

SUSTAINABLE ACHIEVEMENT OF PEACE THROUGH SPORTS ACTIVITIES

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Abstract

The study aims to verify the case studies of sustainable development, achieving peace through physical and sports activities in countries emerging from inter-ethnic conflicts, socialization and building relationships between communities using the methodology of effective implementation of sports activities and games in particular. The development of stability to connect people through sports has been achieved in several cases in the world, where after the resolution of inter-ethnic conflicts, the peace process has played an important role which has united dozens of children who played football together. The design of special programs, as well as the construction of adequate strategies to use sport as a means of ending conflict, building peace between people and its sustainability through sports activities. The study is defined in the sustainable achievement of peace through physical activity and sports as a proven treatment of building bridges between people, building friendly relations and tolerance, it is recommended that such studies to be carried out throughout the world and these recommendations attack the whole world because there are of particular importance.

Keywords: Pace, Sports Activities, Sustainable, achievement

I. Introduction

Physical education and sports in society play an important role which leads to the development of basic skills for life, towards raising the capacities of young people to enable them to develop their constant skills independently (Brettschneider, 1999).

The lifestyle today has become very passive for young people as the great and rampant influence of cyber technology has affected the low level of physical activity and the increase of obesity among young people. The role of physical education and sports activities should influence their active lifestyle by increasing the level of physical fitness, which also contributes to the overall cognitive, social, and emotional development in their lives.

Sports activities have a wider spectrum than physical education because can affect social life in the community, by creating closeness and harmony in a society that has had inter-ethnic problems in the past, creating understanding, unity and tolerance in coexistence, peace and interethnic understanding.

The integration of sport in post-conflict emerging communities can be effective if they are sustainable, its accessibility can be considered in the principles and benefits of physical education and sport over time.

Research in this field has been done continuously studies by various institutions around the world which have then given recommendations and developed various programs such as the

International Olympic Academy (IOA), International Olympic Committee (IOC), European Olympic Academy (EOA), European Olympic Committee (EOC), Fédération Internationale de football association (FIFA), Union of European Football Associations (UEFA) and many non-governmental organizations that deal with research in countries that have gone through wars or even in those where war is present.

To achieve stability of peace through sports activities in war-affected countries, it is necessary to have high cooperation between these international sports organizations as well as other personalities of the political factor. These collaborations can provide additional expertise and resources for the possibility of improving relations in society where some research papers have defined using physical activity and games as a goal to achieve sustainable development (Richards et al., 2013).

Analyzing all the opportunities and case studies that are part of international organizations such as the World Olympic Games, and the World Championships in Football, Basketball, and various sports, there is a real potential for change from the state of war to peace, which through sports activities it can also affect the achievable sustainability of peace and tolerance between communities within a country or even wider.

II. Methods

The research method of this study is the verification of case studies of sustainable development, achieving peace through physical, and sports activities in countries emerging from inter-ethnic conflicts, socialization and building relationships between communities by using the methodology of effective implementation of sports activities and games in particular.

III. Attainable and Sustainable

The sustainable achievement of peace between communities can be done through physical activity or through games, such events can also affect the establishment of social and cultural relations which during the competition can create friendship, trust towards each other, economic relations which affect sustainability of peace and stability in that region (Ameti et al., 2022).

Human rights in times of war in the context of the Olympic mission were discussed also at the Congress of the European Olympic Academies in the session "Peace, war and human rights" in Vilnius (2023), where we presented the research papers of several authors, who presented the impact of the war between Russia and Ukraine on sports activities, who gave clear messages of the moral obligation to protect sports values and have a sustainable program in the development of sports activities (EOA, 2023).

However, the development of sustainability to connect people through sport has been achieved in several cases in the world where after the resolution of inter-ethnic conflicts the peace process has played an important role such as in the case of the football project "Open Fun Schools" in Bosnia and Herzegovina which brought together dozens of children who then played football together (Gasser&Levinsen, 2004).

As an alternative, are offered and other examples of conflict resolution and sustainable peace development through sports activities (Woodhouse, 2010; Ravizza, 2011; Giulianotti and Armstrong, 2011), from their case studies they show the ways of building relationships and the development of peace through sports activities.

The Convention on the Rights of the Child (1989) clearly defines the “right to sport” which refers to an attainable and sustainable standard of physical and mental health, as well as the Universal Declaration of Human Rights (1948), and many programs of various international organizations justify the use of sport for the development and sustainability of peace in their programs.

The involvement of the community in sports activities through events such as the involvement of parents, experts in the field, and partnerships between local and national sports organizations give sustainable responsibility to the promotion of achieving the inclusion of communities and addressing social, economic, and inter-ethnic issues through sport.

IV. Peace through sports activity

The right of a society to develop peace in its country is unjustifiable, the case studies analyzed earlier show the practices that play an important role in building inter-ethnic relations and the most efficient way is sport and physical activity which creates bridges of friendship and in some cases even the cessation of conflicts between the two countries.

The concept of building peace through the idea of using sport is not something new, but it existed in the time of ancient Greece with the establishment of an Olympic Truce (Ekecheiria), which aimed to temporarily stop the war between the city-states of the Peloponnese during the celebration of the Olympic Games and has been made possible to athletes, spectators, and their families to move freely from their countries of origin (IOC, 2009). We can also give another example from (Woodhouse, 2009) of the conciliatory character during the First World War in 1974 where German and English troops stopped hostilities, exchanged gifts, and played football (Ameti et al., 2022).

In recent years, sport has been used significantly at the political and public level to resolve conflicts in post-war societies. Also, sport is an important tool for promoting peace, and tolerance, it can unite people of different cultures, ethnicities, races, and religions by promoting values such as respect, honesty, and cooperation.

Peace through sports activities is linked together to help individuals, ethnic groups, or even populations to be the focus of positive changes in society (Coakley, 2011; Mitchell et al. 2020; Hozhabri et al., 2022).

The design of special programs, as well as the construction of adequate strategies to use sport as a means of ending conflict, building peace between people, and its sustainability through sports activities.

It is more than necessary that such initiatives by international-level organizations react as quickly as possible in order not to discriminate against multiple generations and to pass a long time, and there will be loss in population, destruction of sports infrastructure, etc.

Conclusions

Analyzing all the initiatives and developments from ancient Greece until now shows a will to build peace and avoid conflicts between communities, the paths that lead to the cessation of conflicts between people every time are those that originate from political initiatives, while the main component of peace building after conflict and joint involvement in its sustainability is sport, through sports and games the most encouraging ways have been shown in building peace and tolerance as well as in its sustainability.

The definition of this study is to prove that the will to build peace and inter-ethnic tolerance around the world is physical activity and sports through which should be built agendas, strategies, and programs which promote peace and its stability, inter-ethnic and inter-religious tolerance which can play a key role in uniting people and their mutual cultures.

Sport and sustainable sports programs can promote human rights in every corner of the world among young people as well as equal gender rights which can be established as a standard for a better social and economic life. Through sport, peace and its sustainability can be a function of awareness and well-being to bring people together and bring coexistence to their countries.

The study is defined in the sustainable achievement of peace through physical activity and sports as a proven treatment of building bridges between people, building friendly relations and tolerance, it is recommended that such studies to have as many as possible throughout the world and these recommendations to attack the whole world because it is of special importance.

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