



**SQUASH FOR  
DEVELOPMENT**  
PSA FOUNDATION

# INTERNATIONAL IMPACT REPORT

[psafoundation.com/squash-for-development](https://psafoundation.com/squash-for-development)





## WHAT ARE SQUASH FOR DEVELOPMENT ORGANIZATIONS

An independent organization with legal status as either a registered Charity, Trust, Non-Profit or otherwise appropriate entity designed for public benefit, whose primary purpose as set in their governing document, is to benefit and support an underserved or underrepresented population through the vehicle of squash.

### Objectives of the Data Collection

The primary objective for this round was to complete the first known international data collection on the social impact of organizations using the vehicle of squash to benefit communities.

The aim was to evidence the current and potential impact the sport could have as a means of improving quality of life for underserved populations.

In order to grow as a sport, it is important to understand what squash is currently doing around the world, capturing the current picture of what is working, and what we can grow from. This data collection process will be reviewed and replicated year on year to measure growth and changes within the sport over time.



## WHO DID WE COLLECT DATA FROM?

Note that this round of data collection focused on the SDOs that work with children/youth populations. This makes up 12 of the current 13 SDOs, with the remaining 1 organization set up to support populations with either a physical, emotional or mental disability.

Of the 12 possible SDOs that could take part, data was collected from 8 of these organizations. The data collection received 202 responses from participating SDO children, and 198 responses from parents of those children. Two surveys were designed, one being for the SDO children, the other for the parents.

In order to complete this data collection, the child and parent survey was translated into 6 different languages. English, Spanish, Arabic, Hebrew, Hindi and Malay.

### The participating SDOs:

Squash Urbano Colombia – Cartagena, Colombia  
Squash Para Todos – San Salvador, El Salvador  
Access Youth Academy – San Diego, USA  
Egoli Youth Empowerment – Johannesburg, South Africa

Squash Bond – Haifa, Israel  
Squash Dreamers – Amman, Jordan  
Khelshala – Chandigarh, India  
Nicol David Organization - Kuala Lumpur, Malaysia





## THE REASONS BEHIND THE QUESTIONS WE ASKED

There are common themes across all Squash for Development Organizations concerning the methods which they support children from underserved backgrounds and the desired outcomes. These methods can include:

- Squash sessions
- Academic support
- Vocational support
- Meal support
- Holistic wellness exercises. E.g. yoga & meditation
- Voluntary community service
- Mental health support
- Mentorship

Each SDO will typically focus on around 3 of the above methods to support their program children, depending on what is locally relevant to them. The one consistent method across all SDOs, is that they play squash as part of the sport element of these organizations.

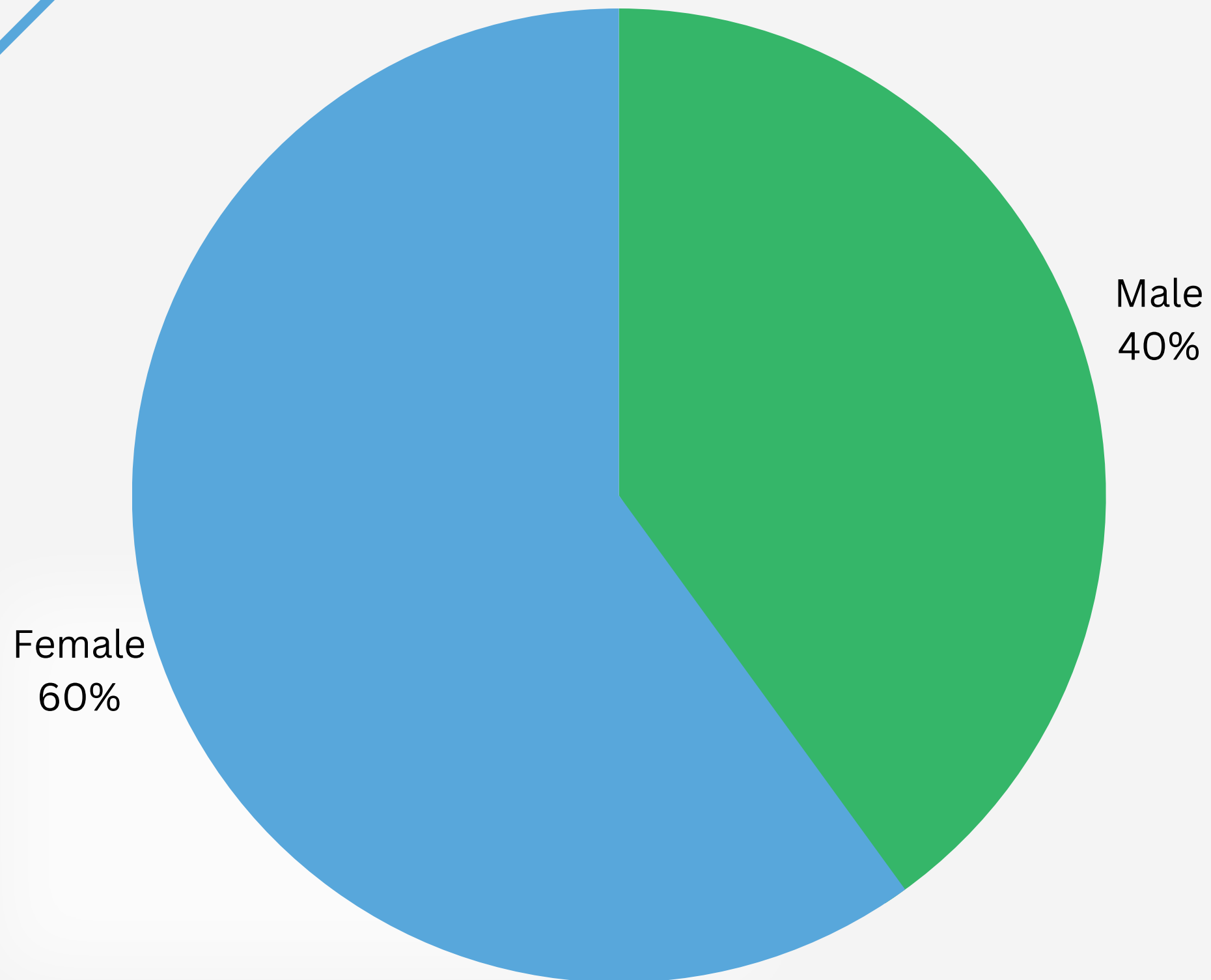
As squash was a consistent theme, combined with other systems of support that impact health, wellness and life satisfaction, we wanted our initial research to identify the impact of their work across core criteria that represent these qualities of life for the program children. See search criteria on the references slide.



The desired outcomes of these activities for program children include:

- Graduation from school
- Acceptance onto college or university scholarship programs
- Cultural and community cohesion
- Gaining employment when of age and sustainable living
- Developing healthy values and ambition
- Developing a lifelong healthy lifestyle
- Sporting achievement and satisfaction

# WHO DID WE COLLECT DATA FROM?



**Youngest Age: 6**

**Oldest Age: 18**

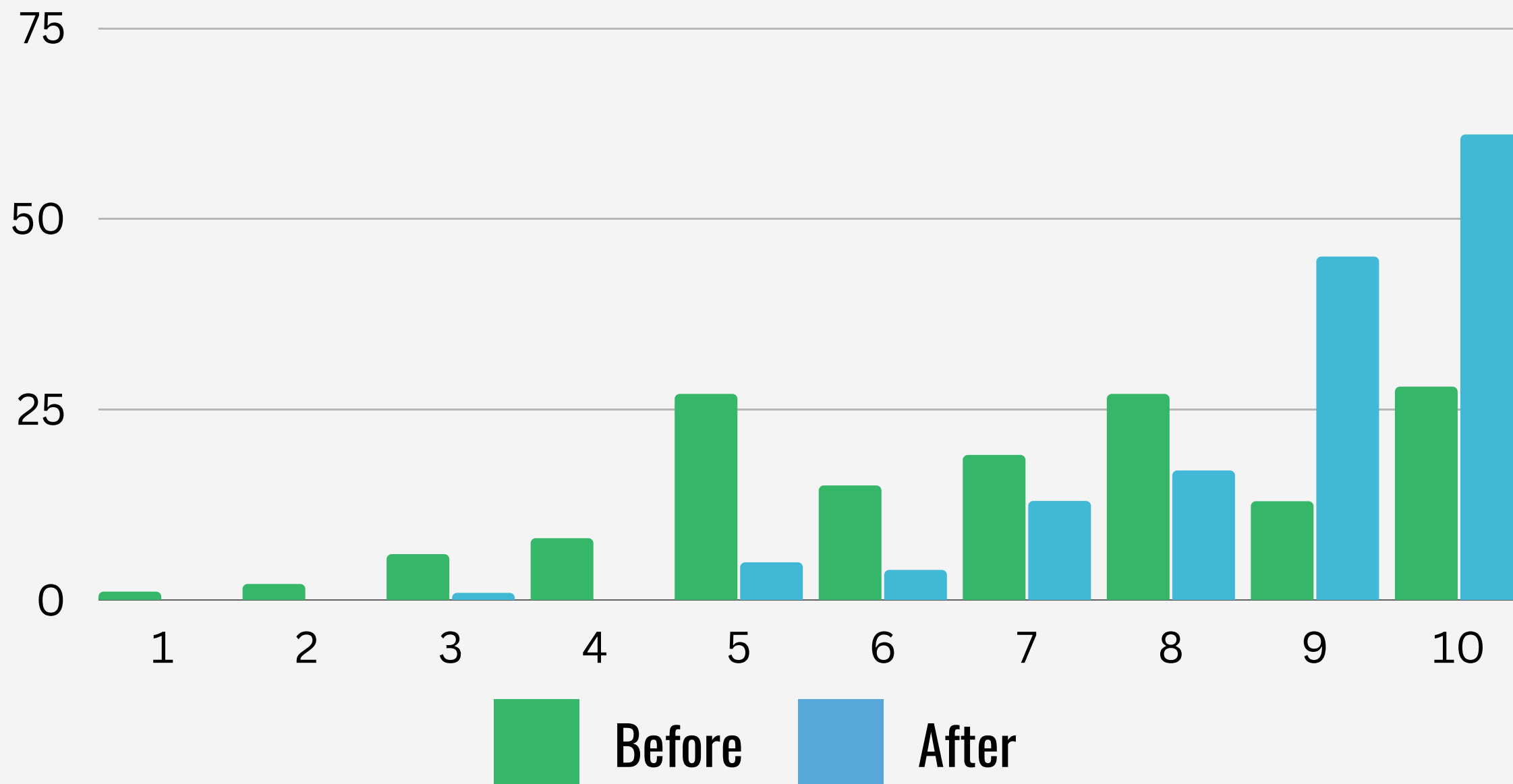
**Average Age: 12**

Note:

- One participating SDO works exclusively with girls, which marginally offsets the overall gender split across all SDOs.
- Feedback from SDO staff highlighted that some parents are challenged with reading and writing, and staff were not always able to aid the completion of the survey.

While it was felt this represented a minority overall, for that minority it may have influenced the understanding of questions and some of the results.

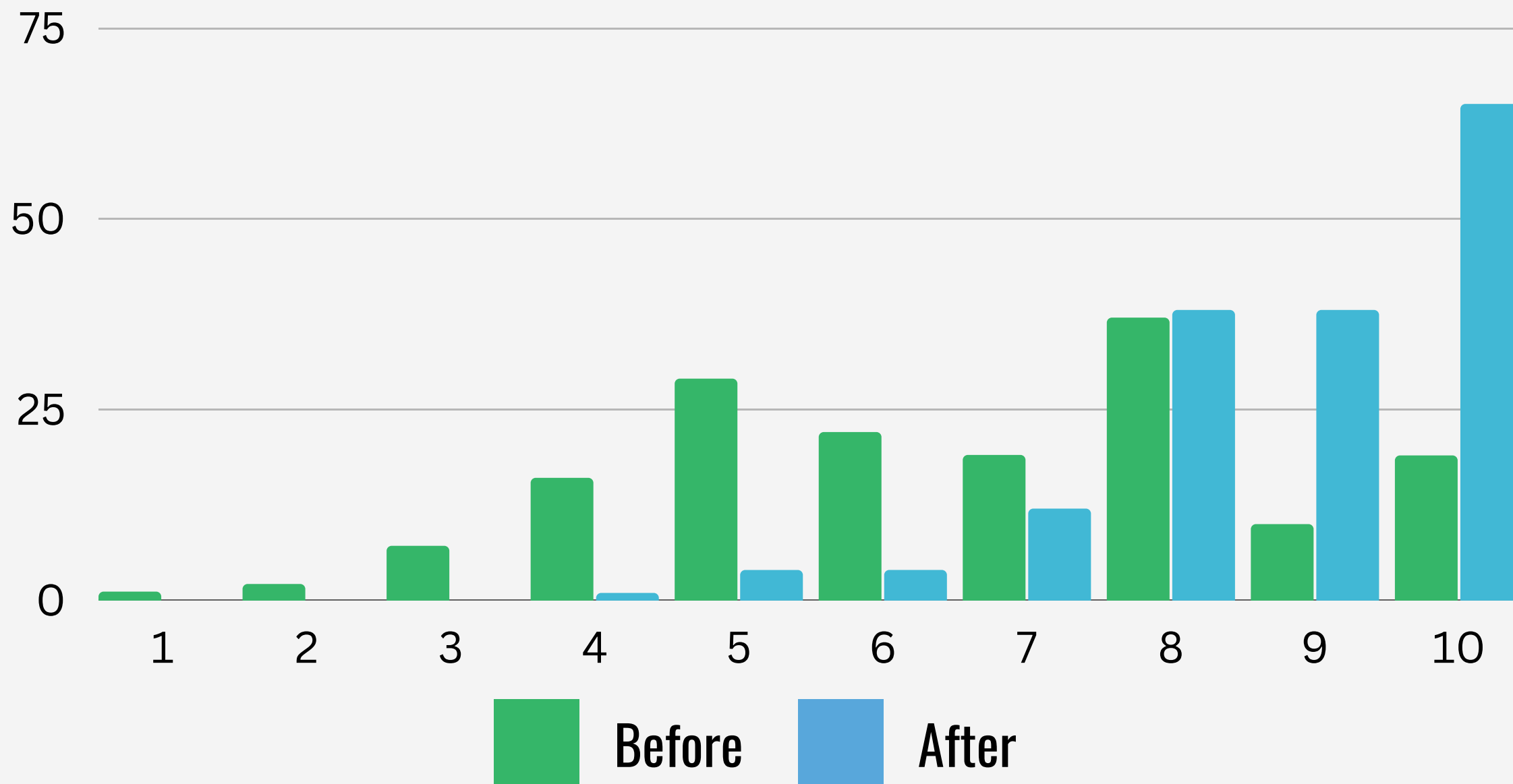
# RESULTS- THE PARENT SURVEY



1. Before your child joined the squash program, how would you rate their energy levels on a day-to-day basis, out of 10?  
&  
2. Since your child has started playing squash, how would you now rate their energy levels out of 10?

**68%** of parents noticed an improvement to their child's energy levels since participating in a SDO  
**23%** of parents did not notice a change, while  
**8%** felt general energy levels decreased.

# RESULTS- THE PARENT SURVEY

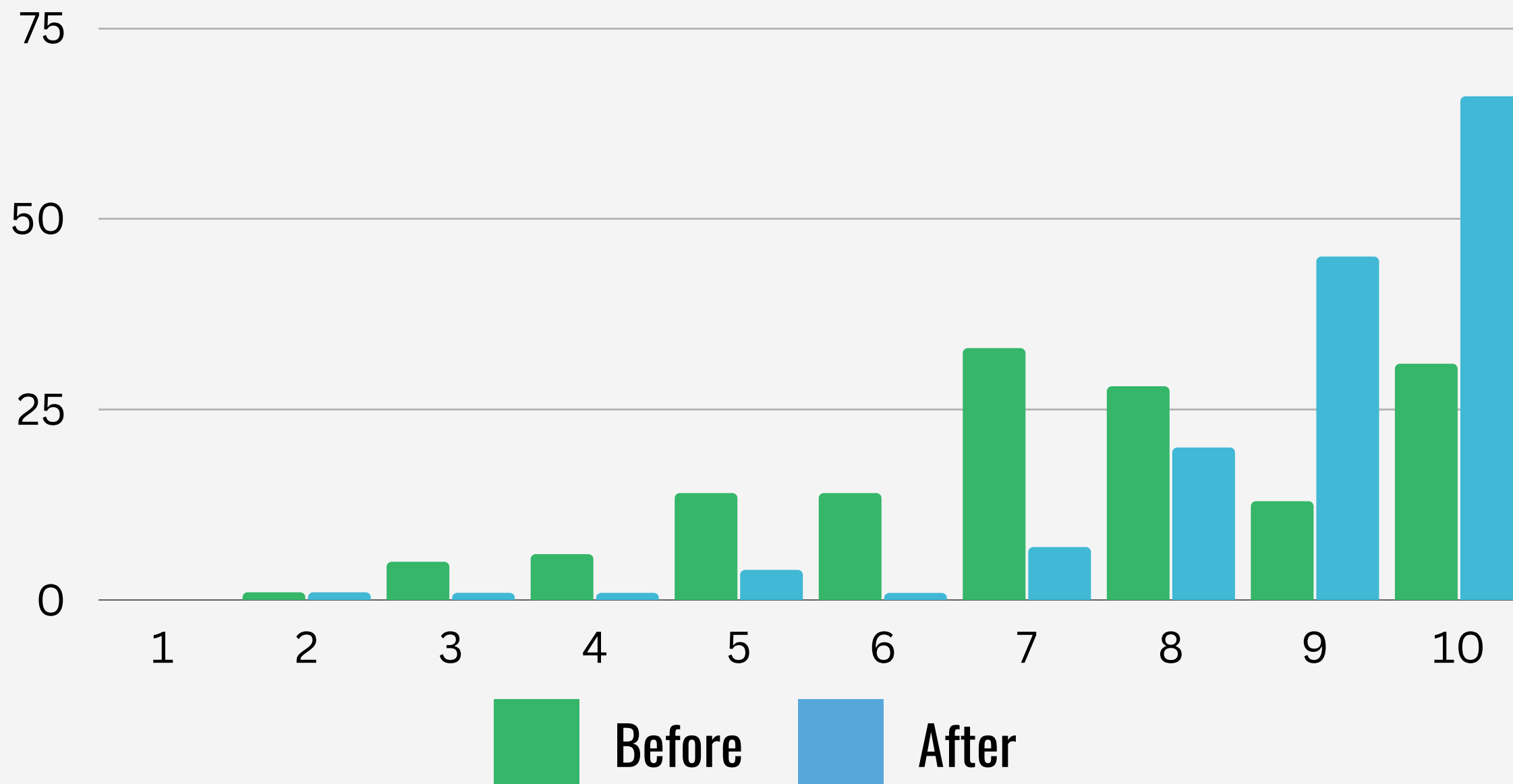


3. Before your child joined the squash program, how would you have rated their ability to concentrate out of 10?  
&  
4. Since your child has started playing squash, how would you rate their concentration abilities out of 10?

**74%** of parents noticed an improvement in their child's ability to concentrate since participating in a SDO  
**25%** of parents did not notice a change, while  
**1%** felt concentration levels had decreased.



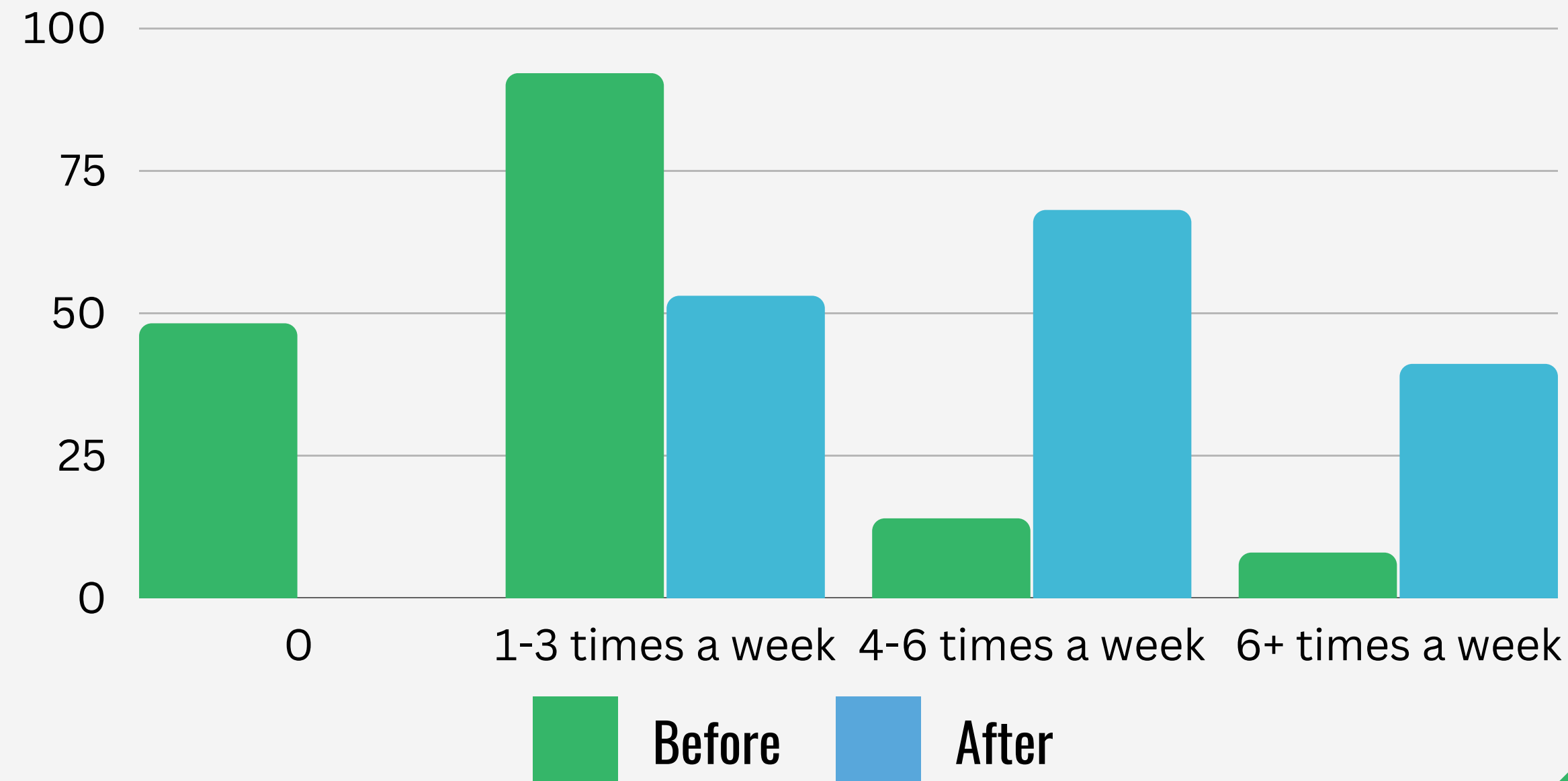
# RESULTS- THE PARENT SURVEY



5. Before your child joined the squash program, how would you have rated their listening and social skills out of 10?  
&  
6. Since playing squash, how would you rate your child's listening and social skills out of 10?

**66%** of parents noticed an improvement in their child's listening and social skills since participating in a SDO  
**29%** of parents did not notice a change, while  
**5%** felt listening and social skills had decreased.

# RESULTS- THE PARENT SURVEY



7. Before your child joined the squash program, how many times a week did your child do physical activity or sport?  
&  
8. Since playing squash, how many times a week does your child do physical activity or sport?

**75%** of parents recorded that their child was exercising more often since participating in a SDO  
**21%** of parents said exercise frequency had generally not changed, while  
**4%** felt their child was exercising less.

# THE PARENT SURVEY

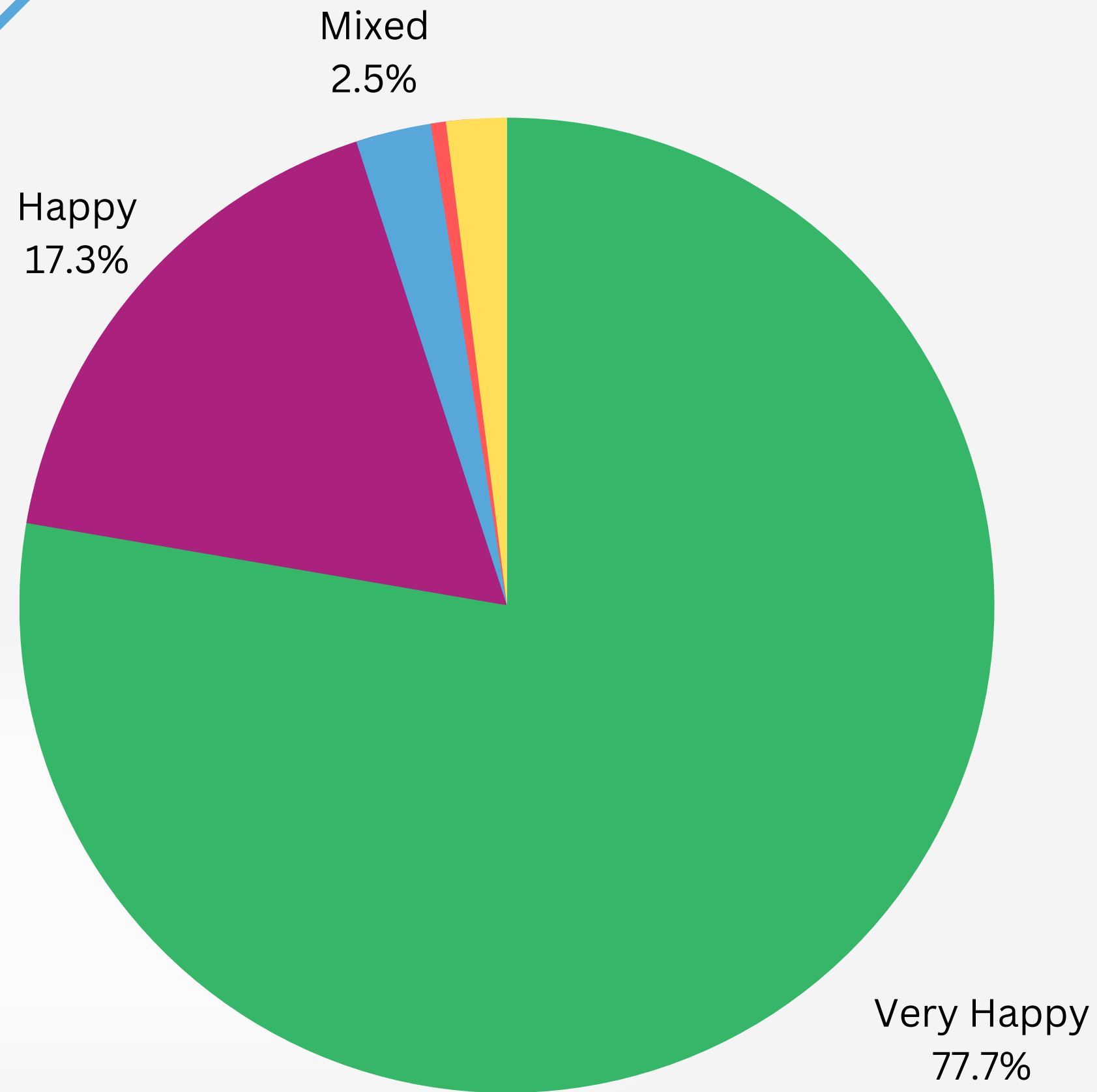
## Notes:

There are a few variables that may affect the responses to the parent survey questions on a SDO and regional basis. For example:

- Does the SDO also offer nutrition support, what are the standards of nutrition at home for that child, and a general understanding from parents around lifestyle effecting energy levels.
  - Feedback was given by one of the SDOs that it wasn't typical within their culture for the parents of children to have much awareness of their child's interpersonal skills.
- This may be the case for other SDOs as well and may effect some of the results.



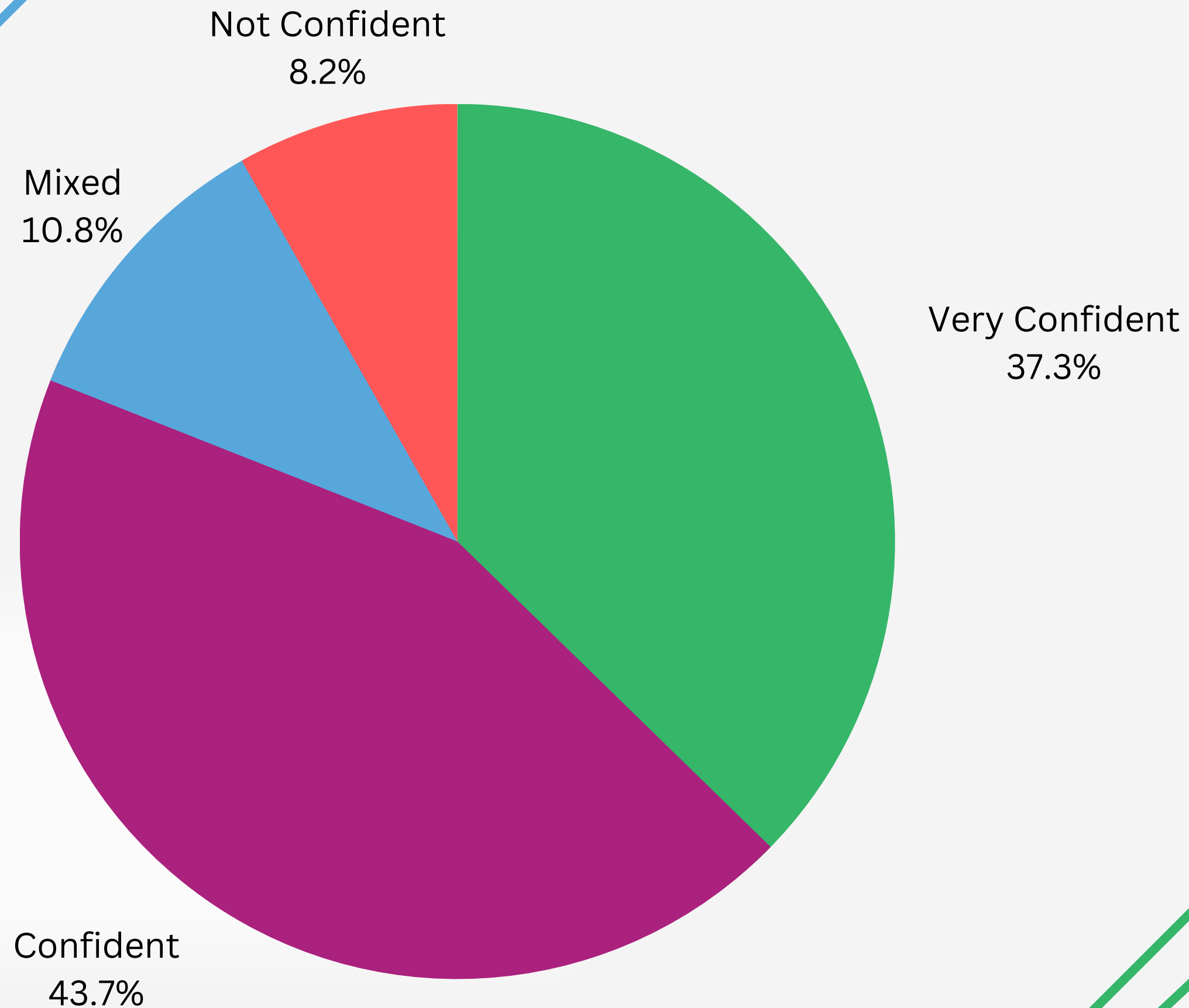
# RESULTS- THE CHILD SURVEY



1. How happy would you say you are now that you play squash?

**95%** of program children said they were either happy or very happy now that they play squash. **2.5%** said they had mixed feelings, another **2.5%** saying they were either unhappy or very unhappy about it.

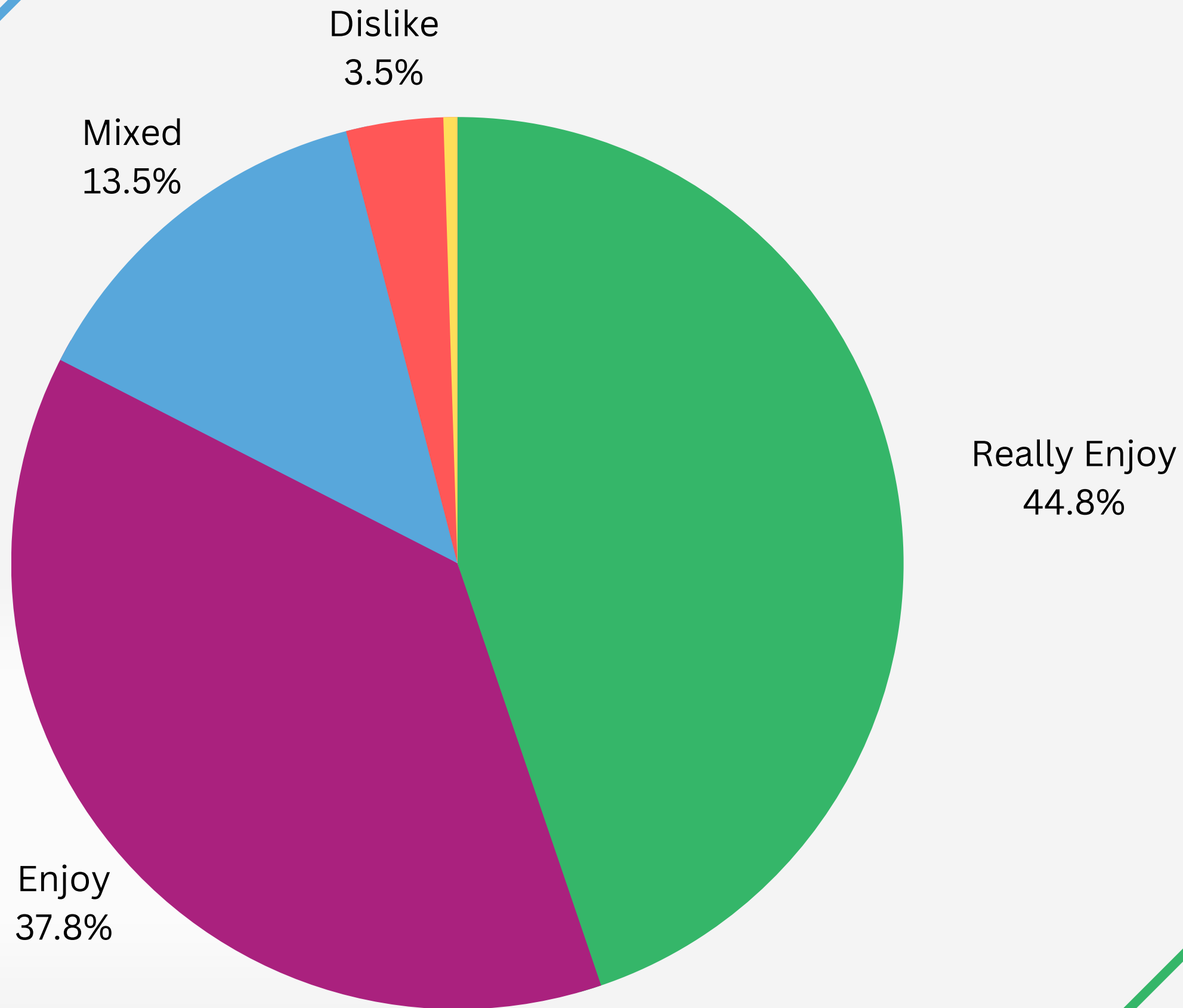
# RESULTS- THE CHILD SURVEY



## 2. How confident are you about trying new sports?

**81%** of program children said they were confident or very confident about trying new sports. **11%** said they had mixed feelings, and **8%** said they were not confident.

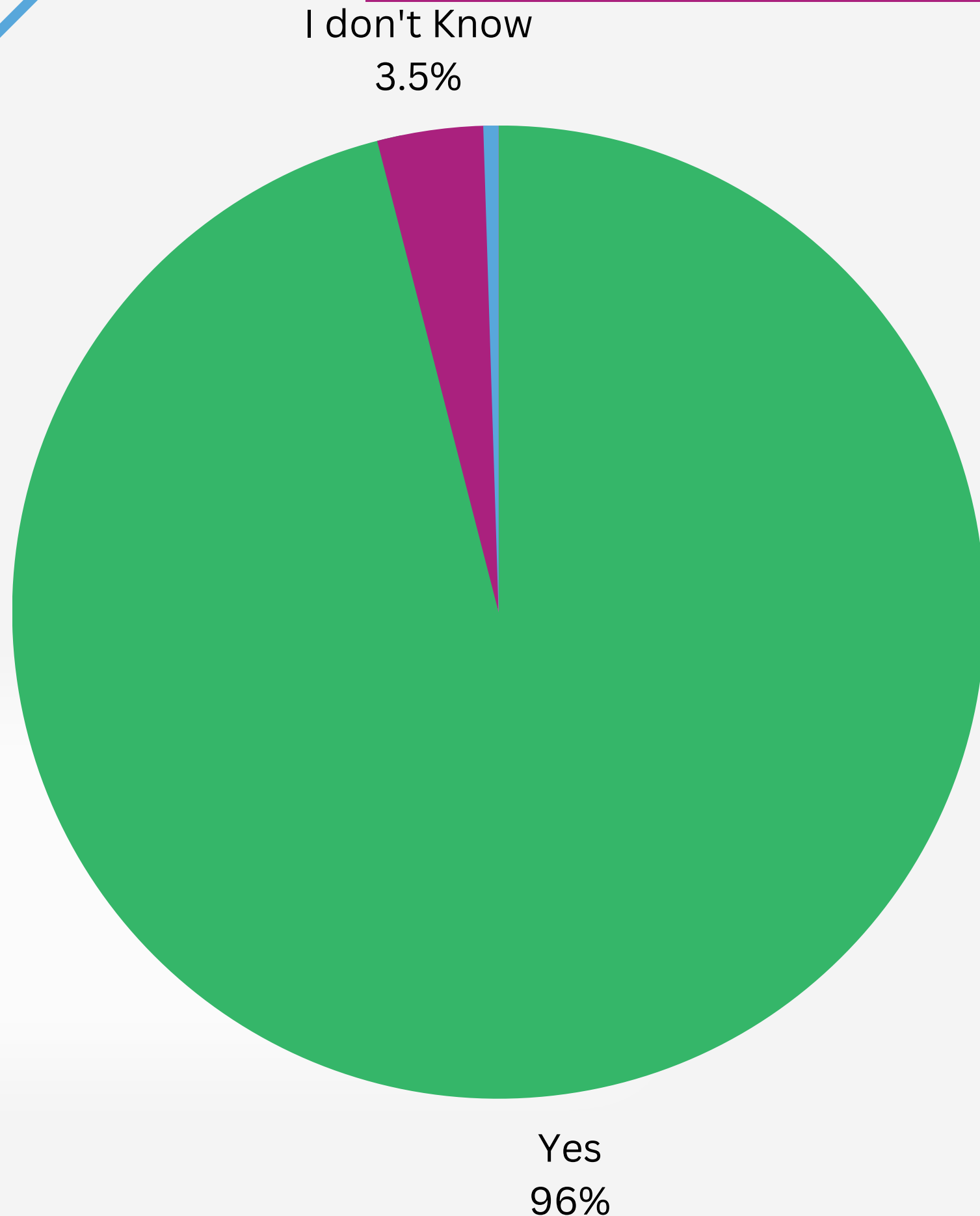
# RESULTS- THE CHILD SURVEY



## 3. How much do you enjoy going to school?

**82%** of program children said they either enjoyed or really enjoyed attending school.  
**13%** said they had mixed feelings about it,  
**4%** saying they disliked it, and  
**1%** saying they really disliked it.

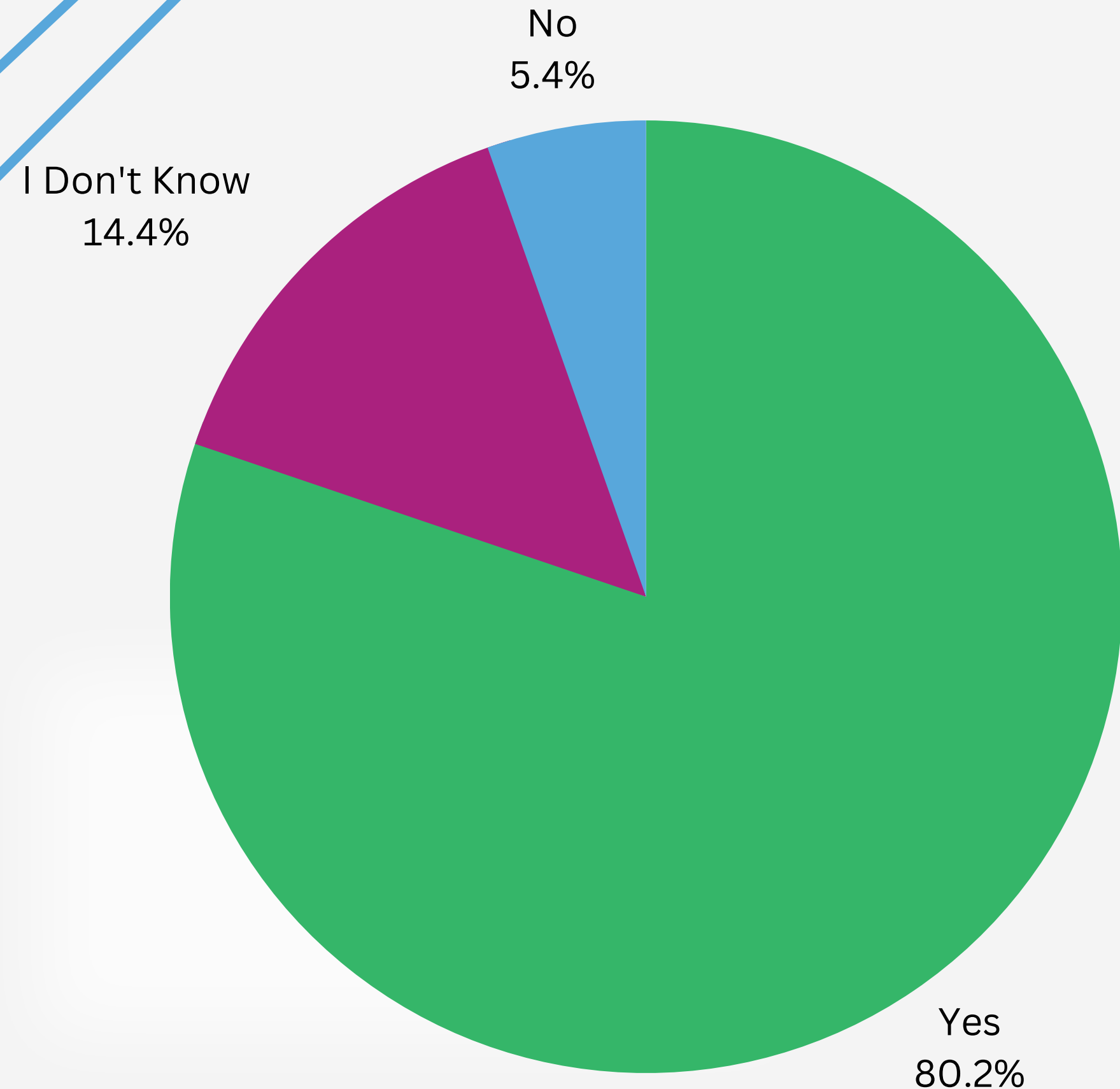
# RESULTS- THE CHILD SURVEY



4. Do you feel safe and happy where you play squash?

**96%** of program children said they felt safe at their SDO facility.  
**4%** said they did not know.

# RESULTS- THE CHILD SURVEY



5. Do you feel you are able to achieve your dreams?

**80%** of program children said they felt they could achieve their dreams.

**14%** said they had mixed feelings about it, **6%** saying they did not believe they could achieve their dreams.





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