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ORIGINAL

TRADITIONAL SPORTS AND THEIR INFLUENCE ON COMMUNITY HEALTH IN RURAL CHILE

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ABSTRACT

The research study aims to determine traditional sports and their influence on community health in rural Chile. Customary sports, steeped in cultural history, substantially contribute to these communities' general well-being. The study examines how these activities affect social cohesiveness, physical health, and cultural preservation. The research study was based on primary data analysis to determine the use of smart PLS software and generate informative results, including descriptive statistical analysis, correlation coefficient analysis, and the smart PLS Algorithm model between them. The study looks at conventional sports participation from a holistic perspective to see how it affects lifestyle decisions, mental health, and employment prospects. The overall research found that traditional sports positively and significantly influence community health in rural Chile. The results highlight how crucial these initiatives are for maintaining cultural identity, building a feeling of community, and advancing overall health among rural Chilean communities.

KEYWORDS: traditional Sports (TS); Community Health (CH); Rural Chile (RC); Smart PLS Algorithm

1. INTRODUCTION

No one can deny that our world has made many more achievements and advancements with the help of science and technology, but this combination of science and technology has made us too far from our culture and traditional values. Not only we have left these traditions, but we have also considered them absurd these days. But we cannot deny that such traditional values are significant for the recognition and prosperity of any nation by promoting its culture and moral values. The same scenario has been seen in Chile's urban

areas where people are moving away from traditional values, including traditional sports such as rodeo, Palin, and others.

However, it has also been seen that such traditional sports are more common in rural areas of Chile, which shows that rural areas of any country play an important role in preserving such traditional sports. Different traditional sports, such as rodeo, Palin, volantín, and others, are played mostly in rural areas of Chile. These sports are the cultural heritage of Chilean culture, which plays the role of representation of the nation at the international level (Rotarou & Sakellariou, 2017). There are different kinds of benefits of these community-based rural sports in rural areas of Chile. There is no doubt that these sports are the ways to preserve Chile's unique heritage and culture. These sports have positive effects on physical as well as mental health. If we talk about physical health, we know that sports and other such activities play important roles in maintaining better health. playing hockey or football can balance blood pressure in the body, is responsible for muscle development, and increases the endurance of the body (Reyes-Paecke, Puppo, Magnani, & Salinas, 2023).

If we talk about the traditional sport of Chile such as rodeo which is similar to horsemanship in which there is running, jumping, and controlling a horse or any other cattle which can affect positively on physical health of the body. The other traditional sport in rural Chile is palin, which is somehow related to hockey games in which different types of wooden balls and sticks are used; by playing this game, the strength of body muscles increases the power and endurance level of the body. These sports are not only important for physical health but mandatory for mental health (McWhirter & McWhirter, 2008). There are many benefits of these traditional sports related to mental health, which can be described as follows.

The first and foremost benefit of these traditional sports is that they encourage social gathering, thus moving people away from extensive and overuse of technology. With the advancement of science and wireless technology, communication has become wireless. Still, people are bound to their cell phones, which increases screen time, which can directly or indirectly affect the mental health of human beings. If we about the depression level in American society, we come to know that every fourth person is suffering from mental health issues even without showing any symptoms(Gallardo-Peralta, Raymond, & Gálvez-Nieto, 2023).

This all is because of over use of mobile phones which has deteriorated the hormonal level in the body and thus resulted in mental health issues but by participating in such traditional sports in rural Chile, masses of the population can be moved away from these bounding technologies (Bernales Silva, 2013). Chile, officially mentioned as the Republic of Chile, was founded in South America and occupies a thin band of land that is present between the Pacific

Ocean to the west and the Indus to the East. Sports are of great significance in Chile, and both professionals and beginners take part in them. Traditional sports in rural Chilli have a rich cultural importance and historical significance; these sports have been played for generations and are deeply embedded in the local communities. These games act as a means of entertainment, social interaction, and physical activity, showing the cultural heritage of the region. The people of Chile also try to exercise different sports at home and participate in international levels to represent their nation (HIBINO et al., 2019).

Traditional sports in rural Chilli are an important part of the country's culture and history. The most beloved traditional sport in Chilli is the Chilean rodeo, which is also the country's national sport and is widely exercised in rural areas. Many other traditional sports in Chile include handball, volleyball, cycling, golf, and tennis, which are also the most played sports in the country. All these sports play an important role in encouraging physical activity and community health in rural areas of Chile.

The influence of traditional supports on community health in rural Chili is important for several reasons. Research has shown that physical activities that are linked with traditional supports play a significant role in promoting Community Health and well-being. The other benefit of these traditional sports is that they engage people with others and encourage them to become social and communicative. As we know, technology has made people so busy that they don't have even time to talk to fellow people, even for short periods. This is somehow because of dull and tough daily routines and unbalanced lifestyles (Rowell & Rychtář, 2015).

But this issue has been solved to some extent when people in rural Chile are encouraged to participate in such traditional sports. It has also been seen that the level of social interaction among people in rural Chile is far better as compared to social interaction in urban areas of Chile (Bodeker & Kronenberg, 2002). When a person gets a chance to communicate with other people in leisure and free time, the social capital of people increases, which positively impacts the mental health of human beings. As we know, human beings are social animals that need proper society and cooperation for better mental health. This can be achieved by arranging traditional sports programs in rural areas of Chile. The next benefit of traditional sports is that they encourage and galvanize the feeling and urge of competition among people, which makes them active in their lives even at an older age (Sarmiento et al., 2010). The mental health of the community is based on the mental health of a person; when mental health at an individual level improves, the mental health of the overall community also improves.

The other benefit of traditional sports on Community mental health is that by participating in such sports, people may undergo the mentorship of any

person, which keeps the traditional value of mentor high in society, which is quite mandatory for the success of any nation. By participating in such sports and receiving guidance from mentors, a person may become mannered, punctual, and disciplined in his life (Pizarro-Mena et al., 2022). These attributes help a person become mentally healthy, thus impacting the mental health of the whole community. The other benefit of these traditional sports in rural Chile is that they also involve the participation of children in such activities, or they may watch this kind of activities, which is also a kind of active learning for children at a very young age.

When children learn honesty, justice, endurance, tolerance, and discipline at a very young age of life, they will be able to be good citizens with better mental health because they have been brought up in a mentally healthy community (Córdova, 2023). Culture is the main asset of any nation, and preservation of this culture has been becoming more challenging in the present era, but such traditional sports programs can be effective for preserving original assets of culture in the form of traditional sports. This study overviewed how traditional sports in rural Chile affect the community's mental health. If such programs and traditional sports are encouraged in other countries as well, it will be an effective step towards adopting cultural and traditional values for any nation (Sánchez-Moreno).

2. Research Objective

The main objective of this study is to understand the relationship of traditional sports with community mental health in rural Chile. This study has also described that people living in rural areas have better mental health as compared to people living in urban areas of Chile.

The research determines that Traditional Sports and Their Influence on Community Health in Rural Chile. The study is divided into five specific research chapters. The first section represents an introduction related to community health in rural Chile. It also presents the objective of the research. The second section describes the literature review, and the third portion represents the research methodology, including tools and techniques of research. The fourth section describes the results, and its descriptions. The last portion summarizes the overall research study and presents some recommendations about traditional sports and their influence on community health in rural Chile.

3. Literature Review

Researchers claim that Chilean students are provided with after-school physical activity programs to enhance their physical health. Promoting the participation of students in sports programs after school makes them physically fit and mentally strong. Traditional sports programs are also provided to students to improve their knowledge regarding cultural sports and to keep the students

connected with their traditional and cultural values through sports(Carter-Thuillier et al., 2023).Scholars explain that Chile's sports industry is digitalized using modern technology. Digitalization of the Chilean sports industry improves the sports-related field of Chile. All the management processes related to various sports fields are managed effectively by digitalized sports industries (Duclos-Bastías, Hepp, Arias, Giakoni-Ramírez, & Calderon, 2023). Studies reveal that sports greatly help in achieving sustainable developmental goals. Different governments around the globe develop programs to achieve SDGs by promoting physical activity-based sports.

The people participating in sports through the effective sports awareness programs launched by the government save these people from developing NCDs. the health of people participating in traditional sports-based programs improves their physical health(Dai & Menhas, 2020). Studies suggest that ES-based services are identified through the people of Chile following the traditional culture of their state.to assess the change in these traditional cultural-based ES in Chile, various transdisciplinary techniques have been employed by researchers. The finding of Researchers explain that there has been loss of traditional ES in the people of Chile(Delgado et al., 2022) Studies explain that the policymakers of Chile have reformed the national health policies of Chile. Modernized health-based models are now implemented in the health sectors to replace traditional biomedical models.

The community-based health models are based on the biopsychosocial Concept for ensuring the distribution of health services all over the country(Dominguez-Cancino, Palmieri, & Martinez-Gutierrez, 2020).Studies claim that the institutes of choice that provide physical education prefer to provide mini-handball sports training to students.in Chile, obesity is the most common health problem among youth. To overcome this problem and improve the health of students, they are provided with handball sports training. the development of NLP helps in developing motor skills in school students using the handball sports practices. certain social and economic factors disrupt the process of motor skill development in children.by implementing the NLP model in schools, the effectiveness of sports practices improves (Espoz-Lazo et al., 2022).studies predict that to improve the overall health of sports players in Chile they are provided with plant plant-based diet.

The plant-based diet improves sports athletes' health and reduces their chances of chronic disease development (Figueroa et al., 2021).studies explain that the participation of older people in social activities is influenced by different factors. using the ecological model helps predict the impact of environmental as well as community factors on the social participation of older people. The results of the ecological model suggest that personal factors are involved in influencing the social participation of older people in various social programs(Gallardo-Peralta et al., 2023). Scholars studies shows that in Chilean

people the factors related to physical activity and expectancy are assessed using the expectancy-value model. The data obtained through this model explained that PA is an important factor that improves people's physical health (Gallardo, Abarca-Sos, & Doña, 2020).studies reveal that to overcome the health-related negative inequality problems form people's lives various social movements play an active role. social movements help in raising public health-related concerns on different platforms.in Chile, the #boom bade insulinaal AUGE is a social movement that raises vice for diabetes patients. Also, all the social movements promoting health help in transforming the health sectors to promote the well-being of the people of Chile (González-Agüero et al., 2022). Studies explain that sports gambling proves dangerous for sports sectors as it hinders the progress of sport-related industries.

The deconstruction of sports-related sectors results because of the homogeneity found in sports competitions(Lopez-Gonzalez, 2021).studies explain that various strategies have been developed by researchers to develop a healthier urbanized state in Chile and other Latin American states.to understand the complexity of urban areas and their related traditional aspects, it is important to understand the ideology of decision-makers behind urban planning. To promote healthier urban practices urb, decision-makers use interventions that enhance urban sustainability (Morais et al., 2023). Studies reveal that the number of immigrants in Latin America has tremendously increased. It is important to use collaborative health strategies to provide health-related services equally to immigrants and Chilean people.

The collaborative strategies provide health services to immigrants and Chileans by keeping Chile's traditional values (Oyarte et al., 2022).Studies suggest that to reduce obesity in the people of Latin America, the people of these states should be provided with physical activity-based programs. these programs are helpful in making obese people physically active, thereby making them physically fit and active(Palacios et al., 2021).Studies explain that people of different ethnic groups engage in different levels of physical activity. In people related to ethnic groups, the most crucial factor that influences their PA-related activities is sociodemographic factors (Panciera-di-Zoppola, Niño-Restrepo, Melo-Freile, & Ortiz-Moncada, 2021).

Studies predict that in Chile, the law related to labelling of and its advertisements is implemented to reduce obesity in people. The food labelling programs greatly improve the PA and dietary activities of schools in Chile (Pfister & Pozas, 2023).studies highlight that immigrants coming to Chile are provided with great healthcare services through a policy program. this policy program is developed to provide health services to immigrants by keeping in view their ideological assumptions or perspectives (Piñones-Rivera, Liberona, Henríquez, & Holmes, 2022).studies explain that various sports policies have been developed in Chile to provide equal sports training to all people without

any discrimination (Reyes, 2021). Studies highlight that during the pandemic of covid 19, physical activity-based sports were restricted due to the closure of gyms and other sports institutes.

Various studies show that a significant decrease in the rate of PA sports was observed during the pandemic conditions. For the health preservation of people during the Covid 19 pandemic, various health policies were developed in different countries in the world (Wilke et al., 2021). Studies explain that Latin America's different states face problems associated with built-in environments.

For remodeling the built-in environments to develop healthier spaces for people walking. Various models have been developed that help improve Chile's built-in spaces to make built environments more liveable (Zumelzu, Estrada, Moya, & Troppa, 2022).

4. Methodology

The research measures Traditional Sports and Their Influence on Community Health in Rural Chile. The study based on primary data analysis for measuring the research used specific questions, including open-ended and closed-ended questions related to the variables, to determine the research, used smart PLS software and generate informative results including descriptive statistical analysis, correlation analysis, also smart PLS Algorithm model between them.

4.1 Traditional Sports in Chile

Traditional sports in rural Chile hold remarkable cultural and historical values. "Rodeo" is deeply embedded in Chilean rural culture and is considered the national sport of Chile. It originated from the cattle-ranging tradition of the Huaso (Chilean cowboy) and requires skilful guides for cattle. Palín is also a traditional sport of people who live in Chilli. They have been playing this game for centuries. It is believed that this game originated over 500 years ago. It is a team sport that involves hitting a small wooden ball with a curved wooden bat.

This game holds cultural importance as it relates to the people of Chile's traditions and is usually played during community celebrations and ceremonies. Rayuela, also known as the Chilean hopscotch, is a popular traditional game in Chilli. It can be played individually or in teams; in this game, the players throw a flat stone or disc onto a series of numbered squares drawn on the ground. This game is often played during festivals and community gatherings, providing entertainment and taking care of social connections. "Carreras a la chilena", a type of horse racing, is also an important sport in rural Chile.

Traditional sports hold remarkable cultural importance and serve as a source of local pride and heritage, bringing the community together in the spirit

of friendly rivalry and companionship.

4.2 Sports influence on community health

Participating in traditional sports can help with many physical health benefits, including improved cardiac fitness and muscle strength. Numerous traditional sports involve high levels of physical activity, like running, jumping, and throwing, which can help improve heart fitness by increasing heart rate and oxygen intake. In traditional sports, players often require the use of multiple muscle groups, which can help improve muscle strength and endurance. In rural areas like Chile, traditional sports can significantly elevate physical activity and inactive competing behaviors.

These sports are often accessible and affordable and can be played at any place, such as community centers, community parks, and schools. Moreover, traditional sports can help to preserve cultural tradition and promote a sense of identity and pride among the people of Chile. Traditional sports encourage an active lifestyle by providing opportunities for regular physical activity. These sports often involve spending time outdoors, engaging in physical movement, and connecting with nature.

This active lifestyle can help to fight lazy behavior and increase overall health and well-being. Participating in traditional rural Chile sports can improve heart disease, muscle strength, and an active lifestyle. These sports offer physical health benefits and many chances for social engagement and community connections. Thus, it helps in overall well-being.

4.3 Challenges

Traditional sports in rural Chile face many challenges, including modernization and the youth's declining interest in old culture. As rural communities are modernizing, traditional sports may be dominated by more modern forms of entertainment and physical activity. The young generation may be less interested in traditional sports and choose activities more aligned with current trends. To overcome these challenges and boost the preservation of conventional sports in rural cities, many things can be done, such as cultural preservation.

Highlighting the cultural significance of traditional sports can create a sense of pride and identity within rural communities. Implementing educational programs in schools and community centers to teach the younger generation about the history and importance of traditional sports. It can help in generating interest and understanding. Rural communities in Chile have converted towards reserving and promoting traditional sports, ensuring their continued influence on community health and well-being. These efforts can help maintain cultural heritage by caring for physical activity and strengthening community bonds.

4.4 Descriptive Statistic

Table 1

	N	MEA	MEDI	SCA	SCA	STANDA	EXCESS	SKEW	CRAMÉ
	O.	N	AN	LE	LE	RD	KURTOSI	NESS	R-VON
				MIN	MAX	DEVIATI	S		MISES P
						ON			VALUE
TS	0	1.38	1.000	1.000	3.000	0.527	-0.315	0.902	0.000
1		8							
TS	1	1.26	1.000	1.000	3.000	0.486	1.876	1.636	0.000
2		5							
TS	2	1.65	2.000	1.000	3.000	0.624	-0.613	0.426	0.000
3		3							
TS	3	1.57	2.000	1.000	3.000	0.606	-0.545	0.567	0.000
4		1							
TS	4	1.42	1.000	1.000	3.000	0.535	-0.671	0.709	0.000
5		9							
CH	5	1.69	2.000	1.000	3.000	0.645	-0.664	0.403	0.000
1		4							
CH	6	1.71	2.000	1.000	3.000	0.571	-0.474	0.097	0.000
2		4							
CH	7	1.57	2.000	1.000	3.000	0.606	-0.545	0.567	0.000
3		1							
CH	8	1.69	2.000	1.000	4.000	0.706	0.911	0.888	0.000
4		4							
CH	9	1.75	2.000	1.000	3.000	0.656	-0.701	0.313	0.000
5		5							

The above result describes that descriptive statistical analysis results represent mean values, median rates, and standard deviation values as the significant values of each variable, including independent and dependent. The result represents that TS is the main independent variable. Its shows that the mean value is 1.388, and the standard deviation rate is 0.527, showing a 52% deviation from the mean.

The result also presents that the skewness value is 0.902, which shows a 90% skewness rate of TS for determining the Traditional Sports and Their Influence on Community Health in Rural Chile. Similarly, TS2, TS3, TS4 and TS5 are all considered independent variables. Results show that mean values are 1.265, 1.653, 1.571, and 1.429, which shows the positive average value of the mean. The standard deviation rates are 48%, 62%, 60%, and 53% deviate from mean values. The CH is a dependent variable. According to the result, its average value is 1.694, and the standard deviation rate is 0.645, which shows that 64% deviates from mean values. The skewness rate is 0.403, which shows

the variable's 40% skewness value.

The overall significant value is 0.000, which shows each indicator's 100% significant level. The CH2, CH3, CH4 and CH5 are all considered as dependent variables according to the result; The mean values are 1.714, 1.571, 1.694 and 1.755. These all show that the positive average value of the mean, and the standard deviation rates are 57%, 60%, 70% and 65% deviate from mean values of each indicator included independent and dependent. According to the result, its minimum value is 1.000, and its maximum is 3.000. The result shows that the median rate is 2.000 for each variable, including independent and dependent.

4.5 Application on Community Health

In Chile's rural communities, traditional sports significantly impact community health. These sports, which promote interpersonal relationships, physical health, and a feeling of identity, are ingrained in the local culture. In rural Chile, traditional sports have the following positive effects on community health:

4.5.1 Physical Activity and Fitness

Physical exercises that enhance general health and fitness are a common feature of traditional sports. Playing games like *chueca*, *rayuela*, or *palín*, for instance, requires players to move in different ways, which improves flexibility, strength, and cardiovascular health.

4.5.2 Social cohesiveness and Community Bonding

Engaging in traditional sports promotes social cohesiveness and a sense of community. These events provide people the chance to connect, get together, and form solid social networks. Feelings of loneliness are lessened, and this sense of belonging enhances mental health.

4.5.3 Cultural Preservation

Traditional sports are essential to rural Chile's culture. Participating in these activities contributes to cultural heritage preservation and generational transmission. This sense of pride and purpose from being connected to cultural traditions has a satisfactory effect on mental and emotional health.

4.5.4 Stress Reduction and Mental Health

Traditional sports include a social component that reduces stress. These sports may be entertaining and fun to play or watch, offering a respite from the stresses of everyday life. Better mental health results for the community are a result of this.

4.5.5 Healthy Lifestyle Options

Conventional sports frequently support a holistic perspective on health, stressing the value of an active lifestyle, a well-balanced diet, and general well-being. Active participation in these activities is associated with a higher likelihood of healthy community lifestyle choices.

4.5.6 Community activities and Festivals

Conventional sports are frequently included in festivals and community activities. These events encourage an active lifestyle and community involvement by providing opportunities for individuals to participate in physical activities while celebrating local culture.

4.5.7 Youth Engagement and Development

Traditional sports participation gives young people in rural community's constructive outlets. It lessens the possibility of bad behaviours by keeping them occupied with positive activities. It also instils virtues like persistence, discipline, and collaboration.

4.5.8 Economic Opportunities

By drawing tourists seeking for cultural experiences, traditional sports may boost the local economy. The town may benefit economically from the growth of small enterprises brought about by this flood of tourists.

4.6 Correlation coefficient analysis

Table 2

	TS1	TS2	TS3	TS4	TS5	CH1	CH2	CH3	CH4	CH5
CH1	0.049	-0.132	-0.112	0.082	0.085	1.000	0.000	0.000	0.000	0.000
CH2	-0.106	-0.242	0.065	-0.059	-0.067	0.095	1.000	0.000	0.000	0.000
CH3	0.137	-0.030	-0.501	0.667	0.063	0.082	-0.295	1.000	0.000	0.000
CH4	0.045	-0.061	0.268	-0.354	-0.355	-0.116	0.188	-0.211	1.000	0.000
CH5	-0.079	-0.052	-0.058	0.147	0.300	0.112	0.031	0.249	-0.162	1.000
TS1	1.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
TS2	0.236	1.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
TS3	-0.149	0.102	1.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
TS4	-0.182	-0.238	-0.501	1.000	0.000	0.000	0.000	0.000	0.000	0.000
TS5	-0.083	-0.124	-0.227	0.252	1.000	0.000	0.000	0.000	0.000	0.000

The above result describes that correlation coefficient analysis results represent some positive and some negative relations between Traditional

Sports and Their Influence on Community Health in Rural Chile. The CH4,5 shows that -0.079, -0.058, and 0.147 are negative, but there is a significant link between them.

4.7 Adaptability

The participants were instructed to sit with their feet propped up on the specially made-wooden box. It was told to advance the trunk in the with your face facing down, your arms completely extended, your legs fully extended, and your hands progressively pushing the ruler with your fingertips, attempt to reach as far as you can without jerking. This is the rural direction. The measurement for this test was in centimeters and was done without shoes. The final score was determined by taking the best result out of three trials.

4.8 Standing wide leap

The standing wide leap was used to assess the leg's explosive strength. Standing, flexing knees, swinging arms backwards, pushing the body forward forcefully, jumping as far as possible, landing on both feet and remaining erect after the leap were the instructions given to the participants. The measurement was expressed in meters, and the final score was the best of the three tries.

4.19 Seated up

A 30-second sit-up test was used to determine the trunk's strength. The participant was instructed to lie on the mat with their backs straight, hands clasped behind their necks, knees bent 90 degrees, and both feet flat on the ground. The exercise is repeated thirty times after swinging the upper body forward and bringing the elbows to rest on the knees. The final score was the number of sit-ups completed in 30 seconds.

4.9 Smart PLS Algorithm Model

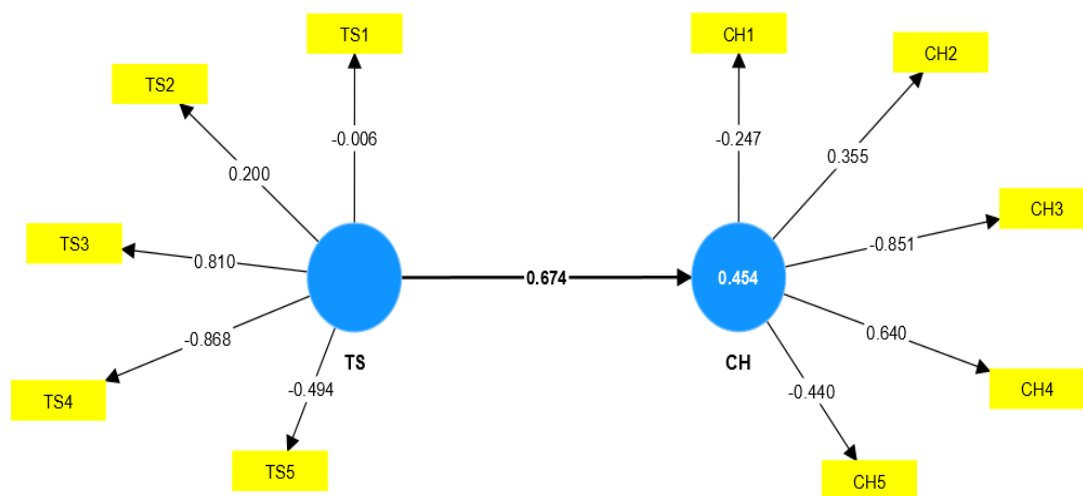


Figure 1

The above model represents the smart PLS Algorithm model between TS and CH. The result shows that TS presents -0.006, 0.200, 0.810, and -0.868 and that -0.494 show negative and positive relations. the result also describes that CH is the main dependent variable it shows -0.247, 0.355, -0.851, 0.640 and -0.440, representing a negative link with each factor. The TS shows a 67% positive and significant relation with CH for measuring Traditional Sports and Their Influence on Community Health in Rural Chile.

5. Conclusion

Sports can provide many physical health benefits, including improved circulatory fitness and muscle strength. They can also help to promote an active lifestyle and decrease boring behaviors. Traditional sports in rural Chili face many challenges, but these challenges can be overcome by cultural preservation, education, awareness, community engagement, and ensuring the availability of resources.

By getting benefits from these opportunities, rural communities in Chile can work towards preserving and promoting traditional sports, ensuring their continued influence on community health and well-being. Recognition and preservation of traditional sports are vital for the overall health and well-being of rural communities in Chile. These sports contribute to cultural preservation, physical health, social engagement, and integrated well-being, making them an important part of rural life in Chile. To sum up, traditional sports in rural Chile are more than just physical pursuits; they are an all-encompassing strategy for promoting community social, mental, and physical well-being. The research was based on primary data analysis to determine whether the research used smart PLS software and generated informative results, including correlation coefficient, descriptive statistics and model of algorithm between dependent and independent for measuring the Traditional Sports and Their Influence on Community Health in Rural Chile. The upkeep and advancement of these sports are essential to maintaining the well-being and vibrancy of Chile's rural communities. In conclusion, traditional sports are essential to the health and well-being of rural communities in Chile and serve a purpose beyond simple leisure. These sports support social cohesiveness, physical fitness, and cultural preservation. These activities' communal atmosphere strengthens social relationships and improves mental health by lowering emotions of loneliness. The focus on maintaining cultural traditions via traditional sports also fosters a feeling of communal pride and identity.

The overall research concluded that there is a positive and significant link between Traditional Sports and Their Influence on Community Health in Rural Chile. Traditional sports provide a comprehensive approach to health that considers financial opportunities, stress management techniques, and lifestyle decisions. Participating in these activities promotes beneficial habits and a

healthy lifestyle, particularly among young people. In addition, the commemoration of traditional sports during area gatherings and festivals encourages physical activity and draws crowds, which may boost the local economy. Traditional sports benefit rural communities in Chile in various ways by addressing social, mental, and physical health issues. By participating in traditional sports, these communities not only protect their cultural heritage but also lay the groundwork for a better, more cohesive community in the future.

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