's operation is based on a high level of volunteerism and the cost for the players is relatively low. The cost is not proving to be an obstacle in immigrant boys' participation rate. It was recognized that families prioritise boys' participation over girls' participation in some cultures.

The concept of leisure time and importance of leisure time activities were present in the studies. Some families do not recognize leisure time's value even though the youth considers it important for forming social relations. (Honkasalo 2011, 15; Honkasalo 2011, 134-137; Honkasalo 2011, 205; Ward 2000; Zacheus et al. 2012, 117.) The participants have observed that immigrant girls seem to have less opportunities to participate in organized activities outside of the home and school.

Family's influence and expectations on young females, cultural and religious rules and their impact on gender roles were mentioned in the previous studies. Females have more restrictions than males. Young females are expected to participate in home chores much more than males. (Zacheus et al. 2012, 132-133; Nakamura 2002.) The participants presented their experiences of parental influence, gender roles, young females of having more home responsibilities than young males in the immigrant families, and lack of priority of young females' participation in hobbies.

The previous studies specifically explained that many religious misinterpretations and lack of adequate information prevent females from participating in sports. In general Islam promotes health and physical activity for both genders. The practical issues of religious rules form the barriers. Certain rules must be followed like modesty. The modesty rules can be followed by having flexibility with uniforms and this can be negotiated with communication with families. Flexibility with uniforms: ability to wear track pants at practice or leggings and a long sleeve top under the uniform is important in adhering to the rules of modesty leading to improved access to sports. (Women's Sport and Fitness Foundation and Sporting Equals 2010; Stodolska & Livengood 2006; AbdulRazak et al. 2010; Nakamura 2002.) The participants were not aware specifically that Islam encourages physical activity for both genders but were aware of the practical restrictions like modest clothing. They felt that apparel rules can be followed and do not have to form an obstacle, solutions can be found. The participants felt that parents may not be aware of the clothing options. The options should be informed visually to parents by showing examples.

The previous studies presented that when some groups and sports lack visible role models it can have a negative impact and can form barriers. The visible female role models and images can lead to attitudinal changes, help break barriers, and increase participation levels. (Women's Sport and Fitness Foundation and Sporting Equals 2010; Bichi 2018; BBC 2020.) The participants recognised that the lack of role models can discourage young immigrant females' from participating in sports. The fear of being the first one and the fear of judgement are hinder participation. The participants specifically brought up that immigrant mothers may not have had an opportunity in their youth to participate in activities or have hobbies outside of the home or family circles. Their daughters do not have an example of their mothers to follow in terms of physical activity. With the encouragement a possible increase in immigrant females' participation in sports has an impact for future generations as having female role models available.

In general, the previous studies results were in accordance with the experiences and views presented by the participants in this study. The specific issue that was expressed by the participants but was not emphasised in the previous studies was the low participation level and involvement of parents of the children and youth from foreign backgrounds. This creates a challenge for the club personnel to make a connection with parents and communicate essential logistical issues. The personnel are committed to finding ways to improve the communication. The participants expressed specific views in the context of FC Kontu, Eastern Helsinki, and the Finnish society. The barriers may vary in a different context.

11 Discussion

The aim of the thesis was to define and present the physical, mental and social health as well as scholastic benefits of sports, identify the barriers that prevent immigrant girls and female adolescents from participating in sports and present possible solutions to the barriers. The participants of the study were adult football personnel. According to ethical rules the ethical review was not required. The participants were included to the study based on their involvement with female football either professionally or as a volunteer, no exclusions were made for any factors. The participants were interviewed regarding their experiences about young immigrant females' participation in football. The trustworthiness of the study was considered. The participants were chosen using purposive sampling to have the participants with the best knowledge of the subject in this context. It is recognized that all points of view are valuable regarding this subject. Further research is recommended and required from the different points of view and in different contexts.

The master's thesis study was conducted by interviewing 13 participants. All participants volunteered for the interviews and they were presented with neutral background information

about the subject. The thesis interviews were performed in Finnish and were translated to English by the author. The original statements were respected with the translation as much as possible while carefully maintaining the anonymity of the source. Anonymity was considered during the development project and no sensitive personal information was collected. The identified persons who publicly gave a statement had an opportunity to review and modify their statements prior to publishing. Confidentiality and ethical considerations were and continue to be followed throughout the thesis process. The thesis presents evidence-based information and judgement was intended.

The qualitative research was performed using inductive content analysis method. The interview data answered the questions of interest in the study. The results of the qualitative study were compared to the literature review. The findings and comparisons were presented to the organization and all participants for a review, authentication, and feedback. The results of the study were made available to all participants and the organisation in a written report of the thesis in Finnish. The outcomes of the results and further development opportunities were discussed.

The information was used to create an evidence-based informative product. The informative product is modifiable for different purposes and it can be used either in a printed or electronic format. The product was written in Finnish and English by the author and can be translated to other languages. FC Kontu is responsible for the additional translations. The written report and informative product were provided for every stakeholder in an electronic format. The final product is at free use of the organisation, FC Kontu, but the organisation does not have exclusive rights to the content. The development project was assessed by the collaborative organisation FC Kontu. The organisation personnel and the participants verified that the goals were met and found the process and the information useful.

The limitation of the results of the study is the context. FC Kontu is a football club that is based 90-95% on volunteerism hence the cost for the players in the club is relatively low, the Finnish society provides support for children's activities and the club has a support fund available. FC Kontu has also emphasized the multicultural and multilingual approach. In this context specifically the cost and the language are not considered primary barriers that would prevent participation in sports. These are not gender specific barriers either. These barriers can be substantial factors in another context, in another society or in another club.

The results of the interviews showed that the parents of immigrant girls' and female adolescents are the most significant influencers on the females' ability to participate in sports. Parents are a part of their cultural and religious community and their views are often a reflection of their background and personal history. Culture and religion can be connected and set specific gender roles. Cultural and religious rules set more restrictions for females

than males. Young males' participation in hobbies outside of the home and school environment is not restricted and participation in sports is encouraged. Sports may not be viewed as a suitable or important activity for young females as it is for young males. There is a fear of 'defeminization' and judgement from the cultural community. Male youth in many immigrant families have a priority over female youth and their participation is considered more valuable.

The gender roles are present when female youth have more responsibility of the home chores and taking care of younger siblings compared to male youth, and often at a very young age. Every channel and opportunity should be used to deliver information to the parents from early childhood through school years: 'neuvola' child health center, day care, school, social service, school, and club events about the importance of physical and group activity for health, well-being and school success for girls and boys. The role of parents and children should be clarified as girls should be able to have a childhood without excessive home duties and to have the opportunity to have hobbies.

The parents may need a reason for their daughters to participate in sports. It is essential to educate parents about the evidence-based information about physical, mental and social health as well as scholastic benefits of physical activity. Group activity is important for forming social connections, learning to operate in a group, learning in general, and self-esteem. A team sport is an effective combination of physical and team activity. It is important to have equal access to participate in a team sport. Practical barriers like apparel rules can be negotiated with the families. The club is flexible with the clothing options and has a club hijab in the official gear list.

People from foreign backgrounds form over 30 % of the population in some parts of Eastern Helsinki and the collaborative organization FC Kontu resides in Eastern Helsinki. The club has 54 nationalities among its members. The club is committed to multiculturalism, equality and youth work. The FC Kontu personnel acknowledge the difficulty of getting immigrant females to participate in the club's activities. The club has succeeded well in having immigrant males be part of FC Kontu. Many boys' teams have at least 40 % of the players from foreign backgrounds.

FC Kontu recruits and utilizes cultural interpreters to help communicate with the immigrant families. The football personnel expressed that the language is not a barrier for the players. Even players with no Finnish language skills do well and football helps them to improve their languages skills. The major challenge that the club faces is the low level of participation and involvement of immigrant parents in their children's hobbies and it hinders even the essential communication about the logistical issues. Training for suggestions about how to reach and communicate with immigrant families would be useful for team managers and other

personnel. A standard group-email or the clubs' 'Jalkkis' communication system may not be adequate.

FC Kontu has made a significant effort to make a connection with immigrant families and have contacted them even in their own languages without significant results, but the club continues with its efforts to develop ways to improve the communication. FC Kontu wants to welcome the entire families to participate and be part of the social network that the club can provide. It is important to consider both parents and not to omit the mother. All parents' interest and involvement in their children's hobbies should be encouraged. It is important that children feel that the parents value their interests and encourage them in their activities. Children are aware of having other parents being present and notice if their own parents are absent. All parents are encouraged to communally support all the team members.

All participants had witnessed that immigrant girls have shown strong interests in playing football at school in physical education classes, in after school clubs, around the football fields and in parks. The challenge is to transfer their interest and excitement allowing the participation in the club's activities. A low threshold club aimed at the young immigrant females has a potential to increase their participation in football and hopefully integrate them to the club activities. The cost would not be an issue for the participants and the timing would be easy, after school. The goal would be to get the first participants that could be role models for other girls. The older girls could evolve to be 'big sisters' for the younger players. FC Kontu aims to have more female coaches and other female personnel in the club. Ideally, females from other cultures would participate in the club's activities as well. FC Kontu is trying to employ older age group players with immigrant backgrounds to work as instructors and assistants. Role models are important in the efforts of increasing the immigrant females' participation. Multicultural education is beneficial for all personnel working with youth.

It is important to have ongoing contact with local schools and keep them informed about the club's activities and contact information. School staff can identify and direct children to the activities. This is already happening with the area schools, but the connection network can be expanded and fortified. FC Kontu continues to provide afterschool activities and be an integral part of the physical education with the local schools. FC Kontu has had a good working relationship with the city of Helsinki and will continue to collaborate with the city actively. It is important for FC Kontu to be visible in the community. FC Kontu is emphasizing increasing the participation of all girls and female adolescents in the club's activities, because it is so important for their future health, well-being, academic success, social connection and being important members of the community.

It is essential that more research will be conducted regarding this subject. It would be helpful as a next step to be able to discuss with immigrants, immigrant organisations, and ideally also with young female immigrants. This subject should also be evaluated in other contexts, initially in the Metropolitan of Helsinki area, and further expand and compare the results to this context. A societal discussion about equal rights for all children is necessary.

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Appendix 1: Participant Information Sheet

PARTICIPANT INFORMATION SHEET

Study title: Immigrant girls and female adolescents' access to sports in Helsinki

Invitation to participate in a research study

I would like to invite you to participate in this study. The purpose of the project is to study immigrant girls and female adolescents' access to sports in Helsinki. The purpose is to define physical, mental, social and scholastic benefits of participating in sports for girls and female adolescents, identify possible barriers that prevent immigrant girls and female adolescents from participating in sports and assist in creating paths to increase their participation. Immigrant girls and female adolescents should have equal access to sports as same age-group non-immigrant girls and female adolescents and their male immigrant counterparts. Your inclusion in this study is your experience in football and female football.

Voluntary nature of participation

The participation in this study is voluntary. You can withdraw from the study at any time without giving any reason and without there being any negative consequences. If You withdraw from the study or withdraw Your consent, any data collected from You before the withdrawal can be included as part of the research data.

Purpose of the study

The purpose of the study is to define physical, mental, social and scholastic benefits of participating in sports for girls and female adolescents, identify possible barriers that prevent immigrant girls and female adolescents from participating in sports and assist in creating paths to increase their participation

Who is organizing and funding the research?

The responsible researcher is Heini Maisala-McDonnell. The study is part of Laurea University of Applied Sciences Master of Health, Global Health and Crisis Management Master's Thesis project and is supervised by Satu Vuorela. This study is done in collaboration with FC Kontu, Eastern Helsinki football club. There are no expected expenses to this study and the researcher has no financial gain of this study. The final informative product is provided to FC Kontu free of charge.

What will the participation involve?

The research and background information will be presented via Teams application or via an electronic link. The participation in this research involves a one-time recorded, anonymous, open-ended, thematic interview. Further communication between researcher and a data subject may happen if any verification is required. Only the researcher will listen to the recording while transcribing the data. The interviews will be arranged either in person at a place and time convenient to the participant or via Teams application. The research results will be presented in a group session, via Teams application and/or individually and in a written format by request. The research participants will have an opportunity to give feedback and participate in project as they will. The final informative product is prepared based on the research results and the feedback in order to optimally serve FC Kontu football club. The research is intended to be finalized in December 2020-January 2021.

Financial information

Participation in this study will involve no cost to You. You will receive no payment for Your participation. There is no anticipated cost to this research. If any expenses were to occur Finnish Line Fysioterapia & Valmennus will sponsor the expenses, although will not have any financial gain of this research.

Informing about the research results

All research results are available for the participants. The results are presented to the participants in a group session, via Teams application, and/or individually and in a written format by request. The final informative product will be shared to the participants in an electronic format. The study is part of a Master's Thesis of Heini Maisala-McDonnell and will be published through Theseus.

Termination of the study

The researcher conducting the study can also delay or terminate the study in the case of personal or national health emergency.

Further information

Further information related to the study can be requested from the researcher / person in charge of the study.

Contact details of the researchers**Researcher / Student**

Name: Heini Maisala-McDonnell

Tel. number: [REDACTED]

Email: Heini.Maisala-McDonnell@student.laurea.fi, Heini725@gmail.com

Person in charge of the study / Supervisor

Name: Satu Vuorela

Name of the organization: Laura University of Applied Sciences

Email: Satu.Vuorela@laurea.fi

Appendix to the Participant Information Sheet: A Privacy Notice for Research

Within this study, Your personal data will be processed according to the European Union General Data Protection Regulation (679/2016) and current national regulation. The processing of personal data will be described in the following items.

Data controller of the study

Data controller is the natural or legal person, public authority, agency, or other body which, alone or jointly with others, determines the purposes and means of the processing of personal data.

Data controller: Heini Maisala-McDonnell

Organisation: Laurea University of Applied Sciences

Tel. number: [REDACTED]

Email: Heini.Maisala-McDonnell@student.laurea.fi, Heini725@gmail.com

Types of personal data that will be collected

The only personal data collected is recorded voice data. Only the researcher will listen to the recording when transcribing the voice data. Once the data is collected and documented the voice data recording will be erased.

There is no statutory or contractual requirement to provide Your personal data, participation is entirely voluntary.

Personal data will be collected also from other sources

No other personal information is collected in addition to the voice recording.

Personal data protection principles

The interview will be recorded using a password protected mobile phone. The voice data will be transcribed using a password protected portable computer. Only the researcher knows the passwords. Once the research material is transcribed the document is printed and document is not saved on a computer. The printed documents are stored in a lockable file cabinet in a space that only the researcher has an access.

For what purpose will personal data be processed?

The purpose to collect personal data is to gather information about your experiences and opinions about immigrant girls and female adolescents' participation in sports using an anonymous interview.

Legal basis of processing personal data

The legal basis of processing personal data is a consent granted by you. You have the right to withdraw the consent at any time as described in this Privacy Notice.

Nature and duration of the research (how long will the personal data be processed):

The research is one-time research.

The research is expected to be finalized in December 2020-January 2021.

What happens to the personal data after the research has ended?

The voice recordings will be erased after the research material is collected and documented. The documents will be printed, and they are not stored on a computer. The printed documents will be destroyed by burning in an

undisclosed location after three years which is reserved for verifications and rectifications.

Data transfer outside of research registry:

The personal data will not be transferred outside the research. The interviews will be performed primarily in Finnish and will be translated to English by the researcher. The researcher is a native Finnish speaker and has professional conduct of English. No outside translator is used to process the interviews.

Possible transfer of personal data outside the EU or the EEA:
Your data will not be transferred outside of the EU or the EEA.

Personal data collected in this study will not be used for automated decision-making

In scientific research, the processing of personal data is never used in any decisions concerning the participants of the research.

Pseudonymisation and anonymisation

All information collected from You will be handled confidentially and according to the legislation. Individual participants will choose a code, that only the participant and the researcher know. The data will be stored in a coded form in the research files. Results will be analyzed and presented in a coded, aggregate form. Individuals cannot be identified without a code. The codes, which can be used to identify individual research participants and their responses, will be stored by the researcher, and the data will not be given to people outside the research. The final research results will be reported in aggregate form and it will be impossible to identify individual participants. Research documents will be stored in a lockable file cabinet in a place that only the researcher has an access for three years for, after which they will be destroyed by burning in undisclosed location.

The personal data collected from You is not intended to be used in further studies and will not be given outside the research. In the case the researcher would intend to use the data for additional research, a specific consent must be received.

TIEDOTE TUTKIMUKSESTA

Maahanmuuttajataustaisten tyttöjen ja -teinityttöjen mahdollisuus urheiluun osallistumiseen Helsingissä

Pyyntö osallistua tutkimukseen

Teitä pyydetään mukaan tutkimukseen, jonka tarkoituksena on tutkia maahanmuuttajatyttöjen ja -teinityttöjen mahdollisuutta urheiluun osallistumiseen Helsingissä. Tutkimuksen tarkoituksena on määrittää urheilun positiiviset fyysiset, psyykkiset, sosiaaliset ja akateemiset vaikutukset tytöille ja teinitytöille, määrittää mahdolliset esteet, jotka vaikuttavat maahanmuuttajatyttöjen ja -teinityttöjen mahdollisuuteen osallistua urheiluun, löytää ja luoda ratkaisuja, jotka vähentävät tai poistavat esteitä ja luoda mahdollisuuksia, joiden avulla osallistujamääriä voidaan parantaa. Maahanmuuttajatyttöillä ja -teinityttöillä pitäisi olla yhtäläinen mahdollisuus urheiluun osallistumiseen kuin samaikäisillä muilla tytöillä ja maahanmuuttajapojilla ja -teinipojilla. Olemme arvioineet, että sovellutte tutkimukseen perustuen kokemukseenne jalkapallosta ja tyttö/naisjalkapallosta. Tämä tiedote kuvaa tutkimusta ja teidän osuuttanne siinä. Perehdyttyänne tähän tiedotteeseen teille järjestetään mahdollisuus esittää kysymyksiä tutkimuksesta, jonka jälkeen teiltä pyydetään suostumus tutkimukseen osallistumisesta.

Vapaaehtoisuus

Tutkimukseen osallistuminen on täysin vapaaehtoista. Kieltäytymisellä ei ole kielteisiä seurauksia. Voitte myös keskeyttää tutkimuksen koska tahansa syytä ilmoittamatta. Mikäli keskeytätte tutkimuksen tai peruutatte suostumuksen, teistä keskeyttämiseen ja suostumuksen peruuttamiseen mennessä kerättyjä tietoja ja näytteitä voidaan käyttää osana tutkimusaineistoa.

Tutkimuksen tarkoitus

Tutkimuksen tarkoituksena on määrittää urheilun positiivinen fyysiset, psyykkiset ja sosiaaliset ja akateemiset vaikutukset tytöille ja teinitytöille, määrittää mahdolliset esteet, jotka vaikuttavat maahanmuuttajatyttöjen ja -teinityttöjen mahdollisuuteen osallistua urheiluun, löytää ja luoda ratkaisuja, jotka vähentävät tai poistavat esteitä ja luoda mahdollisuuksia, joiden avulla osallistujamääriä voidaan parantaa.

Tutkimuksen toteuttajat

Tutkimuksesta vastaa Heini Maisala-McDonnell. Tutkimus on osa Laurea YAMK:n, Master of Health, Global Health and Crisis Management, opinnäytetyötä. Ohjaajana toimii Satu Vuorela.

Tutkimusprojekti tehdään yhteistyössä FC Kontun, itähelsinkiläisen jalkapalloseuran, kanssa. Tutkimuksella ei ole odotettavissa kuluja ja tutkija ei hyödy tutkimuksesta taloudellisesti. Tiedottava lopputuote luovutetaan ilmaiseksi FC Kontu-jalkapalloseuralle.

Tutkimusmenetelmät ja toimenpiteet

Tutkimuksen taustatiedot esitetään joko Teams-sovelluksessa tai sähköisen linkin kautta. Tutkimukseen osallistumiseen kuuluu yksi äänitetty, nimetön, avoin, temaattinen haastattelu. Vain tutkija kuulee haastattelun ja kerää tutkimustiedon. Haastattelu suoritetaan joko henkilökohtaisesti sellaisessa paikassa ja aikana, joka sopii haastateltavalle tai Teams-sovelluksen kautta. Yhteydenpitoa jatketaan, jos tarvetta tiedon varmistamiseen ilmenee. Tutkimuksen tulokset esitetään osallistujille ryhmätilaisuudessa, Teams-

sovelluksen kautta ja/tai yksilöllisesti sekä haluttaessa kirjallisesti. Tutkimukseen osallistujilla on mahdollisuus antaa palautetta ja osallistua projektiin halunsa mukaan. Lopullinen tiedottava tuote valmistellaan tutkimustuloksiin ja palautteeseen perustuen niin, että se palvelisi FC Kontu-jalkapalloseuraa parhaiten. Tutkimuksen on tarkoitus valmistua joulukuuhun 2020-tammikuuhun 2021 mennessä.

Kustannukset ja niiden korvaaminen

Tutkimukseen osallistuminen ei maksa teille mitään. Osallistumisesta ei myöskään makseta erillistä korvausta. Tutkimuksella ei ole oletettuja kuluja. Jos kuluja syntyy, niin Finnish Line Fysioterapia & Valmennus sponsoroi kulut, mutta ei saa taloudellista hyötyä tutkimuksesta.

Tutkimustuloksista tiedottaminen

Kaikki tutkimustulokset ovat saatavilla osallistujille. Tutkimuksen tulokset esitetään osallistujille ryhmätilaisuudessa, Teams-sovelluksen kautta ja/tai yksilöllisesti sekä haluttaessa kirjallisesti. Lopullinen informatiivinen tuote jaetaan osallistujille sähköisessä muodossa. Tutkimus on osa Heini Maisala-McDonnellin maisterintutkintoon johtavaa opinnäytetyötä, joka julkaistaan avoimesti Theseus-tietokannassa.

Tutkimuksen päättyminen

Tutkimuksen suorittaja voi keskeyttää tutkimuksen henkilökohtaisen tai kansallisen hätätilanteen sattuessa

Lisätiedot

Pyydämme teitä tarvittaessa esittämään tutkimukseen liittyviä kysymyksiä tutkijalle/tutkimuksesta vastaavalle henkilölle.

Tutkijoiden yhteystiedot

Tutkija / opinnäytetyötekijä
Nimi: Heini Maisala-McDonnell
Puh. [REDACTED]
Sähköposti: Heini.Maisala-McDonnell@student.laurea.fi,
Heini725@gmail.com

Tutkimuksesta vastaa / opinnäytetyön ohjaaja
Titteli: Lehtori
Nimi: Satu Vuorela
Korkeakoulu: Laurea Ammattikorkeakoulu
Sähköposti: Satu.Vuorela@laurea.fi

Tutkimuksen tietosuojaseloste: Henkilötietojen käsittely tutkimuksessa

Tässä tutkimuksessa käsitellään teitä koskevia henkilötietoja voimassa olevan tietosuojalainsäädännön (EU:n yleinen tietosuoja-astus, 679/2016, ja voimassa oleva kansallinen lainsäädäntö) mukaisesti. Seuraavassa kuvataan henkilötietojen käsittelyyn liittyvät asiat.

Tutkimuksen rekisterinpitäjä

Rekisterinpitäjällä tarkoitetaan tahoa, joka yksin tai yhdessä toisten kanssa määrittelee henkilötietojen käsittelyn tarkoitukset ja keinot.

Tässä tutkimuksessa henkilötietojen rekisterinpitäjä on opinnäytetyöntekijä.

Voitte kysyä lisätietoja henkilötietojenne käsittelystä rekisteripitäjältä

Rekisterinpitäjän nimi: Heini Maisala-McDonnell

Organisaatio: Laurea YAMK

Puh. [REDACTED]

Sähköposti: Heini.Maisala-McDonnell@student.laurea.fi,
Heini725@gmail.com

Tutkimuksessa teistä kerätään seuraavia henkilötietoja

Henkilötietojen käsittely on oikeutettua ainoastaan silloin, kun se on tutkimukselle välttämätöntä. Kerättävät henkilötiedot on minimoitava, niitä ei saa kerätä tarpeettomasti tai varmuuden vuoksi.

Ainoa henkilökohtainen tieto, jota kerätään, on nauhoitettu ääni. Vain tutkija kuulee nauhoituksen kerätessään tutkimusmateriaalin. Kun materiaali on kerätty ja dokumentoitu, nauhoite poistetaan pysyvästi.

Teillä ei ole sopimukseen tai lakisääteiseen tehtävään perustuvaa velvollisuutta toimittaa henkilötietojanne vaan osallistuminen on täysin vapaaehtoista.

Tutkimuksessa kerätään henkilötietojanne myös seuraavista lähteistä
Ääninauhoituksen lisäksi muita henkilötietoja ei kerätä.

Henkilötietojenne suojausperiaatteet

Haastattelu äänitetään salasanasuojatulla matkapuhelimella. Äänityksen aineisto kirjoitetaan kannettavalla salasanasuojatulla tietokoneella. Vain tutkija tietää salasanat. Kun tutkimusmateriaali on kirjoitettu tietokoneelle nauhoituksesta, tiedosto tulostetaan välittömästi ja tiedostoa ei tallenneta tietokoneelle. Tulostetut tiedostot säilytetään lukitussa arkistokaapissa, lukitussa tilassa, johon vain tutkijalla on pääsy.

Henkilötietojenne käsittelyn tarkoitus

Henkilötietojenne käsittelyn tarkoitus on kerätä tietoa kokemuksistanne ja mielipiteistänne maahanmuuttajatyttöjen ja -teinityttöjen osallistumisesta urheiluun Helsingissä nimettömän haastattelun avulla.

Henkilötietojenne käsittelyperuste

Henkilötietojen oikeusperuste on suostumus.

Tutkimuksen kesto-aika (henkilötietojenne käsittelyaika)

Tutkimuksen odotettu valmistuminen on joulukuussa 2020 tai tammikuussa 2021.

Mitä henkilötiedoillenne tapahtuu tutkimuksen päätyttyä?

Äänitteet poistetaan, kun tutkimusmateriaali on kerätty ja kirjattu tiedostoon. Tiedostot tulostetaan ja niitä ei tallenneta tietokoneelle. Tiedostot säilytetään lukitussa arkistokaapissa tilassa, johon vain tutkijalla on pääsy. Tulostetut tiedostot tuhotaan polttamalla, kun kolmen vuotta, mikä varataan mahdollisiin tarkistuksiin ja korjauksiin, on kulunut.

Tietojen luovuttaminen tutkimusrekisteristä
Tietoja ei luovuteta tutkimuksen ulkopuolelle.

Henkilötietojenne mahdollinen siirto EU:n tai ETA-alueen ulkopuolelle
Tietojanne ei siirretä/siirretään EU:n tai ETA-alueen ulkopuolelle.

Tutkimuksessa kerättyjä henkilötietoja ei käytetä profilointiin tai automaattiseen päätöksentekoon

Henkilötietojen käsittely aineistoa analysoitaessa ja tutkimuksen tuloksia raportoitaessa

Teistä kerättyä tietoa ja tutkimusaineistoa käsitellään luottamuksellisesti lainsäädännön edellyttämällä tavalla. Yksittäiset tutkittavat valitsevan koodin, jonka vain tutkija ja tutkittava tietävät. Tiedot säilytetään koodattuina tutkimusaineistossa. Aineisto analysoidaan koodattuna ja tulokset raportoidaan ryhmätasolla, jolloin yksittäinen henkilö ei ole tunnistettavissa ilman koodiavainta. Koodi on vain tutkijan ja tutkimukseen osallistujan tiedossa, eikä tietoja anneta tutkimuksen ulkopuolisille henkilöille. Lopulliset tutkimustulokset raportoidaan ryhmätasolla eikä yksittäisten tutkittavien tunnistaminen ole mahdollista.

Tutkimusaineistoa ja tutkimuksen yhteydessä kerättyjä näytteitä säilytetään lukitussa tilassa, johon vain tutkijalla on pääsy. Dokumentit tuhotaan polttamalla, kun kolmen vuotta, mikä varataan mahdollisiin tarkistuksiin ja korjauksiin, on kulunut.

Kerättyä alkuperäisaineistoa ei ole tarkoitus käyttää jatkotutkimuksiin eikä sitä luovuteta tutkimuksen ulkopuolelle. Mikäli tutkija haluaisi käyttää aineistoa lisätutkimukseen, niin siihen on saatava erillinen suostumus.

Appendix 2: Participant Consent Form, Tutkittavan suostumus**PARTICIPANT CONSENT FORM**

Title of the study: Immigrant girls and female adolescents' access to sports in Helsinki

Location of the study:

University: Laurea University of Applied Sciences

Researcher: Heini Maisala-McDonnell

Phone: [REDACTED]

Email: Heini.Maisala-McDonnell@student.laurea.fi, Heini725@gmail.com

Supervisor: Satu Vuorela

Email: Satu.Vuorela@laurea.fi

I [REDACTED] have been invited to participate in the above research study. The purpose of the research study is to define the physical, mental and social health benefits of sports for girls and female adolescents, identify possible barriers that prevent immigrant girls and female adolescents from participating in sports, find and create solutions to decrease or remove the barriers, and assist in creating paths to increase their participation in sports

I have read and understood the written participant information sheet. The information sheet has provided me sufficient information about above study, the purpose and execution of the study, about my rights as well as about the benefits and risks involved in it. I have had the opportunity to ask questions about the study and have had these answered satisfactorily.

I have had sufficient information of the collection, processing, and transfer/disclosure of my personal data during the study and the Privacy Notice has been available.

I voluntarily consent to participate in this study. I have not been pressurized or persuaded into participation.

I have had enough time to consider my participation in the study.

I understand that my participation is entirely voluntary and that I am free to withdraw my consent at any time, without giving any reason. I am aware that if I withdraw from the study or withdraw my consent, any data collected from me before my withdrawal can be included as part of the research data.

By signing this form, I confirm that I voluntarily consent to participate in this study.

If the legal basis of processing personal data within this study is a consent granted by the data subject, by signing I grant the consent for process my personal data. I have right to withdraw the consent regarding processing of personal data as described in the Privacy Notice.

Date

Signature of Participant

TUTKITTAVAN SUOSTUMUS

Tutkimuksen nimi: Maahanmuuttajataustaisten tyttöjen ja -teinityttöjen mahdollisuus urheiluun osallistumiseen Helsingissä

Tutkimuksen toteuttaja:

Oppilaitos: Laurea YAMK

Tutkija: Heini Maisala-McDonnell

Puhelin: [REDACTED]

Sähköposti: Heini.Maisala-McDonnell@student.laurea.fi, heini725@gmail.com

Ohjaaja: Satu Vuorela

Sähköposti: Satu.Vuorela@laurea.fi

Minua _____ on pyydetty osallistumaan yllä mainittuun tutkimukseen, jonka tarkoituksena on tutkia maahanmuuttajatyttöjen ja -teinityttöjen mahdollisuutta urheiluun osallistumiseen Helsingissä. Tutkimuksen tarkoituksena on määrittää urheilun positiivinen vaikutus fyysiseen, psyykkiseen ja sosiaaliseen terveyteen tytöille ja teinitytöille, määrittää mahdolliset esteet, jotka vaikuttavat maahanmuuttajatyttöjen ja -teinityttöjen mahdollisuuteen osallistua urheiluun, löytää ja luoda ratkaisuja, jotka vähentävät tai poistavat esteitä ja luoda mahdollisuuksia, joiden avulla osallistujamääriä voidaan parantaa. Olen saanut tiedotteen tutkimuksesta ja ymmärtänyt sen. Tiedotteesta olen saanut riittävän selvityksen tutkimuksesta, sen tarkoituksesta ja toteutuksesta, oikeuksistani sekä tutkimuksen mahdollisesti liittyvistä hyödyistä ja riskeistä. Minulla on ollut mahdollisuus esittää kysymyksiä ja olen saanut riittävän vastauksen kaikkiin tutkimusta koskeviin kysymyksiini.

Olen saanut tiedot tutkimukseen mahdollisesti liittyvästä henkilötietojen keräämisestä, käsittelystä ja luovuttamisesta ja minun on ollut mahdollista tutustua tutkimuksen tietosuojaselosteeseen.

Osallistun tutkimukseen vapaaehtoisesti. Minua ei ole painostettu eikä houkuteltu osallistumaan tutkimukseen.

Minulla on ollut riittävästi aikaa harkita osallistumistani tutkimukseen.

Ymmärrän, että osallistumiseni on vapaaehtoista ja että voin peruuttaa tämän suostumukseni koska tahansa syytä ilmoittamatta. Olen tietoinen siitä, että mikäli keskeytän tutkimuksen tai peruutan suostumukseni, minusta keskeyttämiseen ja suostumukseni peruuttamiseen mennessä kerättyjä tietoja ja näytteitä voidaan käyttää osana tutkimusaineistoa.

Allekirjoituksellani vahvistan osallistumiseni tähän tutkimukseen.

Jos tutkimukseen liittyvien henkilötietojen käsittelyperusteena on suostumus, vahvistan allekirjoituksellani suostumukseni myös henkilötietojeni käsittelyyn. Minulla on oikeus peruuttaa suostumukseni tietosuojaselosteessa kuvatulla tavalla.

_____ , _____ • _____ • _____

Allekirjoitus: _____

Nimenselvennys: _____

Appendix 3: Data Management Plan

Immigrant girls and female adolescents' access to sports in Helsinki

1. General description of the data

1.1 What kinds of data is your research based on? What data will be collected, produced, or reused? What file formats will the data be in? Additionally, give a rough estimate of the size of the data produced/collected.

The research is based on individual interviews that are conducted in person or via Skype. The interviews are anonymous and are recorded. The recordings are transcribed and printed out without saving on a computer. There are approximately ten interviews in the research.

1.2 How will the consistency and quality of data be controlled?

The recorded interviews are promptly transcribed and printed out.

2. Ethical and legal compliance

2.1 What legal issues are related to your data management? (For example, GDPR and other legislation affecting data processing.)

The data is managed according to The European Parliament and the Council of the European Union General Data Protection Regulation.

2.2 How will you manage the rights of the data you use, produce and share?

The research subjects give a consent to use the information collected during the interviews. The data subjects have right to access, rectify or erase the related data. The author is responsible for the confidentiality and integrity of the data. The data collected is used only for this research, no further research is planned at this point. In the case of additional research, a specific consent is obligated. The final product is available for FC Kontu to use but the organization has no exclusive rights to the content. The author maintains the rights to the generic, non-FC Kontu specific, content.

3. Documentation and metadata

3.1 How will you document your data in order to make it findable, accessible, interoperable, and re-usable for you and others? What kind of metadata standards, README files or other documentation will you use to help others to understand and use your data?

The author is the only person that will use the data and for this research only.

4. Storage and backup during the research project

4.1 Where will your data be stored, and how will it be backed up?

The data is recorded with a phone with a password. The recordings are transcribed with a portable computer with a password and immediately printed out. No data of the interviews is saved on a computer. The printed transcriptions are saved in a private, safe location that only the author can access. A second set of copies are stored in another secure location. Interview data is compiled, and the research results are written on a portable computer with a password that the author secures.

4.2 Who will be responsible for controlling access to your data, and how will secured access be controlled?

No other than the author has access to the initial data. The research results are presented and published.

5. Opening, publishing, and archiving the data after the research project

5.1 What part of the data can be made openly available or published? Where and when will the data, or its metadata, be made available?

The final results are part of the published master's thesis and are publicly available.

5.2 Where will data with long-term value be archived, and for how long?

The printed transcriptions are identified by a code and are archived in a private, secure location for the duration of the master's thesis process and additional three years that are reserved for any possible rectification, then the documents will be burned in undisclosed location.

6. Data management responsibilities and resources

6.1 Who (for example role, position, and institution) will be responsible for data management (i.e., the data steward)?

The author Heini Maisala-McDonnell Heini.Maisala-McDonnell@student-laurea.fi +358451019440 is solely responsible for data management

6.2 What resources will be required for your data management procedures to ensure that the data can be opened and preserved according to FAIR principles (Findable, Accessible, Interoperable, Re-usable)?

The data is stored, accessed, and processed only by the author. A lockable file cabinet within a lockable, private location is at use at free of charge.

Appendix 4:

FC KONTU

JALKAPALLO ON ILOA - KAIKILLE



FC KONTU

FC Kontu on itähelsinkiläinen jalkapalloseura, joka toivottaa tervetulleiksi kaikki tytöt ja pojat mukaan kaksivuotiaasta aikuisikään. Jokaiselle pelaajalle tarjotaan omien tavoitteidensa ja motivaationsa mukaista toimintaa.

FC Kontun tavoite on luoda suvaitsevaa ja vastuullista toimintaa ja tarjota turvallisen paikan harrastaa liikuntaa, rakentaa yhteenkuuluvuutta. FC Kontu uskoo, että jalkapalloharrastus luo pohjan terveellisille elämäntavoille ja auttaa kehittymään ihmisenä.

FC Kontun toiminta perustuu yhteisölliseen ja vapaaehtoisuuteen.

LIIKUNNAN HYÖDYT

Liikunta edistää hyvää fyysistä ja psyykkistä terveyttä ja yleistä hyvinvointia.

Liikunta vahvistaa tuki- ja liikuntaelimistöä, hengitys- ja verenkiertoelimistöä sekä vahvistaa vastustuskykyä. Se ennaltaehkäisee kroonisia sairauksia kuten sydän- ja verenkiertosairauksia, diabetesta, luukatoa ja masennusta.

Liikunta parantaa mielialaa, itsetuntoa, keskittymistä, muistia ja stressinsietokykyä. Se edistää luovuutta ja oppimista.

Liikunta on tärkeää tyttöjen ja poikien terveydelle ja hyvinvoinnille.

RYHMÄTYÖSKENTELYN HYÖDYT

Ryhmässä työskentely edistää ajattelukykyä kehittämällä muistia ja ajattelunopeutta. Se parantaa sosiaalisia taitoja, yhteistyökykyä, sääntöjen seuraamista ja vuorovaikutustaitoja.

Ryhmässä työskentely ja ihmissuhteiden luominen edesauttavat oppimista ja koulumenestystä.

Ryhmässä voi saada ystäviä, jotka tukevat myös ryhmän ulkopuolella.

FC Kontu toivottaa koko perheen osallistumaan.



LIIKUNTA+RYHMÄTYÖSKENTELY=
HYVÄT OPPIMISTULOKSET

Liikunta ja ryhmässä toimiminen yhdessä luovat parhaan mahdollisuuden koulumenestykselle. Hyvä terveys ja koulumenestys luovat hyvän pohjan tulevaisuudelle.

LIIKUNTA+RYHMÄTYÖSKENTELY= JALKAPALLO



Peliasu

Peliasun alla voi käyttää pitkähiihaista paitaa ja pitkiä housuja.

FC Kontulla on oma päähuivi.



TERVETULOA
FC KONTUN
TYTTÖFUTIKSEEN

FC Kontu ry
 p. 044 0650940
 Kontulankaari 15
 00940 Helsinki
 toimisto@fckontu.fi
 verkkosivu <https://www.fckontu.fi/>

HARJOITTELUPAIKAT

FC Kontulla on kaksi omaa jalkapallokenttää Jakomäessä ja Kurkimäessä. Jakomäen kentällä on talvisin Kuplahalli. Lisäksi harjoittelemme liikuntaviraston kentillä Vesalassa, jossa sijaitsee myös seuran toimisto sekä Kontulan urheilupuistossa. Talvikaudella harjoituksia on myös Pallomyllyssä Myllypurossa, Kartanon kentällä Vuosaarella ja alueen koulujen liikuntasaleissa.

TYTTÖJEN JOUKKUEET:

T14 (2014 syntyneet tytöt)

T12-13 (2012-13 syntyneet tytöt)

T10-11 (2010-11 syntyneet tytöt)

T07-09 (2007-09 syntyneet tytöt)

TB yj (alle 18 tytöt yhteisjoukkue)

TB (alle 18 tytöt)

Naiset

Naisten harrastejoukkueet

LISÄTIETOJA

Appendix 5: Bulletin

FC KONTU

FOOTBALL IS JOY - FOR EVERYONE



FC KONTU

FC Kontu, a football (soccer) club in Eastern Helsinki, welcomes every girl and boy from two years old to adults to participate. Every player is offered activities based on their own goals and motivations.

FC Kontu's goal is to operate inclusively and responsibly and provide a safe place for physical activity and to build unity. FC Kontu believes football forms a foundation for a healthy lifestyle and helps personal growth.

FC Kontu operations are based on communality and volunteerism.

BENEFITS OF PHYSICAL ACTIVITY

Physical activity benefits physical health, mental health, and general well-being.

Physical activity strengthens musculoskeletal structure, respiratory and cardiovascular function and enhances the immune system. It helps to prevent chronic diseases like cardiovascular disease, type 2 diabetes, osteoporosis, and depression.

Physical activity improves mood, self-esteem, concentration, memory, and stress tolerance. It promotes creativity and learning.

Physical activity is important for the health and well-being of girls and boys.

BENEFITS OF GROUP ACTIVITY

Group activity provides mental benefits by improving memory and processing speed. It teaches social skills, cooperation, following the rules and communication skills.

Group activity and creation of social connections promotes learning and school success.

Groups can provide friends who will support also outside of the activity.



FC Kontu welcomes the entire family to participate.



EXERCISE+GROUP ACTIVITY=
GOOD LEARNING RESULTS

Physical exercise and participating in a group activity improve school success. Good health and school success form a foundation for the future.

EXERCISE+GROUP ACTIVITY= FOOTBALL

	<p>Player uniform A long sleeve shirt and long pants can be worn under the uniform. FC Kontu has its own hijab.</p>	
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**WELCOME
TO FC KONTU
GIRLS' FOOTBALL**

FC Kontu ry
 p. 044 0650940
 Kontulankaari 15
 00940 Helsinki
 toimisto@fckontu.fi
 web site <https://www.fckontu.fi/>

PRACTICE VENUES:

FC Kontu has two club-owned fields Kurkimäki and Jakomäki. The wintertime Jakomäki field is an inflatable indoor facility. Practices are also held on City of Helsinki fields in Vesala where the FC Kontu office is located and in Kontulan Urheilupuisto, Kontula Sports Park. Wintertime practices are also in Pallomylly in Myllypuro, at Kartano field in Vuosaari and at local school gyms.

GIRLS TEAMS:

T14 (2014 born girls)
 T12-13 (2012-13 born girls)
 T10-11 (2010-11 born girls)
 T07-09 (2007-09 born girls)
 TB united team (under 18 girls united team)
 TB (under 18 )
 Women
 Women's recreational teams

INFORMATION:

Appendix 6: Avustushakemus, Grant Application

Jalkapallo-Säätiön avustushaku vuodelle 2021

Hakemuksen peruste: Vähävaraisten tai syrjäytymisuhan alla olevien lasten ja nuorten jalkapallotoiminnan edistäminen.

Haun kohde: 3 000 € (kolmetuhatta euroa) avustusta maahanmuuttajataustaisten tyttöjen saamiseen mukaan toimintaan.

FC Kontu lyhyesti:

- FC Kontu on perinteikäs itähelsinkiläinen jalkapalloseura ja tärkeä alueellinen vaikuttaja lasten ja nuorten liikuttajana.
- Seura tarjoaa aktiivisesti monipuolisia harrastusmahdollisuuksia joukkue toiminnasta monipuolisiin kerhoihin, päiväkotiyästä aikuisten kilpa- ja harrastejoukkueisiin.
- FC Kontussa harrastaa yli 1 000 rekisteröityä pelaajaa.
- Seuran arvot ovat iloisuus, avoimuus, vastuullisuus ja yhteisöllisyys.
- Seura on mukana Tähtiseuraj- ohjelmassa ja seuralla on lasten ja nuorten Tähtimerkki.
- Vuonna 2017 seura palkittiin vuoden Grassroots-seurana.
- FC Kontu toimii arviolta yli 90 prosenttisesti vapaaehtoisvoimin, jolloin perheille kohdistuvat maksut voidaan pitää mahdollisimman alhaisina.
- FC Kontu tekee pitkäjännitteistä työtä maahanmuuttajien kotouttamisen hyväksi.
- FC Kontu on ollut mukana Palloliiton kotoutumisen edistäminen seuratoiminnassa (KES) -hankkeessa kulttuuritulkkiprojektilla (2018-2020), jonka tavoitteina on edistää mutkatonta vuorovaikutusta ja maahanmuuttajaperheiden osallisuutta seuran toiminnassa.
- FC Kontu on mukana Palloliiton tyttöfutishankkeessa 2020.
- FC Kontun tukirahasto myöntää stipendejä vähävaraisten perheiden harrastuskuluihin kahdesti vuodessa.

Seuran toiminta-alue ja sen demografiset erityispiirteet:

Jalkapalloseura FC Kontu toimii Itä-Helsingissä, erityisesti Kontula-Jakomäki-Vesala-Mellunmäki-alueilla. Vieraskielisten (muu kuin suomi, ruotsi ja saame) osuus vuoden 2019 alussa oli Mellunkylän peruspiirin alueella 31,0 % ja Jakomäen peruspiirin alueella 34,0 %, kun Helsingin keskiarvo oli tuolloin 15,7 %. Huomattavaa on, että 0-6 vuotiaissa noin puolet lapsista on vieraskielisiä seuramme toiminta-alueella. Työttömien osuus ulkomaalaistaustaisista oli joulukuussa 2019 Helsingissä 18.1 %, kun kaikkien helsinkiläisten työttömyysaste oli 9,2 % (Lähde: <https://ulkomaalaistaustaiset helsingissa.fi>.)

Toiminta-alueen asuntokuntien käytettävissä olevien rahatulojen mediaani koko väestön osalla on 15% alle Helsingin keskiarvon. Pienituloisimpaan viidennekseen kuuluu yli neljännes asuntokunnista. Työttömyysaste on 18,4%, kun se on koko Helsingissä 12%. Lisäksi korkeimman

työttömyyden alueet ovat pääosin Itäisessä suurpiirissä, jossa yli kolmannes väestöstä asuu alueilla, joilla työttömyysaste on keskimäärin 16,5 prosenttia. (lähde: https://www.hel.fi/hel2/tietokeskus/julkaisut/pdf/18_11_05_Hki_Aluettain_2017_Tikkanen.pdf)

Alueen erityispiirteet näkyvät seuran ja joukkueiden arjessa pelaajien taustojen monimuotoisuutena. Pelatessa kaikki ovat tasavertaisia ja kokemus siitä on yksi lasta arjessa kannatteleva asia. Seura pitää tärkeänä jokaisen tasavertaista oikeutta harrastaa ja halua olla tukemassa perheitä tässä mm. tukirahaston ja kulttuuritulkkitoiminnan kautta ja järjestämällä kohdennettua toimintaa erityistä huomiota tarvitseville ryhmille.

Maahanmuuttajataustaisten tyttöjen toimintaan mukaan saaminen edistää hyvinvointia ja tasa-arvoa

Seuran toiminnassa mukana olevista pojista merkittävä osa on maahanmuuttajataustaisia. Maahanmuuttajataustaisten poikien osuus suhteessa väestörakenteeseen on saavutettu tai ylitetty. Maahanmuuttajataustaisten tyttöjen osuus jalkapallossa on huomattavan pieni ja heidän saamisensa toimintaan mukaan on erittäin haasteellista.

Seuran toiminnassa mukana oleva fysioterapeutti Heini Maisala-McDonnell on viimeistelemässä maisterityötään (Master of Health, Global Health and Crisis Management) tutkimuksen 'Immigrant girls and female adolescents' access to sports in Helsinki'. Hän on tehnyt tutkimuksensa yhteistyössä FC Kontun kanssa. Tutkimuksessa on selvitetty esteitä, mitkä vaikeuttavat tai estävät maahanmuuttajataustaisten tyttöjen ja teinityttöjen osallistumista urheiluun ja esimerkiksi FC Kontun toimintaan. Yleiseksi katsotut syyt kuten kieli ja kustannukset on huomioitu seuran toiminnassa. Haluamme huomioida sukupuoleen liittyvät esteet erityisesti alueen väestörakenne huomioon ottaen.

Yksikään seura ei tätä ennen ole erityisesti panostanut maahanmuuttajataustaisten tyttöjen saamiseksi mukaan toimintaan. Tämän tutkimuksen ja pitkäaikaisen kokemuksen pohjalta FC Kontussa on todettu, että tyttöjen mukaan saamiseksi tarvitaan erityisiä toimenpiteitä, mm. mukaan tulee saada tyttöjen kanssa samanlaisesta taustasta tulevia ohjaajia ja tietoja toiminnasta tulee olla saatavilla pelaajien perheiden omalla kielellä.

Liikunnalla on suuri vaikutus fyysiseen, psyykkiseen ja sosiaaliseen terveyteen. Liikunta ja sosiaalinen toiminta edistävät koulumenestystä ja jalkapallo on erinomainen yhdistelmä liikuntaa ja ryhmässä työskentelyä. Terveiden, koulumenestyksen, kielen oppimisen, ystävyyssuhteiden solmimisen ja yleiseen yhteiskuntaan sopeutumisen edistämiseen jalkapallolla on huomattava merkitys. Seurana koemme tärkeäksi, että maahanmuuttajataustaisilla tytöillä on yhtäläinen oikeus ja mahdollisuus saada nämä edut kuten kantaväestön samanikäiset tytöt ja maahanmuuttajataustaiset pojat. Haluamme ottaa haasteen vastaan ja saada yhteyden maahanmuuttajataustaisiin tyttöihin ja erityisesti heidän perheisiinsä. Haluamme jakaa heille terveyteen, koulumenestykseen ja kotouttamiseen liittyvää tietoa, jotta he kokisivat myös tyttöjen osallistumisen tärkeäksi. Tiedotamme myös asustemahdollisuuksista, koska haluamme, että se ei jää kynnyksymykseksi. Uskomme, että saatamme näkyvästi maahanmuuttajataustaisia tyttöjä mukaan, niin muiden on helpompi seurata perässä. Otamme kaikin tavoin monikulttuurisuuden huomioon materiaalin luomisessa.

Suunnitelma

FC Kontu käynnistää hakemuksessa esitetyille kohderyhmälle suunnatun kerhon / järjestää leirin kesällä 2021. Uuden toiminnan kautta pelaajia pyritään saamaan mukaan seuran toimintaan ja niiden kautta edelleen integroitua normaaliin joukkue-toimintaan. Jalkapallosäätiön avustus tulotaisiin käyttämään materiaalien tekemiseen ja tapahtumakuluihin. Materiaalien tuottamiseen ja yhteyshenkilöinä seuralla on käytössä Palloliiton kotouttamishankkeen yhteydessä toimintaan mukaan saadut kulttuuritulkit. Tapahtumassa on tavoitteena työllistää ohjaajina tai avustajina seuran vanhemmissa ikäluokissa mukana olevia maahanmuuttajataustaisia pelaajia.

29.10.2020, Helsinki

Ystävällisin terveisin,

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Puheenjohtaja
FC Kontu ry