Relational Intersection of Youth Sport Participation and Identity Development

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Abstract

Youth sport has continued to grow in attraction, particularly in the United States. Many youth, at younger and younger ages, are entering the confines of sport yet expansive research is still lacking in fully exploring the many facets that are a part of youth sport participation. It is of the upmost importance that research in this area is conducted, as youth are participating in sport at a significant time in their growth and development. Youth development is not only impacted by internal processes but also through experiences, such as sport. This analysis explores the positive, neutral, or negative relationship of identity development with sport participation in the hopes of bringing awareness and understanding to the relationship of youth sport participation on the development of youth.