

Public Abstract

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Title:Understanding the influence of social responsibility educational interventions on the empowerment of female student-athletes: A case study using consensual qualitative research

At a time when socially irresponsible behavior, alcohol abuse, and relationship and sexual violence are particularly prevalent on college campuses, empowering female student-athletes to live their best lives regardless of societal expectations is a vital pursuit for intercollegiate athletic departments and academic service professionals. Therefore, female student-athletes who participated in a social responsibility educational intervention were interviewed to explore their experiences of the program and to understand its influence on their experiences of empowerment. Using consensual qualitative research, five domains were revealed: perception of psychological empowerment, perception of social empowerment, perception of physical empowerment, perception of biggest takeaways, and experience of program. Findings illustrate the importance and value of lighting a fire within a woman who believes in herself, who can act upon those beliefs, and who can build community around those beliefs. Findings also reveal a medium through which athletic department leaders can advance their efforts to empower female student-athletes through educational and personal development opportunities.