

Renton M and Guilherme J. (2024) EFFECTIVENESS OF COMMUNITY-BASED SPORTS PROGRAMS ON MENTAL HEALTH IN BRAZILIAN FAVELAS. Revista Internacional de Medicina y Ciencias de la Actividad Física y el Deporte vol. 24 (94) pp. 235-250.
DOI: <https://doi.org/10.15366/rimcafd2024.94.016>

ORIGINAL

EFFECTIVENESS OF COMMUNITY-BASED SPORTS PROGRAMS ON MENTAL HEALTH IN BRAZILIAN FAVELAS

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Recibido 20 de abril de 2023 **Received** April 20, 2023

Aceptado 27 de Noviembre de 2023 **Accepted** November 27, 2023

ABSTRACT

Based on current research and broad concepts, this research provides an overview of the possible effects of community-based sports programs on mental health in Brazilian favelas. The research study aims to determine the effectiveness of community-based sports programs on mental health in the Brazilian favelas. Although there may not be as many particular studies on this subject, a larger body of research indicates that physical activity, especially sports, might improve mental health by lowering stress levels and generating endorphins. Beyond just providing physical activity, community-based sports programs in Brazilian favelas promote social ties, community participation, and empowerment, all essential for building resilience in difficult socioeconomic contexts. For measuring, the research study used smart PLS software and generated results, including descriptive statistics and correlation coefficients, explaining the smart PLS Algorithm model between them. With an emphasis on goal-setting, discipline, and collaboration, the programs support the healthy development of young people and may even serve as a deterrent to dangerous behavior. However, efficacy varies depending on elements like cultural relevance and program design. Overall, the result found a positive and significant link between community-based sports programs and mental health in Brazilian favelas. Recent research on community-based sports programs in Brazilian favelas and their unique mental health effects is advised to better comprehend these dynamics.

KEYWORDS: Effectiveness (EE), Community-Based Sports Program (CBSP), Mental Health (MH), Brazilian Favelas (BF)

1. INTRODUCTION

In scientific terms, the community can be defined as the unit formed by different populations at the same time at the same place. When we define community in terms of human Sociology, we say that a human community is the collection of a few human members at a place for a specific task. In this study, we are going to overview how community-based sports programs can help improve mental health in Brazilian favelas. The knowledge and awareness which is provided by science and technology tell us that the mental health of masses of the population has been deteriorating in the past few years because of different reasons (Edmundo, Guimarães, do Socorro Vasconcelos, Baptista, & Becker, 2005). These reasons may include loneliness, cultural differences, tough daily routines, the stress of work, financial or health issues, and others in Brazilian Favelas. We can say that one of the four human beings on earth is suffering from any kind of mental health disorder even without knowing it. To allay this menace of human health, few steps have been taken by the Brazilian government in recent years to cope with the increasing and unceasing level of mental health disorders and problems. One of the best steps that the Brazilian administration took was the promotion and encouragement of community-based sports programs. No one can deny that sports are necessary for maintaining human physical and mental health (Goudet et al., 2018).

Medical science proves that sports can enhance the condition of physical health such as running can increase the efficiency of lung tissues, weight lifting can increase the endurance and power of the body, and daily walking can eliminate the causes of various diseases such as heart problems, diabetes, and others (Grandison et al., 2023). However, this step was mainly taken to enhance the mental health condition of Brazilian Favelas by engaging them in community-based sports programs. Sports not only make physical health better but also improve mental health. First, sports can produce a few hormones in the body, such as basketball, football, cricket, and other community-based sports, which produce endorphin hormones in the body, improving mood (Organization, 2002).

This hormone is also termed a happy hormone, and it positively impacts the brain's activities. A few other hormones, such as oxytocin, are also produced, which help a person engage in social activities easily. Both of these hormones are necessary for the growth and development of brain cells; thus, community-based sports programs are not only necessary for adults but also a prerequisite for children and old age people (Paiva et al., 2021). When community-based sports programs were held in Brazil, it was also noted that screen time was also reduced in young people because of endangerment in Sports. The increased level of screen time can also cause mental health issues, such as more exposure to screen can cause depression, computer syndrome, fatigue, and others. We all know that high exposure to mobile and computer

screens can increase the cortisol level in the body, increasing energy consumption and fatigue. The second benefit seen as a result of community-based sports programs was increased social interaction among people because of engagement in sports (Ottier, 2005). The effectiveness of mental health in Brazilian favelas is a notable concern, many research has shown that people who live in favelas with more personal experience and fear of violence have higher levels of mental disturbance and poor quality of life.

A major depressive disorder in the Brazilian slum population found harsh inequalities in the occurrence of depression, with over one in ten Brazilian individuals having depression and higher rates of diagnosed depression among older, female, and white racial groups. The frequency of anxiety disorder was found to be 14.5%, with a gradient between anxiety and education level. People who belong in favelas have been associated with a significant impact on life quality and an increased prevalence of mental disorders among youngsters. The mental health of the people living in Brazilian favelas is an important concern. Research has shown higher rates of depression among slum residents compared to non-slum population. Challenges such as lack of healthcare access, poor living conditions, and socio-economic imbalance contribute to the mental health burden in these communities (Prosper et al., 2023).

Effective steps should be taken to address these challenges, including targeted interventions and improving access to mental health services. In science, it is said that the human being is a social animal, which shows that humans cannot live alone; they need companions to form a community for mental peace. It is gained by arranging community-based sports programs in Brazilian Favelas. When people were engaged in sports, it also increased the level and way of human interaction; thus, the factor of loneliness was reduced. The tough routine of people in Brazil has made them dull and aloof, but these programs enabled them to meet other people by engaging in sports and games (Dowdney & Sampson, 2016). In the present era, where technology has become the friend of human beings, the overall social capital of human beings has been reduced because of providing more time to screens and less time to fellow human beings. However, this arrangement by the Brazilian government resulted in increased social capital of Brazilians because of daily or weekly meetings at sports places. This increased social capital results in reduced levels of mental health problems because most of the mental health problems are caused by the loneliness of human beings (Garcia, 2018). The level of depression has been tremendously reduced because of social interaction with other people at these spots of sports programs. Another benefit of these community-based sports programs is that they galvanize people to be more punctual, responsible, disciplined, and social. All of these qualities that are gained by community-based sports programs also result in a reduction of mental health problems because when a person observes all of these qualities,

he will know his worth, and when a person knows his worth, the level of mental health disorders automatically decreases (Sampson & Villela, 2017). This often means that they are located distant from important job centers, which may make it difficult for the household to make consistent mortgage payments. It is crucial to consider Brazilian reality to arrive at a contextualized knowledge of mental health, notably the influence of social and economic variables on mental health in Brazil (DSS). The social, economic, cultural, ethnic, psychological, and behavioral elements that affect the population's probability of developing health issues are known as the DSS. Social and economic factors greatly impact the link between health and disease. Socioeconomic differences within a society have been found to enhance the susceptibility of specific groups.

From the standpoint of "physical-material aspects," income disparities impact health because they reduce personal resources and prevent investments in community infrastructure, including housing, transportation, sanitation, education, and health services. According to a viewpoint on "psychosocial factors," people's perceptions and experiences in unequal societies lead to stress and negative health effects. Particularly for Brazil, there has been a noticeable imbalance between the regions for decades. Take, for instance, the stark contrast between the wealth of certain major towns in the southeast and the impoverishment of a slum in the northeast. The DSS is presented in layers by the Dahlgren & Whitehead model (1991), which goes from individual determinants (about traits, behavior, and lifestyle) to socioeconomic policies (which are intended to promote sustainable development by lowering social and economic inequities).

The other benefit of community-based sports programs is that most people get mentors or counsellors there. These mentors or counselors not only make people learn about the rules of games and sports but also prove to be better listeners of these people. When people find a better listener, the level of mental health disorders will reduce in a short period. There is a common term used in education, which is called sublimation. In sublimation, the anger, depression, or stress is converted into any useful activity by anybody, such as joining a gym or other activities (Vernaglia et al., 2021). People suffering from mental health issues also find a better spot for sublimation in the form of these community-based sports programs. There is no doubt that these programs have proved to be quite effective in enhancing the mental health of Brazilian favelas. Such steps taken by the government will positively impact the healthcare sector and the mental health of the population in Brazil. The whole world appreciates these steps of the Brazilian government (Scivoletto, Medeiros Filho, Stefanovics, & Rosenheck, 2014).

2. Research objective

The main objective of this study is to understand the effectiveness of

community-based sports programs on the mental health of Brazilian Favelas. This study has effectively explained the role and importance of these programs for the betterment of people's mental health, which is a great step towards the welfare of humanity.

The research determines the Effectiveness of Community-Based Sports Programs on Mental Health in Brazilian Favelas. The research study is divided into five specific research chapters. The first portion represents the introduction related to community-based sports programs and mental health. This section describes the objective of the research. The second portion represents the literature review. The third section describes those research methods, including tools and techniques of research. The fourth section represents that result, and its descriptions include descriptive statistics, correlation coefficients and a smart PLS Algorithm model. The last section summarizes overall research and presents recommendations about Community-Based Sports Programs' Effectiveness on Mental Health in Brazilian Favelas.

3. Literature review

Researchers claim that for the overall development of a community, a lot of community development projects are working all over the globe. the main aim of a community-based project is to make a country sustainable and progressive. In Brazil, different NGOs run community-based developmental programs to tackle different problems faced by different communities of Brazil (Bordon, 2020).studies claim that in various countries, people face mental health problems. These psychological problems people face disturb any country's overall progress rate.to recover the psychological health of people they are provided with intervention through biopsychosocial models (Burgess & Fonseca, 2020).Studies explain that to improve and upgrade the slum areas, various policies are developed at the community level. the PAC is a growth program launched by the Brazilian government to promote the upgradation of slum areas in Brazil .the Brazilian government makes the implementation of PAC as a nationwide strategy for promoting the growth of slum communities (Denaldi & Cardoso, 2021). studies predict that in southern countries, there is an insecurity in the process of providing physical education.to provide equality and justice-based physical education to students, it is essential to understand the concept of CPA. the approach of CPA is implemented in Brazil to provide the most equality-based Physical education to the students of Brazil (Ferreira, Luguetti, & Kirk, 2023).studies suggest that different strategies and policies have been developed to promote the connectivity between people separated forcefully. providing early opportunities for people to use digital technology helps promote connectivity between people. The aim of providing equality-based digital services to the people of different communities is to help them learn new things from digital technology without any restriction(Arora, Alencar, Jaramillo-Dent, Warnes, & Pérez, 2023) Studies highlight that various youth

growth developmental programs are developed to promote sports training in youth living in underserved communities. SBYD is a community-associated sports growth program that works socially to promote sports practices and training in all communities (Flores, 2022). Studies show that children with disabilities face a lot of social problems. Social stigma is the major problem affecting disabled children. Community-based interventions are provided in various communities (Hearst et al., 2022). Studies claim that in Brazil, various sports mega-events are made to prompt the community-based sport-associated teams to showcase their talent. Most communities in Brazil have declared the launch of sports mega-events in Brazil as a sign of social unity, whereas some communities still consider the sports mega-events as unjust sports events (Jung, 2020). Studies predict that Brazil's favelas have increased in Brazil and have taken over control over the media. These favelas have gained popularity and visibility because of their control over different mainstream media platforms (Levy, 2021). Studies explain that various sustainable development-based programs are developed to promote resilience and sustainability characteristics in people of different communities.

The main feature of sustainable developmental goals is promoting youth resilience for positive health outcomes (Liebenberg & Scherman, 2021). Studies claim that mental health-related services are provided in Brazilian medical health sectors. Mental health services provided by medical sectors reduce the psychiatric problems faced by people related to the sports community (Lussi, Leão, & Dimov, 2022). Studies claim that a large number of women faced domestic violence problems during the pandemic of COVID-19. To tackle the problem of women violence, the emotional-political communities were developed that aim to provide safety to women facing violence (McIlwaine et al., 2023). Also, the economic progress was badly disturbed during the COVID times. To regain a safe and healthier economy after COVID pandemic, various developmental and sustainable community-based programs have been developed. These programs work to reduce social inequality in Brazil and promote the country's progress (Mega, 2022). Studies predict that in least-developed countries, the healthcare sector faces many problems.

The provision of health services in underdeveloped countries is unequal. The poor societies in the world receive less effective health care services than most of the developed societies. By developing community-based health-related services, the inequality associated with providing health services has been reduced in most countries (Peacock & Brymer, 2020). Studies elaborate that by tracking and mapping the process of health promotion in different communities, it became easier to predict which community is getting most of the health-related services. Community-based health programs are developed mostly to promote the health services in communities facing unequal health services problem (Potvin & Jourdan). Scholars claim that the developmental context of sports player is related to his lifestyle. For promoting

the development of sports athletes the youth developmental programs have been developed. also, the sport-playing ability of athletes is related to his behavioral activities. the athletes having good mental health and good behavioral activities show you improved performance in the specific sports fields. moreover, the main agenda of developing youth sport developmental approaches is to assess the lifestyle-associated behavioral activities of athletes. These developmental programs also determine the impact of these behavioral activities on athletic game playing skill(Säfvenbom, Strittmatter, & Bernhardsen, 2023).studies claim that in Brazil's favelas public security is provided equally to different communities as a human right(Silva & Malanquini, 2022).scholar studies reveal that the rapid growth of SDP has regained the public's attention. according to the sustainable goal development approach, the sports field is given full authority for empowering the sports-associated activities related to both genders.in Brazil, women empowerment sports-related programs are launched to promote women's sports(Soares Moura, 2020). studies show that Researchers have opted for the CSBR approach for promoting youth developmental programs. CSBR approach is used for promoting health-related activities by engaging the youth of communities in this approach.

By participating in the CSBR approach, the youth gain experience in developing developmental strategies for promoting social education. furthermore, sports-related education and training are promoted by youth communities participating in the CSBR approach(Tang Yan, Johnson, Kwesele, Araujo Brinkerhoff, & Sprague Martinez, 2022).studies reveal that the COVID pandemic has badly influenced the mental health of people around the globe by increasing social vulnerability. The high unemployment rates during the pandemic have increased mental health problems in people. Moreover, in Brazil, both genders were equally affected by the circumstances created by the COVID-19 pandemic. various policies were developed during pandemic to overcome the problems face by Brazilian Favelas (Vernaglia et al., 2021).

4. Methodology

The research study determines the Effectiveness of Community-Based Sports Programs on Mental Health in Brazilian Favelas. The research based on primary data analysis for this purpose used research questions that included open-ended and closed-ended related to the dependent and independent variables. For measuring, the research used smart PLS software, and the present results included descriptive statistics, correlation, and a smart PLS Algorithm model between them.

4.1 Benefits of Community-Based Sports:

Community-based sports programs can offer many benefits in addressing mental health issues. These programs provide chances for physical

activity, which can help decrease stress, anxiety, and depression. Additionally, sports participation can strengthen a sense of community, social support, and belonging, which are important for mental health. The community-based program can address mental health issues in Brazilian favelas. Physical activity supports mental health recovery through association, hope, and optimistic vision about the future development or to get back identity and cultures where the activity takes place.

Community support programs have been shown to improve the health of valuable population groups, including children and youngsters, by reducing anxiety, increasing self-efficiency, self-confidence, and social benefits. Participation in sports is linked with improved psychological health. Community-based sports programs can address mental health issues in Brazilian favelas. Physical activity initiatives can support mental health recovery through a connection, hope, and optimistic thinking about the future to recover the identity and culture where activities take place. Community sports programs have been shown to improve the overall population's health by reducing anxiety and increasing confidence and social benefits, thus highlighting the potential of community-based sports programs to address mental health issues in Brazilian favelas and promote overall well-being.

It is essential to collaborate with the local organizations, community leaders, and mental health professionals to customize different programs according to the specific needs of the community. This approach, in short, is that interventions are culturally sensitive, address unique challenges, and are more likely to be accepted by effective within the community. The importance of collaborating with the local organization, community leaders, and mental health professionals to ensure that community-based sports programs are tailored to the community's specific needs. This collaboration can help in identifying the unique mental health challenges faced by individuals of Brazil's favelas in the community and designing sports program that addresses these challenges effectively.

4.2 Evaluating Community-based sports:

Evaluation of community-based sports programs on mental health consequences is critical for understanding their efficiency and effect. Different ranking methods can be used to evaluate the effect of these programs on mental health. These methods include pre and post-program. Conducting assessments before and after the implementation of the sports program to measure changes in mental health indicators such as stress, anxiety, and depression.

Connecting participants in expressive interviews to collect information about their experiences, perceptions, and the impact of the sports program on

their mental health. Using standardized self-report measures such as questionnaires' to quantitatively assess mental health outcomes before, between, and after the program, these methods can provide valuable data to determine the effectiveness of community-based sports programs in addressing mental health issues. Promoting the impact of community-based sports programs on mental health outcomes is important for informing program development and ensuring that these steps are effectively supporting the mental health of participants.

The use of pre and post-program assessment and self-report measures can provide comprehensive studies to tell about the effect of these programs on mental health, ultimately contributing to the design of evidence-based intervention. It is important to consider the social and community conditions when expanding sports programs. Implementing community-based sports programs in Brazilian favelas can be improved and expanded to offer more opportunities for physical activities skill development social and emotional growth and better mental health among community members living in Brazilian favelas.

4.3 government investment;

The state assisted individuals in obtaining homeownership. Families were able to purchase a home with 100% mortgages provided by the Brazilian Federal Savings Bank. As citizens take up upkeep and renovation duties instead of the government, this helps the favelas get better. Favelas, however, are frequently constructed in areas with inadequate access to and accessibility to public transportation.

4.4 Smart PLS Algorithm Model:

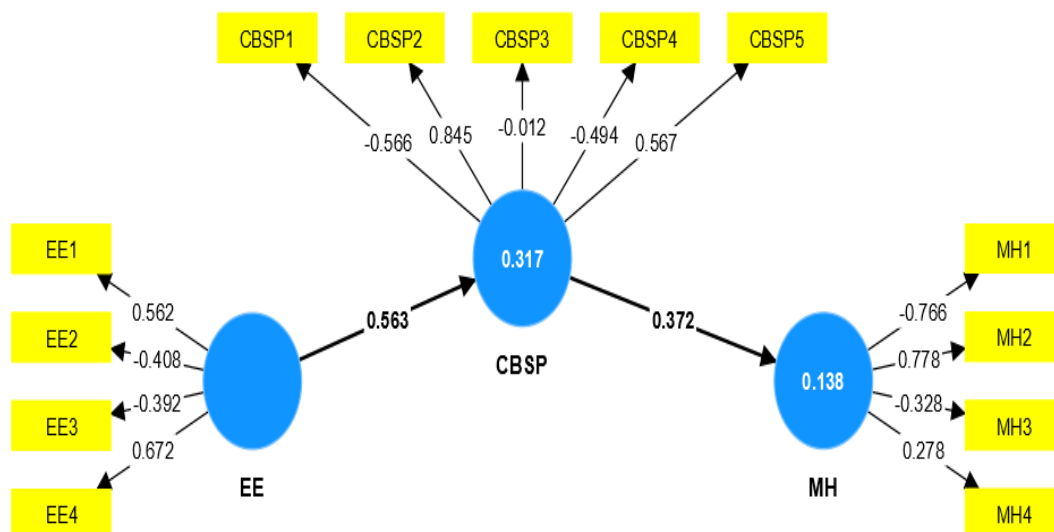


Figure 1

The above result describes that smart PLS Algorithm model in between EE, CBSP and MH according to the result its values are 0.562, -0.408, 0.392 and 0.672 shows that 56%, 40%, 39% and 67% significantly rates.

The CBSP shows that negative values included -0.566, 0.845, -0.012, -0.494 also that 0.567 shows that 56%, 49%, 84% and 56% significantly levels between them. the MH shows that -0.766, 0.778, -0.328 and 0.278 some positive and some negative link between them.

4.5 Descriptive statistic

Table 1

NAM E	N O.	MEA N	MEDI AN	SCA LE MIN	SCA LE MAX	STANDA RD DEVIATI ON	EXCES S KURTO SIS	SKEW NESS	CRAMÉR-VON MISES P VALUE
EE1	0	1.55	1.000	1.000	3.000	0.608	-0.484	0.641	0.000
		1							
EE2	1	1.51	1.000	1.000	3.000	0.539	-1.068	0.361	0.000
		0							
EE3	2	1.46	1.000	1.000	3.000	0.575	-0.329	0.788	0.000
		9							
EE4	3	1.40	1.000	1.000	3.000	0.531	-0.509	0.803	0.000
		8							
CBS P1	4	1.36	1.000	1.000	3.000	0.523	-0.086	1.005	0.000
		7							
CBS P2	5	1.38	1.000	1.000	3.000	0.527	-0.315	0.902	0.000
		8							
CBS P3	6	1.42	1.000	1.000	3.000	0.535	-0.671	0.709	0.000
		9							
CBS P4	7	1.53	1.000	1.000	3.000	0.575	-0.634	0.541	0.000
		1							
CBS P5	8	1.44	1.000	1.000	3.000	0.537	-0.806	0.618	0.000
		9							
MH1	9	1.36	1.000	1.000	3.000	0.523	-0.086	1.005	0.000
		7							
MH2	10	1.44	1.000	1.000	3.000	0.574	-0.181	0.876	0.000
		9							
MH3	11	1.59	2.000	1.000	3.000	0.603	-0.589	0.496	0.000
		2							
MH4	12	1.51	1.000	1.000	3.000	0.576	-0.554	0.621	0.000
		0							

The above result represents that descriptive statistical analysis result

describe that mean values, median values, the standard deviation rates, also that skewness values and probability values of each variable included dependent and independent. The EE1,2,3 and 4 these are all consider as independent variables according to the result its mean values are 1.551, 1.510, 1.469 and 1.408 these are all shows that positive average value of mean the standard deviation rates are 60%, 53%, 57% deviate from mean. According to the result overall minimum value is 1.000 the maximum value is 3.000 the median rate is 1.000 respectively. The CBSP1,2,3,4 and 5 are all factors considered mediator variables. According to the result mean values are 1.367, 1.388, 1.429, 1.531 and 1.449. These all values show that positive average value of mean. Similarly, its standard deviation rates are 52%, 53%, 57% deviate from mean values. Overall probability values of each variable is 0.000 shows 100% significantly level between them. the MH is main dependent variable result present that mean values are 1.367, 1.449, 1.592 and 1.510 these values present positive average value of mean. The standard deviation rates are 52%, 60% and 57% deviate from mean the skewness rates are shows 62%, 49%, and 87% respectively.

4.6 Benefits

However, more extensive research on sports and mental health supports the potential benefits of such programs on mental health.

1. Physical exercise and Mental Health: Research continuously links physical exercise, such as sports, to better mental health. Endorphins are neurotransmitters released during exercise that lower tension and increase emotions of enjoyment.

2. Community Engagement: Social support and a sense of community are frequently fostered by community-based sports programs. Developing relationships with people helps lessen feelings of loneliness and promote a sense of belonging, both of which are critical components of mental health.

3. Youth Development: Playing sports may help foster positive youth development, especially for young individuals. Sports may teach people goal-setting, discipline, and teamwork, all of which can have long-term positive effects on mental health.

4. Empowerment and Resilience: Sports programs may offer a constructive outlet and a feeling of empowerment in the Brazilian favela milieu. By emphasizing their abilities and qualities, people can become more resilient in the face of adversity.

5. Reduction of dangerous Behaviors: Participating in sports programs may occasionally serve as a barrier to dangerous behaviors like drug misuse and aggression, which can have an adverse effect on one's mental health.

4.7 Correlation coefficient

Table 2

	EE	EE	EE	EE	CBS	CBS	CBS	CBS	CBS	MH	MH	MH	MH
	1	2	3	4	P1	P2	P3	P4	P5	1	2	3	4
CBS	-	0.3	0.0	-	1.00	0.00	0.00	0.00	0.00	0.0	0.0	0.0	0.0
P1	0.2	49	37	0.1	0	0	0	0	0	00	00	00	00
	52			72									
CBS	0.2	-	-	0.3	-	1.00	0.00	0.00	0.00	0.0	0.0	0.0	0.0
P2	88	0.1	0.2	09	0.14	0	0	0	0	00	00	00	00
		22	64		7								
CBS	-	-	-	0.0	0.16	0.06	1.00	0.00	0.00	0.0	0.0	0.0	0.0
P3	0.0	0.0	0.0	31	7	2	0	0	0	00	00	00	00
	36	51	57										
CBS	-	-	0.1	-	0.09	-	-	1.00	0.00	0.0	0.0	0.0	0.0
P4	0.0	0.0	73	0.2	8	0.40	0.20	0	0	00	00	00	00
	77	83		41		9	9						
CBS	0.1	0.1	-	0.2	-	0.32	-	-	1.00	0.0	0.0	0.0	0.0
P5	80	96	0.0	88	0.15	2	0.03	0.17	0	00	00	00	00
			22		1		0	7					
EE1	1.0	0.0	0.0	0.0	0.00	0.00	0.00	0.00	0.00	0.0	0.0	0.0	0.0
	00	00	00	00	0	0	0	0	0	00	00	00	00
EE2	-	1.0	0.0	0.0	0.00	0.00	0.00	0.00	0.00	0.0	0.0	0.0	0.0
	0.1	00	00	00	0	0	0	0	0	00	00	00	00
	11												
EE3	0.0	-	1.0	0.0	0.00	0.00	0.00	0.00	0.00	0.0	0.0	0.0	0.0
	19	0.0	00	00	0	0	0	0	0	00	00	00	00
		48											
EE4	-	-	-	1.0	0.00	0.00	0.00	0.00	0.00	0.0	0.0	0.0	0.0
	0.0	0.1	0.0	00	0	0	0	0	0	00	00	00	00
	64	57	93										
MH1	-	0.2	0.0	-	0.17	-	0.24	-	-	1.0	0.0	0.0	0.0
	0.1	04	37	0.0	8	0.29	0	0.17	0.15	00	00	00	00
	23			25		5		3	1				
MH2	0.1	0.0	0.0	0.0	-	0.36	0.10	0.02	0.07	-	1.0	0.0	0.0
	68	51	42	68	0.14	9	5	0	4	0.2	00	00	00
					2					10			
MH3	0.0	0.4	-	0.1	0.15	-	-	0.15	0.12	0.3	-	1.0	0.0
	57	52	0.0	38	2	0.01	0.09	4	5	46	0.0	00	00
			95			6	0				01		
MH4	-	0.1	-	0.0	0.12	0.08	0.08	0.10	0.11	-	0.2	0.0	1.0
	0.1	48	0.2	53	3	8	5	7	7	0.1	33	12	00
	03		92							48			

The above result describes that correlation coefficient analysis result represent that some negative and some positive correlation between them. It is important to improve and expand community-based sports programs in Brazilian favelas. By collaborating with local organizations, community leaders, and mental health professionals to customize programs to the specific needs of the community. Utilize various evaluations to get the impact of the programs. ensure that the programs address the socio-economic challenges faced by individuals living in Brazilian favelas, such as lack of access to healthcare and poor living conditions. To improve and expand the community-based force program in Brazilian favelas, there is a need to renovate and maintain sports facilities in favelas to offer a better foundation and support for the community-based sports program. As football is a popular sport in Brazil, there is an opportunity to change the sports offerings in favelas. For instance, the expansion of programs to include sports such as basketball and volleyball can provide more options for community members to enroll in physical activity. Establishing partnerships and collaboration between sports organizations, educational institutions, and community leaders can help in the growth of community-based sports programs.

5. Conclusion

Community-based sports programs can positively impact mental health in Brazilian favelas by providing opportunities for physical activities, social interaction, and a sense of belonging. these programs can contribute to improved well-being, self-esteem, and stress reduction among participants, by that means addressing mental health challenges in these communities. community-based programs have the potential to positively impact mental health in Brazilian favelas by providing opportunities, and by contributing to improving mental health and overall quality of life for individuals living in Brazilian favelas. It's crucial to remember that a number of variables, such as program design, community involvement, and cultural relevance, can affect how successful community-based sports programs. The research determines effectiveness of e-community-based Sports Programs on Mental Health in Brazilian Favelas. For measuring the research used smart PLS software and generate result included descriptive statistic, correlation coefficient and smart PLS Algorithm model between them.

Furthermore, each person may experience the influence on mental health differently. There may not be as much study on the precise effects of community-based sports programs on mental health in Brazilian favelas, but what is known indicates that these kinds of programs can have a good effect on mental health. Playing sports and being physically active is usually linked to better mental health outcomes, such as stress reduction and endorphin release. Community-based sports programs in Brazilian favelas provide benefits beyond physical exercise. They offer chances for community involvement, social

interaction, and empowerment. These elements have a critical role in building resilience and a sense of belonging, especially in settings where people may encounter socioeconomic difficulties. Long-term mental health advantages may result from sports programs' beneficial effects on young people's development, which include the development of collaboration, discipline, and goal-setting. Moreover, sports programs may serve as deterrents against dangerous behaviors by offering a positive outlet and highlighting strengths.

The overall research concluded that direct and significant link of Sports Programs on Mental Health in Brazilian Favelas. It is critical to recognize that a variety of factors, including program design, community engagement, and cultural relevance, can affect how beneficial these programs are. It is advised to look into contemporary academic literature and research that are especially focused on community-based sports programs in Brazilian favelas and their effects on mental health in order to obtain a more thorough knowledge and access the most recent findings.

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