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Master's Thesis of Global Sport Management

Migration Factors of Afghan Athletes and its impact on Afghanistan sports

아프가니스탄 선수의 이주 요인과 아프가니스탄
스포츠에 미치는 영향

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Abstract

Migration Factors of Afghan Athletes and its impact on Afghanistan sports

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This study investigates the reasons for Afghan athletes' immigration and its impact on Afghanistan sports. It is worth mentioning that this research was conducted by interview method, which was asked conversation questions by interviewing them through Skype and zoom; interviewees were the Afghan emigrant athletes who live abroad in Afghanistan.

This study's analysis enables us to understand the causes of Afghan athletes' immigration. Secondly, we will understand their experiences before, during, and after the migration, which is necessary to investigate. And lastly, we will be able to understand the impact of the migration of Afghan athletes

on Afghanistan sports; there will be some negative points and some positive points for the Afghan Emigrant Athletes.

Today, because of changing the regime and insecurities with lots of financial challenges, mostly the young generation of Afghanistan, particularly the Afghan athletes, want to migrate to change their and their family's lives; some for security issues, some for financial barriers, and another for more opportunities. All these decisions will impact Afghanistan sports and the Afghan Emigrants, which in this research, we will investigate.

Keywords: Emigrant, Afghanistan, Athletes, Impact

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List of Acronyms

ANOC	-	Afghanistan National Olympic Committee
ANOC	-	Association of National Olympic Committees
IOC	-	International Olympic Committee
IPC	-	International Paralympic Committee
OCA	-	Olympic Council of Asia
FISU	-	International University Sports Federation
GDPEs	-	General Directorate of Physical Education & Sports
FIFA	-	International Federation of Association Football
WT	-	World Taekwondo
ATP	-	Association of Tennis Professionals
NBA	-	National Basketball Association
ANTF	-	Afghanistan National Taekwondo Association
ANBF	-	Afghanistan National Boxing Federation
P&S	-	Peace and Sport
NPC	-	National Paralympic Committee
AFF	-	Afghanistan Football Federation
SAG	-	South Asian Games
OCOG	-	Organizing Committee of the Olympic Games
AIPS	-	International Sports Press Association

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Chapter 1. Introduction

1.1 Background of Study

The research about sports Emigrant started about 20 years in sociological studies of sports. Athletes' Emigrant is part of globalization. This research will focus more on the Migration Factors of Afghan Athletes and its impact on Afghanistan sports.

First, in this study, we will try to explain the historical period of Emigrants for Afghanistan athletes. But, in general, we will try to identify the Migration Factors of Afghan athletes and its impact on Afghanistan sports.

Every year, many athletes immigrate from developing and less developed countries to get citizenship in developed geography. Afghanistan's athletes are maybe at to 10 of that list. Secondly, in the research, we will examine the experiences of Afghan athletes before, during, and after their Emigrants. One of the main challenges for Afghan migrated athletes is getting citizenship from the host country.

Another issue will be the discussion regarding their participation in sports. Many Afghan immigrated athletes reached the high amateur and professional levels in different societies. This study will also analyze Afghan

athletes from various sports backgrounds, such as professional boxing, Taekwondo, wrestling, mixed martial arts, football, volleyball, etc. They can help us understand how they succeeded in their goals with lots of challenges; the study also finds evidence that athletes can get some opportunities for social mobility after starting their new sportive careers with the host nation.

Central European counties are mainly the hosts for the Emigrants, but some Afghan athletes also moved to Canada, Australia, and the United States of America to start their new Sports journey and change their destiny. Integration into the host country assists the migrated athletes in learning social and cultural values.

1.2 Purpose of Study

This qualitative study aims to discover and find the migration factors of Afghan athletes and its impact on Afghanistan sports. Our research will expand the lightening from various historical, social, and cultural dimensions, investigating the experience of the Afghan Emigrant Athletes in different societies.

Recently, in Afghanistan, we witnessed lots of changes regarding political, economic, social, and other perspectives.

These issues raised the Emigrant crisis, and many Afghan athletes migrated to other countries to continue their journeys in sports. However, it needs more investigation and research to find the barriers and challenges they experienced in migration. The study aims to understand critical influences that affected migrated Afghan athletes, how they developed and grew in different societies with different cultures, and how they manage their daily lives?

Any research was not done before, and there was a necessity to analyze this critical social issue for finding the causes and reasons for Afghan athletes' migration to different countries and all experiences they are getting from their journeys. It can help us to better understand the situation in Afghanistan for the future of Sports. They are accepting many challenges and barriers before, during, and after their migration; this research supported decreasing the academic gap by providing insight into Afghan migration causes and its impact on Afghanistan sports. In addition, it can be helpful for the Afghanistan Sports society, educational sports institutions, some developing and under-developing countries, those which have refugees, etc. In the future, it could assist as a reference for those who need information regarding athlete's migration.

1.3. Main questions of research

The study investigated three significant questions about the migration factors of Afghan athletes, such as the factors of migration of Afghan athletes, their experiences from Afghanistan and abroad, the impact of their migration on Afghanistan sports and its impact on emigrant athlete's life.

RQ1. What are the reasons for the immigration of Afghan athletes?

RQ2. What are the experiences of Afghan emigrant athletes?

RQ3. What are the impacts of Afghan athletes' immigration on Afghanistan sports?

Chapter 2. Literature review

2.1. Beginning of a new journey for the Emigrants' athletes

Sport in the twenty-first century has made an extraordinary impact on human's life. Athletes, sports coaches, elite sports referees, professional sports managers, and those who work professionally in this field have high abilities. However, due to their efforts and talents, most of them can work to relevant areas according to their capabilities.

In most countries today, the most vital workforce is made up of human resources, for instance, in South Korea, where there is no oil and gas or other natural resources, but the reason of their development is their workforce and human resources. As a result, they have become a developed country in Asia and the world (Demes & Geeraert, 2014).

Athletes who reach a level of growth at the world-class can continuously play for their homeland (Norton, Kaplan 2018). This human resource, created by many individual efforts and simultaneously with the more or less support of governments, but due to various social, economic, cultural, and managerial issues, leaves their country and live as an emigrant.

They have left the country forever or for a certain period to make the most of their capabilities in other world countries.

Sports competitions have taken the place among all people in different societies, and this will continue in the future. Emigrants may benefit the individual, but it undoubtedly causes irreparable damage to the original country, which takes years to complete so that the other person can fill the vacancy appropriately. After World War II, Emigrant came to the people's attention of developing countries. Elite athletes seek to leave their original country and compete for a second country to earn more rights or physical and mental security. It can bring many negative consequences for The first country and may have positive or, in some cases, negative results for the Emigrant athlete. Still, most individual Emigrant athletes are relatively satisfied that they have traveled to a second country (Hasandra, 2006).

Hundreds of thousands of Emigrants worldwide have come to Germany to be accepted as an emigrant. Accepting them is not an easy task for the German government, and reviewing their documents takes many years. They appropriately care about the eligible asylum seekers to give them permanent or temporary residence.

Many Emigrants have come from Syria, Iraq and Afghanistan due to war and insecurity, which has led to large influxes of Emigrants from these countries to primarily Western countries, Germany, or other European

countries. They have become refugees. In general, they have different beliefs and cultures, and there are many differences between them. It takes time for them to get acquainted with the culture of Western countries.

For most of them, accepting a new culture is often complicated, and at the same time it is also a challenge for the host country (Demes & Geeraert, 2014).

Emigrants are often vulnerable in the host country because they cannot adapt to the new Western culture (Schick et al., 2016). Asylum seekers have joined local sports clubs to continue their sports training. Their growing conditions are possible for more professional sports clubs, depending on Emigrant athletes' talents and efforts. Male refugees are recruited in more than 3,000 sports clubs in Germany, with the majority of young men being 63.6 %, with an average age of 22.9 years. Most Emigrants who have taken asylum in Germany show a strong interest in Football because they played in their home country before migrating to Germany. German Football clubs make the most of this opportunity to strengthen their Clubs; later, even at the national level, they plan to use them properly (Berry, 2016).

Researchers has shown that sport can help resolve cultural conflicts and social integration between Emigrants and the primary residents of the host

country (Stora & Johnston, 2018). In this way, Emigrants can establish good relations with local citizens and gain a deep understanding, eliminating the challenges of conflict between Emigrants and local people. Another benefit of holding social sports tournaments, is that it helps to reduce isolation between the parties, and it will bring valuable relationships between the two parties. (Vancouver Foundation, 2012).

Confirmed reports show that the German government invests more than 11 million euros annually to facilitate the cultural integration of Emigrants and locals. Still, experiences have shown that sport alone, however, is not enough to address the challenges of Emigrants (Focus Online, 2018) but it can intensify (Hassandra et al., 2007; Crowell et al., 2006). One reason is that some sports, such as Football, rugby, or martial arts, involve violent physical encounters that can worsen ethnic divisions and conflicts (Hasandra et al., 2007; Crowell et al., 2006).

2.2. Athlete migration factors

War and Conflict-induced migration have many diver's violence, war, environmental degradation, deprivation, fear, identity politics, and economic insecurity. Human needs security, economic, food, environmental, health, society, and political may help in making a framework for cases and possible

keys to solve problems of conflict-induced migration for those who stay, are forced to flee, obtain, leave, and try to return. The following questions helped us select articles and briefings for this issue, although the authors raise additional complexity and challenges that mount with the growing crises (Burton, 1990; Galtung, 1979; 2005; Lundy & Adebayo, 2016).

Governments cannot afford to skip the brutalities of civil and communal conflicts and human rights abuses that uproot whole communities. Such events confront the national security interests of states, mainly when domestic conflicts result in a vast regional war. It causes displacement for the people, and they flee to neighboring countries. We dispute that this is evolving into a norm in theory and practice that is increasingly accepted as grounds for international action, including armed intervention. War, insecurity, and poverty are the main challenges that produce migration.

According to Charles Wright Mills, ‘social science deals with biography problems, history, and intersections within social structures (2000, 143). While forced migration has influenced humans’ biographies since the beginning of human history (Manning & Trimmer, 2013), this article aims to analyze the new characteristics of forced migration in the epoch of globalization (Castles, 2003, 17).

As reported by the media (Aljazeera, 2016; BBC, 2016; CNN, 2016), the Civil War in Syria is an ongoing multi-sided armed conflict that began in 2011 as several peaceful demonstrations violently repressed by the government. These events were followed by a crackdown of the Syrian Army and the formation of several fighting factions, which in turn have become increasingly supported by foreign nations. It caused lots of migration for the general people and the athletes.

According to UN's data (UNHCR, 2016), 'Since March 2011, 4.8 million Syrian people have been forced to leave Syria, and 6.5 million are internally displaced, making this country the most considerable displacement crisis globally'. The respondents decided to leave Syria between one and three years after the war because of the increasingly dangerous national situation.

Even though the environment is infrequently thoroughly binding and people have margins of tolerance for individual decision making, sports participation needs to be coordinated with everyday habits and a broader life organization (Burrmann, 2005, 132-133; Burrmann et al., 2015, 16): under a synchronic aspect, every requirement of different life dimensions and social roles needs to be satisfied, prioritized and coordinated; under a diachronic part, these actions are in turn embedded into stages of life.

2.3.Emigrant athletes and social inclusion

In the cases' documents of athlete refugees, much literature examines the purpose of physical activity and their participation in sports during their settlement process in the host country. In addition, it can support the idea of social inclusion of Emigrants in different host nations (e.g., Frisby 2011; Doherty and Taylor 2007; Walseth and Fasting 2004).

Only a few research papers have focused on (the barriers and success of Emigrant athletes) seeking asylum (e.g., Stone 2018; Block and Gibbs 2017; Dukic, McDonald, and Spaaij 2017). Most athletes face distressing experiences before and during their displacements and even upon arrival to the host nation. In most cases, there are possibilities of losing their families or separating from their family members. There are mainly in needs of elementary living requirements at the host country, especially, Emigrants being in refugee camps.

Also, they might face some restrictions on the advantages of the residency, job, education, and uncertain probabilities of permanent residence, which influence their physical and mental well-being and make them unsafe towards social exclusion (Hartley, Fleay, and Tye 2017). A recent study by the European Parliament called for more gender-sensitive inclusion policies

as female refugee seekers have to face gender-specific difficulties that put them more at risk of social isolation than their male counterparts in their host nations (Sansonetti, 2016). In their explorative study, Hartley, Fleay, and Tye (2017) concentrated on the physical activity engagement and obstacles of asylum seekers in Australia. Their findings and conclusions highlighted the importance of some asylum seekers joining physical activity connected with other coping policies to manage the anxiety and distress of not working due to their legal status.

Nevertheless, the need for welfare and health support limited people's financial ability to reach available activities in society. Waardenburg et al. (2018) examined the meaning of sports activities for refugees in a reception center. They represented how physical activity and sports were perceived to succeed boredom and skip about daily struggles. They also afforded some chances for refugees to meet and get in touch with people from the host nation. Some research focused on sports clubs' structure. clubs in host countries have examined their function and capabilities to carry Emigrants. In Germany, where the principal policy standard supports the inclusion and frequent participation of asylum seekers in sports clubs. questions started in the academia are as which chances are open and what quantity of sports clubs are proper organizations to make social inclusion feasible (e.g., Meier and Thiel

2006). Sport in Society 1085 In the research of Jeanes, O'ConnorO'Connor, and Alfrey (2015) transferred in Australia, sports development and resettlement staff are accountable for promoting the sports participation of young Emigrants in the communities.

Consequently, many Emigrants have preferred to participate in unorganized and casual activities (Spaaij, 2013). As a response and an option to the incompetence of the traditional policies of sports with the top-driven exercises, some scholars suggested the Community Sports Development (CSD) plan. It aims at creating social networks among marginalized groups and regional service providers to guarantee services that satisfy the requirements of the society (Frisby and Miller 2002).

In the research of a community-based project designed to improve the inclusion of low-income ladies in local sports and recreation in Canada, Frisby and Miller (2002) concluded that despite the difficulties and complexities of achieving a social development strategy, it shows significant commitment to carrying marginalized groups in the preparation and participation of regional sports and recreation programs and assisting local and public sectors in providing access for all residents.

In 1996 the typology of sports Emigrants developed by Maguire and Sugden consisted of five categories: pioneers, settlers, mercenaries, returnees, and nomadic cosmopolitans living in the cities. Jonathan and John Sugden developed another typology based on interviews with 22 foreign players in the English football league. They introduced six types of sports Emigrants: the mercenary, the settler, the ambitionist, the nomadic cosmopolitan, the exile, and the expelled (Magee & Sugden, 2002).

The mercenary is the migrated athlete motivated first and principally by money. This type of Emigrant athlete often does not hesitate to move to increase economic earnings. The profession of a player in a specific club is estimated as a job that the Emigrant athlete fulfills before moving on to a new job. According to Maguire, this type is related to neither the places where he or she sojourns nor to his or her home (Maguire, 1996).

The settler is a migrated athlete or general person who has moved to another country and sojourned there for four to five seasons. This category might even be motivated to stay in the host country after finishing his/her professional career. The tendency to live can often be found in athletes with young families, who can see the advantages of, for example, bilingualism for their kids.

The ambitionist can be subdivided into three categories. First of all, the Emigrant athlete or regular migrated person takes the chance to achieve a professional career. Second, there is the athlete who has dreamed about performing in a specific country and possibly even a particular sports club through his or her teens or youth.

Third, some sports Emigrants are ambitious about performing in a sports club with the highest sporting quality giving them the chance to improve their career and get more achievements.

The nomadic cosmopolitan is the athlete or the migrated person motivated to feel and experience different nations and cultures. This type is specifically interested in major world cities. Since very few of these cities can be found in Denmark, the following examination will concentrate on the nomadic aspect and the tendency to shift to a foreign club to experience another cultural and national context.

The exile is an athlete who voluntarily leaves his nation because of threats to his career for sport-related, personal, or political reasons. This category is closely related to the expelled forced to leave by behavior problems and media appearance. In other words, public opinion has categorized athletes for their more or less well-behaved acts. As a new

preliminary category, Magee and Sugden also present the celebrity superstar, the athlete who needs media coverage. This athlete will only move to countries where his or her interest in media coverage and publicity can be matched; this development has been followed by discussions of the advantages and disadvantages of Emigrant (Agergaard, 2004).

This development has been followed by discussions of the advantages and disadvantages of emigrants. One of the arguments is that the increase of foreign players is an obstacle to developing young Danish handball talents (Agergaard, 2004).

Sporting ambitions are one of the most significant categories for the foreign players is made evident when the athletes were asked whether cultural experiences played any role for them. Athletes have also moved to a safer nation than their home country.

Sports ambitions are the primary motive for foreign athletes, but other dimensions must also be considered. The family's importance, social relations in the team, personal relationships and feeling well personally. Moreover, there are the phenomenological dimensions of performing at specific home ground.

Magee and Sugden shortly discuss the significance of the family as part of the story of the settler, who decides to settle in the host country with his family members. Another understanding of the family is relevant here, since very few female elite athletes have children.

Nannestad (1999) describes integration as an umbrella concept with three subtypes: assimilation, integration, and segregation. Assimilation is when the minority of the foreigners give up their own culture to adapt to the host culture. Second, there is the specific concept of integration, which is a process where the foreigners act according to the host culture and preserve parts of their own culture. Third, segregation is when the foreigners maintain their own culture, and there is little contact between the minority and the majority.

The analysis indicates that the typology of Emigrants, Magee, and Sugden have developed, can be developed further, considering the variation of motives of female Emigrants in minor sports disciplines, where money does not have the same value, for instance, for football Emigrants. Another possibility for developing our understanding of sports Emigrant is expanding on the foreign players meeting with their respective clubs. Finally, integration theory can help to give us an idea of how the management strategies and the

migrant experiences in particular clubs influence the foreign player's motivations.

Social Integration in society through Sport for the refugees, is one of the critical issues for the asylum seekers; the idea of sport to the social alliance of marginalized groups in civilization, is valid when we refer to the fundamental combination in the social practice of sports. The extent to which different degrees of structural integration in sport can further control situations outside the world that is not transparent.

Like other scholars (e.g., Coakley, 1998; McPherson, 1986; Patriksson, 1995), say: we do not deny that sport can have socializing and integrative effects, besides automatic transferability of intellectual abilities in sports to situations outside sport.

The assumption of the potential for enhancing social integration through sport is predicated on the perception that sport is accessible and open to everyone who wishes to participate. Regardless of their social group, all participants play under the same rules and structure. This issue can support the refugees with athletic backgrounds to integrate inside a society with various cultures and behaviors.

Structural integration through participation in sports refers to a broader fundamental integration in the community; governmental policymakers, especially for sports, regularly concentrate principally on institutions like paid labor and education (Engbersen & Gabriels, 1995). The sports integration for asylum seekers and refugees, increases employment opportunities for good athletes and others as coaches, journalists, managers, and policymakers in sports. Especially for young people, the sport might be an essential wheel to get specific skills, keep them from criminal actions, and meet the right people to create more off-court opportunities (De Knop & Walgrave, 1992; Harris, 1991).

On the other hand, working-class (ethnic) minority youth, for example, may put all their energy and time into the sport and little into education, thus limiting their social integration into regions outside sport (Coakley, 1998). Besides, the participation of socially marginalized groups in sports for the refugees and asylum seekers can also influence socio-cultural integration in other communal areas.

How specific athletes are represented, can reproduce and challenge traditional concepts of marginalized groups. Visions of strong, muscular women can challenge views of stereotypical femininity. For example, sports

participation by the physically challenged can change prevailing perceptions of the disabled (De Pauw & Gavron, 1995). In special, professional minority athletes may be role models for young people in those groups. Their visibility and social mobility can have an emancipatory effect. However, particular forms of sports engagement by minority groups (e.g., the elderly in bowling, lesbians in soccer⁶) can also affirm existing stereotypical images about sexual preference, ethnicity/race, age, or disabilities in sport and the rest of society.

Although researches show that social contact for becoming/being involved in sport is important, little known is about the development of (long-lasting) friendships, which extend the realm of sport. We know even less about the development⁴²⁰ Elling, Knoppers, and De Knop of socio-affective relationships between people of different social groups through sport. Some studies indicate that playing sports together does not necessarily lead to more informal contacts outside sports between members of other social groups (Chu & Griffey, 1982; Elling & De Knop, 1999; Poisson, 1999).

It can be guardedly concluded that social integration within and through the social practice of sport is a complex process that is often ambiguous and paradoxical. For example, a swimming group consisting of only Turkish-Dutch women can enhance the sports participation of this group

and contribute to the emancipation of these women in Dutch society. At the same time, however, it allows social interaction with women (and men) from other social groups. In addition, the social exclusiveness of the group may be regarded as segregation or reverse discrimination by others.

2.4.Obstacles for the Emigrant athletes

Physical activity and sports problems for the athletes with refugee backgrounds are not the single methods of involving refugee societies to settle more simply. Instead, it has some requirements of understanding their situations and being aware when increasing engagement in physical activity and sports for refugee communities and athletes. It may have two different sides when we want to promote sports inside their communities, positive and negative.

There are many examples of negativity in sports for the refugees' communities, such as racism and violence. However, accepting newcomers with different cultures and behaviors can create many challenges for the sports promoters. Sometimes, some can misbehave with them, and it can be some race actions that need too much care.

Another problem can be doping and corruption issues. For some athletes with refugee backgrounds, maybe it is easy to use drugs because

using drugs in sports could be a typical issue in their society. However, changing their minds and making Sports clean for them is the responsibility of the sports promoters for their mindsets and misconduct.

Sex can be another challenge for Emigrant athletes and host nation athletes. Still, the promoters need to raise awareness about the host country's rules and regulations regarding sex and relationships to reduce the rate of crimes and misunderstandings (Spaaij, 2013).

It is also essential that lots of activities in sports fields can be harmful to them. They do not need too much physical activity. Paying attention to their studies, working, and daily life is also necessary. Therefore, attention to sports and education is equally vital for the parents; when young Emigrant athletes ignore their education, a family conflict is possible (Spaaij, 2013).

Physical activities and sports can facilitate the integration of young refugees into host societies". Managing these activities is also not easy. It needs some costs for transportation, food and beverages, and clothing. These points can be obstacles to participation in sports (Hancock et al., 2000). Brown et al. (2006).

Sports and physical activity are great ways to meet people and find new friends. However, paying attention to education is more valuable for

some parents than doing physical activity or sports. They think that Sport is like a distraction from academic directions.

Experience of discrimination and violence in the sporting areas can negatively affect community engagement and resettlement (Spaaij, 2013). Discrimination and aggression are many challenges that can bring the Emigrants backward from engaging. For example, calling the refugee athletes during the field of play racist words by the spectators has lots of negative impacts on them. However, after adding some strict rules and regulations to sports clubs, sports managers and promoters reduced the rate of these misbehaves (Messner, 2007; Spaaij, 2013).

Family approaches to sporting partnerships gradually change as more parents value its potential social and wellness benefits. However, the concerns of discrimination and racism against minority and ethnic groups still exist, and it does not disappear completely (Kanters et al., 2012).

The reasons for Emigrants that are not limited to some specific social or economic conditions, include insecurity, war, persecution, violation, discrimination, and poverty (Medico International, 2016). However, several Emigrants did not want to stay in Italy, Spain, or Greece, because of economic issues; they went to Germany, Sweden, Norway, Denmark, Austria, and

Swiss. Despite the destination, after a challenging trip to a new country, refugees have various obstacles and needs like social well-being, language difficulties, job findings, and others (Garkisch, Heidingsfelder, & Beckmann, 2017).

Most of the time, the asylum application can take several months. It can be distressing for the asylum seekers, which indicates that many refugees have essential free time and no meaningful use (Klingst, 2015). Another possible point is refugee health (Garkisch et al., 2017).

Researchers have exposed that refugees arrive in Europe with multiple diseases and a general lack of physical activity, including the prevalence of infections and iron insufficiency anemia (Marquardt, Krämer, Fischer, & Prüfer-Krämer, 2016).

Refugees also struggle with mental health issues (Garkisch et al., 2017), which can range from general issues, such as boredom, to more severe problems, including trauma and emotional strife (World Health Organization [WHO], 2010). Mental diseases and diseases, such as post-traumatic anxiety and depression, are also common among refugees (Hebebrand et al., 2016; Marquardt et al., 2016).

The third perspective of refugee well-being is social Health. A recent survey revealed that developing social contacts and having an entire social life is essential to refugees, and they fight to build it in their new country (Robert Bosch Foundation, 2017). Hence, the question remains: how can refugees spend their free time meaningfully and engage in activities that approach these multi-faceted Health and social demands? Participation in Sports and physical activity can play an essential role in addressing these needs (Woodhouse & Conricode, 2016).

In general, participating in sport events improves physical Health (Reiner, Niermann, Jekauc, & Woll, 2013) and mental Health (Wicker & Frick, 2015). Moreover, sports participation helps social interactions, networking, and establishing social capital (Darcy, Maxwell, Edwards, Onyx, & Sherker, 2014), which, in turn, is undoubtedly associated with physical and mental health outcomes (Downward et al., 2018). Therefore, sports partnerships can influence Health directly and indirectly since Health is viewed as a focus area of social integration (Ager & Strang, 2008).

Sports participation represents an effective vehicle for integrating Emigrants in general (Krouwel, Boonstra, Duyvebdak, & Veldboer, 2006) and refugees in particular as a particular group of Emigrants (Deuchar, 2011).

However, we warn similarities between Emigrants and refugees as the previous group of people chose to relocate, whereas conditions pushed the latter to leave their country. Thus, the approaches used to enhance the Health of the Emigrants.

Consequently, there is a demand for a more comprehensive perception of how Sport may enhance the Health of refugees and what organizations could do to design programs for this particular group. For example, researchers studying refugees have shown that participation in sports and physical activity programs are connected with accurate physical and mental health outcomes and social benefits (Guerin, Diiriye, Corrigan, & Guerin, 2003; Olliff, 2008; Spaaij, 2012).

Furthermore, increased social connectivity within the partnership in a sports club led some refugees to adopt a better lifestyle (Dukic, McDonald, & Spaaij, 2017). This statement accompanies the thought of Chalip (2006), who declared that Sport could be both good and bad. On the opposite, sports participation has potential conflicting results concerning stress and conflict (Olliff, 2008). The sports manager must develop plans to ensure real advantages while reducing the negative. Therefore, the area requires a good manner overview of exercises inside the sports for refugees.

Examining obstacles and practices within a wide area of refugee sports programs enables us to develop the following points. First, how do sports plans have to be produced and delivered to make the desired Health and social outcomes? Second, how are the form, performance, and results of sports programs influenced by the social-ecological circumstances in which these programs are installed? Third, we contribute to theory and practice in several ways. We adopt a managerial perspective rather than only an individual or policy perspective. Researchers have already studied the Health and social outcomes of sports participation among refugee populations, and policymakers agree on the potential of such programs. Still, scholars and managers less understand managerial challenges and tactics to overcome them (Millar & Doherty, 2016). Consequently, understanding administrative factors for preparing and fulfilling Sports to refugees are still in the exploratory stages (Bauman et al., 2012).

Therefore, refugee waves like those arriving in mainland Europe in 2015 are less likely due to geographic area. So are the resulting requests for planning and producing Sports for health programs. For example, European mainland countries and Germany, were unprepared for a refugee wave, leading to warehouses, shopping centers, indoor sports facilities, and tents being rapidly arranged to extend accommodation space (Safouane, 2017).

Furthermore, measures and activities for implementing sports performances and combining refugees in sports clubs were hastily arranged rather than long-term planned (LSB NRW, 2016). It is, therefore, essential to review these plans among refugee populations in a diverse context. However, given that the success of such programs depends on the circumstances (Schulenkorf, 2017). The conclusions regarding the impact of sports delivery on refugee health can inform other sports administrators as they try to promote Sports for health programs of their selves.

2.5.Social Integration through Sport

The purpose of sport for the social integration of marginalized groups in the community is efficient, while we refer structural integration in the social manner of the sport. For example, the limit to which various measures of structural integration in sport can notably affect situations outside the nature of sport is unclear (e.g., Coakley, 1998; McPherson, 1986; Patriksson, 1995).

The potential for improving social integration through sport is stated to understand that sport is approachable and public to everyone who wishes to join, regardless of gender, ethnicity, and religion. They can play under the same rules and regulations. Fundamental integration through sport introduces

a more extensive structural integration in the community; official policymakers principally concentrate on education and paid labor (Engbersen & Gabriels, 1995).

This mixture and integration increase employment chances for forming successful athletes and others as coaches. Such possibilities allow members of the social groups to be culturally balanced in society.

On the one hand, particularly for the young generation, sports might be essential to learning specific experiences, keeping them away from criminal actions, and meeting the right people to build more off-court opportunities (De Knop & Walgrave, 1992; Harris, 1991). however, some of them may put all their enthusiasm and time into sport activities and less on education and school time, therefore limiting their social integration within ranges outside sport (Coakley, 1998).

Participation in sports can further impact social and cultural integration in other societal sectors. How particular athletes and coaches are described can challenge dominant representations of marginalized groups. Ideas of intense, athletic women can challenge views of femininity. For example, sports participation by the physically challenged can replace the controlling attitudes of disabled people (De Pauw & Gavron, 1995).

Specifically, professional athletes can be role models for the young generation. Although studies show that social connection for becoming involved in sport is meaningful, little is known about progressing (long-lasting) friendships, which extend the realm of sport. For example, we know even less about the development of socio-affective relationships between people of different social groups through sport. However, some studies show that playing sports together does not necessarily point to more casual contact outside sports between members of other social groups (Chu & Griffey, 1982; Elling & De Knop, 1999; Poisson, 1999).

Several North American researchers (e.g., Montemayor, Adams, & Gullotta, 1994) have shown that attendance and excellence in sports structure adolescents' social networks. Also, some findings show that participating in a particular sport may also be organized by existing social networks and ideas (Brinkhoff, 1998).

2.6. International organizations for Emigrants

Various organizations support Emigrant sports internationally, specifically the United Nations, the UNHCR, and the International Olympic Committee, which support and organize humanitarian sports programs to help

the community (IOC, 2009). The main goal of Sport for the development and peace of the SFDP is to support women, refugees, people with HIV/AIDS, people with disabilities, and young people at risk (UN, 2003) (Quatler, 2010). Sport plays a vital role in development and progress in developing countries, including Africa and South Asian countries such as Afghanistan. Sport has played an essential role in the phenomenon's growth (UN, 2003; Höglund & Sundberg, 2008; Schulenkorf, 2010).

One of the most suitable tools in refugee camps for athletes and other Emigrants is sports. The organizers try to minimize cultural differences through sports and bring appropriate sports entertainment for young people and Emigrant athletes. Education is one of the main goals of holding sports events among young people in refugee camps, facilitating psychological treatment, solving challenges and problems, and reducing violence and conflicts between Emigrants from different nations.

Programs and goals of using sports, on Girls' empowerment through sports is another sports goal that its organizers use in refugee camps (Tachuk, 2007). UNHCR, in cooperation with the International Olympic Committee. The international partners supporting Emigrants have launched major global

programs to cooperate in sports for gender equality, world sports support, and support for Emigrant athletes.

Sports can also play a crucial role in resolving social disputes and helping to reconcile nationalities and ethnicities. Experience has shown that Sport can be a supportive and appropriate mediator to resolve problems and conflicts between Emigrant athletes and host nations. In addition, it can create a new chapter for them and have produced positive social impacts.

Researchers have come to believe that Sport has the power to transform social conflicts, health, social, political, and other challenges. For these reasons, sports programs have been significantly increased by various national and international institutions, especially the supporters of Emigrants, through which they have achieved acceptable and satisfactory results.

The Sport continues to be useful for young people at risk of social ills, poverty, and social inequality, forcing young people to leave their homeland or engage in violence or belong to various mafia groups. They can join terrorist groups or some mafia bonds, and they can be dangerous for their nation and the whole international community. Sports can play a very influential role in controlling young people to help them in various areas of their lives. Moreover, at the same time, sports, for Emigrants in different

categories for ordinary people and Emigrant athletes, are the best means of mutual understanding of the host country and education of their culture (Lyras, 2007; SDP IWG, 2007; Levermore, 2008a, 2008b; Kay, 2009; Giulianotti, 2010; Sugden, 2010; Lyras & Welty Peachy, 2011).

The best example of this is a highly valued sport as an international language far from all prejudices among all ethnic groups. So, for example, suppose a victory is achieved against rival teams. It can bring together different ethnic groups of different races, and moments of historical joy can bring them together (Selvaranju, 2007).

It can also be effective for Emigrants. For example, whenever a person is in a bad mental state after watching a sporting event, that leads to the victory of their favorite team or their favorite player performing admirably on the field. Exercise can relieve the stress of Emigrant challenges and other social issues for a long time and can be prescribed as a good stimulant for them (Gschwend and Selvaranju (2007).

2.7.Emigrant athletes for developed countries

Sometimes, the issue of emigrants and the transfer of athletes is discussed, which is a legal issue in sports that needs more clarification.

Experience has shown that sport events are primarily political; hosting major sporting events and doping issues can prove this claim.

After the International Olympic Committee set up a specific sport team for Emigrants, there was great passions from emigrant athletes. However, some countries are trying to increase the number of their medals from major sporting events, such as the Olympic Games or other continental events. Different countries wound the world have been attempting to attract the world's elite athletes, and huge investments have been made in this field. Like Russia, Qatar, Bahrain, Azerbaijan, and Germany they have taken full advantage of this potential (Wollman, 2018).

They give full citizenship and provide good economic conditions to elite athletes from different countries and hire them. One of the reasons that elite athletes want to take the path of emigrants to the proper facilities of those countries is trying to reach that, is changing theirs and their families lives. However, from another perspective, after getting lots of money and citizenship but with the lowest performance at the major sporting events, those athletes will judge more than the natural national players by the people and media. As a result, they will feel more pressure than other national players.

Even the officials who have been bought and hired are under pressure from the media and the public. This is why the acceptance of athlete Emigrants by the countries that want them is contradictory and sometimes makes this process challenging and complex (Anna, 2018).

Chapter 3. Method

A qualitative method was selected for this research, as a type of interview that focuses on some particular interviewees. The participants used an in-depth interview strategy with a semi-structured data collection approach because interviews are more flexible than structured questionnaires.

Moreover, thematic data analysis was done for the collected data.

3.1 Research Method

As mentioned above, this study is based on a qualitative research model. Two main reasons have advised choosing a qualitative approach for this study. Firstly, the research aims to find out participants' perspectives on a phenomenon that requires probing with questions. Therefore, no statistical data will be collected (Creswell, 2002).

Study as it seeks a rounded and insightful perspective of the phenomenon. The research study questions require detailed explanations, which qualitative will be able to elicit from the participants, those who are Emigrants with athletic backgrounds; qualitative research was selected to make it diverse from the side of interviews.

The research questions require individual experience and proficiency in sociological aspects of sports, especially sport migration. Qualitative

interviews are valuable for the researcher to explain experiences in wealthy and straightforward ways for more interpretation.

3.2. Research Participants

Participants of this study were recruited from their backgrounds and experiences in Sports like those who got some significant achievements in amateur and professional sports; there are some Afghan Emigrants with some world and European or Asian titles that some of them still play under the flag of Afghanistan, and some of them play for both host nation and Afghanistan, the interviews have been done based on gender equality, both male and female.

Interviews were used for data collection; The participants were from different sports types the interviews. They were selected by gender base and gender equality criteria, Athletes with Emigrant backgrounds with exemplary achievements. In table 1, there are the brief participant details.

Table 1. List of participants

Participants	Age	Sex	Marital S
Participant 1	30	M	Single
Participant 2	34	M	Married
Participant 3	22	F	Single
Participant 4	28	F	Single
Participant 5	25	F	Single
Participant 6	24	M	Single

Participant 7	18	F	Single
Participant 8	24	F	Single
Participant 9	33	M	Single
Participant 10	26	M	Single
Participant 11	23	F	Single
Participant 12	25	M	Single

3.3. In-depth interviews

In-depth interviews are optimal for collecting data on individuals' personal histories, experiences, perspectives, and, mainly, when exploring sensitive topics. According to Rubin and Rubin (1995), a qualitative interview is applicable when the researcher looks for comprehensive knowledge of a phenomenon. Participants in this study were interviewed through Zoom and Skype, and I used open-ended questions; Creswell (2002)

They can speak and tell their opinions and share their experiences about the research area and topic conveniently. For example, Johnson (2002) mentioned that in-depth interview methodology is appropriate to use as it can reach a more profound understanding that might not be possible if using the survey.

4.4. Data collection

Interviews have been conducted individually. Our focus is mainly on the Afghan Emigrant athletes for a more straightforward analysis. The time for each interviewee was between 50 to 60 minutes. there were no language difficulties during the interviews because all Emigrants and other participants are fluent in Dari/Persian. Then I translated it to English for our study. Interviewees were based on gender equality. Male and female were interviewed, and all collected data were saved secure and confidential. For data analysis, the study will utilize a qualitative method approach.

In this research, the interviewer is obliged to inform the interviewee that their identity will be preserved. Their names will not be mentioned in the research, following the rules and regulations that have been formulated as a standard for research methods in this research. It is used. In this research, after the people's consent in question, the interview was conducted by phone and all legal and standard cases of the research method are applicable. The recordings of the interviews were also promised to be kept safe by the researcher for a period not exceeding two years. After confirmation and agreement of all this by the participant.

3.5. Data Analysis

For this research, thematic analysis has been selected, and TA is a method for systematically identifying, organizing, and offering insight into patterns of meaning (themes) across a data set. By focusing on meaning across a data set, TA allows the researcher to understand and make an understanding of group or shared meanings and experiences. Identifying unique and distinctive meanings and experiences found within a particular data item is not the focus of thematic analysis.

This method, then, is a style of recognizing what is familiar to the way a topic is discussed or written about and of making knowledge of those commonalities. The thematic analysis allows the researcher to discover the need for the particular topic and research question being explored. The analysis provides the solution to a question, even if, as in some qualitative research, the particular question that is being answered only becomes apparent through the analysis. Interviews were recorded and later transcribed to have well-organized data.

For more understanding of the information, the researcher read through each transcription. It developed a list of general themes to create groups, and the coding of themes and sub-themes was done by reading and understanding the transcripts. According to Boyatzis (1998), an outstanding

thematic coding process should capture the qualitative richness of the data explored and be used to interpret and discuss the research.

3.6.Trustworthiness of data

Creswell (2009) describes validity as the researcher checking for the accuracy of the findings using multiple strategies to enhance the researcher's ability to evaluate the findings' precision. One advantage of qualitative studies is the high validity it exhibits. Triangulation and member checks were conducted in this research.

In qualitative studies, triangulation enhances data validity by producing collaborative ideas about a single study. In this research, a single opinion of the participant's idea was supported by other references such as literature review or other supplemental data.

3.7. Ethics in qualitative research

The researcher must declare values and biases in writing stories, reports, and articles. Researchers must ensure that proper records and statements of participant perceptions are made. Researchers have a responsibility to use the data to improve social change. Approvals are

sometimes accomplished through personal interaction with individuals or communities.

The researcher must build trusting relationships with the participants; participants may be recognized as partners in the research process and always as the social equal of the researcher. Other procedures, such as peer audits and external audits, are more time-consuming in their application and may also involve substantial costs to the researcher.

Chapter 4. Findings

Through thematic data analysis, this research presents the findings. In this research, data were collected from 12 participants by interviews, and they answered the three research questions; all interviews were transcribed word by word, and then the most significant and essential parts of the interviews were added for the data analysis, then we found our research themes and sub-themes. Finally, the coding of the main ideas of the participants' answers was identified through thematic analysis. We will have some interpretations and further explanations for the themes and sub-themes for more clarifications. We will have the three research questions with themes and sub-themes in the following table.

Table 2. Research questions with themes and sub-themes

Research question	Themes	Sub-Themes
What are the reasons for the immigration of Afghan athletes?	Insecurity situation in Afghanistan	In Afghanistan, there are lots of insecurities, such as explosions, bombings, kidnaping the wealthy people, unhealthy competitions between the athletes, and much more.
	Financial barriers in Afghanistan	In Afghanistan, many people are struggling to find a job, and the athletes do not get much support from the government; poverty is one of the main challenges for the Afghan people.

	Social challenges in Afghanistan	Almost there is no value for women's sports in Afghanistan, and sports culture among people is deficient.
	Political circumstances in Afghanistan	Afghanistan is not a stable nation, and there are many political issues inside the country that directly have some massive effect on Sports and other social and economic.
	Discrimination against human rights	<ul style="list-style-type: none"> • In Afghanistan, there is a lot of discrimination against humanity, minority ethnic and religious groups. • In Afghanistan, there is a lot of discrimination against women and girls for their education, sports, and jobs.
	Low quality of Sports in Afghanistan	<ul style="list-style-type: none"> • Lack of Infrastructure is a big challenge for Afghanistan athletes. • Poor Judgment always create disagreements among the athletes. • Coaches are not updated and their education level is low.
What are the experiences for the Afghan emigrant athletes?	Experiences of Afghan emigrant athletes in Afghanistan	The Afghan athletes experienced some positive and negative experiences in Afghanistan
	Experiences of Afghan emigrant	During the evacuation the Afghan athletes experienced

	athletes during the migration	lots of hardships and obstacles
	Experiences of Afghan emigrant athletes in the host nation	The Afghan emigrant athletes experienced lots of barriers and challenges in host countries. Some Afghan emigrant athletes found great opportunities in host nations, but the integration and settlement for the Afghan emigrant athletes were not easy, but some exceptions were.
What are the impacts of Afghan emigrant athletes on Afghanistan sports?	Afghan athletes migration and its Impact on Afghanistan Sport	<ul style="list-style-type: none"> • There is a significant loss of talents for Afghanistan sports. • There is a demotivation for the remaining athletes in Afghanistan. • After the migration of Afghan Athletes, there has been a decrease in honors and medals from the international sporting events for Afghanistan.
	Afghan athlete's migration and its Impact on their sporting career	<ul style="list-style-type: none"> • There is some positive impact for some Afghan athletes after their migration for their sporting career and personal life. • There is some negative impact for some Afghan athletes after their migration for their sporting career and personal life.

4.1 Overview

In the findings section of this study, 12 Afghan migrant athletes from different continents were interviewed in-depth and presented their answers to the questions. The focus of this study is three main sections. Firstly, they responded about their migration, and each of them expressed their reasons for their migration. In the second part of this study, travel experiences and arrival to the host country were often asked to share their experiences, and several issues are explained in order. Finally, in the last part, they responded about the impact of Afghan athletes' migration on Afghanistan sports and their future, and they expressed their views in this research.

4.2 Reasons for Afghan athlete's migration

In this part of the study, the interviewees were asked about their migration; the majority had similar answers; very few of them left Afghanistan for professional reasons, but the majority decided to leave for the insecurities and economic issues.

4.2.1 Insecurity situation in Afghanistan

As mentioned above, one of the main reasons for the migration of Afghan athletes is insecurity, where one of the interviewees answered the interview questions below.

There are many security problems in Afghanistan. Several athletes were attacked in Afghanistan, and I was one of them who even attacked once and broke my nose because of sick people. So I decided to go to Europe, and my journey was hard to make a bright future (Participant 6).

Most participants believe that insecurity is the most important reason for their migration, so they have decided to leave Afghanistan. Unhealthy sports competitions are rampant in Afghanistan; their opponents have abused them several times and even lost their lives to those who competed. The sports culture in Afghanistan is weak and primarily ethnic. Moreover, they draw a tribe for athletes; for example, whenever an athlete from a specific tribe succeeds, he will have a special place for that particular tribe. Few people express their happiness with the victory of that athlete. People have witnessed that sports authorities need to do much work to introduce the authentic culture of sports to the people. The media should pay attention to this to introduce sports as a symbol of national unity for all, to the extent that some media

outlets in this regard that is why jealousy arises between athletes or their fans against their opponents, which leads to conflicts and controversy between athletes who compete in national competitions. The first participant mentioned that her safety in Afghanistan was the leading cause for her to leave Afghanistan.

Fear of death was the main issue when I left the country. I didn't feel safe there anymore; besides many social and economic challenges, security and safety became first for me, and I decided to leave the country with my family (Participant5).

Another challenge for the top Afghan athletes inside Afghanistan is unhealthy competition. The participant mentioned this destructive phenomenon in Afghanistan, and sometimes it causes the Athletes to decide the migration. It is hard to stay in a nation with shared knowledge, most people are not educated, and the female sport looks weird to them, which becomes a problem for the athletes. Unfortunately, most Afghan families are not allowing their girls to do sports.

Participant 12 also agrees with participant 9's idea about exciting the unhealthy competition among the Athletes. However, participant 12 added another barrier: the discouragement of the Afghan athletes in different ways by the

sports authorities. The Afghan athletes face lots of challenges, low sports culture, and war in society for many decades made some young generation aggressive, some people cannot see the another person's achievements, and they are making some issues to prevent his or their development in the society. I was threatened several times while I was studying, they wanted to hurt me and even tried to attack me with a knife or a bullet, so I decided to leave Afghanistan. I witnessed that some talented Afghan athletes missed the international events, which discouraged the athletes; unhealthy competitions are also a lot in Afghanistan, win a person from the minority community grows, they will find lots of opposition. (Participant 12).

Having tribal communities and jealous people is part of those mentioned challenges for the talented Afghan athletes. From the comments mentioned above from our participants, it is clearly shown that, alongside other circumstances, the insecurity was the leading cause of their migration.

4.2.2 Financial barriers in Afghanistan

Economic problems are another major obstacle to the success of Afghan athletes, which ultimately leads them to decide to emigrate, and this participant has stated that the main reason for his migration was poverty. War destroyed almost a lot of economic roots in Afghanistan. We have lots of examples of the financial barriers in the nation for the athletes and regular

people that directly affect the Athletes. Usually, they decide to leave Afghanistan and live in another nation for a better life with more opportunities.

I was concentrating too much on sports, and I didn't have any other option to earn money; it was hard to stay in Afghanistan and tolerate poverty. When I was there, I used to teach some kids, but they paid me about 50 dollars for the whole month as an instructor. It was not enough to survive; then, I realized that it is tough to make life through sports in Afghanistan, and I thought being an emigrant could solve my problems. (Participant 10).

Participant 1 agrees with participant 10 regarding economic barriers directly affecting Afghan athletes' careers. That is why some of them were forced to make the leaving decisions from Afghanistan and play abroad. Leaving Afghanistan illegally is dangerous because they have to cross many dangerous roads, rivers, jungles, and mountains to reach another nation. Still, lots of Afghan athletes did it. Some of them reached their goals, but others remained like before.

I know some players that I would go to their shop to bring to practice because they were the players. The reason was financial issues, and they had to earn money. So we had when we have people who still play and still struggle; their passion brings them to sports. I know people who left sports and then

Afghanistan for the same reasons, I know people who left and plaid in a better level from Afghanistan, I know people who left and were not respected the way they were respected back home. (Participant 1).

From the above experiences, we can realize that the economy for the athletes can play a vital and significant role in continuing their sports with a calm mind. However, one option can be to leave the sport and start working without the economy's stability, and another can be leaving Afghanistan and playing for another nation. Lack of money creates tensions, and poverty prevents the Athletes' success.

4.2.3 Social challenges in Afghanistan

Our participants mentioned below some social and cultural issues that can be the reasons for Afghan athletes' migration; referring to their experiences in Afghanistan, they believe that there are no values for women's sports in Afghanistan. Sometimes he could not have the position he should have.

I left Afghanistan because I wanted to train calmly and with more opportunities, so I wanted to leave Afghanistan and study beside sports. There were many insecurities, injustices, harassments, and social and cultural problems in Afghanistan. The people could not tolerate female athletes seeing them in

training areas; sports looked to them as a barrier for the girls. These were all the reasons I decided to be an emigrant athlete easily. (Participant 8).

Participant 11 agrees with participant 8 about the barriers and challenges for the female Afghan athletes in Afghanistan; participant 8 added the traditional lifestyle of Afghan people that mainly avoid female sports in the community. The family's ideology is against physical activity and sports for the female. It takes a long time to change their mindset and traditional culture, and spending their life during the war is the leading cause of avoiding the sports culture in the community.

Besides of insecurity and dire economic situation, Afghan society is traditional. It is difficult for girls to train, but some families support their girls in sporting activities. However, most of Afghan society does not accept physical activity and sports for girls. If people support, athletes with good spirits can compete in national and international events and honor their nation. However, lack of knowledge and having a traditional society are the main reasons girls leave the country and continue their activities abroad, and the same thing happened to me. (Participant 11).

From the above participant's ideas, we can understand the situation of the Afghan community more deeply; some cultural and traditional ideologies

prevent the development of female sports, and it causes the migration of the Afghan female athletes. Some specific families support their female family members to do physical activity and let them do sports. However, the number of these people is less and not countable or compared to the most significant traditional community, some parts of the society from the wrong interpretation of the religion avoid their female family members to do sports, but usually, the traditional culture and society in Afghan community is the leading cause of the problem for the female athletes, that is why lots of female athletes prefer to leave the country for their future goals, but some of them will reach. Some others remain to their dreams in the host nation as well.

4.2.4 Political circumstances in Afghanistan

Changing the republic regime was another recent issue in Afghanistan that caused a large migration wave inside the Afghan community; Afghan athletes are part of this wave to emigrate and find another place to do sports. It is for females as well.

I did not want to leave Afghanistan before the arrival of the Taliban, but when the Islamic Republic of Afghanistan changed to the Taliban regime, they deprived us of attending sports; I was forced to leave Afghanistan with my family, but they delayed our progress. I could not believe that I should

keep silent after this and not do sports or attend national and international sporting events. (Participant 7).

Another issue for the migration of Afghan athletes, both male and female athletes was the government change that happened on the 15th of August 2021, and the Taliban took power for the second time; they announced that the sports for the female were not necessary and they should stay away from the sporting events, lots of female athletes by the support of the international sports organizations such as International Olympic Committee, International federations, and other organizations helped the female athletes for their evacuation even with their family members, but some athletes left the nation without their parents to find a way in the host nation for doing sports and attend to international sporting events.

My dad was a political writer; he was very active and talked about people's rights; my dad was arrested and kept in jail, tortured, and went through a lot of stuff, but finally, his friends helped him get out of there. Then we knew that we needed to fly, so we moved to Iran, we lived there for three years, and then from Iran, we came to Europe as a refugee family. (Participant 3).

Participant 3 mentioned the same case in which her father was a political writer. For the safety of his family and himself, he decided to leave

Afghanistan, which affected her daughter to continue sports abroad. From this experience, we can understand that politics impact Afghanistan sports, changing the regime and some other political cases effects to push some families, including Athletes, to leave the country to do sports with a calm mind. They mentioned “it is too hard to continue in Afghanistan”.

4.2.5 Discrimination against human rights

Discrimination has often been a significant challenge in Afghanistan. This phenomenon has permeated sports, with participants expressing their experiences that have led to the migration of several Afghan athletes.

It could be a huge issue, it could be a reason, and I know not for a fact. However, I heard a lot among players, I witnessed some problems based on not discrimination in terms of language or race, but in terms of if I know you, someone else is a better player than you. However, you are my cousin or brother or our relatives, that sort of discrimination, yes, it was there. However, I think you would be in the place you deserve or close to it at the end of the day. I do not think they would eliminate you just because you are not speaking the same language or just because you are not with their like, and I am happy to say this, as I said at the beginning (Participant 1).

Participant 1 thinks that there is some discrimination against the athletes in Afghanistan sports organizations. However, at the same time, it is

not a big deal, and all can continue their roles and positions. However, in some cases, we are expecting some people who prefer their related people to be the key members of the management system of the federation or sports organizations. From his point of view, we can imagine that having a relationship with the president of the federation or being with the same region or sector language will be preferable for them to be in critical positions or even on the national teams.

Besides the discrimination, there is much violence, much abuse, right, not their lives are in danger for having been in sports, showing their face, showing their body, with close or tight clothes, the extremist people think that all of these women's that they are doing sports are the bad examples. Hence, they want to eliminate those, so in that way, their lives are threatened. In danger, so they need to get out for doing everything I just said, for being the first movers, for having the courage to do what no one does, for all these they have been punished, that is why they need to go out, and that also explains what how extreme is the situation in Afghanistan. (Participant 3).

Harassment of female athletes is another challenge in Afghanistan sports. Our participant stated below that in addition to prejudice, it has led to the discouragement of women from sports in Afghanistan who have finally

decided to emigrate. From the experiences mentioned above, we can understand that discrimination in Afghanistan sports exists, affecting Athletes to leave Afghanistan.

The participant 3 mentioned that some extremist people that they don't like to see women in sports and this is a big deal for the female athletes and they cannot fight for their rights with these kinds of people because they will face with aggression behavior and can be dangerous for them even for their lives.

4.2.6 Low quality of Sports in Afghanistan

For several participants, their migration has been different. Despite accepting the security and economic challenges, they have also criticized Afghanistan's level of sport, saying that they cannot play professional and first-class sports in Afghanistan. Instead, they have decided to be trained and work professionally at a high level abroad in Afghanistan.

I had many reasons; first of all, I did not have the security that I wanted, I did not have the proper job, and the other reason was the partition of Afghanistan sports. There was a time when there were two Olympic Committees from two parties; they were arguing to prove that they were the legal organization. After doing these things, I resigned and decided to go to

another nation to work. I thought I could not work in an environment that ignores sports values and basic ethics. (Participant 2).

Participant 2 mentioned the values and ethics in Afghanistan sports organizations that the managers do not care about. It means those who are professional and know more. It is hard for them to get a better position or get a chance for a promotion. However, those who are breaking the rules and regulations and supporting the leaders, in any case, will have more opportunities; participant 1 also agrees with participant 2 that the quality of sports in Afghanistan is not professional. Therefore, they have decided to emigrate to have chances to play professionally.

Some of the athletes are leaving not just because of sport, they have the aspect of a sport, and then the other aspect is again the security, the financial issues, the future issues nothing is promised for the future of their sport. I played at the top level in Afghanistan; mainly, I learned new things for professional players; of course, security was one of the issues, but learning was the most important thing that I migrated (Participant 1).

For participant 1, the main reason is having better skills and improving his sporting career in a better nation. Usually, in Afghanistan, the coaches and referees are not educated. They are not equipped with updated knowledge of

rules and regulations. It creates some challenges for the athletes who want to play in good condition and reach their level of professional players.

In Afghanistan, we were able to achieve to some extent, the level of our sport in our federation was as high as in South Asia; most of us could not achieve even higher than the silver medal in South Asia. I wished that I may win a gold medal for my country to witness our national anthem of Afghanistan even for once. Then I decided to leave Afghanistan, but I did not get much support from the host nation for my sporting career; I went there with great hope, but I did not get supported as much as I wished. So I participated in one of the international competitions, and that was helpful for me to become a well-known Afghan emigrant athlete in the international sports community. (Participant 4).

Some participants mentioned their desire to get special honors from the international events; participant 4 mentioned that they could not do it in the federation because of the low quality of coaching and training, which is why she decided to migrate. They had the potential to get the gold, and they never achieved it in Afghanistan; from the experiences mentioned above, we can realize that the Afghanistan sports level is basic in sport at all, but some few sports could achieve well at the mega sporting events. Those athletes who

wanted to become professional athletes and bring honor to the people made the migration decision.

4.3 Experiences of Afghan emigrant athletes

In the interviews, Afghan emigrant athletes shared their experiences in Afghanistan. They had experiences in both positive and negative dimensions, including being with family and friends, and Afghanistan's unique nature was among the best memories for them. However, on the other hand, they did not feel good about their shortcomings and social, cultural, and political. Problems. At this stage, many findings have been obtained that have been incorporated into this research.

4.3.1 Experiences of Afghan emigrant athletes in Afghanistan

The participants shared their experiences in Afghanistan; mostly, they shared the negative experiences that they were forced to face, but some of them mentioned some positive ideas.

At first, the situation was challenging, even from our family to the community and our training environment; there were many security problems, we did not have the right field for training, and there were still economic problems, but slowly the presence of women in sports increased. However, family and social problems persisted, families did not allow their daughters to train in any sport, but we tried to continue

training despite all the problems. Still, we could not train freely, but recently training facilities got better, and we experienced many problems between 2011 and 2017. However, the training conditions improved. Our relatives also advised our parents not to allow me to play sports. In 2017, the Football Federation started relations with players' families, and Family problems eased slightly. (Participant 5).

For some Afghan families, especially those who live in villages doing sports for their female members is a big shame, and they think if one of their female members does it, they will not be able to see the face of their relatives. It means they are ready to put problematic enforcement for their sisters or daughters not to let them go to sports, and another challenge for the female is the sports organizations which creates problems for some of them. The participants shared many experiences when practicing sports in the Afghan community, which are sexual abuse and even harassment that some of them published in international media and reached globally. In general, being a female athlete in Afghanistan is very hard, and they need to face lots of issues to be successful.

Another experience shared a lot by the participants was the salary of Afghanistan National players, which is less than 10 dollars per month, and

mostly the participants during the interview said it is a big shame for all governments who paid us that much.

When I was on the National Team, of course, we did not have the basic facility for a national team; the salary that the government paid was something 1000 Afs per month, which was nothing, even though we could not pay for it our transportation cost, at the same time there was no any ground and no field of play for the national team. So we had to play in an open area, where we had the balls, the goals and the field, the ground, I mean the field's surface was very hard. The shoes that we would wear them was not proper for the handball, that is why all the national team players, which were similar to my age, all of them had these problems, with injuries and lots of things, so now you can imagine the facilities at that moment, and later on, we could find an indoor gymnasium which was a little bit better, so we mainly experienced hardships. (Participant 2).

In the above statement the participant mentioned his experiences regarding the low facilities of Afghanistan sports, basically as we know the infrastructure of sports is the main thing for the developing sports in every community, but unfortunately the budget for the Afghanistan sport is less and almost with five million dollars annually budget they can't afford better environment for the national teams, in the capital there are some small

gymnasiums but it is not enough for all of the national players, usually the organizing committee for the national games using them for the national events and for trainings there are no any space for the players, some other participant shared his experience regarding the corruption in Afghanistan sports organizations and he said corruption also can be the biggest challenge for the Afghanistan sports that the managers cannot stop it because they are a lot of people and facing with them is not an easy task, these issues facilitating the causes of the migration for the Afghanistan top athletes to evacuate from Afghanistan.

For participant 1, integrating with Afghan players was easy; he did not find it with the international teams. Making friends and having a good attitude was the uniqueness of the Afghan sports community, which is hard to find easily.

Whenever I was plaid in Afghanistan, even in different sports, I plaid volleyball, handball, and soccer. My transition from being outside there to being a team member was fast, easy, and welcoming. I think that is a big thing about being a team or team building and mentally feeling like you are part of the team; that is another big positive thing that I see on our side. (Participant 1).

According to participant 1, most Afghans, especially Afghan athletes, are incredibly social. Their interactions with other teammates are friendly. They get to know each other very well; they feel comfortable like this. However, when they immigrate, this feeling of closeness to athletes from different parts of the world or the host country fades; this is the pressure that migrant athletes have to endure, which is sometimes difficult for them because in Afghan society, everyone they are almost too social. Having jokes with each other, especially during the play, is a typical issue for them. However, after migration, it can be challenging for them to be too inclusive with the players and other people in the community.

In Afghanistan, the most significant barrier is being a woman. Just being a girl and a female is a barrier in Afghanistan because they do not have the same access, possibilities, and opportunities as men. Besides that, corruption and lack of trust are big issues. After all, you do not know the moment you pay your fee, the moment you finally get access, who are you giving your trust to because in Afghanistan when you play sports, you don't just play the sport like in Europe; it is not something ordinary, and you invest with your time, your honor, your family's name and your reputation, there is a lot of things. (Participant 3).

According to participant 3, being a female athlete is a normal thing in European or American society, but in Afghan society, women athletes have to face many challenges and struggles. The first challenge comes from the family members for the ladies who want to do sports; most of the brothers or fathers are problematic for the girls in the family; they do not allow them to become athletes. In the next stage, the girls' relatives give themselves the right to interfere in people's lives or express their opinions and oblige families to prevent their daughters from exercising. In the third stage, members of society can create one of the biggest problems for women. Numerous reports of harassment of female athletes have been published. As a result, they have not been able to play sports freely in traditional Afghan society.

Misinterpretation of religion about women's sports is another issue that has made sports conditions more difficult for women. Although in most religions, sports are not a problem for men and women, just in the Afghan society, there is a misinterpretation of the religion for the women's sports. All of which go hand in hand and can incentivize female athletes in Afghanistan to leave their homeland and live freely in open societies as they wish. If the Afghan people do not change their beliefs on sports and the education of women and girls, the migration of Afghans, especially athletes, will continue.

Training conditions in Afghanistan were limited not only for girls but also for boys. Our trainers were experienced but not very high in standard. Our training conditions were not comparable to other countries when we went abroad and saw athletes from different countries. They train with many facilities. When I compared them with the facilities of Afghanistan, I noticed that our facilities are not comparable, and Afghans go with nothing and compete with foreign athletes. However, despite our limited resources, our athletes have been able to win medals even on the Olympic stage, especially Ruhollah Nikpa, who has twice won medals in the 2008 Olympics in Beijing, China, and the 2012 Olympics in London. I believe that anyone who wants to win an Olympic medal for Afghanistan empty-handed, Rohullah Nikpa, can be a role model for them. (Participant 4).

For participant 4, the facilities of Afghanistan sports are not comparable with any other developed countries; she mentioned all those limitations she had already experienced before. However, when Afghan athletes experience their first international journey, they often compare the facilities of the host countries with the infrastructure and conditions of Afghanistan sports, which in turn provides one of the most significant pre-race trauma for athletes. For this reason, the chance of getting medals from

prestigious sporting events such as the Olympic Games, Asian Games, and World Championships is less.

The Afghanistan government has not improved sports facilities to high standards and has not paid attention to professionalizing the technical staff of sports federations and departments. So poor management and lack of enough government support are reasons for leaving and migrating elite athletes from Afghanistan. Training conditions and having no proper environment for the Afghan female athlete was other experiences that the participants shared their experiences from Afghanistan.

I know many very talented athletes but could not go on sports trips due to economic problems; we did not have a good salary, and most of our athletes had a lot of financial problems. Most of them avoided sports for this reason. I was happy that my family supported me, but people who had no money and whose families had a poor economy were lagging. (Participant 6).

Participant 6, in his interview, indirectly exposes corruption in sports federations. He says that he knows some people who could not go on international sports trips because they did not have money. They were many athletes; despite their talent, they could never be sent on international trips. Instead, wealthy people were sent with little skill, which is a significant and

deep discouragement for athletes with poor economics, who eventually decided to go. They left Afghanistan and wanted to continue their sport outside Afghanistan.

In the area where we lived, the culture of sports was good, and families always supported athletes, whether boys or girls. However, the large scale in Afghanistan was the biggest challenge of prejudice and narrow-mindedness; when we achieved success in sports, a prejudice made us not happy to celebrate it; sports officials appreciated most people who had relationships that would deprive talented people of their rights. These issues are still going on; more attention is being paid to boys in Afghanistan, there are very few competitions for us, and ethnic issues are another challenge that is very much present in Afghan sports. (Participant 7).

Participant 7 pointed out a few families that supported the female athletes, but the number of them was more petite; she mentioned some other experiences that she experienced in Afghanistan. One of the essential issues for an athlete, especially female athletes, is to have family support like male athletes, which has been extremely rare in Afghanistan. The interviewee complained in the interview that sports officials ignored them. Moreover, the boys were often more appreciated, which made them less motivated.

Participant 8 agrees with participant 7 regarding hardships for Afghan Female Athletes in training in the Afghan community. The culture and tradition of the Afghanistan people were similar barriers and challenges for both of them.

It was not satisfactory at all. It is challenging for women to practice sports in Afghanistan; our culture and traditions are completely different, the girls were not allowed by the family to practice, and the majority of them came to practice secretly; there were also problems in terms of training equipment, but despite our problems, we grew to some extent. However, due to some security issues, gender issues, and financial and economic issues, they could not exercise. However, the most significant cause of security problems prevented girls from doing sports. (Participant 8).

Participant 8 also mentioned many points which show the horrible situation for women's sports in Afghanistan. The participant discussed that even the sports officials of Afghanistan refused to support women athletes in some cases because of the patriarchal society in Afghanistan. It has been decisive, and it is not easy to make a positive change in society's thoughts. She mentioned some biggest security challenges which are still going on in her area. No one has mental relaxation because every day there is a possibility of the explosion into public transportation, on the streets, or anywhere else

because they are part of minority ethnic and religious society. These issues have had a terrible effect on their sporting activities.

Participant 9 has another experience in Afghanistan sports society; he mentioned some inequalities for the athletes. Some federations, including the sport in which he was involved, were many inequalities for the athletes.

In the field where I played, the federation officials had a lot of inequalities for the athletes and our Sport; there was a lot of dissatisfaction, and they could not develop our Sport. I remember competing several times in an official sporting event. However, they still did not want to take me on the trip, I even knocked out many of my opponents, but the officials still persecuted me because I did not have the means to go on a sports trip. Instead, they took other athletes for that event. Many athletes quit sports, but I endured a lot and went on several sports journeys from my budget because I was very interested in sports. So I worked and studied, practiced, and cycled in polluted air every day to reach for the training; all of them were because of my passion for sports; in general, I had many issues back home (Participant 9).

This participant complains of blatant discrimination against him; despite having great talent and being a member of the national team and winning several championship titles, he complains of ethnic and religious discrimination against him. He is very much against the prejudices against

him. He is upset and heartbroken; even though he knocked out his opponents, they still did not want him to be with them on a sports trip, and this can be the peak of cowardice and persecution against a national team player.

Participant 11 mentioned the dire economic situation in Afghanistan, especially the low salary the government provided for the athletes; we understand from her opinion that the salary was not enough for national players.

Unfortunately, it is unfortunate to say that our athletes had very little support from the government, the monthly salary of Afghan national athletes was one thousand Afghanis, which could not even be used to buy water, but in addition to sports, I had a job to support myself and my family. Unfortunately, our family's financial situation was not very good, but with the same task that I had to solve the problems, there was no money to keep our hearts and minds together. (Participant 11).

From the above participant's experiences from Afghanistan, there are lots of lacking in the Afghan community, which need lots of effort to make them solve. All those experiences are part of the causes of Afghan athletes' migration. In Afghanistan, raising personal and family expenses is a very challenging and challenging task, especially for women and girls. In addition to sports, she was responsible for providing for personal costs and her family,

and despite being a girl, the responsibility was heavy for her. These challenges have forced her to take advantage of the opportunities and embark on a migration journey.

4.3.2 Experiences of Afghan emigrant athletes during the migration

Afghan immigrant athletes have shared their experiences during their journeys, and they mentioned lots of hardships that they faced to them. They witnessed many barriers during the way of migration, some of which are quoted below.

It was a hard day for lots of Afghans inside the airport in Afghanistan; the US troops and Taliban troops both fired bullets into the sky to distribute people and separate people; for the whole day, I waited there without water and food. I saw some people die because of the pressure, and some children lost their parents; finally, I got the military plane, and the US troops evacuated us. After one day, a big explosion happened there, and about 170 people died; it was a big tragic moment for all Afghans and human beings. (Participant 5).

Participant 5 shared the experience of the evacuation day for her and her family members, which was a tragic day for all Afghans. Participant 5, who experienced many challenges during her time as an athlete, shared her experience of going abroad and said that it was shocking, the conditions were

so bad for her and the rest of the people that even without water and food and despite the stormy conditions, people risked their lives and they left the country.

When I left Afghanistan for the US, it was a visit, a week visit, I had no plans to stay when I went there, and I still remember that I met some friends there. They were helping me to buy gifts for my family and cousin and a lot of people that I wanted to bring gifts from the US. They said you are serious because you are going, we thought you are joking, they were like no, that is not an intelligent thing to do, people escape from that country, people try to rescue their lives to be where you are right now is going back. (Participant 1).

However, the participant 1 case was different. He visited the US just for a visit, and then he decided to stay there. The experience of this participant was different from his trip. He could legally go to the United States with his knowledge, expertise, and good communication skills. His case is also interesting because he wanted to visit his family in Afghanistan again. He returned, but his foreign friends, relatives, and friends dissuaded him and convinced him that the situation in Afghanistan was not good. It would be better for him to seek refuge in either the United States or Canada. Then he accepted his friends' advice and got his official residency papers.

I got an opportunity to work abroad in Afghanistan, and it was a job opportunity offered me. I moved there safe and without any difficulties because I had the education, experience, and good connections with sporting organizations abroad (Participant 2).

Participant 2 mentioned some job opportunities, and he decided to leave Afghanistan and start that job; he preferred to work there compared to Afghanistan for more safety. With a reasonable degree and much experience in sports and good relations with sports organizations outside Afghanistan, he managed to get a job in a sports organization outside Afghanistan and then stayed there and refused to come back to Afghanistan. The experts say that all these issues are a significant loss for Afghanistan.

I went to Europe illegally with smugglers; along the way, I suffered a lot; other young families and I crossed the mountains and deserts and some rivers, even jungles by walking. It was my life's most challenging moment that I do not want to experience again. After a month of suffering, I finally arrived in Europe. (Participant 6).

The athletes were ready to put themselves in danger to have a bright future outside Afghanistan. They accepted any barriers, but they did not give up, which shows that hardship in the Afghan community is enormous. The participant, who has become a world-renowned sports figure, recounts his

travel experiences. Having experienced difficult days and dangerous nights along the way with human traffickers, he said that he would not do that if he had known about the danger and hardship of his journey.

I traveled from Turkey to Europe by ship, of course, by smuggling, we were 24 people by ship, and we left for Greece; it was a dangerous journey. Because of the sinking possibility, after two hours, we arrived in Greece, the Greek police welcomed us, and that was when the borders were open. The officials of the immigration office there gave us water, bread, and food, and we traveled to 4 to 5 other countries, which took 18 days to reach our destination. So we spent one night in Greece, then we sailed to Serbia on a big ship, everyone prayed for safe arrival, we traveled to many cities by walking, we walked day and night, and finally we arrived with lots of difficulties. (Participant 9).

Participant 9's case is similar to participant 6 regarding their journey, which was an illegal trip to Europe, and they were lucky to reach there alive. They suffered a lot during their journeys from Afghanistan to Europe.

Because of economic reasons, I decided to go illegally to Europe. It was the year that all European countries opened their doors to the Syrian migrants. First, I traveled to Iran, then turkey, but along the way, the Iranian troops captured some of our friends and deported them back to Afghanistan;

because of the physical strength that I had, I was one of the first people to cross the border and reached to turkey land, some people those who were overweight, they captured by police and deported, and some other families also couldn't make it because of their kids and older adults with them. (Participant 10).

Participant 10 also traveled to Europe illegally, same as participants 6 and 9, and he mentioned some experiences which are hard to tolerate. However, he accepted all challenges and reached Europe for a bitter life.

We had to endure a lot of hunger and thirst, and the route was challenging for the families and those who had children on the way; we saw the bodies of many people who died on the borders of Iran and Pakistan; there was hot sand. The way was challenging, we were four friends, and we helped one of the families stuck on the way, the families and the people did not know about the smuggling route, and they came and Experienced the smuggler told us that it was one hour away. However, in reality, it was fifteen hours away; they lied from the beginning to the end, they told us that we give water and food to all of you and most of the time we would go by car, but in reality, there was no car at all, and we walk all the way. We had heard stories that the way is very dangerous, but we did not believe it until we saw and experienced it with our own eyes; after spending all those hardships, we finally arrived in Europe. (Participant 12).

They see the bodies of people on the way due to thirst and hunger or old age or lack of strength for the challenging route of smuggling, confronting bullies and thieves, and severe threats that could lead to their death. The athletes and other people fled Afghanistan with all these difficulties because there was no physical and mental security, severe economic problems, and discrimination. The challenges mentioned above by the interviewees are the significant issues that the country's athletes are migrating. These stories can bring tears to the eyes of every human being with the feeling that difficult conditions have been imposed on the people. As a result, the people of Afghanistan have been suffering from war and unrest for more than forty years.

With all the above experiences mentioned from the participants, they migrated and accepted all those life challenges to build their future and life, but it is the question after arriving, are they faced again to some challenges or they became easily integrated; in the other part, we will have more details about it.

4.3.3 Experiences of Afghan emigrant athletes in the host nations

Coming from a different cultural background in western countries is hard; participants mentioned their experiences after their arrival to the host

nations, especially in Europe; they said it is hard for them to integrate easily into the society, and it will take time, even years.

It takes time to become familiar with the new society, but almost here is the same as our nation; it is an Islamic nation. We are not suffering to find Halal Food, but the biggest challenge for my family and me is my kids' education; we are still struggling with it because of the language barriers. (Participant 2).

Participant 2 mentioned the language problem, which is hard for the migrants to adapt to new cultures and new people. However, those Afghan athletes who live as an emigrant in some Islamic countries do not face food barriers, but it can cause some issues regarding the economic situation.

When I was 15 years old, that was time that I felt familiar with Danish culture and values because I could balance them with my own. It was a lot about Danish cultures and values when I was younger. I almost forgot my Afghan traditions and values because society pushed us to become integrated here and know about people and food. The more I grew up, the easier it was to find a balance and realize religion, culture, Danish, and Afghan, so it took time. It is not obvious, especially when society never wants to accept you as one of them, as a Danish, so you become more self-aware. It takes time. There are different levels of feeling accepted, but I feel accepted legally

because of my citizenship for now. However, because of my Hijab, I do not think I will ever be accepted. (Participant 3).

Participant 3 mentioned that some legal residents in Denmark, which is the government, after some hard examination, will provide citizenship. However, she mentioned that it is not primarily possible to be accepted as a Muslim woman with a hijab in the community regarding people and community.

It is two different worlds; coming from the Middle East and Afghanistan, especially to the west, it is two different worlds. Luckily, I had a lot of Afghans and a lot of people around me, which made the transition more accessible, and I easily blended into the western culture. However, if I had to face everything by myself, starting life over just by myself, with no good friends and no communities that stay beside me if even they don't have to do everything, to be next to me, I think would have been horrible. However, I still experienced it and noticed it, and I saw the differences in how people behave. (Participant 1).

Participant 1 mentioned his experience with Western culture, the public's behavior, and the differences that he faced there. It is a different culture, and the people's attitude is also different. It is challenging for an immigrant to adapt to a completely different culture shortly. It is time-consuming. If you are alone, it will be more challenging for you. Still, it is

less than problematic if you have friends who will help you get used to society. Still, it is challenging for an Afghan to live his former Afghan life outside Afghanistan with the customs of the past, the farther you go from Afghanistan, the more cultural and social challenges you face.

I did not feel comfortable with the culture of the Russian people at all; in Afghanistan, mostly, I felt the feeling of cooperation. I am mostly helping older people, but there are no social people in Russia. There is no sense of collaboration, and I saw a cultural shock there; I could not adapt to the culture of this country; it is complicated to dissolve in this society, But the situation is different for the male foreigners, and it had its reasons, mostly they feel comfortable than us. (Participant 4).

Participant 4 shared her experiences when she was in Russia for some training, and she mentioned that for the girls, it is hard to be a migrant there. In Afghanistan, people often try to help and cooperate; social life in Afghanistan is famous in general. In particular, people share in each other's joys and sorrows and have a lot of mutual feelings for each other. Those in Russia witnessed a completely different society, which was extremely difficult.

The German people are all thinking about progress and how to make their homeland prosperous. Also, the government is inclusive here, and men and women work together to develop their country, which is not the case in Afghanistan. In Afghanistan, the unfortunate situation caused the powerful countries to rule the fate of the Afghan people, and our people are currently in a bad situation. Here, men and women participate equally in work, but there were only ten women in Afghanistan if 100 men worked in one organization. But now the situation in Afghanistan has become even more critical, and the presence of women has diminished and, in some areas, Is zero. (Participant 4).

Participant 4 explained her experience in Germany. She compared this country with Afghanistan and stated that men and women work to develop society together. However, in Afghanistan, the number of women in government and private offices was limited. However, after the regime change, the Taliban took control of Afghanistan, this percentage has decreased much, and in some cases, the presence of girls and women in the offices is not visible," she said.

I had to be a strong person to get through the problems. I did not eat at night for the whole six months; to build a new life, I had to accept the problematic conditions of immigration. I have seen that many young people became addicted to drugs

and used tablets of cocaine, etc. Loneliness, lack of money, and other challenges cause many young people to take action, but I used to be careful and control myself. Sometimes I had to get help from my family, but later I did not want to cause them problems, and I endured many difficulties. After six months, I was lucky that I was accepted from the host country and my case accepted, and now I can live legally and do my training. (Participant 6).

Participant 6 shared his experiences and hardships when he arrived newly in Europe; he said if you are not a strong person, you will break and feel weak; addiction, having no money, and not enough food was the barriers which he faced to them, but if a person be strong he will reach to his goals.

Here the people are free, and after reaching the age of eighteen, everyone decides on their own life. The people of this country are more enlightened and primarily positive and educated. I wish that all Afghans feel calm and happy and away from suffering because everyone is happy here and enjoys life. The culture of our people is fragile; not valuing women in Afghanistan is a bad culture that has become common, but here women are highly valued. (Participant 8).

Participant 8 mentioned the weak culture of Afghan society; she mentioned that in other countries, the female and male threaten the same, but in Afghanistan, the women's value is less. The participant spoke about his

experiences in the host country, where all men and women have a happy life, but it is complicated in Afghanistan to have a happy life. In the host country, women are highly respected, but some women's rights are not accepted in Afghanistan.

4.4 Afghan athlete's migration and its Impact on Afghanistan Sports

After conducting interviews with the participants in this study, it was found that the migration of Afghan athletes has significant impacts on Afghanistan sports; the majority of participants commented that it has the most harmful effects on Afghanistan sports, but the number of participants pointed out some positive issues for the emigrant athletes, which counts individually. However, it has no positive dimension for Afghanistan, and the negative dimension is quite clear.

4.4.1 Impacts on Afghanistan sports

The interviewees had almost the same views on the impact of Afghan migration of athletes on Afghanistan sports; most mentioned the negative impact of migration on Afghanistan sports. When an athlete with many years of experience leaves the country, it is no doubt a very big negative impact on the morale of other athletes. Finding new talent will be very time-consuming.

Below we discuss the views of the interviewees and their further interpretation.

Now Afghanistan has the opportunity to get good results from the Olympics; of course, in general, Emigrating the athletes is not good. Still, regarding getting better results from mega sporting events such as Olympics, Afghanistan has many refugees. By supporting the Olympic Solidarity, they can train in better condition and travel and participate in the Olympics and other mega sporting events. (Participant 2).

Participant 2 has an entirely different opinion about Afghan immigrant athletes. He believes that athletes in foreign countries can grow more whenever they support Olympic solidarity regarding those Olympic athletes who have recently left Afghanistan. In addition, they will be able to shine in many international events called Afghanistan, and there is no need for elite athletes to train in Afghanistan under challenging conditions.

Well, first of all, you will lose all of your talents; definitely, you would be left with the less good players, that is the direct impact, but I think the long term impact would be people leaving and taking the experience with them, now usually the elders, show or teach the younger. Then the youngers learn that and add some to it with hard work and train the next generation. Still, in this case, you lose that generation, the generation behind that has nothing to learn from, so this gap

drops your years behind. We are talking sports, but this is a fact in every aspect when you lose a generation with the experience and knowledge, and then you have to raise another generation. (Participant 9).

Participant 9 believes that the migration of Afghan athletes directly impacts Afghanistan sports and all the achievements for the nation; he says it will take years to build another generation to earn honor for the nation. He mentioned a generation that paid their life to bring the honor, but it will take many years to have another dedicated generation for Afghanistan sports.

That is difficult when all the talents are leaving the country, then how can we ever imagine the county improve? We do not have someone from the inside, but it is dangerous being there, so of course, you need to run away, but the future looks bad. If all of the Afghan people leave the country, nothing is left. (Participant 3).

Participant 3 agrees with participant 9 that the migration of Afghan athletes will negatively impact Afghanistan sports; she mentioned that after migrating the talents from Afghanistan, nothing would remain in the society. Having a fear of the future, struggling with financial issues, and insecurities are the main reasons which push you to run away from the nation. However, on another side, the nation will remain without talents and honorable people.

It is a huge challenge; Afghan athletes wanted to leave Afghanistan even before the regime's fall. Even in coaching, Afghanistan is in trouble. I cannot imagine a bright future for Afghanistan sports; most of them are intended to leave the country. This is a tragedy, but when I see several athletes, Afghans living abroad and competing in the name of Afghanistan, it is an honor, but athletes who are currently planning to leave Afghanistan are not guaranteed to continue their sport abroad because they have to work to earn money to support their families, it isn't very easy for them to continue playing sports abroad. (Participant 4).

The participant mentioned that the impact would be harmful to Afghanistan sports; she said Afghanistan would no more see a bright future if the talents migrated abroad. Athletes leave Afghanistan to build a bright future for themselves and their families, and a small number of them succeed in competing under the Afghanistan flag, which is an honor. However, the changes will not be the same for everyone, and there will undoubtedly be many financial problems outside Afghanistan.

Moreover, a society in which the majority will never achieve their dream of raising the Afghan flag on the world stage because there will be heavy responsibilities on their shoulders. There is no guarantee that all Afghan athletes will have an excellent chance to continue sports very well.

Mostly life will bring them to an unwanted situation that they should fight to remove the challenges.

The migration of Afghan athletes has a devastating effect on Afghanistan sport, with each migrant taking years to adjust to the host country's customs, culture, and traditions. Migrant athletes are becoming depressed and unable to train. Proving in the host countries also takes time; most of Afghanistan's sports elite have left. It is like a big defeat for Afghanistan's sport, a heavy defeat in the current context of Afghanistan. Training athletes like them takes years. (Participant 5).

Participant 5 agrees with participant 4, and she added that the migration of Afghan athletes would be devastating for Afghanistan. In his view, it is considered a significant failure for Afghanistan. Not only do sports institutions, coaches, and the government play a role in the success of athletes, but families give their lives for talent to flourish, and they leave society due to unhealthy environmental factors. With a broken heart, they embark on a journey. The impact of their migration will be a disaster for the nation.

The migration of Afghan athletes is severely damaging to Afghan sports, it takes years to train such talent, but it is not possible to compensate for talent that has left Afghanistan. (Participant 6).

Participant 6 explained that the migration of Afghan athletes would damage all Afghan sports communities. She added that it would take time to train another athlete like other famous athletes. He pointed out that compensating for the loss of talents is not as easy as the previous person, and each talent can have its place, but no talent can replace another talent.

Unfortunately, as it happened, the athletes of different disciplines were forced to leave the country and emigrate. It has a 100% negative impact. They are forced to work due to unemployment and lack of money. Afghanistan is losing a lot of talent day by day. (Participant 7).

Participant 7 mentioned that the migration of Afghan emigrant athletes would have a hundred percent effect and the loss the talents happening. When a person does not have physical security and suffers every day due to an unsafe society and economic problems, they have prevailed in the Afghan society. They are forced to leave the country forcibly, which has a terrible effect on the sport of Afghanistan. Many talented people leave Afghanistan day by day.

It has an enormous impact; they were the ones who were able to win valuable international medals for Afghanistan, the motivation for the athletes could damage the young generation, and it is like a loss of motivation for others. (Participant 8).

Participant 8 agrees with participant 7 regarding the negative impact of Afghan emigration on Afghanistan society and sports results; she mentioned that the migration of some famous Afghan medalists who now live abroad would discourage the Afghan athletes and young generation. The athletes who remain in Afghanistan will not have enough motivation; they will not be able to move forward with high spirit, except for a few people, and others will face many challenges.

It has a very negative impact; every Afghan athlete is an asset that Afghanistan loses. Every country tries to invest a lot in their athletes, but our assets are fleeing Afghanistan. Afghan athletes who left Afghanistan forever were all Afghanistan assets. They are currently in Europe or other continents and earning medals, but their encouragement is not much appreciated in foreign countries. However, when they got medals for Afghanistan, the people encouraged them like a hero. (Participant 9).

For participant 9, athletes are like the assets of every country, which other nations try to invest in and train them to bring medals from the international events. However, in Afghanistan, the athletes are forced to leave the nation because of many issues.

The migration of Afghan athletes has a massive impact on Afghanistan sports. Every athlete has tried for lots years to get closer to the harvest, but at the peak of success leaves Afghanistan, and this is a big challenge; the migration of athletes has two dimensions, one is the damage to the sport of Afghanistan, which is very difficult to compensate and the other is the damage to the emigrant athletes because there is no guarantee that the person could continue the training in the host country, the athlete will face to lots of challenges and barriers. (Participant 10).

Participant 10 says that the Athletes are like a harvest for the nation to bring happiness to the society. However, because of their challenges in emigrating, he added that compensation for that is not an easy task.

Afghanistan's sport will be destroyed; when the athletes leave the country and migrate, it is a big blow to the Afghan sports community because when there is no motivation for the training, they take the path of migration. (Participant 11).

Participant 11 agrees with participant 10, and she said the Afghanistan sport would be destroyed when the athletes leave the nation. But because of lots of barriers, they used to migrate. She mentioned that it is tough for them to tolerate injustice or face massive insecurity or financial issues. That is why they decided under lots of pressure, and it was not easy for them to leave the homeland quickly.

The migration of Afghan athletes has both a positive and a negative impact; the positive is that their talents flourish. Afghans love to compete in their country's name because they know that they are Emigrants and their countries need happiness. Hence, the host country has no issue with this to stop competing under our flag. Still, when talents leave Afghanistan, it negatively impacts Afghanistan and other young people who want to be an athlete in the future. (Participant 12).

Participant 12 mentioned that it would have two sides, one positive side and another negative impact; he added that for those who are discriminated against in Afghanistan, it would be an excellent chance to show their talents and play well there, but for the nation, it will have a negative impact. With the mentioned above experiences, we can realize that the migration of Afghan athletes from the participant's perspective shows that it will substantially negatively impact Afghanistan. The compensation will take much time to train and find other talents equal to those who left Afghanistan.

4.4.2 Afghan athlete's migration and its Impact on their sporting career

In addition to having a profound effect on Afghanistan sports, the migration of Afghan athletes will also have a profound impact on themselves, meaning that there may be fantasies in the minds of athletes that everything

will go well after the migration, but only after the arrival. There will be a lot of challenges and pressures, migration is not easy, and they have to deal with many problems; many participants have answered that sometimes good things are expected, but the results become something else. It has been proven mainly against the wishes of immigrant athletes.

Participant 2 thinks the impact of the migration for the Afghan athletes for their careers will be positive, and they will have much better opportunities to practice the sport they love with better facilities and brighter chances in international areas. Even if they are good enough, some of them will never play again for Afghanistan.

Honestly, if the conditions of my homeland were good, I would never have emigrated. I miss my land very much, but my future and my end will be in Afghanistan. However, if the situation gets better, I will return because in a foreign country, I am feeling not comfortable, and they threaten the Emigrants as a stranger. (Participant 4).

Participant 4 idea is not similar to that of participant 2; both say different experiences. Participant 2 is optimistic more, but participant 4 is not too much optimistic about training and living forever abroad and prefers to leave and train in Afghanistan. However, it depends on the situation of the country.

Here are better conditions for women to grow. There are many beauties and many facilities available to athletes, but it is not my homeland. No matter how good and beautiful it is, it still does not matter much. I wish my country would be calm again. And we can practice there in peace and return to my homeland. (Participant 5).

Participant 5 mentioned the facilities and other beauties of the host nation. However, she said she feels not comfortable with the host nation and wishes to see Afghanistan peaceful to returns home.

I hope the situation improves and it takes a long time; we have to wait, but for me, I suffered a lot, and I need to keep working, and I am far away from a little bit from my professional training here if you don't work you will remain hunger, the money from the government is very less, and I need to support my family back home, and it is not easy. (Participant 10).

Participant 10 mentioned his experience in the host nation. After arriving here, he suffered a lot and used to work all the time, and he became away from his professional training, but he wished to be an athlete compared than a labor worker in the host nation.

It depends on the person's condition; if he does not have a lot of financial worries, he may spend more time and energy in sports and succeed. On the other hand, if he has fewer financial resources and spends his time at work, it will not be

easy to continue his sports training professionally. Still, it is not impossible, but if a person wants, he can overcome the problems and be a good player or successful athlete along with his work. Still, everyone is obliged to decide his destiny, which is possible with effort and perseverance. (Participant 6).

Participant 6 shared his experience in the host nation and said migration would impact athletes differently. If the emigrant athlete who needs money should stop training and start working, it will be hard for him to grow, but if he does not need money, he can start training and be a successful athlete here. From the above-mentioned experiences, we can understand that emigration impacts athlete. However, it depends on the various conditions of the host nation, immigration office, athlete's conditions, and other issues, and nothing is guaranteed for the athlete to be successful.

Chapter 5. Discussion and Conclusion

5.1 Discussion

Data analysis was done to respond to all three research questions for this research. This chapter delivered a more detailed analysis of the data and literature to answer the study's research questions from different outlooks to analyze Afghan athletes' immigration reasons and impacts. The conclusion of this study is also included in this chapter, with implications, limitations, and recommendations.

In this chapter, in the beginning, we will have the most important findings with some interpretations; secondly, we will compare our findings with the relevant previous studies and literature, and in the last section, we will have the implications of the study.

Prior to this research, my expectations were different from the results of this study. I thought that the Afghan athletes were experiencing a beautiful and extraordinary life in the host country. I thought that athletes' problems were at the lowest possible level and everything was ready for them to grow faster and become unique and successful athletes; however, after doing this research, I concluded that my expectations was incorrect. Then I came to a different and exciting conclusion that Afghan migrant athletes face many

challenges in the host country, the details of which are written in upcoming pages.

After researching and analyzing the data, I obtained the following findings in this research, the most important ones noted down below. In this study, I found that the biggest challenge for Afghan athletes forced to leave Afghanistan and become emigrant athletes was the security challenges. Insecurity in the last twenty years, mysterious killings of Afghan athletes and some key members of the Afghan society, and failure to pursue their cases. For fear of falling prey to this challenge, more and more Afghan athletes preferred to take the challenging and adventurous path of migration to bring positive changes and hope to their lives. Some athletes did not go smoothly after migrating and living in the host country. They faced severe financial and social challenges in the second nation, which still seemed challenging to integrate into society.

The following finding from this study was the economic problems for Afghan athletes that led them to migrate to a second country, poverty, unemployment, lack of suitable jobs, and the uncertainty of a bright future for many Afghan athletes to leave Afghanistan. In this regard, most athletes in the host countries experienced positive changes for economic reasons, but for

the other social issues, they mostly struggled, as they mentioned in their interviews in this research.

They were able to manage their economic problems to the extent that this was a positive point in their life after emigration. They pay a monthly amount for families and even their close friends, but the host country has not yet established a permanent place for some of them. They are still waiting to receive their residency and citizenship after several years, and although they have had excellent sports activities, which was not supportive of their immigration cases. Their sports background and achievements in the host countries happened mainly by their financial support and families.

The third finding in this study was the migration of some Afghan athletes due to gender and ethnic discrimination in Afghanistan. Some minority ethnic groups or female athletes based on gender discrimination or abuse have not achieved the goals and objectives they had in mind in Afghanistan. The only reason they could find a way to achieve their goals was a second country, which for some athletes was positive.

However, for some others, it is still a big challenge in their lives, and they have not been able to achieve the success they wanted. Their goal is to

ensure real peace and an inclusive government where all people from different ethnicities can live together in Afghanistan.

Discrimination has existed in Afghanistan for a long, especially racial discrimination, regional, linguistic, ethnic, and religious. There are many examples in traditional Afghan society, and Afghan athletes have repeatedly harassed during their activities. They have finally found no way to change their direction and leave Afghanistan. However, after migrating, most of them have not been able to fully adapt to the new environment with different cultures and customs. However, for some others, the story was different, which has caused the depression, and for some of them caused suicide themselves during their unclear destiny in Europe.

The fourth finding in this study shows the bizarre and terrifying experiences of Afghan migrant athletes during their migration journey, which they expressed in interviews, as they crossed the most challenging roads, deserts, mountains, and seas that they have been passed, some of them sunk into the sea between Turkey and Greece seaway and some of them injured from the smugglers.

For the interpretation of this part of our findings, we can say that for all Afghan athlete's migrants the migration was a challenging and highly

influential decision for them, who were eventually forced to migrate to live in a safe place without insecurity tensions. Also for the majority of Afghan refugees spending the day and night, as they say, in their host countries and being away from their homeland, which has been highly frustrating. However, very few have entirely forgotten their original culture and adapted to new cultures.

The suffering and problems they suffered during and after the migration of Afghan migrant athletes require a separate investigation, and every migrant athlete has strange stories. In addition, many Afghan migrant athletes have expressed their migration in this study that it was impossible to include them. Many of them are extraordinary achievements after their migration; they have left behind various international sports events that showcase their talents.

They risked their lives, and this pain could be the worst findings of this study, which may have rarely happened in the immigration section of athletes from other parts of the world, their illegal crossing of borders, joining cruel smugglers and oppressors, confronting extremely dangerous border police, encountering wild animals, crossing rough seas, thirstiness, hunger, cold, warmth, lack of money and dozens of other life and financial challenges

have passed until one they came from their favorite countries to build a new life and a better future.

For some, it helped luck, and for some, it did not help luck, and the migration pressure proved to be excruciating and unbearable for them. However, as mentioned earlier, these findings differ from other researchers' research on the migration of migrant athletes. There is a significant difference in this study, and it distinguishes it from previous studies in the field of athlete migration.

According to Medico's research, migration factors for athletes are not only social or economic issues; migration factors for them can also be issues such as poverty, war, insecurity, prejudice, violence, etc. This researcher's findings are similar to my findings; after interviewing Afghan migrant athletes in different countries, I found the factors of migration for each of them were somehow different from each other. In this regard, I can say that my research is similar to Medico's 2016 research.

Many immigrants want to settle in countries with better economies in Europe; they do not want to stay in Greece, Spain, or Italy; they try to move to Germany, Sweden, Norway, Denmark, or other countries that in terms of

the economy is in good shape to improve their financial situation (Garkisch, Heidingsfelder, & Beckmann, 2017).

The current research also found the above, and most of the athletes interviewed said that after traveling to Europe, they tried to find out which country was economically correct for them to reach there to improve their financial situation and some of them even before their journeys, planned about their destination host country to start a new life and be mentally prepared.

Some countries are willing to increase their medals to grant citizenship to elite athletes. In this regard, the migration of elite athletes worldwide has a good market, so there must be said that there are differences between the above research and the current research about the migration of Afghan athletes because the reason for the transfer of elite athletes is primarily due to the increase of medals. However, it is mainly done in Afghanistan due to insecurities, economic barriers, and violence, which are entirely different (Wollman, 2018).

From the above literature, it is evident that the athletes usually compare their income from their nation to the host countries to which they plan to move; their primary goal and aim is to improve their economy by

playing sports for the best teams. However, for the Afghan athletes, the cases are different from the others. Insecurity is the most challenging issue for them, and the second economic issue can be the reason and factor for their migration (Wollman, 2018).

For instance in the findings chapter the participant 6 mentioned that Several athletes were attacked in Afghanistan, and he was one of them who even attacked once and unknown people broke his nose, then he decided to go to Europe, from this interviewee, it is almost clear that the migration of Afghan athletes is happening to save their lives than to think about having financial earnings, but from the other nations athlete's stories are different, mostly they think about having proper income from their profession.

Therefore, in the discussion part, we conclude that the previous research conducted by researchers on the migration of athletes is different from the migration of Afghan athletes. For example, Afghanistan's athlete's migration case is entirely different from other countries, so the peak of compulsion can be considered the main reason for the migration of Afghan athletes who decide to immigrate to Europe and other countries is safety and in the next step other issues can be important for them. For example, in interviews with athletes, they said they would never emigrate if their nation

were safe. Whenever their country becomes safe and the government be able to provide for them suitable and safe sports conditions, they will not hesitate to stay in the host country and return to their homeland.

5.2 Conclusion

This study aimed to investigate and find out the research questions such as reasons for the migration of Afghan athletes, the experiences of Afghan emigrant athletes, and the impact of Afghan migration athletes on Afghanistan sports. The answers become apparent in the findings; my expectations about Afghan migrant athletes was mostly positive before this research. However, I was unaware of their difficulties and challenges, and they came to be discovered in this research.

As no research on the migration of Afghan athletes has been conducted before, this research has its effectiveness and importance. This research is for students, sports academics, sports institutions in Afghanistan, and international sports organizations, and it can be used as a reference for other studies as well.

As a result of this research, the critical points about the migration of athletes in Afghanistan became clear to me, which were not apparent before the research. Nevertheless, I have concluded that immigrant athletes' views

differ from mine in some respects, and this has made the current study more prominent and wealthy.

For example, before this research, I believed that when an Afghan athlete pushes himself to be a migrant, that athlete is more likely to succeed in Europe or the United States; however, several Afghan athletes have succeeded in doing so; on the contrary, there are many of them whose growth and development in the host countries are not based on various issues.

They are going through difficult and exhausting days in the host nation. For example, one of the interviewees from his own bitter business reminded me in this study that a large number of Afghan sports elites in Europe are unlucky; they have been reduced due to cultural or even religious differences, and the chances of being accepted and Their acceptance in those countries has taken many years, which is very hard and painful for them to bear, and this has made it not very suitable for other Afghans to immigrate, which means that any athlete or Afghan who enters the country Many people migrate because of problems, they will not have easy conditions. Still, dark and nightmarish days are waiting for them, the end of which they do not know when it will happen to start an everyday life with their friends and family.

Afghan athletes who dream of achieving grand forts are often motivated by financial reasons and challenges and their formal non-acceptance to achieve their dreams and are forced to work day and night for support their families, which causes them to stray from the main path of their lives, which is to shine on the sports field.

Due to cultural and religious differences, most Afghans who emigrate integrate very slowly into European and American societies. It takes a lifetime or years for some, but it may take several months to integrate into society. Adapting to their newcomers, the views of immigrant families and athletes are different in these cases; some are more open-minded and soon integrate into modern European societies, but some do not live up to their cultural, religious, and family commitments. They can go beyond that framework, which makes the conditions for their integration with the community hard, and their interaction with the people of the host community will be less.

Several interviewees cite the peak of coercion as their migration to European and American countries, financial problems, security problems, and racial and religious discrimination. Factors discussed in detail in the findings section include young Afghan athletes. It has forced them to leave their homeland, which has eventually led to a new page in their lives that has

proved to be somewhat more exhausting than their first experience of being in Afghanistan.

Still, many are satisfied with their lives in European and American countries, and they have laid the groundwork for their growth with perseverance and hard work. One of the negative factors that cause the migration of elite athletes to Afghanistan is that it weakens the morale of athletes living in Afghanistan. They will not be able to find the energy and go on sports trips for themselves, undoubtedly undermining their confidence and seriously reducing Afghanistan's sports achievements from critical sporting events.

5.3 Implications

The implications of this research are those of contributing literature and other data examined in the past but are evolving additional relevance today. In the last part, I mentioned that this study extends the gate for future detailed research with updated literature findings. Holding an academic framework on the topic can also serve as a ground and resource for educational institutions, international sports organizations, sports students, and other relevant sports associations. For Afghan and other youth from least developing counties, this study can play a significant role in realizing the

outcome of being an emigrant athlete. Finally, it shows the hardship objectives of sports migration to prevent some dangers of illegal migration for the athletes and even other migration barriers and with other perspectives some positive points as well.

It is essential for the athletes and other young generations who want to migrate; it is better to understand and know about migration and its hardships. The findings of this study can be helpful for them to facilitate to make their decisions easier to find different legal ways for being a migrant athlete and not use the illegal ways, which can be very dangerous for their lives.

5.4 Limitations

Regarding further research, I recommend having more studies specifically about the Afghan emigrant athletes in the host countries to investigate their barriers and opportunities to find new findings because most interviewees were not ready to interview with a calm mind. After all, some of them are waiting for their citizenship, and they could not answer some interview questions openly.

Secondly, there were many other experiences when the athletes were in Afghanistan. They witnessed some discrimination and abuse, but because

of some limitations that they thought, they could not tell them during the interviews. They prevent themselves from the interpretations, and I think it needs another research and possibly some other interviewees without any circumstances.

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Appendixes Appendix

1. Informed Consent Form

Informed Consent Form

My name is Zabihullah Shahzaad, and I am a Global Sport Management master's degree candidate at Seoul National University. I am examining the Migration Factors of Afghan Athletes and its impact on Afghanistan Sports. This research aims to discover and find the migration factors of Afghan athletes and their impact on Afghanistan sports.

The study will expand the lightening from various historical, social, and cultural dimensions, investigating the experience of the Afghan Emigrant Athletes in different societies. Afghan emigrant athletes from different countries were our participants. They were interviewed by Skype and Zoom online applications with semi-structured interview questions. Confidentiality was assured for all interviewees that all data would be used only for academic goals.

There was the same procedure for all participants for the interviews.

Procedure:

- Confirmation received from each from online social applications.

- Interviews conducted via Skype and Zoom.
- All interviews were audio-recorded and transcribed
- Participants could refuse to answer any interview questions without hesitation.

Confidentiality:

- The recorded interviews will be destroyed after the transcription is done.
- Extracts from the participants used as quotes in the thesis.

_____	_____
Participant	Researcher
Initials and Signature	Name & Signature

Appendix 2. Interview questions for participants

- When you started your sports journey?
- How was your condition when you were in Afghanistan?
- Were the training facilities in Afghanistan appropriate or not?
- Which was the main challenges and barriers for you in Afghanistan?
- Did you experience some social barriers in Afghan society?
- Are the tribal and traditional communities affect Afghan athletes?
- Would you please tell me about some positive points of your sports career when you were in Afghanistan?
- Can you explain how many negative factors affected your sporting activities?
- Did you have a proper job when you were in Afghanistan?
- Did you satisfy with your income and salary when you were in Afghanistan?
- What do you think about the salary of Afghan National players? Is the salary enough for them?
- How was your financial situation before your migration?
- Have you seen anybody in Afghanistan sports who struggled regarding financial issues?

- How was the security situation when you were in Afghanistan?
- What do you think, are there any discrimination and abuse in Afghanistan sports?
- What is your opinion how much discrimination and abuse can affect sports in any community?
- What were the main reasons you left Afghanistan and became an emigrant athlete?
- What was your family's opinion about your decision for leaving Afghanistan?
- Tell me about your sports experiences in Afghanistan?
- Did you travel to the second country legally or illegally?
- Why didn't you select legal migration? What were the main causes of it?
- Would you please describe your experiences during your migration?
- How much hardship and challenges you faced during your migration?
- Are you recommending those dangerous and illegal ways for other athletes to use for their migration?
- Tell me about your experiences when you reached to the host nation?
- Did you feel any racism or discrimination in the host country?

- How you manage your daily life with different cultural and social community?
- What was the main barriers for you in the host nation?
- How much time you needed to become familiar in the host country?
- How long did you get your citizenship or legal documentation for your residency?
- How was the host nation's financial and other humanitarian support for you?
- Would you please describe some negative points of the host nation?
- Being away from your friends and family members, how much is hard for you?
- Did you feel some positive changes in regard of financial issues here?
- What do you think about the impact of migration of Afghan athletes on Afghanistan sports?
- What do you think migration for the Afghan athletes has a positive impact or negative? What are your experiences?
- How to make positive changes in the Afghanistan sports environment to decrease the migration of Afghan athletes?
- Are you optimistic for the future of Afghanistan?

- If the situation gets better, do you want to return to Afghanistan and continue your sporting activities?

국 문 초 록

아프가니스탄 선수의 이주 요인과 아프가니스탄 스포츠에 미치는 영향

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본 연구는 아프가니스탄 선수들의 이주 이유와 이에 따르는 아프가니스탄 스포츠에 미치는 영향을 탐구하고자 한다. 따라서 질적연구방법을 통해 아프가니스탄 스포츠 선수들의 연구대상으로 선정하여 심층면담을 진행했다. 또한 이 연구를 통해 아프가니스탄 선수들이 이주를 하는 원을 살펴볼 수 있었다. 그들의 경험을 이주 전, 중, 후로 이해할 수 있었다. 마지막으로 그들의 경험을 이해함으로써 아프가니스탄 스포츠에 어떠한 영향을 미치는지 탐구할 수 있었다. 본 연구에 따르면 선수들의 이주로 인한 긍정적인 영향과 부정적인 영향을 알아볼 수 있었다.

오늘날 정권의 변화와 경제적인 불안정감으로 인한 사회적인 경험을 젊은 세대의 아프가니스탄인들, 특히 운동선수들이 경험을 한다. 그들은 본인과 가족들의 삶에 변화를 주고 싶어하며 안정감에 따르는 이슈들, 경제적 장벽, 다양한 기회를 잡을 수 있도록 환경을 바꾸고자 한다. 이와 같은 선수들의 선택은 아프가니스탄 스포츠에 영향을 미칠 것이며 본 연구는 이에 대한 탐색을 했다.

주요어: 이주, 아프가니스탄, 운동 선수, 영향

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