

Sport and socio-educational intervention: impact on well-being and social capital in socioeconomically disadvantaged communities

Deporte e intervención socioeducativa: impacto en el bienestar y capital social en comunidades con desventaja socioeconómica

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Abstract

Community development includes various areas of approach such as health, sports, among others, which seek to improve the living conditions of individuals or groups in a specific context. In this sense, some institutions generate interventions through strategies such as sports or nutritional care. In view of this, the objective of this research was to analyze the influence of interventions carried out by two non-governmental organizations on the psychological well-being and social capital of two populations living in socioeconomically disadvantaged areas in Colombia. The research was of a quantitative transversal explanatory type, carried out with 257 participants of the entities that implement social interventions. Ryff's Psychological Well-Being Scale and Cardozo and Cortés' Social Capital Measurement Scale were applied. The results showed that communities perceive greater identification with food-based interventions; in contrast with those that base their actions on the implementation of long-term strategies based on sports. This raises the question of the effect of interventions that meet basic needs such as food, over other types of interventions that focus on community and personal strengthening.

Key words: Soccer, nutrition, community development, poverty.

Resumen

El desarrollo comunitario contempla diversas áreas de abordaje como, salud, deporte, entre otras, que buscan mejorar las condiciones de vida de personas o grupos en un contexto específico. En este sentido, algunas instituciones generan intervenciones a través de estrategias como el deporte o la atención nutricional. Atendiendo a esto, el objetivo de la presente investigación fue analizar la influencia de las intervenciones realizadas por dos organizaciones no gubernamentales, en el bienestar psicológico y el capital social de dos poblaciones que viven en zonas de desventaja socioeconómica en Colombia. La investigación fue de tipo cuantitativa transversal explicativa, realizada con 257 participantes de las entidades que implementan intervenciones sociales. Se aplicó la Escala de Bienestar Psicológico de Ryff, y la Escala de medición del Capital Social de Cardozo y Cortés. Los resultados evidenciaron que las comunidades perciben mayor identificación con las intervenciones basadas en la alimentación; en contraste con aquellas que basan sus acciones en la puesta en marcha de estrategias a largo plazo basadas en el deporte. Se plantea la reflexión respecto al efecto que produce las intervenciones que satisfacen necesidades básicas como la alimentación, por encima de otro tipo de intervenciones que se concentran en el fortalecimiento comunitario y personal.

Palabras claves: Fútbol, nutrición, desarrollo comunitario, pobreza.



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Introduction

The United Nations Development Programme (UNDP) stated in its 2021/22 Human Development Report that poverty and social inequalities worsened after the COVID 19 pandemic (United Nations Development Programmer [UNDP], 2022). This is how having conditions of inequality blocks progress, and the distribution of opportunities among children and/or minors (UNDP, 2019).

According to Gutiérrez et al. (2020), individuals or members of a family group face a situation of socioeconomic disadvantage when they do not reach the indicators that measure multimodal poverty (health, education, basic household needs, and access to public services). To counteract this scenario, actions are required to reduce the impact of difficult issues such as inequality, community disintegration, marginalization, lack of knowledge of rights, lack of education, among many other situations (Aguirre et al., 2019). Hence the importance of generating intervention processes that seek to change, modify or transform social dynamics (Trujillo & Palacios, 2020) and to do so, it is necessary to project, plan, generate contributions that promote community autonomy (Avello et al., 2017; Sánchez, 2015).

In community spaces, intervention processes generate a significant impact on the improvement of people's quality of life; however, it is important to carry out evaluation processes that follow up on the results achieved (Turizo-Palencia et al., 2021). In this regard, Sevil-Serrano et al. (2020) state that the entities that generate intervention processes must be clear about how to promote development and how to achieve the desired results in coherence with the methodologies they use.

Meanwhile, Montero (2004) indicates that the lack of understanding among the intervening agents regarding non-assistential interventions becomes a factor that affects the outcomes of the entities' actions. This is associated with what Cruz (2017) found when analyzing the discourse of project participants concerning their conceptions of the intervention, where both users and intervening agents perceived this process as a top-down action, a vision that is linked to the population's expectancies of assistance. Such assistential interventions trigger feelings of gratitude in people (Landini, 2013) and reciprocity (Canals, 2002), impacting the way such interventions are perceived.

Similarly, it is necessary to consider the conditions of vulnerability within a community because they have a direct impact on socio-economic development, mental health, and interpersonal relationships (Cardozo et al., 2018).

Important aspects in community intervention: Psychological well-being and social capital

Well-being and social capital are part of the dimensions of community progress (Alzugary et al., 2021). Well-being is conceived as a state that promotes individual satisfaction,

and at the same time, it is a factor that enhances the development of actions to address social issues (Amar et al., 2013).

Similarly, it has been emphasized by the World Health Organization (WHO) (2022) as a factor that influences mental health and has an impact on the fulfillment of human rights and the improvement of the quality of life. In other words, the mental suffering of individuals hinders human development by limiting their capacities to transform their realities (UNDP, 2022).

In this regard, psychological well-being is highlighted as a key aspect of mental health, which refers to the ongoing development of individuals' potentials and encompasses the following dimensions proposed by Ryff (1989): self-acceptance, which pertains to feeling good about oneself, being aware of one's limitations; positive relationships with others, associated with the ability to establish bonds based on trust and affection; autonomy, which relates to individuals' capacity for self-determination; environmental mastery, linked to the ability of individuals to direct their lives according to their interests; purpose in life, referring to setting objectives that give meaning to one's life; and personal growth, associated with the constant pursuit of developing one's capabilities. This framework allows for self-evaluation in various areas of one's life, recognizing both positive and negative qualities reflected in interactions with others and the general environment that surrounds them (Reche García et al., 2022).

On the other hand, social capital focuses on social relationships, centering on the web that lies between the individual and the social structure (González, 2009). It can be observed in both community and organizational contexts, which serve as significant support systems in situations of vulnerability (Cardozo Rusinque et al., 2017).

On a cognitive level, this construct is comprised of the dimensions of trust, cooperation, and reciprocity. Trust is related to the belief that others will not seek to harm but, on the contrary, contribute to one's well-being (Cardozo-Rusinque et al., 2018a). Cooperation is the action directed toward achieving common goals. Reciprocity involves an exchange of benefits (Cardozo-Rusinque et al., 2018a).

At the structural level, social capital comprises the dimensions of civic engagement, which is related to adherence to a group with shared social norms (Cardozo-Rusinque et al., 2018b); social networks; and community support.

Regarding the relationship between social capital and mental health, it has been established that there is a connection between them, and social capital has a beneficial effect on people's mental health by promoting the creation of trusting relationships, developing human potential, and fostering hope for the future of society (Cardozo Rusinque et al., 2017).

In Colombia, various non-governmental organizations implement intervention processes related to psychological well-being, social capital, and other aspects associated with social development. These processes are carried out through methodologies that aim to address basic needs, such as nutrition, becoming a meaningful action that promotes change and motivates diverse population groups (adults, adolescents, children) to contribute and be active in their social transformations. For other organizations, sports become a practical and strategic tool for addressing various situations, especially with children and adolescents. In this way, sports are promoted as a fundamental strategy for personal, family, and social-community development, seen as a social agent that self-promotes change with significant motivational effects on the education of children and adolescents and a strong influence on their self-esteem (Ferriz et al., 2020; Martínez de Ojeda et al., 2021; Moral et al., 2021). Similarly, regular sports events can generate positive sociocultural impacts related to a sense of belonging, identification, and pride in a community (Parra-Camacho et al., 2021).

In this regard, there is evidence regarding the effectiveness of sports programs on personal and social skills in children and adolescents. Menéndez and Fernández (2016) conducted research to measure the impact of a sports education model and a personal and social responsibility model on adolescents. They found that the combination of both pedagogies significantly improved their attitudes towards violence, social responsibility, competition, and their relationships. Along the same lines, Koon et al. (2017) conducted a study on the implementation of a values-based training program in physical education and sports. The results indicate that the participating adolescents learned about values such as resilience, commitment, and respect. Additionally, their parents reported how their children applied these values at home.

In light of this context, the aim of the present research was to analyze the influence of interventions conducted by two non-governmental organizations on the psychological well-being and social capital of two populations residing in socioeconomically disadvantaged areas in Colombia. Both interventions seek to bring about personal and social changes in children, youth, and adults through different methodologies: one based on soccer, and the other on nutritional support.

Thus, this study investigated the impact of these strategies on psychological well-being and social capital. In this way, this study contributes to knowledge from an evidence-based model regarding the effectiveness of social programs and how they contribute to the well-being and development of communities, as there is limited literature on this topic in the scientific literature. At the same time, this research becomes input for strengthening social intervention programs that use strategies such as nutrition and sports to have a positive impact on the quality of life in these communities.

Method

The present quantitative research is an explanatory cross-sectional study that analyzed the impact of two non-governmental organizations implementing different methodologies to generate processes of change at the personal and social levels in children, youth, and adults living in socioeconomically disadvantaged areas. The study focused on assessing the psychological well-being and social capital of a sample of individuals who benefited from the implemented interventions. One of the organizations uses soccer as its method, while the other employs psychosocial activities and nutrition.

Participants

The research was conducted in the city of Barranquilla and its metropolitan area. This study was carried out with two organizations located in socioeconomically disadvantaged areas, providing psychosocial intervention programs. The sample was intentionally selected based on the research objectives. A total of 122 individuals (85.5% women) participated from one organization, with ages ranging from 18 to 60 years ($M = 37.21$ $SD = 10.46$), and 135 individuals (82% women) participated from the other organization, with ages ranging from 18 to 70 years ($M = 36.09$ $SD = 11.79$). All participants provided consent regarding the study's objectives. Inclusion criteria considered individuals who were parents or guardians of children and adolescents participating in the organizations' programs and were also actively involved in one of the organizations' programs.

Procedure

This research arose from the mutual interest of both organizations in understanding the impact of their programs on the participants. They aimed to obtain evidence-based information to enhance their intervention processes. Both organizations seek to foster personal and social change in children, youth, and adults. One of the organizations employs soccer as a tool for personal and community strengthening, while the other focuses more on providing nutritional support within communities.

The data were collected between the years 2019 and 2020. Given the socioeconomic conditions of the participants and the proximity of their residences to both organizations, it was decided to administer the instruments within the organizations' facilities without the presence of their staff to ensure data confidentiality and freedom in responding to the questions. The recruitment of the selected sample for data collection was carried out with the support of both organizations. On the day of data collection, all participants were informed about the procedures to be conducted, including their right to withdraw from the study at any time, and they provided written informed consent. This study had the approval

of the scientific council and ethics committee of the university that conducted the study, and all procedures followed the Declaration of Helsinki revised in Brazil, 2013. The data were collected anonymously.

Upon completing the study, results were shared through information dissemination sessions with the aim of providing the organizations with insights to enhance their intervention processes. A protocol for impact assessment was also provided to them, enabling them to conduct regular evaluations that allow them to analyze the progress of their actions and the participants' perception of these initiatives.

Instruments

-Psychological Well-Being Scale, made by Ryff in 1989: It consists of 29 items that measure the five dimensions of psychological well-being. The scale corresponds to a Likert-type instrument with 6 response options ranging from "strongly disagree" to "strongly agree". The dimensions of the scale show good internal consistency with *Crombach's a* values between .71 and .83, except for personal growth whose consistency is only acceptable ($\alpha = .68$).

-Social Capital Measurement Scale EMCASO, conducted by Cardozo and Cortés, in 2018 with Colombian population: The instrument has 63 items, which are distributed in three subscales that measure cooperation, reciprocity and trust. In turn, it is evaluated in relation to the contextual level in three scenarios: family, community, and grassroots social organizations. The instrument is Likert-type, with 4 response grades ranging from "definitely no" to "definitely yes". The *Crombach's a coefficient* of the scale was .965.

Data analysis

The statistical analyses were conducted using the R Core Team (2020) software and the ULLRToolbox (Hernández-Cabrera, 2023). To determine the impact of the interventions on psychological well-being and social capital, we carried out a Split-plot ANOVA. The effect on psychological well-being was estimated through a 2x6 factorial design, with the between-subject factor being

Group (Soccer vs. Nutrition), and the within-subject factor being Well-being, comprising six levels: self-acceptance, positive relationships, autonomy, environmental mastery, personal growth, and purpose in life. For the effect on social capital, we employed a 2x3x3 factorial design, with the between-subject factor being Group (Soccer vs. Nutrition), and two within-subject factors, Domain, with three levels: cooperation, reciprocity, and trust; and Context, with three levels: family, community, and organization. Each analysis was performed considering Mauchly's sphericity test (Mauchly, 1940). Therefore, violations of sphericity were corrected whenever the test yielded significant results. A significance level of $p \leq .05$ was set to consider differences between means as statistically significant. The alpha level was adjusted considering the Greenhouse-Geisser epsilon as it is the most conservative correction.

Results

Below are the results by scale for the participant groups from both organizations: the one that focuses its intervention on nutritional support, hereafter referred to as the "Nutrition Group," and the one that bases its intervention on soccer, hereafter referred to as the "Soccer Group."

Psychological Well-Being

The ANOVA revealed a main effect of Group, $F(1,251) = 66.27, p < .001, \eta^2 = 0.66$, where the Nutrition Group showed higher scores in psychological well-being (4.6 vs. 4.07). We also found a main effect of the Well-being factor, $F(5,1255) = 148.18, p < .001, \eta^2 = 0.20$, with scores, regardless of the group, being higher in the dimensions of purpose in life, followed by self-concept, environmental mastery, personal growth, positive relationships, and autonomy, respectively. Furthermore, the interaction between the Group and Well-being factors was significant, $F(5,1255) = 11.81, p < .001, \eta^2 = 0.25$, where the Soccer Group obtained lower scores in all 6 dimensions of psychological well-being, with the most significant differences observed in the environmental mastery dimension ($t(987) = -1.06, p < .001$), followed by purpose in life ($t(987) = -0.69, p < .001$), positive relationships, self-acceptance, autonomy, and personal growth.

Table 1. Mean and standard deviation of the results obtained in the psychological well-being scale

Self-acceptance	Positive relationships	Autonomy	Environmental Mastery	Personal Growth	Life Purpose
4.7 (.54)	3.5 (.84)	3.5 (.74)	4.0 (.67)	4.2 (.60)	4.6 (.59)
5.0 (.81)	4.1 (1.15)	3.9 (1.09)	5.0 (.87)	4.5 (.93)	5.3 (.81)

Source: Own elaboration.

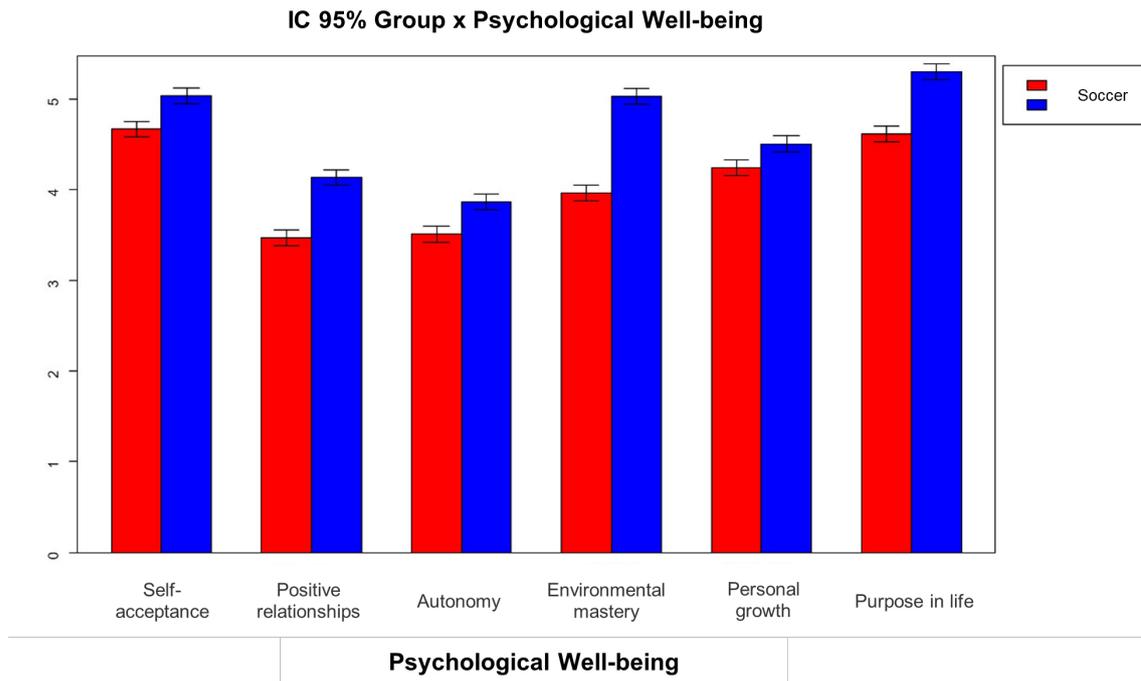


Figure 1. Comparison between groups in different dimensions of the psychological well-being questionnaire. 95% Confidence Intervals

Source: Own elaboration.

Social Capital

In Table 2, means and standard deviations are presented. The ANOVA with the factors Group, Dimension, and Context showed a triple interaction $F(4,984) = 4.71, p < .001, \eta^2 = 0.08$, followed by a double interaction between the Group and Context factor, $F(2,492) = 7.97, p < 0.001, \eta^2 = .04$, and a double interaction between the Domain and Context factor, $F(4,984) = 26.67, p < .001, \eta^2 = 0.009$. Participants in the

Nutrition group rated the project more positively in all contexts and domains compared to the Soccer group. However, these differences were significant in the Community context and the domains of Cooperation ($t(1058) = -0.3, p < .001$) and Reciprocity ($t(987) = -0.13, p < .04$). In the Organization context, the differences were significant in all domains. The impact in the family context did not differ between groups.

Table 2. Means and standard deviations of the results obtained in the social capital scale

Group	Domain	Context		
		Family	Community	Organization
Soccer	Cooperation	3.8 (.3)	3.2 (.5)	3.3 (.5)
	Reciprocity	3.4 (.4)	3.2 (.5)	3.1 (.6)
	Trust	3.7 (.5)	3.2 (.6)	3.1 (.6)
Nutrition	Cooperation	3.8 (.4)	3.5 (.6)	3.5 (.5)
	Reciprocity	3.4 (.4)	3.3 (.5)	3.5 (.5)
	Trust	3.7 (.4)	3.2 (.6)	3.4 (.6)

Source: Own elaboration.

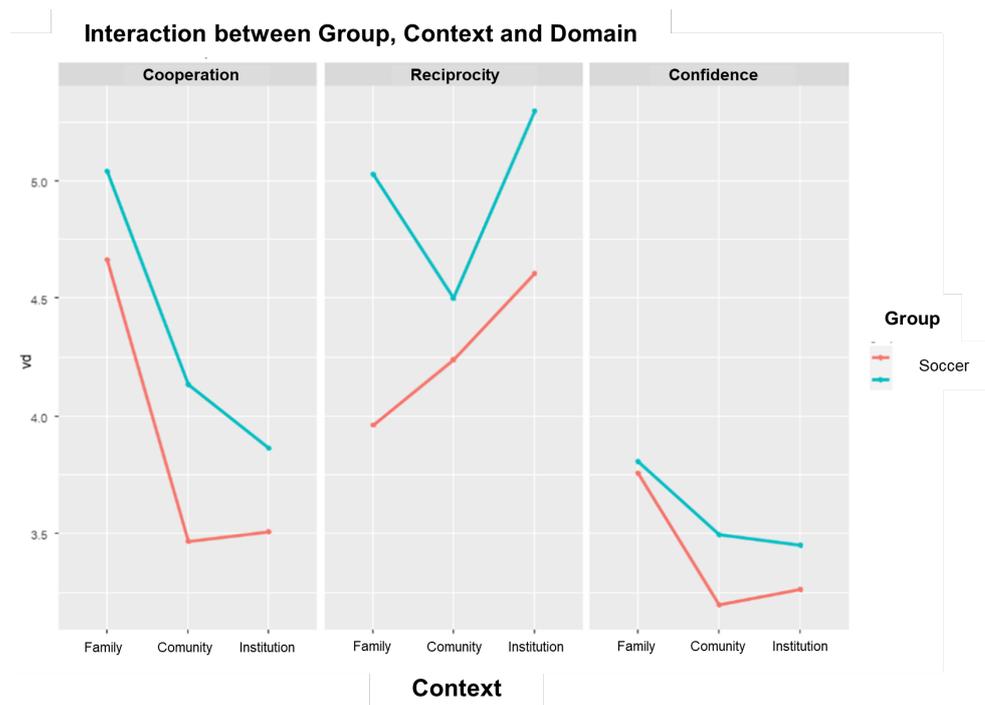


Figure 2. Interaction between the Group, Context, and Domain factors of the social capital questionnaire

Source: Own elaboration.

Discussion

The present study aimed to analyze the influence of interventions carried out by two non-governmental organizations on the psychological well-being and social capital of two populations living in socioeconomically disadvantaged areas. One intervention was based on soccer to enhance personal and community skills, and the other focused on nutritional support.

Regarding psychological well-being, the results suggest that the dimensions of purpose in life, self-concept, environmental mastery, and personal growth show the highest scores for both analyzed groups, reflecting that social interventions based on both nutritional support and sports can, in general, have a positive impact on how individuals project their goals, perceive themselves, create favorable environments for their lives, and seek to develop their potential (Ryff, 1989). These results reaffirm the premise that interventional processes developed by various institutions can contribute to the comprehensive development and well-being of a community, as well as the promotion of healthy behaviors within it (Sevil-Serrano et al., 2020).

Furthermore, in the comparison of the groups, one would expect that the nature of the interventions developed by the organization based on soccer would yield higher results in terms of well-being and social capital. This is because sports are perceived as an effective strategy for the development of personal skills (Menéndez & Fernández, 2016), for promoting values such as resilience, commitment, and respect (Koon et al., 2017), and for

ensuring the sustainability of these actions over time (Ferriz et al., 2020).

However, the highest scores were obtained by the participant population of the organization that focuses its intervention on nutritional support. In the case of psychological well-being, the most significant differences between both groups were observed in the dimensions of environmental mastery and purpose in life. Regarding social capital, these differences were significant in the dimensions of cooperation and reciprocity in the community context, and in the dimensions of cooperation, reciprocity, and trust in the organizational context.

This indicates that participants in the nutritional support-based intervention report greater skills in creating favorable environments to meet their interests and a greater sense that their lives are aligned with their goals (Ryff, 1989) compared to the group whose intervention is based on soccer. This is important because other studies show how psychological well-being is related to optimism (Ferrer, 2020), as well as to the perception of health, self-efficacy, self-esteem, and autonomy (Mesa et al., 2019). This supports the idea that nutritional support is not only essential for physical health but also plays a crucial role in improving psychological well-being and overall mental health (Rico et al., 2022). These results underscore the importance of addressing nutrition as an integral component of health and well-being in general.

Regarding social capital, the results indicate that participants in the nutritional support-based intervention

contribute to problem-solving in their community, actively engage with local organizations, feel they can expect support from their community, are confident that they will receive benefits if they participate in community organization projects, and trust that their local organizations can fulfill their purposes (Cardozo et al., 2018). This is significant because other studies show how social capital has effects on inequality (Del Tredici, 2022), the perception of violence (Guevara & Parra, 2019), and creates greater opportunities for individuals (Ibarra, 2020). These results support the notion that nutritional support not only benefits individual health but can also contribute to the building of stronger and more cohesive communities. This idea is consistent with the findings of Turizo et al. (2021) in their study involving communities in socioeconomically disadvantaged situations, which received a nutritional support-based intervention; their findings indicated that this intervention had a positive impact on promoting social capital and social well-being among participants.

The above suggests that socioeconomically disadvantaged communities prioritize short-term, welfare-based interventions that include food assistance over interventions whose effects may be more long-lasting over time, and that focus more on using sports as a tool for personal and community development. This can be explained based on the premises of Landini (2013), who points out that gratitude is a feeling that arises as a form of reciprocity for the favor received, which is how many communities perceive the interventions they receive in their context. Additionally, the studied component of organizational reciprocity can be taken into account because, in one way or another, communities believe that there is an exchange of favors between the organizations in which they participate. This feeling of receiving a favor can influence their perception of social support and satisfaction with the intervention since it promptly addresses the need and corresponds to the community's urgent demand (Canals, 2002; Pastor et al., 2022). When a community receives nutritional support, they are likely to perceive it as tangible, immediate, and direct assistance, which could generate a sense of gratitude and reciprocity toward the intervention providers. In contrast, the sports-based intervention for personal and community development may not generate the same perception of immediate benefit and, therefore, may not generate the same level of perceived reciprocity.

Therefore, it seems that reciprocity represents a fundamental element in certain welfare interventions. In this regard, Canals (2002) emphasizes that this concept establishes two associated criteria: "1) people should help those who have helped them, and 2) people should not harm those who have helped them" (p. 33). These results are significant as they suggest that participants may be seeking to repay the help they perceive as the satisfaction of a basic need, which, in this case, is being met by the entity that focuses on nutritional assistance.

Regarding this topic, there are studies that focus on the challenges of welfare in community kitchens, debating their role in creating dependency relationships with the community (Dobrée & Quiroga, 2019; Linares & Sairitupac, 2023). Therefore, it is crucial to propose alternatives that comprehensively address the challenges of hunger and poverty, promoting community participation and autonomy (Linares & Sairitupac, 2023).

In the same vein, Montero (2004) indicates that the lack of understanding among intervention agents regarding non-welfare interventions also becomes a factor that affects the outcomes of the entities' actions. This aligns with a study conducted by Cruz (2017) who analyzed the discourse of project participants regarding their conceptions of psychosocial intervention, concluding that both users and intervention agents perceive the intervention as a top-down action, which should extend a helping hand, restore, and shelter, all of which are associated with welfare expectations on the part of the population.

In this sense, it becomes important to actively promote horizontal relationships and a full understanding of the community's reality in the context of intervention (Molina, 2022). This approach aims to strengthen empowerment and social transformation.

Conclusions

The effectiveness of social intervention processes largely depends on the high degree of knowledge and analysis of a community or sector to be intervened, in order to propose actions that gradually and directly influence their socio-economic development. In this sense, well-being and social capital are two fundamental areas in the projection and development of communities since they drive comprehensive processes from individual and group being and doing, contributing to varying degrees to community strengthening.

The strategies and methodologies of community intervention are diverse and serve as a key component in facilitating the active participation of the social actors within a given area. While many organizations focus on addressing basic needs such as nutrition, other actions, such as sports, often provide new ways to tackle social issues. Therefore, addressing these immediate needs, even if it may appear somewhat as assistance, tends to foster a higher willingness to participate within the communities. In many cases, these communities prioritize interventions that, in one way or another, address their most immediate needs, viewing the evaluation processes as reciprocal actions.

Hence, social interventions should employ discourse that emphasizes the existence of horizontal relationships rather than vertical ones. This way, participants in projects and programs can better understand that these initiatives are social dynamics that incorporate institutional and/

or governmental aspects, with the overarching goal of enhancing community well-being and development.

Likewise, it's important to encourage the conduct of research that allows us to verify the impact of social interventions from the evidence-based model.

One of the limitations of this research is that it is defined as a cross-sectional study since the data was collected only once in time. Therefore, it is recommended that future research processes consider collecting information that demonstrates a before and after scenario in the results of the variables.

In this regard, future lines of research on social programs may include the assessment of intervention outcomes over the long term. Additionally, exploring other variables such as quality of life, community empowerment, and social skills could provide insights into the impact of social interventions on personal and community development. It would also be interesting to investigate these variables within interventions that combine both nutritional support and personal and community development tools through sports. Finally, expanding the research by including more sociodemographic variables could offer a more precise explanation of the differences found.

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Deporte e intervención socioeducativa: impacto en el bienestar y capital social en comunidades con desventaja socioeconómica

Sport and socio-educational intervention: impact on well-being and social capital in socioeconomically disadvantaged communities

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Resumen

El desarrollo comunitario contempla diversas áreas de abordaje como, salud, deporte, entre otras, que buscan mejorar las condiciones de vida de personas o grupos en un contexto específico. En este sentido, algunas instituciones generan intervenciones a través de estrategias como el deporte o la atención nutricional. Atendiendo a esto, el objetivo de la presente investigación fue analizar la influencia de las intervenciones realizadas por dos organizaciones no gubernamentales, en el bienestar psicológico y el capital social de dos poblaciones que viven en zonas de desventaja socioeconómica en Colombia. La investigación fue de tipo cuantitativa transversal explicativa, realizada con 257 participantes de las entidades que implementan intervenciones sociales. Se aplicó la Escala de Bienestar Psicológico de Ryff, y la Escala de medición del Capital Social de Cardozo y Cortés. Los resultados evidenciaron que las comunidades perciben mayor identificación con las intervenciones basadas en la alimentación; en contraste con aquellas que basan sus acciones en la puesta en marcha de estrategias a largo plazo basadas en el deporte. Se plantea la reflexión respecto al efecto que produce las intervenciones que satisfacen necesidades básicas como la alimentación, por encima de otro tipo de intervenciones que se concentran en el fortalecimiento comunitario y personal.

Palabras claves: Fútbol, nutrición, desarrollo comunitario, pobreza.

Abstract

Community development includes various areas of approach such as health, sports, among others, which seek to improve the living conditions of individuals or groups in a specific context. In this sense, some institutions generate interventions through strategies such as sports or nutritional care. In view of this, the objective of this research was to analyze the influence of interventions carried out by two non-governmental organizations on the psychological well-being and social capital of two populations living in socioeconomically disadvantaged areas in Colombia. The research was of a quantitative transversal explanatory type, carried out with 257 participants of the entities that implement social interventions. Ryff's Psychological Well-Being Scale and Cardozo and Cortés' Social Capital Measurement Scale were applied. The results showed that communities perceive greater identification with food-based interventions; in contrast with those that base their actions on the implementation of long-term strategies based on sports. This raises the question of the effect of interventions that meet basic needs such as food, over other types of interventions that focus on community and personal strengthening.

Key words: Soccer, nutrition, community development, poverty.



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