



**Activating youth in voluntary work:**

**Effects, expectations and possibilities for using sports in reducing social problems**

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## **Abstract**

As the capital Oslo grows and develops there also brings social problems for the city. On this study the analysis will consist of finding effects, expectations and possibilities by using a non-profit organization that uses sport/activities to reduce social problems. The research will be based on secondary data as a fundament for further research and the primary data comes from interviews and ethnographical method to locate relationships, attitudes and behavior people has towards youth in voluntary work and volunteer work with physical activity. The study can be an opener for future research, and development of more voluntarism to reduce social problems in other communities. But it can also be useful for other governments in countries where sports and activities are not so available for the regular population; in addition, some of the other countries have different relationships and attitudes towards physical activity. This method of using opportunities for changing attitudes and activating people as a mean for better integration and quality of life can affect and benefit more for communities than governmental initiatives. The present thesis indicates that voluntarism aimed at activating young people has some effect on keeping youth off the street and perhaps preventing crime and anti-social behavior. The voluntary work provides also role models and inspiration for the youths to pursue alternative modes of activity, but also for a better future. Crimefight has focus in forming fellowship and knowledge to provide appropriate values. All in all there are grounds to say that voluntary work has a value, not least in activating youth with a minority background, who are more exposed to social problems and discrimination than majority youth. In an ideal case this could also be extended to volunteer tourism, briefly noted in this thesis. The focus has been on the value voluntary work can have in motivating young people who are otherwise at risk.

Keywords: Non-profit organization, Voluntary work, Social problems, Minorities, Sport, Physical activity

# **1 INTRODUCTION**

## **1.1 RESEARCH BACKGROUND**

In the recent times the population of Oslo has grown with the increasing flow of people moving to the capital. Certain parts of Oslo's population have lately begun to consist of a high proportion of persons with another background than the Norwegian. As of 1 January 2011 immigrants represents 12.2 percent of the population in Norway, or in excess of 600,000 people; the highest proportion of immigrants are in Oslo, where they make up 27 percent of the population (Culture Department of Norway, 2012). In addition, some parts of the capital also have less privileged individuals with fewer resources than other. Discussions about challenges of living conditions as crime, obesity, lack of integration, and lack of female engagement in activities/sports have been linked to this population and districts of Oslo. There are several ways to look at such problems. One is to see them as challenges that cannot be solved; another is to look at opportunities for changing attitudes and activating people as a means for better integration and quality of life. This thesis looks at how voluntary workers and non-profit organizations address some of these issues among young people.

A case in point is the often debated issue of crime in youth problems. Crime is a phenomenon that is typical of larger cities, and boys are more frequently represented in crime charge statistics (Evensen, 2009). The minority population also has a higher proportion living in cities than the majority population (Henriksen 2007). Demographic variables such as age, gender and place of residence is significant in regard to the risk of being charged with a crime, in other words it means that young boys living in the east side of Oslo has the highest risk of facing problems (Evensen, 2009). Rough categorizations such as non-Western immigrants, first-generation immigrants and descendants is based partly on a stereotype of immigrants as "different from us" (Sampson & Wilson 1995). Such coarse categorizations both lead to and reinforce a problematical and unnecessary stigmatization of youth with immigrant background in Norway (Evensen, 2009).

One question is if voluntary work can make a difference, usually such work is based on a non-profit ideal. A non-profit organization is not operating for the profit or gain of its individual members, whether these gains would have been direct or indirect; A non-profit organization can still make a profit, but this profit must be used to carry out its purposes and must not be distributed to owners, members or other private people (NSW Government, 2013). There are many such non-profit organizations operating in Norway and internationally, as well as

publicly instituted measures to alleviate social problems. But few such measures are aimed at activating young immigrants and youth at risk. Crimefight football is a non-profit organization that has this goal of activating youth to create alternatives and will be used for further research in this study.

Crimefight Football is a non-profit organization that has received support from Oslo Southern social funds to run football activity for young people between 11-24 years. The project is intended to create free activities for young girls and boys aged 11-24 years residing in Southern Nordstrand. They focus on keeping young people away from the streets on Saturdays in the time period from October 2013 – March 2014. To accomplish this, two halls were made available for the project. Schedules of activities were made from 18 to 20.00, for youth 11 to 13 years, from 20 to 22.00 for youth 14 to 17 years, and from 22 to 24.00 for young people from 18-24 years. Both girls and boys were welcome.

## **1.2 RESEARCH TOPIC AND PURPOSE**

The purpose of this research is to discuss a research problem for which data is limited, the issue of activating (immigrant) youth to prevent problem behavior. The data collection has been extensive but focused to analyze how voluntary activities can contribute to solutions or reduce the challenging living conditions for participants in the long or short term. One goal is to look more closely at the relationship, behavior and attitudes of social actors towards the question of voluntary engagement in using sports/activities to help young people cope with problems and if possible to make a difference. This may sound like an idealized goal, but further research is needed on this topic to maybe offer solutions on how to reduce/prevent social problems by using voluntary sports and activity organizations.

## **1.3 RESEARCH QUESTION**

The analysis has four research questions touches on a wide range of empirical variables:

- Which effect does a non-profit organization have in terms of working to prevent/reduce social problems in a society?
- How can a non-profit organization develop and create involvement in the society to reduce/prevent social problems by using activities/sport as a fundament?

- Can the study reveal different aspects of young people's social problems?
- Will society benefit from organizations such as Crimefight Football that use sports and activity as a tool?

## 1.4 RESEARCH OBJECTIVES

1) To ascertain the relevant views of importance people have of activities as a method to reduce social problems.

There are different views about which kinds of solutions that are appropriate to solve problems. Some suggestions are far beyond what is possible to implement and others have some effect in offering a solution. People will have different attitudes about how useful activities are as a tool for solving social problems. As a first hypothesis it can be asked how people view this kind of voluntary work.

*H 1: People will have a positive view of non-profit organizations that work to reduce social problems.*

*H 2: People are more likely to want organizations that use physical activities as a solution for social problems.*

2) A second objective has been to determine differences in approaches between different parts of Oslo when considering the necessity of offers like Crimefight Fotball.

Southern Nordstrand is one of many suburbs in Oslo that consist of a multicultural population and that are affected by the trend that people are on the move frequently. This can create different challenges for the community at times and many other suburbs in Oslo are affected by similar trends. A contribution from the population seems not to be so difficult to get as many are concerned about their neighborhood. Based on this there will be a hypothesis that:

*H 3: Other suburbs in Oslo will be considered to have a need for offers like Crimefight Fotball.*

*H 4: People from the community can be expected to contribute to such offers, in form of resources such as voluntary work, economical or others contributions.*



3) The third objective aims to identify different aspects related to social problems

Social problems take many forms, such as crime, obesity, lack of integration and a lack of women's engagement in activities. The study will look at different aspects of people's situation, such as their feeling of belonging and the influence the community, has on their overall situation. Some related questions are:

*H 5: The financial and social situation of individuals affects their social problems.*

*H 6: The feeling of belonging affects the integration of minorities to in the Norwegian culture.*

4) A final objective is to discover the possibilities of non-profit organization in the community.

Norway is a country that has a strong basis for outdoors activities and sports. In many ways a healthy way of living is viewed as a part of Norwegian culture. In spite of this the practice of sports is quite limited since much activity and exercise is individual. Therefore, the study will look at the possibilities for having more sponsorship and mobilization. In addition, the possibility for developing such offers in other countries where activities and sports are not a part of the culture will be considered.

*H 7: Non-profit organizations can have a positive impact for communities*

*H 8: Non-profit organizations focusing on activities can be implemented in different parts of the world*

*H 9: Greater sponsorships and contributions from stakeholders can improve the scale of involvement.*

## **1.5 RESEARCH DESIGN**

This study will be in the form of descriptive research that will use an interview method to collect the required primary data about relationships, behavior and attitudes towards voluntary organizations. This method is efficient and facilitates a collection of data without major costs.

In analyzing the effects non-profit organizations secondary data will be used to examine relevant topic. This will lead up to a discussion of data from the organization Crimefight football, based on interviews with volunteers and participants in Crimefight football. An ethnographic sample method will be used to observe and interpretations of different aspects of their work.

Before collection and analysis of the primary data, secondary data on relevant topics will be examined. The resources used include; online resources, print textbooks, journal articles and news articles. The secondary data will be used to build up some knowledge of non-profit organizations and voluntary work leading up to the study of physical activities for youth at risk.

The core informants for the study are individuals in Oslo that participate in Crimefight Football. These young individuals have different backgrounds with a minimum age of 11 year. The minimum age is maybe low but it gives the opportunity to see differences between ages. To create data allows more maturity and commitment of the participants the minimum age should be 16 year. This is meant to cover different aspects of relationships, behavior and attitudes of persons that have passed or are in a suitable age to be reasonable on the topic. There will not be an upper limit, as a limit will exclude different views from different individuals. In addition, the study allowed volunteers and founders of Crimefight Football to respond. The interviews were done with volunteers and participants of Crimefight football.

### **1.5.1 DATA COLLECTION METHODS**

To be able to answer some of the research question and the research objectives, the research is based secondary data and primary data to determine aspects behind people's relationship, behavior and attitudes towards non-profit organizations that works to reduce/prevent challenges of living conditions.

To gather the primary data that the research will be based on, interview of volunteers, founders and sponsor. Furthermore in the study there will also be based on observations. Researcher will approach the respondents to have an interview and also be on two sessions of Crimefight. The respondents will be made aware that participation is voluntary and that they at any stage may withdraw without consequences. Respondents outside the aforementioned age limit will not be taken in count in the responds.

Personal identification data has not been collected. Information about informants background and future expectations has been collected but anonymized, with views on past experiences, and future expectations as a part of the answers.

The data gathered and conclusions drew from conducting the survey help assist the Norwegian government, stakeholders and maybe other governments in the world by providing them insight on the perspectives of the challenges of living condition. It can help develop and assist in raising research or creating solutions by exploiting the emotional indicators, physical attributes and people's behavior/attitudes/relationships that lies within the community perceptions of non-profitable organizations that works to solve/reduce social problems.

The information overspill also benefit government agencies and developing countries that struggle with similar problems in indicating important factors of a non-profit organization working to reduce social problems. This could aid in combating social problems as crime, obesity, lack of integration of minorities and the low participation of girls with minority background in sports/activities, as well as it propose different solutions of implementation.

The benefits of this study can help draw conclusions to resolve, inspire and create innovative perspectives of the importance of non-profit organizations. With more research evident, it can help influence stakeholders as well as people to understand importance of having non-profit organization in the community.

The proposed research project is limited to respondents living in Oslo. It can be assumed that this population may have some similarities to other cities in the world. At the same time it is useful to collect data from respondents in Oslo since their lifestyle in the latest year is impacted of the challenges of increased immigration and changing living conditions that voluntary work and activities try to meliorate.

## **2 LITERATURE REVIEW**

### **2.1 SPORT & PHYSICAL ACTIVITY**

The economic development and consumption patterns lately have resulted in that both the supply of goods and services related to sports and physical activity has increased. As there are more opportunities and time people can use a lot of equipment to conduct various forms of physical activity. In addition, the commercial training centers have expanded their services significantly and more and more people use these offerings, this implies that the population has an increased opportunity to engage in physical activity both within and outside organized sport due to a stronger purchasing power. Social inequality and unequal distribution of wealth is a current challenge that still influences the participation (Culture Department of Norway, 2012). Three quarters of the population claim to exercise or engage in physical activity in exercise regarding one or more times a week (Culture Department of Norway, 2012). One of the latest trends is that the physical activity for training is done at fitness centers. The trend has usually been that the fitness centers have more adult clients, but lately the younger people have also been using such offers from commercial training centers. When it comes to children and young people, still a lot of the training takes place within the framework of organized sport; about 85 percent are, or have been, a member of a sports club (Culture Department of Norway, 2012).

It may look like the development of physical activity has taken a positive stage. Conversely, the general trend when it comes to physical activity has become negative. Those who exercise are exercising more than before, but the daily activity in the everyday life is significantly reduced in the last 20 years (Culture Department of Norway, 2012). This means that people are in less movement and they are sitting more than before. A national survey that was responded by 6-, 9- and 15-year-old girls and boys to record the physical activity level revealed that a greater proportion of the days are used to sit still in 2011 compared to 2005/2006 (Culture Department of Norway, 2012). This can be an effect of the increased and developed technology; children want to rather play with their game console instead of going out to play. An effect of this can be physical inactivity; this is a risk factor for disease progression and multiple health problems. Therefore, the overall goal is to develop a community that facilitates positive health choices and healthy lifestyles, safety promotion and participation of the individual, good conditions for children and youth, and prevent diseases

and injuries (Culture Department of Norway, 2012). The sport plays a central part in reaching this goal.

In Norway have almost 85 % of all children during the elementary time been a member of a sports club (Culture Department of Norway, 2012). Organized sport is a very important arena of physical activity for 6-12 year old Norwegians in leisure time. For those between 13 and 19 years, sports clubs still is a dominant arena for the practice of exercise and physical activity in leisure time (Culture Department of Norway, 2012). But still if a sport is an important arena for activity there still are some groups that are not presented. Therefore it is necessary to examine why some populations are underrepresented, and see the implemented targeted measures to enhance the recruitment of these groups.

Evidence shows that children who are involved in physical activities are fare better academically, have higher interpersonal skills, are more team-oriented and are healthier as determined by fitness standards (Poinsett, 1996). Youth sports and exercise has also been responsible for children acquiring health-related physical fitness, regardless of ethnicity, gender, or age (Chan, 1999). Still if sports injuries are prevalent among adolescents, exercise is generally very safe and necessary for good health (Harris, 1999). For people aged 5–17 years it is recommended that they undertake moderate or vigorous activities for at least 60 minutes per day (US Department of Health and Human Services, 2008). Zimmermann-Sloutskis, Wanner, Zimmermann & Martin (2010) imply that participation in sport peaks at around 11–13 years before declining through adolescence. Tammelin, Nayha, Hills, Javelin (2003) and Dunn, Madhukar, Kampert, Clark, & Chambliss (2005) has found indications in their researches that children who has been active in sports are more likely in physically activity in their adulthood than those who do not participate in childhood sport. Brettschneider (2001) found out in a study that sport club activities had a positive influence on the development of self-esteem, with girls discovering sports as a source of self-esteem earlier than boys. Looking in to a study where a number of sports, type of sport, and years participating in sport were investigated, the researcher found out that sport participation was positively related to self-assessments of physical appearance and physical competence, physical self-esteem and general self-esteem (Bowker, 2006).

Edwards & Tsouros (2008) gives the following facts about the inactivity problem that Europe is facing.

- Two thirds of the people older than 15 years in the European Union are not physically active at recommended level for health.
- Europe-wide, less than one third of schoolchildren appear to meet recognized physical activity guidelines.
- Physical inactivity increases the risk of many chronic diseases, such as cardiovascular diseases, diabetes and cancer.
- Overweight affects 30-80 % of adults in countries of the WHO European Region. About 20 % of the children in European region are overweight, and one third of these are obese.
- Physical inactivity causes an estimated 600000 deaths per year in the WHO European Region and leads to a loss of 5.3 million years of healthy life expectancy per year.
- The economic consequences of physical inactivity have been shown to be substantial for health care costs but even greater on indirect costs, which include the value of economic output lost because of illness, disease. Related work disability and premature death.

## **2.2 SOUTHERN NORDSTRAND AND CRIMEFIGHT**

### *Southern Nordstrand*

Aktivitetsrapport (2011) describes Southern Nordstrand as a unique district in many ways. The seaside, forest, bathing water, bike paths, sports facilities, downhill skiing and golf course area provides many plus points. In addition, the district has some of the cheapest housing, many with Oslo's finest views. Many housing associations have engaged and committed residents who care about the community; it is safe for children of the short distance to the center of Oslo.



*Figure 2.2.1: Districts in Oslo; Southern Nordstrand located at the end of the picture*

By the late 70th century and foremost to the present day Southern Nordstrand experienced rapid development. The district consists of 36,000 people who are spread over four sub-districts Mortensrud, Bjørndal, Hauketo / Prinsdal and Holmlia (Aktivitetsrapport, 2011). This district consists also of the city's youngest population; in addition, 50% of the residents have minority backgrounds. At least 30 % of the residents are under 20 years old and less than 2 % is over 80 years old (Ruud & Vestby, 2011). The development of rapid expansion and residential structure impacts the age composition and Southern Nordstrand is a district suited for families and large households because of housing offers. The multicultural population provides both enrichment and challenges for the district. High tolerance for differences and a society where no one stands out are some of the positive factors (Ruud & Vestby, 2011).



Figure 2.2.2: Southern Nordstrand

The challenges the districts have are many, the education and income level of the population is lower than the average of Oslo, and the district has a higher incidence of difficult living conditions than the city average (Ruud & Vestby, 2011). The percentage that drops out of high school is high, beside of this; the child protection measures have a higher proportion than average of Oslo (Ruud & Vestby, 2011).

The state has a ten year agreement for cooperation with Southern Oslo to make an effort for solutions to the different challenges in the community. This agreement started the spring of 2008. The activity report states that the main goal for this work is to reinforce integration and inclusion, in addition, improve health and solve environmental challenges in the district (Aktivitetsrapport, 2011). The district committee and population, including children, adolescents and local organizations, are supposed to be activated to participate in the development and implementation of projects and measures (Aktivitetsrapport, 2012). The first measurements in the Oslo south-initiative started in 2007 with communal funds (Aktivitetsrapport, 2011). The necessity for such a move was made visible by the large differences in living conditions which challenged the district. To create integration and



inclusion beside of improving health and living conditions the district has created five areas that are important to reach their main goals (Aktivitetsrapport, 2011).

- Adolescence
- Participation
- Eligibility for and participation in working life
- Culture and local environment
- Public health

Since the demand for meeting space has been a great desire for the residents where they can experience, inform and be known across age, nationality and residency. The district has decided to improve and upgrade existing meeting places and establish new places to strengthen resident's network, cohesion and sense of identity (Aktivitetsrapport, 2011). Ruud & Vestby (2011) mentions that the topography makes some clear boundaries and geographical separation between some sub-districts, which meant that it was difficult to create common meeting places for the whole district and that identity and local activity is associated with some sub-districts rather than the whole district. They also highlight the significant socio-economic differences within Southern Nordstrand as one factor that is a barrier against common meeting places.

### *Crimefight*

Crimefight Football started after three youths decided to set up a local meeting in town and asked for a place to play football. Previously they had broken into the halls, played and been chased out. The meeting was successful and since 2011 until now (3seasons) they have played football indoor where the season consists of 6 months every winter. The support comes from Oslo-south (Oslo Sør) funds; the funds are allocated from the state to the Oslo South district.

Crimefiight Football has received support from Oslo South funds and Oslo regional sports circuit to run football activities for young people aged 11-24 years. The project is intended to create free activities for young girls and boys aged 11-24 years residing in Southern Nordstrand.

Crimefights invites young people to play football and other activities that they wish every Saturday in the time period October 2012 - March 2013.

Here there are two halls available:

From 18 to 20.00: youth from 11 to 13 years

From 20 to 22.00: youth from 14 to 17 years

From 22 to 24.00: youth from 18 to 24 years

On average, there are about 100 participants every Saturday from October to March. Most are in the age range 11-17 years; the participants in the age range of 18-24 years are represented of approximately 20 persons, while the two youngest groups are totaling about 80 participants each time. Crimefights goals are to have a wide range of activities to promote health, activate young adolescents and children, and most importantly prevent crime. In addition, the goals are to have an open dialogue between volunteers and participants, where they can talk about school and home progress in the purpose of being able to help and provide support and motivation.

The volunteer work is based on activating children and young adolescents with sport by young volunteers who have experienced related difficulties in the same district as today's young ones has in recent times. The volunteers have lived in this district all their life and experienced the most that Southern Nordstrand has to offer, and this is primarily what distinguishes Crimefight from other organizations. In other words, Crimefight is a non-profit organization depending of volunteer work to activate young people by sports to prevent crime. Their offer reminds more like a personal support to children and youth.

### *Other measurement offers in Southern Nordstrand*

More than half of the measures, 23 of 40, benefit the children and adolescents; economically these measurements account for almost two thirds of everything that is used (63.4%) (Ruud & Vestby, 2011). Since Southern Nordstrand has different offers to benefit the community there will be used some description of other organizations that has offers for children and young ones. This will give a perspective of other organizations working with children and young people to reduce challenges. It will also show how they distinguish between each other in their work. The activity report (Aktivitetsrapport, 2011) describes the important organization that uses volunteer work to help and support children and young people as following:

### *Musikkbingen*

Musikkbingen is a mobile rehearsal space where bands, singers and musicians can practice or training in various music genres. Musikkbingen is a container furnished with exercise equipment that is placed in the community. This is in collaboration with the Norwegian Lottery, Music Equipment Fund and municipalities. Southern Nordstrand has received a container that is deployed outside Mortensrud Activity house, which operates it. In 2011 has it been implemented guitar lessons and fiddle courses. Local bands book up after it has been written a contract between the user and Activity house. Musikkbingen include drum kits, microphones and other necessary equipment.

### *Lurdal and Lusetjern junior clubs*

Through Oslo South initiatives there has been started two junior clubs in the district, one in Prinsdal (Lurdal Fritidsklubb / barn) and one in Holmlia (Lusetjern valley).

Lurdal junior club is offered to students from 5-7 grades from the schools Prinsdal and Toppåsen. The offer has expanded from one to two days a week. The activities of the junior club have been games and contests, using music studio and DJ courses. Respect is a major theme in the club; here it is zero tolerance for bullying.

Lusetjern junior club started in 2008 at Hallagerbakken School after input from parents. Later the offer was to the clubhouse of Holmlia Sports Club in Lusetjern Valley. The club is open for students from 5 to 7 grades, from Hallagerbakken, Lusetjern and Rosenholmveien School. The club is open Thursdays from. 17:30 to 21:00 and the average visit are approx. 30 young each time.

### *Red Cross resource center, Mortensrud*

Red Cross Resource Center on Mortensrud is a well-established program for youth between 13 and 25 years and the center is an important contributor in efforts to improve living conditions for children and young people. Here you can get help with homework, participate in girl groups, learn street conciliation, attend walks, watch movies or just hanging out with friends. This is a meeting place that has approximately 60 visitors per day.

The meeting point is the visitor's first encounter with the Resource Center, and the most widely used supply. Here the youth comes to listen to music, watch movies, surf the web, play board games, billiards or table tennis.

In Girls Night every Monday, the girls suggest activities for a month at a time and adult volunteers are helping to implement the activities. The dinner is served on girl evenings, created by volunteers with participants. Girls Night had just over 1,000 visitors in 2011. Sisterhood of Oslo is also a girl group that pick up girls struggling socially, have poor self-esteem, are lonely or at risk of substance abuse or crime.

Resource Center also offers:

- English group for students who need extra help in English
- touring, creating new friendships and provides many experiences
- assistance in writing applications and to set up CV

Red Cross Resource Center on Mortensrud in 2011 had (Aktivitetsrapport, 2011):

- 13,678 visits from 1,442 unique visitors.
- 61 volunteers
- staff that manages and coordinates volunteers and measures

#### *Bjørndal activity house*

Bjørndal Activity house located in Bjørndal Grendehus and started in 2000. The offer is especially directed against women and children and will be a meeting place in diversity. The offer emphasis physical activities and networking. The offers in 2011 were aqua gym, aerobics, pilates and stability training, nutritional guidance and many social activities. In addition, there were swimming lessons, hobby classes and cooking classes with different international dishes on the menu. The project is supported by the project Health and Lifestyle, as well as municipal Oslo Southern funds.

### **2.3 VOLUNTARY WORK WITH PHYSICAL ACTIVITY AMONG YOUTH**

Swaroop & Morenoff (2004) mention that the local social organization has “neighborhood effects” that focus on whether and how communities benefit from social resources that are created through social networks, patterns of social interaction among neighbors, and collective participation in local voluntary associations. There is raised question in why there is paid less attention of how neighborhoods can develop and sustain strong bases of local social organization, particularly the most disadvantaged neighborhoods, which many scholars characterize as being more socially isolated than socially organized (Swaroop & Morenoff (2004). In the social context of neighborhood and surrounding areas the investigation will indicate how they influence an individual’s act in the community participation which forms the local social organization. Swaroop & Morenoff (2004) find in series of studies findings that residential stability is associated with the development of residents’ local friendship ties and participation in local social activities, such as visiting neighbors, seeking entertainment in the neighborhood, and attending local sporting events, but that it has a weaker effect on organizational participation in the neighborhood. In neighborhoods beset by high levels of crime and disorder, fear of victimization can lead to mutual distrust among neighbors and other community residents, discouraging individuals from interacting with those outside their immediate kin and friend networks and compelling them to withdraw from community life (Swaroop & Morenoff, 2004). This can diminish the level of commitment in the communities.

Swaroop & Morenoff (2004) have findings that people living in more stable neighborhoods and neighborhoods with higher concentrations of immigrants tend to have more local ties to friends and family members. However, local social ties are more prevalent in neighborhoods where there are more community organizations and also that individuals who are aware of more organizations in their neighborhoods also have more social ties (Swaroop & Morenoff 2004). According to Swaroop & Morenoff (2004), residential stability and immigrant concentration are both associated with higher rates of participation in expressive organizations. The individuals’ decisions about whether and how to participate in community organization appear to be contingent not only on the social environment of their immediate neighborhood, but also on the wider spatial context of surrounding areas (Swaroop & Morenoff, 2004). However, individuals may engage in problem-solving activities for very individualistic reasons, whereas they may be more likely to participate in formal organizations because they already have ties to others in those organizations (Swaroop & Morenoff, 2004).

Taylor & Harrell (1996) gives perspectives about different measures that serve as a “natural guardian” to prevent crime. This is an aspect that can also have a function in matters that volunteers can act as a “natural guardian” for children and young ones.

In the early 1960s there was an initiative called Mobilization for Youth (MFY) in the Lower East Side of New York City that was an idea that had a central task of improving community competence to deal with crime, especially youth crime. The program had focus on bringing community leaders together in a broad ranging leadership group, with this leadership, supplemented with additional government resources, leading to a broad ranging attempt to improve schools, employment training programs, recreational facilities, housing, legal services and other programs for youth in the community (Polk, 1996). This project was additionally pushed in the direction of bringing about a more effective recruitment and participation of local community residents, the notion of “maximum feasible participation” which became the focus of considerable ideological debate (Polk, 1996). The Youth Development and Delinquency Prevention Administration (YDDPA) in the early 70s, moved to develop in partnership with communities which provided ways for neighborhoods to promote youth crime prevention through youth development activities (Polk, 1996). With local projects, it was argued, that it was a need to find ways within neighborhood settings that young people might develop: (a) a sense of competence, so that they begin to feel that there are things which they can do well; (b) a sense of usefulness, such that they come to see themselves as contributing something of value to the community; (c) a sense of belongingness, whereby they come to see themselves as a meaningful part of their community; and (d) a sense of efficacy or potency, whereby disadvantaged young people come to see that what they do can make a difference in their lives and the lives of others (Polk, 1996).

Volunteer leaders and coaches in sport tend to hold leadership positions in their communities and can serve as key advocates and mentors for active living in the city (Edwards & Tsouros, 2008). Edwards & Tsouros (2008) mentions also that some specific organizations such as cycling and gymnastics and those representing disabled sport participants can be very effective at encouraging and enabling policy and infrastructure changes that support physical activity for all. Cultural organizations can enrich a plan for active living by providing input and opportunities for active participation in dance and other forms of traditional physical

activity; this may be an effective way to engage minority populations and build social networks (Edwards & Tsouros, 2008). Representatives from resident committees (especially in low-income neighborhoods), services and organizations dedicated to children and youth, ethnic groups, older people and people with disabilities provide a voice for these population groups (Edwards & Tsouros, 2008).

## **2.4 VOLUNTARISM & NON-PROFIT ORGANIZATIONS**

The United Nations' Handbook of organization as referred in International Labour Office (2012) defines Nonprofit Organizations as:

- Private, i.e. institutionally separate from government
- Non-profit-distributing, i.e., do not return any profits generated to their owners or directors.
- Self-governing, i.e. able to control their own activities.
- Non-compulsory, i.e. involving some meaningful degree of freely-chosen participation.

Nonprofit institutions thus include private hospitals, educational institutions, social service agencies, soup kitchens, advocacy groups, religious bodies, NGOs, membership associations, and similar organizations.

The different definitions of volunteering have common elements that involve a service without payment to benefit a cause that is for the community. There are different definitions of volunteer work and most of the previous attempts of defining voluntarism have some similarities in the understanding of this phenomenon. Institute for Volunteering Research (2007) defines volunteer work as any activity which involves spending time, unpaid, doing something which aims to benefit someone (individuals or groups) other than or in addition to close relatives, or to benefit the environment. The Statistics Canada (2006) defines it as people who perform a service without pay, on behalf of a charitable or other nonprofit organization. This includes any unpaid help provided to schools, religious organizations, sports or community associations. Rebecca A. Allahyari (2000) defines the committed volunteers as a small group of individuals who do the year-round day-to-day work of feeding the urban poor. In this context the committed volunteer will be related to helping people in

different ways in the community rather than only feeding the urban poor. Meanwhile, Ibsen (1992) has a simple definition as unpaid work done for nonprofit institutions. Volunteer work is work a person does out of free will, that reaches out to invest time and service for the benefit of others or to a cause that is nonprofit-seeking, and for which there is no monetary or in-kind payment (Butcher & Smith, 2010). The International Labour Office (2012) defines the volunteer work as unpaid non-compulsory work; that is, time individuals give without pay to activities performed either through an organization or directly for others outside their own household.

More than half of the volunteer work in Norway is practiced in culture and leisure organizations, this includes art and culture organizations, sports associations and hobby organization (Culture Department of Norway, 2011). The level of education is one factor that influences the volunteer work. In the period from 1997 to 2009 persons with higher education participated more in volunteer work than persons with basic education (Culture Department of Norway, 2011).

Volunteering generally is thought to be an activity without pay, but it is not uncommon for some coverage of out-of-pocket expenses to be available to volunteers, such as meals or coverage of modest out-of-pocket expenses (International Labour Office, 2012). In this context the partial coverage of expenses will be a difference from actual remuneration. The volunteer work is considered an activity in the production of a good or service that is of value for a recipient. Still the volunteer may receive compensation in the form of a symbolic gift as an expression of gratitude and as a stipend. Compensations like those are likely to vary from place to place and are often being determined from local customs. To be considered a volunteer, a person needs to do “some” volunteer work during a specified reference period (International Labour Office, 2012). In addition, the work has to be non-compulsory. Persons engage in these activities willingly, without being legally obliged or otherwise coerced to do so; court-mandated unpaid work, work mandated as part of a prison sentence, and alternative service related to a military draft is excluded (International Labour Office, 2012).

Rebecca Anne Allahyari (2000) calls the volunteers examples of the ‘pursuit of self-betterment for moral selving: this is the work of creating oneself as a more virtuous, and often more spiritual, persons. Here Allahyari (2000) implies that the moral selving may be understood as one type of deeply emotional self-work. C. Wright Mills (1963), as referred in Allahyari (2000) mapped three dominant discourses used by volunteers to talk about their



motivations for volunteering in a framework of “vocabularies of motive”: The economic rational choice “exchange model” and the psychologically grounded “therapeutic motif” capture two socially available forms of motive-talk available to volunteers. The third model emphasizes “growth” and acknowledges that “sacrifice” may be important to “fulfillment”.

Robert N. Bellah and colleagues (1985 & 1996) as referred in Allahyari (2000) argues that moral culture lately swings in favor of individualism, at the expense of commitment to the social good. Wuthnow’s *Learning to Care* (1995) as referred by Allahyari (2000) raises the suggestion that volunteer activities appear to be similar between girls and boys, but the implication of this work for the construction of the moral self may differ significantly across gender. In parts of the world there are a variety of connotations of the term “volunteer” and “volunteering” since the understanding is not wide. The International Labour Office (2012) mention research where the terminology used is wide and different; in some surveys the respondents reported that they “helped” or “donated” when they were asked if they were volunteering. One thing that restricts the use of the different definitions is that the implication of criteria will have different context; with this it is meant that the rate of direct volunteering may be elevated in developed countries and understated in developing countries, and vice versa (International Labour Office, 2012). It should be added that volunteer work also is a part of tourism as a niche product. There are many forms of volunteer tourism that include community work, environmental efforts, as well as services and activities for young people (McGehee et al., 2013). Hence offers such as Crimefight Football discussed in this thesis might in some cases be extended to include volunteer tourists.

## 2.5 INTEGRATION

Norway has a large and active cultural sector, and targeted political initiatives, in interaction with the general prosperity development; the access to culture is made available for the people (Culture Department of Norway, 2011). As in other countries there are socioeconomic differences in participation and consumption of culture. Those with high education and income participates the most (Culture Department of Norway, 2011). People with immigrant background from Asia, Africa, Latin America and Europe outside EU participate less in both cultural and organized volunteer activities than others (Culture Department of Norway, 2011). This contributes to children with the same background participating less in organized activities than other children. In the beginning of 2011, 12, 2 percent of the population had immigrant background (Culture Department of Norway, 2011). The more visible diversity means that there are other combinations in society which in turn provides new perspectives and demand for new resources. The community discusses, investigates and expands what the Norwegian is in the spirit of being able to convey it to the minorities. One of the strategies and actions are strengthened governance dialogue with publicly funded cultural institutions and shareholders. The Department of Culture in Norway (2011) sets inclusion and diversity in cultural life as paramount in four focus area:

- Inclusion and new voices in the cultural sector
- Secure access by preventing the physical and economic barriers
- Outreaching culture and communication schemes
- Inclusion through collaboration and participation in voluntary cultural sector

The government actively supports the voluntary sector and the development of a vibrant civil society through close cooperation with non-governmental organizations, and by supporting and facilitating volunteer involvement (Culture Department of Norway, 2011). But what does it mean to include? The Department of Culture in Norway (2011) defines inclusion as a removal of barriers to participation, recognizing different voices and creating equal opportunities for all individuals and groups in all areas of society. Since the 1980s there has been increased focus on the inclusion of minorities and individuals with an immigrant background. Different studies show a correlation between level of education and cultural involvement (Culture Department of Norway, 2011). Variables such as age, occupational status, housing, income, gender and family phase are important factors in this correlation.

In a study from the Central Bureau of Statistics (Vaage, 2009) as shown in figure 2.5.1 the focus was on consumption of culture and media by people with immigrant background. The respondents had lived in Norway minimum 3 years and were in an age from 9-59. There were many relations between some immigrants and Norwegian. Other immigrant had more differences. The lifestyle, education and occupational status are some of the variables that influenced the results. The figure shows that there are fewer with background from Asia, Africa, Latin America and Europe outside of EU/EEA that participated in some cultural activities. In other activities the population with immigrant background has participated more in some activities than the population generally.

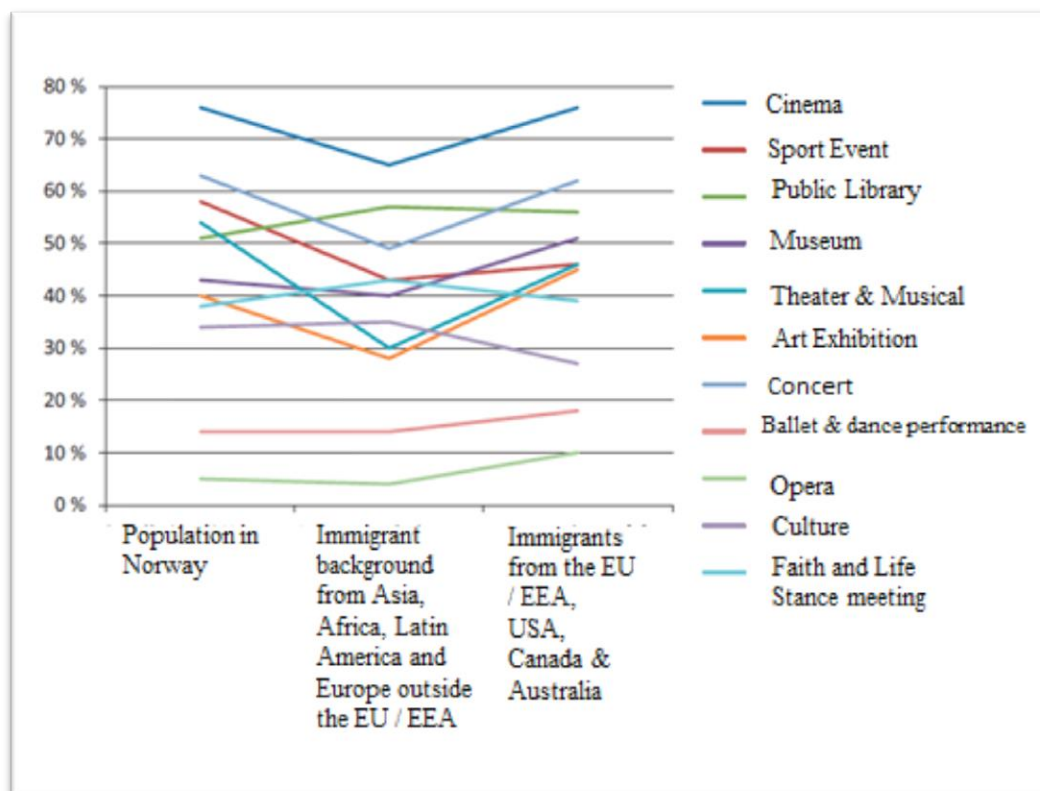


Figure 2.5.1: Use of cultural activities by country groups (Vaage, 2009).

Studies of Fløtten og Pedersen (2009), Sandbæk (2008), Sandbæk & Pedersen (2010), Sletten (2011) and Stefansen (2004) discovered that children from parents with lower income participate less in leisure activities although they have a higher activity level than the children of parents with higher income. Variables like the respondent's age, if the parents or children

responded and which a measurement of poverty that has been used varies from each study. The studies here points out that children with immigrant background participate less in activities. Another perspective also given is that the participation of girls with immigrant background is less represented than the boys. Fløtten & Pedersen (2009) found out that 75 % of girls with Pakistani background responded that they rarely or never participate in organized leisure activities in comparison to 45% of the boys. But most of all, the level of education is one of the main factors that influence the participation in activities and culture. The Culture Department of Norway (2011) had a study where they compared a population with background from Asia/Africa against those who had the same background but where born in Norway. It resulted in that the first group were underrepresented or not represented at all in non-profit organizations or volunteer work. While those with immigrant background but born in Norway had more hours in volunteering, but still a low amount of membership in organizations. It seems that there is a lack of representation and democratic distribution was attached to membership. Eimhjellen & Seggaard (2010) had some interesting findings in their study of the barriers that immigrants from Africa/Asia has when it comes to participate in volunteer work. The two findings that distinguished themselves out from the rest was a demanding work situation and that one is too busy with other activities. A very small amount responded that they did not feel welcome in a voluntary organization.

## **2.6 IMPORTANT ASPECTS ABOUT ADOLESCENT SOCIAL PROBLEMS**

There are different aspects that influence the society's adolescents. This part will give an indication of factors that some adolescents are influenced by. The youth's social and lifestyle-related problem plays an important part in coming to a solution in the conclusion. Studies about these aspects will help to provide understanding and indications on how to create preventative actions that will help non-profit organizations to develop. Here will be reviewed five topics that contain important aspects about different challenges voluntary organizations like Crimefight Football focus their main work on. The topics are as follows:

- Exposed children
- Risk factors in childhood
- Adolescent well-being issues
- Obesity
- Crime

The different aspects will serve as indicators of possible outcomes that lead to the emergence of social problems. Poor growing up conditions such as parental abuse, unemployment, crime, poor economy, etc. are categorized as risk factors in childhood which may cause the young to experience social problems.

### **2.6.1 EXPOSED CHILDREN**

Farrington (2003), Farrington & Brandon (2003), Sampson and Laub (1995) has in their international researches highlighted that difficult living conditions and other social problems still increases individuals' likelihood to commit crime. Jespersen & Sivertsen (2005) denotes exposed children as a young person who has a series of social problems, where they cannot be categorized for just one problem. Children are often exposed to various socio-economic problems such as lack of education, unstable housing conditions etc. In addition, to this they sometimes have social strains in terms of crime, abuse, etc. Some of the studies from Bouchet (1999) and Katznelson & Simonsen (2005) mention some descriptions of exposed children that are identical. They describe the young as lost cases that are out of the range of traditionally formal arrangements in addition that most of them reject to receive help. They describe the genders way of approach to a dialogue as aggressive from the boy's side since they perceive dialogue as an attack and that the girls are not mentally able to perceive a dialogue. Furthermore, they forward important descriptions:

Bouchet (1999) says that girls have it harder than boys to get out of their situation because they do not have a good enough network that help them to build their selves up. He also mentions that the ethnic boys have a different visible network than girls, and that they have a very aggressive appearance. In addition, they consider the Danish system as inconsistent, unfair and impenetrable for others than the white Danes. He also mentions that the social system think it is better to take care of children and young people at the risk of being damaged than taking care of those that are already damaged. Katznelson & Simonsen (2005) mentions the risk for the exposed children consists in, that they become unintegrated in central organized societies like labor market, education system and leisure time; this can result in early pregnancies, abuse, isolation, suicide, etc.. Katznelson & Simonsen (2005) brings also up an important issue that the overall social development with a focus on individualization is leading to vulnerable young people being even more vulnerable than they were previously on

the basis of their familial background; here he mentions that there is a need for a long aimed but coordinated effort for the young that are exposed.

Zøllner (2002) and Hansen & Molichs (2004) describe the risk factors that make a young person exposed as follows:

- They are restless, which in particular is reflected by the fact that when they finish school, they miss a place to be and something meaningful to do. This gives rise to (mis) use of alcohol and illicit drugs, as well as various conflicts with the environment (Hansen & Molich, 2004).
- That they are difficult to accommodate because of a behavior where they use violence as a significant problem-solving approach (Zøllner, 2002).
- That they have experienced either being bullied or bullying others.
- They often have problems with loneliness, which follows the low confidence and self-esteem, why they are at risk for suicide.

Zøllner (2002) identifies two groups of vulnerable young people (Jespersen & Sivertsen, 2005):

The adult-oriented, they are only talking about their problems with adults other than their parents (eg, teachers, social workers, coaches, club employees, etc.). This group accounts for 0.6 per cent. of all young people in study. And the isolated that are not talking to someone about their problems. This group represents 8.5 per cent. of all young people in the study.

On the focus of young people with ethnic minority background Moesby-Johansen (2004) and Jensen (2002) have found some important aspects of girls and boys. According to Moesby-Johansen (2004), girls are outcasts in social context and have conflictual relationship with their parents. In addition, they also experience chaotic schooling which leads to aggressive behavior and attitude, but it can also lead to negative self-image where someone ends up with self-injurious behavior. While Jensen (2002), describes the relationship between institutions and the boys from minority backgrounds as conflict affected. Here they create a mixed culture of expressive masculinity from their homeland culture. In addition, they commit a number of small crimes.

## **2.6.2 RISK FACTORS IN CHILDHOOD**

Instead of revolving around conditions at an individual level, this part will be about the relationship in adolescence that may pose a risk for the development of social problems. It must be emphasized that a troubled adolescence does not necessarily end up with social problems. Christoffersen and Soothill (2003a), Christoffersen (2000a) and Christensen (1995) exhibit in various studies that there is a relationship between parental abuse of alcohol or drugs and later development of children's social strains. Children of alcoholics are at significantly higher risk of occurrence of all the observed risk factors, such as violence, self-harm, violent crimes, unemployment, placement in care, mental illness, etc. Compared to children of parents without alcohol problems (Christoffersen & Soothill, 2003a). The risk of addiction is particularly high in the families who are affected by violence, abuse and crime (Christoffersen, 2000a). Christensen (1995) concludes that it is difficult to help children that try to cover the parent's alcohol abuse, therefore, it would be better to offer help to the parents to help the children. The families that have weak ties between members and little informal control increase the likelihood that adolescents from these families will commit crimes (Hirschi 2001).

## **2.6.3 ADOLESCENT WELL-BEING ISSUES**

In this part the outline will concern the social context in which the well-being and the incidence of bullying of young people will be the main points. Jørgensen, Holstein & Dues (2004) and Rasmussen, Due & Holsteins (2000) found out on their research that there is a clear social inequality in well-being and health behavior; Children from lower social backgrounds suffer frequent symptoms of headache, abdominal pain, back pain, upset and difficulty falling asleep, compared with children from better social conditions. Bullying is a health and wellbeing distributive burden for the children involved. Bullying has also the social bias that children from poor social backgrounds are bullied more, resulting in symptoms such as headache, abdominal pain, nervousness, sleep problems and generally poorer mood compared with children from relatively better social backgrounds (Jorgensen, Holstein & Due, 2004).

Large parts of the 11 -, 13 - and 15-year-old young people have health habits which over time affect their health and the development in the past 15 years shows a clear deterioration (Rasmussen, Due & Holstein, 2000). There is a link between being bullied and bullying others. The more you are bullied, the greater the likelihood that they even bully (Willer & Hansen, 2004). Bullied victims had a significantly increased incidence of all types of problems with health, well-being and self-esteem, but they smoked and drank less than non-bullied students (Due, Holstein & Jorgensen, 1999). The bullying often takes place in the schoolyard or classroom, and it happens frequently during recess or classes (Willer & Hansen, 2004). But today's technology has opened for new ways to bully. Frederiksen (2004) found out that 53 % of the students in his study have experienced receiving an unpleasant message, an unpleasant phone call or a message with an unpleasant content of a buddy. Individuals involved in mobile bullying, are also greatly involved in the general bullying, but the mobile phone facilitates that many more can be affected by the bullying or participate in negative actions (Frederiksen, 2004).

Stigmatization is something that affects young minorities in a negative way. These are factors that increase the risk for depression and anxiety, as well as giving feelings of incompetence in intergroup situations (Chan, 1999). Verkuyten (1990) assumes that adolescents from ethnic minorities have substantially lower self-esteem-given their usually lower status, relative social disadvantage, and confrontation with prejudice and discrimination.

#### **2.6.4 OBESITY**

Most studies indicate that the prevalence of obesity is increasing across the studied generations. The prevalence of overweight and obesity has increased for both boys and girls over the years and that especially after 1975 where the curve rises steeply (Pearson, 2005).

At 14 to 16 years 7.4 % of the boys and 10.4 % of girls are overweight, while the corresponding figures for 1971/72 was 2.3 % of the boys and 3.9 % of the girls (Petersen, Rasmussen & Madsen, 2002). 14-16-year-old boys showed a negative correlation on the average BMI and the mother's socioeconomic position (Petersen, Rasmussen & Madsen, 2002). Lindelofs (2005) had some findings of children and parents understanding of child obesity. Although all families knew that obesity is wholly or partly the result of wrong diet and exercise habits, there is a clear tendency for families from lower social backgrounds have



felt that their child's obesity due to other factors (Lindelofs, 2005). The parents that saw their child's overweight as a result of wrong diet and exercise habits, had a desire to get the child to lose weight, these parents considered the child's weight as a major problem and used many resources to support child weight loss (Lindelofs, 2005).

### **2.6.5 CRIME**

Some crimes are not reported to the police. Reviews are omitted for various reasons: The event is not considered serious, young people do not expect that the police will do anything about threats of violence, and the victims know the perpetrator (Henriksen, 2002). The timing of criminal incidents can prove to be quite predictable. Munk & Raun (1999) shows that the youth violence in public spaces predominantly takes place on weekends in the evening and at night. Having a minority background are shown to have an increased risk of committing crime. Young immigrants and descendants from non-western countries commit crime, however, two to three times more frequently than Danes and western immigrants and descendants of the same age (Larsen, 2001). Some minority groups are significantly less likely to be charged compared with the majority youth. Others have significantly higher probability of be indicted (Evensen, 2009). Although persons without immigrant background account for the majority of crimes recorded in Norway, young non-western minorities still overrepresented among those charged with offenses (Hustad, 2007).

Minorities from certain countries and regions have lower charge risk compared with the majority youth other minority groups however, have higher charge risk (Evensen, 2009). Dam (2002) shows that criminalized young people do not stand out in moral terms, because they also get upset when they are arrested and have a bad conscience. The young criminals have not built an alternative morality in opposition to the generally accepted morality in society. The criminals, the misfit and the customized young explain the motivation for crime as: entertainment, excitement and material need (Dam, 2002). The young criminals have less sympathy and feel less confident to public authorities such as police and other officials (Dam, 2002). The ethnic young people spend a lot of free time on the streets because they are not welcome or do not feel the experience of belonging to a variety of contexts, for example in leisure and youth clubs (Ansel-Henry & Branner Jespersen, 2003). In background of this they meet the police often where they sometimes feel like they are treated unfair and therefore, feel

like they are not respected. The young people with minority background perceive the police as unprofessional and racist as they are often stopped in the evening and night without having committed a crime (Ansel-Henry & Branner Jespersen, 2003). The police on the other side perceive them as criminals and stop them in the expectation that they have committed an offense. These prejudices from both parties often result in confrontations between the police and young people with minority background. Comparing immigrants between 15 and 19 and immigrant descendant between 15 and 29 years, these age groups are significantly more criminal than similar young people of Danish origin, even taking into account the social and economic differences (Jespersen & Sivertsen, 2005). The higher crime rates among second or third generation immigrants may be because they are more frustrated with being subjected to discrimination (lack of work / internship) and stigma in the country they grew up in (Asmussen, 2004).

Dam (2002), Rådgivende Sociologer (2003) and Olsen & Hansen (2001) come with the following measures that prevent general crime amongst young people. Self-control is one of the points they mention. By this they mean that many young people want to give up crime, but they are struggling to control their temperament. The second point is to focus on education, work or homework assistance. Preferably by creating dialogue with key agencies that can create dialogue, cooperation and motivation. The third is more interaction between public authorities and the social environment but most importantly is the inclusion of family and groups of friends. And last, to work at street level with social education staff who can step in crime and unrest. Asmussen (2004) and Prieur & Henriksen (2003) focus on prevention of crime among young immigrants and their descendants. They mention that measures like creating dialogue with the young ones. They also add the establishment of trust relationship between support persons and the young people. To learn and acquire knowledge of young people's cultural background is also an important factor that can prevent crime among young immigrants and their descendants.

### 3 ANALYSIS

The analyzing of the primary data is based upon 4-5 interviews made with the leadership, participants, and sponsors of Crimefight. The interview has 20-25 questions that will detect relationships, behavior and attitudes towards voluntary organizations in the district Søndre Nordstrand. This is a qualitative research that will offer reflections on how the knowledge is constructed. Knowledge is seen as biased through characteristics of the situation in which it is produced, and this has implications for the information obtained through interviews (Kvale, 1996). The space between interviewer and respondent can give a gap in the dialogue. Every meaning the respondent wishes to share with the researcher will have to be coded in language, and the interviewer will have to decode it again to grasp the intended meaning (Rommetveit, 1972). The importance of observing body language and tone of voice will be salient and essential for encrypting the hidden message.

Many studies around this topic has adopted a quantitative method, therefore, the qualitative method gives possibilities of contributing with different understandings compared to earlier studies with a quantitative approach. The approach of this study is to reflect and find out about the respondents experience to different aspects. And therefore the approach will fit well to find variations in this theme.

The data collection process is based on interviews made with different respondents that have relations to Crimefight as participants, leaders, sponsors etc. The interview was placed between an unstructured and semi-structured structure. Unstructured and semi-structured interviews mostly focus on the interviewee's opinion and experience, aiming to get rich and in-depth data (Bryman, 2008). In addition, an ethnographic sample method is used to make indications of certain aspects while observing and making small interviews with participants during two sessions in Crimefight. An ethnographic method is very powerful in addressing the processes of social relations and in establishing the background of an effect as recounted by the participants or the observers themselves (Cohen, Manion & Morrison, 2011). Cohen, Manion & Morrison (2011) also mentions that the method "gets inside the heads" of individuals and groups, as well as including the researchers own views, identifying and reporting relations in their own terms. Cohen, Manion & Morrison (2011) have an important point, where ethnographic and participant observational studies of children and young people focus, among other issues, on the asymmetry with respect to the problems of obtaining

informed consent from their young subjects and explaining the research in a comprehensible fashion. This is one of the main points with using this method since it is easier to understand for the young respondents and doesn't lead to misunderstandings in the communication between researcher and respondent. Crimefight Football was an organization chosen because it is a fresh development that is increasing, in addition, that data collected can be of importance for the organization later in the future. The location in a suburb that is influenced by a multicultural population was also an important factor of choice since it can be compared to other suburbs.

The respondents for the interview got main information with an introduction of the topic and the reasons and goals for conducting this research. The respondents of the interview got also information of the length and where the interview would be conducted. In the interviews there were 4 respondents, one leader, one sponsor, one founder and one participant. All of the respondents live in Southern Nordstrand. It was intended to have those responses so that the information gathered could be compared with the secondary data. The respondents were informed that the interviews would be deleted and that they at any time could withdraw from participating. In addition that it was voluntary to respond to any question. The interview consisted of several questions that were meant to answer the research questions and research objectives. The responses did not require any personal information about age, genre or any background information other than their relationship with Crimefight. The rest of the question asked in the interview were aimed towards aspects like non-profit organization, voluntary work, inclusion, sport/activity towards preventing social problems and implementation of organizations like Crimefight in other places. The interviews were noted down and they were not recorded. All the interviews were conducted in Norwegian at the request of the respondents.

All the material used for analyzing came from the transcriptions of interviews and notes taken during the interviews. The transcription was done immediately because of the possibility of forgetting some important points and statements. Kvale (1996) mentions that there are several arguments about transforming oral to written text that can represent a reconstruction instead of a direct copy. In consideration of this, the transcription was written down at the same moment with the respondents correcting the response if there were some mistakes. The only

personal information that was in the transcription was the relation the respondent had with the organization (leader, founder, sponsor etc.). All other information that can identify the person is not taken in consideration on the transcription. For the ethnographic method used there were also used transcriptions to identify important observations that are relevant to the topic.

The analyze is both inductive and theory – driven, therefore, it can fall under the category thematic analysis since it describes a specific theme-centered analysis (Braun & Clarke, 2006). The point of the analysis is to recognize the relationship between primary data and theoretical perspectives. Since the most of the literature used is quantitative research, there will be interesting to see what the qualitative research can add to different aspects of this study. The inductive part at the other hand, builds on the respondents experiences.

## 4 RESULTS

This section with the results of the analysis is divided in two main parts that are the results of the interviews and the other is ethnographic method. Under those two there will be divided into different themes. There will be presented four themes on the interview analyze: (1) Non-profit organization, (2) Voluntarism, (3) Integration, (4) Implementation. These themes give the opportunity to put different aspects of the respondent's experiences under categories. The two first themes are to give characterization of the feelings and thoughts about voluntarism and non-profit organizations. The third is gives a picture of the effect of integration and important levels of making solutions. And the last one is supposed to identify possible solutions or development for the future. Differentiating between the candidates is not focus on this study since there are small differences in the responses.

### *Non-Profit Organizations*

Most of the respondents are related to the organization Crimefight and the interviews can be a reflection of this. Most of the questions are based generally on reflections about organizations in general and the possibilities those have on the society. Most of the opinions expressed in the first sentence of detecting the effect of an organization like Crimefight have on the prevention of social problems most answer alike. According to all the respondents, an activity offer like Crimefight keeps young people and children from the streets and at the same time they kill two birds with one stone by gaining better health and preventing crime. One response gives a clear picture of the effects an organization like this have:

*[...]That they gather on Saturdays helps to keep them away from negative tempting offers that today flourish over the eastern Oslo. The youngest feel a little safer by getting to know the older ones. The elderly get a big brother role above the younger. We who have been with some years can see that this has a positive effect.*

This description gives the impression of a community built by cooperation and solidarity in a form of a family feeling. That will have positive impact in a long term where the fellowship prevent young and children to feel the loneliness and instead they get support.

When asked how to create development and commitment in the community to prevent social problems by means of activities and sports as a foundation, the respondents have the same point in their answer where cooperation between participants and organization is essential and that using sport and activities will be an attractive ice breaker on barriers.

*[...]Sports spread joy, build bonds and removes prejudices. This is very nice in a multicultural society, such as in southern Nordstrand.*

*[...] there must be collaboration between adults and adolescents. They have to have the same responsibility and ownership according the project.*

One interpretation could be that sport can break barriers and create integration within ethnicity, volunteerism, gender, lifestyle, etc. As well as it will also create a joyful atmosphere to prevent bullying and create fellowship instead. But still a positive dialogue between all parts will be necessary to let this project continue in a positive path for the future.

*Those who struggle socially and often feel that everything and everyone always goes against them could see that the community is there for them. Therefore, it is important to have good leaders. With this it is meant leaders who care about everything and everyone.*

*[...] The young people have a place to be, less crime, improved health and increased community involvement from the volunteers.*

These are two statements that stood out the most after being asked about benefits society had of organizations like Crime Fight. The first statement seems to be pointed in that only the less privileged of the society will notice differences. Another perspective is that it is needed a leader with an inner drive that is motivated by compassion. But another interpretation can be that leaders with background from the same neighborhood as the children and young ones can give hope for them and create motivation and ambitions. So in other words, good leaders with the same background as the children and adolescents can benefit the community in a positive way. The second statement in this question; is in common with the most responses and express the benefits in a very straight and clear way. Here the respondents see several benefits that are important and relevant in this study. As a related question the respondents were asked

what kind of vision people have of non-profit organizations. The following statements represent all the responses:

*A lot of people look at voluntary organizations with a positive view.*

*[...] although the support could have been clearer.*

Here it indicates that almost everybody has a positive view but many do not support this form of tool to prevent social problems on the community. Many persons like to be in the background instead of in the front. In addition, they got asked if an organization that uses activity as a tool will be desired. Here the answers were argued with desired factors such as joy, training, healthiness and a way of being social.

*[...] Because today we are concerned about being healthy, exercise and be social.*

*Activity promotes the joy that is the key to such work. [...]*

As a last question about the non-profit organization was who they think is going to need such offer and who is going to use it. The effect Crimefight has on the local community is described as a positive development that benefits in a long term many people. It is described as an organization that pass the children and young ones healthy attitudes for their adult life. Values are something that stands foremost in the agenda and the purpose of creating appropriate values that the young can inherit are as important as preventing them from hanging out in the streets.

*[...] As I said earlier there are nearly 100 children and young ones per weekend. This means that 100 families are benefiting from this offer.*

*By continuing Crime Fight year after year, I think probably it will have a positive effect on young people who are going out into the adult world. They may see the value of fellowship and community spirit. The contagion effect will take this organization and work further. [...]*



## *Voluntarism*

The target with this theme was to find out the views about effects and possibilities voluntary work has. The respondents have many years of experience with voluntary work and had learned a lot in living with this work. They encourage people to do an effort as a voluntary since it can benefit themselves, others and the community. The main target of their work is especially with children and young adolescents. And one motivation that is repeated is that they love to influence people in positive way. Other are to preserve culture, create integration, prevent social problems etc.

*I also work as a volunteer in Ungtauheed (mosque community), where we work towards children and young people. [...] Here we promote religion and integration. [...]*

*I have worked with volunteer work for 20 years. And I can't imagine a life without knowing that what I do has an impact on others.*

Based on the perspective that students have so much time left in the daily life and do not have so many concerns other than their studies, the respondents got asked on their point of view in having students as a resource. Many indicated that students are a must at voluntary work. Especially since they are important but also in concern that they can develop themselves as persons. Others see voluntary work as a duty where everybody should participate and contribute to a work that benefits several parts of a community.

*[...] Students are the future. That means they help is alpha and omega. An active student is good.*

*[...] So basically I think it is a duty to contribute to society if you are a student, working or otherwise. [...]*

Another perspective given is that economical funds and support are essential to have voluntary work even if the amount of work does not cost anything. The young people are encouraged to contribute to volunteer work as they could have benefits in knowing themselves or even find themselves in hope for a better future.

*[...] but we depend on government assistance to get by.*

*[...] Get more young people into volunteering. It can help them continue to find their way forward in life.*

### *Integration*

Integration has long been a debated topic with many different opinions on what the solution should be. There are often very different opinions that contradict each other in relation to the different party views; the following questions on this theme will give perspectives around this open topic that is an endless debate with many solutions.

When asked of who would use such an offer and who would be in need of it, the respondents answered everybody. Ethnicity, socio economic back ground, lifestyle, etc. does not matter as long as they participated.

*Such an offer is good for all, regardless of race, economics or other forms of social division. Such a service collects all under one roof.*

*[...] All young people both ethnic Norwegian and those with minority backgrounds. As said it removes prejudice. This service is offered to all the social rank.*

In a direct question if this offer could improve integration in Norway they answered positively but with a skeptical tone. The main reason for the skeptical tone was because they experienced that it depended on the leader's background. According to the respondents, it was easier to create integration with the support of a person that was or had been in the same boat as the children or young ones.

*[...] We speak with the youth every time where we ask them how they are, if they have any questions they ask us. Integration is easier when you have someone who has gone through the same thing.*

*[...] without skilled leaders more conflicts can be created. It is important that the leaders also have a similar background as the children so that they have a better connection with each other.*

The responses toward if tourism could be a tool used by organizations to create relationships and integration were significantly divided, the half had no belief that it could a tool that would have an effect and the other half said it could be a solution, but they were not sure in which way it should be utilized. One response, however, suggested that it could be used in a way of exploring how the same work was done in other countries. This was a matter of creating dialogue with other children but also to give the opportunity to experience other perspectives of life.

*[...] It may be, for example, to see how they work with young people in other countries. Here they can learn about each other as well as to experience new things.*

Expansion to other parts of the country seems to be an important part as it helps to travel around and experience things that are unseen or unknown.

*[...] We should also expand this to other parts of the country, and go on excursions. This I think makes integration even easier.*

### *Implementation*

Norway has a fairly good activity culture where people are very conscious of the importance of being fit and having a healthy relationship with diet. But other nations of the world have unfortunately not the same relationship. In addition, there are also differences between districts in Oslo and not everyone has such offers which the Crime Fight provides. The aim will be to identify possible effects such an organization may have in these contexts. Moreover, other sports to focus on. This is because sports in Norway are very dominated by

football, skiing, handball and hockey for the most and opportunities to explore other athletic types are minimal. This part will present attitudes the respondents have in implementing new offers in the organization and in new sectors.

All of the respondents were quite positive towards that there is a demand for organizations like Crimefight in other districts in Oslo. And all were also positive that they thought that many would contribute in other districts.

*[...] but it depends on the resources and the number of volunteers. There is much work that requires good organization.*

Still if they are positive on the thought of expanding in Oslo they are concerned about the resources and the amount of work it takes to put such an offer on the feet.

To contribute to such an offer in other districts the respondents mentioned to volunteer and be committed, in addition, to be a role model for the children and young ones in the project.

*[...] They can help by being volunteers, and support contacts for the young.*

*They need to have responsibility and ownership to the project [...]*

How better financial resources affect the development of offers and expansion had variations in the responses. One meant that a partnership with other organizations would have a positive effect, but still better financial resources would be essential. Another respondent stated that the financial part was important to create offers still if the organization was not meant to create profit since it is voluntary.

*[...] Economy is central. This is done on a voluntary basis by the volunteers, but the economy for tours, equipment, and rent for the hall are we totally dependent of to manage the organization.*

*[...] I have more faith in that several organizations gather and do something together. But of course, multiple funding means that more organizations will grow.*

Since Norway has a healthy relationship towards activity and voluntarism the aim was to discover thoughts around the possibility of having organizations like Crimefight around communities in the world where activity and voluntarism is not so developed and available for everyone in the population. Economy was one factor that often was mentioned as a concern. But since the question did not have a specific destination to limit them to, there were confused responses around this topic. Many mentioned effects sports and activities could have roughly as positive thing.

*[...] I do not know so well how their society is, but what I do know is that sport creates community, friendship and belonging. [...]*

*[...] but this will depend on the economic frames. A poor country that cannot provide facilities can achieve this by operating under lowered economic expectations/conditions.*

Views suggesting that Crime Fight football can be an opportunity to introduce children and youth to other sports that are not popular in Norway, but popular in other parts of the world were enthusiastic and the respondents was left with a positive impression. For the most, the children and young ones were infatuated with football and do not care so much of other sports. But the respondents took it as an idea that would be in their thoughts for the next season.

*[...] Here the main focus is on football, we let the kids choose what they want and 99% are engaged in football, 1% watches the other play. [...]*

*It had been fun. It could maybe be an idea already from next season. [...]*

### *Ethnographic Method*

This method was used to create indications about relationships, behavior and attitudes towards this study. The findings here are not meant to be generalized but to give perspectives that can lead to further research. In addition, this method uses small interviews as well as to observation since there were room to identify more aspects around this study. The observations are based upon the literature review and interview as a fundament to find out if

there are differences or gaps between the findings. The themes presented on this method will be: (1) Relationships, (2) Behavior and (3) Attitudes. The observations and questions were done in discretely way in consideration of the possibilities of constructed findings if they found out the intention of the researcher appearance on the two sessions of Crimefight.

### *Relationships*

This part is to see different aspects of the relationships that exist or that develop with or without Crimefight. In theme there were many observations that confirmed some theories and statements from the respondents. The relationship between the children and young ones had a fellowship that reminded of a big brother taking care of the little brother. But the relationship between the children and adolescents with the leaders that were voluntary also had the same relations. They seem to have much fun still if most have different backgrounds in the form of ethnicity, religion, economical status etc. The friendship is extraordinary and everybody were friends at least when they were not playing.

The effort the volunteers put in show up in the relationship they have with the participants. They look up to them and want to learn so much they can about and of them. In this matter, an observation was made of a dialogue between the leader and a child. Here they started with asking how the family of the child was. In response, the child answered about a problem that appeared at home during the conversation. But the important part was that the child asked for advice of the leader, something that indicates that they create bond with each other and have trust towards the leadership.

At the last day of Crimefight this season they had an ending party and in the session the police and security firm Securitas where invited to participate. This was a way of creating dialogue with authorities and creates interaction between them. The security firm their latest project where they have cooperation was that the firm works as an employer for some of the adolescents to help them into the working life without needing to feel injustice when seeking work because of their background. The participants seemed to be comfortable, interested and positive with this project.

In the sessions the Norwegian population was strongly underrepresented. In background of this there it was of interest to find out about the relationship they had with Norwegians. Of

many conversation overheard, there was one comment about this theme that really gave a perspective of mostly all the conversations.

*[...] Norwegians are difficult to hang with since they don't understand us and they expect us to do and be as they all the time. [...]*

The impression this comment gave, in addition, to the rest of the conversation was that the young ones feel restricted to being a person that they are not comfortable with. Many seem to have created a mindset where they think that everybody expect the same of them while interacting with Norwegians. It seems clear that there are barriers in that aspect.

### *Behavior*

In this part the importance will be directed around aspects that create notorious behaviors. This part is not meant to give a bad impression or make segmentation, it is only observation noticed by using the ethnographic method. Under this section there were observed several behaviors but there were especially three that was very noticeable. The most notable behaviors found were low self-esteem, high need of showing masculinity and “laziness”. These behaviors seem to hang together and overlap each other. The low self-esteem was observed in some individuals when they got a joke directed at themselves or when they asked for questions and got shut down, they reacted. Some of the reactions were that they got quiet, retired and somehow lost the desire to participate. Another was the defensive way where they reacted with some aggression or passed it further as a joke or insult to another. These seem also to have a connection with the need of showing masculinity. This form was most notable in a verbal context. They described themselves as tough, cool and as a man by using their immigrant backgrounds as a way to show this. And when they did something wrong they confirmed that it was allowed by noting that they had an immigration background as a confirmation. One comment that had a significantly visibility of this effect was:

*[...] I am a foreigner, therefore, I do it.*

This form of excuse was also found in “lazy” behavior. All in all, the behaviors were connected with each other. With “laziness” there is no intention to generalize the immigrant in a segment. It is an indication used to describe certain behaviors that seem to follow a pattern

of aspects taken from the context of this study. Here there were behaviors of giving up things and having lack of ambition that raised a red flag. Both the self-esteem and masculinity part was connected to this theme. The wishing and desire often talked about were dismissed by arguments like they were not able or that just the reason that they had a background would not give them opportunities. The impression given was a small hope that they themselves ruined by arguments of their background or feelings of not being able to accomplish a goal. But this seems to only be symptoms of one or more problems; therefore, this can't be categorized as problems. Here it looks like the problem is that they compare themselves with everyone, something that confuse them and gives them mixed thoughts of which behavior is correct for them. As this is one way to see it, there exists different factors that affect the behaviors.

There were also two noticeable behaviors that were positive. One was that they were very concerned of each other and curious in consideration of their friend's backgrounds. The friendship between the participants was very strong, and it seemed that they had more mature concern of each other. With these it is noticed that they are concerned about how they feel and how their families has it. They are often talking about issues about things that happen in their home, parent's job or injustice both where they live and the world. This was very notable in concerning the ages, but also those they were engaged in conversation like that had a strong passion about injustice. This is seen positive as it gives the possibilities of engaging them and encourage them to stand up and make a difference and make solutions. The curiosity was noticed in conversation where they wondered about their friend's background. Here they talked about typically happenings of their culture and compared with each other cultures. They created bond by joking of the differences and similarities. It seemed to create an increase of knowledge in different perspectives for the children and young ones that made them a little more mature. The curiosity can also be transferred to exploring new experiences in consideration of integration.

### *Attitudes*

Multiple attitudes were observed under the session. And again it is repeated that the observation creates just indications that later can be used for further research. One attitude noticed was that they were suspicious of everything. It seemed like they were used to lie often and didn't believe each other. This got observed by that they often pledged to God or parents for almost everything they said. Rebellious attitudes were also caught on the observation in



conversations they had about hiding special events or lying about things for their parents. And often they were concerned about what their families could find out. In addition, there were mentioned some accomplishments they were proud of that concerned some small crimes or scams. A defensive attitude was very notable in form that they always were on watch of comments that could insult them in some way, in addition, to the hostile attitude towards the Norwegian culture. It seemed like they didn't understand the Norwegian culture and had only some generalized thought about the Norwegians that gave them a negative picture. Here they mentioned the problems as difficult to interact with Norwegians and that they felt restricted in form if they had to "become" Norwegians to be with them. That indicated that there is a lot of expectation from both parties. They say that the Norwegian side expects them to adopt only the Norwegian culture and on the other side the minorities want to keep their culture and implement some of the Norwegian culture. In addition, the community they are living in is very multicultural and most of the schools have in the latest year had a significant decrease of ethnic Norwegians. This seems to lead to a multicultural community that misses the influence of the Norwegian culture. A lost interaction with the Norwegian culture in daily life can perhaps be a factor of creating barriers that prevents integration. This is a difficult mindset to understand that would require further research from both parts to find perspectives around these observations.

The explorative attitude is also with the children and young ones. When asked if it would help to travel in other parts of the world; most answered positively and that they would love to see new things. They were more skeptical when asked to interact with other people in a travel. The skepticism came most of that they were afraid of the thought of not being accepted and being disliked. But this attitude can be used to close barriers by creating interaction with others in the purpose to raise integration. But also to strengthen self-esteem and feeling of belonging in Norway. There were also strong ambitious attitudes in having dreams and goals for the future. Here the young ones had a high effect of influence from the leaders that studied or accomplished to finish their studies. They get hope and strength from them and push them to work harder for their goals. This attitude was also observed as passed down to the children since they look up to the grown up. The ambition consisted of dreams of being football players or stars, but a large amount of the participants wanted to study and make a difference. In many ways this is a positive attribute of the organization that benefits many people and the

community. And it is clear that there is a clear effect of passing over positive attitudes to the participants and decrease the negative.

The leaders had strong attitudes towards giving them constructive critic and motivating them to have ambitions for the future. As Taylor & Harrell (1996) explained it the leaders serve as “natural guardians” that lead children and young people in the right path. Here they have like a big brother and father role that most appreciated much. It was also very clear that the leaders did volunteer with passion and not to create appearance. In addition, they pass also much knowledge to the participants.

## 5 DISSCUSSION

This part of the study will give the opportunity to give arguments for and against the research by comparing the secondary data with the primary data of this study. This gives a debate and opportunities to find gaps and indications between or on different aspects that are mentioned on this study. The discussion will also include the hypothesis and research question to answer them and in giving evidence if they are wrong, misleading or that there is insufficient data of the theme. The discussion will also help to reduce uncertainty around this topic. The themes here will go around volunteers and non-profit organizations, sports and activity, and tourism. Here the discussion will mention especially the effects and aspects of implementing these themes as tools to prevent social problems.

The findings from the interview implied that many of the community are positive to support this type of projects, but still it was not a visible support. This is something that enhances the possibility that hypothesis one is correct, that people have a positive view of non-profit organizations that work to reduce social problems. There was apparently a lack of physical appearance in the support of Crimefight in form of volunteering and economical funds; something that can reject hypothesis four about people from the community contributing still it seems the population is positive to contribute. Many see projects like Crimefight as a positive initiative for the community. But not many are willing to step out and give support to make a difference. There can be many reasons for that, some worth mentioning, are lack of marketing, a too limited offer directed to only one part of the population, insufficient expectation from the community, little visible differences etc. Another view can be that since most of the participants of Crimefight have immigrant background, there can be some different attitudes or views of such projects from the parent's side. With this is meant that there can be some misunderstandings of terms like volunteer work, expectations of such work or recognition of their work. The International Labour Office (2012) mentions that the term "volunteer" or "volunteering" is not widely understood in all parts of the world, and it has a variety of negative connotations in some societies where "forced" volunteering has been a widespread practice. In some societies, "helping" or "providing assistance" is an expectation of the culture and volunteering is not easily identified as a distinct form of activity (International Labour Office, 2012). In addition, International Labour Office (2012) implies that even in contexts where a great deal of volunteering takes place, respondents may not recognize their own acts as something special or distinctive called "volunteer work", as opposed to being simply a normal part of life in the community. In addition to those

misunderstandings that can occur, the minority population is known for separating from the average population in terms of participating in voluntary organizations and their relationship to physical activity.

*H 1: People will have a positive view of non-profit organizations that work to reduce social problems.*

*H 2: People are more likely to want organizations that use physical activities as a solution for social problems.*

*H 3: Other suburbs in Oslo will be considered to have a need for offers like Crimefight Football.*

*H 4: People from the community can be expected to contribute to such offers, in the form of resources such as voluntary work, economical or others contributions.*

Hypothesis two and three seems to be fairly correct based on the indications of the interviews and the demand for organizations like Crimefight that appears among the population. Around these perspectives the respondents were positive and mentioned that an expansion could be necessary in other districts of Oslo. This perspective is in consideration about the similarities the districts of eastern Oslo have with background as minorities and social problems. Most districts will have similarities to the continuous discussions of aspects considering this study.

The aspect of integration seems to be to understand, accept and respect the local culture, having a job, having a feeling of belonging and to learn the local language. What about one's own culture? Shall one give it up? Impose it? Or have assimilation of one's own culture with the local culture? These are parts of the integration that has very varied outcomes. Perhaps if different studies found out more about the perspectives people from both the minority and ethnical Norwegians have, it would provide better understanding that could create more effective solutions towards a more integrated community. From the main findings, the children and young ones for the most claimed that the pressure becomes too big when there are so many expectations of them on the theme integration. The findings indicated that there are many expectations in how they have to be, and have to do. This is a pressure that makes them tired. In the integration theory it is often mention about how an expatriate has to adapt to the local culture. But there is not mentioned another perspective of a theory that maybe the local community can also have some interest and also adapt themselves in the expatriates culture. This would be in consideration that most of these children and young ones are first

generation immigrants born in Norway. As mentioned, this can be a challenge for them since they have to adopt two cultures; the Norwegian and their parent's culture. Beside of this they have also sometimes challenges with stigmatization. Here the characteristics of the stigmatization give them a mindset that whatever they do, they will always be defined by the characteristics. Stigmatizing characteristics for ethnic minority and immigrant groups may include skin color, language differences, distinguishing physical features, and any other salient traits or cultural behaviors that distinguish that group from the majority group (Phinney, Madden, & Santos, 1998). But from the findings in the ethnographic method there exist also other stigmatization in the kind that ancestry and economical lifestyle characterize them. The attitude seems to be for the young ones "I am, therefore, I do". Here they acknowledge their background as character they have to be. This is factor that can weaken the integration of young people in the form of creating a mindset with barriers. Hirschi (2001) claim that it is easier for people with weak ties to the community to commit crime as weakly integrated people have not internalized sense of community participation in a community. Weaker integration can also be linked to factors such as youth language skills, networks and school performance (Evensen, 2009).

*H 5: The financial and social situation of individuals affects their social problems.*

*H 6: The feeling of belonging affects the integration of minorities into the Norwegian culture.*

In background of the findings in this research the children and young ones did not feel belonging to the Norwegian culture, and seem to have a misunderstood view of the Norwegian culture. This has also raised an aggressive attitude towards the Norwegian society. Mostly it is because they do not find similarities with their background and neither feels belonging as Norwegians. But as mentioned early in this study, there is a factor that is unknown. And that is the factor in which they live in communities that are influenced and surrounded of so many cultures that it arise closed communities without any influence of the Norwegian culture. An effect of this is barriers that minorities and ethnical Norwegian are afraid to remove in the mindset that they are getting used to be divided and having the thought of "like a feather flock together".

It turns out that many of the district's children and young people experience little in the school holidays because of socioeconomic difficulties. In addition, it is also so that a large proportion of children and young people do not celebrate traditional holidays. Therefore, Oslo Sør-

Satsingen (2012) has a vacation deal for the district's children and youth that provides funds to organizations and individuals who initiate activities. The findings also suggested that tourism could be a form of solution to create integration. Here the children and young people can experience interaction with an unusual environment. But in a cultural context, this tool with tourism as a fundament can foster more knowledge that strengthens the possibilities of breaking barriers.

Adolescents who are physically active are lighter and have less subcutaneous fat compared to those individuals who are regarded as sedentary (Poinsett, 1996). This is a fact that strengthens the position of organizations as Crimefight in reducing social problems. Activity can reduce obesity, but it can also have an effect in factors that would help children and young ones in the feeling of belonging. Sport is associated with positive a psychological and social outcome that includes higher positive affect, well-being and greater social skills; in addition, shy and aggressive children that participated in sport reported that they had higher self-esteem (Findlay & Coplan, 2008). These are important effects that give opportunities in showing the children and young ones the possibilities to accomplish and have ambitions for the future. But it can also affect the fear for the unknown. The self-esteem gained can give them courage to adapt in to the Norwegian culture easier.

There is a lack of learning possibilities about the culture and there are many immigrants that do not master the Norwegian culture. Such organisations like Crimefight that has over 100 participants can make differences by using these unknown resources. By this is meant the possibilities of interacting with the parents and trying to introduce them to the participation in their children's development and integration. Many of the leaders have experienced different situations when growing up that occurred with the parents. Therefore, they could use that experience to find ways of activating parents of the children and young ones participating in Crimefights project. It is well known that to raise awareness of parents can help to create changes in different aspects. Lindelofs (2005) found out in his study that the families who considered the child's weight as a result of wrong diet and exercise habits had an easier time changing dietary habits, and more families showed weight reduction.

Another question repeated in this study was which effect would a non-profit organization have on other communities and if this method of using activity could be implemented in other parts of the world. The positivity towards this was high in the responses from the interview. The statements indicated that other communities would have a great impact that would have

positive effect; however, some also indicated that cooperation between organizations could also have a positive effect. The difficulty is that there are many organizations that work to prevent social problems, but all uses different methods. Those methods can be a youth clubs that operate to different times of the week. And often are physical activity not a part of the methods. The other perspective is that other offer to the young people often is not given on the weekend. And like Munk & Raun (1999) found out, most of the crimes happen on the weekends. Another problem of such offers like a club that are open late on the evening is that it maybe introduce the young people to the night life that can have a negatively effect on the future. Offers like Crimefight gives can have a more positive effect in ways of giving the young ones possibilities to experience positive benefits for their self and preventing them to be late out at nights when the risk is high for being surrounded by bad influence of the society.

The implementation of such offers in other parts of the world where the activity and sport is not available for everyone is not impossible. But it may be difficulties in context of the cultures. One would be that the understandings of volunteer work would be different in other culture. Therefore, it can be different motivations for being volunteering that can affect the goals of the organization. Another thing is that the environment may give challenges in form of funds, crime, local culture etc.

*H 7: Non-profit organizations can have a positive impact for communities*

*H 8: Non-profit organizations focusing on activities can be implemented in different parts of the world*

All in all, the findings where related to secondary data in many ways. And it seems that there can be a generalization in the different aspects concerning this study. But the main findings are only indications that can be used for further research in the future. In addition, it is indicated that non-profit organizations have great effect on the community. Children and young ones seem to have benefits that help the belonging, self- esteem, ambitions and motivations. And they are also open to be integrated, but the problem is that they do not know how to do it. Therefore, it would be essential to have good leaders that push them in the right path.

Other positive effects Crimefight could have on the local community are that the organization strengthens participation by involving more people in local community development. This could be within range by creating understanding and values of fellowship in the community. The challenge here will be not to be hindered by differences in population (ethnicity, age, social status, gender, etc.). In addition, it will be a challenge to build trust in the society; this will be confidence in institutions like child welfare, police, health services and schools. Organizations like Crimefight can be a good example of a venue that offers a place to create fellowship in the form of friendly and family ties. The resources will play an important role and have very great importance for improving the participation and involvement in society. The two most important will be the human and financial resources. Here it is important that the volunteers are responsible and reliable, but also that they have the knowledge and experience that will serve as bridge builders out to the population. Students can also be an important resource for those organizations working with children. This is especially in regard in matters that children and young people have it easier to relate and look up to the students that are often a young part of the population. But it can also have an effect by creating motivations and aspirations as students work for a future, but also in a way that by finishing a study they will create spirit for children and young people. Much of the findings seem to acknowledge that measures for the local community or neighborhood have more effect than other initiatives. The measures that are related to the local environment and neighborhood seem to have greater success with attracting volunteers than the more district-wide initiatives (Ruud & Vestby, 2011). Ruud & Vestby (2011) makes a statement, that the traditional model for voluntarism is constantly changing and therefore, it is essential for the districts to find other ways to conduct voluntarism.

Perceptions of the people about volunteerism and activities will vary by different groups. This may cause a disadvantage participation of volunteer work. This can be different views that prevent people from lining up as volunteers. This could be for example that different population groups has a different way to approach volunteering than the Norwegian point of view. Another would be that it does not fit into their schedule or that they would rather work for money than lining up to work for free. It may also be that different groups do not feel a sense of belonging by being a volunteer when they are the only one from the group. Ruud & Vestby (2011) mentions that it could also be that they choose not participate under special activities to not be associated with other cultures, norms and values.



Ruud & vestby (2011) mentions that there is much affinity on the basis of ethnicity on Mortensrud and Bjorndal which is part of the Southern Nordstrand instead of affinity between ethnicities. However, based on observations, it was evident that children and young people with different ethnicity had a good fellowship with each other even though they had different backgrounds.

Based from the interviews there can be some limitations of the data since the sample was small and the respondents shared their thoughts and views about wide and general aspects. Another factor can be that the respondents had a relationship to Crimefight in one or another way, meaning that the responses could have been influenced by this factor in fear of responding wrong and leave the organization with a bad reputation. Another perspective is that the respondents answered question about the necessity and effects voluntary work with physical activity would have in other communities. Here there may be different responses if persons in other districts were asked if it would benefit their community.

## 6 CONCLUSION

It has been debated if voluntary work has an effect on social problems. The present thesis indicates that voluntarism aimed at activating young people at the least has an effect on keeping youth off the street and perhaps preventing crime and anti-social behavior. Voluntary work also serves to provide role models and inspiration for the youths to pursue alternative modes of activity. In the optimal case, as aimed for by Crimefight Football, the young are provided with more appropriate values such as fellowship and learning to do something for themselves. All in all there are grounds to say that voluntary work has a value, not least in activating youth with a minority background, who are more exposed to social problems and discrimination than majority youth. Voluntary work may be effective as long as there are responsible persons in charge with a desire to make a difference. In an ideal case this could also be extended to volunteer tourism, briefly noted in this thesis. The focus has been on the value voluntary work can have in motivating young people who are otherwise at risk.

An organization with volunteers that has their roots from one neighborhood or district will exhibit stronger as a tie point between community and population. This can create opportunities to engage people to participate in activities such as physical activity and voluntarism. A personal tie between volunteers and population can also help to the process of gaining confidence in matters of making a difference that reduces problems for the community by helping others with disadvantage. It is social integration and combined efforts targeted both the young person, their family and circle of friends, which are the main focal points in connection with crime prevention efforts for young, people in general (Jespersen & Sivertsen, 2005). Residents appear to respond to the detrimental conditions associated with disadvantage, including social needs, by getting involved in activities designed to alleviate neighborhood problems (Swaroop & Morenoff, 2004). In addition Swaroop & Morenoff (2004) suggests, that improving community participation in one neighborhood will enhance social organization in surrounding neighborhoods as well, meaning that even small, localized efforts to improve community participation will have effects that reach beyond the immediate neighborhood.

As a way to start Edwards & Tsouros (2008) presents a recipe in how to build up volunteer works that benefit the society with physical activity. This is helpful to create contribution for societies that are in need for a different way to help children and young people:

- Build commitment
- Form a leadership group
- Create vision
- Profile community, neighborhoods and target population groups
- Consult with resident and stakeholders
- Identify opportunities and constraints(SWOT)
- Identify funds and resources
- Set goals and objectives

An organization working with children and young people while engaging them in physical activity can be implemented anywhere in the world and any society if there is a strong commitment, leadership and vision. Using opportunities for changing attitudes and activating people as a mean for better integration and quality of life can affect and benefit more for the communities than governmental initiatives.

There is a general consensus that participation in sport for children and adolescence is associated with improved psychological and social health, above and beyond other forms of leisure-time PA (Eime, Young, Harvey, Charity & Payne, 2013).

Crimefight is an organization that creates commitment, unity and sense of belonging to improve the lives of children and youth by encouraging participation while forming a positive sense of belonging and place identity. This is a functional relational process that is helpful in achieving its goal of reducing crime, but also to reduce other social issues affecting the district. By continuing this project there will be possibilities to achieve better results that will affect the people who live there and also how the district would be considered by others. A proposal for organizations like Crimefight is to improve cooperation between volunteer organizations while they are adopting new activities in terms of introducing young people to new things like sports, people and destinations. These improvements can have a positive effect on integration, self-esteem, ambition, motivation and participation in both activities and volunteer work. A method of work could be to introduce them to new experiences and lead them to unknown perspectives and point of views to break barriers.

## **6.1 LIMITATIONS**

There are different challenges; one of them can be that the reliability of the qualitative interview is weak. Pole & Lampard (2002) says that the data yielded often are reflections of the circumstances in which the interview is conducted. In this is meant that changing context can give different outcomes. The main findings are difficult to generalize since the amount of samples were quite small. In addition, the samples taken are meant to give indications of the aspects influencing the main points of this study and not generalized answer that will concern all communities. But still the main points can have some similarities between the Norwegian context and contexts abroad. The availability of resources impacts also the adaptation of such offers in other places. With this it is meant resources like volunteers, economic funds, arenas etc. Another limitation of this research can be that the translation from Norwegian to English in other studies can have been formulated wrong and the context can express a different meaning than it was supposed to do. Since the samples of interviews were small and these study only gives indications about topics in the research, there will be necessity for larger studies that will give more generalized findings. Respondent's strong relationship with the organization Crimefight can have been affected and manipulated in concern of leaving the organization with a better reputation. Thoughts from the respondents about the necessity and effects other districts will have can also be different than the reality.

## 7 APPENDIX

### 7.1 BIBLOGHRAPHY

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## 7.2 INTERVIEW

Your relationship to Crimefight:

- Parent
- Participant
- Leader
- Stakeholder

These questions will be used to identify different aspects related to voluntary activities that are aimed at prevention of social problems that society today is struggling with. The information here will be used in a thesis I write in English at the University of Stavanger and has the title:

*"Activating young people in voluntary work - effects, expectations and opportunities of using activities to prevent social problems".*

The survey will be anonymous and your answers will be maculated and destroyed after the research is done. The purpose of choosing this particular topic is to strengthen the theory of volunteer work and if society can benefit from voluntarism. Such a task may arouse others' interest to participate, explore the findings or make further research on volunteering.

These questions can you freely answer exactly as you wish. An explanation will be given if anything should be unclear during the interview.

What effect does the work organizations like Crimefight Football offers in preventing / reducing social problems society?

How can a volunteer work develop and encourage involvement in the community to solve / reduce / prevent social problems by means of activities / sports as a foundation?

What benefits will the community have of organizations like Crimefight Football?

What kind of vision do you think people have of volunteers working with reduction of social problems?

Why would an organization that uses activity as a tool to be desired?

Can an offer Crimefight Football be in demand in other districts in Oslo?

Do you think many will contribute to such an offer?

How can they contribute to such an offer?

Who do you think is going to need such offers and who is going to use it?

Can such offer help improving integration in Norway? If yes, how and what can help this?

Could tourism be a tool used by organizations to create relationships and integration? If so, how?

Does Crimefight Football give positive benefits for the local community?

Can additional funds contribute to better services and more organizations in several neighborhoods? How can organizations improve from additional funding?

Can an offer like Crimefight Football have great effect in other countries around the world that do not have as developed activity culture in Norway? And in what way do you think this would affect a community in another country?

What are your views of Crimefight football being an opportunity to introduce children and youth to other sports that are not popular in Norway, but popular in other parts of the world?

What are your views of students contributing to positive measures to help the society?