

2000 Arctic Winter Games Whitehorse:

Personal and Social Benefits of Participation

Prepared by

World Leisure Professional Services (WPS)
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Prepared for and Supported by

Arctic Winter Games International Committee
GNWT Department of Municipal and Community Affairs
Sport North Federation
Northwest Territories, Yellowknife, Canada



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“...when I came into the arena...it was amazing...I said Wow!
It’s awesome...I didn’t think there were this many people in
the world.

Arctic Winter Games: A Study of the Personal & Social Benefits of Participation

Introduction

In 1970, Government Officials from Alaska, Yukon, Northwest Territories [NWT] and Federal Members of Parliament worked together to host the first Arctic Winter Games [AWG] in Yellowknife. The Games have evolved to a circumpolar event with contingents from the Northwest Territories, Nunavut, Northern Alberta, Yukon, Alaska, Greenland, Nunavik and the Russian Provinces of Magadan, and Tyumen now participating. The goal of the Games has remained the same over the years: to furnish the opportunity through sport, the social and cultural meeting of northern peoples regardless of language, race or creed.

The Games are held biannually during the month of March. In preparation for the Games each contingent uses its own selection process. In the Northwest Territories a selection process that starts at the regional level and is followed by Territorial Trials, is held to determine the composition of Team NWT. Sport North, its member Territorial Sport Organizations and the Mackenzie and Beaufort Delta Sahtu Recreation Associations manage this process. Regional selection normally takes in November and December while Territorial Trials are held in late January or early February preceding the Games. Communities in the Northwest Territories have participants involved in the Regional selection, Territorial trials or the Arctic Winter Games themselves.

The Games are designed to include the promotion of traditional aboriginal games based upon survival in the north. There are three categories of sports that are included in the Games: major sports, northern sports (Inuit Games, Dene Games, Snowshoeing, Dog Mashing, Inuit Wrestling), and emerging/potential sports.

Overall, at the 2000 Arctic Winter Games there were more than 18 different sporting events. The Games offer a venue where developing athletes from across the north meet to enhance their athletic skills and to share their respective cultures.

The Arctic Winter Games International Committee and its member contingents

promote the following Mission (role/purpose) for the Games:

- ◆ **Athletic Competition**: “To involve as many athletes as possible either in the Games themselves or in the Regional and Territorial Trials, and to provide a forum of northern sport competition for those other than elite athletes with competitive opportunities in the south.”
- ◆ **Cultural Exhibition & Social Interchange**: “To promote indigenous cultural activities and exhibitions, and to get different groups together.” To develop, amongst northern peoples, a geographic identity and to develop and maintain good relations.”
- ◆ **Spirit of Fair Play**: “The fundamental purpose is to encourage maximum participation by all ages of youth, cultures and walks of life in a broad range of athletic activities. The Games are to exemplify the spirit of fair play during the Games week.”

In support of this three- part mission; the Arctic Winter Games International Committee [AWGIC] and it’s member contingents promote the following values of:

- cultural awareness and understanding
- fair play
- access and equity
- integrity
- respect for others and self
- partnerships
- personal development
- community development

The contingents that participate in the Arctic Winter Games support the development of competent certified coaches who play a key role in promoting these values and operating principles. The Games allow both male and female participants to improve their skills and develop personal values and traits that enhance their self-esteem and hence, their ability to have success in other aspects of their lives.

The overall findings of this study are very encouraging and give a strong rationale for the continued development, advancement and support for the Games. The findings are

consistent with the above mentioned Mission and Values of the Games as established by the Arctic Winter Games International Committee and its members. The findings of this study further validates the benefits of the Arctic Winter Games as noted in the publication “Arctic Winter Games – The History and Organization.” This study is the second phase of research examining the personal, social and community benefits of the Games (This is a different focus than the Economic Impact Studies that are also conducted). This research focussed on the use of a survey questionnaire developed and tested at the 1998 Arctic Winter Games in Yellowknife. For the 2000 Arctic Winter Games in Whitehorse, the research was expanded to include survey questionnaires with participants from six contingents as well as focus groups for each of the contingents.

Importantly, the data is conclusive and provides a clear rationale for generating Government, non-government and corporate support for future Arctic Winter Games. The Arctic Winter Games do not take place in a vacuum. There appears to be very strong linkages to the need for community programs to support these young people prior to, during and after the competitions. These programs are related to community development and social service issues as well as recreation and sport programs. The findings also correlate with the findings of the Sport North report “The Benefits of Sport in the Northwest Territories.” Specifically, that sport participation (training and competition) is a major feature in the lives of young people in the Northwest Territories.

Focus Group Quote

“...because of two gung-ho officials...all the students in our community and schools know about the Arctic Winter Games ...we have them to thank for this opportunity and great experience.”

Unidentified rural competitor

“...these little towns turn out and turn on!”

Yukon coach

Study Objectives and Primary Research Questions

Within the 30 year history of the Games, this study provides the first comprehensive data base concerning the personal, social and community benefits of participation in the Arctic Winter Games. The research focussed on:

- ❖ documenting the personal, social and community benefits of involvement for participants, volunteers, community leaders and coaches in the Arctic Winter Games and regional trials leading up to the Games;
- ❖ validating the mission (role/purpose) and values established for the Games;
- ❖ identifying the personal and social benefits for male and female athletes;
- ❖ identifying and understanding the cultural inter-change experiences of the participants;
- ❖ documenting the opportunities of community development, confidence and pride;
- ❖ validating the notion of friendly competition while sharing cultural values;
- ❖ estimating the social impact the Games have on promoting northern unity and cultural understanding; and
- ❖ gathering personal input from athletes for future use by the Arctic Winter Games International Committee and it's members.

Focus Group Quote

“(The) Yellowknife soccer team gave the Russian team shoes...but they would have ‘kicked butt’ with the slipper-type shoes they brought with them...”

Yellowknife athlete on sharing and sportsmanship.

Focus Group Quote

“...there was an athlete from another team who met some of this relatives for the first time; right here in Whitehorse. Not only the athletic competition, but to be able to met relatives and make friends is great.”

Study Methodology

During the first phase in 1998, the researcher's met with Northwest Territories representatives for a weeklong workshop on survey development and research methods. Using nominal group techniques, the researcher's helped the team develop a draft research instrument and field- tested the survey questionnaire. Further testing and modifications were completed during and after the regional trials in the Northwest Territories in conjunction with the 1998 Arctic Winter Games. A team of staff from Municipal and Community Affairs and Sport North were also involved as researchers in the data collection process during the Regional Trails, Territorial Trials and the 1998 Arctic Winter Games. Without this dedication and support, the large sample (n=574) would have been impossible. Athletes, coaches, officials and volunteers, community leaders and business people from the Northwest Territories were asked to participate in the study. The data in this report reflect these perceptions. In keeping close to the primary study objectives, the bulk of the surveys were completed by athletes.

The second phase of research included two components in the Northwest Territories leading up to the 2000 Arctic Winter Games in Whitehorse, Yukon. Component One: a sample of participants who registered for the Regional Trials filled in a survey and returned it to their Regional Coordinator. Component Two: a sample of the participants at the Territorial Trials filled in a survey related to their involvement at this level.

The third component involved surveying a sample of the participants from six contingents who competed in the actual Arctic Winter Games hosted in Whitehorse, March 5 to 11, 2000.

The research team collected 574 surveys in Whitehorse, which were entered on the computer and analyzed. Respondents comprised of 217 from Northwest Territories, 140 from Alaska, 98 from Nunavut, 71 from Alberta, 38 from Yukon, and 10 from Nunavik. The survey explored issues relative to athletic competition, cultural and social interchange, spirit of fair play, and training.

Questions posited by MACA and Sport North officials also addressed "being northern," and "northern sports" and how the Games related to the uniqueness of the north. The survey also contained personal data questions and areas where the respondent could add qualitative information. In addition, case studies, interviews, and focus groups sessions were completed to help better understand the overall scope and impact of the Games on the groups being studied. These selected quotes and observations are found throughout this study and in Appendix C.

A series of questions were developed around the following goal, derived from the Arctic Winter Games International Committee guidelines. Of importance to this research was the testing and validating of the idea of competition and involvement of all athletes, not just elite athletes. This AWGIC goal is as follows:

- The goal of athletic competition for the Arctic Winter Games, Regional selection and Territorial trials is **to involve as many as possible either in the Games or Trials, and to provide a forum of northern sport competition** for those other than elite athletes.

A series of questions relative to the competitiveness of the games, developmental skills, learning about sports, and challenges of competition are addressed in the following graphs. It is important to note the relationships to competition when viewing these findings. Although some minor differences exist, there appear to be tendencies when viewing the data by gender, athlete and non-athlete (volunteer, officials, coaches) and place/level of competition (Regional Selection, Territorial Trials and Arctic Winter Games).

Questions were developed using information from Sport North staff, Municipal and Community Affairs staff, interviews with coaches and athletes, the literature on sport and competition and pre-testing the items. Importantly, the following information on competition should be viewed within the broader context of competition, diverse sport and young athletes.

It is apparent that the personal and community benefits derived from competition in the training and Games is positive. Furthermore, the goal of the Arctic Winter Games International Committee and it's members seems to be supported in view of these findings.

For this study males made up 53% of the sample while females made up 45% of the sample. Nearly 80% (79%) of the male respondents were athletes, while 78% were female athletes. Respondents indicated that 40% have participated in previous regional, territorial or Arctic Winter Games in the past, while 58% indicated this was their first year of competition. The ethnic background for the athletes consisted of: 4% Inuvialuit; 6% Dene; 6% Metis; 15% Inuit; 64% Non Aboriginal; while 6% provided no answer. Athletes indicated those that motivated them to become involved in the games were coaches (52%); parents and relatives (47%); friends (44%); other athletes (43%); previous participants (21%); recreation leaders (14%); and teachers (9%). Approximately 7% indicated they became involved due to their own initiative.

Acknowledgements

The researchers would like to thank the Arctic Winter Games International Committee, the Chef de Mission and Mission Staff from Team NWT, Team Alaska, Team Nunavut, Team Alberta, Team Yukon and Team Nunavik for their support and cooperation with this study. We would also like to thank the athletes and coaches who took the time to complete the surveys and those who also participated in the focus groups.

Focus Group Quote

"... team work and cross-team work is our culture in the Native Games. This is a part of our sport culture. We size up the best athlete(s) and after early attempts, we seek advice from our top competitors."

Anonymous coach on sportsmanship in the North.

Organization of the Report

This report addresses the main themes of the Arctic Winter Games: 1) to provide a forum of northern sport competition. 2) To promote cultural activities and exhibitions. 3) to develop a sense of being northern; and 4) to encourage fair play and promote participation among all walks of life in a broad range of activities. A series of questions were developed around these themes. The following section describes the findings to the above themes in graphic and tabular form. Specifically, comparisons are made between athletes and others (coaches, volunteers etc), and male and female respondents. These comparisons were made to highlight the fact that participation in any or all of these athletic events promotes personal and social well being.

The Arctic Winter Games International Committee mission, as mentioned on page 5, and goal as mentioned on page 9, were used as a means to organize the questionnaire and subsequent report. The analysis of the findings from Whitehorse revealed the following personal and social benefits of participants. It is significant, and should be noted that these benefit dimensions were also found in the 1998 Arctic Winter Games social benefits research.

- Excitement, challenges and positive personal experiences.
- Enhanced self-esteem and growth in personal outlook.
- Providing healthy, challenging and competitive opportunities for youth.
- Sense of belonging and strengthening of community ties.
- Promoting socialization and strengthening cultural awareness.

In addition to a series of questions that revealed the dimensions above, a number of questions identified demographic characteristics of the population being studied. These questions and findings are addressed in detail below. The data representing the personal and social benefits were analyzed using factor analysis (principle components with oblique rotation). This analysis allowed the researchers to better understand the dimensions of personal and social benefits of participants. Five factor structures were observed (eigen values over 1) which explained 50.02% of the variance in the data.

Personal and Social Benefits of Participants

This section of the report details the findings with regard to athletic competition. This section reports on the personal and social benefits to participation in the Arctic Winter Games. Of interest here is the way in which the benefit statements are organized (structured) via the responses from the athletes and other groups. Section 1 reports on the “excitement, challenges and positive personal experiences” of the participants. Section 2 reports on the “enhanced self-esteem and growth in personal outlook”. Sections 3 reports on “providing healthy, challenging and competitive opportunities for youth”. Section 4 reports on the “sense of belonging and strengthening of community ties”, and Sections 5 reports on the “promotion of socialization and strengthening cultural awareness”.

Note: All five sections the data between “athletes” and “others” are reported. Athletes are actual competitors and are characterized as being younger and specifically focused on their sport of activity. Other refers to the coaches and volunteers who are generally older and by their own definition see the Arctic Winter Games in a broader context.

Section 1. Excitement, Challenges and Positive Personal Experiences

This dimension of personal and social benefits consists of 13 questions (eigen value =14.60, alpha = .8915) and is interpreted as “Excitement, Challenge and Positive Personal Experiences.” This dimension contains items that reflect a participants' ability to enjoy sports and competition, meet new people, benefit from good health through training, and experience adventure. Athlete and other (coach, volunteer etc.), and male and female comparisons are made (see below).

Overall, positive outcomes were expressed regarding items on excitement, challenges, and positive personal experiences of Arctic Winter Games (see below).

Respondents overwhelmingly stated that participation in the Arctic Winter Games allows participants to have fun. The data also indicated that the Arctic Winter Games gives them an opportunity to enjoy sports; provides interesting experiences which I can tell my friends afterwards; brings happy memories afterwards. The pattern of athletes and non-athletes findings was nearly even in the distribution of scores. However with some significant differences existing among the following items: *Arctic Winter Games gives me a chance to see other towns/places, provides youth with a physical challenge, and brings recognition to my province/state/territory.* For these items, non-athletes expressed more positive outcomes than athletes did. The comparisons of male and female respondents showed no significant differences regarding on items of these dimensions.

Focus Group Quote

[In answer to the question on how you feel about Arctic Winter Games.]

“...I felt kinda important...just walking in with all the athletes...and hearing the (national) anthem and seeing the Governor General of all of Canada.”

Anonymous athlete

Comparisons of Athletes and Others (coaches, volunteers etc.)

Table 1-1. Excitement, Challenges, and Positive Personal Experiences

[N=574] (Ath=354, Oth=73, Missing=147)

(T-test for means)

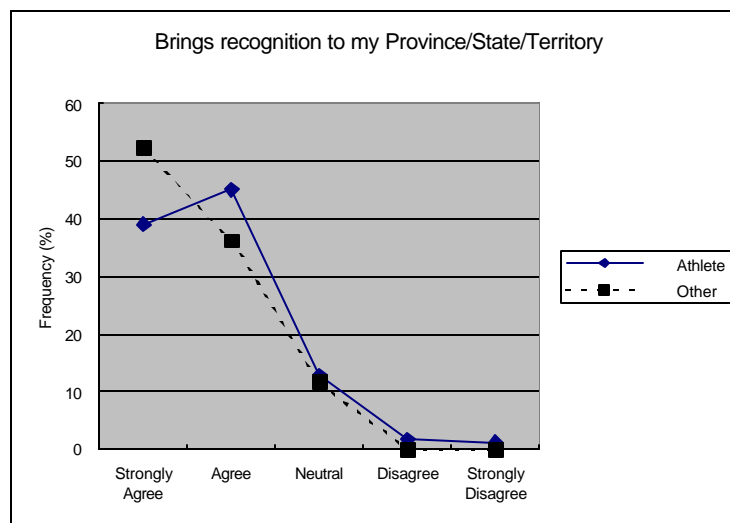
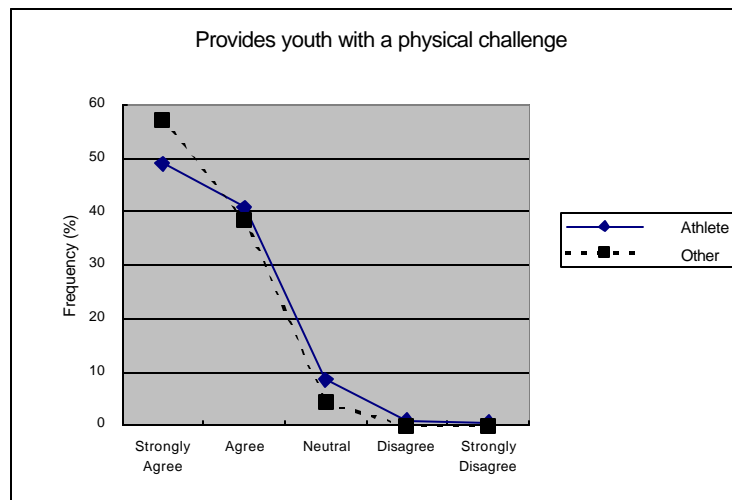
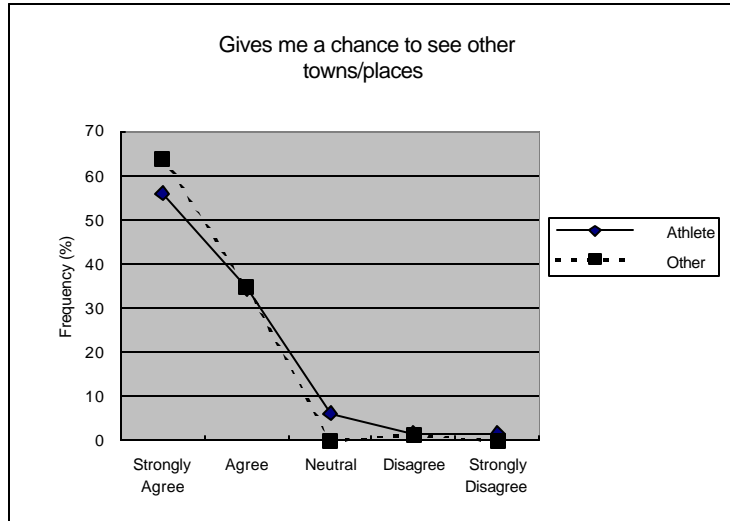
	<i>Strongly Agree(%)</i>	<i>Agree</i>	<i>Neutral</i>	<i>Disagree</i>	<i>Strongly Disagree</i>	<i>Mean</i>	<i>Sig.</i>
<i>Gives me opportunity to enjoy sports</i>							
Athlete	58.6	35.9	5.5	0.0	0.0	4.53	
Other	58.6	37.1	4.3	0.0	0.0	4.54	0.872
Total (athletes & others)	58.6	36.1	5.3	0.0	0.0		
<i>Gives me the chance for new adventures and excitement</i>							
Athlete	53.0	36.8	9.6	0.6	0.0	4.42	
Other	54.3	40.0	5.7	0.0	0.0	4.48	0.445
Total (athlete & others)	53.3	37.3	8.9	0.5	0.0		
<i>Gives me a chance to see other towns/places</i>							
Athlete	55.9	34.5	6.1	1.7	1.7	4.41	
Other	63.8	34.8	0.0	1.4	0.0	4.60	0.018
Total (athlete & others)	57.2	34.5	5.1	1.7	1.4		
<i>Provides interesting experiences which I can tell my friends afterwards</i>							
Athlete	54.5	37.7	7.5	0.3	0.0	4.46	
Other	52.9	40.0	7.1	0.0	0.0	4.45	0.936
Total (athlete & others)	54.2	38.1	7.5	0.2	0.0		
<i>Brings happy memories after Games</i>							
Athlete	55.2	36.1	7.5	1.2	0.0	4.53	
Other	60.0	37.1	2.9	0.0	0.0	4.57	0.123
Total (athlete & others)	56.0	36.3	6.7	1.0	0.0		
<i>Provides youth with a physical challenge</i>							
Athlete	49.1	40.8	8.7	0.9	0.6	4.36	
Other	57.1	38.6	4.3	0.0	0.0	4.52	0.049
Total (athletes & others)	50.5	40.4	7.9	0.7	0.5		
<i>Helps me respect myself for doing these things</i>							
Athlete	45.2	40.0	12.8	1.7	0.3	4.28	
Other	44.3	45.7	8.6	1.4	0.0	4.32	0.611
Total (athletes & others)	45.1	41.0	12.0	1.7	0.2		
<i>It gives youth the chance to compete with others</i>							
Athlete	55.4	36.8	6.7	0.6	0.6	4.45	
Other	57.4	41.2	1.5	0.0	0.0	4.55	0.178
Total (athletes & others)	55.7	37.5	5.8	0.5	0.5		
<i>Lets youth learn more about sports</i>							
Athlete	49.9	40.4	8.3	0.9	0.6	4.38	
Other	55.2	40.3	4.5	0.0	0.0	4.50	0.124
Total (athletes & others)	50.7	40.4	7.7	0.7	0.5		

(Table 1-1. Continued)

	<i>Strongly Agree(%)</i>	<i>Agree</i>	<i>Neutral</i>	<i>Disagree</i>	<i>Strongly Disagree</i>	<i>Mean</i>	<i>Sig.</i>
<i>To have fun</i>							
Athlete	76.5	19.8	3.4	0.0	0.3	4.72	0.411
Other	68.1	30.4	1.4	0.0	0.0	4.66	
Total (athletes & others)	75.1	21.6	3.1	0.0	0.2		
<i>Brings recognition to my Province/State/Territory</i>							
Athlete	39.1	45.2	12.8	1.7	1.2	4.19	0.027
Other	52.2	36.2	11.6	0.0	0.0	4.40	
Total (athletes & others)	41.3	43.7	12.6	1.4	1.0		
<i>Training and competition keeps me healthy</i>							
Athlete	49.7	38.7	10.7	0.3	0.6	4.36	0.157
Other	58.0	33.3	8.7	0.0	0.0	4.49	
Total (athletes & others)	51.1	37.8	10.4	0.2	0.5		
<i>Brings me recognition from other people</i>							
Athlete	33.9	45.5	18.6	1.7	0.3	4.11	0.051
Other	29.0	34.8	31.9	4.3	0.0	3.88	
Total (athletes & others)	33.1	43.7	20.8	2.2	0.2		

Scale: 5=Strongly Agree; 1=Strongly Disagree

The following graphs indicate which statements the athletes and other (coaches, volunteers and officials) significantly differ. Although these differences are slight, they still show the general tendency to indicate that seeing other places, bringing recognition to their place of residence and providing physical challenges are important aspects of the Games.



Comparisons of Male and Female

Table 1-2. Excitement, Challenges and Positive Personal Experiences
[N=574] (M=304, F=257, Missing=13)

(T-test for means)

	<i>Strongly Agree(%)</i>	<i>Agree</i>	<i>Neutral</i>	<i>Disagree</i>	<i>Strongly Disagree</i>	Mean	Sig.
<i>Gives me opportunity to enjoy sports</i>							
Male	56.5%	36.1	6.8	0.7	0.0	4.48	
Female	57.9	37.7	4.4	0.0	0.0	4.53	0.319
Total	57.1	36.8	5.7	0.4	0.0		
<i>Gives me the chance for new adventures and excitement</i>							
Male	49.5	39.7	10.2	0.7	0.0	4.37	
Female	56.1	34.4	9.1	0.4	0.0	4.46	0.158
Total	52.6	37.2	9.7	0.5	0.0		
<i>Gives me a chance to see other towns/places</i>							
Male	53.4	37.8	6.1	1.7	1.0	4.40	
Female	57.9	35.4	4.3	1.2	1.2	4.47	0.292
Total	55.5	36.7	5.3	1.5	1.1		
<i>Provides interesting experiences which I can tell my friends afterwards</i>							
Male	49.7	40.1	9.5	0.7	0.0	4.38	
Female	54.7	37.4	7.5	0.0	0.4	4.46	0.209
Total	52.0	38.9	8.6	0.4	0.2		
<i>Brings happy memories after Games</i>							
Male	54.2	36.9	7.5	1.0	0.3	4.43	
Female	56.3	37.7	5.6	0.4	0.0	4.50	0.270
Total	55.2	37.3	6.6	0.7	0.2		
<i>Provides youth with a physical challenge</i>							
Male	49.7	39.9	9.5	0.7	0.3	4.37	
Female	47.4	43.1	8.3	0.8	0.4	4.36	0.808
Total	48.6	41.3	8.9	0.7	0.4		
<i>Helps me respect myself for doing these things</i>							
Male	43.1	44.4	11.5	0.7	0.3	4.29	
Female	44.3	41.5	11.9	2.4	0.0	4.27	0.816
Total	43.6	43.1	11.7	1.5	0.2		
<i>It gives youth the chance to compete with others</i>							
Male	54.9	36.2	7.8	0.7	0.3	4.44	
Female	56.1	38.3	4.7	0.4	0.4	4.49	0.415
Total	55.5	37.2	6.4	0.5	0.4		
<i>Lets youth learn more about sports</i>							
Male	49.7	39.5	10.1	0.7	0.0	4.37	
Female	51.4	41.4	6.0	0.4	0.8	4.46	0.505
Total	50.5	40.4	8.3	0.6	0.4		

(Table 1-2. Continued.)

	<i>Strongly Agree(%)</i>	<i>Agree</i>	<i>Neutral</i>	<i>Disagree</i>	<i>Strongly Disagree</i>	Mean	Sig.
<i>To have fun</i>							
Male	76.0	21.0	3.0	0.0	0.0	4.73	
Female	71.5	23.7	4.3	0.0	0.4	4.66	0.144
Total	74.0	22.2	3.6	0.0	0.2		
<i>Brings recognition to my Province/State/Territory</i>							
Male	41.6	43.7	12.6	1.0	1.0	4.23	
Female	39.1	45.8	11.5	2.4	1.2	4.19	0.513
Total	40.5	44.7	12.1	1.6	1.1		
<i>Training and competition keeps me healthy</i>							
Male	51.4	39.5	8.2	0.7	0.3	4.40	
Female	53.2	34.1	10.7	0.8	1.2	4.37	0.588
Total	52.2	37.0	9.3	0.7	0.7		
<i>Brings me recognition from other people</i>							
Male	33.7	45.9	18.7	1.4	0.3	4.11	
Female	34.0	43.1	19.8	2.8	0.4	4.07	0.589
Total	33.8	44.6	19.2	2.0	0.4		

Scale: 5=Strongly Agree; 1=Strongly Disagree

Focus Group Quote

[Regarding values of the Arctic Winter Games]

“...we learn in a big way, what dedication and hard practice and learning basic skills and staying clean...can do for you when you compete with the best.”

“...It is important for coaches to be clean...to be good role-models for our athletes.”

Anonymous Chef de Mission

Section 2. Enhanced Self-Esteem and Growth in Personal Outlook

This dimension of personal and social benefits consists of 10 questions (eigen value = 3.10, alpha = .8826) and are interpreted as “Enhanced Self Esteem and Personal Outlook.” This dimension contains items, which represent the participants’ perceptions of self, and improvement through diverse sport and cultural experiences. Athlete and other (coach, volunteers’ etc.) and male and female comparisons are made (see below).

Compared to other four dimensions, respondents expressed relatively less positive attitude toward this dimension: enhanced self-esteem and growth in personal outlook. In fact, the mean scores of items in this dimension were mostly less than 4. The data suggested that major respondents were not sure (neutral) on the following items: *Arctic Winter Games helps youth in school work, makes youth want to do better in school, involvement in these games make my community together, and brings our family closer together*. It also noted that a relatively large number of respondents strongly disagreed on items that *Arctic Winter Games helps youth in school work; makes youth want to be better in school; and provide me with an escape from family pressure*.

For the comparisons between athletes and non-athletes (SEE GRAPHS), there were significant differences in items on *helps youth in school work; makes youth want to do better in school; involvement in these Games make my community a better place to live; brings my community closer together; and these Games help develop my own leadership skills*. For these items, non-athletes showed more positive attitudes than athletes did. Especially with the item on *helps youth in school work*, 15.5% of athletes strongly disagreed, while only 1.4% of non-athletes did so. It also noted that 57.1 % of non-athletes strongly agreed with the item on *these Games help develop my own leadership skills*, while 35.9% athletes did so.

Male and female comparisons also showed significant differences in the following items: *helps youth in school work, involvement in these Games make my community a better place to live, brings our family closer together, helps me to understand myself better, and provides me with an escape from family pressure*. For all these items, males showed a more positive attitude than females do.

Comparisons of Athletes and Others (coaches, volunteers etc.)
Scale: 5=Strongly Agree; 1=Strongly Disagree

Table 2-1. Enhanced Self-Esteem and Growth in Personal Outlook
[N=574] (Ath=354, Oth=73,Missing=147)

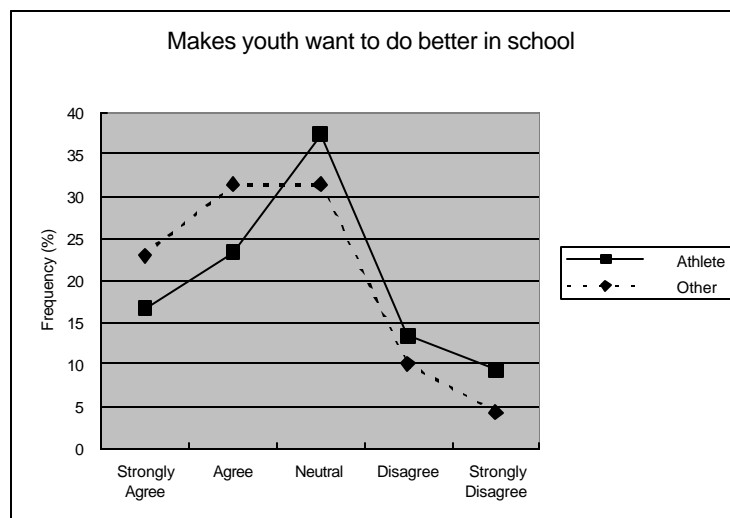
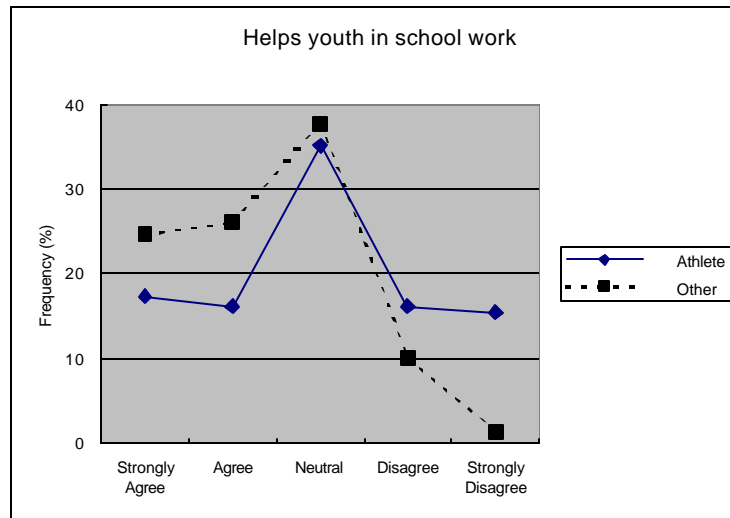
(T-test for means)

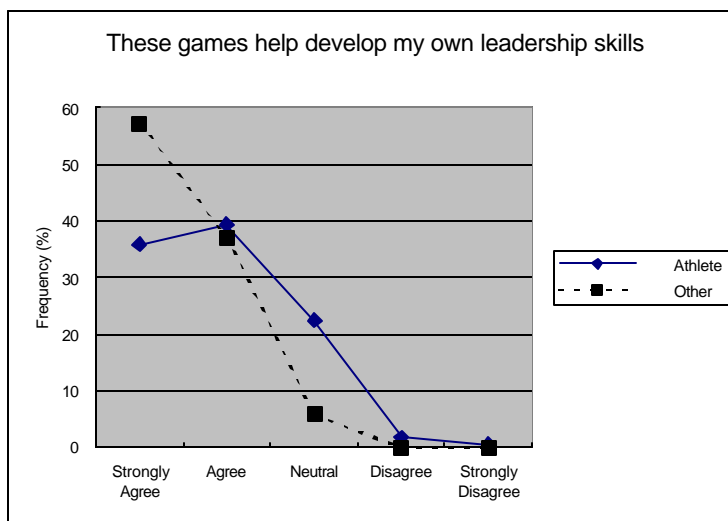
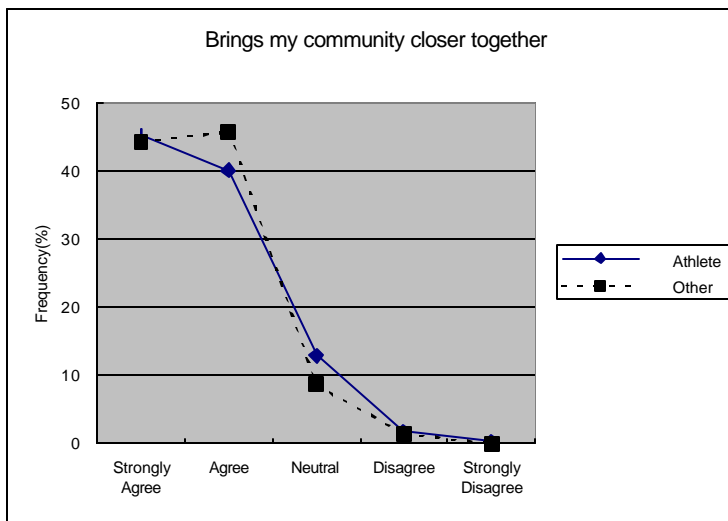
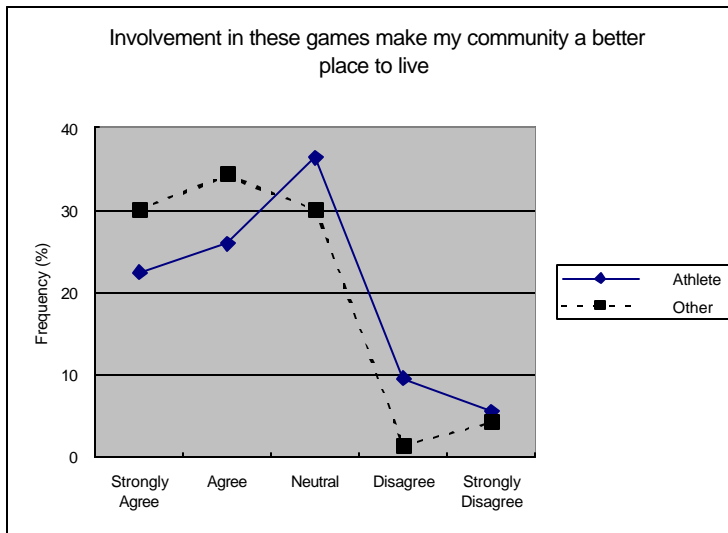
	<i>Strongly Agree(%)</i>	<i>Agree</i>	<i>Neutral</i>	<i>Disagree</i>	<i>Strongly Disagree</i>	Mean	Sig.
<i>Helps youth in school work</i>							
Athlete	17.3	16.1	35.1	16.1	15.5	3.03	
Other	24.6	26.1	37.7	10.1	1.4	3.62	0.000
Total (athletes & others)	18.5	17.8	35.5	15.1	13.1		
<i>Makes youth want to do better in school</i>							
Athlete	16.6	23.3	37.3	13.4	9.3	3.24	
Other	22.9	31.4	31.4	10.0	4.3	3.58	0.020
Total (athletes & others)	17.7	24.7	36.3	12.8	8.5		
<i>Involvement in these games make my community a better place to live</i>							
Athlete	22.4	25.9	36.4	9.6	5.5	3.50	
Other	30.0	34.3	30.0	1.4	4.3	3.84	0.013
Total (athletes others)	23.7	27.4	35.4	8.2	5.3		
<i>Brings our family closer together</i>							
Athlete	18.5	28.9	37.0	12.4	3.2	3.47	
Other	22.1	19.1	51.5	5.9	1.5	3.54	0.570
Total (athletes & others)	19.1	27.3	39.4	11.4	2.9		
<i>Helps me to understand myself better</i>							
Athlete	25.8	35.1	30.7	5.2	3.2	3.75	
Other	24.6	43.5	30.4	1.4	0.0	3.91	0.137
Total (athletes & others)	25.6	36.5	30.7	4.6	2.7		
<i>Brings my community closer together</i>							
Athlete	19.0	32.0	35.4	9.8	3.7	3.52	
Other	27.5	39.1	26.1	2.9	4.3	3.82	0.028
Total (athletes & others)	20.4	33.2	33.9	8.7	3.8		
<i>Gives me an opportunity to enjoy nature</i>							
Athlete	28.3	32.9	23.7	12.4	2.6	3.71	
Other	31.9	21.7	36.2	5.8	4.3	3.71	0.948
Total (athletes & others)	28.9	31.1	25.8	11.3	2.9		
<i>These games help develop my own leadership skills</i>							
Athlete	35.9	39.4	22.4	1.7	0.6	4.08	
Other	57.1	37.1	5.7	0.0	0.0	4.51	0.000
Total (athletes & others)	39.5	39.0	19.6	1.5	0.5		

(Table 2-1. Continued.)

Scale: 5=Strongly Agree; 1=Strongly Disagree

	<i>Strongly Agree(%)</i>	<i>Agree</i>	<i>Neutral</i>	<i>Disagree</i>	<i>Strongly Disagree</i>	Mean	Sig.
<i>Gives me a chance to get the most out of life</i>							
Athlete	31.1	44.1	20.5	4.3	0.0	4.02	0.961
Other	34.8	36.2	24.6	4.3	0.0	4.01	
Total (athletes & others)	31.7	42.8	21.2	4.3	0.0		
<i>Provides me with an escape from family pressure</i>							
Athlete	24.9	31.5	24.0	12.4	7.2	3.54	0.690
Other	25.4	25.4	29.9	10.4	9.0	3.47	
Total (athletes & others)	24.9	30.5	24.9	12.1	7.5		





Comparisons of Male and Female
Scale: 5=Strongly Agree; 1=Strongly Disagree

Table 2-2. Enhanced Self-Esteem and Growth in Personal Outlook

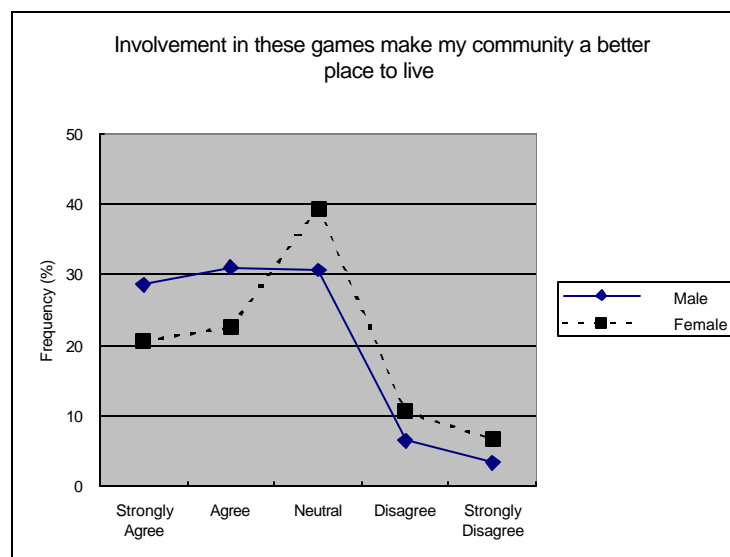
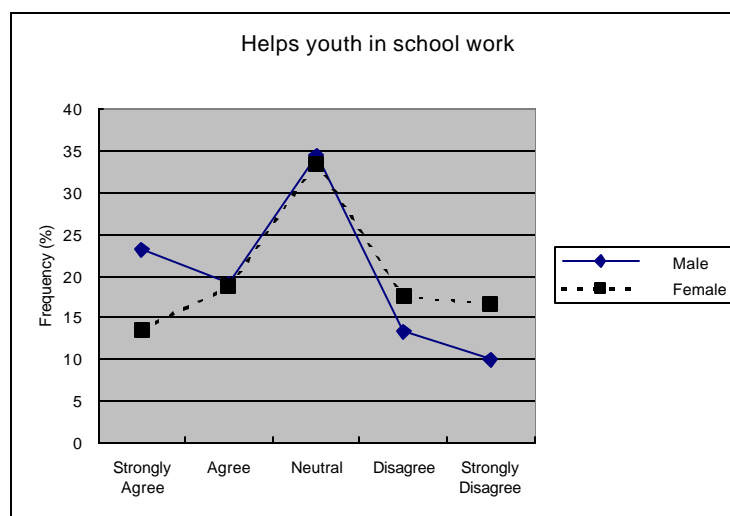
[N=574] (M=304, F=257, Missing=13)

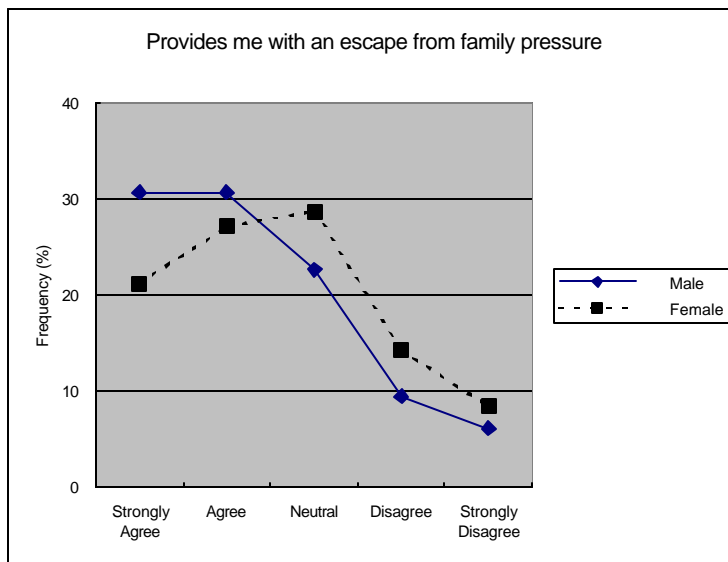
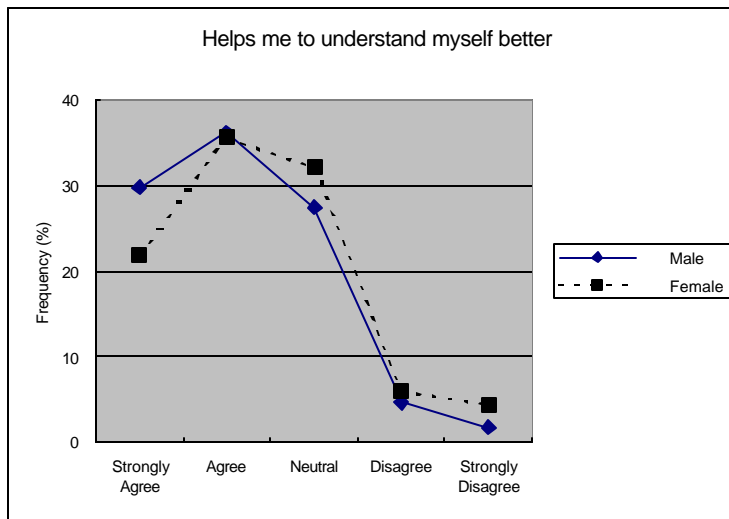
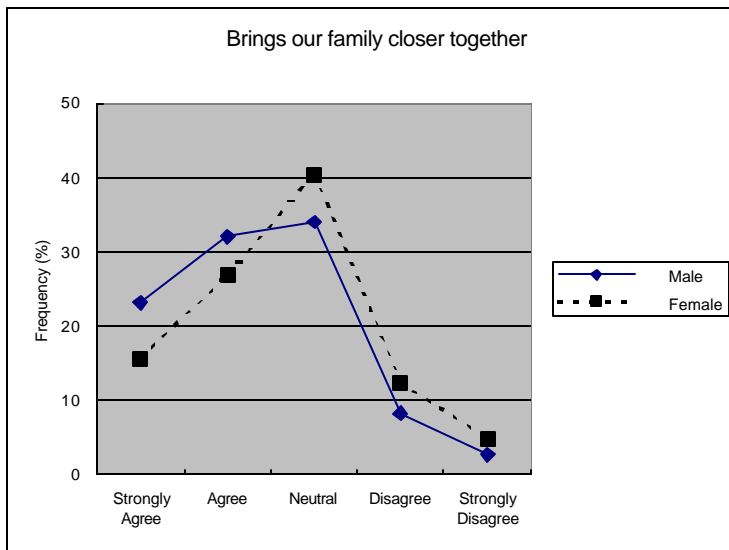
(T-test for means)

	<i>Strongly Agree(%)</i>	<i>Agree</i>	<i>Neutral</i>	<i>Disagree</i>	<i>Strongly Disagree</i>	Mean	Sig.
<i>Helps youth in school work</i>							
Male	23.2%	19.1	34.5	13.3	9.9	3.32	0.001
Female	13.5	18.7	33.5	17.5	16.7	2.94	
Total	18.8	18.9	34.0	15.3	13.1		
<i>Makes youth want to do better in school</i>							
Male	21.8	27.3	31.4	12.3	7.2	3.44	0.053
Female	16.7	23.8	36.1	14.7	8.7	3.25	
Total	19.4	25.7	33.6	13.4	7.9		
<i>Involvement in these games make my community a better place to live</i>							
Male	28.6	31.0	30.6	6.5	3.4	3.74	0.000
Female	20.6	22.6	39.3	10.7	6.7	3.39	
Total	24.9	27.1	34.6	8.4	4.9		
<i>Brings our family closer together</i>							
Male	23.1	32.0	34.0	8.2	2.7	3.64	0.001
Female	15.6	26.8	40.4	12.4	4.8	3.36	
Total	19.7	29.6	36.9	10.1	3.7		
<i>Helps me to understand myself better</i>							
Male	29.8	36.3	27.5	4.7	1.7	3.87	0.007
Female	21.8	35.7	32.1	6.0	4.4	3.64	
Total	26.1	36.0	29.6	5.3	2.9		
<i>Brings my community closer together</i>							
Male	22.4	31.6	35.4	6.5	4.1	3.61	0.318
Female	17.7	35.4	32.7	10.6	3.5	3.53	
Total	20.3	33.4	34.1	8.4	3.8		
<i>Gives me an opportunity to enjoy nature</i>							
Male	29.9	33.0	26.5	8.5	2.0	3.80	0.370
Female	30.6	31.0	23.4	9.9	5.2	3.71	
Total	30.2	32.1	25.1	9.2	3.5		
<i>These games help develop my own leadership skills</i>							
Male	41.3	38.9	17.4	1.7	0.7	4.18	0.520
Female	38.1	40.1	19.8	1.6	0.4	4.13	
Total	39.8	39.4	18.5	1.7	0.6		

(Table 2-2 Continued.) Scale: 5=Strongly Agree; 1=Strongly Disagree

	<i>Strongly Agree</i> (%)	<i>Agree</i>	<i>Neutral</i>	<i>Disagree</i>	<i>Strongly Disagree</i>	Mean	Sig.
<i>Gives me a chance to get the most out of life</i>							
Male	31.8	46.3	18.6	3.4	0.0	4.06	0.504
Female	34.8	36.8	23.7	4.7	0.0	4.01	
Total	33.2	41.9	20.9	4.0	0.0		
<i>Provides me with an escape from family pressure</i>							
Male	30.8	30.8	22.7	9.5	6.1	3.70	0.002
Female	21.2	27.2	28.8	14.4	8.4	3.38	
Total	26.4	29.2	25.5	11.7	7.2		





Section 3. Providing Healthy, Challenging and Competitive Opportunities for Youth

This dimension of personal and social benefits consists of 5 questions (eigen value = 1.81, alpha = .7775) and is interpreted as “Providing Healthy, Challenging and Competitive Opportunities for Youth.” This dimension represents the participant’s development of skills, improvement of fitness levels, and understanding of their sport in the competitive environment. Athlete and other (coach, volunteer etc.), and male and female comparisons are made (see graphs below).

Respondents overwhelmingly showed positive attitudes toward providing healthy, challenging and competitive opportunities for youth. In fact, the mean scores were relatively high for most items. It is also noted that almost no respondents strongly disagreed with the items of this dimension. The pattern of athletes and non-athletes, and male and female findings was nearly even in the distribution scores. Only for the items of *gets youth involved with other kids in sports*, non-athletes were significantly more positive than athletes.

Focus Group Quote

“...For many, the Arctic Winter Games is an opportunity of a lifetime.”

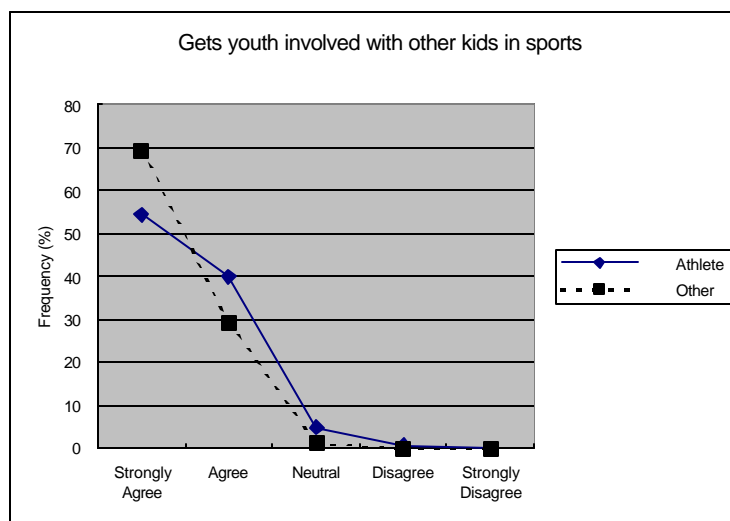
Northern Alberta athlete (and many others)

Comparisons of Athletes and Others (coaches, volunteers etc.) Scale: 5=Strongly Agree; 1=Strongly Disagree

Table 3-1. Providing Healthy, Challenging and Competitive Opportunities for Youth
[N=574] (Ath=354, Oth=73, Missing=147)

(T-test for means)

	<i>Strongly Agree</i> (%)	<i>Agree</i>	<i>Neutral</i>	<i>Disagree</i>	<i>Strongly Disagree</i>	Mean	Sig.
<i>Challenges youth in sports</i>							
Athlete	56.2	36.7	6.8	0.3	0.0	4.48	0.347
Other	56.9	41.7	1.4	0.0	0.0	4.55	
Total (athletes & others)	56.3	37.6	5.9	0.2	0.0		
<i>Keeps youth physically fit</i>							
Athlete	46.0	38.7	13.8	1.4	0.0	4.29	0.335
Other	54.2	31.9	12.5	1.4	0.0	4.38	
Total (athletes & others)	47.4	37.6	13.6	1.4	0.0		
<i>Allows youth to be competitive</i>							
Athlete	58.2	36.2	5.4	0.3	0.0	4.51	0.482
Other	58.3	40.3	1.4	0.0	0.0	4.56	
Total (athletes & others)	58.2	36.9	4.7	0.2	0.0		
<i>Helps me develop my skills and abilities</i>							
Athlete	54.2	35.0	9.6	1.1	0.0	4.42	0.850
Other	46.5	47.9	5.6	0.0	0.0	4.40	
Total (athletes & others)	52.9	37.2	8.9	0.9	0.0		
<i>Gets youth involved with other kids in sports</i>							
Athlete	54.5	40.1	4.8	0.6	0.0	4.48	0.005
Other	69.4	29.2	1.4	0.0	0.0	4.68	
Total (athletes & others)	57.0	38.3	4.2	0.5	0.0		



Comparisons of Male and Female Scale: 5=Strongly Agree; 1=Strongly Disagree

Table 3-2. Providing Healthy, Challenging and Competitive Opportunities for Youth

[N=574] (M=304, F=257, Missing=13)

(T-test for means)

	<i>Strongly Agree(%)</i>	<i>Agree</i>	<i>Neutral</i>	<i>Disagree</i>	<i>Strongly Disagree</i>	Mean	Sig.
<i>Challenges youth in sports</i>							
Male	54.3%	38.5	6.9	0.3	0.0	4.46	0.342
Female	57.6	36.9	5.1	0.4	0.0	4.51	
Total	55.8	37.7	6.1	0.4	0.0		
<i>Keeps youth physically fit</i>							
Male	50.0	37.2	11.2	1.6	0.0	4.35	0.132
Female	44.5	38.3	15.6	1.6	0.0	4.25	
Total	47.5	37.7	13.2	1.6	0.0		
<i>Allows youth to be competitive</i>							
Male	60.5	34.2	4.6	0.3	0.3	4.54	0.524
Female	55.7	39.6	4.7	0.0	0.0	4.50	
Total	58.3	36.7	4.7	0.2	0.2		
<i>Helps me develop my skills and abilities</i>							
Male	56.1	35.3	7.6	1.0	0.0	4.46	0.115
Female	50.4	37.5	10.9	1.2	0.0	4.37	
Total	53.5	36.3	9.1	1.1	0.0		
<i>Gets youth involved with other kids in sports</i>							
Male	54.3	38.8	6.3	0.7	0.0	4.46	0.062
Female	59.4	37.9	2.3	0.4	0.0	4.56	
Total	56.6	38.4	4.5	0.5	0.0		

Section 4. Sense of Belonging and Strengthening of Community Ties

This dimension of personal and social benefits consists of 8 questions (eigen value = 1.75, alpha = .8313) and is interpreted as “Sense of Belonging and Strengthening of Community Ties.” This dimension represents the respondents’ awareness and appreciation of the community and their place within the community.” Athlete and other (coach, volunteer etc.), and male and female comparisons are made (see below).

Major respondents agreed with items on this dimension. The data showed that the distribution of scores is clustered on “agree” for most items. For athletes and non-athlete comparisons, there were significant differences exist regarding the following items: *to be a role model for others in the community, helps me to act as a role model to other youth in my community, and helps youth to learn how to overcome the anxiety of competition.* For these items, non-athletes showed more positive attitudes than athletes did. The pattern of comparisons between male and female showed no significant differences regarding the items of this dimension.

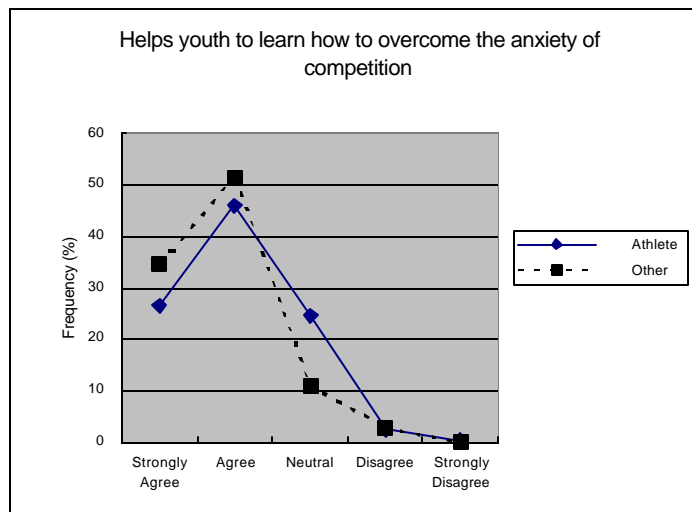
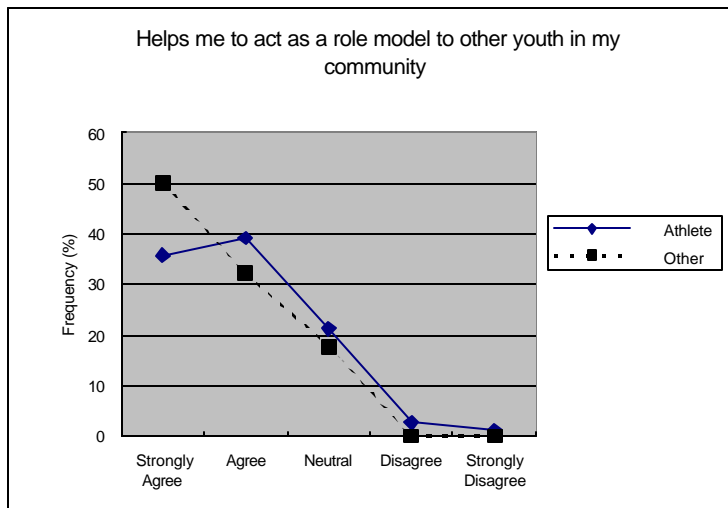
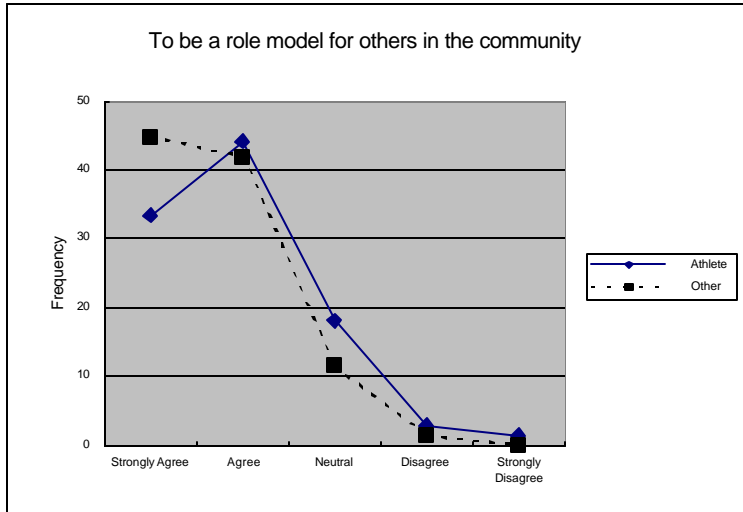
Comparisons of Athletes and Others (coaches, volunteers etc.) Scale: 5=Strongly Agree; 1=Strongly Disagree

Table 4-1. Sense of Belonging and Strengthening of Community Ties

[N=574] (Ath=354, Oth=73, Missing=147)

(T-test for means)

	<i>Strongly Agree(%)</i>	<i>Agree</i>	<i>Neutral</i>	<i>Disagree</i>	<i>Strongly Disagree</i>	Mean	Sig.
<i>To be a role model for others in the community</i>							
Athlete	33.4	44.2	18.1	2.8	1.4	4.05	
Other	44.9	42.0	11.6	1.4	0.0	4.30	0.013
Total (athletes & others)	35.3	43.8	17.1	2.6	1.2		
<i>To look up to others as good role models</i>							
Athlete	35.6	40.2	19.9	3.7	0.6	4.06	
Other	41.8	41.8	14.9	0.0	1.5	4.22	0.152
Total (athletes & others)	36.6	40.4	19.1	3.1	0.7		
<i>Helps me to act as a role model to other youth in my community</i>							
Athlete	35.8	39.2	21.3	2.6	1.1	4.05	
Other	50.0	32.4	17.6	0.0	0.0	4.32	0.012
Total (athletes & others)	38.1	38.1	20.7	2.1	1.0		
<i>Encourages communities to support residents who are involved</i>							
Athlete	36.8	44.2	17.6	0.3	1.1	4.15	
Other	42.5	39.7	13.7	2.7	1.4	4.19	0.727
Total (athletes & others)	37.8	43.4	16.9	0.7	1.2		
<i>Helps youth to learn how to overcome the anxiety of competition</i>							
Athlete	26.6	46.0	24.6	2.5	0.3	3.96	
Other	34.7	51.4	11.1	2.8	0.0	4.18	0.025
Total (athletes & others)	27.9	46.9	22.3	2.6	0.2		
<i>Builds excitement and involvement of the people in my community</i>							
Athlete	39.2	45.2	12.2	1.7	1.7	4.18	
Other	46.6	35.6	13.7	2.7	1.4	4.23	0.672
Total (athletes & others)	40.5	43.5	12.5	1.9	1.6		
<i>To see the emphasis placed on youth</i>							
Athlete	30.1	50.1	18.9	0.3	0.6	4.08	
Other	49.3	34.8	7.2	5.8	2.9	4.21	0.319
Total (athletes & others)	33.3	47.6	17.0	1.2	1.0		
<i>Gives youth control over free time</i>							
Athlete	26.6	39.8	27.1	5.4	1.1	3.85	
Other	26.8	49.3	21.1	2.8	0.0	4.00	0.160
Total (athletes & others)	26.6	41.4	26.1	4.9	0.9		



Comparisons of Male and Female. Scale: 5=Strongly Agree; 1=Strongly Disagree

Table 4-2. Sense of Belonging and Strengthening of Community Ties
[N=574] (M=304, F=257, Missing=13)

(T-test for means)

	<i>Strongly Agree(%)</i>	<i>Agree</i>	<i>Neutral</i>	<i>Disagree</i>	<i>Strongly Disagree</i>	Mean	Sig.
<i>To be a role model for others in the community</i>							
Male	33.7%	44.0	18.7	3.0	0.7	4.07	0.465
Female	35.4	46.1	15.0	2.4	1.2	4.12	
Total	34.5	44.9	17.0	2.7	0.9		
<i>To look up to others as good role models</i>							
Male	36.7	38.3	21.7	2.7	0.7	4.07	0.876
Female	34.4	44.4	17.2	3.6	0.4	4.08	
Total	35.6	41.1	19.6	3.1	0.5		
<i>Helps me to act as a role model to other youth in my community</i>							
Male	38.2	36.2	23.3	2.0	0.3	4.09	0.927
Female	37.0	40.9	18.9	2.0	1.2	4.10	
Total	37.7	38.4	21.3	2.0	0.7		
<i>Encourages communities to support residents who are involved</i>							
Male	40.3	42.9	14.5	1.3	1.0	4.20	0.703
Female	36.3	47.7	14.5	0.4	1.2	4.17	
Total	38.5	45.1	14.5	0.9	1.1		
<i>Helps youth to learn how to overcome the anxiety of competition</i>							
Male	32.6	43.4	20.4	3.3	0.3	4.04	0.317
Female	27.3	46.5	23.0	2.7	0.4	3.97	
Total	30.2	44.8	21.6	3.0	0.4		
<i>Builds excitement and involvement of the people in my community</i>							
Male	43.6	39.9	12.9	2.0	1.7	4.21	0.547
Female	35.3	49.8	12.9	1.2	0.8	4.17	
Total	39.8	44.4	12.9	1.6	1.3		
<i>To see the emphasis placed on youth</i>							
Male	34.3	47.8	15.8	1.0	1.0	4.13	0.249
Female	31.6	46.2	19.0	2.4	0.8	4.05	
Total	33.1	47.1	17.3	1.6	0.9		
<i>Gives youth control over free time</i>							
Male	26.7	41.3	24.8	7.3	0.0	3.87	0.544
Female	29.1	40.9	24.8	3.1	2.0	3.92	
Total	27.8	41.1	24.8	5.4	0.9		

Section 5 Promoting Socialization and Strengthening Cultural Awareness

This dimension of personal and social benefits consists of 9 questions (eigen value = 1.22, alpha = .8699) and is titled “Promotion of Socialization and Strengthening Cultural Awareness.” This dimension represents participants’ appreciation and understanding of different cultures from actual experiences, and the joy which comes from the many and varied interactions. Athlete and other (coach, volunteer etc.), and male and female comparisons are made (see below).

Overall, positive outcomes were expressed regarding the items of this dimension: promotion of socialization and strengthening cultural awareness. Respondents overwhelmingly agreed to the item on *helps me meet new people and make new friends, lets me interact with different cultures, and gives me opportunity to find out something new about someone else*. On the other hand, the distribution in scores were relatively spread out in the items on *gives me opportunity to perform in the AWG cultural programs*, and in fact, the means score of this item was slightly low (less than 4). It was observed that while sport and cultural events were prevalent, the athletes either could not, or elected other things to do other than the cultural events, which is consistent with these findings. For comparisons between athletes and non-athletes, there were significant differences between them regarding the items on *lets me interact with different cultures* and *develops pride in being Northern*. For these items, there were more non-athletes who showed positive attitude than athletes. The pattern of male and female comparisons showed no significant differences regarding the items on this dimension.

Focus Group Quote

[On what highlights the athletes experienced]

“Arctic Sports! It’s great to see how easy they make serious competition look...how they help each other too is great...”

Yukon parent

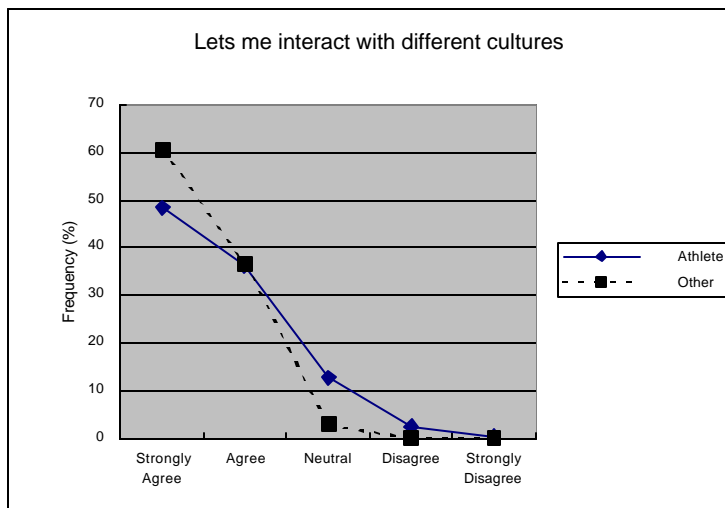
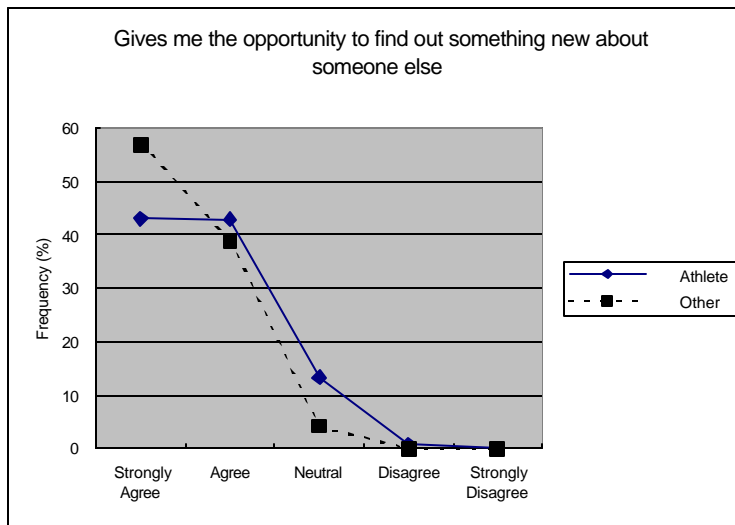
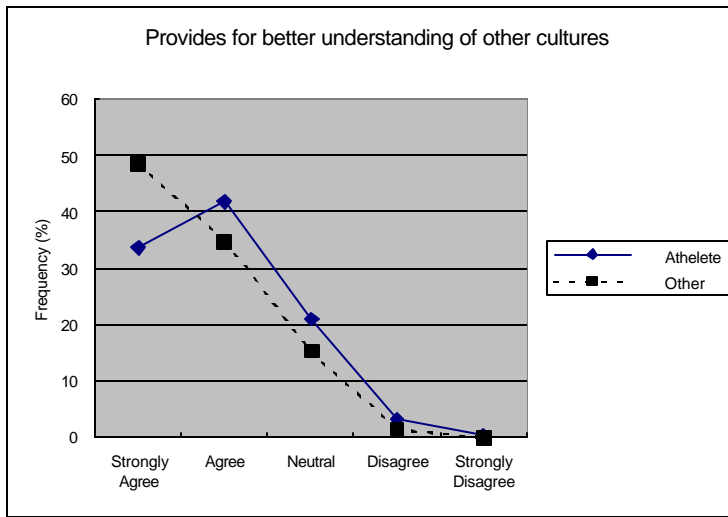
Comparisons of Athletes and Others (coaches, volunteers etc.) Scale: 5=Strongly Agree; 1=Strongly Disagree

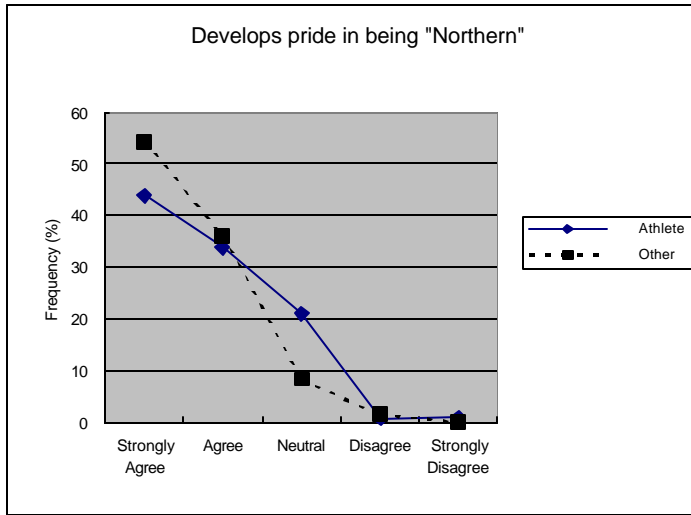
Table 5-1. Promotion of Socialization and Strengthening Cultural Awareness

[N=574] (Ath=354, Oth=73, Missing=147)

(T-test for means)

	<i>Strongly Agree(%)</i>	<i>Agree</i>	<i>Neutral</i>	<i>Disagree</i>	<i>Strongly Disagree</i>	Mean	Sig.
<i>Provides for better understanding of other cultures</i>							
Athlete	33.8	41.8	21.0	3.1	0.3	4.05	0.017
Other	48.6	34.7	15.3	1.4	0.0	4.30	
Total (athletes & others)	36.3	40.6	20.0	2.8	0.2		
<i>Gives me the opportunity to find out something new about someone else</i>							
Athlete	43.1	42.8	13.3	0.8	0.0	4.28	0.002
Other	56.9	38.9	4.2	0.0	0.0	4.52	
Total (athletes & others)	45.4	42.1	11.8	0.7	0.0		
<i>Allows me to enjoy the cultural experiences</i>							
Athlete	35.1	37.1	23.3	3.2	1.4	4.01	0.212
Other	45.1	35.2	14.1	2.8	2.8	4.16	
Total (athletes & others)	36.8	36.8	21.7	3.1	1.7		
<i>Helps me take pride in my culture</i>							
Athlete	38.5	34.3	22.7	3.1	1.4	4.05	0.673
Other	37.5	33.3	23.6	2.8	2.8	4.00	
Total (athletes & others)	38.4	34.1	22.8	3.1	1.6		
<i>Lets me interact with different cultures</i>							
Athlete	48.4	36.2	12.8	2.3	0.3	4.30	0.001
Other	60.6	36.6	2.8	0.0	0.0	4.57	
Total (athletes & others)	50.5	36.3	11.1	1.9	0.2		
<i>Helps me learn something new</i>							
Athlete	40.9	46.9	10.2	1.7	0.3	4.26	0.249
Other	50.0	40.3	6.9	2.8	0.0	4.37	
Total (athletes & others)	42.5	45.8	9.7	1.9	0.2		
<i>Helps me meet new people and make new friends</i>							
Athlete	62.6	31.2	5.9	0.3	0.0	4.56	0.078
Other	69.4	29.2	1.4	0.0	0.0	4.68	
Total (athletes & others)	63.8	30.8	5.2	0.2	0.0		
<i>Gives me opportunities to perform in the AWG cultural programs</i>							
Athlete	27.1	36.2	27.6	5.4	3.7	3.77	0.498
Other	27.5	24.6	40.6	2.9	4.3	3.68	
Total (athletes & others)	27.1	34.3	29.8	5.0	3.8		
<i>Develops pride in being "Northern"</i>							
Athlete	43.8	33.8	21.0	0.6	0.9	4.19	0.013
Other	54.2	36.1	8.3	1.4	0.0	4.43	
Total (athletes & others)	45.5	34.2	18.9	0.7	0.7		





Focus Group Quote

“... a very special aspect of these AWG’s is the cultural component. They have given more than lip-service to this aspect. The organizers are committed to making the ‘studio workshop’ a success.”

Comparisons of Male and Female. Scale: 5=Strongly Agree; 1=Strongly Disagree

Table 5-2. Promotion of Socialization and Strengthening Cultural Awareness

[N=574] (M=304, F=257, Missing=13)

(T-test for means)

	<i>Strongly Agree</i> (%)	<i>Agree</i>	<i>Neutral</i>	<i>Disagree</i>	<i>Strongly Disagree</i>	Mean	Sig.
<i>Provides for better understanding of other cultures</i>							
Male	34.1%	39.7	24.2	2.0	0.0	4.05	0.181
Female	38.0	43.5	14.5	3.5	0.4	4.15	
Total	35.9	41.5	19.7	2.7	0.2		
<i>Gives me the opportunity to find out something new about someone else</i>							
Male	43.0	45.7	9.9	1.3	0.0	4.30	0.319
Female	48.0	40.2	11.7	0.0	0.0	4.36	
Total	45.3	43.2	10.8	0.7	0.0		
<i>Allows me to enjoy the cultural experiences</i>							
Male	35.5	39.5	23.4	1.0	0.7	4.08	0.380
Female	36.6	37.4	18.9	4.7	2.4	4.01	
Total	36.0	38.5	21.3	2.7	1.4		
<i>Helps me take pride in my culture</i>							
Male	37.7	34.8	22.2	3.3	2.0	4.02	0.413
Female	38.7	37.1	19.5	4.3	0.4	4.09	
Total	38.2	35.8	21.0	3.8	1.3		
<i>Lets me interact with different cultures</i>							
Male	49.5	37.8	10.7	1.7	0.3	4.34	0.633
Female	51.6	35.9	10.9	1.6	0.0	4.37	
Total	50.5	36.9	10.8	1.6	0.2		
<i>Helps me learn something new</i>							
Male	39.5	45.8	12.6	1.7	0.3	4.22	0.055
Female	44.9	46.5	6.6	2.0	0.0	4.34	
Total	42.0	46.1	9.9	1.8	0.2		
<i>Helps me meet new people and make new friends</i>							
Male	62.3	32.5	5.0	0.3	0.0	4.56	0.348
Female	66.0	29.3	4.7	0.0	0.0	4.61	
Total	64.0	31.0	1.8	0.2	0.0		
<i>Gives me opportunities to perform in the AWG cultural programs</i>							
Male	31.7	32.0	28.3	4.0	4.0	3.83	0.299
Female	26.2	34.1	30.2	6.7	2.8	3.74	
Total	29.2	33.0	29.2	5.3	3.4		
<i>Develops pride in being "Northern"</i>							
Male	47.8	33.2	16.6	1.0	1.3	4.25	0.927
Female	44.5	36.3	18.4	0.8	0.0	4.24	
Total	46.3	34.6	17.4	0.9	0.7		

APPENDIX A:

Factor Structure of Personal and Social Benefits

Factor 1. “Excitement, Challenges and Positive Experiences”

Table A-1. Factor 1 Loadings [N=574], Alpha=.8915

<i>Items</i>	<i>Factor 1 Coefficients</i>	<i>Factor 2 Coefficients</i>	<i>Factor 3 Coefficients</i>	<i>Factor 4 Coefficients</i>	<i>Factor 5 Coefficients</i>
<i>Gives me opportunity to enjoy sports</i>	0.74	0.20	0.31	0.30	0.35
<i>Gives me the chance for new adventures and excitement</i>	0.69	0.29	0.26	0.40	0.44
<i>Gives me a chance to see other towns/places</i>	0.67	0.28	0.25	0.25	0.42
<i>Provides interesting experiences which I can tell my friends afterwards</i>	0.67	0.23	0.34	0.23	0.38
<i>Brings happy memories after Games</i>	0.66	0.24	0.24	0.28	0.37
<i>Provides youth with a physical challenge</i>	0.63	0.29	0.53	0.31	0.35
<i>Helps me respect myself for doing these things</i>	0.60	0.48	0.27	0.41	0.50
<i>It gives youth the chance to compete with others</i>	0.59	0.19	0.41	0.26	0.34
<i>Lets youth learn more about sports</i>	0.57	0.25	0.30	0.53	0.44
<i>To have fun</i>	0.57	0.00	0.26	0.39	0.31
<i>Brings recognition to my Province/State/Territory</i>	0.56	0.45	0.25	0.30	0.44
<i>Training and competition keeps me healthy</i>	0.56	0.32	0.43	0.20	0.32
<i>Brings me recognition from other people</i>	0.53	0.47	0.32	0.31	0.45

Factor 2. “Enhanced Self-Esteem and Growth in Personal Outlook”

Table A-2. Factor 2 Loadings [N=574], Alpha=.8826

<i>Items</i>	<i>Factor 1 Coefficients</i>	<i>Factor 2 Coefficients</i>	<i>Factor 3 Coefficients</i>	<i>Factor 4 Coefficients</i>	<i>Factor 5 Coefficients</i>
<i>Helps youth in school work</i>	0.00	0.80	0.14	0.31	0.25
<i>Makes youth want to do better in school</i>	0.19	0.80	0.15	0.35	0.34
<i>Involvement in these games make my community a better place to live</i>	0.21	0.79	0.19	0.37	0.32
<i>Brings our family closer together</i>	0.23	0.75	0.13	0.33	0.35
<i>Helps me to understand myself better</i>	0.37	0.74	0.20	0.33	0.40
<i>Brings my community closer together</i>	0.21	0.69	0.17	0.34	0.37
<i>Gives me an opportunity to enjoy nature</i>	0.44	0.64	0.16	0.33	0.39
<i>These games help develop my own leadership skills</i>	0.49	0.55	0.35	0.44	0.44
<i>Gives me a chance to get the most out of life</i>	0.49	0.50	0.25	0.39	0.34
<i>Provides me with an escape from family pressure</i>	0.18	0.39	0.14	0.19	0.24

Factor 3. “Providing Healthy, Challenging and Competitive Opportunities for Youth”

Table A-3. Factor 3 Loadings [N=574], Alpha=.7775

<i>Items</i>	<i>Factor 1 Coefficients</i>	<i>Factor 2 Coefficients</i>	<i>Factor 3 Coefficients</i>	<i>Factor 4 Coefficients</i>	<i>Factor 5 Coefficients</i>
<i>Challenges youth in sports</i>	0.38	0.10	0.71	0.29	0.31
<i>Keeps youth physically fit</i>	0.32	0.34	0.71	0.39	0.29
<i>Allows youth to be competitive</i>	0.21	0.10	0.69	0.14	0.20
<i>Helps me develop my skills and abilities</i>	0.33	0.29	0.69	0.35	0.25
<i>Gets youth involved with other kids in sports</i>	0.39	0.00	0.68	0.28	0.42

Factor 4. “Sense of Belonging and Strengthening of Community Ties”

Table 4-1. Factor 4 Loadings [N=574], Alpha=.8313

<i>Items</i>	<i>Factor 1 Coefficients</i>	<i>Factor 2 Coefficients</i>	<i>Factor 3 Coefficients</i>	<i>Factor 4 Coefficients</i>	<i>Factor 5 Coefficients</i>
<i>To be a role model for others in the community</i>	0.44	0.37	0.20	0.76	0.48
<i>To look up to others as good role models</i>	0.39	0.42	0.27	0.75	0.50
<i>Helps me to act as a role model to other youth in my community</i>	0.32	0.35	0.36	0.70	0.39
<i>Encourages communities to support residents who are involved</i>	0.35	0.29	0.35	0.58	0.33
<i>Helps youth to learn how to overcome the anxiety of competition</i>	0.21	0.35	0.49	0.58	0.38
<i>Builds excitement and involvement of the people in my community</i>	0.26	0.40	0.28	0.57	0.31
<i>To see the emphasis placed on youth</i>	0.34	0.39	0.30	0.54	0.46
<i>Gives youth control over free time</i>	0.17	0.22	0.42	0.48	0.38

Factor 5. “ Promoting Socialization and Strengthening Cultural Awareness”

Table A-5. Factor 5 Loadings [N=574],Alpha=.8699

<i>Items</i>	<i>Factor 1 Coefficients</i>	<i>Factor 2 Coefficients</i>	<i>Factor 3 Coefficients</i>	<i>Factor 4 Coefficients</i>	<i>Factor 5 Coefficients</i>
<i>Provides for better understanding of other cultures</i>	0.36	0.41	0.29	0.35	0.77
<i>Gives me the opportunity to find out something new about someone else</i>	0.45	0.31	0.35	0.32	0.77
<i>Allows me to enjoy the cultural experiences</i>	0.26	0.44	0.14	0.45	0.72
<i>Helps me take pride in my culture</i>	0.31	0.44	0.24	0.48	0.72
<i>Lets me interact with different cultures</i>	0.39	0.25	0.26	0.28	0.72
<i>Helps me learn something new</i>	0.39	0.31	0.23	0.42	0.69
<i>Helps me meet new people and make new friends</i>	0.43	0.13	0.35	0.20	0.64
<i>Gives me opportunities to perform in the AWG cultural programs</i>	0.18	0.45	0.00	0.50	0.59
<i>Develops pride in being "Northern"</i>	0.28	0.39	0.27	0.51	0.56

APPENDIX B:

Data by Ethnicity for Northwest Territories

Comparisons by ethnicity for Northwest Territories

*Participants from Northwest Territories [N=535]

(Inuvialuit=99, Dene=124, Metis=54, Inuit=18, Non Aboriginal=202, Missing=38)

*Game Participants from Northwest Territories [N=217]

Table B-1. Factor 1. "Excitement, Challenges and Positive Experiences".

(ANOVA for Means)							
	<i>Strongly Agree(%)</i>	<i>Agree</i>	<i>Neutral</i>	<i>Disagree</i>	<i>Strongly Disagree</i>	Mean	Sig.
<i>Gives me opportunity to enjoy sports</i>							
Inuvialuit	70.1	27.8	1.0	1.0	0.0	4.67	
Dene	71.3	23.8	4.1	0.0	0.8	4.64	
Metis	52.9	41.2	5.9	0.0	0.0	4.47	
Inuit	68.8	25.0	0.0	6.3	0.0	4.56	
Non Aboriginal	50.5	42.9	6.1	0.0	0.5	4.42	0.007
Northwest territories (from Games)	56.9	37.0	5.7	0.5	0.0	4.50	
<i>Gives me the chance for new adventures and excitement</i>							
Inuvialuit	54.1	35.7	6.1	4.1	0.0	4.39	
Dene	71.1	25.6	3.3	0.0	0.0	4.67	
Metis	53.8	40.4	3.8	1.9	0.0	4.46	
Inuit	56.3	25.0	12.5	6.3	0.0	4.31	
Non Aboriginal	45.2	43.2	11.1	0.5	0.0	4.33	0.000
Northwest territories (from Games)	50.5	39.3	8.9	0.9	0.5	4.38	
<i>Gives me a chance to see other towns/places</i>							
Inuvialuit	60.2	30.6	5.1	4.1	0.0	4.46	
Dene	70.5	22.1	5.7	1.6	0.0	4.61	
Metis	51.0	45.1	3.9	0.0	0.0	4.47	
Inuit	62.5	25.0	12.5	0.0	0.0	4.50	
Non Aboriginal	49.2	42.2	8.0	0.5	0.0	4.40	0.118
Northwest territories (from Games)	54.5	38.0	7.0	0.5	0.0	4.46	
<i>Provides interesting experiences which I can tell my friends afterwards</i>							
Inuvialuit	52.0	40.8	6.1	1.0	0.0	4.43	
Dene	58.2	34.4	5.7	1.6	0.0	4.49	
Metis	45.1	37.3	15.7	0.0	2.0	4.23	
Inuit	56.3	18.8	25.0	0.0	0.0	4.31	
Non Aboriginal	42.4	49.5	6.6	1.0	0.5	4.32	0.124
Northwest territories (from Games)	50.0	41.5	7.5	0.5	0.5	4.40	
<i>Brings happy memories after Games</i>							
Inuvialuit	60.6	36.4	3.0	0.0	0.0	4.57	
Dene	64.5	32.2	3.3	0.0	0.0	4.61	
Metis	51.9	38.5	9.6	0.0	0.0	4.42	
Inuit	60.0	40.0	0.0	0.0	0.0	4.60	
Non Aboriginal	49.5	41.3	8.7	0.5	0.0	4.39	0.017
Northwest territories (from Games)	55.5	37.4	6.6	0.0	0.5	4.47	
<i>Provides youth with a physical challenge</i>							
Inuvialuit	56.7	36.1	5.2	2.1	0.0	4.47	
Dene	59.0	32.8	8.2	0.0	0.0	4.50	
Metis	45.1	45.1	9.8	0.0	0.0	4.35	
Inuit	56.3	25.0	12.5	0.0	6.3	4.25	
Non Aboriginal	52.0	40.4	6.6	0.5	0.5	4.42	0.485
Northwest territories (from Games)	48.4	41.8	8.9	0.5	0.5	4.37	

(Table B-1. Continued.)

	<i>Strongly Agree(%)</i>	<i>Agree</i>	<i>Neutral</i>	<i>Disagree</i>	<i>Strongly Disagree</i>	Mean	Sig.
<i>Helps me respect myself for doing these things</i>							
Inuvialuit	51.0	42.9	6.1	0.0	0.0	4.44	
Dene	55.4	34.7	9.1	0.0	0.8	4.43	
Metis	40.4	50.0	9.6	0.0	0.0	4.30	
Inuit	56.3	37.5	6.3	0.0	0.0	4.50	
Non Aboriginal	35.5	49.0	15.0	0.5	0.0	4.19	0.005
Northwest territories (from Games)	40.4	46.9	12.2	0.5	0.0	4.27	
<i>It gives youth the chance to compete with others</i>							
Inuvialuit	63.3	31.6	3.1	2.0	0.0	4.56	
Dene	65.6	31.1	3.3	0.0	0.0	4.62	
Metis	49.0	37.3	9.8	2.0	2.0	4.29	
Inuit	25.0	62.5	12.5	0.0	0.0	4.12	
Non Aboriginal	47.5	48.5	3.0	1.0	0.0	4.42	0.001
Northwest territories (from Games)	53.3	40.1	5.7	0.5	0.5	4.45	
<i>Lets youth learn more about sports</i>							
Inuvialuit	64.6	32.3	3.1	0.0	0.0	4.61	
Dene	61.7	34.2	2.5	0.0	1.7	4.54	
Metis	40.7	55.6	1.9	1.9	0.0	4.35	
Inuit	55.6	33.3	5.6	0.0	5.6	4.33	
Non Aboriginal	48.2	40.5	10.8	0.5	0.0	4.36	0.014
Northwest territories (from Games)	49.8	40.6	8.7	0.5	0.5	4.38	
<i>To have fun</i>							
Inuvialuit	84.8	15.2	0.0	0.0	0.0	4.84	
Dene	78.5	19.8	0.8	0.8	0.0	4.76	
Metis	70.4	22.2	7.4	0.0	0.0	4.62	
Inuit	83.3	16.7	0.0	0.0	0.0	4.83	
Non Aboriginal	67.3	28.1	4.5	0.0	0.0	4.62	0.004
Northwest territories (from Games)	71.1	25.1	3.8	0.0	0.0	4.67	
<i>Brings recognition to my Province/State/Territory</i>							
Inuvialuit	41.2	40.2	11.3	7.2	0.0	4.15	
Dene	51.2	36.4	9.9	1.7	0.8	4.35	
Metis	33.3	45.1	13.7	3.9	3.9	4.00	
Inuit	31.3	37.5	31.3	0.0	0.0	4.00	
Non Aboriginal	32.3	55.1	10.1	2.0	0.5	4.16	0.062
Northwest territories (from Games)	37.7	50.9	9.9	0.9	0.5	4.24	
<i>Training and competition keeps me healthy</i>							
Inuvialuit	61.2	30.6	8.2	0.0	0.0	3.79	
Dene	60.3	29.8	8.3	1.7	0.0	4.12	
Metis	56.9	37.3	5.9	0.0	0.0	3.52	
Inuit	56.3	43.8	0.0	0.0	0.0	3.50	
Non Aboriginal	51.5	39.4	8.1	0.5	0.5	3.44	0.576
Northwest territories (from Games)	52.6	37.9	8.1	0.9	0.5	4.41	
<i>Brings me recognition from other people</i>							
Inuvialuit	33.3	50.5	16.2	0.0	0.0	4.17	
Dene	50.8	34.2	10.8	4.2	0.0	4.31	
Metis	23.5	51.0	19.6	2.0	3.9	3.88	
Inuit	13.3	66.7	20.0	0.0	0.0	3.93	
Non Aboriginal	26.1	48.2	22.1	3.0	0.5	3.96	0.001
Northwest territories (from Games)	30.7	47.2	17.9	3.8	0.5	4.03	

- *For “Gives me opportunity to enjoy sports”, Dene significantly differ from Non Aboriginal.
- *For “Helps me respect my self for doing these things”, Dene significantly differ from Non Aboriginal.
- *For “It gives youth the chance to compete with others”, Dene significantly differ from Metis.
- *For “To have fun”, Inuvialuit significantly differ from Non Aboriginal.
- *For “Brings me recognition from other people”, Dene significantly differ from Metis and Non Aboriginal.

Table B-2. Factor 2. “Enhanced Self-Esteem and Personal Outlook”.

(ANOVA for Means)

	<i>Strongly Agree(%)</i>	<i>Agree</i>	<i>Neutral</i>	<i>Disagree</i>	<i>Strongly Disagree</i>	Mean	Sig.
<i>Helps youth in school work</i>							
Inuvialuit	19.2	35.4	24.2	11.1	10.1	3.42	
Dene	41.0	21.3	27.0	7.4	3.3	3.89	
Metis	14.0	24.0	34.0	18.0	10.0	3.14	
Inuit	25.0	18.8	50.0	6.3	0.0	3.62	
Non Aboriginal	18.7	23.7	36.9	14.6	6.1	3.34	0.000
Northwest territories (from Games)	23.4	19.1	35.4	12.4	9.6	3.34	
<i>Makes youth want to do better in school</i>							
Inuvialuit	30.6	40.8	15.3	4.1	9.2	3.79	
Dene	48.4	24.6	20.5	4.1	2.5	4.12	
Metis	23.5	35.3	19.6	13.7	7.8	3.52	
Inuit	18.8	31.3	37.5	6.3	6.3	3.50	
Non Aboriginal	18.2	31.3	32.8	12.6	5.1	3.44	0.000
Northwest territories (from Games)	23.2	30.8	26.5	12.3	7.1	3.50	
<i>Involvement in these games make my community a better place to live</i>							
Inuvialuit	39.8	37.8	15.3	5.1	2.0	4.08	
Dene	50.8	27.0	11.5	6.6	4.1	4.13	
Metis	28.6	22.4	38.8	6.1	4.1	3.65	
Inuit	18.8	68.8	12.5	0.0	0.0	4.06	
Non Aboriginal	20.6	34.7	35.2	8.0	1.5	3.64	0.000
Northwest territories (from Games)	27.6	31.0	30.5	6.7	4.3	3.70	
<i>Brings our family closer together</i>							
Inuvialuit	28.3	28.3	34.3	8.1	1.0	3.74	
Dene	41.8	27.9	22.1	5.7	2.5	4.00	
Metis	19.2	26.9	36.5	9.6	7.7	3.40	
Inuit	37.5	12.5	43.8	0.0	6.3	3.50	
Non Aboriginal	20.8	26.9	42.1	9.6	0.5	3.57	0.001
Northwest territories (from Games)	23.2	31.3	34.6	9.0	1.9	3.64	
<i>Helps me to understand myself better</i>							
Inuvialuit	34.7	40.8	19.4	3.1	2.0	4.03	
Dene	45.1	34.4	16.4	2.5	1.6	4.18	
Metis	19.6	49.0	19.6	7.8	3.9	3.72	
Inuit	12.5	56.3	31.3	0.0	0.0	3.81	
Non Aboriginal	22.6	36.7	33.7	5.5	1.5	3.73	0.000
Northwest territories (from Games)	27.8	38.2	25.5	5.7	2.8	3.82	
<i>Brings my community closer together</i>							
Inuvialuit	32.0	37.1	23.7	2.1	5.2	3.88	
Dene	41.8	29.5	21.3	5.7	1.6	4.04	
Metis	25.5	23.5	39.2	7.8	3.9	3.58	
Inuit	25.0	62.5	12.5	0.0	0.0	4.12	
Non Aboriginal	21.5	38.0	29.5	8.5	2.5	3.67	0.006
Northwest territories (from Games)	22.5	37.6	28.2	8.9	2.8	3.68	
<i>Gives me an opportunity to enjoy nature</i>							
Inuvialuit	37.8	30.6	21.4	8.2	2.0	3.93	
Dene	43.4	32.0	18.0	1.6	4.9	4.07	
Metis	35.3	21.6	29.4	7.8	5.9	3.72	
Inuit	31.3	31.3	37.5	0.0	0.0	3.93	
Non Aboriginal	22.2	31.8	32.8	10.6	2.5	3.60	0.002
Northwest territories (from Games)	29.4	28.9	27.5	10.0	4.3	3.69	

(Table B-2. Continued.)

	<i>Strongly Agree (%)</i>	<i>Agree</i>	<i>Neutral</i>	<i>Disagree</i>	<i>Strongly Disagree</i>	<i>Mean</i>	<i>Sig.</i>
<i>These games help develop my own leadership skills</i>							
Inuvialuit	41.2	40.2	11.3	7.2	0.0	4.43	
Dene	51.2	36.4	9.9	1.7	0.8	4.47	
Metis	33.3	45.1	13.7	3.9	3.9	4.17	
Inuit	31.3	37.5	31.3	0.0	0.0	4.31	
Non Aboriginal	32.3	55.1	10.1	2.0	0.5	4.11	0.000
Northwest territories (from Games)	38.5	43.2	16.9	0.9	0.5	4.18	
<i>Gives me a chance to get the most out of life</i>							
Inuvialuit	40.8	43.9	11.2	4.1	0.0	4.21	
Dene	54.1	27.9	12.3	5.7	0.0	4.30	
Metis	23.1	51.9	21.2	3.8	0.0	3.94	
Inuit	37.5	56.3	6.3	0.0	0.0	4.31	
Non Aboriginal	29.3	48.0	19.2	3.5	0.0	4.03	0.012
Northwest territories (from Games)	34.3	42.7	18.8	4.2	0.0	4.07	
<i>Provides me with an escape from family pressure</i>							
Inuvialuit	24.7	38.1	27.8	1.0	8.2	3.70	
Dene	33.6	31.1	14.8	13.9	6.6	3.71	
Metis	13.5	42.3	23.1	9.6	11.5	3.36	
Inuit	31.3	37.5	18.8	12.5	0.0	3.87	
Non Aboriginal	18.1	26.6	32.2	17.1	6.0	3.33	0.012
Northwest territories (from Games)	19.2	31.5	25.4	12.7	11.3	3.34	

*For “Helps youth in school work”, Dene significantly differ from Metis and Non Aboriginal.

*For “Makes youth want to be better in school”, Dene significantly differ from Metis and Non Aboriginal.

*For “Involvement in these games make my community a better place to live”, Inuvialuit significantly differ from Non Aboriginal. Dene significantly differ from Non Aboriginal.

*For “Brings our family closer together”, Dene significantly differ from Non Aboriginal and Metis.

*For “Helps me to understand myself better”, Dene significantly differ from Non Aboriginal.

*For “Brings my community closer together”, Dene significantly differ from Non Aboriginal.

*For “Gives me an opportunity to enjoy nature”, Dene significantly differ from Non Aboriginal.

*For “These games help develop my own personal skills”, Inuvialuit significantly differ from Non Aboriginal. Dene significantly differ from Non Aboriginal.

Table B-3. Factor 3. “Providing Healthy, Challenging and Competitive Opportunities for Youth”.

	<i>Strongly Agree(%)</i>	<i>Agree</i>	<i>Neutral</i>	<i>Disagree</i>	<i>Strongly Disagree</i>	Mean	Sig.
<i>Challenges youth in sports</i>							
Inuvialuit	55.1	37.8	7.1	0.0	0.0	4.47	0.668
Dene	59.0	32.8	6.6	0.0	1.6	4.47	
Metis	50.0	38.5	9.6	1.9	0.0	4.36	
Inuit	52.9	47.1	0.0	0.0	0.0	4.52	
Non Aboriginal	58.2	36.8	4.0	1.0	0.0	4.52	
Northwest territories (from Games)	57.7	36.3	5.6	0.5	0.0	4.51	
<i>Keeps youth physically fit</i>							
Inuvialuit	59.2	35.7	4.1	1.0	0.0	4.53	0.571
Dene	54.1	39.3	6.6	0.0	0.0	4.47	
Metis	50.0	37.0	11.1	1.9	0.0	4.35	
Inuit	50.0	44.4	5.6	0.0	0.0	4.44	
Non Aboriginal	52.5	39.6	6.9	1.0	0.0	4.43	
Northwest territories (from Games)	53.7	38.0	7.9	0.5	0.0	4.44	
<i>Allows youth to be competitive</i>							
Inuvialuit	59.2	37.8	1.0	1.0	1.0	4.53	0.870
Dene	59.8	33.6	5.7	0.0	0.8	4.51	
Metis	55.6	42.6	1.9	0.0	0.0	4.53	
Inuit	72.2	22.2	5.6	0.0	0.0	4.66	
Non Aboriginal	58.9	38.6	2.5	0.0	0.0	4.56	
Northwest territories (from Games)	60.4	37.8	1.8	0.0	0.0	4.58	
<i>Helps me develop my skills and abilities</i>							
Inuvialuit	61.2	34.7	4.1	0.0	0.0	4.57	0.266
Dene	65.6	25.4	6.6	2.5	0.0	4.54	
Metis	50.0	40.7	5.6	1.9	1.9	4.35	
Inuit	61.1	38.9	0.0	0.0	0.0	4.61	
Non Aboriginal	53.2	40.8	6.0	0.0	0.0	4.47	
Northwest territories (from Games)	56.9	36.6	6.5	0.0	0.0	4.50	
<i>Gets youth involved with other kids in sports</i>							
Inuvialuit	51.5	42.3	4.1	2.1	0.0	4.43	0.345
Dene	61.5	30.3	7.4	0.8	0.0	4.52	
Metis	46.3	44.4	9.3	0.0	0.0	4.37	
Inuit	66.7	33.3	0.0	0.0	0.0	4.66	
Non Aboriginal	55.9	39.1	4.5	0.5	0.0	4.50	
Northwest territories (from Games)	57.1	38.2	4.6	0.0	0.0	4.52	

Table B-4. Factor 4. “Sense of Belonging and Strengthening of Community Ties”.

	(ANOVA for Means)							
	<i>Strongly Agree(%)</i>	<i>Agree</i>	<i>Neutral</i>	<i>Disagree</i>	<i>Strongly Disagree</i>	Mean	Sig.	
<i>To be a role model for others in the community</i>								
Inuvialuit	51.5	35.4	11.1	2.0	0.0	4.36		
Dene	54.5	29.8	11.6	2.5	1.7	4.33		
Metis	25.9	50.0	14.8	9.3	0.0	3.92		
Inuit	33.3	38.9	27.8	0.0	0.0	4.05		
Non Aboriginal	32.2	47.7	17.1	3.0	0.0	4.09	0.002	
Northwest territories (from Games)	35.4	46.2	14.2	3.3	0.9	4.11		
<i>To look up to others as good role models</i>								
Inuvialuit	57.6	34.3	7.1	1.0	0.0	4.48		
Dene	51.2	34.7	10.7	2.5	0.8	4.33		
Metis	24.5	56.6	15.1	3.8	0.0	4.01		
Inuit	27.8	38.9	33.3	0.0	0.0	3.94		
Non Aboriginal	32.7	47.7	16.6	3.0	0.0	4.10	0.000	
Northwest territories (from Games)	37.7	45.8	14.6	1.4	0.5	4.18		
<i>Helps me to act as a role model to other youth in my community</i>								
Inuvialuit	55.2	30.2	13.5	0.0	1.0	4.38		
Dene	61.5	25.4	9.0	4.1	0.0	4.44		
Metis	33.3	41.2	13.7	11.8	0.0	3.96		
Inuit	44.4	38.9	11.1	5.6	0.0	4.22		
Non Aboriginal	33.0	39.0	23.5	2.5	2.0	3.98	0.000	
Northwest territories (from Games)	40.0	36.3	20.9	1.9	0.9	4.12		
<i>Encourages communities to support residents who are involved</i>								
Inuvialuit	42.4	38.4	16.2	2.0	1.0	4.19		
Dene	48.8	39.0	9.8	2.4	0.0	4.46		
Metis	27.8	51.9	20.4	0.0	0.0	4.09		
Inuit	50.0	44.4	5.6	0.0	0.0	4.61		
Non Aboriginal	40.2	46.2	12.1	0.5	1.0	4.31	0.179	
Northwest territories (from Games)	42.8	42.8	13.0	0.5	0.9	4.26		
<i>(A7) Helps youth to learn how to overcome the anxiety of competition</i>								
Inuvialuit	36.7	51.0	11.2	1.0	0.0	4.23		
Dene	45.5	43.8	8.3	2.5	0.0	4.32		
Metis	28.3	45.3	22.6	3.8	0.0	3.98		
Inuit	58.8	35.3	0.0	5.9	0.0	4.47		
Non Aboriginal	30.7	42.6	23.3	2.0	1.5	3.99	0.001	
Northwest territories (from Games)	31.9	46.3	19.0	2.3	0.5	4.06		
<i>Builds excitement and involvement of the people in my community</i>								
Inuvialuit	48.5	35.4	12.1	3.0	1.0	4.27		
Dene	58.5	31.7	8.1	0.8	0.8	4.46		
Metis	31.5	46.3	22.2	0.0	0.0	4.09		
Inuit	61.1	38.9	0.0	0.0	0.0	4.61		
Non Aboriginal	45.5	45.0	6.5	1.5	1.5	4.31	0.022	
Northwest territories (from Games)	45.6	45.6	6.0	1.4	1.4	4.32		

(Table B-4. Continued.)

	<i>Strongly Agree(%)</i>	<i>Agree</i>	<i>Neutral</i>	<i>Disagree</i>	<i>Strongly Disagree</i>	Mean	
<i>To see the emphasis placed on youth</i>							
Inuvialuit	30.3	56.6	12.1	1.0	0.0	4.16	
Dene	43.0	37.2	16.5	2.5	0.8	4.19	
Metis	25.0	48.1	26.9	0.0	0.0	3.98	
Inuit	22.2	72.2	5.6	0.0	0.0	4.16	
Non Aboriginal	34.0	47.2	17.3	1.0	0.5	4.13	0.570
Northwest territories (from Games)	31.9	46.7	18.6	1.9	1.0	4.06	
<i>Gives youth control over free time</i>							
Inuvialuit	36.7	35.7	21.4	5.1	1.0	4.02	
Dene	41.0	41.0	14.8	3.3	0.0	4.19	
Metis	20.4	40.7	29.6	7.4	1.9	3.70	
Inuit	38.9	50.0	5.6	0.0	5.6	4.16	
Non Aboriginal	23.5	41.5	25.5	8.5	1.0	3.78	0.000
Northwest territories (from Games)	23.8	42.5	23.4	9.3	0.9	3.78	

- * For “To be a role model for others in the community”, Inuvialuit significantly differ from Metis.
- * For “To look up to others as good as role models”, Inuvialuit significantly differ from Metis and Non Aboriginal.
- * For “Helps me to act as a role model to other youth in my community”, Inuvialuit significantly differ from Non Aboriginal. Dene significantly differ from Metis and Non Aboriginal.
- * For “Helps youth to learn how to overcome the anxiety of competition”, Dene significantly differ from Non Aboriginal.
- * For “Gives youth control over free time”, Dene significantly differ from Metis and Non Aboriginal.

Table B-5. Factor 5. “Promoting Socialization and Cultural Awareness”.

(ANOVA for Means)

	<i>Strongly Agree</i> (%)	<i>Agree</i>	<i>Neutral</i>	<i>Disagree</i>	<i>Strongly Disagree</i>	Mean	
<i>Provides for better understanding of other cultures</i>							
Inuvialuit	36.4	49.5	12.1	2.0	0.0	4.20	
Dene	46.3	36.4	12.4	2.5	2.5	4.21	
Metis	24.1	44.4	20.4	9.3	1.9	3.79	
Inuit	27.8	55.6	16.7	0.0	0.0	4.11	
Non Aboriginal	23.6	44.7	29.1	2.0	0.5	3.88	0.001
Northwest territories (from Games)	30.8	44.9	21.0	2.8	0.5	4.02	
<i>Gives me the opportunity to find out something new about someone else</i>							
Inuvialuit	51.5	37.4	10.1	1.0	0.0	4.39	
Dene	53.3	38.5	6.6	1.6	0.0	4.43	
Metis	37.0	42.6	18.5	1.9	0.0	4.14	
Inuit	38.9	33.3	27.8	0.0	0.0	4.11	
Non Aboriginal	31.0	50.0	18.0	0.5	0.5	4.10	0.000
Northwest territories (from Games)	40.2	42.5	16.4	0.9	0.0	4.21	
<i>Allows me to enjoy the cultural experiences</i>							
Inuvialuit	41.2	42.3	14.4	2.1	0.0	4.22	
Dene	45.8	35.0	14.2	3.3	1.7	4.20	
Metis	32.1	43.4	18.9	1.9	3.8	3.98	
Inuit	50.0	22.2	22.2	5.6	0.0	4.16	
Non Aboriginal	21.8	38.6	35.5	3.0	1.0	3.77	0.000
Northwest territories (from Games)	34.3	37.6	23.8	2.4	1.9	4.00	
<i>Helps me take pride in my culture</i>							
Inuvialuit	55.6	31.3	12.1	1.0	0.0	4.41	
Dene	57.0	26.4	13.2	0.8	2.5	4.34	
Metis	24.1	50.0	16.7	7.4	1.9	3.87	
Inuit	44.4	38.9	16.7	0.0	0.0	4.27	
Non Aboriginal	26.5	40.0	29.0	4.0	0.5	3.88	0.000
Northwest territories (from Games)	36.0	38.8	20.1	3.7	1.4	4.04	
<i>Lets me interact with different cultures</i>							
Inuvialuit	52.0	32.7	14.3	1.0	0.0	4.35	
Dene	47.1	37.8	10.1	2.5	2.5	4.24	
Metis	37.0	37.0	20.4	1.9	3.7	4.01	
Inuit	44.4	33.3	16.7	0.0	5.6	4.11	
Non Aboriginal	39.7	40.7	17.1	1.5	1.0	4.16	0.179
Northwest territories (from Games)	50.0	35.4	11.8	2.4	0.5	4.32	
<i>Helps me learn something new</i>							
Inuvialuit	51.5	39.4	7.1	2.0	0.0	4.40	
Dene	48.8	40.5	9.9	0.8	0.0	4.37	
Metis	31.5	50.0	14.8	1.9	1.9	4.07	
Inuit	38.9	50.0	5.6	5.6	0.0	4.22	
Non Aboriginal	33.5	49.5	15.5	1.5	0.0	4.15	0.006
Northwest territories (from Games)	36.4	51.4	9.8	1.9	0.5	4.21	
<i>Helps me meet new people and make new friends</i>							
Inuvialuit	65.7	32.3	2.0	0.0	0.0	4.63	
Dene	62.3	31.1	4.9	1.6	0.0	4.54	
Metis	50.0	48.1	1.9	0.0	0.0	4.48	
Inuit	61.1	33.3	5.6	0.0	0.0	4.55	
Non Aboriginal	51.0	42.4	5.6	0.5	0.5	4.42	0.102
Northwest territories (from Games)	58.4	37.4	4.2	0.0	0.0	4.54	

(Table B-5. Continued.)

	<i>Strongly Agree(%)</i>	<i>Agree</i>	<i>Neutral</i>	<i>Disagree</i>	<i>Strongly Disagree</i>	Mean	
<i>Gives me opportunities to perform in the AWG cultural programs</i>							
Inuvialuit	48.5	30.3	12.1	8.1	1.0	4.17	
Dene	47.9	31.4	15.7	3.3	1.7	4.20	
Metis	32.1	41.5	18.9	1.9	5.7	3.92	
Inuit	35.3	41.2	23.5	0.0	0.0	4.11	
Non Aboriginal	20.0	33.3	38.5	5.6	2.6	3.62	0.000
Northwest territories (from Games)	29.2	35.8	27.4	4.2	3.3	3.83	
<i>Develops pride in being "Northern"</i>							
Inuvialuit	43.4	40.4	16.2	0.0	0.0	4.27	
Dene	49.2	32.0	15.6	3.3	0.0	4.27	
Metis	33.3	38.9	24.1	3.7	0.0	4.01	
Inuit	50.0	38.9	11.1	0.0	0.0	4.38	
Non Aboriginal	39.2	37.7	19.6	2.0	1.5	4.11	0.132
Northwest territories (from Games)	47.2	36.0	15.4	0.9	0.5	4.28	

*For “Provides for better understanding of other cultures”, Dene significantly differ from Non Aboriginal.

*For “Gives me the opportunity to find out something new about someone else”, Inuvialuit significantly differ from Non Aboriginal. Dene significantly differ from Non Aboriginal.

*For “Allows me to enjoy the cultural experiences”, Inuvialuit significantly differ from Non Aboriginal. Dene significantly differ from Non Aboriginal.

*For “Helps me take pride in my culture”, Inuvialuit significantly differ from Metis and Non Aboriginal. Dene significantly differ from Metis and Non Aboriginal.

*For “Gives me opportunity to perform in the AWG cultural programs”, Inuvialuit significantly differ from Non Aboriginal. Dene significantly differ from Non Aboriginal.

APPENDIX C:

Demographic Data and Open Ended Questions

Demographic Data

[All AWG participants and the NWT regional and territorial trials N=892]

Gender	Male	55.3%	493
	Female	42.2%	376

Ethnicity	Dene	14.1%	126
	Inuvialuit	11.2%	100
	Inuit	10.7%	96
	Metis	6.8%	61
	Non Aboriginal	50.8%	452

Who motivated you to get involved in the Games? (multiple response)

Coaches	48.2%	430
Friends	45.3%	404
Other Athletes	42.0%	375
Parents and Relatives	40.7%	363
Previous Participants	20.0%	178
Recreation Leaders	14.9%	133
Teachers	11.1%	99
Other	10.1%	90

Have you participated in previous trials or AWG?

Yes	46.2%	412
No	50.1%	447

What role do you play in the AWG?

Athlete	63.3%	565
Coach	9.2%	82
Official	1.8%	16
Parent	0.9%	8
Volunteer	0.8%	7
Community Leader	0.4%	4
Spectator	0.3%	3

Age (Athletes) Mean =15.4

10-14	40.8%	231
15-19	50.9%	288
20-24	2.8%	16
25-	2.3%	13

(Others) Mean =34.2

[AWG's Whitehorse 2000 participants N=574]

Gender	Male	54.2%	303
	Female	44.8%	257

Ethnicity	Inuit	14.5%	83
	Dene	5.9%	34
	Metis	5.6%	32
	Inuvialuit	4.0%	23
	Non Aboriginal	64.3%	541

Who motivated you to get involved in the Games? (multiple response)

Coaches	52.3%	300
Parents and Relatives	46.9%	269
Friends	44.6%	256
Other Athletes	43.0%	247
Previous Participants	21.1%	121
Recreation Leaders	13.8%	79
Teachers	9.1%	52
Other	11.5%	66

Have you participated in previous trials or AWG?

Yes	46.2%	412
No	50.1%	447

What role do you play in the AWG?

Athlete	61.6%	354
Coach	10.1%	58
Official	1.2%	7
Volunteer	0.7%	4
Parent	0.5%	3
Spectator	0.1%	1

Age (Athletes) Mean =15.6

10-14	37.8%	134
15-19	54.5%	193
20-24	2.5%	9
25-	1.9%	7

(Others) Mean =36.1

Please list the sports you participate in for competition:

[ALL AWG participants and the NWT regional and territorial trials N=892]

Soccer	20.7%	185
Hockey	13.5%	120
Volleyball	8.4%	75
Cross-country Skiing	6.4%	57
Badminton	4.4%	39
Speed Skating	3.8%	34
Basketball	3.0%	27
Curling	2.9%	26
Wrestling	2.9%	26
Figure Skating	2.8%	25
Snowshoeing	2.0%	18
Arctic Sports	2.0%	18
One Foot, two Foot	1.5%	13
Dog Mushing	1.3%	12
Inuit Games	1.0%	9
Dene Games	0.9%	8
Cultural	0.8%	7
Gymnastics	0.8%	7
Baseball	0.7%	6
Alpine Skiing	0.4%	4
Snowboarding	0.3%	3
Other	0.4%	4
No Answer	18.9%	169

[AWG's Whitehorse 2000 participants N=574]

Hockey	18.3%	105
Soccer	15.5%	89
Cross-country Skiing	9.4%	54
Volleyball	7.3%	42
Curling	4.5%	26
Speed Skating	3.8%	22
Basketball	3.3%	13
Wrestling	2.8%	16
Figure Skating	2.6%	15
Badminton	2.4%	14
Snowshoeing	2.1%	12
Dog Mushing	1.4%	8
Inuit Games	1.4%	8
Cultural	1.2%	7
Arctic Games	1.0%	6
Baseball	0.9%	5
Gymnastics	0.9%	5
Alpine Skiing	0.7%	4
Dene Games	0.5%	3
One Foot, Two Foot	0.5%	3
Other	0.7%	4
Snowboarding	0.3%	3
Other	0.4%	4
No Answer	18.1%	104

Do you have any comments about the athletic competition for the games?

(AWG 2000, Whitehorse)

- Always strong and fun for competitors.
- Helps educate athletes in forms of race and religion, language.
- It was a wonderful experience.
- It's the best time of my life. Losing doesn't matter to me.
- I think that AWG is perfect for youth because they chose sports over drugs.
- The other athletes in our event are very motivated, have excellent technique and have trained for years. Their skills/abilities give us something to strive towards.
- It's nice to see the level of competition higher. I believe this is very important.
- Good variety having people from all over.
- It's very educational and a good learning experience.
- I think it is a wonderful opportunity for kids to meet other cultures, develop their own talents and to take pride in their heritage.
- The competition is against no one and involves everyone. The true spirit is brought out in everyone.

(Regional and Territorial Trials)

- It was awesome; I had loads of fun!
- FUN!!!!
- There should be two age category. So that the juniors can take some medals home and be proud to participate.
- The youth category should be split into different age groups.
- It makes you meet new people.
- I really enjoy competing; it helps me reach my goals in my events.
- Have more senior men's sports like volleyball.
- More public awareness.
- It would be a great opportunity and experience to take part in the AWG.
- Allows youth to see the product of a good work ethic and commitment. Allows youth to see the power of volunteerism in their own and other communities.
- I think the games great help the youth stay away from drugs, alcohol.
- It's good to compete and communicate with other kids.
- Give people and opportunity to travel and experience other communities.
- More events for adults.
- A good way to meet other kids and male friends, especially billeting for the Territorials.
- It's a great experience for NWT athletes to meet new friends and set and achieve realistic goals.

How do you think the Games help to preserve unique northern sports and traditions?

(AWG 2000, Whitehorse)

- It's the only thing keeping them alive.
- Allows us to see what other cultures are like.
- It's a great way of keeping the spirit and identifying all sports, big and small.
- Involvement helps to make the sports grow.
- It brings them to public notice so that they can attract new participants rather than fading a way.
- By having old traditions live on, let others see them.
- Opens everyone's eyes.
- They somehow keep people active but not let them loose their culture.
- By meeting other people from different cultures and learning new things.
- If it weren't for the AWG there would be no one doing Arctic Sports in our community.
- It lets you learn more and you can meet more people.
- Memories will remain and may even improve traditional way.
- It provides exposure to general public and other athletes.
- Other people can meet different people, know different traditions.
- They keep the alive by getting youth to do it and watch it.
- It brings or cultures together to celebrate.
- I think it helps by getting other people to compete against one another and see their abilities.
- If they didn't have them here, why would they keep on performing?
- It gives us an opportunity to learn about the native games and traditions.
- It allows the native cultures to stay alive otherwise they would die off.
- Traditions have to be shared and passed on or they are lost.
- By reminding the athletes and spectators the grass roots of the competitions and explaining the importance of the games to our survival as a people.

(Regional and Territorial Trials)

- They help tremendously, especially towards social problems.
- Allows children to participate and learn.
- People from the surrounding communities gather in one town and battle it out.
- You meet new people, learn different things and have fun!
- AWG keeps games and traditions alive, proving they won't be forgotten.
- Bringing the communities together, Involvement.
- We practice the games and learn the tradition through the games.
- I think the games help by keeping them alive and carrying on the traditions.
- Pass on the sports to the kids so the sports can go on forever.
- It keeps northern traditions going as the younger generations get involved.
- The sports are enhanced through showcasing them.
- By bringing people of different cultures in the north together for a unique event.
- It encourages pride from northern residents about their background.
- It keeps members of smaller communities interested in practicing interesting aboriginal games and takes pride in them.
- It's the only opportunity for people to see Northern Games.
- They give people a chance to see Northern sports when maybe they otherwise wouldn't.
- By bringing community together and getting involved with their children.

In what way do you think the Games help to promote fair play and sportsmanship?

(AWG 2000, Whitehorse)

- Allows teams to take pride in playing fair.
- Showing that acting receptively and fair is highly appreciated.
- It gives you a motivator to play fairly and have good sportsmanship
- By bring people from all over together and allowing the to learn about the other in a great environment. .
- They allow you to control your temper and play the game.
- Seeing others from around the arctic may encourage some people to act or play better and fair.
- I believe that the camaraderie and friendships that are made from competition promote these ethics.
- I think that the games help promote fair play when others see the fair players showing good sportsmanship.

(Regional and Territorial Trials)

- Let people know the code of ethics
- We could all cooperate together
- There is all different culture involved so its brings everyone together
- All staying together and getting to know each other from other communities.
- It helps to show support for other athletes.
- By showing youth what fair play and sportsmanship is all about.
- The games help to promote fair sportsmanship by competition and participation of others.
- Games teach respect for others.
- I think the games help to teach the players how to play by the rules.
- I think the games help to promote fair play and sportsmanship by getting everybody together, and to just have a lot of fun.
- By bringing youth different cultures together. There are also such a wide variety of sports and activities going on that everyone is able to have fun.
- You get people tougher and people make friends and they are more considered of each other.
- Socialize before and after the tournament allows relating with one another.
- Though both positive and negative experiences, youth broaden their view of live and the world they live in.
- Teaches you to respect others rights.
- They give you a chance to prove your sportsmanship.
- Makes an athlete aware of what fair play and sportsmanship is.
- They help to youth learn to play fair.
- Having a lot of fun, though you win or lose.
- It helps to be better role models.

If you were to describe your experience with the trials or the Arctic Winter Games, what would you say?

(AWG 2000, Whitehorse)

- Hard work and determination.
- It was a chance to meet new friends, be competitive, and yet still have fun.
- It was a lot of fun. Almost every fun is very nice. We all get along very well.
- It's awesome. You've taken really good care of us. It's amazing how much time and effort has gone into the games.
- Great experience.
- A great opportunity to learn other traditions and life styles.
- Blast meeting people, exploring and learner new things.
- These games are highlight of a coaching career; no other event has the spirit of "athletic cooperation and community".
- Enjoyable without pressure.
- Always gets better.
- Fun, Memorable, New friends.
- Incredible experience where I was able to further develop my coaching technique as well as appreciate other's natural abilities.
- Very exciting and a lot of fun, but tiring too.
- Excellent opportunity to expose youth to new experiences socially and competitively.
- It was such a great experience (once-on-a-lifetime). Everything was really organized, which made it run really smoothly. I want to thank everyone for their help for the Games.
- It has been a great experience for me to be in Whitehorse.
- Get to know others, have a lot of fun, learn new things, and go to new places!
- I really want everyone to be involved one way or another because of the beauty of the games.
- The games were great. I know my limits compared to the "best of the best".

(Territorial and Regional Trials)

- It was great and it was probably the best experience of my life.
- I made lots of friends from all over which I am still in contact with.
- To be involved in the AWG gives you and opportunity to meet people, see new places and motivates your physical needs.
- A chance to travel, see other communities, meet people.
- Fun, Fun, Fun!!!