



## Sport and Social Justice through a Socio-Cultural Lens: Cultural Praxis

**The face of America is changing.** The face of the world is changing. The face of sport is changing. And sport psychology practitioners must – in fact, have an ethical duty to – change with them. Our psychological training includes an increasing amount of multicultural focus and discussion. As sport psychologist practitioners, we must remember to bring with us this multicultural training into a sphere where consideration of culture can sometimes feel slow to evolve. The four assumptions of multicultural psychology are:

All behavior occurs in cultural context. A clinician must understand an athlete’s cultural context in order to truly understand their behavior.

Individuals have a multi-faceted cultural identity. An athlete’s upbringing teaches them the variable weight of each facet.

A clinician must attend to an athlete’s phenomenology. Each athlete’s perspective creates a subjective reality, changing how that person perceives and interprets the world and ensuring that no two people perceive and interpret it the same way.

The Social Constructionist Viewpoint. A child internalizes the values and ideas of right, wrong, and worth taught by the dominant social forces at work during their early years. These lessons can be especially damaging when the values internalized go against how the child defines themselves and their cultural identity.

### Intersectionality within International Athlete Clinical Work

Understanding athlete experiences should incorporate understanding of complex interactions between power, cultural, social, economic, and educational differences occurring between sport in their country of origin and the country they compete in (Stambulova & Ryba, 2013)

Identifying intersections of athletes’ identities can help strengthen culturally competent clinical work.

Facilitating insight into intersections amongst identities (i.e. gender, race/ethnicity) can provide important information regarding athletes’ cultural and athletic experiences.

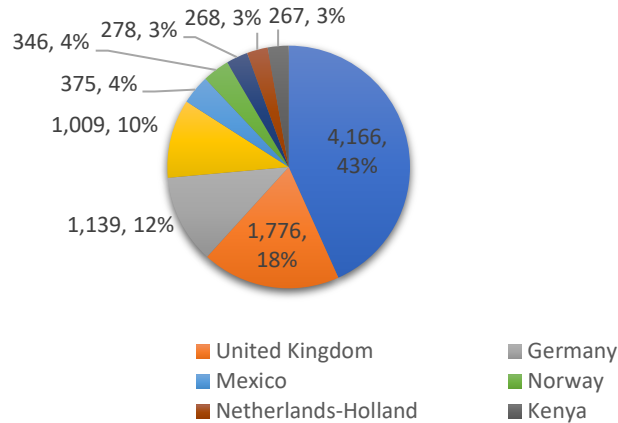
Practitioners should aim to form awareness of potential cultural differences within athletic opportunities



### Considerations for Transitions from a Cultural & Cross-Cultural Perspective

- Retirement: voluntary or planned, emotional reactions, athletic identity, coping strategies, social & organizational support, educational/employment issues, perceived quality of the transition (Stambulova & Alfermann, 2009)
- Address anticipation/preparation for exiting sport, satisfaction with athletic performance, loss of camaraderie (Fuller, 2014)
- Possibly facilitate a transition network with other retired athletes, encourage pre-retirement planning for other careers (Fuller, 2014)

## Number of International NCAA Student-Athletes



### Intersectionality: Increasing Clinician Self-Awareness with Cultural Praxis in Sport Psychology



### Where can I learn more about Cultural Praxis in Sport Psychology?

Pedersen, P. (Ed.). (2013). *Multiculturalism as a fourth force*. New York, NY: Routledge.

Ryba, T. V., Stambulova, N. B., Si, G., & Schinke, R. J. (2013). ISSP position stand: Culturally competent research and practice in sport and exercise psychology. *International Journal of Sport and Exercise Psychology, 11*(2), 123-142.

Stambulova, N., & Alfermann, D. (2009). Putting culture into context: Cultural and cross-cultural perspectives in career development and transition research and practice. *International Journal of Sport and Exercise Psychology, 7*, 292-308.

Sue, D. W., & Sue, D. (2013). *Counseling the culturally diverse: Theory and practice* (6th ed.). Hoboken, NJ: John Wiley & Sons, Inc.

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