A framework for humanisation and dehumanisation in sport:

Abbe Brady, University of Gloucestershire, UK
Emma Kavanagh, Bournemouth University, UK
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Presentation aims:

• To introduce a values framework outlining characteristics of humanization and dehumanization in sport

• Consider how these concepts may have potential for research and practice within athlete welfare.
A background to humanization:

The study of humanization and dehumanization have been located in the traditions of existential-phenomenology and sociology. Examination of what it essentially means to be human.
A values based framework:

• The framework outlined within this presentation articulates 8 essential constituents of what it is to be human, drawing on work from Todres et al. (2009).

• Taken together these elements can form a useful standard through which to explore humanization within sport practices.
Conceptual framework of the dimensions of humanization in high performance sport (taken from Todres et al., 2009)

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**Insiderness**

- Being human necessarily involves making sense of one’s personal world based upon subjective interpretation of experience.

- Thus, only individuals can be the authority of how their life is.

**Objectification**

- Objectification occurs when a person's subjectivity and individuality (insiderness) are not considered.

- People are viewed as objects or parts of a system, statistical model or a strategy to be labelled, classified and processed accordingly.
**Agency**

- Being human means having potential and the possibility of freedom to make choices and be accountable for our actions.

**Passivity**

- Conversely, passivity refers to an overriding emphasis on control from the environment ... Which may lead to feelings of disempowerment, loss of dignity and a perceived lack of control over our personal destiny.
**Uniqueness**

- Human uniqueness can never be captured by or reduced to a list of characteristics, because we are always more than the sum of various parts

**Homogenization**

- Homogenization de-emphasises individuality and focuses on the ways in which people fit into groups to be characterised or labelled collectively
**Togetherness**

- Being human involves the desire for a sense of community: our uniqueness exists in relation to others.
- We constantly examine the things we have in common yet bring sense to them in a personal and unique way.

**Isolation**

- In isolation we can feel separated from our sense of belonging with others.
- The removal of commonality can make people feel alienated and separate from the social world.
Sense Making
• To be human involves a desire to make sense of the meaning of things, events and experiences for personal life ... which are important for adaptation during the lifecourse.

Loss of Meaning
• When personal meaning-making is denied or limited especially in an activity towards which they expend considerable effort and time, it can cause a sense of dislocation and meaninglessness.
Personal journey

• To be human is to be on a journey, to move through time in a meaningful way and be connected to a sense of continuity.

Loss of personal journey

• Loss of personal journey can be experienced when a person’s situation or life has too little or too much change leading to feelings of dislocation or disruption to usual functioning.
Sense of place
• To be human is to be on a journey, to move through time in a meaningful way and be connected to a sense of continuity.

Dislocation
• Loss of personal journey can be experienced when a person’s situation or life has too little or too much change leading to feelings of dislocation or disruption to usual functioning.
Embodiment
• Our body is us and serves us because as well as experiencing physical, mental and spiritual phenomena such as excitement, fatigue, awe, pain and hunger, our body is also the means by which we move about the world, and engage with people, places and tasks in life.

Reductionist view of the body
• A reductionist view of the body emphasises the separateness of the body by neglecting its other relational contexts and wholeness.
• This is dehumanising because it neglects the wholeness of people and the connectedness of bodily systems
- A vocabulary with which to gain new insights to AW

- Heuristic to help generate new questions about experiences and practices in AW

- A structure and standards to inform formal and informal enquiry in sport and AW
Examples of research and practice

HP athletes experiences of humanisation and dehumanisation

Coach and athlete perceptions of humanising and dehumanising coach behaviours

Veteran athletes’ recollections of humanising and dehumanising experiences: gender related trends

Supporting coach development: The humanisation – dehumanisation framework as a reflective tool

Parental experiences of supporting a developing athlete
Where now...

Want to learn more? Please see our video on YouTube: Humanization in High Performance Sport

Want to find share your thoughts? Please find us on twitter: @AbbeBrady @EmjKavanagh

Contact us via e-mail: Please message us at: ekavanagh@bournemouth.ac.uk abrady@glos.ac.uk

Want to read more: Look out for our paper: Humanization in High Performance Sport: Introducing a Values-based Framework (*Presently under review*)
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