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THE IMPACT OF SPORT AS A TOOL FOR SOCIAL INTEGRATION AND
INCLUSION AMONG MIGRANT WOMEN IN FINLAND



ABSTRACT

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The impact of sport as a tool for social integration and inclusion among migrant

women in Finland

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This study aims to examine how sports have contributed to the social integration of immigrant women in Finland. It will also explore the strategies used by Monaliiku to encourage sports participation and the role of sports in promoting social integration and inclusion among immigrant women in Finland.

The research was conducted using qualitative approach, gathering data through an online survey questionnaire that included both open-ended and closed-ended questions. The questionnaire were distributed in Finnish language and were later translated into English language by me. A total of 55 participants responded to the online survey.

My recommendations will be that Sports activities should be more organized in easily reachable areas, minimizing the need for long-distance travel, also more online sections should be done during winter.

The qualitative data analysis employed a thematic approach to identify recurring themes, pattern, perceptions, insights, and topics. The research findings demonstrated that engagement in sporting activities has a beneficial impact on the social inclusion and integration of immigrant women in Finland. Notably, the results emphasized empowerment, overcoming obstacles, enhance health and well-being, and the acquisition of skills as significant positive outcomes linked to participation in sports.

Keywords: Sports, Social inclusion, Migrant women, Integration.

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1. INTRODUCTION

Communities receiving immigrants in Finland acknowledge the need for immigrants to integrate into the country's everyday life (Masoud et al., 2021). Integration of immigrants into the everyday life of a host country is significant for many reasons. One significance of integration is social cohesion. Integration helps develop a sense of unity and shared identity among immigrants (Berry, 2006). It also makes them feel part of a broader society, contributing to a socially cohesive and harmonious community (Putnam, 2007). Through proper integration, immigrants can also make enormous economic contributions. This can be realized through participation in the workforce, the starting of businesses, and the contribution of tax revenues (OECD, 2019). Besides, properly integrated immigrants are better informed and can access and use social welfare initiatives, health services, and educational opportunities (Koopmans, 2013).

Nations with high levels of ethnocultural diversity recognize the importance of facilitating the active participation of immigrants in various domains of society, including civic, social, and cultural aspects (Eigenschenk et al., 2019). Engaging immigrants in sports and outdoor recreational activities has been identified as an effective strategy for involving them in community and social welfare initiatives. This approach promotes interaction and social cohesion among diverse groups, fostering a sense of belonging and affinity to the community (Eigenschenk et al., 2019).

Migrant women are women moving from one place or country to another for jobs or family ties among other personal motivations. Women and girls are often affected by double or multiple prejudice, they are nearly invisible in the public sphere and data suggests that women are at the bottom of the pile on many indicators of migrants and ethnic minorities.

Research in various EU countries clearly shows that participation in sport varies greatly depending on gender, ethnic group, and religion. Females of ethnic minority or migrant heritage are among the groups with lowest sports participation rates. The UK's Active People Survey (2012) for example shows that 31 percent of white women play sport once a week, but only 21 percent of all Asian women. Although a reasonable number of all women without religion are interested in sports, Women's participation rate is only 18%. Such numbers make it even more important to tackle this significant under-representation of women from migrants and ethnic minorities in sports. (Active People Survey, 2012) . According to research made by Suomen Palloliitto over 60% of migrant women have reported following sport, football in particular. It is said that some immigrant women realize that their social standing has improved through sports and club activities. They are active participants and want to improve and succeed as athletes. (Suomen Palloliitto 2019a, Eduskunta 2015; Zacheus et al, 2012, 165.)

Furthermore, sports provide opportunities for cultural exchange, as immigrants can share their unique sporting traditions while also learning about popular sports in their host country. In Finland, the engagement of immigrants in sports and outdoor recreational activities is considered an integral part of the country's immigrant integration policy (Masoud et al., 2021). This recognition highlights the significance of sports as a means to promote social integration and inclusion among immigrant populations.

2. LITERATURE REVIEW AND KEY CONCEPTS

2.1. Literature review

The population of Finland was widely recognized for its high degree of ethnic homogeneity compared to other European nations (Heikkilä & Peltonen, 2002). However, during the 1980s, there was a twofold increase in the foreign population in Finland, and this trend continued in the early 1990s alongside a significant economic downturn (Heikkilä & Peltonen, 2002). By the end of 2000, the number of non-native individuals in Finland reached approximately 91,000, accounting for 1.6% of the total population (Heikkilä & Peltonen, 2002).

Previous studies have highlighted the potential for social marginalization and ethnic segregation of minority populations, particularly in certain neighbourhoods of Helsinki (Nicolson, 2017). In response to these challenges, sports initiatives have gained popularity across Europe as they are seen as effective in addressing social disparities and promoting inclusivity. The proliferation of inclusive sports programs in urban areas, such as Helsinki, serves as empirical evidence of this positive change.

According to Adams (2017), sports have historically played a significant role in the social fabric of Finland, with the country boasting one of the highest rates of sports engagement in Europe. Research has shown that 76% of individuals aged 15 years and older in Finland engage in sporting activities at least once per week (Adams, 2017).

Studies conducted in North America and Germany, regions that have experienced multiculturalism, have demonstrated the positive impact of sports programs on social integration (Lee et al., 2021). Sports serve as a means of communication that transcends cultural barriers, allowing individuals from diverse backgrounds to participate inclusively, regardless of their religious affiliation, socioeconomic status, age, or gender. Engaging in physical activity has been found

to have a positive impact on mental well-being, reducing stress and fostering a greater sense of understanding and connection within local communities. Sports can significantly contribute to promoting diversity and social integration (Lee et al., 2021).

In terms of the social integration function of sports, it is important to highlight that sports have the capacity to foster unity among individuals within a society and facilitate the formation of group identities. The role of sports in integration revolves around how they contribute to the creation and reinforcement of social connections, motivating individuals to actively participate in their professional and daily lives (Lee et al., 2021).

The phenomenon of social integration in sports is observed in both participatory sports, which involve direct engagement, and spectator sports. Spectator sports have a significant role in fostering a collective sense of unity by eliciting shared emotions among regional and national teams, beyond individual experiences. Sports play a crucial role in fostering interaction and communication among geographically close people, including relatives, neighbours, and members of educational institutions and local communities. In this capacity, sports serve as a conduit that establishes a network of interpersonal connections and interconnectivity among individuals (Collins & Haudenhuyse, 2015).

According to Krishna (2017), sport serves as a social cohesive force, facilitating the integration of individuals from diverse backgrounds inside an organized setting. Moreover, it has the potential to engage with and address prevalent societal challenges that people confront daily. These factors are closely associated with the dimensions of social capital that individuals actively pursue in order to establish a sense of guidance, personal identity, and overall purpose within their local community and broader society.

It is indisputable that people who have been compelled to leave their countries of origin and seek shelter in a foreign nation face significant challenges in terms of acceptance and social integration. From the onset, individuals face inherent challenges within the social framework of their new host country. Establishing social

capital in areas such as employment, housing, health, and education may appear exceedingly difficult compared to the native citizens of the host nation or even those who have migrated. Sport can serve as a mediator in facilitating connections between multiple interethnic cultures within multiculturalism discoursed. Both Hedges (2014) and Krouwel (2006) concur and endorse the notion of promoting sports participation as a viable means to foster discussions about diversity in the public sphere

The widespread appeal of sports enables the dissemination of significant messages to various groups and societies. Sport has a crucial role in eliminating social stigma and promoting the social and economic inclusion of marginalized individuals who belong to minority groups or have impairments (Carter-Thuillier et al., 2018). Sport has the potential to serve as a means of fostering connections and understanding across many cultural, religious, ethnic, and socioeconomic boundaries. The values associated with sports, including teamwork, fairness, and respect for both opponents and the laws of the game, are widely recognized globally and have practical applications that extend beyond the realm of sports, impacting personal and professional spheres.

In summary, sports can be regarded as a cost-effective and influential instrument. The United Nations Resolution issued by the Human Rights Council acknowledges the capacity of sports to address all types of prejudice and foster social inclusivity. This recognition is based on the promotion of human rights through sport and the Olympic ideal. Countries have recognized the implementation of sports programs as a strategy to mitigate discrimination, foster inclusivity (including within the school system), and reinforce human rights through diverse approaches (Carter-Thuillier et al., 2018).

In their journal on the role of sports as a tool for social inclusion, Ekholm et al. (2022) imply that sports may assume a significant role in mitigating social tensions and conflicts at both the community and national levels by effectively addressing the underlying causes of exclusion and offering an alternative avenue for individuals to engage in the social and economic fabric of their communities. Sports activities play a significant role in fostering social integration, particularly among the

youth. Sport provides genuine opportunities for individuals to engage in society, as it facilitates communication, fosters a sense of unity, and allows individuals to explore their capabilities, regardless of whether they have impairments or not. Moreover, sports serve as a catalyst for motivating young individuals to exert themselves and foster their sense of competitiveness.

2.2. Key concept

The key concepts used in my thesis research are sport, migrant women, inclusion, and social integration they are explained below.

2.2.1. Sport

Sport encompasses a wide range of physical activities that promote physical fitness, mental well-being, and social interaction (United Nations Inter-Agency Task Force on Sport for Development and Peace, 2003). It includes games, recreational or competitive sporting events, as well as traditional and cultural games (Sutula, 2018). In Finland, sport is highly valued and considered a national pastime (Suominen, Seppo). Many Finns regularly attend various sporting events, with ice hockey and Formula One being the most popular in terms of television viewership and media coverage. Pesäpallo is the national sport of Finland, while harness racing and other sports like floorball, bandy, football, ringette, and pöytäpelit also enjoy significant popularity.

Sport has long been recognized as a powerful tool for promoting inclusion and breaking down barriers. It has the ability to bring people from diverse backgrounds together, fostering social cohesion and creating opportunities for individuals who may otherwise face exclusion. Through its inclusive nature, sport can promote equality, diversity, and social integration.

One way in which sport promotes inclusion is by providing equal opportunities for participation. Regardless of age, gender, race, or ability, individuals can engage in various sports activities and compete on a level playing field. This allows people from different backgrounds to come together and interact, fostering understanding and breaking down stereotypes.

Inclusive sports programs also play a crucial role in promoting the inclusion of individuals with disabilities. Adaptive sports, such as wheelchair basketball or blind football, provide opportunities for individuals with disabilities to participate in sports and showcase their abilities. These programs not only promote physical fitness but also help to challenge societal perceptions of disability and promote a more inclusive society.

Sport also has the ability to promote social integration and cohesion among different communities. Through sports events and tournaments, individuals from diverse backgrounds can come together, interact, and build relationships. This can help to break down barriers, challenge prejudices, and promote understanding and acceptance among different cultures and communities.

Research has shown the positive impact of inclusive sports programs on individuals and communities. For example, a study by (Chalip and Leyns,2002) found that inclusive sports programs can promote social integration and reduce social isolation among marginalized groups. Another study by Schulenkorf et al.,(2016). highlighted the positive impact of inclusive sports programs on the empowerment and social inclusion of individuals with disabilities.

Sport is a powerful tool for promoting inclusion and breaking down barriers. Through its inclusive nature, sport provides equal opportunities for participation, promotes gender equality, and fosters social integration. Inclusive sports programs have been shown to have positive impacts on individuals and communities, promoting social cohesion and empowering marginalized groups. By harnessing the power of sport, we can create a more inclusive and equitable society.

2.2.2. Migrant women

An immigrant is an individual who relocates from one country to another, typically with the intention of establishing permanent residence. This definition applies to individuals who migrate for various reasons. According to the European Social Survey, Finland has consistently shown relatively positive and welcoming attitudes towards immigrants. This can be attributed to the high levels of education among the Finnish population, as studies have shown that individuals with higher education tend to have more favorable views on immigration (Jeannet, 2020: 6). Migration woman refers to a woman who has migrated from one country to another, either voluntarily or involuntarily, for various reasons such as seeking better economic opportunities, escaping conflict or persecution, or joining family members. These women often face unique challenges and experiences due to their migration status and gender.

Migrant women may encounter difficulties in accessing healthcare, education, employment, and social services in their host countries. They may also face discrimination, exploitation, and violence, including gender-based violence and human trafficking. Additionally, migration women often have to navigate cultural and language barriers, which can further complicate their integration process.

Research on migration women has highlighted the importance of addressing their specific needs and vulnerabilities. It emphasizes the need for gender-sensitive policies and programs that promote their empowerment, protect their rights, and provide them with equal opportunities. This includes ensuring access to education, healthcare, legal support, and social services, as well as addressing issues related to gender-based violence and discrimination.

2.2.3 Inclusion

Inclusion refers to the practice of ensuring that all individuals, regardless of their background, identity, or abilities, are valued, respected, and provided with equal

opportunities to participate and contribute in all aspects of society. It involves creating an environment that embraces diversity, promotes equality, and fosters a sense of belonging for everyone.

Inclusion can be applied in various contexts, including education, employment, healthcare, and social settings. It involves removing barriers and addressing systemic inequalities to ensure that individuals from marginalized or underrepresented groups have equal access to resources, services, and opportunities.

Inclusion can as well refer to the feeling of belonging to a larger social whole. Inclusion is the willingness to participate in it socially, economically and/or politically. Inclusion is the process of promoting equal opportunities and resources between people with and without disabilities. Inclusion is a process by which efforts are made to ensure equal opportunities for all. It is the multi-dimensional process aimed at creating conditions which enable full and active participation of every member of the society in all aspects of life, including civic, social, economic, and political activities, as well as participation in decision making processes (Elli Heikkilä, 2021)

2.2.4 Social integration

Social Integration is described as the process during which newcomers or minorities are incorporated into the social structure of the host society. Effective social integration contributes to a closer social distance between groups and more consistent values and practices. Bringing together various ethnic groups irrespective of language, caste, creed, etc., without losing one's identity. It gives access to all areas of community life and eliminates segregation. In a broader view, social integration is a dynamic and structured process in which all members participate in dialogue to achieve and maintain peaceful social relations. In migration affairs the Ministry of Labour in Finland is primarily involved in the integration of immigrant, the reception of asylum seekers and refugees, the place-

ment of refugees in the municipalities, work permit issues, the promotion of employment for immigrants, return migration, issues concerning expatriate Finns, as well as related information and publishing activities. The activities of the Advisory Board for Ethnic Relations are coordinated by the Political Division (Elli Heikkilä, 2021)

Sport has been recognized as a powerful tool for social integration, particularly for marginalized populations such as migrants and ethnic minorities. By engaging in sports, individuals have the opportunity to interact, build relationships, and develop a sense of community. This can contribute to their overall well-being and facilitate their integration into society.

2.2.5 Well-being

Well-being refers to the state of being happy, healthy, and content in various aspects of life. It encompasses both physical and mental well-being. Physical well-being refers to the overall health and functioning of the body, including factors such as nutrition, exercise, and sleep. Mental well-being, on the other hand, refers to the state of one's mind, emotions, and psychological health. It includes factors such as positive emotions, life satisfaction, resilience, and the absence of mental health disorders. Well-being is subjective and can vary from person to person, but it generally involves a sense of fulfillment, purpose, and satisfaction with one's life.

According to Diener, Oishi, and Tay (2018) they emphasize on the various factors that contribute to subjective well-being, such as positive emotions, life satisfaction, and the absence of negative emotions. They also highlight the importance of understanding cultural and individual differences in subjective well-being.

Seligman, a prominent psychologist and founder of positive psychology, emphasizes the importance of well-being as a key component of a fulfilling life. He argues that well-being is not just the absence of negative emotions but also the

presence of positive emotions, engagement in meaningful activities, positive relationships, a sense of accomplishment, and a sense of purpose. Seligman, M. E. P. (2011)

Richard Layard, an economist and advocate for happiness and well-being, argues that the ultimate goal of society should be to maximize happiness and well-being. He believes that well-being should be a central focus of public policy and that policies should be designed to promote the well-being of individuals and communities. Layard, R. (2005).

3. AIM OF THE RESEARCH

This study aims to examine how sports can contribute to the social integration of immigrant women in Finland. It will also explore the strategies used by Monaliikuto encourage sports participation and the role of sports in promoting social integration and inclusion among immigrant women in Finland.

The thesis aims to answer the following research questions:

1. What influence has sports had on social integration and inclusion among immigrant women?
2. How have immigrants' well-being improved from sports-related activities?

4. SPORTS AND WORK-LIFE PARTNER

During my internship at Monaliiku, I had the opportunity to attend several events organized by the organization for their staff and service users. These events brought together sports instructors and educators who work with migrant women in Monaliiku to discuss the impact and improvements that sports have made for migrant women in Finland. The focus of these discussions was to identify successful strategies that could be implemented to reach a larger number of migrant women. The focus group provided me with the opportunity to test my survey questions with the participants and engage in discussions that further enhanced my understanding of my thesis topic.

Finland is home to various multicultural organizations and clubs, including Monaliiku Ry, which brings together individuals from diverse cultures and backgrounds. To effectively meet the needs of their members, these organizations recognize the importance of understanding how sports can influence participation and employ best practices to create inclusive environments for migrant women. By doing so, they aim to promote social integration, enhance sports opportunities, and foster equality, social participation, and the mental and physical well-being of individuals.

The research discussed in this context was conducted in collaboration with Monaliiku Ry, an NGO dedicated to multicultural women. With almost 15 staff and volunteers and a contact office in Helsinki, Finland, their primary objective is to promote social integration, inclusion, and equality through participation in recreational activities. Monaliiku Ry has been instrumental in positively impacting migrant women's involvement in sports programs. Monaliiku (2020).

The research specifically focuses on the Sport Inclusion of Migrant and Minority Women, aiming to contribute to social inclusion by encouraging active participa-

tion and leadership capacities of migrant and minority women in sports. By actively involving these women in sports, the initiative seeks to break down barriers and promote social integration. The choice of Monaliiku Ry as a partner organization for this research is based on their expertise and experience, as their work can serve as a valuable guide in promoting inclusivity and addressing the specific needs of migrant women in the realm of sports.

5. METHODOLOGY

This chapter explains what approach I used for my research, the data collection method, and data analysis. It also addresses the positive aspects while carrying out the thesis research.

5.1. Qualitative research

Creswell emphasizes that qualitative research is a flexible and iterative process that involves collecting and analyzing non-numerical data to gain an in-depth understanding of a phenomenon. He highlights that qualitative research is particularly useful when exploring complex social phenomena, understanding individuals' experiences and perspectives, and generating rich and detailed descriptions.(creswell, J.W., 2017).

Creswell discusses five main approaches to qualitative research: narrative research, phenomenology, grounded theory, ethnography, and case study. He explains the key characteristics, methods, and techniques associated with each approach, and provides guidance on selecting the most appropriate approach based on the research question and objectives.

Creswell also emphasizes the importance of reflexivity and researcher subjectivity in qualitative research. He encourages researchers to reflect on their own biases, assumptions, and perspectives, and to be transparent about their role in shaping the research process and interpretation of findings. .(creswell, J.W., 2017).

Creswell's work on qualitative research highlights the value of this approach in exploring complex social phenomena, understanding individuals' experiences, and generating rich and detailed descriptions. His book provides a comprehensive guide for researchers interested in conducting qualitative research and offers practical advice on selecting and implementing different qualitative research approaches.

(2017) Yin provides an overview of qualitative research methods and offers practical guidance on conducting qualitative studies. He emphasizes the importance of rigorous research design, data collection, and analysis in qualitative research.

Yin highlights that qualitative research is particularly useful when exploring complex social phenomena, understanding individuals' experiences and perspectives, and generating in-depth insights. He discusses various qualitative research methods, such as interviews, observations, and document analysis, and provides guidance on selecting and implementing these methods effectively. (Yin,R.K., 2017)

Yin also emphasizes the importance of establishing trustworthiness and credibility in qualitative research. He discusses strategies for ensuring the reliability and validity of qualitative findings, such as triangulation, member checking, and peer debriefing.

Furthermore, Yin emphasizes the iterative nature of qualitative research, highlighting the need for ongoing data collection and analysis to refine research questions and generate new insights. He also discusses the role of theory in qualitative research, emphasizing the importance of grounding findings in existing theoretical frameworks or developing new theories based on empirical data.

Yin's work on qualitative research emphasizes the importance of rigorous research design, data collection, and analysis in generating credible and meaningful insights. His book provides practical guidance for researchers interested in conducting qualitative studies and offers valuable insights into the strengths and limitations of qualitative research methods. (Yin,R.K., 2017)

(2015), Patton emphasizes that qualitative research is a flexible and iterative process that involves collecting and analyzing non-numerical data to gain an in-depth understanding of a phenomenon. He highlights the importance of context, meaning, and complexity in qualitative research, and argues that qualitative methods are particularly suited for exploring these aspects. (M.Q., 2015).

Patton discusses various qualitative research methods, such as interviews, focus groups, observations, and document analysis. He provides guidance on selecting and implementing these methods effectively, including considerations for sampling, data collection, and data analysis.

Patton also emphasizes the importance of reflexivity and researcher subjectivity in qualitative research. He encourages researchers to reflect on their own biases, assumptions, and perspectives, and to be transparent about their role in shaping the research process and interpretation of findings. Patton. M.Q., (2015).

Patton discusses the role of theory in qualitative research. He highlights the importance of using theory to guide the research process, inform data collection and analysis, and interpret findings. He also discusses the concept of emergent design, where the research design evolves and adapts based on ongoing data collection and analysis. Patton. M.Q., (2015).

Patton also addresses the issue of rigor and quality in qualitative research. He discusses strategies for ensuring the credibility, transferability, dependability, and confirmability of qualitative findings, such as triangulation, member checking, and peer debriefing. Patton. M.Q., (2015).

Denzin and Lincoln emphasize that qualitative data analysis is a complex and iterative process that involves organizing, categorizing, and interpreting data to generate meaningful insights. They highlight that qualitative data analysis is not a linear process but rather a dynamic and reflexive one, where researchers continuously engage with the data to uncover patterns, themes, and meanings. (Denzin, N.K., & Lincoln Y.S 2018)

They discuss various approaches to qualitative data analysis, such as thematic analysis, grounded theory, narrative analysis, and interpretive phenomenological analysis. They provide guidance on selecting and implementing these approaches, including considerations for coding, categorizing, and interpreting data.

Denzin and Lincoln also emphasize the importance of reflexivity and researcher subjectivity in qualitative data analysis. They highlight that researchers' backgrounds, experiences, and perspectives can influence the interpretation of data and the generation of findings. They encourage researchers to be transparent about their biases and to engage in ongoing reflection and dialogue to ensure the rigor and credibility of their analysis. s Denzil ,N.K., & Lincoln Y.S (2018)

Furthermore, Denzin and Lincoln discuss the role of theory in qualitative data analysis. They argue that theory can guide the analysis process, inform the interpretation of findings, and help generate new insights. They also highlight the importance of using theory to situate the research within broader social, cultural, and historical contexts.

Denzin and Lincoln's work on qualitative research data analysis emphasizes the complexity and reflexivity of the process.

This study employed a qualitative research approach due to its emphasis on real-life experiences and its objective is to capture the diverse perspective of my target group using an online survey questionnaire, consisting of both open-ended and closed-ended questions to gather data. The participants' views and perceptions were considered essential in generating new ideas and insights for the research. While information was obtained from various sources such as books, journals, articles, and websites, it was crucial to also capture the thoughts and perspectives of the target group, which in this case were migrant women.

5.2 Data Collection

The online survey questionnaire included both open-ended and close-ended questions. The questions were provided in both Finnish and English languages, making it accessible to a wider group of people. The survey participants were Monaliikus service users, volunteers, and staff members. They were advised to complete the survey in a peaceful environment where they felt comfortable and could focus entirely on the questions. Most of the questions were multiple-choice questions, which made the response process easier. I created the survey online questionnaire using the FORMS OFFICE.com platform after my supervisor had reviewed and modified the questions. The link was sent to my supervisor to share it with the service users, and a time frame of 2-6 weeks was given to ensure I met the deadline. Both English and Finnish language links were provided, and the questions were carefully formulated by myself and my supervisor from Monaliiku to ensure that we asked the right questions.

(2004), Kaplowitz, Hadlock, and Levine discuss the advantages and challenges of online surveys compared to traditional mail surveys. Stating that Online surveys tend to be more cost-effective due to savings on paper, printing, and postage costs associated with post-mail surveys. They also emphasize that Online surveys enable rapid data collection, as responses are received in real-time. This contrasts with the potentially lengthy timeframes associated with mail surveys, where responses depend on postal delivery times.

They highlight the potential benefits of online surveys, such as cost-effectiveness, faster data collection, and the ability to reach a larger and more diverse sample. They also address concerns related to online surveys, such as potential biases in the sample and issues of data security and privacy. Kaplowitz, M.D., Hadlock, T.D., & Levine, R.,(2004).

They provide practical recommendations for designing and implementing online surveys to maximize response rates and data quality. They discuss strategies for

increasing survey participation, such as using personalized invitations, offering incentives, and optimizing survey design and layout. They also provide guidance on managing and analyzing online survey data.

Kaplowitz, Hadlock, and Levine's book offers valuable insights and ideas for researchers interested in conducting online surveys. It provides practical recommendations for overcoming challenges and maximizing the benefits of online survey research. Kaplowitz, M.D., Hadlock, T.D., & Levine, R., (2004).

Overall, the online survey method was chosen as it best aligned with the research objectives and target audience.

5.3 Data Analysis

I sent a Word document to my supervisor in which I had compiled questions to be answered by the service users of Monaliiku in February. The Word document had both closed and open-ended questions. My supervisor reviewed and modified the document, and in February, I used the FORMS OFFICE.com from Diak to create questionnaires for my thesis. I generated a link and sent it to my supervisor by the end of February. My supervisor then shared the link with their past and present WhatsApp groups to get as many participants as possible for my qualitative-oriented thesis. I started receiving responses two weeks after the link was shared in March, and a substantial amount of participants responded from weeks 4 to 6 in April.

I noticed that I only received five responses from the English survey, but I received 55 responses from the Finnish survey. Therefore, I decided to use the Finnish survey, which I then translated into English while maintaining the integrity and genuineness of the data collected. During my analysis, I found that many expressed total satisfaction that sports had been a major tool for integration and inclusion, and it had increased their well-being in general. They were able to

break barriers and integrate fully into the system. Few mentioned that they feel partially included due to personal constraints. Only 1% of the respondents mentioned that they don't feel integrated at all. The questionnaire was answered anonymously, and I don't have any personal details of the participants, so the data can remain with me.

I conducted a thematic analysis to analyze the findings from the online data received from my survey and use the personal experiences I had while having my internship with Monaliiku as a background. I synthesized these results through critical thinking and evaluation to identify similarities and themes. This data was then compared with analysis from other sources such as books, journals, and papers.

Thematic analysis is a method of qualitative data analysis that involves identifying, analyzing, and reporting patterns or themes within a dataset. It is a widely used approach in qualitative research for understanding and interpreting the meaning of textual, visual, or audio data. Thematic analysis is flexible and can be applied to various types of qualitative data, making it suitable for a range of research questions.

According to Braun & Clarke (2006). They note that Researchers immerse themselves in the data to become familiar with its content. This may involve repeated readings, listening to recordings, or reviewing visual materials. Themes are reviewed and refined by examining their coherence and relevance to the research question. This step involves collaboration among researchers to ensure consistency and rigor.

Themes are clearly defined and named to reflect the essence of the data they represent. This step involves creating a narrative that describes each theme in detail. The final step involves writing the thematic analysis report, including a detailed description of each theme, supporting quotes from the data, and an overall interpretation of the findings.

Besides the qualitative analytical approach, data was also analysed quantitatively. Descriptive statistics were used, whereby data was summarized in the form

of simple quantitative measures including percentages and means. Descriptive statistics is a branch of statistics fundamental to quantitative data analysis. It involves summarizing, organizing, and presenting data gathered from research in a meaningful and concise manner (Mihas, 2019). The method focuses on describing and analysing features and characteristics of a dataset without generalizations. It is important to note that the thematic analysis method was used in this study because it is perfect for online surveys.

5.4 Limitations

One limitation encountered during the data collection process was the language barrier. The online survey was conducted both in English and Finnish language. However, I decided to make use of the Finnish language version which required translation into English for analysis, while I still had to keep the integrity of my respondents. This posed a challenge as the researcher had to ensure accurate translation to maintain the integrity of the data. Additionally, some participants chose to respond to the open-ended questions in Arabic, further complicating the analysis process. Translating responses from Arabic to English added an additional layer of complexity and required careful consideration to accurately capture the participants' intended meaning. Language barriers can introduce potential biases and limitations in research.

Despite these challenges, efforts were made to ensure accurate translation and interpretation of the data. I sought assistance from language experts and employed rigorous quality control measures to minimize the impact of the language barrier on the overall findings.

6. RESEARCH ETHICS

Prior to commencing my research, it was necessary for me to determine the organization with which I would collaborate in the context of my professional endeavors. After careful consideration, I selected Monaliiku Ry due to my internship experience with them and my active involvement in their various activities, including the facilitation of one of their groups.

To initiate the collaboration, I engaged in a discussion with the manager of Monaliiku, during which we explored my ideas and potential thesis topics. The manager found these ideas to be highly valuable for their organization. Consequently, I was promptly assigned a thesis supervisor with whom I engaged in extensive discussions regarding the thesis plan. Together, we clarified the objectives I aimed to achieve through this research. Recognizing the relevance of the research to their work, the organization agreed to partner with me and provide assistance throughout the research process. This collaboration was particularly beneficial as it allowed for the identification of challenges faced by migrant women in sports and the exploration of strategies to enhance their active participation in sports, thereby benefiting the organization as well.

Throughout the process, we maintained regular communication through email to keep Monaliiku RY informed about our progress. In September 2023 we successfully finalized and signed the thesis agreement with Monaliiku ry. The participants were informed before the surveys that their responses would be used in research. They were told about the study's purpose and significance and agreed to participate without being coerced. Besides, the responses were anonymous; thus, the confidentiality and anonymity of research participants were observed. The participants' identities were protected, and responses could not be linked to respective participants. Apart from English and Finnish that we gave to our work-life partners, the questions were interpreted in Arabic and Somalian languages by a Monaliiku

staff, enabling participants to answer comfortably in the languages they prefer. The questions solicited data relevant to the research questions and did not harm respondents in any way. In this sense, the principle of non-maleficence was observed (Drolet, 2023). The questions did not consume much of the participants' time as they only required 10-15 minutes to answer. The data collected from the responses were analyzed and reported honestly and transparently. In addition, it is worth noting that all sources used in this research were cited correctly and acknowledged.

The questionnaire was conducted as an online survey, and I patiently waited for over six weeks to gather a substantial number of responses. According to TENK (2019), People participating in research have the right to receive and understandable and truthful view of the aims of the research and any potential harm and risks. The research participant must be given an accurate account of the effects and potential benefits of the research. Once participants clicked on the survey link, their responses were automatically recorded and saved in FORMS OFFICE.com from Diak, which made the process convenient and efficient. However, I have made the decision to delete the data collection once my thesis has been published since it will no longer hold relevance for me.

7. RESULTS

The survey questionnaire was distributed through my supervisor in Monaliiku ry, with permission to share it on their various social media platforms like their old WHATSAPP group and recent to get across to their past and present service users. Due to the wide distribution of the survey across multiple Whatsapp platforms of Monaliiku, it is not feasible for me to provide an exact count of the number of individuals to whom the survey was shared. However, I received a total of 55 responses for the Finnish survey and 5 responses for the English survey. The survey questions were formulated by myself and a worker from Monaliiku to ensure that the written questions were asked to my target group. In February 2023 the survey questions were sent to my supervisor for distribution of the survey link. I was able to get a response from the participants in March 2023. Based on the higher number of responses in the Finnish survey, I determined that using the Finnish data collection would be more appropriate for my research. This allowed me to achieve the aim of my research-oriented thesis, which is to examine how sport has contributed to the social integration of migrant women in Finland. The participants were asked a range of questions related to sports. We had a lot of positive responses with few constraints regarding sports.

During my research, I observed that there were mainly three themes around the lack of active participation in sports of migrant women in Finland and these were structural constraints which consisted of lack of transport, inadequate funds, and access to available resources. Socio-structural constraints which consist of societal or community influences that hinder the active participation of migrant women in sports and lastly, personal constraints consisting of family responsibilities, language barrier, lack of time to participate, no prior skills or experience in sports, and knowledge about existing sports opportunities or services.

7.1. Structural constraints

These factors, such as social, economic, physical, or environmental conditions, can impact the ability of service users in Monaliiku to actively engage in sports activities. For instance, one of the challenges identified in my research is the difficulty in accessing transportation to and from sport groups or activities. This is particularly problematic for women who have recently arrived in Finland and may not have the financial resources to afford transportation or are unfamiliar with the city. One woman mentioned that she had only been in Finland for a few months and lacked the financial means to cover transportation costs, which hindered her ability to participate in sports as much as she would have liked. Another woman expressed concerns about the weather in Finland, particularly during the winter months, which is understandable given that many of the women are from African and are accustomed to sunny weather.

7.2. Scio-cultural constraints

These factors pertain to the societal and communal values, norms, and attitudes that impact the ability of Monaliiku's service users to actively engage in sports activities. Through my research, I have identified limited inclusive sports opportunities, particularly for faith-based women and girls who encounter challenges within the family, communities, and society at large. These challenges act as a barrier, impeding their active participation in sports. While sports can serve as a means of integration and social inclusion, it can also serve as a platform for racism and religious discrimination.

According to some of my respondents, women are discouraged from participating in sports due to strong religious beliefs. This discouragement also extends to

women who face resistance from their husbands, preventing them from engaging in sports, leisure activities, or events due to societal constraints.

Many women find it challenging to partake in sports without facing judgment and condemnation from their communities, families, or religious beliefs. Certain sports are perceived as suitable only for males, further exacerbating this issue. Additionally, they feel unable to participate in specific sporting activities without risking a violation of their religious dress codes. Finding sports groups that allow them to wear the hijab, a headscarf or veil worn by women to cover their hair and part of their faces, proves to be a challenge. For instance, locating swimming halls that permit the wearing of veils, provide appropriate swimming attire, safe changing rooms, and offer women-only swimming pools without the presence of men as clients or workers poses a significant challenge.

While hijab swim wear is available online and not commonly found in Finnish shops, the question arises as to where one can wear such swimwear if purchased online. Wearing hijab swimwear in a swimming hall may attract strange looks from mothers, as it differs from the attire typically worn by others. Thus, even with access to suitable swimwear, finding an appropriate venue to wear it without feeling judged or uncomfortable remains a challenge.

7.3. Personal constraints

One respondent, a migrant woman in Monaliiku, highlighted the language barrier as a major obstacle. She found it difficult to communicate with her teammates during exercises, as her understanding of Finnish was limited to basic greetings like "Moi" (hello). This language barrier not only affected her ability to interact and form friendships with her teammates but also made it challenging for her to pronounce their names correctly.

Another individual mentioned a lack of required swimming skills as a hindrance to her participation in swimming. This lack of proficiency in swimming made her feel ashamed during swimming classes, further discouraging her from actively engaging in the sport.

Additionally, one woman expressed that her numerous household chores and responsibilities, such as taking care of her children, taking them to daycare, preparing meals, maintaining a clean home, and doing laundry, prevented her from being active in sports. These domestic barriers consumed her time and energy, leaving little room for her to prioritize sports and physical activities.

These personal challenges, whether they be language barriers, lack of skills, or overwhelming household responsibilities, can significantly impede individuals from actively participating in sports. Addressing these challenges and providing support and resources tailored to individual needs can help promote inclusivity and enable more individuals to engage in sports and physical activities.

7.4. Monaliiku empowering migrant women in Finland.

Monaliiku, an NGO situated in Helsinki, is dedicated to promoting the inclusion of migrant women through sports. The service users of Monaliiku represent a diverse range of backgrounds, hailing from migrant backgrounds. Monaliiku offers a wide array of activities for individuals of all ages, including children, young adults, and adults. Their aim is to foster inclusion through various sports such as swimming, dancing, yoga, meditation, competitive events, football, and shadowboxing, as well as organizing multicultural events, seminars, and workshops. Monaliiku highly values the diversity within sports and places the safety of their service users as a top priority. Through my research, I have observed a significant correlation between the participation of immigrants in sports and their social inclusion and integration into Finnish society.

7.5. Empowerment and self-confidence

Empowerment and self-confidence: Sports can play a crucial role in empowering migrant women in Finland, fostering self-confidence, and promoting a sense of belonging. Through active participation in sports activities, migrant women have the opportunity to acquire new skills, improve their physical and mental well-being, and experience a sense of accomplishment. (Zacheus, T. 2010), These positive outcomes can significantly contribute to enhancing their overall self-esteem.

During my analysis of the responses provided by the service users of Monaliiku, it became evident that many women expressed how engaging in sports had positively impacted their self-perception. They reported feeling more self-assured, mentally resilient, and empowered, regardless of their body shape or size. In particular, the woman highlighted how sports had enabled her to develop a strong sense of self-worth and become more assertive, benefiting both herself and her family. It is also mentioned that the year 2022 saw an expansion of sports activities offered by organizations like Monaliiku, catering to the diverse needs and interests of immigrant women in Finland. These activities included a wide range of sports such as swimming, dancing, yoga, meditation, competitive events, football, and shadowboxing (Monaliiku, n.d.).

This data analysis revealed that a majority of migrant women in Finland, specifically 62%, actively participate in sports, indicating a strong inclination towards sports engagement. However, a small proportion of migrants do not partake in any sports activities. Furthermore, 17% of migrant women expressed confusion or uncertainty regarding their sporadic involvement in sports. These findings underscore the significant impact of sports and physical activity on the integration

process of migrant women in Finland. Engaging in sports not only enhances physical well-being but also facilitates social integration and fosters a sense of belonging within the host society. Participation in sports provides opportunities for interaction with individuals from diverse backgrounds, thereby promoting cross-cultural understanding and establishing social networks (Masuod et al., 2021).

7.6. Health and Wellbeing

Sport can have a significant impact on the physical and mental well-being of migrant women in Finland. Regular participation in sports activities can improve their overall fitness levels, reduce the risk of chronic diseases, and enhance their mental health. Engaging in sports also provides a valuable outlet for stress relief, promotes relaxation, and contributes to an improved quality of life for these women (Zacheus, T. 2010).

Many migrant women have recognized the positive effects of physical activities on their mental well-being. They have found enjoyment in activities like swimming and have embraced new practices such as yoga and meditation, which may not have been commonly practiced in their home countries. In a questionnaire, one Arabic migrant woman shared her personal experience of improved health since starting sports. Prior to joining Monaliiku and participating in sports and body movements, she had struggled with issues like poor blood circulation, difficulty breathing, and high blood pressure. However, she now firmly believes that sport has positively influenced her health, nutrition, and overall well-being. Her health has returned to normal, and she no longer experiences heart palpitations.

Furthermore, participating in sports and physical activities positively impacts immigrant women's mental health. Sports help manage stress. According to research, a huge number of people visiting doctors are diagnosed with stress-related illnesses (Malm et al., 2019). The body releases endorphins, brain chemicals responsible for relieving pain and stress through exercising. Participating in

sports also helps reduce anxiety and depression. Besides, it is important to note that participating in sporting activities is an effective coping strategy, helping immigrants to take on challenges and stressors they may face during the integration process (Janssens & Verweel, 2014).

Based on the research, it is evident that while many people engage in sports for various reasons, there is a significant portion of immigrant women three quarters who prioritize sports for their health and well-being.

7.7. Integration and Social Cohesion

Monaliiku Ry plays a crucial role in promoting inclusion in Finland by organizing various sports events and programs. They offer platforms for individuals with immigrant backgrounds to participate in sports alongside their peers. This helps break down barriers and fosters a sense of belonging and acceptance within Finnish society. Monaliiku works in collaboration with different sports clubs, camps, and organizations to ensure that individuals from immigrant backgrounds have access to inclusive sports facilities and programs. They aim to create an environment where everyone, regardless of their abilities, can participate in sports and physical activities. (Monaliiku, 2020)

In addition to organizing events, Monaliiku provides support and guidance to individuals who aspire to pursue sports at a competitive level. They offer coaching, training, and mentorship programs to help these individuals develop their skills and reach their full potential. Monaliiku's efforts in promoting sports inclusion have had a significant impact on the lives of individuals with immigrant backgrounds in Finland. By providing opportunities, support, and advocacy, they help these individuals integrate into society, gain confidence, and experience the numerous physical, mental, and social benefits that sports participation offers (Bontenbal & Lillie, 2019).

Monaliiku plays a crucial role in promoting inclusion in Finland by organizing various sports events and programs. They offer platforms for individuals with immigrant backgrounds to participate in sports alongside their peers. This helps break down barriers and fosters a sense of belonging and acceptance within. In the chat below, when asked about the inclusion of immigrant women in sports, 14 participants expressed that they feel highly included in society. They believe that participating in sports has allowed them to overcome barriers and be welcomed into Finnish society.

However, a small percentage of participants reported varying degrees of inclusiveness, implying that they may not feel as strongly included in Finnish society. The findings highlight the importance of continuous efforts to promote a sense of belonging and integration for all individuals, regardless of their gender or background. In conclusion, the study emphasizes that, although the majority of immigrant women respondents feel highly included in Finnish society, there is still work to be done to ensure that every member of the community feels valued and integrated.

8. CONCLUSIONS

As nations make significant steps towards embracing diversity and multiculturalism in the contemporary world, they face one challenge: integrating populations into host societies (Adler et al., 2018). Finland, a nation with a growing immigrant population, acknowledges the significance of fostering immigrant social integration and inclusion.

Sport has had a significant influence on immigrants, serving as a means of inclusion and fostering a sense of togetherness. Immigrant women now see themselves as part of the welcoming country, feeling empowered and having a sense of belonging. Sport has played a crucial role in boosting their self-esteem and promoting inclusion.

Many immigrant women highly recommend sports as a tool for integration and inclusion, as they have been able to successfully integrate into Finnish society from 2019 to 2023. The impact of sports has improved significantly during this period, with the establishment of sports centers and the involvement of NGOs like Monaliiku in organizing outdoor activities. To ensure accessibility, sports activities are organized in easily reachable areas, minimizing the need for long-distance travel. In some cases, transportation is provided for groups with limited resources, such as newly arrived immigrant women who cannot afford mainstream gyms and sports centres.

The active participation of migrant women in sports is often influenced by parents and spouses. Raising awareness about the importance of sports for health, well-being, and life skills is crucial. Through sports, women challenge gender roles and norms, providing positive role models and promoting gender equality (Malm et al., 2019).

However, there are challenges related to religion and culture that need to be addressed. Providers of sports and physical activities should be more accepting of different religions, particularly for Muslim women who may face discrimination or lack of understanding regarding their clothing, privacy, and single-sex provisions.

Language barriers also pose challenges, but migrant women are encouraged to take Finnish language classes to facilitate communication and potentially improve job prospects. Language proficiency can play a significant role in overcoming employment-related challenges, and difficulties in communicating with team member

Overall, sports have proven to be a powerful tool for integration and inclusion among immigrant women, but ongoing efforts are needed to address specific barriers and ensure equal opportunities for all.

9. DISCUSSION

Beyond their recreational and physical benefits, sports have emerged as vital tools aiding social integration and inclusion (Janssens & Verweel, 2014).

In contrast to the existing thesis that predominantly focuses on researching the challenges faced by immigrants in sports, my thesis takes a different approach by examining the potential of sports as a means of social integration and inclusion. Through my research, I conducted surveys to gather data on the experiences and perceptions of immigrant women regarding sports. The findings suggest that sports can be viewed as a fundamental tool for facilitating the integration of immigrants into Finnish society. By breaking down barriers and utilizing sports facilities and activity centers, awareness of sports as a powerful tool for social integration and inclusion among immigrant women in Finland can be enhanced (Janssens & Verweel, 2014).

According to a study by Smith et al. (2019), The existing literature on immigrant integration through sports primarily emphasizes the obstacles and difficulties encountered by immigrants in sports participation. These studies often focus on issues such as language barriers, cultural differences, and discrimination, which hinder the full integration of immigrants into the host society. For Example let's imagine a women's exercise team in Finland, where the dominant languages are Finnish and Swedish. Maria, a player who recently immigrated from an English-speaking country, has limited proficiency in Finnish. During team practices, Maria finds it difficult to understand the instructions given by the sport director and struggles to effectively communicate with her teammates. Additionally, she has trouble comprehending the strategies and tactics discussed during training sessions. This language barrier becomes a hindrance to her full participation and optimal performance on the field. Despite her skills and potential, Maria's performance may be negatively impacted due to the challenges she faces in understanding the language used in the sports setting.

While these challenges are undoubtedly important to address, my thesis seeks to shift the focus toward the positive impact that sports can have on immigrant women's social integration and inclusion. One example of an organization that has worked tirelessly to reduce all types of discrimination in sports is Monaliiku. They offer various activities like Fit4Life, which focuses on health education, reducing language barriers, combating discrimination, and enhancing the quality of life for multicultural women. (Monaliiku, 2020)

Additionally, Monaliiku organizes activities such as handcrafts, hiking, and outdoor trips to create a safe and inclusive environment for everyone. Regarding cultural differences, another example is that Monaliiku emphasizes respect and encourages open communication between service users and sport directors. They provide tasks that promote interaction and discussion about different traditions, religions, activities, and cultural symbols. This allows the women to share knowledge and gain insights into various cultural customs.

By examining the experiences and perspectives of immigrant women in Finland, my research has highlighted the potential of sports as a catalyst for social integration and inclusion. The data collected through surveys provide valuable insights into the ways in which sports can break down barriers and foster a sense of belonging among immigrant women. The findings suggest that sports can serve as a platform for building social connections, developing language skills, and promoting cultural understanding.

One of the key findings of my research is the role of sports facilities and activities centres in facilitating the awareness and engagement of immigrant women in sports. These facilities like Monaliiku ry provide a welcoming and inclusive environment where immigrant women can participate in various sports activities. By offering accessible and culturally sensitive programs, sports facilities can attract and engage immigrant women, thereby promoting their social integration and inclusion.

Furthermore, my research highlights the importance of collaboration between various stakeholders, including sports organizations, and other NGOs, in maximizing the impact of sports as a tool for social integration and inclusion. Partnerships with work-life partners, such as Helsinki City can provide support in terms of flexible schedules, and transportation options. Collaboration with other NGOs that focus on sports for immigrants can leverage their expertise and resources to expand the reach and impact of sports programs for immigrant women.

Language support also emerges as a crucial factor in facilitating the social integration and inclusion of immigrant women in sports. By offering language classes or interpreters, sports organizations can help immigrant women overcome language barriers and actively participate in sports activities. This not only enhances their language skills but also fosters a sense of belonging and empowerment.

Cultural competence training for sports instructors, coaches, and staff is another important aspect highlighted in my research. By promoting cultural understanding and sensitivity, sports organizations can create an inclusive and respectful environment for immigrant women. This can help them feel valued and accepted, leading to increased participation and social integration.

Peer support networks and mentorship programs are also identified as effective strategies for promoting social integration and inclusion among immigrant women in sports. By connecting immigrant women who have successfully integrated through sports with newcomers, these networks provide guidance, support, and role models.

This peer support can be instrumental in helping immigrant women navigate the challenges they may face and develop a sense of belonging within the sports community.

In conclusion, my thesis contributes to the existing literature by highlighting the potential of sports as a tool for social integration and inclusion among immigrant women in Finland. By examining the experiences and perspectives of immigrant women, the research emphasizes the positive impact that sports can have in

breaking down barriers, fostering social connections, and promoting cultural understanding. The findings underscore the importance of collaboration between various stakeholders, language support, cultural competence training, and the establishment of peer support networks. By implementing these strategies, sports organizations and stakeholders can enhance the impact of sports as a means of social integration and inclusion for immigrant women in Finland.

10. PROFESSIONAL DEVELOPMENT

Overall, writing this thesis has provided me with valuable insights into the role of sport in promoting social integration and inclusion among migrant women. It has also highlighted the importance of multicultural organizations, such as Monaliikury, in facilitating the participation of multicultural women in sports and improving their overall well-being. Studying at Diakonia-ammattikorkeakoulu has further enhanced my understanding of the benefits of living in a culturally diverse country and the importance of engaging with different cultures and religions. I have learned to approach these differences with curiosity and respect, rather than relying on stereotypes or assumptions. This has been a valuable lesson in effective communication and understanding. In terms of research skills, this thesis has allowed me to gain experience in qualitative research methods and thematic analysis. I have learned how to collect and analyse data, as well as transcribe and review literature. Additionally, I have become more aware of the ethical considerations involved in research, such as obtaining consent and respecting copyright and privacy.

The curriculum and course modules at Diakonia-ammattikorkeakoulu have also played a significant role in shaping my professional interests. Through studying topics such as community development, diversity in multicultural works, and participatory work, I have developed a strong passion for working with migrant groups, particularly women and girls in the field of sport and lifestyle. Mental health and well-being have emerged as key areas of focus for me. In terms of my future career, this thesis and my studies on migrant women groups have provided me with a clear direction. I am now motivated to pursue a career in social work, Community work, and social services with a focus on promoting social change, empowerment, and liberation. I believe that social work, with its emphasis on

social justice, equality, human rights, and respect for diversity, aligns perfectly with my values and aspirations.

In conclusion, writing this thesis has been a transformative experience. It has deepened my understanding of the role of sport in social integration and inclusion, enhanced my research skills, and clarified my professional goals. I am excited to continue my journey in social work and contribute to creating a more inclusive and equitable society.

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11. APPENDIX 1. Questionnaire Survey translates

1. How old are you?

- 53 responses
- a. 18 to 25
- b. 26 to 35
- c. 36 to 45
- d. Below 45
- e. 50 and above

2. what gender do you identify as?

- a. Woman
- b. Man
- c. Non-binary
- d. Prefer not to say

3. how long have you lived in Finland?

- a. 0 to 2 years
- b. 3 to 5 years
- c. 5 to 10 years
- d. 10 to 20 years.
- e. 20 and above

4. are you active in any spots?

- a. Yes
- b. No

c. Maybe

5. how often do you participate in sports?

a. Once a week

b. Once a month

c. Seasonal, during winter are doing summer

d. Yearly

e. Never

6. What sports related activities are you actively involved in?

a. shadowboxing 2

b. karate 0

c. physical exercise, Aerobics 25

d. hand ball 2

e. football 2

f. dancing 8 people

7. do you think migrants women are active in sports in Finland?

51 responses

a. maybe 36

b. I don't know 9

c. I'm not sure 6

8. what motivates you to continue being active in sports?

51 response

a. physical fitness

b. learn finish

c. opportunity to socialize

- d. Blending the Finnish culture
- e. learn new skills.
- f. gain strength
- g. improve health and well-being
- h. others

9. Are there any challenges that the migrants women face while participating in sports in Finland?

48 responses

- a. Language barrier
- b. practices related to religion
- c. Cultural norms, and value
- d. lack of skill
- e. discrimination
- f. whether
- g. lack of time
- h. gender, stereotypes, and gender inequality
- i. family roles and responsibilities

10. How likely are you to continue participating in sports with Monaliiku?

52 responses

- a. extremely likely
- b. very likely
- c. some more likely

- d. Not so likely
- e. not at all likely

11. how is your experience about participating in sports with all the migrants?

12. What information of you been able to gain while supporting in Monaliiku thatl've helped you in your finish society confidence?

- a. Empowering knowledge
- b. Sport inclusion
- c. Recreational physical activities
- d. Social contact
- e. Improved well-being
- f. Confidence

13. What is the best knowledge you've gone from your sport instruction since yougot involved in sports in Finland?

14. would you recommend sport as a means of inclusion to newly arrivedimmigrant to Finland

15. thank you for sharing your time with us on a scale of 1 to 10. How strongly doyou feel included in the finish society?

12.APPENDIX 2. Finnish Questionnaire

- 1) Kuinka vanha olet?
- 2) Minkä sukupuolen määrittelet itsellesi?
- 3) Kuinka kauan olet asunut Suomessa?
- 4) Oletko aktiivinen missä tahansa urheilulajissa?
- 5) Kuinka usein harrastat urheilua?
- 6) Mihin urheiluun liittyviin aktiviteetteihin osallistut aktiivisesti?
- 7) Oletkositä mieltä, että maahanmuuttajanaiset harrastavat urheilua Suomessa?
- 8) Mikä motivoi sinua jatkamaan aktiivisuutta urheilussa?
- 9) Onko Suomessa haasteita, jotka haittaavat maahanmuuttajanaisten osallistumista urheiluun?
- 10) Kuinka todennäköisesti jatkat urheilua Monaliikun kanssa?
- 11) Millainen on kokemuksesi urheiluun osallistumisesta muiden maahanmuuttajanaisten kanssa?
- 12) Mitä sellaista tietoa olet saanut Monaliiken urheilusta, joka on auttanut sinuasuomalaisessa yhteiskunnassa?

13) Mikä on paras tieto, jonka olet saanut liikunnanohjaajiltasi sen jälkeen, kun olet aloittanut urheilun Suomessa?

14) Suositteletko urheilua tapana kotoutua juuri Suomeen saapuneille maahanmuuttajille?

15) Kiitos, että jaoit aikasi kanssamme. Kuinka vahvasti koet kuuluvasi suomalaiseen yhteiskuntaan asteikolla 1