Using Basketball for Social, Physical, Psychological, and Educational Development
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Organized youth sporting programs can provide important developmental benefits for youth (Dawes & Larson, 2011). The Kent and Sussex Youth Basketball Program (KYSB) is a grassroots program that was recently developed by Dr. Gwendolyn Scott-Jones, a clinical psychologist and professor at Delaware State University. This study will examine the physical, psychological, social and educational development of 45 youth who play the sport of basketball for KYSB. There are approximately 25 teenage female participants and 20 teenage male participants, and they vary with regard to race and socio-economic status. All participants reside in the Kent and Sussex Counties of Delaware. Qualitative research will be used to evaluate the physical, psychological, social and educational development of the participants. It is hypothesized that the findings will suggest that using the sport of basketball with specific developmental aims can improve character and enhance adolescent development.