



**UNIVERSITY OF  
KWAZULU-NATAL**

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**INYUVESI  
YAKWAZULU-NATALI**

**A NEED ANALYSIS FOR THE PROVISION OF SPORT AND RECREATIONAL INFRASTRUCTURE  
TO PROMOTE SUSTAINABLE HUMAN SETTLEMENTS: A CASE STUDY OF EXTENSION 7,  
KOKSTAD.**

**By**

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**Declaration**

I declare that this entire research study on the need for the provision of sport and recreational infrastructure in Extension 7 is my own work and has not been submitted in part or whole to any academic institution. Secondary information was used from additional sources and were properly acknowledged and referenced.

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## **Abstract**

This research study looking at the need for the provision of sport and recreational infrastructure was conducted based on the notion that there was no land reserved for adequate sport and recreational facilities in Extension 7 Kokstad. The lack of sport and recreational facilities can be linked to the exclusionary nature during the apartheid period. After 1994 South Africa became a democratic country where everyone is seen as having equal access to participate in sport and recreation. Sport and recreational infrastructure is vital and forms part of the basic needs of any community in order to promote sustainable development.

The main aim of this research study was to emphasis the importance of the inclusion of sport and recreational facilities in layouts for new settlements and to find the respondents' understanding of the importance of sport and recreational activities. Furthermore, the study sought the challenges faced by the community and the Greater Kokstad Municipality, because of the lack of sport and recreational facilities, as no change is realised by the community.

The study also made reference to international literature (i.e. precedents studies) on the best practices and benefits of sport and recreational facilities. This was to support the importance of sport and recreational facilities in any community. In addition, it sought to ascertain what families do for fun in the community and what type of sport and recreational activities they like to engage in and would prefer for the study area. The study also unpacked the contributions that sport and recreational facilities have towards social sustainability as it enhances the image, quality and desirability of any community and will in turn make the community more attractive.

Data was collected through the use of open ended survey questionnaire, structured but open ended interviews and a focus group discussion. These methods of data collection were used to get a holistic response from different people to avoid one sided data collected from the residents. There were various findings; however the most crucial finding was whether the community was satisfied with the level of sport and recreational facilities; and the

challenges of crime, alcohol and drug abuse that the community is facing, because of the lack of sport and recreational facilities in the community. The study revealed that the Greater Kokstad Municipality had done nothing to inform the developer about the provision of sport and recreational facilities.

The study formulated recommendations in order to improve the sport and recreation situation in the Extension 7 community. The Greater Kokstad Municipality can work with the people to find a way forward for example: to develop sport and recreational facilities (e.g. include the community and external agencies); to establish a sport development programme, from a national and provincial perspective that no layout should be approved is no allocation of land for sport and recreational facilities are not reserved and then lastly the municipality can to upgrade the existing community hall and soccer pitch.

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## List of Abbreviations

<b>AIDS</b>	Acquired Immune Deficiency Syndrome
<b>ANC</b>	African National Congress
<b>ASCE</b>	American Society of Civil Engineers
<b>BNG</b>	Breaking New Ground
<b>CBD</b>	Central Business District
<b>CBSR</b>	Colmar Brunton Social Research
<b>COGTA</b>	Co-operative Governance and Traditional Affairs
<b>CSIR</b>	Council for Scientific and Industrial Research
<b>DA</b>	Democratic Alliance
<b>FIFA</b>	International Federation of Association Football
<b>FHI</b>	Family Health International
<b>GDP</b>	Gross Domestic Product
<b>GKM</b>	Greater Kokstad Municipality
<b>HIV</b>	Human Immunodeficiency Virus
<b>HoRSCATSIA</b>	House of Representatives Standing Committee on Aboriginal and Torres Strait Islanders Affairs
<b>IADB</b>	Inter-America Development Bank
<b>IDP</b>	Integrated Development Plan
<b>KZN</b>	KwaZulu Natal
<b>MCYS</b>	Ministry of Children and Youth Services
<b>MTT</b>	Ministerial Task Team
<b>NCCRS</b>	National Centre of Cultural and Recreation Statistics
<b>NOSC</b>	National and Olympic Sports Congress
<b>NOSCA</b>	National Olympic Committee of South Africa
<b>NSC</b>	National Sports Council
<b>NSRP</b>	National Sport and Recreation Plan
<b>PPS</b>	Project for Public Space
<b>RDP</b>	Reconstruction and Development Programme
<b>SACOS</b>	South African Council on Sport
<b>SANROC</b>	South African Non-Racial Olympic Committee

<b>SALSA</b>	Secretaries' Association of the Legislatures of South Africa
<b>SASCOC</b>	South African Sport Confederation and Olympic Committee
<b>SDF</b>	Spatial Development Framework
<b>SMEs</b>	Small Medium Enterprises
<b>UK</b>	United Kingdom
<b>UNICEF</b>	United Nations International Children's Emergency Fund
<b>USA</b>	United States of America
<b>USAID</b>	United States Agency for International Development
<b>WHO</b>	World Health Organisation

## **Chapter 1: Introduction and Research Methodology**

### **1.1 Introduction**

In previous years there has been neglect of the provision of sport and recreational facilities in communities due to the apartheid form of planning. However, in post-apartheid Republic of South Africa there has been an emphasis on the provision of sport and recreational infrastructure across all income levels (Sibeko, 2007). According to Sibeko (2007), National, Provincial and Local spheres of government have seen the need to extend the provision of sport and recreational infrastructure to all communities in South Africa.

In general the provision of sport and recreational infrastructure is an important aspect to consider when dealing with human settlements. Sport and recreational facilities can benefit all communities because people need some time to relax and de-stress or be physically active especially the youth and children. Furthermore, it keeps the youth and children away from being involved in drugs and alcohol abuse or other inactive activities that will have a negative effect on their health (Sibeko, 2007). Therefore, according to the Department of Sport and Recreation: Norms and Standards (2010), sport and recreational infrastructure provision or inclusion is viewed as a right for all communities and is crucial to achieving the development of socially sustainable human settlements as is envisaged by the Department of Human Settlements (BNG, 2004).

Weiskop (1982) cited in Madi (2007), strongly supports the notion of provision of sport and recreational facilities for every settlement in the country. The author feels that everyone regardless of income level should be able to experience the joy and pleasure of being actively involved in sport and recreation in the community. The provided facilities must represent the community's needs, interests and desires. The lack of sport and recreational infrastructure provision in the community has affected young children, the youth and older individuals from accessing the opportunities to partake in sport and recreational activities in the study area.

According to the Nelson Mandela, Laureus Sports Awards Ceremony cited in the Department of Sport and Recreation: Norms and Standards (2010), sport has the power to

change the world, inspire and unite people in a way that little else can. Therefore sport has the ability to awaken hope where there was previously only despair. Sport and recreational facilities contribute to social sustainability as it brings people together who have different views and cultural backgrounds. It creates a sense of place and belonging, so that the community can function as a whole and not as individual units (Department of Sport and Recreation: Norms and Standards, 2010).

According to Henderson (2012), social benefits that come with the provision of infrastructure for sport and recreation are that people can display their culture and identities and learn awareness of diversity and difference amongst the members of the community. Children and youth have the opportunities to meet new friends and simply just hang out or play. In addition, this can lead to better individual health, building social cohesion, and healthier and productive communities with a sense of belonging (Henderson, 2012). The World Health Organisation (WHO) (2011) further cements the notion that sport and recreational facilities are important as they keep people physically active. Research has found that individuals who are less physically active have greater potential of contracting chronic diseases such as colon cancer, diabetes and heart diseases (WHO, 2011).

According to Ngcobo (1998) cited in Madi (2007), younger children and youth, who are more actively involved in sport and recreational activities, have the potential to change anti-social behaviours; thus creating cultural sensitive environments with social relations amongst members of the community. While the non-existence of sport and recreational facilities have resulted in denying the community the opportunity to perfect individual sporting talents and skills.

This study seeks to assist the Greater Kokstad Municipality (GKM) in making a strategic informed decision about the type of sport and recreational facilities to be provided, as recommended/preferred by the residents of the community. Therefore, the focus of this study is to bring about awareness of the importance of sport and recreational facilities in the study area.

The unique qualities of the community of Extension 7 that make it necessary to undergo the study are: the fact that the study area is a middle to high-income community that consists of three hundred and thirty two (332) housing units and is constantly increasing; the increase in community population size results in many children playing in the streets; the layout of the community stipulates non-provision of open spaces as well as sport and recreational facilities. These qualities makes it important to undergo this research study as the Department of Human Settlements is moving away from just developing housing, towards creating sustainable human settlements and communities that can sustain themselves with residents who are proud to be from such communities.

## **1.2 Research Problem**

The Department of Sport and Recreation: Norms and Standards (2010), stipulates that South Africa is a developing country with rapidly growing socio-economic demands. Furthermore, many of the urban areas are fast becoming concrete settlements lacking in sport and recreation infrastructure as no provision is made by the local authorities or developers. This research study has to do with bringing awareness to the community about the importance of the provision of sport and recreational facilities.

Research confirms that community facilities are generally well distributed, especially across the low cost housing projects in Kokstad. However, there are certain middle income settlements such as Extension 7 that do not have access to and the support from government to provide sport and recreational facilities. This is viewed as a gap in the South African context because majority of middle income communities such as Extension 7 find themselves paying for everything they require to attain a decent standard of living. It has to be noted that Extension 7's layout design did not reserve space for sport and recreational facilities as it was a private development and the developer wanted to maximise on profit by providing mass housing. However, the local municipality was tasked with the township establishment of the area. The South African government are supporters of equality but does not have policies or strategies which speak to this issue and that can support middle income communities to acquire sport and recreational facilities. It is either a private developer that has to come in the community and volunteer to develop social facilities for middle income communities. For example the government does not offer any incentives for

private developer that want to invest in sport and recreational facilities. Furthermore, another gap that the research noted was that the government does not prioritise middle income community's social projects but only those of the low cost housing projects. Therefore, it seems the ideology is that middle income communities have the means and can access sport and recreational facilities external and in far places from their residence, which is not always true.

Sport and recreational infrastructure is an important element to consider when dealing with people and human settlements. The environment of human settlements is an important living domain for human beings, which should socially enrich people's lives. The life of a person is tied to the house in which they live. The White Paper on Sport and Recreation (2011) stipulates that it is a child's constitutional right to have access to sport and recreational infrastructures that will bring joy and pleasure to many people. Younger children are most affected by residential areas that lack the planning and implementation of sport and recreational infrastructure projects. According to Sibeko (2007), recreation is necessary as physical and psychological well-being is a result of such infrastructures when provided. Therefore, anti-social behaviour results from frustrations when there is no active undertaking in terms of sport and recreational infrastructure in both new and old developed settlements.

South Africa is a developing country with many of its local municipal departments not seriously considering the importance of planning for adequate sport and recreational infrastructure. According to Johnston et al. (2000), housing is defined as a form of shelter, a refuge, a welfare service, an investment and a gateway to jobs, services and social support that can contribute to the overall health of growing children (e.g. children need to be active and not sit watching television or playing video games). Technology is taking over the world and more and more people become more attached to technology than exercising, hence many children and adults become obese (WHO, 2011). Therefore, housing plays important functions in a society and also fulfils the role of promoting the well-being of the residents who live, work and play in a community. According to Karim et al. (2008), aspects such as families, neighbours, communities need sport and recreational facilities which can be considered an important element for achieving socially sustainable human settlements.

The Constitution of the Republic of South Africa (1996) cited in the White Paper on Sport and Recreation (2002), states that everyone has the right to a safe and healthy environment, in which children can establish and practice talents and skills. The study area has shown a lack in sport and recreational facilities which is not in line with the National White Paper on Sport and Recreation Policy (The White Paper on Sport and Recreation, 2011). Therefore, the aim of this study is to encourage a culture of physically active communities that will benefit the residents positively and can in turn attract investment.

### **1.3 Objectives**

The study seeks to accomplish the following objectives:

- 1.3.1** To emphasise the importance of the inclusion of sport and recreational facilities in layout design for new human settlements.
- 1.3.2** To critically discuss the importance of sport and recreation facilities in human settlements.
- 1.3.3** To unpack the challenges faced by local municipalities regarding the provision of sport and recreational facilities in human settlements.
- 1.3.4** To assess the literature on best practices on the provision of sport and recreational facilities in human settlements.
- 1.3.5** To unpack the contributions of sport and recreational facilities toward social sustainability for human settlements.

### **1.4 Main research question**

To what extent can the provision of sport and recreational facilities contribute towards the creation of sustainable human settlements?

### **1.5 Subsidiary questions**

- 1.5.1** What is the extent of the emphasis on the importance of the inclusion of sport and recreational facilities in layout design for new human settlements?

- 1.5.2** What is the extent of the negative impact of non-provision of sport and recreational facilities in human settlements?
- 1.5.3** What is the extent of the challenges faced by local municipalities regarding the provision of sport and recreational facilities in the study area?
- 1.5.4** What are national and international best practices for the provision of sport and recreational facilities in human settlements?
- 1.5.5** What are the contributions of the provision of sport and recreational facilities towards social sustainable human settlements?

## **1.6 Hypothesis**

The provision of sport and recreational facilities can heal the ills of the past and thereby contribute towards sustainable human settlements.

## **1.7 Justification for the study**

Drawing from the planning principles and Department of Sport and Recreation: Norms and Standards (2010), a proposed new residential settlement layout has to put aside a certain percentage of land for social spaces. The study area is lacking in sport and recreation spaces and this study will bring awareness to the local municipality and developers of the importance of sport and recreation to the residents, as well as assess what type of sport and recreational activities are preferred/recommended for enjoyment in the study area. Every citizen has a right to have access to sport and recreational activities, especially the youth and children as this keeps them physically active, contributing to healthy childhood growth and development, and reducing chances of obesity, drug abuse and alcoholism (The White Paper on Sport and Recreation, 2011; WHO, 2011).

The importance of this study lies in the production of knowledge as there is a paucity of literature that stipulates the procedures that must be followed by a municipality to assist middle to high income communities in acquiring the provision of sport and recreational facilities. It is argued that all income groups should have access to sport and recreational facilities.

## **1.8 Definition of key concepts**

### **1.8.1 Sport and recreation**

Drawing from the White Paper on Sport and Recreation (2011), the definitions of the term sport can vary in context. Sport includes activities in which people of all ages and abilities can partake. The UN Inter-Agency Task Force on Sport for Development and Peace (2008) cited in the White Paper on Sport and Recreation (2011), defines sport as those activities that potentially contribute to physical fitness, mental well-being and formation of social relationships.

According to David E. Gray (1972) cited in Stevens et al. (2010), recreation improves awareness, deepens understanding, stimulates appreciation, develops one's powers, and enlarges the sources of enjoyment within the community. It promotes individual fulfilment as well as encourages self-discovery; potentially it can give meaning to life. Recreation can be distinguished between passive and active recreation: Passive recreation is purely enjoyment during free time; there are no rule bound examples of passive recreation but can include knitting, sewing, bird watching, listening to music, watching movies and playing computer games. Active recreation involves those activities undertaken for physical benefit and has the following characteristics: rule bound but somewhat flexible, competing against self or nature, undertaken for the purpose of fitness and fun, physically and mentally beneficial or it can be a stepping stone to formalised sport. Examples of active recreation are walking, jogging and skipping (The White Paper on Sport and Recreation, 2011).

For the purpose of this research study, sport will refer to those structured activities that comprise the following characteristics: bounded by some form of rules; element of competition; ensured physical, mental, economic and social benefits as well as external rewards; for example hockey, soccer, netball, basketball, squash and table tennis. Whereas recreation will refer to those activities voluntarily undertaken, mainly for the purpose of pleasure, enjoyment as well as satisfaction during free time. The White Paper further states that it can also be seen as a social institution, socially organised for social purposes; it is also an emotional condition where an individual has feelings of well-being and self-satisfaction.

### **1.8.2 Sport and recreational infrastructure**

Sport and recreational infrastructure is defined as a substructure or underlying foundation; this can be narrowed down to the basic installation and provision of sport and recreational facilities upon which the community will depend in order to satisfy specific needs. According to the American Society of Civil Engineers (ASCE) (2009), sport and recreational infrastructures are viewed as those physical interrelated services/facilities that provide a community with the opportunity to enable, sustain, or enhance societal living conditions. Weisdorf (2007), cited in Fulmer (2009), supports the notion that sport and recreational infrastructures are essential facilities and services, that enhance social productivity on which the community depends in order to achieve socially sustainable human settlements that ensures social growth in the community.

For the purpose of this research study, sport and recreational infrastructures will be viewed as those structures/facilities that improve or increase social cohesion and physicality and promote interaction amongst people of different socio-cultural backgrounds in the community of Extension 7. The sport and recreational facilities that could be provided in the community of Extension 7 could consist of an active/passive recreational community park with an outside gym facility and a multi-purpose sport facility that combines different sports such as, swimming, soccer, netball, hockey and basketball.

### **1.8.3 Sustainable human settlements**

According to the UN-Habitat (2012), sustainable human settlements are viewed as those towns and communities that support the state of sustainability, adopt and ensure replication of institutional management of the pillars of sustainable development. In addition, drawing from the Breaking New Ground (BNG) (2004) sustainable human settlements refers to well managed entities in which economic growth and social development are in balance with the environment (natural system) on which they depend for their existence, as well as the cultural and institutional aspects. The results are viewed as sustainable development, wealth creation, poverty alleviation and social equity.

The social pillar, according to du Plessis (2002) and UN-Habitat (2012), is concerned with enabling the development of fair and just communities that foster positive human development and provide people with opportunities for self-actualisation and an acceptable quality of life ensuring that communities are inclusive and integrated. For example, this can be by the provision of or proximity to a hospital, places for religious worship, schools, shops and sport and recreational facilities.

du Plessis (2002), stipulates that the way to distinguish between settlements that are sustainable and those that are not is dependent on the following patterns; firstly, location patterns – how the settlement sits with the topography, proximity to town and other parts of the city. Secondly, utilisation patterns – the utilisation of resources which are described by infrastructures and services provision; thirdly, social patterns – the manner in which people live, learn, work, and relate to their settlement and how the environment relates to peoples' lives. Finally, operational patterns – how the settlement functions and is managed to ensure sustainability and replication (du Plessis, 2002).

In the context of this study, Extension 7 represents a human settlement with no provision of open space like community parks and play lots. A sustainable human settlement as mentioned above is viewed as a community that is sustainable in terms of its location, proximity to services, social, economic and environmental factors, and the manner in which the community functions and sustains itself. Therefore, the provision of sport and recreational facilities would promote the achievement of a socially sustainable human settlement in Extension 7.

## **1.9 Research Methodology**

This study adopted a qualitative research approach; it allowed the researcher to gather in depth data through: an open ended questionnaire, observation, face-to-face interviews and focused group discussions, from the purposive and quota sampling methods for primary data. Secondary data sources were used to acquire accurate and tested data to provide a broader understanding and to ascertain the importance of the provision sport and recreational facilities. Family Health International (FHI) (*n.d.*), states that qualitative

research is research that seeks to understand the study research problem, hypothesis and topic through the lens of the local community it involves. According to Hancock et al. (2009), qualitative research is concerned with developing/assessing explanations of social phenomena. The main focus of qualitative research is to assist in the understanding of the social environment in which people live, the manner in which they behave and their attitude formation (Higginbottom, 2004). It also allows for the people to elaborate on their own views and experiences. Therefore by using qualitative research, the researcher was able to best identify which sport and recreational facilities could bring positive change to people's lives.

Drawing from Hancock (2009) and FHI (*n.d.*), qualitative research has the potential to assess how people are affected by certain aspects that occur around them and can best explain and make sense of cultural information such as values, opinions, behaviours and social contexts of a particular population. Therefore, it can be viewed as an effective approach in gathering in depth data as it is usually used to assess complex social aspects that cannot be properly assessed with quantitative research. Qualitative research is viewed as being of benefit in identifying intangible factors such as social norms, socio-economic status, gender roles, ethnicity and religion of people in the community.

### **1.9.1 Primary sources of data**

The researcher utilised primary sources of data as it was important for the researcher to experience the specific problems pertaining to sport and recreational infrastructure provision in Extension 7, on a firsthand basis.

#### **1.9.1.1 Sampling Methods**

The study adopted purposive sampling to collect data. According to Coyne (1997), purposive sampling is understood when the researcher is analysing participants who possess particular qualities and traits, in a specific study area. Cresswell and Plano Clark (2011), cited in Palinkas et al. (2013), state that it can be viewed as involving those identified and selected groups or individuals who possess specific knowledge or experience with phenomenon

related to research study. Furthermore, this sampling method required the researcher to consider the objectives of the research when selecting a sample (Coyne, 1997). In addition, variation was seen as the most important guideline as it involved people who represented a wide variety of perspectives specified by their purpose in the study. The purposive sample drawn from the Greater Kokstad Municipality, involved the Co-ordinator of Youth and Sport and the Town Planner. The identified respondents participated through structured but open-ended face-to-face interviews.

Structured but open-ended, one-on-one interviews were conducted with the Co-ordinator of Youth and Sport and the Town Planner. This allowed the interviewees to express their opinions, ideas, and perceptions about the lack of the provision of sport and recreational facilities in the study area.

A study conducted by Walliman (2011), advises the researcher to use interviews because they are a very flexible tool and can be conducted in homes, at work or outdoors. Face-to-face interviews place the researcher in a good position to be able to assess the quality of the responses. For example on a particular question or subject, noticing whether the respondent understands the questions allows for support and encouragement of the respondent to give honest opinions and answers. Gupta & Gupta (2011), state that interviews allow the researcher to have control over the topic and format of the interviews. The interview questions in the study were open ended and used to provide the officials mentioned above with a chance to speak freely about specific structured questions.

#### **1.9.1.1.1 Interview with the Co-ordinator of Youth and Sport**

The information ascertained was firstly an understanding of the importance of sport and recreational facilities/activities; secondly, a description of the sport programmes that are run in the GKM area; thirdly, an elaboration on the comments about the lack of the provision of sport and recreational facilities in Extension 7; fourthly, an explanation of the best way to integrate sport and recreational facilities into Extension 7 and clarification as to whether national, provincial and local alignment of policies and strategies existed; fifthly,

the attempts made by the GKM to consult with the community; and finally, suggestions as to the way forward regarding the provision of sport and recreational facilities in Extension 7.

#### **1.9.1.1.2 Interview with the Town Planner**

The information that was obtained included an understanding of why sport and recreation is important; secondly, the reasons why sport and recreational facilities should be included when designing the layout for new settlements; thirdly, the reason behind the lack of sport and recreational facilities in Extension 7; fourthly, an explanation from a planning perspective how best sport and recreational facilities can be integrated in Extension 7; and whether there were any attempts made by GKM to make the developer aware that space was needed for the provision of sport and recreational facilities. Finally, suggestions on the way forward for the provision of sport and recreational facilities in Extension 7.

#### **1.9.1.1.3 Open ended questionnaires**

According to Walliman (2011), quota sampling can be used in a situation whereby the researcher will use the most obvious available sample, the sample will consist of whoever is available. This quota was set to include people from the same geographical area but different in terms of age, sex, wealth and social status. A total of thirty-two (32) households (i.e. 10%) of the total households in the study area was sampled. The reason for only sampling 10% of the total housing units is that the study area is large and it was going to increase the time and cost of doing research. In addition, the researcher was experiencing issues with the intended timeframe and deadlines. Therefore, ten percent (10%) of the population was considered to be enough as the quota sample was drawn from different parts of the study area, in an attempt to cover different sections to get different peoples perspectives around the issue pertaining to the lack of sport and recreational facilities in the study area.

Open ended questionnaires were used as the main tool for collecting data from the residents (i.e. quota sample) in the study area. According to Walliman (2011), questionnaires are utilised for gathering data about respondents through asking rather than

watching. The open ended questionnaires were distributed and completed by adult residents of Extension 7 and required respondents to unpack their views on the importance of sport and recreational infrastructure. The open ended questions were designed in a simple, interesting and objective manner to achieve the envisaged objectives and prove the hypothesis.

The utilisation of open ended questionnaires had the following advantages: the method is less costly as questionnaires are self-administered by the researcher, there is a level of anonymity and finally, they can provide accurate and variety of information from different households around a specific issue. Walliman (2011), states that questionnaires have the potential to yield a relatively low response rate when mailed and this can be viewed as a disadvantage as there is no guarantee that the questionnaires are received in the mail. For this reason the questionnaires in this study were physically delivered and collected by the researcher from residents of Extension 7.

The information from the adults included: the reasons why they chose to stay in Extension 7 and whether or not they were happy; secondly, an understanding of why sport and recreation was considered important; thirdly, what the adults and children did during their free time from work and school; fourthly, an explanation of the type of sport and recreational facilities preferred for Extension 7 and the type of sport and recreational activities in which adults and children were engaged; fifthly, an elaboration on the reason behind the lack of sport and recreational facilities and whether the GKM had consulted the residents regarding the provision of such facilities; and finally, the amount that adults were willing to pay for access to sport and recreational facilities and what would be done regarding the up keep of such facilities if they were provided in Extension 7.

#### **1.9.1.1.4 Focus group discussions**

According to Powell et al. (1996), focus groups consist of a number of individuals assembled and selected by the researcher to discuss and comment on their individual experiences regarding the research question and objectives. An advantage of using a focus group in a study is that the researcher is able to gather a large amount of data based on the interaction

of participants on the research topic in a limited period of time (Powell et al., 1996). Therefore, focus groups produce data related to attitudes, beliefs, expressions and reactions, which are usually not realised when using interviews, questionnaires and observations. The focus group in this study involved the youth between the ages of 18 and 35. It included the Master Eleven soccer team from Extension 7. This soccer team is actively involved in sport in the region of Kokstad and participates in the local soccer league.

The information from the soccer team included: when the soccer team was established and the reasons why the members are involved in soccer; secondly, information on the training sessions and how players accessed the venue; thirdly, an understanding of why sport and recreation is important as well as what type of sport and recreational facilities were preferred for Extension 7; fourthly, whether the provision of sport and recreational facilities would be of assistance to the team and whether any of the players played at provincial or national levels; fifthly, comments on whether the GKM had consulted the team regarding the need for sport and recreational facilities in the area; finally, the amount that the team was willing to pay for access to sport and recreational facilities and what could be done regarding the up keep of facilities if such were provided in Extension 7

#### **1.9.1.1.5 Observations**

Drawing from the study conducted by Silverman (2006), observation is viewed as a method of acquiring natural first hand data regarding a social process. Furthermore, it also provides the opportunity for the analysis of non-verbal communication. According to Cook (2002), the technique used can include taking a picture to find out more about the experiences of people. This results in the researcher spending additional time, which can, nevertheless, constitute insights that are unlikely and not readily available from data obtained from questionnaires, interviews and focus groups.

For the purpose of this study observations were used to examine what the purposive sample selected did during free time in the study area. For example, with the lack of the provision of sport and recreation facilities in the community, what activities were indulged

in and how were these activities undertaken in the study area. Furthermore, pictures were taken for visual aid from the study area.

### **1.9.2 Secondary sources of data**

Secondary data was derived from relevant literature such as books, dissertations, journals, reports and electronic data, which are listed in the bibliography. International experiences were also analysed and reviewed to get a better understanding of the dynamics around the provision of sport and recreational infrastructure.

Walliman (2011), advises the researcher to review secondary data sources because of the advantage of the potential to acquire accurate and tested data which can provide a broader understanding of sport and recreational provision. It further provides knowledge about theories on possible solutions for problems that developed countries have previously experienced, resulting in a more focused and informed recommendation formation for sport and recreational provision.

## **1.10 Data Analysis**

### **1.10.1 Thematic data analysis**

Research conducted by Walliman (2011) and Braun & Clarke (2006), states that the best way to make sense of collected qualitative data is through thematic analysis which is a system of forming typologies of themes to make sense of the data. Furthermore, identifying, analysing the thematic patterns within data collection will help make sense of the data and form topics around important issues identified during data analysis. This study used thematic analysis, and interpreting the findings of the study.

The hypothesis will be tested by the use of the principles of urban design, legislations and policies in place for sport and recreational provision. This will guide the researcher in order to determine how the study area was planned and what findings were revealed from the study area. This will shed light on the issue of lack of sport and recreational facilities and will assist the researcher with whether or not the hypothesis is true or failed.

### **1.11 Validity, reliability and rigour**

According to Rolfe (2006), validity and reliability of a research study can best be achieved through using different tools/instruments for data collection. This study adopted a triangulation approach, whereby data collection was done by using more than one data collection tool/instrument, such as open ended questionnaires, interviews, focus groups and observations (Chenton, 2004; Rolfe, 2006). In addition, for the purpose of this study the researcher used thematic analysis to interpret and make sense of data collected from open ended questionnaires, interviews and focus groups. It is important to select an appropriate data collection and analysis tools/instruments, in order to collect reliable and valid data to ensure credible findings.

It was crucial that participants participated of their own free will and were not forced and were informed that they were at liberty to withdraw from the research study at any time (Shenton, 2004). Drawing from Creswell (2009), when trust is gained between the respondents and the researcher this will increase the chances of acquiring valid and reliable data that assists the research study. The researcher can encourage the respondent to give more information, and this will in turn assist the researcher to establish relationships with respondents and gain trust.

### **1.12 Limitations of the study**

Some of the limitations of the study are:

- Some residents were not willing to respond to the open ended questionnaire that wasted the researcher's time.
- The researcher faced with delays of ethical clearance and this delayed the process of completing this research study in the time frames set.
- The professional where assistance was required for information to be acquired, were not always available and this has delayed and caused disruption with the proposed work plan.

### **1.13 Counter measures for limitations**

- The researcher administered more than the anticipated open ended questionnaires to the residents with the hopes that the appropriate amount of residents respond.
- The researcher went to the research office in University of KwaZulu-Natal, Westville and queried the issue. Thereafter progress was realised.
- The researcher left room for disappointment however constant phone calls were placed in an attempt to access these professionals.

### **1.14 Structure of the dissertation**

#### **Chapter One: Introduction and Research Methodology**

Chapter one represents the introduction to the research. It examines the research problem and introduces the objectives upon which the study is based. Thereafter, it highlights the main research question, sub questions and hypothesis that was tested through the intended research study. This chapter further elaborates on the key concepts and definitions for the study and highlights the justification of the research study. Furthermore, the research methodology, sampling method, data analysis and the tools used for data collection are discussed.

#### **Chapter Two: Theoretical Framework and Literature Review**

Chapter two presents the theoretical framework that informs the research study. It further provides a review of literature that is related to the provision of sport and recreational facilities in a human settlement. This chapter looks at relative legislations that guide the provision of sport and recreational facilities and discusses the importance/benefits of sport and recreation.

### **Chapter Three: Historical Background of Case Study**

Chapter three reviews the historical background of the study area and gives a geographical location of the site. It further discusses the establishment of the study area and provides the physical characteristics of the site. Furthermore, socio-economic factors are discussed as well as existing and adjacent land uses. It elaborates on how the site is situated in terms of the pillars of sustainable development.

### **Chapter Four: Research Findings, Data Analysis and Interpretation**

Chapter four describes in detail the findings and analysis of the study area. This chapter is the main empirical core of the study; this is where the researcher engages with analysis and interpretation of the data collected. In addition, the validity of the intended hypothesis is tested and then conclusions and recommendations drawn from analysis and interpretation of the findings.

### **Chapter Five: Summary of Findings, Conclusions and Recommendations**

Chapter five includes a summary of all findings, conclusions and recommendations based on the primary and secondary data collected and analysed. It makes reference to the research question, hypothesis and suggests recommendations for the provision of sport and recreational facilities in human settlements and proposes the way forward for further study.

## **Chapter 2: Theoretical Framework and Literature Review**

### **2.1 Introduction**

This chapter describes the theories that have been identified to form the base of this study, which include social development, neighbourhood concept and quality of life approaches. This chapter goes on to review relevant literature on the provision of sport and recreational facilities. The literature includes the background of sport and recreational provision (i.e. the discriminatory policies which were in place during apartheid) moving towards a democratic country.

The chapter goes on to look at the legislative frameworks which have been introduced by the current government in order to enhance the provision of sport and recreational facilities in all communities. Thereafter, access to information by residents is discussed as this is their Constitutional right. Sport and recreational activities have to be strategically proposed, that is why planning for such facilities is crucial and is explored in this chapter. Furthermore, the importance/benefits of sport and recreation, and the socio-economic, cultural and environmental negative impacts of the lack of sport and recreational facilities in any given community are discussed. Both local and international literature is used and for this reason case studies at local and global context are provided in support of the hypothesis of this study.

### **2.2 Theoretical Framework**

#### **2.2.1 Social Development Approach**

This approach was coined by Darwin and was first employed during the late nineteenth century referring to the evolution of civilisation from a traditional (i.e. primitive) state to a modern civilisation. There have been many authors writing about social and child development and they refer to it as societal evolution (Midgley, 2013). Drawing from the White Paper of South Africa (1994), it is said that social development planning forms an integral part of the government's human settlement development approach and is crucial for the creation of sustainable human settlements. The South African government is rooted in democratic traditions that act in the best interests of the citizens (Midgley, 2013).

Hobhouse cited in Midgley (2013), a major theorist interested in the evolution of society argued against Social Darwinism, with his thoughts that the proposals of social reforms are the mechanism that can rectify the circumstances of vulnerable individuals (Midgley, 2013). According to Midgley (2013), theorists such as Marx and Engels advocated the notion that evolution is brought about through natural forces as opposed to Hobhouse's theory. The author agrees with Hobhouse's notion that society is vulnerable and needs social reforms to obtain satisfaction and a certain quality of life. The author disagrees with the notion that society can only evolve through natural forces. This will not be possible in the neoliberal economy, as the poor get excluded from markets and from attaining any level of satisfaction.

The notion of social development is frequently used by scholars, sociologists and psychologists. Sociologists have used the term to describe a process of guided social change that improves society. However, they have definitions that vary in context. Scholars in the field of the built environment link social development to community-based projects (Midgley, 2013). Social development today is closely related to government initiatives, policies and programmes that are associated with sustainable development, such as the well-being and health of the people in need of social development (i.e. welfare developmentalism).

Drawing from Midgley (2013), social development in recent years supports the importance of social investment and the manner in which such investment can, over a period, improve the way communities, families, and people are functioning. This can be beneficial to the economy as well as society as a whole. Aspalter & Singh (2008), take it a step further by stating that social development enables individuals to reach a desirable status of happiness, satisfaction and peaceful lives.

The reason this approach is relevant to this study, is because sport and recreational facilities form an integral part of social development. Furthermore, according to Eade & William (1995), social development advocates for the development of people and the community in order to improve lives and ensure personal growth and increase potential for integration. Social development speaks to the process of ensuring a decrease in discrimination against

people with different cultural traditions and beliefs. Therefore, social development is seen as addressing the issues of resource distribution and the provision of basic needs of the community of Extension 7 (Eade & William, 1995).

Therefore, the principles of social development that were tested with this study were: motivation, change, development/progress and production (relations of production). The first principle that was tested was the notion of motivation. For example, in Extension 7 there is non-provision of sport and recreational spaces. This can cause the community residents to lose motivation to become involved in sport and recreational activities located a long distance from the study area, because of transportation cost and time (Eade & William, 1995). The researcher wanted to test whether or not motivation existed within the community of Extension 7, which accompanied their demands/needs regarding the provision of sport and recreational facilities.

The second principle that was tested through this study was change. Change can be seen as a difference in the community that will benefit them socially. Therefore, the study tested what changes were likely to be experienced if sport and recreational facilities were provided in the community. Change can be seen as the physical appearance of a place and its temperature as well as an increased social system that enhances the mental health processes by the provision of sport and recreation (Schaff, 1960).

The third principle is development, also known as any progress experienced within a community. Development in the context of social development is viewed as any progress made. For example, this could be any development in terms of human organisms regarding biological and psychological development. A shift in terms of economic states for example where people experience changes from a feudalist to capitalist society (e.g. when the household disposable income increases *per se*; a quantitative growth), or any social relations built over the time of staying in a community can be viewed as development (Schaff, 1960). This principle was tested to analyse the extent of development in terms of social development, to create a safe and healthy environment for residents in the study area.

The fourth and final principle is production/relations of production. Production means the manner in which the community residents can organise themselves and pool all resources together to form social relations with each other (Schaff, 1960). This principle was tested through enquiring whether a conducive environment existed in the community, for example were there social relations and understanding (e.g. could the residents stand together) within Extension 7.

### **2.2.2 Neighbourhood Concept**

The Neighbourhood concept is regularly associated with the design of traditional and contemporary residential development (Perry, 1929). Therefore, this approach is relevant to this study as the study is focussed and is occurring at a residential/neighbourhood level. This concept is coined by Clarence A. Perry in the year 1929 and has since become the recurring theme for planners when planning communities. The concept evolved because of environmental degradation and social conditions fostered during the industrial revolution during the early 1900's. Perry defines the neighbourhood unit as a populated area which needs to support an elementary school with ten percent (i.e. 10%) of the site reserved for recreation in the area.

Perry proposed principles of good residential/community design whereby the layout design should not allow through traffic, road designs such as cul-de-sacs should be used to calm traffic, and the population should be efficient as to allow for an elementary school. Perry also mentions that schools should be placed in an adequate walking distance for children and avoid contact with vehicles (Perry, 1929).

There were other authors that extended on the neighbourhood concept such as N.L. Engelhardt Jr. and Clarence Stein. The main focus of these planners including Perry were to focus heavily on developing the neighbourhood around schools, followed by other land uses such as shopping facilities and playgrounds. This was all to be located within 0.4 kilometer to 0.8 kilometer radius. Clarence Stein took it a step further by connecting different neighbourhoods to create a town. Although the Neighbourhood unit has been defined and

redefined throughout the planning trajectory, it still prioritises the representation of the population's basic needs which are educational, recreational and other services facilities (Meenakasi, 2011).

This concept has over the years received many critics. Many authors differ from the neighbourhood concept with the claim that a community will inevitably lead to a grouping of people that different in class. Some mentioned that this concept is too idealistic for real life and at times neighbourhoods are too vast and large to result to neighbourly relations and behaviour (Meenakasi, 2011). Others questioned the use of Perry's concept of a common meeting area as there is a diversity of people found to be in any urban area this was also followed by the fact that many questioned the economic efficiency of the neighbourhood as they believe that would be insufficient as a service district for urban services. Although the neighbourhood concept has come under much criticism it still remained to influence city and town developments across the globe (Brody, 2009).

Drawing from Perry (1929), good planning of a neighbourhood environment is representative of an everyday landscape which can either support or limit the physical, psychological, and social wellbeing of people. Neighbourhoods are seen as physical entities and which when planned correctly can nurture healthier socially interactive communities and people in general (Perry, 1929). Neighbourhoods that are planned correctly are most likely to not suffer with negativities such as crime, illness, social, environmental, physical and political challenges. Therefore, the primary objective of neighbourhood design should be to consider social, economic and environmental concerns (Perry, 1929 & Meenakasi, 2011). The neighbourhood concept was set to lead to building environments which have a strong sense of attachment, belonging, identity, admittance for its residents and support social interaction.

The neighbourhood concept can be further supported by the principles of urban design by Kevin Lynch (i.e. place making principles) and Carmona (2001). The principles of urban design that was tested with this study becomes relevant to this study as it speaks to the manner in which planning should occur and what will create a conducive, legible and permeable environment that will lead to sense of place and belonging.

The principles of urban design at neighbourhood level could be used to improve community public spaces for example streets, parks, and other public spaces. The principles advocate for the interaction between the community residents to promote a healthier, socially and economically viable community (Project for Public Space, 2008). According to Coetzer (2008) and Carmona (2001), the first principle tested is human needs, for example all communities should support legibility, aesthetics, security, low crime, social interaction, urban greening, open space and imageability (Carmona, 2001).

According to Sepe (2013), place making can be defined by using the definition of urban design reported in the UK government planning guide (2000), as the art of making places, whilst placing people at a central point/focus area. The principles also involve the manner in which certain communities/neighbourhoods function and look. Furthermore, it supports the connection between the communities and people, movement patterns and urban form as well as the nature and building fabric of the community.

According to Dewar & Utenbogaardt (1995) and Berhens & Watson (1997), a sense of belonging in a community can only be recognised through using the principles of urban design that would create sense of place. Urban design principles have a strong relation with environmental concerns and satisfaction of the community residents. According to Carmona (2001), the principles of design to create a sustainable human settlement/neighbourhood through testing the second principle of self-sufficiency was tested, this speaks to environmental literacy (i.e. climate, air quality and stewardship for integrated planning), local autonomy, consultation and participation of the community. According to Berhens & Watson (1997), place making attempts to establish uniqueness based on the community, with a balance between a natural environmental system and human needs.

Drawing from Carmona (2001), supported by Lynch, distinctiveness is the third principle that was tested in order to ensure that communities are planned and designed with cognisance of heritage, creative relationship, sense of place and regional identity. The researcher agrees that it is essential that a community must be an area where expressions of a unique nature are created through people's natural and cultural identity as well as their values. Sense of place is important because it makes people proud of their environment; it could spark

potential to increase a sense of community and ownership of sport and recreational facilities in the study area. This approach also highlights the notion and manner in which people utilise place making to satisfy their needs. In the study area the provision of sport and recreational facilities is a need in order to enjoy quality of life.

The first quality is that the layout should have human scale; secondly, there must be adequate and equal access to social activities such as sport and recreation and its proximity has to be considered; thirdly, a human settlement environment must maximise the movement, activities and opportunities in order for people to enjoy quality of life (Berhens & Watson, 1997). Drawing from Carmona (2001), the fourth principle that was tested with this study is diversity and choice, in other words there should be variety of different land uses/developments and services that will be integrated with each other and permeability is important because it will allow for tourists to navigate through the settlement.

In the context of this study, urban design principles are relevant for assessing and informing the quality of the living environment in the study area. It further provided a direction to move towards ensuring a unique character, sense of place and sense of community in the settlement. This could assist the study in achieving the best practices and recommendations for the provision of sport and recreational facilities in the study area.

A range of community facilities especially sport and recreational facilities such as parks, play lots and outside gyms must be proposed within an adequate walking distance for people who live and work in the community, so as to promote walkability and minimise the carbon waste from increased transportation. Therefore, the fifth principle that was tested which is resource efficiency; this principle explains the manner to plan the residential area to have minimal environmental harm, travel time/distance and to support walkability (Carmona, 2001). The researcher agrees that in order for a place to promote sustainability and to be successful there needs to be adequate social and community facilities provided, this would assist and allow for the interaction of residents on a daily basis; support residents' well-being and establish a sense of local identity and community (Wyndham College, *n.d.*).

In most cases the community sport and recreational facilities are separately provided by a different developer. Therefore, the sport and recreational facilities to be provided must be well integrated with the existing municipal town planning scheme (Wyndham College, *n.d.*). The researcher stands strongly against the fact that the municipality has to play a crucial role in ensuring that layouts are not approved if allocation of land for sport and recreational facilities are not reserved. The sport and recreational facilities to be provided must represent the community, for example, the type of sport and recreational facilities that would satisfy the need of the community.

### **2.2.3 Quality of life Approach**

During the year 1962, Abraham Maslow, an American psychologist identified the theory of quality of life based on development that would eventually lead to happiness, health and well-being, resulting in personal growth and development (Ventegodt, 2003). The research supports this theory and believes that it could be applied to Extension 7 as it is important for development (i.e. sport and recreational facilities) to lead to happiness, health and well-being, personal growth. Therefore, it is important to perform a needs analysis on the study area to assist in identifying and aligning the community's needs with the above mentioned characteristics of the quality of life as advocated by Maslow (Ventegodt, 2003).

According to Massam (2002), the quality of people's lives is determined by the availability of social and economic services within a community. In South Africa with a history of segregational policies, the reality is that a person's culture and income determines the amount of opportunities available to him/her. A person's memories and history can be important in determining an individual's opinions with regard to the quality of life (Massam, 2002).

Following Aristotle's approach to the quality of life, cited in Ogunsanya (2009) stipulates that a particular thing, object or human being attains a good quality of life when the provision of sport and recreational facilities satisfies the basic function or purpose in the lives of people in the community. The basic function of the provision of sport and recreational facilities in the context of the study would be to provide the community of

Extension 7 with opportunities to improve people's lives, knowledge, abilities and skills. Furthermore, this would mitigate the ills of the past and promote sustainable human settlements.

This theoretical approach is relevant to this study in assessing which type of sport and recreational facilities would satisfy the community's need to eventually result in happiness, health, wellbeing and overall quality of life for the residents of the community of Extension 7. Therefore, the principles of quality of life that were tested in this study involved: social improvements, satisfaction (i.e. feeling happy), and environmental improvements. The first principle of quality of life that was tested with this research study was social improvements. The principle was tested to determine whether the study area had exhausted the opportunities to provide such in the community of Extension 7. Social improvements to an area are crucial and they have to be in place to provide the residents with a feeling of fun and enjoyment, security and sense of belonging (Mostafa, 2012).

The second principle that was tested was satisfaction and feeling happy. This was ascertained from residents of the community of Extension 7, regarding satisfaction level of social services within the study area. In order for residents to enjoy a good quality of life there needs to be adequate provision of social services (Mostafa, 2012).

The third and final principle that was tested was environmental improvements. In order to enjoy quality of life the environmental concerns have to be addressed. In addition, there needs to be an attempt to build ecosystems that were destroyed with the implementation of the housing project (Mostafa, 2012). To this end the climate and temperature of an area can be sustained through planting vegetation such as grass and trees, which would help reduce dust pollution. In the study area the roads are of a gravel nature which are always dusty and for children with asthma this can be very unhealthy and not environmentally sustainable.

### **2.3 Background of sport and recreation in South Africa**

The apartheid policies were exclusionary in nature and affected the ability of non-White races to participate in sport. These legislations can be outlined as follows: the first act is the Population Registration Act No. 30 of 1950, which classified every South African according to his/her racial group. This act controlled where people had to live and what type of work they could do. This act had a worse effect on people whose identity was not clear. For example if a mother was black and father was white the child would be classified as Coloured and would be forced to live in another place away from parents in order to keep racial purity (Apartheid Museum, 2008). Secondly, the Group Areas Act No. 41 of 1950, separated people based on their race and removed non-White people from so called white areas (Apartheid Museum, 2008). The third act is the Reservation of Separate Amenities Act No. 49 of 1953 and this stated that non-White people were to use separate public services such as parks, beaches, post offices, entrances of places, buses and public toilets (Apartheid Museum, 2008). Finally, the Bantu Education Act No. 47 of 1953, the intention of which was to provide mass education to Black communities with the focus of minimizing criminals in the streets and people were only educated for unskilled jobs (Apartheid Museum, 2008). These were the legislations that governed the daily conditions in which sport was played and acted as a barrier for non-White races from entering and competing alongside Whites or even reaching a national level in sport in South Africa (Apartheid Museum, 2008; Nixon, 1992).

In order to understand how sport functioned during the apartheid period one has to understand the legislation that prevented people from access to sports teams. Soccer was predominantly played by the Blacks and while rugby, Olympics (i.e. athletics) and cricket was preserved for Whites (Lavery, 2010). This resulted in boycotts of the sport events that happened outside and inside South Africa. During the mid-1950s the first attempt was made by a journalist of Drum magazine who mentioned this issue and gave it public exposure. The journalist reported on why non-Whites were not allowed to be in the South African sports teams. Shortly after that a statement was made by Trevor Huddleston that White only South African teams might just find themselves isolated from sporting events. This gave rise

to a nonracial sports organisation that started campaigning against all South African selected national team (Nixon, 1992).

The first major event that occurred in South Africa and which caused a stir in international sporting circles was the Sharpsville massacres, which resulted in an international outcry against the apartheid sport teams at the Olympic Games in 1960. All the outcries to international support along with the militancy of the liberation movement resulted in the formation of the South African Non-Racial Olympic Committee (SANROC) in 1962. The SANROC targeted international sport as a locus for activism (Nixon, 1992).

SANROC leaders were prosecuted and sent to jail in exile, because the apartheid government had said that politics had to be kept separate from sport. South Africa was expelled from the 1964 Olympic Games and this was a victory for SANROC which found itself in a better position to lobby international sporting federations which were a part of the anti-apartheid mass action (Nixon, 1992).

SANROC was re-established during 1966, and the boycott movements experienced another positive change as there was an inauguration of the Supreme Council for Sport in Africa. A sports ban had been imposed and Africa, Asia and the Caribbean nations were asked not to extend an invitation and refuse to play against apartheid teams during the 1968 Olympics. This jeopardised the Commonwealth games and rugby tours to South Africa as there were mass boycotts. An agreement was signed by the Commonwealth governments, to have no contact with South African rugby, Olympics and cricket during 1977 (Nixon, 1992).

Before matches would start boycotters would throw buckets, glass, tacks and hooks onto the rugby fields. The Springbok rugby hotels were infiltrated, loud and irritating noises were made so that the team had sleepless nights. Cricket grounds were infiltrated by the boycotters during the night before a game; they would dig up the cricket pitch, strip grass and saturate the pitch with oil (Nixon, 1992). Furthermore, the boycotters would fire off smoke and paint bombs in the stadium. They would also flash mirrors into the players' eyes. There were whistles blown all over the stadium to distract the South African teams. This

created a negative environment for the rugby team and resulted in the Springboks being an economic and symbolic liability (Nixon, 1992).

The African National Congress (ANC) created a sports memorandum in the year 1991, which was where sports organisations had ensure unification, promote non-racial sport and implement township sport development programmes in order to gain international recognition. The memorandum was a success as South Africa partook in the 1992 Cricket world cup as well as the Barcelona Olympics. The country of South Africa was given the go ahead to host the next Rugby World Cup. Olympics, rugby and cricket were the only sports that had any significant effect during those years (Nixon, 1992).

During the transitional period from apartheid system to democratization in South Africa, the ANC had to revoke the boycotts. As de Klerk was attending to politics during this period, the ANC was ideally situated to take the lead in sport development. The ANC was effective in getting international participants and liberation movements on board as they had to begin restructuring sport in South Africa from a grassroots level (Nixon, 1992). During the 1990s there were challenges facing sports, education and housing provision for people who did not benefit before so policies had to be created and constructed. Therefore, the National and Olympic Sports Congress (NOSC) was launched in June 1990 to respond to the challenges and needs of the people. The brief NOSC was given required it to unite Black people in sports and also have the White sporting establishments enforce non racialism and be prepared to implement at local level (Nixon, 1992).

NOSC, South Africa's largest politically driven sport organization, came up with a course of action whereby some Black sportsmen and women had to be integrated within the existing white structures. This shaped the way sport was viewed and the ANC government along with NOCS had to establish a policy that could redress the imbalances in sport (Nixon, 1992). This was proposed in an attempt to unify the sport structures in South Africa. With the 1994 South Africa's first democratic elections, a new page was turned regarding sport and recreation as policies and legislations impacted all sections of society (NSRP, 2012). During 1994 the ANC government had to address the legacy of apartheid, this was done by the introduction of the Reconstruction and Development Programme (RDP), a better life for all.

It included measures to help those who were oppressed under apartheid and for whom poverty and limited life chances were still a daily reality (NSRP, 2012). The RDP addressed sport and recreation by referring to ensuring the provision of sport and recreational facilities in schools and at community levels especially where there was a high concentration of unemployment (Desai, 2010).

According to NSRP (2012), the following organisations have continuously fought against discriminatory sport policies, in order to have everyone on an equal level and have equity in resource distribution and access to municipal services:

- South African Council on Sport (SACOS)
- South African Non-Racial Olympic Committee (SANROC)
- National Olympic Committee of South Africa (NOCSA)
- National Sports Council (NSC)
- National and Olympic Sports Congress (NOSC)

During the year 1996 Mr S.V. Tshwete released the first White Paper on Sport and Recreation. This was the starting point for the official policy development on sport and recreation in South Africa. Furthermore, in the year 2000 the White Paper was reviewed and updated with the recent developments and changes in the sport and recreation sector. South Africa's performance at the Sydney 2000 Olympic Games was below moderate and resulted in the Minister of Sport and Recreation, Mr. B.M.N. Balfour appointing a Ministerial Task Team (MTT). The MTT was tasked with the role of providing holistic recommendations for sport systems in all sectors of South Africa at the end of year 2000 (White Paper on Sport and Recreation, 2011).

The MTT narrowed the responsibilities of sport and recreational issues to two distinct bodies. During 2003 the Department of Sport and Recreation South Africa was established, followed by the repeal of the South African Sport Commission Act in 2004 that led to the evolution of the South African Sport Confederation and Olympic Committee (SASCOC) (White Paper on Sport and Recreation, 2011). The White Paper was updated and finalised in 2011; this was the ground of governments very first Plan for Sport and Recreation. The main

purpose was to guide the sporting system and promote developmental growth and the equitable delivery of sport to all, to ensure that South Africa was an active and winning nation (White Paper on Sport and Recreation, 2011).

## **2.4 Legislative Framework Relative in Sport**

### **2.4.1 The Constitution of the Republic of South Africa, Act 108 of 1996**

The constitution of South Africa is relevant to this research study because it forms the basis of equality for everyone living in a democratic country to have access to sport and recreational facilities. Section 24 of the South African Constitution stipulates that all people have the right to live in an environment or community that is not harmful to their health and well-being (The Constitution, 1996). Hence, the constitutional obligations are to advocate and strive for the creation of human settlements that cater for the people, placing people at the centre of all decisions made. The section also goes on to stipulate that the development in the environment has to be ecologically sustainable and utilise the natural resources for the promotion of economic and social development (The Constitution, 1996). Drawing from the Constitution of the Republic of South Africa, Act 108 of 1996, under chapter 7 sub-section 151 the National and Provincial initiatives are minimal. Therefore, the local municipality has to function/govern on its own initiatives with minimal intervention from National and Provincial government. Furthermore the Constitution of South Africa states that the local municipality has to acknowledge the objectives which involve:

- Providing democratic and accountable government for local communities;
- Ensuring the provision of services to communities in a sustainable manner;
- Promoting social and economic development;
- Promoting safe and healthy environments; and
- Encouraging the involvement of communities and community organisations in the matters of local government. (Sport and Recreation: Norm and Standards, 2010)

Drawing from the Constitution it is clear that the local government has certain objectives to achieve for the creation of a better quality of life for all communities. In the context of this

research study the community of Extension 7 can be viewed as unsatisfactory in terms of local municipality sport and recreational facilities services. Therefore, it can be concluded that the local municipality integrated development strategy is not aligned with the Constitution of South Africa.

#### **2.4.2 White Paper on Sport and Recreation (Policy) of 2011**

The White Paper is relevant to this research study because it is a document that was formulated with the intention to bind the South African government to the responsibility of all sport and recreation issues. Therefore, the purpose of the White Paper is to clarify government directions and vision regarding all sport and recreational matters. The document further elaborates that the impact of sport has to be realised through investment of the envisaged outcomes and strategic objectives (White Paper on Sport and Recreation, 2011).

The White Paper on Sport and Recreation (2011), stipulates the role and responsibilities that must be played by the local municipality, in ensuring that policy development occurs at a grassroots level, enforcing local policies and keeping in line with the provincial and national policies for the enhancement of sport and recreation in South Africa. Furthermore, funding is to be provided to principle agencies involved in sport and recreation such as individual communities and clubs. Lastly, the municipality has to build, perform the up-keep and manage the sport and recreational infrastructure in its jurisdiction or district (White Paper on Sport and Recreation, 2011).

All three spheres of government must ensure that sports development networks are effectively and efficiently operational at a community level. Therefore, it remains the responsibility of the local authority to ensure that opportunities are provided for more people to participate in sport and recreational activities within the community of Extension 7 (White Paper on Sport and Recreation, 2011).

The White Paper on Sport and Recreation has a specific set of objectives for sport and recreation. This is to improve the health and well-being of all communities by encouraging opportunities for mass participation in sport and active recreation (White Paper on Sport and Recreation, 2011). The White Paper on Sport and Recreation set a specific strategic objective, with the intention of restructuring the grounds for sport and recreation in South Africa. Most local municipalities fail to align with this objective. In the case of Extension 7, the community lacks the provision of sport and recreation resulting in minimal to non-participation in sport and recreational activities within the community (White Paper on Sport and Recreation, 2011).

#### **2.4.3 National Sport and Recreation Act, 1998 (Act No.110 of 1998 as amended) or National Sport and Recreation Amendment Act (NSRA) 2007, (Act No.18 of 2007).**

This Act is relevant to this research study, because it speaks to the responsibilities that all local governments have; to provide a measure for rectifying the imbalances of sport and recreational activities in all sectors of society. According to the National Sport and Recreation Act, the main purpose that has to be fulfilled by all spheres of government is stated as follows: to provide for the promotion and development of sport and recreational programmes and to co-ordinate a relationship between Sport and Recreation South Africa and the Sport Confederation, national federation and other agencies. Furthermore, to provide a dispute resolution mechanism in sectors of sport and recreation as well as empowering the Minister to create regulations for any issues related to sport and recreation on all spheres (Government Gazette, 2007).

The study area has a lack of sport and recreational facilities in the community of Extension 7. This Act confirms that the National and Provincial as well the Local spheres of government have to do everything within their institutional capacity to rectify the imbalances of the past through an integrated development planning process. However, this has been a major challenge for local government as they are faced with funding problems, institutional capacity and the know-how.

#### **2.4.4 The Municipal Systems Act (32 of 2000)**

The Municipal Systems Act is relevant to this research study, because it was formulated with the intention to have all local governments establish an Integrated Development Plan (IDP) that will act as a strategy to ensure development (e.g. sport and recreational facilities) in all communities. The Municipal Systems Act 32 of 2000 was formulated along with the Municipal Demarcation Act, Municipal Structures Act as well as the Municipal Finance Management Act, with the main aim being to encourage and empower the municipalities to work towards fulfilling the Constitutional objectives (Sport and Recreation: Norms and Standards, 2010).

This Act binds the local municipality council and states that citizens have to be respected in a way that they can exercise their powers. The municipal council is tasked with the following duties: to ensure that all communities are provided with services that reflect distributive justice. In addition, there has to be equality in terms of fiscal resources and ecological factors have to be considered for sustainable human settlements (Government Gazette, 2000).

The Act further alludes to the fact that community members have rights and duties to fulfil. These rights involve the use, enjoyment and access to municipal services such as sport and recreational facilities as in the case of this research study area. Furthermore, it explains that community members have the right to access municipal services. This is directly related to the duty to pay for services provided in the community. In addition, community members must respect other people's duties with regard to municipal services. Moreover, this Act elaborates on the duties that have to be fulfilled by the municipal administration, which is to be responsive to the needs of the community, for example Extension 7 (Government Gazette, 2000).

##### **2.4.4.1 The importance of community involvement.**

The relevance of community involvement in this study is to assist in identifying the type of sport and recreational facilities that would be preferred by the community residents.

Therefore, it is important to involve the community residents in the initial stage as they are the ones who live in the study area. The residents know what would be best for them as they would be responsible for the management of these facilities, bound by the National Sport and Recreational Act Amendment of 2007 (Government Gazette, 2000).

Community involvement forms an integral part of decision making regarding the provision of sport and recreational facilities. The Municipal Systems Act stipulates that the local municipality has to create a conducive environment as well as encourage community involvement in projects. In addition, the local municipality must embark on the appropriate steps to empower the community to become involved in matters that will eventually affect them (Government Gazette, 2000). Therefore, having the community involved is important in order to achieve end user satisfaction.

#### **2.4.4.2 Municipal sport and recreational services.**

All local municipalities have to provide communities with basic services which include those necessary for an acceptable and adequate quality of life. In the case of Extension 7 there is non-provision of sport and recreational facilities which could result in a negative effect on the enjoyment and quality of life experience in the community. In addition this could hamper residents' health and physical well-being (Government Gazette, 2000). According to the Municipal Systems Act, a local municipality has to provide sport and recreational services effectively and efficiently and in a way that promotes sustainability and replicability of projects. Furthermore, the municipality has to ensure distributive justice regarding the use of available resources (Government Gazette, 2000).

#### **2.4.4.3 Integrated development planning for sport and recreation**

The integrated development planning process is an inclusive, co-ordinated and strategic process that is used by the local government, to identify the local community needs and to transform these needs into reality through the development of the IDP (Government Gazette, 2000). Each municipality has to adopt an IDP that has a five year trajectory and the plan is reviewed annually to combat any uncertainties. It is the principle basis on which the

municipality's budget is based. This plan binds the local municipality in line with the Constitution of South Africa. This document acts as a reference point for municipalities regarding planning and development within the jurisdiction of the municipality (Sport and Recreation: Norms and Standards, 2010).

Drawing from the Sport and Recreation: Norms and Standards (2010), the example shows that in the event that the municipality wants to encourage an active lifestyle, they have to budget for any new developmental projects. The municipality can provide local sport and recreational facilities that will in turn reduce transportation costs to access the facilities. The municipality can also allocate more finances into campaigns that will make the community aware of the benefits of leading an active and healthy life (Sport and Recreation: Norms and Standards, 2010).

#### **2.4.5 Breaking New Ground (BNG) Policy**

The BNG policy is relevant to this research study, because its main aim is to create integrated human settlements. Therefore, it is relevant as this study focuses on the provision of sport and recreational infrastructure, which is a necessity for achieving sustainable human settlements. The government is moving away from just purely providing housing as this is unsustainable when implemented in a vacuum. The provision of housing needs the pillars of sustainability to be applied and enforced to promote sustainable human settlements. Section 3.6 of the comprehensive plan for sustainable human settlements stipulates that developing social and economic infrastructure is important for sustainable human settlements. The local municipality is bound to satisfy the identified need for sport and recreational facilities in the community of Extension 7, by conducting a community profile as well as a facilities audit to ensure that facilities are appropriately planned and provided as per community (BNG, 2004).

The policy further elaborates that a funding mechanism will be in place to assist the local municipalities, as they are tasked with the role of the implementation agent. After a three year period of assistance with implementation, all facilities will be the responsibility of the

municipality and the Provincial Housing Department will be responsible for the up-keeping and operational costs (BNG, 2004).

In the context of this study the element of developing sport and recreational infrastructure stated in the BNG policy is not reflected on the ground. Extension 7 was planned without the inclusion of sport and recreational facilities. South Africa designed policies and Acts to rectify the imbalances of the past in terms of equal access to sport and recreational facilities for all communities, but these efforts are not reflected in Extension 7.

Integration means focusing on community needs rather than on the mandate of a particular agency or organisation. In addition, it is seen as those services that are delivered in accordance with the community needs based on information gathered on the surrounding and adjacent developments. According to the Ministry of Children and Youth Services (MCYS) (2011), integration comprises the consolidation of resources, the location of amenities and facilities in such a way that they will be in sync so that functionality is at the core of the community of Extension 7 (MCYS, 2011).

Integration is a factor that is vital for the functionality of a place that will eventually sustain itself. In addition, integration is viewed as playing a crucial role in achieving sustainable human settlements (e.g. a place considering the economic, social, environmental and institutional aspects of sustainability) as advocated by BNG. The core function of BNG is to promote and improve the implementation of an integrated human settlement (BNG, 2004).

The BNG's intention is to create geographical spatial integration of all communities, which is accompanied by the necessary services and amounts to an adequate quality of life. According to Thompson-Smeddle & Roux (2009), this can be realised through proposing a greater use of mix use land, offer a range of amenities and have socially mixed facilities. Integration also speaks to how well the provision of sport and recreational facilities are in sync with the environment. How well is the natural resource used on which the community depends, in relation to the natural environment to preserve ecosystem (BNG, 2004).

## **2.5 Access to information by residents**

Informing the residents about their right and access to municipal sport and recreational services, will increase their awareness and bring about opportunities that can lead to increased prominence of sports and recreation facilities in the community (David Lock Associates, 2015). Drawing from Sibeko (2007), the notion that an awareness of sport and recreation has the potential to spark residents' understanding, that can lead to higher interest and participation in sport and recreational activities within the community of Extension 7 (Sibeko, 2007).

In the event where the community is not aware that they are entitled to sport and recreational facilities, awareness about the provision of facilities can increase the involvement of the people of the community through decision making. However, participation in the decision making process deems crucial for successful implementation of sport and recreational facilities in Extension 7. In addition, according to planning principles these facilities have to be located centrally to minimise the distance travelled to facilities. This is a manner of applying the feet first concept that advocates walkability (Sibeko, 2007). In the case where sport and recreational facilities are placed far away in an inaccessible location minimal to non-participation in the sport and recreation can result (Sibeko, 2007). Therefore, the provision of sport and recreational facilities has to be strategically planned by a strategic planner to ensure access to people of all abilities.

## **2.6 Planning for sport and recreational facilities**

The planning of sport and recreational facilities is considered important, because these facilities are proposed strategically taking into account the planning standards (Sunjara, 2008). The provision of sport and recreational facilities is crucial and must be situated in a manner that reflects equitable distribution and will allow for increased accessibility to the facilities within the community.

The location planning standards, threshold norms, travel distance and size of site are the elements that strategic forward planning use to reserve or allocate land for sport and

recreational facilities, this also goes with the budget plans within the planning area. This is important as it will help towards the future growth and development of a particular area, therefore sustainable human settlements cannot be realised or achieved if social facilities are not planned for and included in layouts for new settlements (CSIR, 2000 & CSIR 2012).

Greater Kokstad Municipality population size is 65981 and this falls within the catchment size of 25000-60000 people. For an area such as Extension 7 which forms part of the 65981 people, the total households in Extension 7 are 332 and this can be estimated to a population of 1494 people (i.e.  $332 \times 4.5$  persons per household). However, the total household number is increasing as new units are being built on existing land. According to the planning standards enshrined in the red book, the general provision of sport and recreational facilities at community level is 0.56 ha per 1000 people land allocation for a total population of 60000 people in a small town. There hierarchy of provision is at the scale and level of neighbourhood. The walking distance to access such facilities will be plus minus 300 meters for open spaces and between one to three kilometres for neighbourhood park or sports facilities (CSIR, 2000 & CSIR 2012). The researcher supports the planning standards because the community of Extension 7 have a total estimated population of 1494 people and should have been provided with open spaces as well as park and playgrounds, this would have provided opportunities for sport and recreational activity within the area.

A research study conducted in South East Queensland, Australia indicates that there is a strong correlation between planning for social infrastructure and sustainability (Teriman et al., 2010). For the purpose of this study the focus will be on sport and recreational infrastructure for the creation of sustainable human settlements. The study found that sites for sport and recreational activity need to be strategically proposed by planners, municipality along with the local community's input/buy in. Therefore, planning for sustainable human settlements is a process that integrates social concerns, economic development and environmental sustainability; jointly these factors result in a settlement where economic growth and social development is eminent (Teriman et al., 2010). This study confirms the link between residential layout planning and building healthy settlements.

According to Gold (1980) and Singh (1990) cited in Mohlamonyane (2005), the principles for monitoring the quality of the planning process to the satisfaction of the community, should include the following principles:

- The accessibility of facilities should cater for people with disabilities, age and cultural backgrounds.
- Integration with the local plans.
- Community involvement throughout the planning process.
- Stands for sport and recreational uses need to be proposed before development occurs.
- Facilities provided have to promote health, personal well-being, satisfaction, convenience and reflect the needs and concerns of the community.

The involvement of the community (community participation) is considered a vital requirement for successful planning of the provision of sport and recreational facilities in the study area. When the community is involved in planning and decision making, it creates an effective desire for a quality of life for all in the community. The Municipal Systems Act of 2000 is a reference point for confirming that the local municipality has to create an environment conducive to community participation through integrated development planning (Government Gazette, 2000).

## **2.7 The importance and benefits of sport and recreation**

This section will elaborate on the importance of sport and recreation for human settlements. The notion of everyday physical activity is viewed as having a positive contribution towards physical and psychological health and personal well-being of the residents in the community. According to Ware & Meredith (2013), sport and recreation is important because it formulates an integral part of culture, society and the community. Therefore, it creates a platform for therapeutic treatment of physical and mental issues that can build social cohesion and inclusion of all cultures in the community of Extension 7 (Ruhanen & Whitford, 2011).

According to Elson (2005), sport and recreation helps to underpin the quality of life for people in the community. Elson further clarifies that it is important for new developments to include adequate provision of sport and recreational facilities (Elson, 2005). Therefore, a sub-divisional layout plan has to be proposed/include strategically the stands for sport and recreation facilities.

In the context of this study, sport and recreation is important in providing the community of Extension 7 with the opportunities of being more active. Sport and recreation can be seen as a mechanism for improving learning and education improvement, counter boredom and job-readiness. Furthermore, sport and recreational activities reduce antisocial behaviour, improve health and physical wellbeing and provide opportunities for more positive type of risk taking in the community of Extension 7 (Nichols, 2007). According to many authors, the importance of sport and recreation is directly linked to the following benefits of sport and recreational activities discussed below.

### **2.7.1 Learning and educational improvements through sport and recreation**

The provision of sport and recreational infrastructure can be used as a strategy to re-engage the disengaged scholars in the community of Extension 7 to feel eager about class attendance. According to the United Nations International Children's Emergency Fund (UNICEF) (2004), sport and recreational activities provide the opportunities for scholars to freely express themselves through sport, art, music, movement, storytelling and indoor and outdoor activities (UNICEF, 2004).

Lonsdale et al. (2011) and Rynne & Rossi (2012), state that it can assist in the retention of scholar and academic achievements. Therefore, the provision of sport and recreational facilities in the study area will assist scholars' attitudes by stimulating their self-esteem, self-discipline, self-confidence, cultural identity, pride, cooperation, conflict management, mitigation methods and result in scholars being more socially skilled and less shy (Higgins & Burchill 2005; Light 2010; Lonsdale et al. 2011). Furthermore, leadership skills development, team work and cooperation with fellow scholars results in the creation of ethical and moral

people who accept responsibilities and take accountability for decisions made (Driver, 2008).

### **2.7.2 Using sport and recreation to oppose boredom, crime and anti-social behaviour**

According to House of Representatives Standing Committee on Aboriginal and Torres Strait Islanders Affairs (HoRSCATSIA) (2011) and Rynne & Rossi (2012), the provision of sports and recreation is associated with the advantages of diminishing anti-social behaviour and criminal activities and this could apply to the community of Extension 7. In addition, the potential to counter boredom can influence children to avoid being involved in illegal activities, such as theft and drugs. However, according to Colmar Brunton Social Research (CBSR) (2012) and Rynne & Rossi (2012), in order to fully realise advantages of sport and recreation mentioned above, there has to be an increased level of parental guidance, coaches and the Police. Through the provision of sport and recreational activities crime can be reduced. However, it must be noted that the causes of crime can be complex and multidimensional. Therefore, sport and recreational activities will counter crime by encouraging challenges and adventure, resulting in positive utilisation of free time. Children are most likely affected by the non-provision of sport and recreational facilities in any community (UNICEF, 2004).

### **2.7.3 Sport and recreation improves health and physical wellbeing**

Research has shown that several authors have eluded to the conclusion that participation in sport and recreational activities have the potential to have positive physical health and wellbeing spin offs. It increases life expectancy, self-esteem, dignity, decreases heart diseases, self-harming tendencies and depression (Frazier et al. 2007; Ruhanen & Whitford 2011; Reimers et al. 2012). According to Nichols (2007) and Phipps & Slater (2010), additional benefits of the provision of sport and recreational facilities are that it has the potential to empower and increase a sense of control and resilience and this could be advantageous for any community (Hunter, 2012).

Sallis & Owen (1999) and Henderson (2012), state that there is an undisputed connection between health and physical activity. Research conducted in North America shows a growing concern exists regarding childhood obesity and the rising rate of inactivity among the population in general (Sallis & Owen, 1999; Henderson, 2012). Drawing from the WHO (2011), people who are less physically active have greater potential of contracting chronic diseases such as colon cancer, diabetes and heart diseases (WHO, 2011). Therefore, the provision of sport and recreational facilities within the community of Extension 7 would help to prevent these diseases from occurring, whilst creating a healthier community.

According to Driver (2008), sport and recreation can be considered crucial as it has the potential to increase life expectancy, improve muscle strength and functioning, and has cardiovascular benefits through preventing hypertension and strokes in older people in the community. According to UNICEF (2004), partaking in physical activities such as sport and recreation assists with maintaining healthier bone structure, joints and weight management (obesity). Therefore, sport and recreational activities could be a cost effective method to increase well-being and the physical health of the community of extension 7 by reducing body fat. Being outdoors can be strongly linked with being physically active and has a positive impact on well-being of the people in the community. Drawing from Floyd (2007), people tend to be more physically active on trails, parks and at sport facilities (Floyd, 2007; Driver 2008).

The provision of and participation in sport and recreation in a community can have personal benefits, which include the notion that it can potentially improve the holistic sense of wellness, reduce stress, depression, anxiety and anger in people of all ages and more importantly the children of the community. As a result of stress and depression reduction, moods and emotions of people within the community of Extension 7, especially children would be positively affected (Driver, 2008).

#### **2.7.4 Sport and recreation creating social benefits**

Drawing from the research conducted by Light (2010), engaging in sport and recreation for example training sessions, tournaments and competitions external to the community can

result in stronger friendship relations amongst scholars and community members. This can lead to a better life and living environment for all in the community. Therefore, the provision of sport and recreational facilities in the community of Extension 7 would promote ethnic, social and cultural integration, social inclusion and avoid exclusion of any person (Cameron & McDougall, 2000; Tonts, 2005; Driver, 2008).

The social benefits that can come with the provision of sport and recreational infrastructure are that different people interact with one another and learn how best to understand each other. According to Henderson (2012) the provision of sport and recreation and outdoor experiences can lead to building social cohesion (i.e. interaction amongst the family, peers, and colleagues) and healthier sustainable human settlements (Henderson, 2012). Cortis et al. (2008), further state that social benefits can be experienced by residents through making new friends and socialising, personal development and having personal time.

Creating friendships is directly related to sport and recreational activities, where people get involved in sports to get to know new people and create new relationships. Many people feel as if it keeps them confident and maintains their motivation to be involved in sport and recreational activities. The opportunity to socialise and to enjoy shared laughter after sport and recreational activities makes some people feel lighter, relaxed and have a sense of happiness (Cortis et al., 2008).

Sport and recreational activities are sometimes used by people as places where they have an opportunity for some personal time. For scholars and many working people, playing sport in a team is different to studying, working and family life. When you are away playing sport activities, this can be considered as an opportunity to have free personal time (Cortis et al., 2008).

According to Cortis et al. (2008), sport and recreational activities can improve and assist in personal development. Many people feel that sport and recreational activities act as a good leveller. This means that it is not purely just playing the sport one enjoys, but rather developing group skills, and determining how best to keep your ego under control (Cortis et

al., 2008). Therefore, it tests a person's behaviours while playing along with other team members as well as teaching one to be a good loser rather than winner.

Sport and recreational activities have the potential to improve the confidence of community residents and assist with growth; through learning from watching others play, different skills and techniques can be developed which can help one grow as a person (Cortis et al., 2008). The social benefits discussed above are supported by the following international case study about the A Ganar (Vencer Programme). This is a programme that brings positive changes to people's lives through sport.

#### **2.7.4.1 A Ganar (Vencer Programme) (international case study)**

The A Ganar (Vencer programme) can be viewed as a workforce (i.e. employment) development programme through the use of sports for the development of the youth in Brazil. This programme uses soccer and other team sports to get the youth between the ages of 16-24 to acquire formal employment opportunities, learn entrepreneurial skills and to try to get some of the youth to re-enter the school system. The focus of the A Ganar is to assist with combatting the high levels of unemployment in poor communities (Partners of America, 2015). This programme is functioning on the funds provided by the United States Agency for International Development (USAID), Inter-American Development Bank (IADB) and Partners of America. The programme is the largest known volunteer-based programme in the western hemisphere which engages in social, economic and cultural development of communities (IADB, 2003; Spaaij, 2010).

The main mission of the A Ganar (Vencer Programme) is to serve, create networks and bring improvements in people's lives. In addition, the programme provides the necessary equipment and training for trainees to better serve the needs in their communities. This programme uses team sports to bring the youth together in an attempt to assist in the youth socialisation process, by which the youth can interact with others and adults they can trust and who can teach them life skills, whilst providing guidance to better address the challenges faced in their daily lives, in order to live a better life in the future (Partners of America, 2015). This programme is vested on the belief that sport and active recreational

activities are effective motivational tools for people who want to become disciplined and develop traits necessary for them to acquire employment (IADB, 2003).

One of the major milestones achieved by the A Ganar is that it has involved more than 14000 youth participants since its establishment in the year 2005. According to Partners of America (2015), the programme has been expanded to three countries and as a result of its success eighteen Latin American and Caribbean countries have also adopted this programme. The success rate of the A Ganar resulted in 69% of the participants actually completing all phases which include seven to nine training sessions. Furthermore, according to Partners of America (2015), more than 75% of the youth actually graduated, found jobs, went back to school or established their own business within a year (Partners of America, 2015). According to Inter-America Development Bank (IADB) (2003), each participant had to undergo 180 hours of practical first hand basic training through internships. Then the identified participants were evaluated by local businesses based on technical and employment attributes. Moreover, many participants of this programme have experienced considerable improvements in terms of their financial situations, as well as developed networks with people external to the community (IADB, 2003).

Drawing from Partners of America (2015), the programme's success has been acknowledged for the best practices in the United States of America. Furthermore, the programme received awards on other international platforms such as Beijing, London, Lima, Mexico City, New York and Washington. The A Ganar's aim is to use sport as a vital factor in developing and establishing credible networks that involve major players in the sport development field. Therefore, the programme has resulted in diverse funding sources which include the Nike Foundation, the Carlos Slim Foundation, Coca Cola, FIFA, Governments, and Giustra Enterprise Partnership (Partners of America, 2015).

#### **2.7.4.1.1 Lessons learnt from the A Ganar case study**

Sport can be used a medium to bridge the gap between the poor and employment. The programmes are to train and discipline people to become more independent and know right from wrong. The programme could be of great use to the youth in Extension 7 as there is a

lack of sport and recreational facilities. In addition, through establishing sport programmes the youth would participate more and could eventually become sport leaders in South Africa and add to the motto of an active nation is a winning nation.

Another lesson that can be drawn from this case study is that with the enthusiasm of youth to engage and be disciplined through sport there can be arrangements made between the programme co-ordinators and local businesses. In addition, sport programmes can create opportunities for the youth to engage in internship programmes. This is where the participants get assessed based on their performance and ethics in the work place. This is a way of creating productive people, communities and societies, which could benefit the local economy as a whole.

When the youth in a community have no access to sport or education and they remain inactive and sit at home, resulting in boredom and develop the intent to pursue illegal activities, which can threaten the success of their future. Through sport the youth can interact with people and eventually connect with families, friends and employers. The trickle-down effect/transformation is possible through sport's programmes, because as one family member benefits it opens room for another family member wanting to benefit too. Programmes like the A Ganar have the potential to transform entire communities from person to person and block to block. The youth themselves will eventually want to experience change and through a programme such as the A Ganar the youth can start believing and work on creating a brighter future for their families and communities.

This can be an opportunity to further expand the sport programme where many major players can support the local talents that are identified through the programme. Therefore, the participants of the programme could receive the support of Nike and FIFA who would further provide opportunities for sport players to get recognised on an international level.

### **2.7.5 Uniting different cultures through sport and recreation**

According to the Joseph and Rowntree foundation (2007), sport and recreation infrastructures are places where people go to display their culture and identities and learn

through awareness about diversity and difference amongst the community members. The younger children and youth have the opportunities to meet new friends just too simply hang out or play. This is important on a community and neighbourhood level to create local attachments, social ties which in turn create a sense of community and also enhance social cohesion (Joseph & Rowntree foundation, 2007).

Drawing from Cortis et al. (2008), sport recreational activities should integrate different cultural groups. Many people feel as if being involved in sport and recreational activities helps to sustain a person's identity. According to Taylor and Toohey (2002) cited in Cortis et al. (2008), sport and recreational activities that occur in the context of a community, family or friendship groups serve to provide a supportive environment for the expression and transmission of sub-cultural identity as well as its core cultural and religious traits (Cortis et al., 2008).

Cortis et al. (2008), further state that sport and recreational activities can offer opportunities where people from other countries can gather and use such activities as a way to experience diversity and gain confidence around other people and other cultures. Therefore, sport and recreation can be considered as very important as people who are not actively participating in sport or recreational activities may become very reserved and introverted. Some people feel that it creates an environment where a person can have a lot of fun, and exchange recipes. In addition, as the people meet new people, their views change and grow (Cortis et al., 2008).

#### **2.7.6 Economic spin-offs of sport and recreation**

According to Driver (2008), the provision of and participation in sport and recreational activities can reduce health costs, increase the potential for steady jobs, create productivity and can minimise the rate of absenteeism in school and work within the community. Therefore, this can be beneficial to Extension 7 in the sense that children in the community will stay disciplined and perform well at school to become entrepreneurs and professionals who will bring about changes in the world to make it a better place for all (Driver, 2008; Dolesh et al., 2006).

According to the Robert Wood Johnson Foundation, the economic impact that sport and recreational facilities have on home prices depends on the distance, size and characteristics of the surrounding and adjacent developments. The closer the open spaces the higher the property prices and vice-versa. Therefore, the provision of sport and recreational facilities could result in attracting investment to the study area (Driver, 2008; Robert Wood Johnson Foundation, 2010).

According to Dolesh et al. (2006), sport and recreation areas can be considered as an economic vehicle that attempts to alleviate poverty and contribute to Gross Domestic Product (GDP) of the communities and South Africa as a country. Sport and recreational activities can improve the quality of life of a community, through the creation of liveable communities that are desirable for businesses and households to invest in (White Paper on Sport and Recreation, 2011; Dolesh et al., 2006). In addition, the real estate agents can receive higher home sale prices, enhanced marketability and faster sales or leases sold rather than conventional sales methods. Furthermore, fiscal benefits for a local municipality include charging higher tax and revenues through the local rates policy (Robert Wood Johnson Foundation, 2010).

According to Casey (2005), investment in sport and recreation infrastructure has economic and social betterments. Therefore, sports and recreational infrastructure is considered a vital requirement for sustainable human settlements and was supposed to be included into sub-divisional residential layout plans for the community of Extension 7 (Casey, 2005; Teriman et al., 2010).

### **2.7.7 Sport and recreational facilities used as an environmental replenisher**

Drawing from Driver (2008), the environmental benefits that can derive from the provision of sport and recreational facilities are: the promotion of conservation, environmental protection as well as preservation of certain sensitive natural areas. Therefore, these outdoor sport and recreational areas can improve the atmospheric quality in the community (Driver, 2008). The presence of trees and grass can be related to greater use of the

outdoors because of cooler environment. Furthermore, in the community of Extension 7 it could result in an increase in social interaction and the possibility of more residents walking and being active, simultaneously increasing security.

Outdoor sport and recreational spaces provide the important green spaces which provide vegetation buffers, which in turn diminish the effect of sprawl. These areas can be seen as water recharger areas and have the potential to result in reduction in temperature in the community. It assists with the carbon uptake through planted trees and other vegetation, therefore these areas are considered as vital to create a healthy community living environment (Dolesh et al., 2006).

By preserving such outdoor spaces for play and enjoyment is important for controlling the climatic condition of an area. This can reduce the effects of global warming, an ever increasing crises that the world as a whole faces every day. As the world becomes more urbanised and increased rural to urban migration is experienced wildlife habitat is being diminished. In addition, the fact that wildlife and people can live together provides educational opportunities about the wildlife species in existence (Dolesh et al., 2006).

### **2.7.8 Sport as a catalyst for nation building**

According to the White Paper on Sport and Recreation (2011), nation building through sport and recreational activities has still to be realised. Sport and recreational facilities are seen as an investment in health, vitality and a productive population. However, drawing from the White Paper on Sport and Recreation (2011), all spheres of government have to contribute towards the realisation of this benefit.

Increasing the access and availability of sport and recreational facilities at community level can result in skills development and possibilities of supporting sports teams to improve their success rate in order to access high profile events. Therefore, this can contribute to nation building creating a platform to market South African sporting talents with the rest of the globe.

In order to fully realise this benefit all spheres of government along with communities have to ensure an increased number of participants in sport and recreational programmes. This includes the young, children, men and women, the elderly and people with disabilities. In addition, other sectors such as rural areas and private human settlements must not be excluded from the provision of sport and recreational facilities.

In the context of this research study the benefit of nation building can only be realised when there is sufficient provision of outdoor and indoor sport and recreational facilities for each community. This will encourage the residents to participate and through participation skills in certain sports can be developed from a young age. It should be noted that nation building has to start at a local level, because this is where residents live, work and play for enjoyment as a community and build social cohesion. Therefore, the Rugby World Cup (RWC) 1995 case study has been provided below to further elaborate on the notion of nation building through sport.

#### **2.7.8.1 Rugby World Cup (RWC) 1995 (local case study)**

The rugby world cup came in the realm of the dominance of Nelson Mandela's legacy and freedom. Rugby was not a first priority sport for Nelson Mandela; however he saw it as an opportunity to build a nation through sport to unite people of different cultures and ethnicities. Rugby was a sport that was predominantly played by the dominant White minorities and excluded the Black majority in South Africa. Wearing the Springbok jersey during that period was viewed as a symbol of privilege and exclusion (Cleary, 2013).

Although the apartheid discriminatory phenomenon existed, Nelson Mandela still took the decision with courage to wear the Springbok jersey. Furthermore, that was not all he did; he put on the Springbok jersey that had a number six on his back similar to the South African captain Francois Pienaar. Nelson Mandela had just done what no other Black South African had done before and he felt at one with not only his people but with the oppressors as well (Cleary, 2013). Although the outcome of the match could not be guaranteed, Nelson Mandela was highly aware of the significance of the tournament. The President took this as

an opportunity to have all different cultures unite with sport and extend hands across the great divide (Cleary, 2013).

When Nelson Mandela took over Presidency in 1994, his main priority was to let the world know that he was prepared to leave the past and live for the future. The President had intentions to assist South Africa to not descend into civil war or confrontation, but rather to foster a country to enter into a phase of reconciliation was at the top of his agenda. According to Cleary (2013), rugby became a means to that end. Take the example of Loftus Versfeld Stadium, which was named as a shrine to Afrikanerdom and was the spiritual home of the tribe. Nelson Mandela had an agenda and wanted to be introduced to the teams before kick-off. This was because he knew that there were predominantly White spectators and he wanted to bridge the gap between Black and White (Cleary, 2013).

This was the first test under his Presidency and as he entered the stadium there were sights of old South African flags being waved around. The entire stadium went into disbelief and all sounds and noises came to a halt. Thereafter the stadium erupted with applause which grew and grew, although there were many who still did not want to get used to the fact that South Africa was in the process of becoming one through sport uniting different races (Cleary, 2013).

Through all Nelson Mandela's actions, he attempted to unite this *One Team One Country* as coined by Edward Griffiths. This created a platform for the Blacks in the South African rugby team, as the wing Chester Williams became the face of the tournament. Thereafter, players had to learn the new anthem Nkosi Sikelele Afrika, as the country of South Africa became a rainbow nation at the Rugby World Cup 1995 (Cleary, 2013).

Drawing from Cleary (2013), another situation that acted as a turning point in RWC 1995 was when a Sowetan newspaper wrote the Springboks name as Amabokoboko. To date the Springboks are known as Amabokoboko, through the effort of Nelson Mandela as he was a man of sensitivity, intellect and toughness. Mandela supported the Springboks to stand behind a country that had a great divide. That was the night that the Blacks and Whites stood alongside one another in support of their country. Nelson Mandela's effort did not fall

on deaf ears but rather in 2005 there were nine Black players in the South African rugby team, with as many as six opening the matches in the starting fifteen (Cleary, 2013).

#### **2.7.8.1.1 Lessons learnt from the RWC case study**

No matter a person's race, cultural or economical background sport can unite all people who are participants. In addition, it is an opportunity for people of different cultural backgrounds and classes to learn how best to understand one another. South Africa is an example that shows diverse cultures, and certain practices and actions can go against a person's culture and beliefs. Therefore, in order to find a mutual understanding sport can reduce confrontation and civil disagreement; that is why sport is an important factor that has to be considered for nation building.

Sport can provide opportunities for the less fortunate to develop skills in young children and the youth, so that they one day can build careers from sport. Furthermore, participating in sport can be an opportunity for children to play from a young age as they become specialised with sports in which they have strengths.

Sport creates a platform for people with different opinions and life circumstances to form a collective understanding in an attempt to move forward in a positive manner. Furthermore, sport can unite a country and act as a catalyst for nation building, for example drawing on the notion that as the rugby, soccer and cricket teams play in tournaments the population can show their support through wearing the specific sports jersey in support of the country (i.e. nation building).

All the benefits mentioned above can only be experienced by a community when sport and recreational facilities are provided along with the full participation and decision making and ownership of facilities in the community. The community's needs have to be identified during the integrated development planning process for the creation of an IDP. The local government will have to work closely with the community in an attempt to successfully satisfy the needs of the community of Extension 7.

## 2.8 Conclusion

After reviewing the social development, neighbourhood concept and quality of life approaches which formed the base for this study. This research attempted to create an image of the importance of sport and recreational infrastructure and its role for social development, the community/neighbourhood and for the residents to attain a quality of life. The background of sport and recreation acts as a base for understanding the situation regarding sport and recreation that the disadvantaged people faced during the apartheid period. In order to move forward it is important to understand the history and background.

The background and history gave birth to the legislations and policies discussed in the literature review for sport and recreation. This resulted to a change as far as sport and recreation is concerned, because prior 1994 not all races had equal access to public services and facilities. The sport and recreation policies and strategies designed by the government emphasises the importance of the residents of the residential setting to have access to information as they have to be involved in the planning process. Therefore, it is important perform proper planning for the provision of sport and recreational facilities. Factors to be considered are threshold, size, walking/travel distance and location. The socio-economic, cultural and environmental issues form and integral part of the importance of the provision of sport and recreational facilities. This study also reviewed international precedents studies in order to shed more light on how to assist the communities and people through sport to acquire a better quality of life.

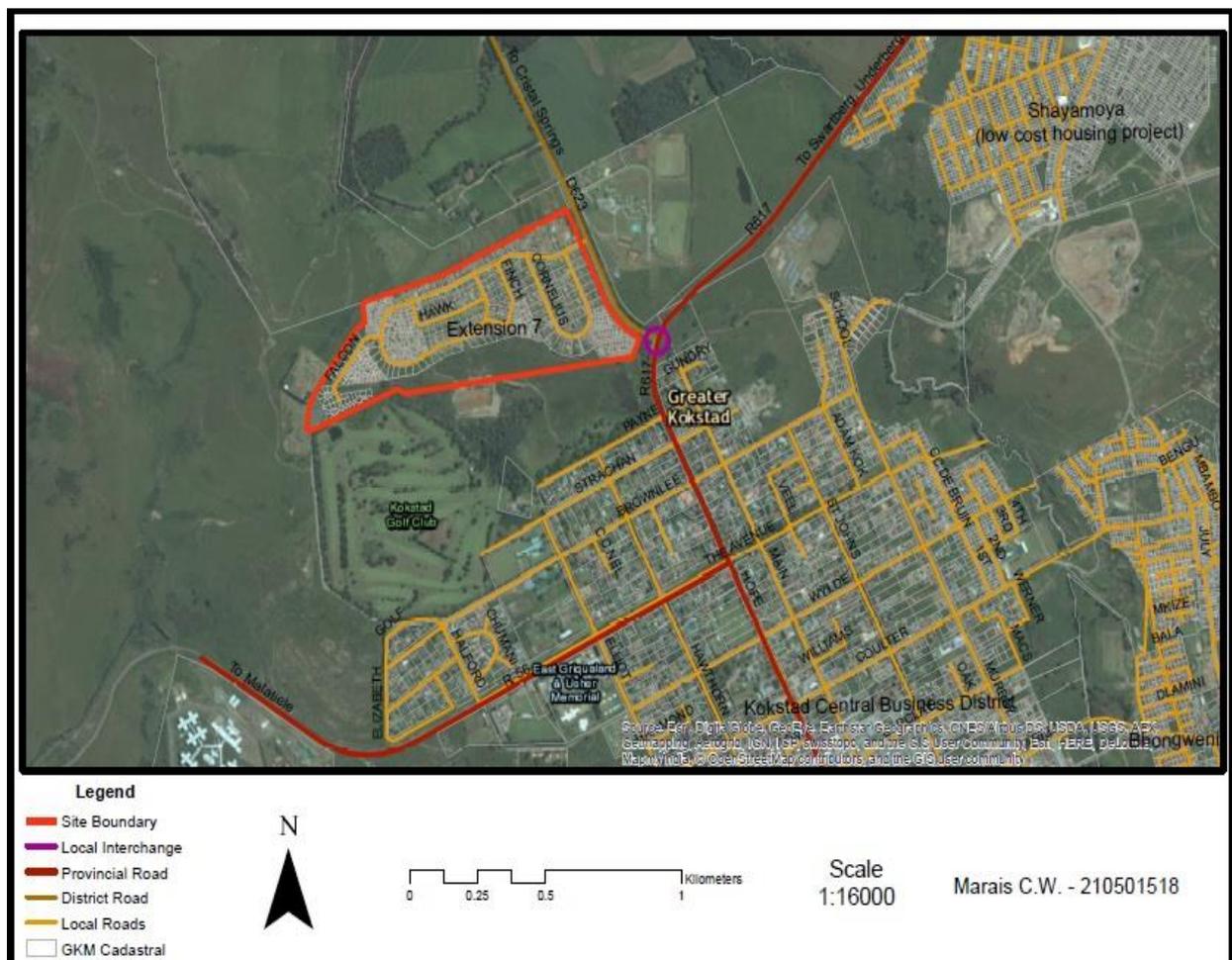
## Chapter 3: Historical Background of the Case Study

### 3.1 Introduction

This chapter provides the geographical location of the study area within the Greater Kokstad Municipality (GKM); it then looks at the historical background of the study area, which includes the establishment of the township. It looks at the socio-economic issues including its physical characteristics that will be elaborated on and the existing land uses in and around the study area, socio-economic information and how the site is situated to promote integration and sustainability.

### 3.2 Geographical location of the study area within GKM

Map 3.1: Locality of Extension 7 in GKM



Source: Author (2015)

The study area (Extension 7) is located in the province of KwaZulu-Natal in the Greater Kokstad Municipality area, on the northern side of Kokstad town. Extension 7 is accessible through the D623 interchange of the provincial road R617 running between Swartberg, Franklin and Kokstad. The site is located in close proximity to social amenities such as: schools, hospitals, Police and religious centres. It is located approximately three to four kilometres from the Kokstad Central Business District (CBD), meaning that it is located in close proximity to employment opportunities and economic/commercial areas.

### **3.3 Historical background of the study area**

The land was previously owned by the Greater Kokstad Municipality. The study area was previously zoned as a public open space and roads. In the year 1994/1995 the now Greater Kokstad Municipality sold the land to a private developer by the name of Torgos Developers and Building Contractors. The case study area is predominantly occupied by middle to high income households, who purchased their homes through acquiring mortgage bonds or leases (COGTA, *n.d.*). Prior to the construction of any housing in the study area, the project proposals had to be approved. However, this was done through a Town Planning Ordinance performed by the Greater Kokstad Municipality that worked alongside the Cooperative Governance and Traditional Affairs (COGTA) for the amendment of the general plan (COGTA, *n.d.*).

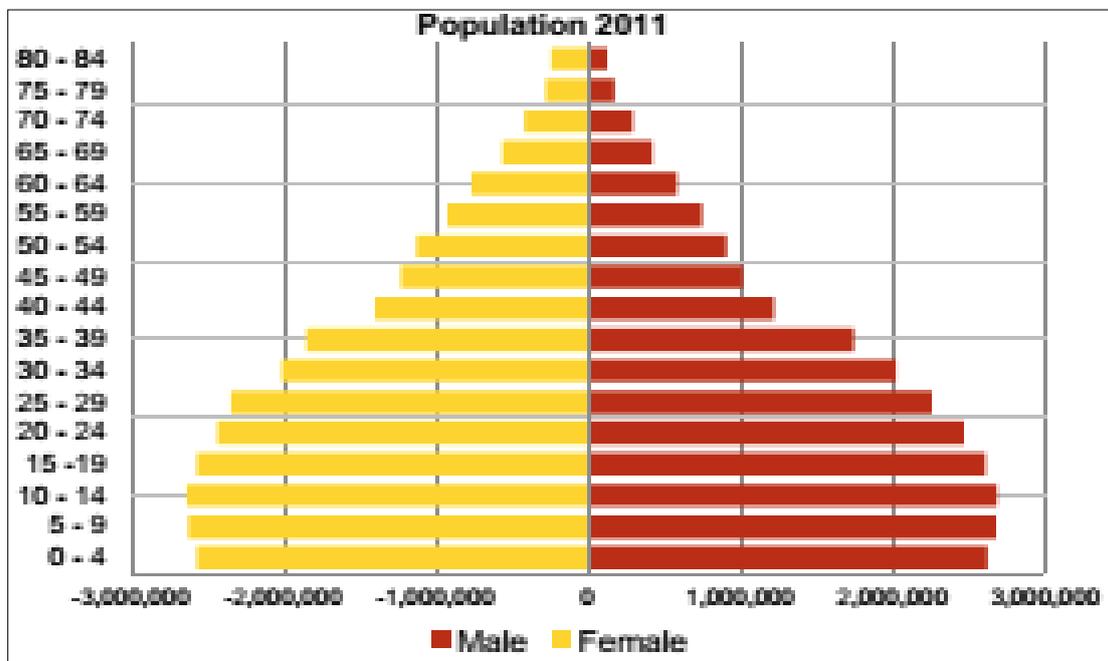
The condition of approval was completed by the local authority and submitted with an application for the establishment of the community of Extension 7. The subdivision of land was performed by Plankonsult, a town and regional planning company, made under chapter 3 with reference to section 33 of the Town Planning Ordinance No. 27 of 1949. The application was submitted to the Secretary of the Private Township Board, Pietermaritzburg and was received on the 11<sup>th</sup> of December 1995 for the amendment of the general plan and proposed rezoning of the property to Special Residential, General Residential and Public Open Space (COGTA, *n.d.*).

The housing conditions in the study area are of a formal nature. These units were formally planned and built with accredited developers. The materials used are cement blocks and cement, while some houses are built with face bricks. According to indigenous knowledge from the area, the first housing units that were built in Extension 7 were built with mud bricks, which were of a lower quality, however this was stopped by the local municipality and the developer had to use a more sustainable concrete brick (GKM-IDP, 2012).

### 3.4 Socio-economic issues

#### 3.4.1 Demographic aspect of GKM

Fig 3.1: Population pyramid of GKM



Source: (GKM-SDF, 2013)

GKM population pyramid shows high levels of birth and growth rates in the population and also indicates that there is a high economically active group, including the ages of 15 to 64. Moreover, there are also a significant number of people of 65 years and retired living within the GKM and who are dependent on the municipality for grants (GKM-SDF, 2013). The table below shows the ages and gender of the population in the GKM region including Extension 7.

Table 3.1: Number of people based on their age structures in GKM

Age	Males	Percentage of males	Females	Percentage of females
0-4	3687	11.5%	3783	11.1%
5-9	3222	10.1%	3114	9.2%
10-14	3141	9.8	3225	9.5%
15-19	3210	10.0%	3486	10.3%
20-24	3639	11.4%	3828	11.3%
25-29	3702	11.6%	3558	10.5
30-34	2952	9.2%	2799	8.2%
35-39	2448	7.6%	2415	7.1%
40-44	1749	5.5%	2058	6.1%
45-49	1323	4.1%	1674	4.9%
50-54	1152	3.6%	1287	3.8%
55-59	759	2.4%	924	2.7%
60-64	456	1.4%	606	1.8%
65-69	258	0.8%	417	1.2%
70-74	174	0.5%	327	1.0%
75-79	84	0.3%	210	0.6%
80-84	39	0.1%	138	0.4%
<b>M/F %</b>		<b>48.5%</b>		<b>51.5%</b>

Source: (GKM-SDF, 2013)

### 3.4.1.1 Population size of GKM

According to the GKM-SDF (2013), the population is 65981. This can be further categorised into ethnicities of Black which is the majority, then Coloured, Indian & Asian and White. The population forms an important part of the objective of the development process (GKM-SDF, 2013). Extensions 7 include ethnicities such as Coloured, Black, Indian, White as well as migrants from foreign countries. The study area is home to approximately 332 households.

Therefore, the population of the study area is estimated at 1494 people (GKM-IDP, 2012). However, the population has been increasing over the past three years.

Table 3.2: Population based on ethnicity in GKM

<b>GKM Population Group</b>	<b>No. of People</b>	<b>Percentage</b>
Black	57.498	88%
Coloured	5402	8%
White	2194	3%
Indian & Asian	733	1%
<b>Total</b>	<b>65981</b>	<b>100%</b>

Source: (GKM-SDF, 2013)

### **GKM labour distribution**

Table 3.3: Distribution of labour active people

<b>Description</b>	<b>Number</b>
Economically Active	19070
Formal and Informal (Total)	16790
Formal	13311
- Highly Skilled	2587
- Skilled	5450
- Semi- and Unskilled	5274
Informal	3479
Unemployed	2280
Unemployment Rate	11.95%
<b>Labour Force Participation Rate</b>	<b>60.75%</b>

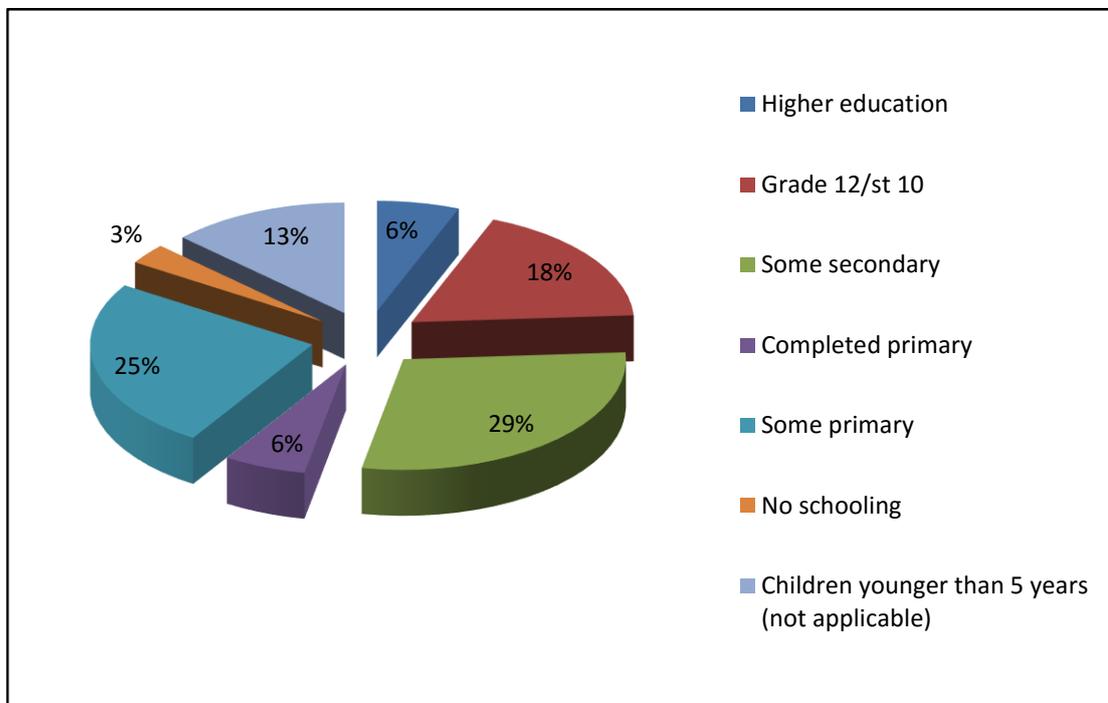
Source: (GKM-SDF, 2013)

### 3.4.1.2 GKM population income levels

Income levels of the population are within R6401 – R12800 and they are predominately employed on a weekly/monthly basis. The majority of people living in Kokstad town and Bhongweni are dependent on the state for social grants (i.e. people receiving R1 – R400 monthly). This can be explained by the high level of unemployment and that people lack well paid jobs in the GKM area. This affects the local economy because people are not economically active and the majority of people cannot meet their monthly or even daily needs (GKM-SDF, 2013). In the case of Extension 7 the household incomes range between middle R7500 to high income of more than R40 000 monthly, while others are self-employed. Majority of the population falls within the working class and find that they have to pay for everything they need, although the study area lacks services.

### 3.4.2 Educational level of GKM

Fig 3.2: Educational status in GKM



Source: (GKM-SDF, 2013)

Educational levels are an important factor which dictates the level of economically active population within the GKM labour force. According to the Figure 3.2 presented above, there are low levels of education. This affects the economy of Kokstad (e.g. GDP). More than half the population of the GKM falls below the tertiary educational level. However, the educational levels in Extension 7 are somewhat different with much of its population actively involved and attending primary and high schools. The majority of the older children has access to tertiary education and fall within the 6% higher education. However, many are struggling to find jobs after their qualification (GKM-IDP, 2012).

The figure indicates a higher school attendance in primary education than in secondary education, which can be because some children do not want to go to school while others cannot access school. In addition, other factors that hamper the skill levels of the labour force of GKM are that there are low passing rates in schools. Therefore, this means that there is a high shortage of skills to qualify for employment within the municipal area (GKM-IDP, 2012).

### **3.4.3 HIV/AIDS**

HIV/AIDS is directly related to the issue of poverty and brings along its own challenges for GKM. HIV/AIDS exists within the Greater Kokstad area and this is a crucial issue that hampers the municipality GDP as people who are infected become weak and do not participate in the local economy of GKM. Drawing from the GKM-IDP (2012), HIV/AIDS has to be incorporated into all the strategies of the municipality. In addition, it has a tremendous effect on planning and development through affecting the population growth. HIV/AIDS can result in an increase in demanded services such as schools, housing and health facilities (GKM-IDP, 2012).

### **3.4.4 Poverty**

Poverty is an issue that affects the country of South Africa as a whole and GKM is not exempt from such a phenomenon. The poverty issue is ever increasing because the neoliberal state is further widening the gap between the rich and the poor and many poor

people find themselves stuck in the culture of poverty. The strategies which the local municipality has to alleviate poverty include a local economic development programme. The poverty has a trickle over effect as poverty is linked to other issues faced in the municipality such as informal settlements, malnutrition, social exclusion and spatial inequalities, joblessness and people having a feeling of powerlessness (GKM-IDP, 2012).

### **3.4.5 Social amenities in the GKM area**

#### **3.4.5.1 Access to education facilities**

Education is considered as a tool that can change the world, it can be used to teach and educate children about the importance of being active in order to live a healthier life and to ensure a quality of life. The proximity of the study area in terms of educational facilities is adequate and in close walking distance for accessibility. Located on the eastern side of the study area is a private school (St. Patricks College), which is a secondary, primary and pre-primary school. Kokstad College a public school (i.e. secondary school) is located on the southern side of the site as well as Mt. Curry Senior Secondary School, while Kokstad Junior and Kokstad Primary schools are included within a three to four kilometre radius of the study area. There are, however, other schools such as Holy Cross pre-primary school, St. Mary's primary, and St. Anthony's pre-primary (GKM-IDP, 2012). Drawing from the GKM-SDF (2013), there is also a Further Education and Training College as well as an Agricultural college in the GKM jurisdiction; however these facilities are not functioning.

GKM has two libraries in its jurisdiction, one located in Kokstad Town (i.e. Kokstad Library) and the other one located in Bhongweni (i.e. Bhongweni Library). The Kokstad library serves 50 people seated with approximately 7 computers with no internet access and people cannot use the computers and they remain out of use for the public. Bhongweni library only has the capacity to serve 43 people with only two computers that have internet access. The libraries are there to provide career guidance and a place to study for school children. However, according to the GKM-IDP (2012) these libraries are not adequate in serving an increasing population. In addition, scholars and students do not have sufficient space to work (GKM-IDP, 2012).

### **3.4.5.2 Access to health facilities**

Health is considered an important aspect and is deemed crucial for social development and growth. This study aligns itself with this notion, through advocating for the provision of sport and recreational facilities for the community of Extension 7. The study area is strategically located in terms of its proximity to major health facilities such as The Kokstad clinic, Primary Health Care Services offices, East Griqualand Usher Memorial Public Hospital and Kokstad Private Hospital. According to the GKM-SDF (2013), the Department of Health is implementing the District System, the intentions of which are to accomplish the highest level of health services within the GKM district.

According to the GKM-SDF (2013), the area has backlogs of clinics, therefore the need for clinics especially in areas outside of Kokstad. In addition, a psychiatric clinic also exists within the GKM area; however it lacks proper premises and equipment. The private hospital was established in 2005 and has many private general practitioners who are located in the Kokstad CBD. According to the GKM-SDF (2013), the hospital consists of 36 beds and services an area within the 180 kilometer radius. The private hospital offers a wide range of services which include: General Surgery, Gynaecology and Obstetrics, High Care, Ophthalmology, Orthopaedics, Paediatrics, Urology, 24 hour Accident and Emergency Unit (GKM-SDF, 2013).

### **3.4.5.3 Policing and security in GKM**

Crime is a phenomenon that the rest of the world cannot escape from. It will exist as long as poverty exists. This is a serious factor that can hamper local economic growth. There is a centrally located police station which usually responds to the dominant type of crimes such as burglaries, theft of property and cars. Extension 7 is not excluded in this regard as many of the houses do not have electric fencing or security (GKM-IDP, 2012).

### **3.4.5.4 Political discourse within the study area**

The GKM has 16 councillors who form the council together with the Executive Committee



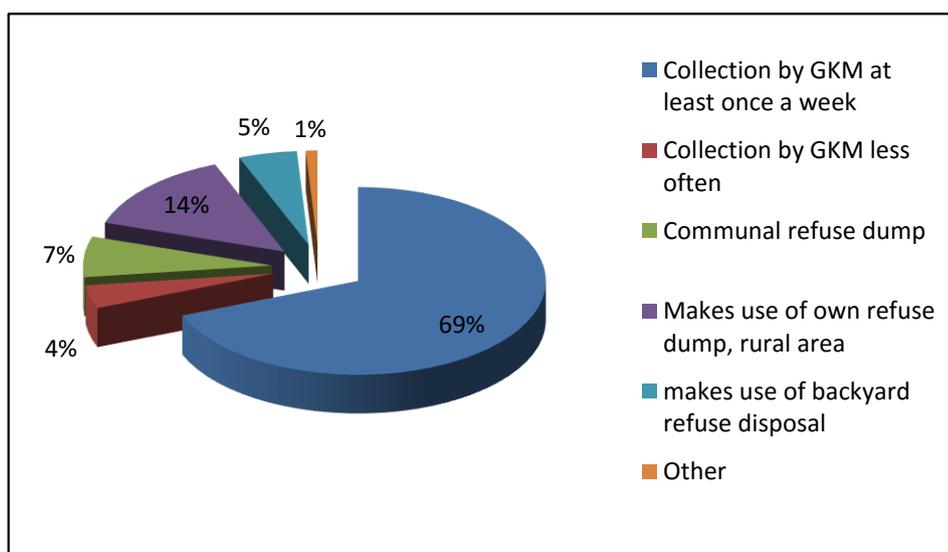
### 3.4.6.2 GKM waste management strategies

In 2005 the GKM set up a commission consisting of consultants to assess the waste management and come up with solutions to the challenge of waste management. The assessments were done and included domestic and commercial waste collection services, street sweeping and cleaning services in order to propose a waste disposal facility and management services within the region of GKM including Extension 7 (GKM-SDF, 2013).

The GKM established an Integrated Waste Management Plan in 2011 for future projects for waste management. In addition, the GKM along with other government players have implemented the food for waste programme, which is a pro-active mechanism for reducing poverty and ensuring a clean and healthy environment (i.e. a progressive approach for waste management). The municipality decided that a landfill site should be developed; however, to date this landfill site has not been developed and this remains an ever increasing problem within the GKM region (GKM-SDF, 2013).

### 3.4.6.3 Refuse collection in GKM

Fig 3.3: Access to refuse collection service



Source: (GKM-SDF, 2013)

Refuse collection in the GKM area is a necessity in order to keep the region litter free. According to GKM-SDF (2013), there is no record of the amount of waste generated with the municipal region; Figure 3.3 above shows 69% of the refuse waste is collected by GKM once a week. Extension 7 falls within this bracket and refuse gets collected once every week. Extension 7 is mostly a litter free area although some people still dump litter in their backyards (GKM-SDF, 2013).

#### 3.4.6.4 GKM water reticulation supply

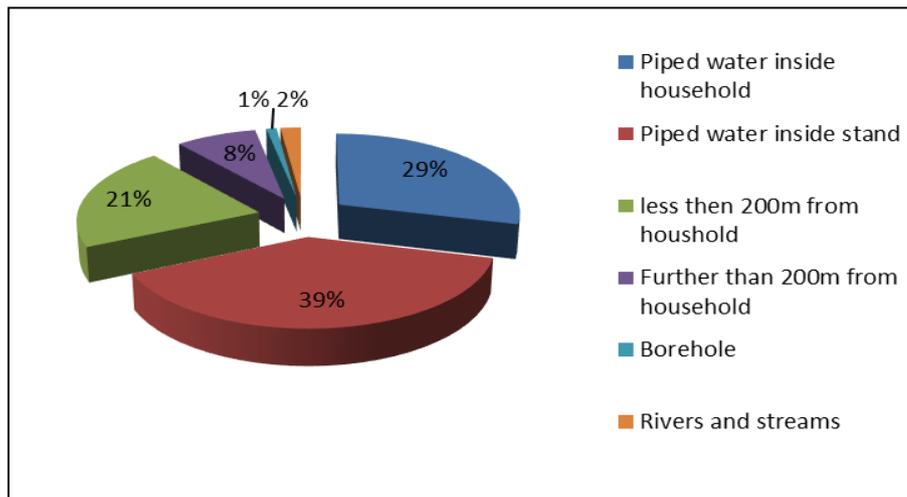
According to the GKM-IDP (2012) and the Water Services Act, the Harry Gwala (Sisonke) District Municipality is the water authority within the region of GKM. Drawing from Bhugane Built Environment Consulting (2011) cited in GKM-IDP (2012), the GKM is still facing major water shortages and this can be explained by an increase in the population and number of households in GKM. The following table presents the number of households that accessed water services from 2008 to 2011 (GKM-IDP, 2012). In Extension 7 a supply of potable drinking water has been provided within a normal distance of the boundary of each individual stand that has been registered by the lot owners, in accordance with the arrangements. Proof of compliance has been issued by the Harry Gwala Municipality with respect to water supply within the region of Extension 7 (COGTA, *n.d.*).

Table 3.4 Number of households with access to water services in GKM

<b>Municipality (timeframes)</b>	<b>2008</b>	<b>2009</b>	<b>2011</b>
GKM (Households)	23190	13854	15214

Source: Stats 2001 census and Community survey, Basic Services, 2009, Bhungane Built Environment Consulting, WSDP, 2011 cited in GKM-IDP, 2012

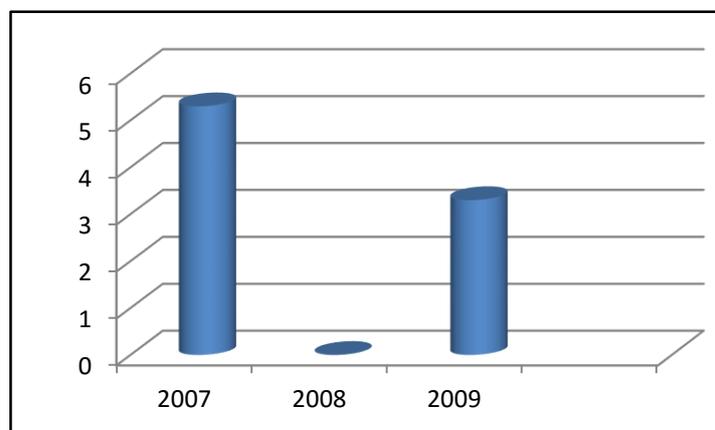
Fig 3.4: Type and distance of the water services



Source: (GKM-SDF, 2013)

The water access to people in the GKM region includes 29% of the population that has water connection pipes inside the dwellings; while 39% has water pipes inside their yards, whereas 21% have access to water less than 200 meters from their dwellings. 8% of the population has access more than 200 meters from their dwelling, 1% use boreholes and 2% use the estuaries and rivers. According to the Basic Service Publication, COGTA (2009), cited in GKM-IDP (2012), water backlogs exist and according to the table presented below from 2007 (5.3%) to 2009 (3.3%) there has been a decrease in water backlogs and this can be explained through the fact that majority of the population in GKM have access to water (GKM-IDP, 2012).

Fig 3.5: Water backlogs in GKM

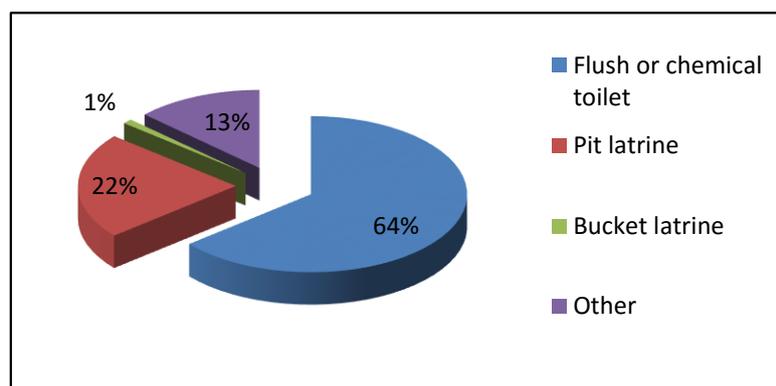


Source: (GKM-IDP, 2012)

### 3.4.6.5 Sanitation services within GKM

Sanitation is an important aspect for a healthy living environment and it is crucial for the realization of sustainable human settlements. According to GKM-SDF (2013), 64% of households have basic sanitary systems as opposed to 23% of household using the pit latrines and bucket system. The other 13% use sanitary systems which are unknown to GKM. Extension 7 falls within the 64% of household which have access to formal flush sanitary systems. Efficient sanitary systems have been provided to all households in Extension 7. However, the sewers have become a problem over the past years for the study area. This is because in some areas the gradients are flat and there is minimal gravitation pull for the transfer of waste and sewers may become clogged (COGTA, *n.d.*; GKM-SDF, 2013).

Fig 3.6: Different sanitation types used in the GKM area



Source: (GKM-SDF, 2013)

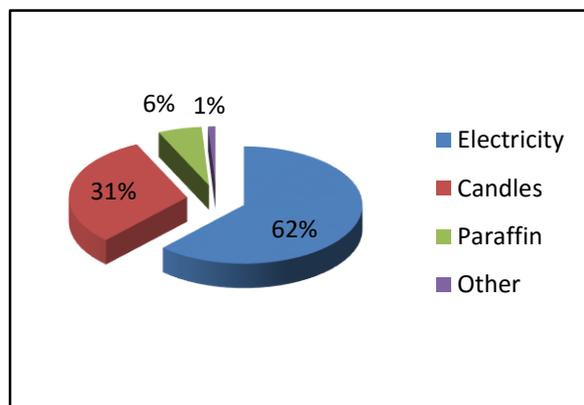
### 3.4.6.6 GKM electricity supply

The policies and strategies set up by the National and Provincial government advocate the notion of sustainable electricity for promoting sustainable human settlements. According to the Revised White Paper on Renewable Energy (2010) cited in the GKM-IDP (2012), by 2030 a minimum of 27% of the nation's energy should come from renewable sources such as solar, wind or hydro plants. In addition, the KwaZulu-Natal (KZN) Provincial Growth and Development Strategy (PGDS), states that the province will do everything in its capacity to work towards having households generating their own renewable energy (GKM-IDP, 2012).

Drawing from the GKM-IDP (2012), the GKM does not produce its own electricity and is fully dependent on the national grid; therefore it can be seen as being vulnerable. The GKM is fully aware of using and promoting renewable electricity supply in order to be less dependent on the national grid whilst reducing the cost of electricity (GKM-IDP, 2012). GKM is the licensed distributor and is responsible for providing electricity to the town of Kokstad and its surrounding townships, whereas Eskom distributes to the remainder of the GKM area (GKM-IDP, 2012). Extension 7 households have been provided by the developer with formal electricity connections on the purchase of their properties.

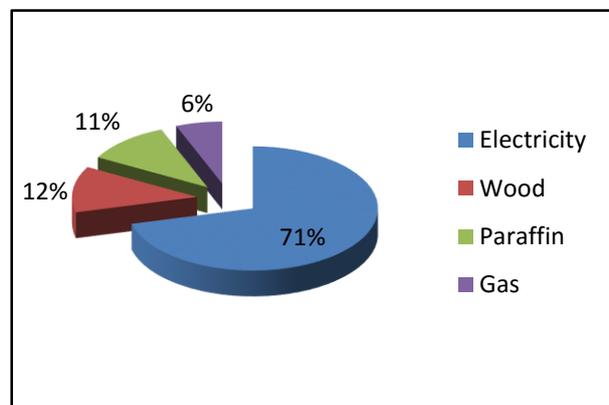
In the case of Extension 7 the developer has provided efficient supply of electricity to within the normal connection distance for stands to be registered. The stand owners have been supplied with a card system, otherwise known as prepaid electricity, from the local municipality. Residents have to purchase their own electricity with a card. This card is linked to the payment of rates, because in some instances the residents are not able to purchase electricity from the municipality if their rates are not up to date (COGTA, *n.d.*). Agreements on payments are usually discussed between the municipality and residents if rates are in arrears. Furthermore, the electricity infrastructure is regularly maintained and is in good condition. However, as the pressure builds on the electricity supply area as the population and households increase this has to be monitored or the supply network will deteriorate. All formal households have been electrified; however there are some areas with electricity backlogs such as informal settlements (GKM-IDP, 2012).

Fig 3.7: Electricity sources used for lighting



Source: (GKM-SDF, 2013)

Fig 3.8: Electricity sources used for cooking

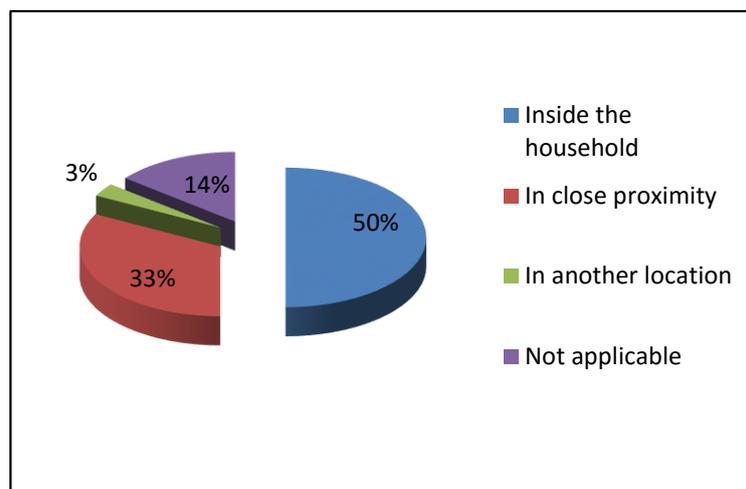


Source: (GKM-SDF, 2013)

The electricity supply and usage in the GKM area is presented in two ways; for example electricity for the use of cooking and that for lighting. Figure 3.7 and Figure 3.8 above present the percentages of each source of electricity used by people. Electricity is the resource which gets used the most in both cooking and lighting, whereas people can save electricity costs by using renewable sources such as solar, hydro and gas (GKM-SDF, 2013).

### 3.4.6.7 Telecommunication services within GKM

Fig 3.9: Distance to access telecommunications



Source: (GKM-SDF, 2013)

Telecommunication is important considering the modern day lifestyles of people. It provides access to communicate and interact with others and to respond to threats by contacting the police and ambulance instantaneously. Drawing from the GKM-SDF (2013), the telecommunication that the population uses are can be separated into different areas, according to Figure 3.9 above some have facilities inside their houses (49%) in the form of a landline or cell phone, some have access nearby (34%), some use phones in another location (3%) and the remaining population indicated telecommunication as not applicable (14%). In the case of Extension 7, all households have access to cell phones or landlines within their homes. However, telecommunication in the form of a public phone did exist in the area until it was vandalised and removed (GKM-SDF, 2013).

### **3.5 Weather conditions of the study area**

According to GKM-SDF (2013), the climatic conditions include precipitation, temperature and frost first and last dates within the case study area. The precipitation within the study area can best be explained through an average annual rainfall in/and around the study area as ranging between 801 to 1000mm. According to the GKM-SDF (2013), this can be considered as high levels of rainfall when compared to other parts of the country. This is primarily influenced by the form of the study area and its surrounding areas. Snow is also fairly often experienced in Extension 7 (GKM-SDF, 2013).

An increased level of rainfall and/or snow can have a potentially significant impact on all types of development. Taken the example of Extension 7, with increased level of rainfall surface and sub-surface water could rise meaning that local wetlands could be constantly wet causing a threat to development. The study area comprises mostly mudstone geological and clayey soil conditions. This can become problematic for housing construction, as clayey soil expands and it then contracts and shrinks as water is vaporised from the mudstone (GKM-SDF, 2013).

According to the GKM-SDF (2013), the study area is located within the Greater Kokstad region. It can be classified as having cool temperatures that can be less or equal to 25 degrees Celsius to having a minimum temperature ranging between 2.1 and 4.0 degrees Celsius. Therefore, Extension 7 can be viewed as being in a humid zone, because it is located within a mountainous area (GKM-SDF, 2013).

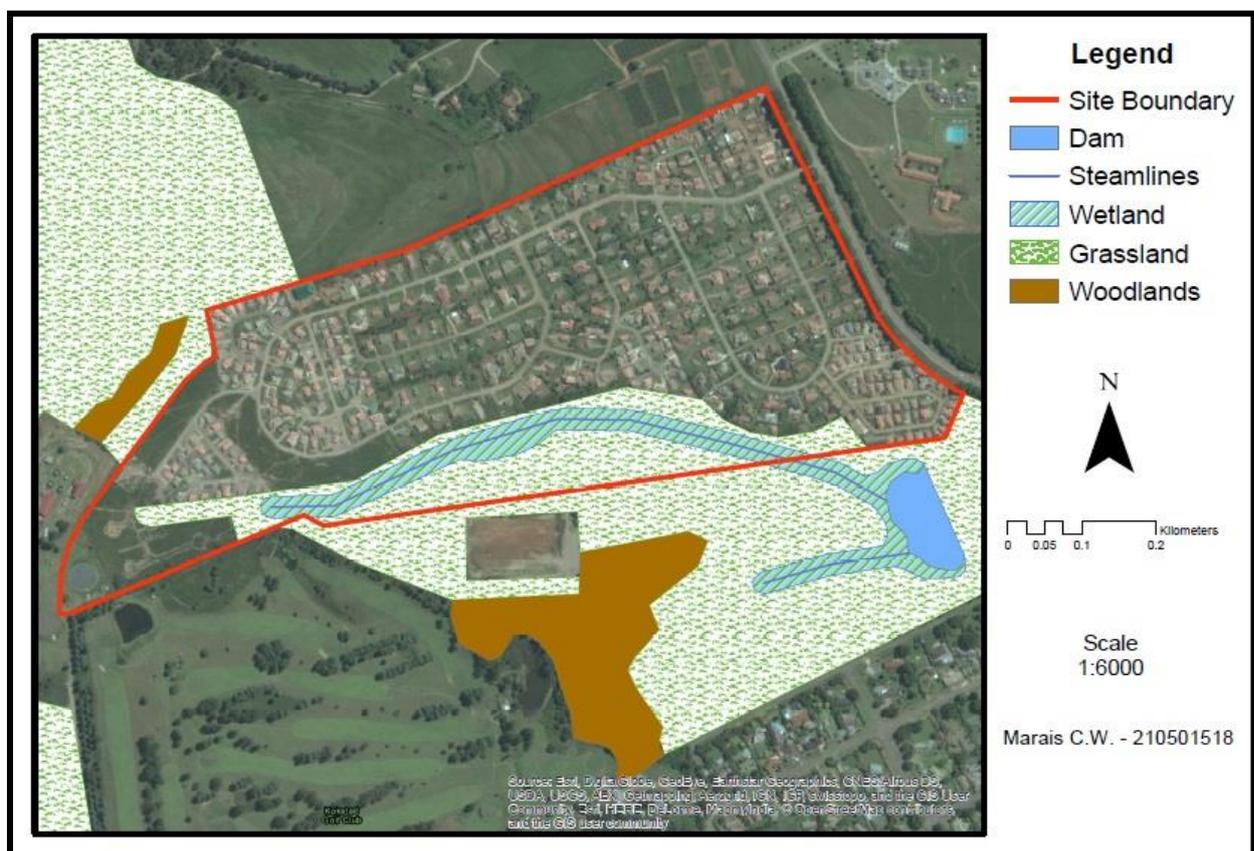
Frost is experienced in the study area within the average projected first dates between 1<sup>st</sup> and 10<sup>th</sup> of May. In some cases frost can occur for long periods of time, as compared to other parts of the province. According to the GKM-SDF (2013), the last average annual dates are between the 21<sup>st</sup> and 31<sup>st</sup> of August. However, the impact of frost on any development is minimal to nil (GKM-SDF, 2013).

### 3.6 Unique elements or characteristics of the study area

The unique elements that put the study area on the global map is the fact that it is located on a mountainous area close to conservation areas such as Cristal Spring dam and Bird Sanctuary. The study area is located within Kokstad area, which is a link between east London and Durban. It is also a link between the Drakensberg and Kokstad area. The study area has many tourists passing through who are from Johannesburg.

### 3.7 Natural environment in and around the study area

Map 3.3: Biodiversity in and around Extension 7



Source: Author (2015)

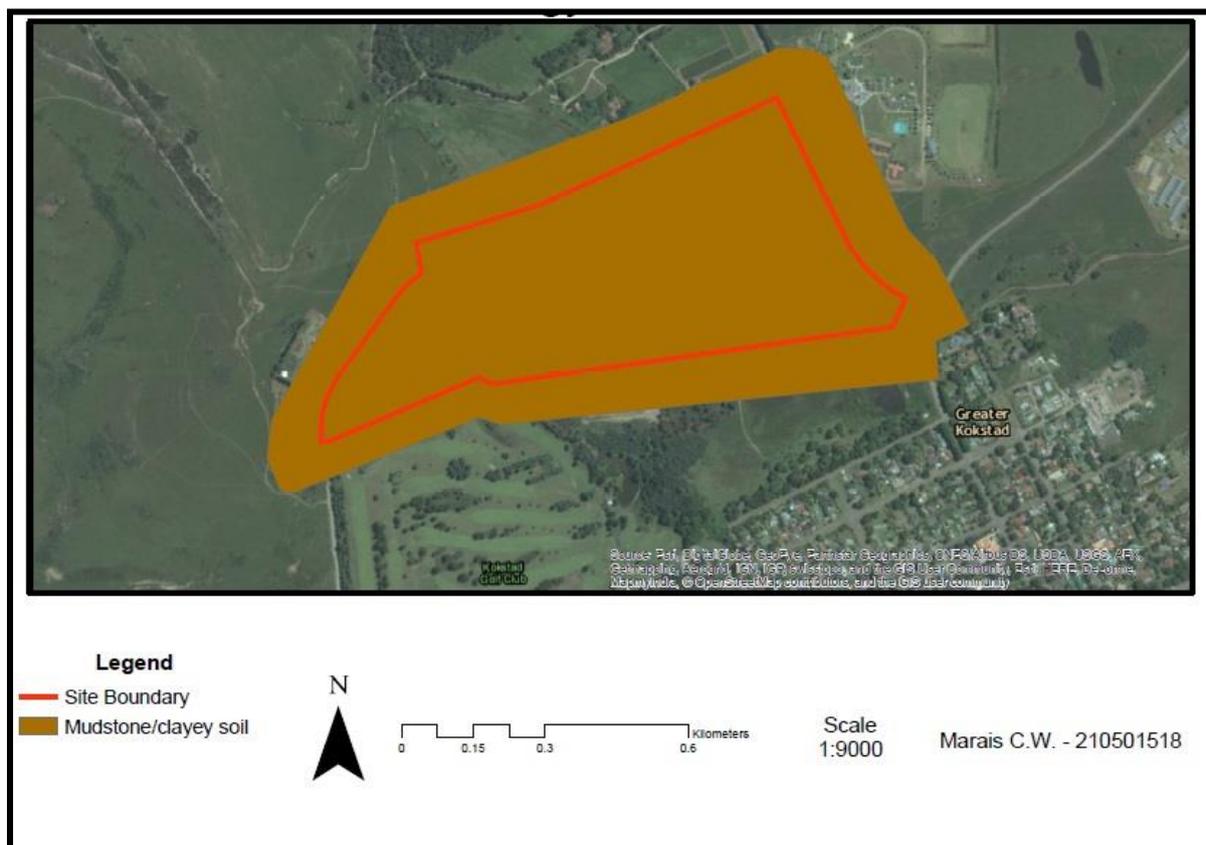
The vegetation that exists in and around the study area comprises grasslands and woodlands. The woodland located on the south-western side of the site boundary and grassland covering majority of land surrounding the site. Streamlines and wetlands are evident on the southern side of the study area.

### 3.8 Topography, geology and soil in the study area

The topography of the study area is predominantly flatter than a gradient of 1:10 (20% - 50% land level) there are some gradual steep hills and ridges of a gradient of approximately 1:6. The slight gradients are advantageous for the laying of infrastructure as gravity is used for the transfer of waste and water (GKM-SDF, 2013).

Extension 7 comprises mudstone geology which can be seen as sedimentary rock which is built up of mud/clayey soil particles. Mudstone occurs when there is a succession of coarse grained sandstone alternating with fine grained mudrock. This can be compared to geology and soils identifiable in area such as the Karoo, Witwatersrand Super Group and Malmesbury Group, Cape Super Group, Uitenhage Group (GKM-SDF, 2013).

Map 3.4: Geology and soils existing in Extension 7

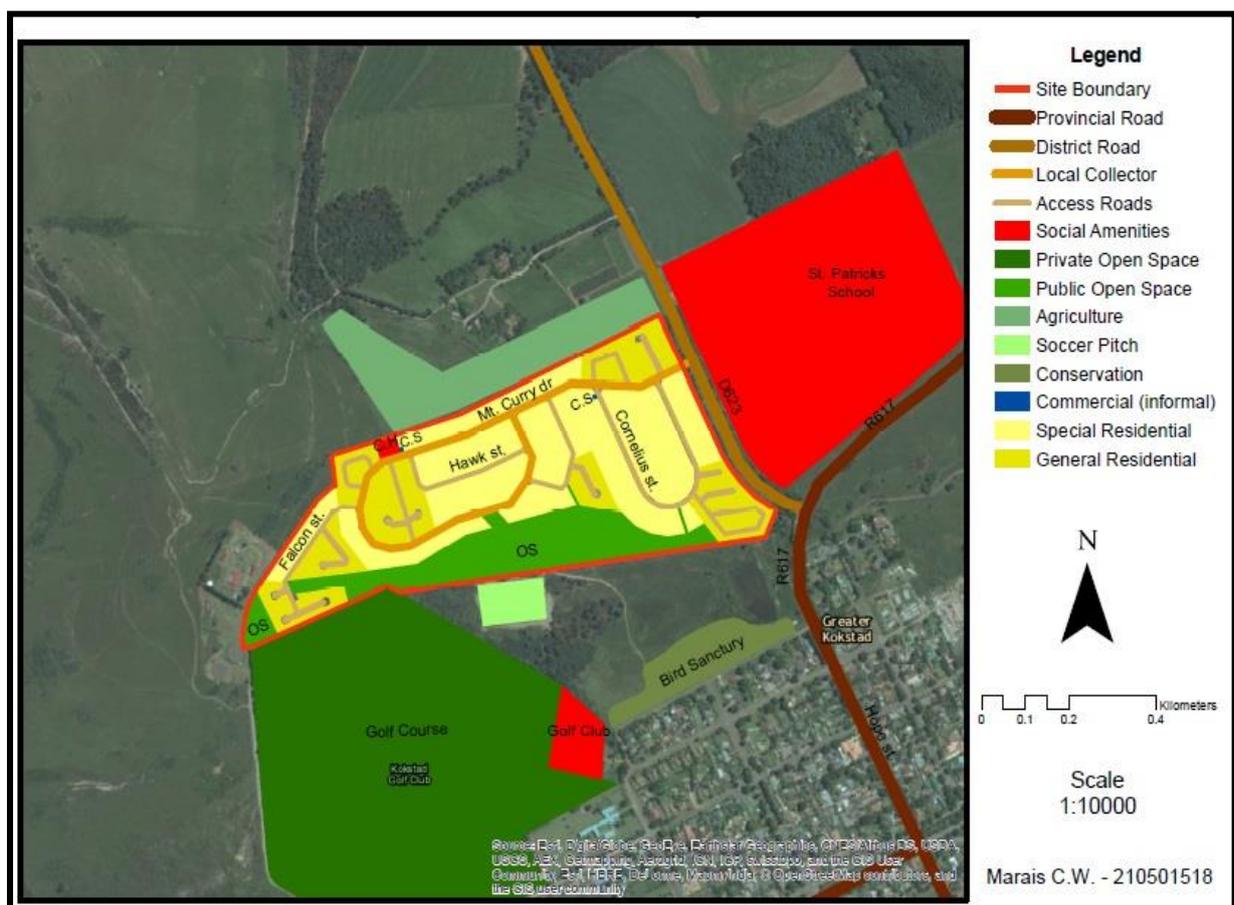


Source: Author (2015)

The existence of mudstone results in the presence of clayey soil, which can be problematic for housing structures. Clayey soils (particles of 0.02mm) comprise minerals such as illite, quartz, feldspar and a mixed layer of montmorillonite illite and in some scenarios kaolinite. These soils can have the characteristics of expansion and shrinkage. The soils are usually highly erodible and dispersive (GKM-SDF, 2013). A rocky sub-surface and surface has the potential to make water impermeable, which increases potential water runoff. In addition, mudstone has the potential to rapidly become weak and can break up after being exposed to the open air and sunlight (GKM-SDF, 2013).

### 3.9 Land use in the study area

Map 3.5: Land use in and around Extension 7.



Source: Author (2015)

The conservation area (i.e. Bird Sanctuary) is situated on the southern orientation of the study area and is also used by the public as a park. In addition, close to the park area is a

dam, which has created wetlands that run along the south-eastern side of the study site boundary as seen in Map 3.3 showing the natural environment. These are sensitive areas that should be preserved and protected as they play an important role in term of sustaining the ecosystem of the area. There is also a soccer pitch on the southern side and agricultural land use on the northern side adjacent Extension 7.

Informal Small Medium Enterprises (SMEs) (i.e. corner shop) do exist within the study area. These create convenience for the residents for daily purchasing of basic needs such as, bread, juice, milk, sugar, flour, rice and maize meal etc. The SMEs operate on a daily basis from a container and can be very productive. They are in close proximity so that the people in the community do not have to travel three to four kilometres into the Kokstad CBD.

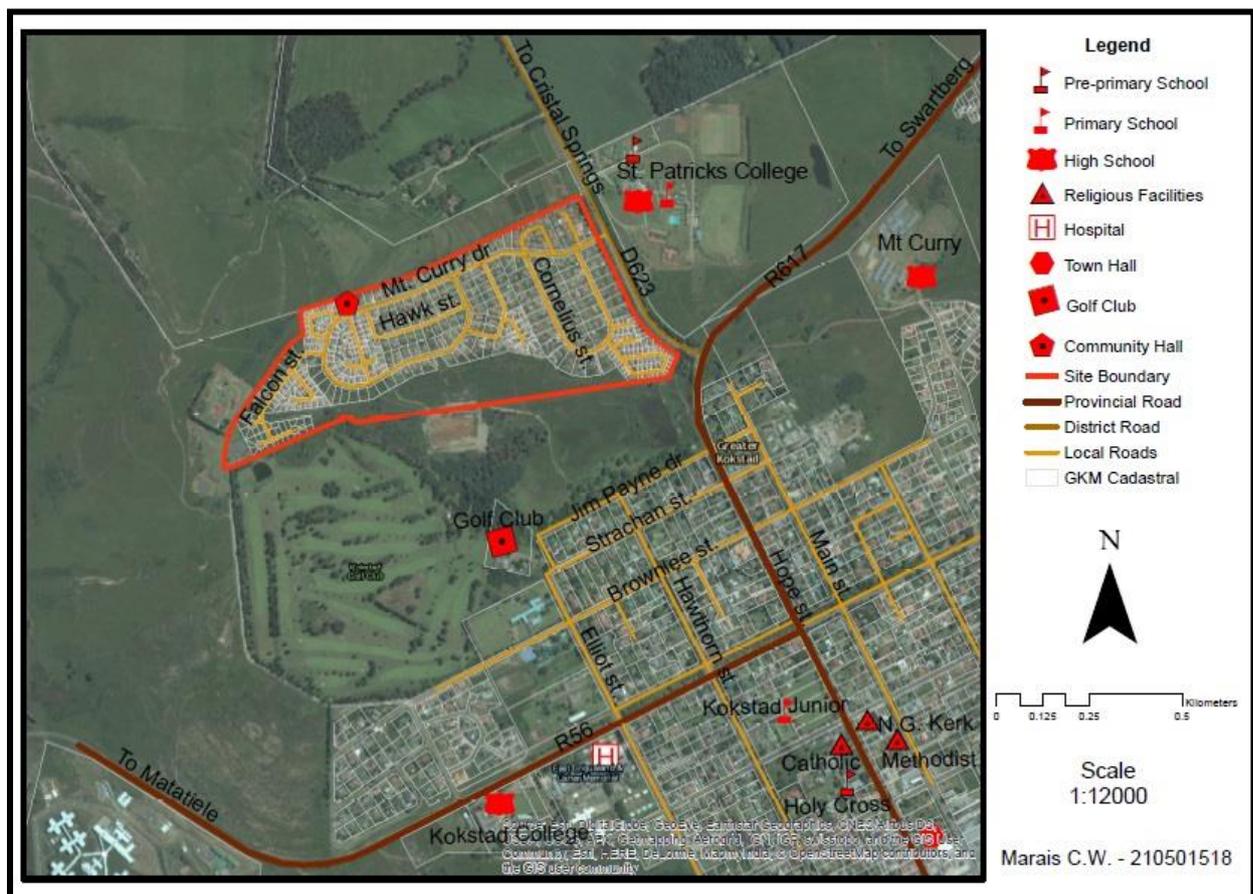
The layout of Extension 7 makes use of public open spaces but these are not strategically located within with site. They are on the southern side of the study area, located external to the formal housing development. Therefore, the population is not aware of the proposed public open spaces. In addition, there are neither trees nor facilities for children to play such as swings, slides etc. that could make it attractive to the population (COGTA, *n.d.*). The private open space is the golf course which is located adjacent to the study area and is a meeting place for people to get together and play golf; it is also used by the public for photo shoots and functions.

The study area includes a community hall, which plays an important role in the community, because it serves as a venue for meetings, weddings and birthday parties. Therefore, the community hall site is always neat and the up-keep is exercised by the Greater Kokstad Municipality. The other social amenities adjacent to the study area include the private school (St. Patricks College) and the golf club, as seen in the land use Map 3.5. The proposed residential developments include special residential which consists of low density stands and general residential which consists of medium to high density stands. These houses are purchased through mortgage bonds.

### 3.10 Integration and sustainability of the study area

The community of Extension 7 is well integrated in terms of sustainability, when considering the social, economic and cultural facilities as well as taking into account its adjacent developments and characteristics. It is located approximately three to four kilometres from the Kokstad Town (i.e. CBD), in which there are social amenities such as halls, golf clubs, health and education, commercial spaces, policing and security, libraries and religious facilities. In addition, these are the religious facilities that exist within a three to four kilometre radius from the study boundary and include a Catholic Church, an Anglican Church, N.G Kerk, Griqua Independent Church, Methodist Church, Presbyterian Church and a Mosque. Extension 7 being a part of the Kokstad community presents an example of a diverse and multi cultured population.

Map 3.6: Social and religious facilities in GKM including Extension 7



Source: Author (2015)

### 3.11 Conclusion

The geographical location of the study area was discussed to give an image of the location of the study area in terms of the central business district of Kokstad town. By reviewing the historical background of the study area the researcher created a flow from what the area/site was before it was rezoned to what is actually existing now (i.e. township establishment). Furthermore, the discussion about the socio-economic and infrastructural components indicated that there are bulk infrastructure services to support the provision of sport and recreational facilities. It also creates a context in which the services are demanded.

Weather conditions, natural environment (i.e. biodiversity), topography, geology and soil were discussed and it can be concluded that these elements can possibly assist in the type of sport and recreational facilities that can be provided. It is important to understand and know what is adjacent to the study area or site allocated for the development of sport and recreational facilities, because according to the planning standards sport and recreational facilities cannot be placed next to any land use. Therefore, the researcher has presented the land uses in and around the study area, in order to have a better picture of the study area and its surrounding.

The study area is situated external to Kokstad town and it is well integrated in terms of sustainability. There are ample social and religious and commercial facilities that serve the community. However, the public open spaces proposed in the layout of Extension 7 do not present the community's need for sport and recreational facilities. In addition, the ever increasing population in the area creates an ever increasing demand for sport and recreational facilities in Extension 7. Sport and recreational activities are seen as a fundamental component of any human settlement. Therefore, the researcher feels more has to be done to satisfy and mitigate the problem of inadequate provision of sport and recreational facilities for the community of Extension 7.

## **Chapter 4: Research Findings, Data Analysis and Interpretation**

### **4.1 Introduction**

This study looked at the need for the provision of sport and recreational facilities at Extension 7, Kokstad. The process of collecting and analysing data is important and the selection of the appropriate mechanisms for investigating and interpreting the findings assisted the researcher in making accurate judgments about the data collected. The main purpose of this chapter is to present, discuss and interpret the data collected from the survey consisting of questionnaires administered to thirty-two residents (i.e. adults), interviews with two GKM officials (i.e. Town Planner and the Co-ordinator of Sport and Youth) and Master Eleven soccer team focus group. The researcher's main aim was to develop themes, insight and understanding of collected data and to make sense of the data by providing information that will be presented in tables, bar graphs and pie charts.

This chapter further looks at the ideas on the lack of sport and recreational facilities in the study area put forward by the respondents in the survey questionnaire. The type of sport and recreational facilities that the residents would prefer based on the type of sport and recreational activities in which both the parents and the children like to engage. Furthermore, the chapter seeks to establish whether there is interaction and consultation between GKM and the community.

The chapter then looks at whether the residents would take the responsibility of maintaining the facilities if they were provided. In addition, monthly fees are crucial for the upkeep of facilities in any community, therefore this chapter also elaborates on the residents' perception of this. The chapter further looks at data gathered from the GKM municipal officials and Master Eleven soccer team. The researcher used a holistic manner of collecting data that involves the residents, GKM officials and Master Eleven soccer team, to avoid biased data collection. It interprets the data collected and ensures that the outcome of this research study effectively addressed the research objectives and intended hypothesis, provided below.

## 4.2 Restating research objectives and hypothesis

### 4.2.1 Objectives

The study sought to accomplish the following objectives: firstly, to emphasise the importance of the inclusion of sport and recreational facilities in layout design for new settlements. Secondly, critically discuss the importance of sport and recreational facilities in human settlements. Thirdly, to unpack the challenges faced by the local municipality regarding the provision of sport and recreational facilities in human settlements. Furthermore, the study set out to assess the literature on best practices for the provision of sport and recreational facilities in human settlements. Finally, consider the contributions of sport and recreational facilities towards social sustainability for human settlements. These objectives formed the basis of this research study; achievement of these objectives (i.e. through general information gathered from the residents, municipal officials and the focus group) will prove or test the hypothesis below. The researcher will present the data collect then analyse and interpret it, that process will be consistent throughout this chapter.

### 4.2.2 Hypothesis

The provision of sport and recreational facilities can heal the ills of the past and thereby contribute towards sustainable human settlements.

## 4.3 General findings from the questionnaires (i.e. data presentation and analysis)

### 4.3.1 Residents' age variation

Table 4.1: Age of respondents

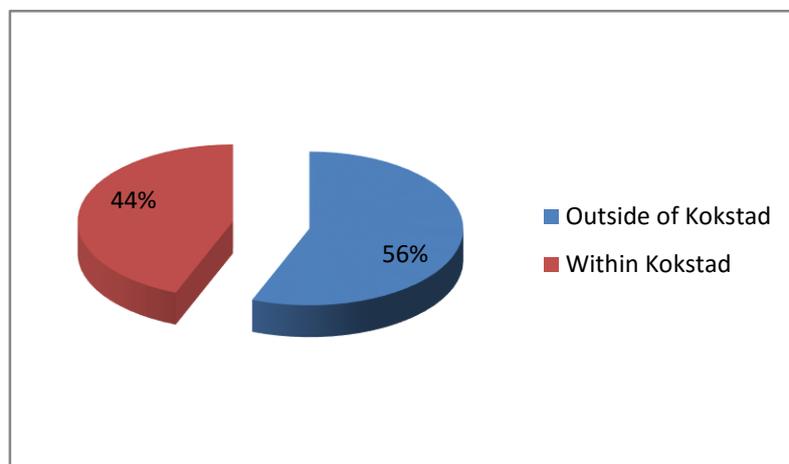
Age Range	No. Respondents	Percentage
20-29	8	25%
30-39	7	22%
40-49	6	19%
50-59	9	28%
60-69	2	6%
<b>Total</b>	<b>32</b>	<b>100%</b>

Source: Field survey (2015)

The respondents of the survey questionnaire were asked to respond to personal information such as their age. Table 4.1 above revealed that out of the thirty-two households surveyed, 25% of the residents were between the ages of 20 and 29 years; 22% were between the ages of 30 and 39 years; 19% were between the ages of 40 and 49; 28% were between the ages of 50 and 59 and 6% were between the ages of 60 and 69. This means that the majority of the people who responded to the questionnaires were between the age of 50 and 59 as they constituted 28%.

#### 4.3.2 Where the residents stayed before moving to Extension 7

Fig 4.1: Residents' place of residence before Extension 7



Source: Field survey (2015)

Figure 4.1 above shows where residents had lived before residing in Extension 7. According to the data collected, 56% (18 households) of the residents resided outside of Kokstad area before moving to Extension 7. These include areas such as Bizana, Mount Frère, Matatiele, Mount Ayliff, Mthatha, Johannesburg, Port Shepstone, Nthabankulu, Flagstaff and Lusikisiki. These individuals moved to Extension 7 either for a better living environment or to better their family's education. 44% (14 households) of the residents resided within Kokstad before moving to Extension 7. The researcher noted that this group moved for two reasons. Firstly, to own their own property (e.g. family grew); secondly, because the houses were affordable and many thought it was a safe area. The majority of the residents out of the thirty two households had high expectations, thinking that Extension 7 would grow gradually with regard to social, economic and environmental concerns.

### 4.3.3 Time period living in Extension 7 and occupancy rate

Table 4.2: Length of stay in Extension 7

No. of years	No. of respondents	Percentage
0-9	12	37%
10-19	20	63%
<b>Total</b>	<b>32</b>	<b>100%</b>

Table 4.3: Occupancy level per household

No. of households	Members per household	Percentage
11	5	34%
6	4	19%
5	3	16%
3	6	9%
3	7	9%
2	10	7%
1	9	3%
1	2	3%
<b>Total</b>	<b>32</b>	<b>164</b>
		<b>100%</b>

Source: Field survey (2015)

One of the questions that respondents were required to answer was how long they had been living in Extension 7. According to the Table 4.2 presented above, the majority (63%) of the residents had been living in the area for between 10 to 19 years. Many of the residents had high expectations for the area, stemmed from the acknowledgment of Extension 7 being called a suburb; but it lacks the necessary municipal services in order to realise sustainable human settlements. The remaining 37% had been living in Extension 7 for between two months to nine years. The residents who felt most disappointed were the ones who had been living in the community for 10 to 19 years as they had called this place home for almost two decades.

The households had a fairly normal occupancy rate; Table 4.3 above indicates that eleven households (34%) had an occupancy rate of five people, six households (19%) had four

members, and five households (16%) had three people living in the households. However the remaining 10 households (31% made up of 9% + 9% + 7% + 3% + 3%) had a higher occupancy rate with 6 to 10 people. The occupancy rate is an important consideration, because it explains how many people live in the area and how dense or overcrowded the area is. There are certain elements that are required for planning the provision of sport and recreational facilities. Therefore, according to town planning principles the area of Extension 7 had to have at least a community park and play lots for children.

#### 4.3.4 Reasons behind why residents chose to live in Extension 7.

Table 4.4: Residents' reasons for moving to Extension 7

Reasons	No. of households	Percentage
Quiet place to live	8	25%
Access to education	6	19%
Affordable houses	5	16%
Wanted to own their own property	4	13%
Liked the area (more space & privacy)	3	9%
Close to town and family	3	9%
Newly established area and thought it would grow gradually	1	3%
Looking after parents property	1	3%
Never answered	1	3%
<b>Total</b>	<b>32</b>	<b>100%</b>

Source: Field survey (2015)

Table 4.4 above indicates that residents came to live in Extension 7 because the suburb is in close proximity to the Central Business District (CBD) of Kokstad. Out of the thirty-two households, eight households (25%) stated the reason for moving was that they liked the area because it was quiet. Secondly, six households (19%) mentioned that they moved because their children needed better education and sports, and the move helped minimise

travelling distances to work and school. Thirdly, five households (16%), said they moved because the houses were affordable and the only ones available at the time.

The remaining thirteen households (40%) gave the reasons for moving that they needed their own house because some got married (13%), it was a quiet, spacious and private type of lifestyle (9%), and in order to be closer to the town and their families (9%); only one household (3%) mentioned that it was a newly established area, and had hopes that it would grow/develop gradually, but the reality is they felt disappointed. In addition, only one household (3%) stated that they were looking after their parents' property, while one more household (3%) did not respond. This means that the majority of residents living in Extension 7 moved because they either needed better education and sport for their children, houses were affordable, some needed their own houses because of marriage and some liked the quiet and spacious type of lifestyles.

#### 4.3.5 Family's activities undertaken after work and school

Table 4.5: Activities undertaken by adults after work

Activities after work	No. of residents	Percentage
Minimal activities.	29	91%
Church, church meetings and household duties.	3	9%
<b>Total</b>	<b>32</b>	<b>100</b>

Source: Field survey (2015)

The majority of the residents responded to this question as indicated by Table 4.5 above. 29 (91%) of the adults claimed that they did not have anything to do when they came back from work. Many of them stayed at home, watched television, movies, read, listened to music, took walks on the dusty roads, gardened, exercised, played video games or played tennis.

The other 9% of the residents attended church or church functions and performed household duties after work. The general satisfaction rate of residents was low because all residents felt as though sport and recreational facilities would be of great benefit to the people and the community of Extension 7, because the residents would have somewhere to go with their families and friends and be active in sport and recreational activities.

Table 4.6: Activities undertaken by the children after school

<b>Children's activities</b>	<b>No. of residents</b>	<b>Percentage</b>
Stay at home, play soccer on street or in yard, watch television, visit friends, video games.	17	53%
Homework, watch television	8	25%
Karate, church, fishing, camping and tennis	5	16%
Children are not around	2	6%
<b>Total</b>	<b>32</b>	<b>100%</b>

Source: Field survey (2015)

The children of the community were the most affected by the lack of sport and recreational facilities. The residents were asked to respond to the question of the activities that were undertaken by children in the community. According to Table 4.6 above, 78% (53% plus 25%) of the residents' children had no engagement in sport and recreational activities. The children in the community stayed at home, played soccer on the street or in their yard, watched television, visited friends, played video games and did homework. With the provision of specific safe places for children to play by separating the vehicles and children, it would be advantageous for the parents, children and the community. Children who play on the street are faced with the threat of being run over by cars and are exposed to criminal activity. On the other hand, having the majority of children being inactive and constantly watching television and playing video games could result in obesity.

Image 4.1: Children playing soccer in the yard



Image 4.2: Children playing in the street



Source: Field survey (2015)

Five (16%) of households indicated that their children were actively involved in karate, church, fishing, camping and tennis. These activities were outside the study area and sometimes children could not access these services because of financial constraints. The remaining 6% of the resident mentioned that their children were no longer at home; either at university or school outside of Kokstad. The majority of children in the study area were affected by the lack of sport and recreational facilities which could be of great benefit to them as they would have a place to play and socialise. This would reduce the chances of children getting caught up in inappropriate activities.

Table 4.7: What residents do for fun in Extension 7

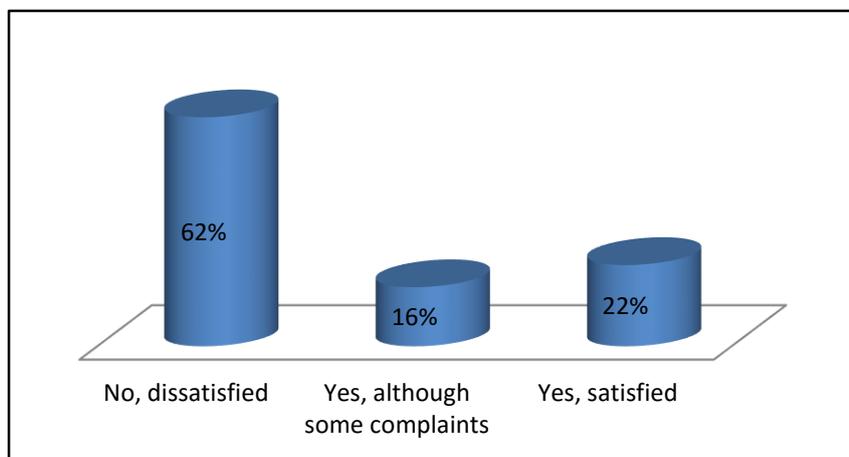
Activities undertaken for fun in Extension 7	No. of residents	Percentage
Nothing to do due to lack of services delivery, watch television, watch sport, news and radio	24	76%
Jogging, socialise with friends and family, barbecues, attend function outside Extension 7	6	18%
Attend community meetings, visit sport fields outside Extension 7	2	6%
<b>Total</b>	<b>32</b>	<b>100%</b>

Source: Field survey (2015)

According to the data collected Table 4.7 above shows that residents indicated that there were no activities which both parents and children engaged in for fun. 76% of the residents said that there was nothing to do in the area for fun. 18% watched television, watched sport, listened to the radio and the news, went jogging, socialised with friends over barbecues and attended function outside of Extension 7. The remaining 6% attended community meetings or visited the sport fields outside of Extension 7.

#### 4.3.6 Satisfaction level of residents on service delivery in Extension 7

Fig 4.2: Residents' satisfaction level of service delivery in Extension 7



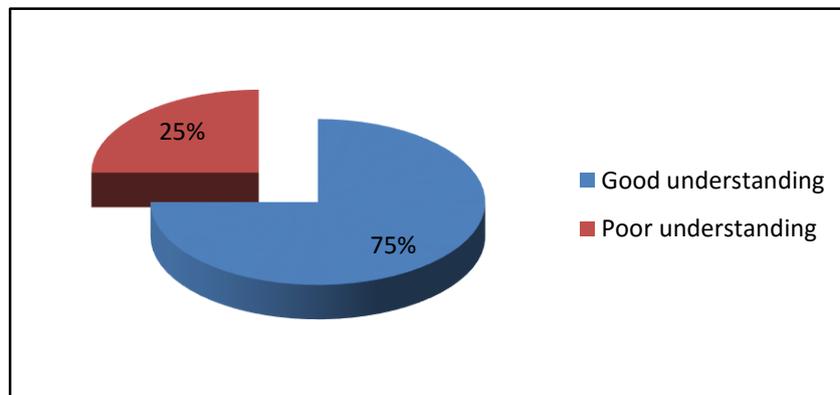
Source: Field survey (2015)

The residents were asked to reveal their satisfaction level of service delivery in Extension 7. As shown in Figure 4.2 above, 62% of the residents responded 'no' and indicated that they were not happy about the service delivery in the study area. The research found that residents were dissatisfied as there are bad roads, no street lights, no sport and recreational facilities, burglaries, rape cases, children playing sport on the street then breaking residents' windows all because of the lack of sport and recreational facilities in Extension 7.

16% of the residents who responded 'yes' that they were satisfied, but they pointed out there were no extra mural activities and lack of entertainment in the study area. The remaining 22% responded 'yes' as they were happy with the level of service delivery in Extension 7 because those residents feel that it was peaceful and quiet and that there was less violence.

#### 4.3.7 Understanding of sport and recreation

Fig 4.3: Residents' understanding about the importance of sport and recreation



Source: Field survey (2015)

Although sport and recreational activities are similar, there is a slight difference; sport areas are somewhat rule bound, need specific dedication and need the time to develop and perfect skills. Whereas recreational activities are voluntary, undertaken for relaxation such as taking a walk and being able to sit and socialise with family and friends during leisure time in the community park. The residents, GKM official and the focus group were asked to indicate their comments on what they thought sport and recreation entailed and whether it was important for communities.

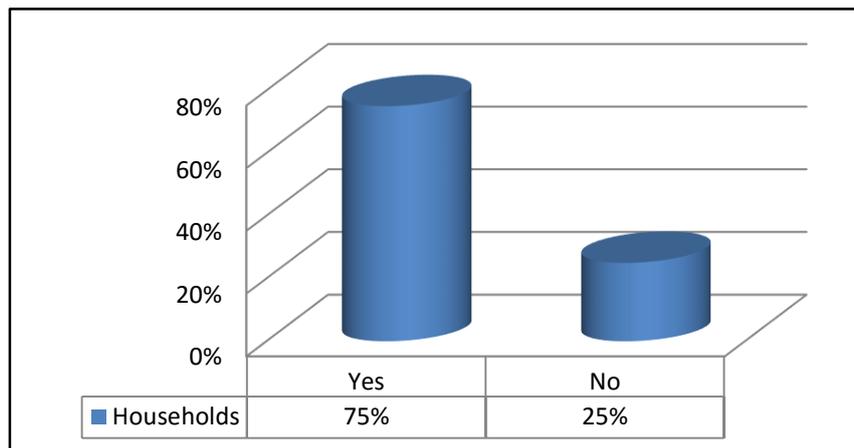
According to the data presented in Figure 4.3 above, it is interesting to see that 75% of the residents actually had a good understanding of what sport and recreation is. However, the remaining 25% of the residents showed a poor understanding of what sport and recreation is. This shows that people were not exposed to sport and recreational activities in the study area, in order to realise the benefits and understand the significance.

#### 4.3.8 Residents' participation in sport and recreation

The majority of the residents did participate in some type of sport and recreational activity; however this was at school or during school training sessions which were always outside the boundary of Extension 7. Figure 4.4 below indicates that 75% of the residents' responses were 'yes' for engaging in sport and recreational activities, in contrast to the 25% who

responded ‘no’ for engagement in sport and recreational activities. Drawing from Figure12 above it can be seen that 75% of the residents showed a good understanding of the importance of sport and recreation and this cements the notion that the community needs sport and recreational facilities.

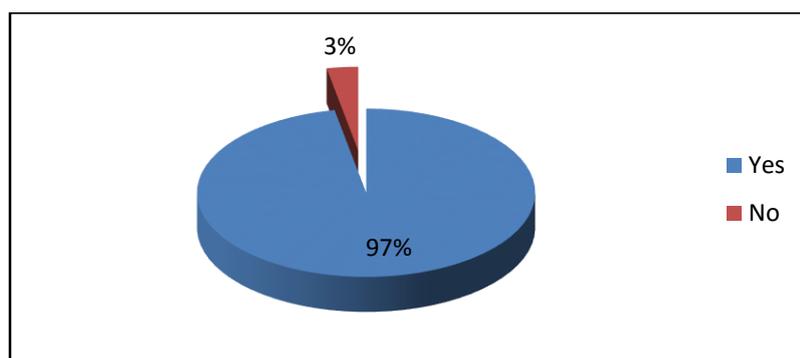
Fig 4.4: Level of residents’ engagement in sport and recreational activities



Source: Field survey (2015)

#### 4.3.9 Type of sport and recreation activities residents participate in

Fig 4.5: Residents’ views on whether sport and recreational facilities would benefit them and the community



Source: Field survey (2015)

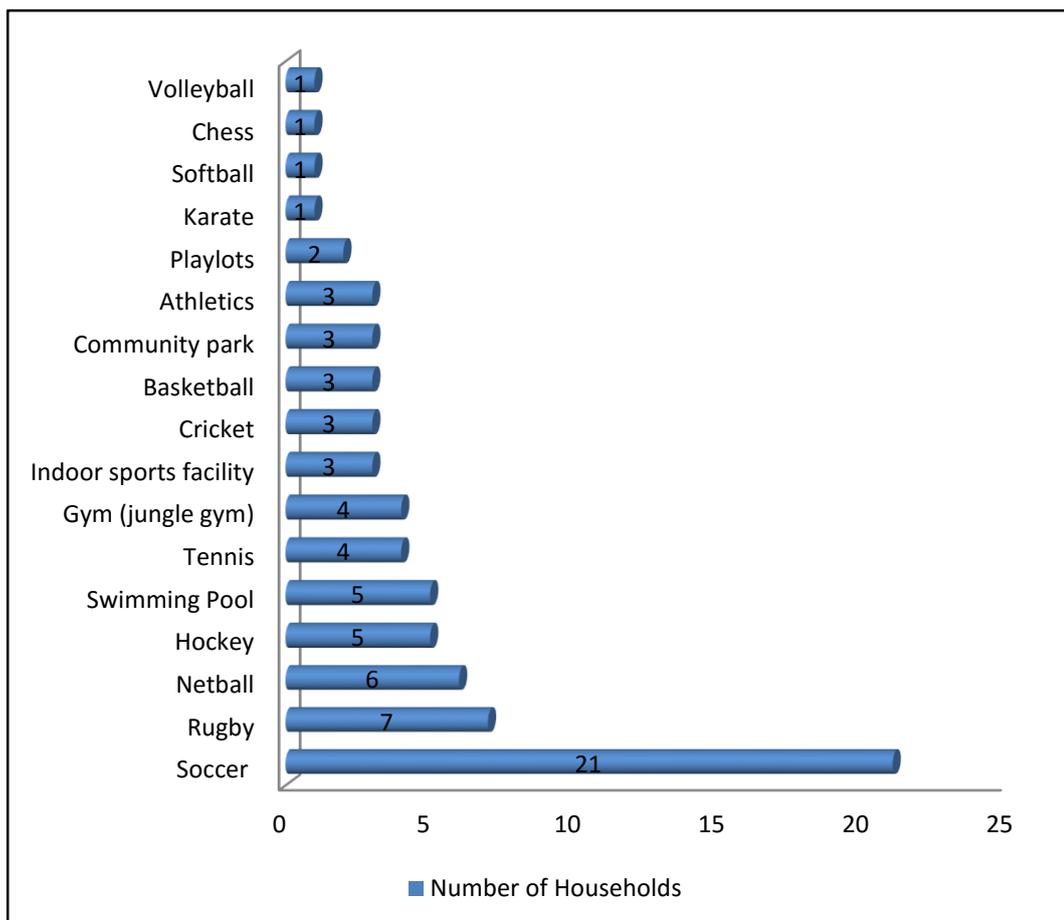
The residents were asked to respond and state the type of sport and recreational activities in which either parents or children were engaged. According to data collected, the sport and recreational activities that the residents liked to engage in involved soccer, hockey,

cricket, gymnasium, netball, rugby, music, dancing, choir, swimming, singing, drama, volleyball, seesaw, swings, slides, athletics, tennis, yoga, gym, cooking, baking, chess, body building and karate. The majority of the respondents had a mixture of some of the sport and recreational activities mentioned above.

As shown in Figure 4.5 above, the residents were asked to express whether they felt the provision of sport and recreational activities would benefit the residents; this included the parents, children, and the community. 97% of the residents stated ‘yes’ sport and recreational facilities would benefit the community and the people. The remaining 3% of the residents said that the community would not benefit from sport and recreational facilities.

#### 4.3.10 Preferred sport and recreational activities by residents

Fig 4.6: Preferred sport and recreational activities by the residents

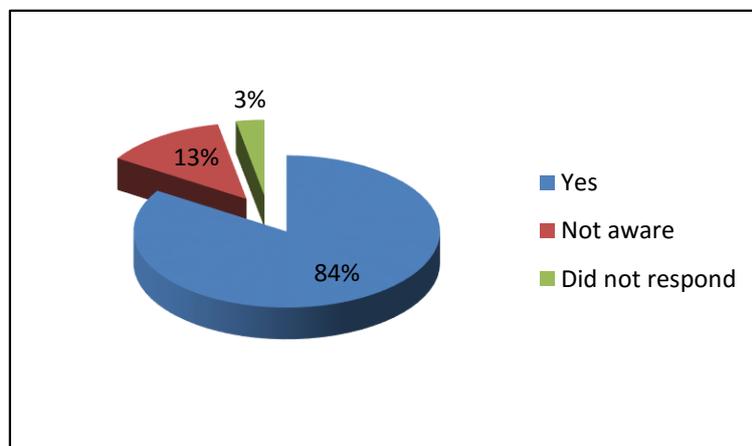


Source: Field survey (2015)

The residents were asked to express their views on the type of sport and recreational facilities they would prefer for the study area. This decision was purely based on the sport and recreational activities which the residents, including adults and children, would like to participate in. Figure 4.6 above indicates that residents had an interest in diverse types of sport and recreational activities; the residents showed a great interest in soccer with 21 households participating in soccer. Furthermore, rugby was preferred by seven households and netball preferred by six households. Swimming and hockey were preferred by five households and gym and tennis were preferred by four households. Athletics, a community park, basketball, cricket and indoor sports facilities were favoured by three households, play lots were acknowledged by two households, while volleyball, chess, soft ball and karate were preferred by one household. The majority was in favour of soccer but it has to be noted that other sporting facilities such as netball, rugby, hockey, swimming, basketball, parks and play lots have to be considered for the study area.

#### 4.3.11 Have children been affected by the lack of sport and recreation

Fig 4.7: The lack of sport and recreational activities' effect on children



Source: Field survey (2015)

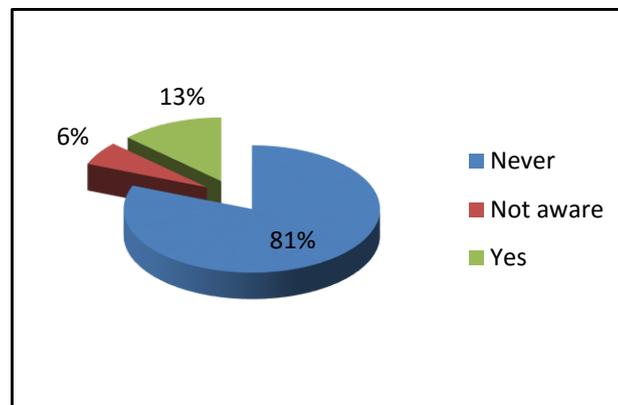
The respondents had to indicate whether they were aware of the negative effects of the lack of sport and recreational activities in the study area. As seen in Figure 4.7 above, 84% of the residents (i.e. adults) responded 'yes', that the lack of sport and recreational facilities/activities had affected the children of Extension 7. Here are some of the issues

brought to the researcher’s attention: the children end up being bored and become involved in inappropriate activities such as drugs, smoking cigarettes and alcohol abuse.

Many residents mentioned that it affected the early childhood development of younger children; it excluded them from playing in a team; knowing about fair play; learning how to respect fellow team members and people of different cultures. Some residents mentioned that it affected young girls and it promoted early pregnancy as they had nothing to do in the community and were prone to meet boys. Others said that criminal activity had increased as well as violent behaviour in children. Children who were inactive and less physically fit were likely to face health issues such as obesity, heart attacks, high blood pressure and cardiovascular diseases later in life. However, 13% of the residents were not aware of the effects of the lack of sport and recreational facilities in the community and the remaining 3% did not respond to the question.

#### 4.3.12 GKM consultation with Extension 7

Fig 4.8: GKM consultation with residents



Source: Field survey (2015)

The residents had different opinions when it came to GKM consultation with the community regarding the need for sport and recreational facilities. As shown in Figure 4.8 above, 81% of the residents mentioned that the municipality never consulted with the community, whereas 6% were not aware of any consultation with the GKM. The remaining 13% of the residents responded ‘yes’ GKM did consult with the community regarding the need for sport and recreational facilities. However, as shown in Table 4.8 below, there were mixed responses; one resident (3%) said that GKM rejected the community and said that the land

Extension 7 is situated on is proposed as privately owned; another (3%) mentioned that promises were made by GKM to do something regarding sport and recreational facilities provision. Furthermore, two other residents (6%) mentioned that a sports field was provided outside Extension 7, but it was only for soccer and no other sports.

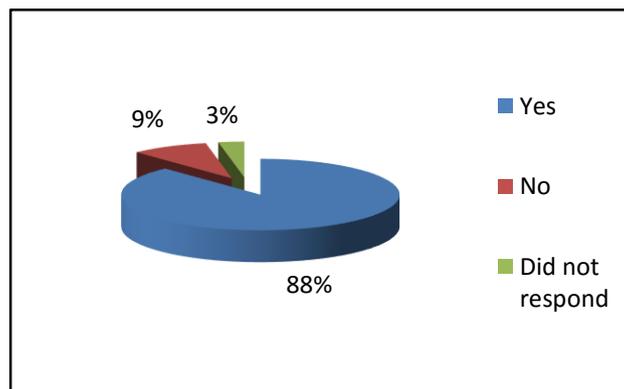
Table 4.8: Conclusion of consultations

No. of residents	Conclusions	Percentage
28	Nothing	88%
2	Sport ground was provided but only for soccer no other sports	6%
1	GKM promised to do something	3%
1	GKM rejected the community and mentioned that land is privately owned ( but municipal rates are very high)	3%
<b>32</b>		<b>100%</b>

Source: Field survey (2015)

#### 4.3.13 Residents' willingness to pay for the use of facilities

Fig 4.9: Residents' willingness to pay



Source: Field survey (2015)

The residents were asked to respond as to whether or not they would be willing to pay for access and use of sport and recreational facilities. Figure 4.9 above indicates that 88% of the residents' responses were positive, whereas 9% of the residents were not willing to pay for the use of the facilities. In addition, the remaining 3% did not respond to the question. From

the 9% who were not willing to pay for the use of facilities one resident mentioned that, it was the local municipality's responsibility to provide sport and recreational facilities to the community to benefit the children.

#### 4.3.14 Amount residents were prepared to pay monthly

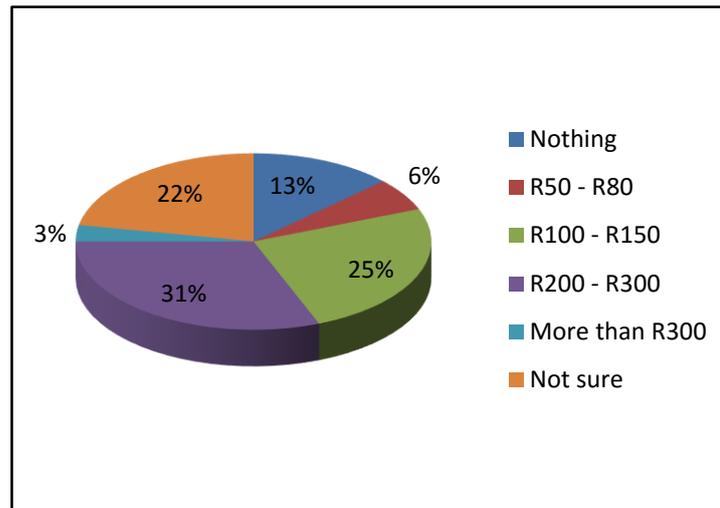
Table 4.9: Monthly payment for utilisation of facilities

	<b>No. of residents</b>	<b>Amount</b>	<b>Percentage</b>
	4	Did not respond	13%
	2	R50 – R80	6%
	8	R100 – R150	25%
	10	R200 – R300	31%
	1	More than R300	3%
	7	Not sure	22%
<b>Total</b>	<b>32</b>		<b>100%</b>

Source: Field survey (2015)

Any community that wants to take ownership of sport and recreational facilities needs to be prepared to pool their resources together in order to better and keep the facilities in smooth operational condition. Table 4.9 above presents the number of households that were willing to pay and ensure the facilities were functional. Drawing from Figure 4.10 below it is clear that 87% of the residents were willing to pay amounts ranging from R50 to more than R300 including those residents who were not sure whether they were prepared to pay. The remaining 13% of the residents did not respond to the question. According to the data presented below in Figure 4.10, the researcher concluded that the community does acknowledge that the area lacks sport and recreational facilities and that the majority are willing to play a part in the upkeep, maintenance, ownership and management of the facilities.

Fig 4.10: Monthly payment for utilisation of facilities



Source: Field survey (2015)

#### 4.3.15 Residents' approaches for up-keep of sport and recreational facilities

Table 4.10: Approaches for the upkeep of facilities

Ideas to ensure up keeping	No. of residents	Percentage
Establish a committee to do regular check-ups, security	16	50%
Fundraising and have monthly meetings	3	10%
Municipality's responsibility	2	6%
Pay a monthly fee	2	6%
Assist with the upkeep	2	6%
Did not respond	7	22%
<b>Total</b>	<b>32</b>	<b>100%</b>

Source: Field survey (2015)

The research required the residents to respond to the issue of up keep of the facilities if they were provided. This is to reassure the parties involved in the development of the sport and recreational facilities that the facilities would be kept in working order and not be vandalised by the people using them. Furthermore, this would bring ownership and responsibility of the community to ensure the facilities were a safe place for both parents and children to use. This means that security would be delivered by residents, ensuring that

there was less possibility of residents being mugged when enjoying some time out with their family or friends.

Table 4.10 above shows that 50% of the residents mentioned that they would establish a committee to perform regular check-ups and security could be provided by the residents. Fundraising events and having monthly meetings was an approach which was brought forward by 10% of the residents, while 6% of the total residents participating in this research study stated that it was the GKM responsibility to perform all upkeep of the facilities. 6% responded that they were willing to pay a monthly fee to contribute towards hiring labour to perform the upkeep of the facilities. Furthermore, an additional 6% mentioned that they would physically assist by performing tasks to ensure that the sport and recreational facilities stayed clean and tidy. The remaining 7% did not respond to the question.

#### **4.4 General findings from the GKM officials**

##### **4.4.1 Information required from the Town Planner**

The GKM Town Planner (2015) showed a good understanding of sport and recreation. The respondent mentioned that sport and recreation created social cohesion, increased tourism and opportunities for investment; it created healthier communities and opportunities for vegetation. The Town Planner (2015) was asked to state the reason why it was important to include sport and recreational facilities when designing new layouts for settlements. He responded by stating that all human settlements needed open spaces for the area to breathe and this could attract people to the area; an area cannot be designed with just houses all over.

The researcher asked the Town Planner to respond to whether sport and recreation had been included in the layout design of Extension 7. Town Planner (2015) stated that open spaces had been provided, but the planners had used the wetlands as an open space. There were no open spaces integrated in the residential setting of Extension 7. The Town Planner stressed the fact that Extension 7 was an example of poor planning with developer and

municipality biases. They were in it for their own profit/benefit and this was the main reason behind the lack of sport and recreational facilities in Extension 7.

The Town Planner was asked to elaborate on the challenges faced by the local municipality regarding the provision of sport and recreational facilities in Extension 7 and he mentioned that there had been fiscal limitation that constrained the development. The researcher asked the Town Planner (2015) whether there was alignment of policies and strategies of all spheres of government. He responded that in order to move forward with regard to sport and recreational facilities in Extension 7 the GKM had to work along with the Harry Gwalla District Municipality to establish a business plan for the Jim Payne sports complex that would be situated adjacent to Extension 7. This would complement the need for sport and recreational facilities; however this would still be outside the community.

The Town Planner (2015) was asked to express his opinions on the population of Extension 7 noting that it was steadily increasing and that is why the facilities were needed. The Town Planner was also asked whether the GKM has made any attempt to make the developer aware that sport and recreational facilities were needed and not just houses. The Town Planner stated that there had been no attempt made by the GKM and that the layout was designed by a private consulting group and that the development happened about 20 years ago. The Town Planner (2015) went on to say that the community of Extension 7 could work alongside the municipality in setting up public awareness campaigns, forming a committee and community forums to discuss the upkeep of facilities when they were provided.

#### **4.4.2 Information required from the Co-ordinator of Youth and Sport**

The Co-ordinator of Youth and Sport (2015) showed a good understanding of sport and recreation by stating that it was the driver for social cohesion in all communities. Furthermore, he said that sport and recreation united people with different cultures and classes; it could promote talents, provide support through coaching and create healthier living environments. Therefore, it was important for all human settlements to have access to sport and recreational facilities. The Co-ordinator of Youth and Sport was asked to elaborate on whether there were any sports programmes run in the GKM area and he answered 'yes'.

He mentioned the Mayoral Games in which all wards were participating and the SALSA Games (i.e. selections), which was where selections were held at Local, District and Provincial level.

The Co-ordinator of Youth and Sport (2015) was asked to give his opinions on the reasons Extension 7 was lacking sport and recreational facilities. The Co-ordinator of Youth and Sport stated that the land was privately owned and that the developer wanted to maximise profits; this was the main reason that prevented the GKM from considering any suggestions regarding development in Extension 7. The Co-ordinator of Youth and Sport (2015) elaborated on the challenges facing the GKM regarding the provision of sport and recreational facilities in Extension 7 in that there were financial constraints as there was a limited budget every financial year.

With regard to establishing a way forward for the provision of sport and recreational facilities in Extension 7, the Co-ordinator of Youth and Sport (2015) stated there would be a Jim Payne Sports Complex which had been proposed adjacent to Extension 7 and that the community of Extension 7 would be the priority end users. This was how the GKM could assist and integrate sport and recreational facilities in Extension 7. Furthermore, the Co-ordinator of Youth and Sport was asked to mention some of the strategies that the GKM had regarding the provision of sport and recreational facilities; he stated that there was an Infrastructural Municipal Grant where 15% was used on sport and recreation in the GKM area.

The researcher required the Co-ordinator of Youth and Sport to support his point of view with regard to whether there was alignment of government policies and strategies in all government spheres. The Co-ordinator of Youth and Sport (2015) stated that there were Federations in almost all the sport codes, which then report to the Sport Confederation; these structures are at Local, District, Provincial and National level.

The Co-ordinator of Youth and Sport (2015) mentioned that the population in Extension 7 was increasing and that was the reason behind the demand for sport and recreational facilities. In addition, the Co-ordinator of Youth and Sport was asked to elaborate on

whether there was consultation between the community of Extension 7 and the GKM; he stated that the GKM had financial year road shows where the community was consulted. Lastly, the Co-ordinator of Youth and Sport elaborated on an approach that could be used by the community of Extension 7 to ensure the upkeep of facilities, which was to set up a community committee structure, to assist with the upkeep of the facilities and reduce the chances of vandalism.

#### **4.5 General findings from the Master Eleven soccer team**

The soccer team was established on the 16<sup>th</sup> of August 2001 and accommodates soccer players from the ages of 12 to 19 years and seniors. The players of the soccer team stay around the GKM area, but the coach focuses on the players that are in close proximity to the pitch adjacent to Extension 7. Master Eleven were asked why they were involved in soccer. According to Master Eleven (2015) the players were passionate about playing soccer and wanted to better their skills as well as build careers out of soccer; the coach mentioned that he was passionate about soccer and wanted to transfer the skills and knowledge he had to the players to prepare them for participating professionally.

Master Eleven were asked how often training sessions were undertaken and where. Master Eleven (2015) stated that training started every Tuesday through to Friday, and the coach mentioned that on a Friday they usually had a meeting where they discussed the weekend arrangements and fixtures. The team had used a vacant piece of land for training prior to the establishment of the soccer pitch as shown in Image 4.3 above. Furthermore, Master Eleven were asked to elaborate on how they accessed the training pitch. Their responses varied as some players who lived in close proximity walked, whereas others who were situated further away were collected by the coach with a van.

This soccer team had been involved in the local soccer league for about 14 years and the team showed a good understanding of sport and recreation. Furthermore, sport and recreation assisted the players to remain fit, healthy and away from friends who drink on weekends. It also assisted the players to become disciplined and to be focused on pursuing careers out of soccer. The researcher asked the team to provide their views on the type of

sport and recreational facilities that were preferred for the area of Extension 7. Master Eleven (2015) stated that the following types of sport and recreation facilities would be preferred: soccer, tennis, swimming and netball for both the children and adults in the community.

The Masters Eleven (2015) coach mentioned that there had indeed been a player who had represented the country at international level at the Olympics. This was a female soccer player who first played for Bayana Bayana, the South African women's soccer team. In addition, there was boy who had played for WITS University but did not make it further. Some of the players reach provincial and national levels. The coach further stated that there was no consultation between the community and the GKM regarding the provision of sport and recreational facilities. According to Master Eleven (2015) the coach stated that he had had to work closely with the councillor to get the grass cut and to eventually get the soccer pitch fenced. The coach mentioned that the GKM does not attend to the upkeep on their own as part of their responsibilities, but he has to go and plead with them first.

The team was asked if the provision of sport and recreational facilities would be of any assistance to the team; Masters Eleven (2015) responded by saying that it would be of great benefit to the team as they would be able to fulfil their objective. The facilities would be put to good use as the existing pitch was in a bad condition, it was very dusty and inhaling dust is not very healthy. In addition, when it rains the pitch was muddy and the team missed out on training time. These conditions were affecting the potential of the team and its players. The team and coach were prepared to pay a monthly fee for the use of facilities but it would depend on how much the fee was, as many of the players were still dependent on their parents. The soccer team and the coach were also prepared to volunteer to assist in the upkeep of the facilities. Other ideas shared by the coach were that security could be provided for safety and the team believed that it would be in the community's best interest to establish a committee to ensure facilities remained functional.

#### 4.6 Conclusion

The objective of this chapter was to present, analyse and interpret the finding of the primary data collections from the purposive and quota sample drawn. The study showed that there was no consultation synergy between the municipality, developer, soccer team and the community regarding the provision of sport and recreational facilities in the study area. The hypothesis was tested against the findings of the research study, the study found that the hypothesis was not proven (i.e. failed) as the study area did not have sport and recreational facilities. In addition to this was the fact that no principles of urban design, policies and legislation were applied to the study area. The researcher supports the notion that there was a lack of the enforcement of government policies and legislation (i.e. Reconstruction and Development Programme (RDP), BNG and the IDP process) and a lack of consultation and involvement of the community in Extension 7. Many people moved to Extension 7 from external places to Kokstad for a better living environment and have been residing in the area for almost two decade. In addition, many of the residents thought that the area was going to grow and develop gradually but this was necessarily not the case.

Many of the residents do not have anything to do in the area for fun and other have the means to access facilities external to Extension 7. Majority of the residents are unhappy about the level of services in the study area. The lack of sport and recreational facilities is affecting the participation rate of the adults and children during their free time after work and school. This results in an increase in the negative activities occurring with many children being affected. Many of the residents including the Master Eleven soccer team indicated that they are will to support any effort by the local government to develop sport and recreational facilities and they are will to help with the upkeep and pay monthly fees for the utilisation of the facilities.

Furthermore, the findings revealed that the community was not provided with adequate sport and recreational facilities. The resident and the Master Eleven soccer team indicated that they would prefer soccer, netball, basketball, play lots, parks, jungle gym and a swimming pool. The soccer team expressed their happiness with the state in which the

soccer pitch and that they are without facilities when it rains. However, they have been working with the municipality on resolving these issues.

The municipal official did mention that they realise that the lack of sport and recreational facilities is a problem and have identified it in their IDP as a need for the community. The municipality are also faced with financial constraints and have other low cost housing projects that the municipality prioritises. The municipal officials further stated that this was a private development and the developer wanted to maximise on the profits. However, the municipality is in the planning process of developing a sports complex external to Extension 7. This would satisfy the community's need for sport and recreational facilities in the study area.

## **Chapter 5: Summary of Findings, Conclusions and Recommendations**

### **5.1 Introduction**

The chapter will give a synopsis of the research study findings, general conclusion and recommendations for the provision of sport and recreational facilities in the Extension 7 human settlement. The chapter looks at providing the way forward for the provision of sport and recreational facilities in the study area by considering the challenges faced by the residents and the GKM. Furthermore, it looks at the respondents' responses to the questions related to the research objectives in order to test or prove the hypothesis.

### **5.2 Synopsis of research study findings**

Before any conclusions are drawn from the research study, it is important to create a synopsis of the research study findings by highlighting the crucial and interesting findings of the research. The research study revealed that the residents of Extension 7, the GKM officials and Master Eleven soccer team showed a good understanding of what sport and recreation was. The study further showed that some local residents had been living in the area for as long as 18 years, but there was still no improvement in terms of service delivery and residents' disappointments are shared through the study. Many of the residents who participated in the research study were not aware that there was a pitch provided for Extension 7 which is located on the southern side of the study area.

The majority of the residents, who now live in Extension 7, lived in places external to the Kokstad area before. These residents moved to Extension 7 as it was a newly established area and they had high expectations for the area thinking that it would grow gradually. The principle of sustainable human settlements is that all municipalities have the responsibility to consider the social, economic and environment factors that make human settlements sustainable. Mass housing development is a reference to apartheid planning and excludes any population from access to municipal services as stated in the RDP 1994 and BNG policy of 2004.

There is a lack of sport and recreational facilities within the residential setting of Extension 7 and as a result children are playing sports on the streets. This study found that participation in sport and recreational activities was very high in the community (i.e. children had access to sport and recreational facilities at schools and at other facilities external to the study area). This can be seen as the main reason behind the majority of residents having nothing to do during free time after school and work. Therefore, the residents did not bother to keep active or be involved in sport and recreational activities because the sport and recreational facilities were located in other areas and were not easily accessible.

The study further revealed that the lack of sport and recreational activities in Extension 7 had negatively affected children in the area. The children were constantly involved in inappropriate activities such as consuming alcohol, drugs, teenage pregnancy, laziness, lack of discipline, school dropouts and many children lacked respect, teamwork and fair play. They did not know how to interact with others in the community and as a result of the lack of sport and recreational facilities some children had become anti-social. Therefore, the residents and the Master Eleven soccer team from Extension 7 seemed very interested in having access and participating in sport and recreational facilities. This research revealed that the residents and the soccer team felt as though the provision of sport and recreational facilities would be of great benefit to both the community and the team, as the present pitch is very dusty and becomes muddy when it rains creating a unhealthy place to exercise. As a result of the wet and muddy pitch, the team loses out on training and this minimises the potential for the team to succeed.

The research study also revealed that the majority of the respondents mentioned that the GKM never consulted with them, regarding the provision of sport and recreational facilities in Extension 7. However, a minority of respondents stated that the GKM had consulted but rejected the community ideas based on the fact that the land was privately owned. The municipality had the power to retard the development and make the developer aware that the pillars for a sustainable human settlement had not been realised.

The study revealed that the residents acknowledged that they needed sport and recreational facilities as it would assist their children to become healthier and keep them away from inappropriate activities. Furthermore, the residents were willing to pay a monthly fee that would be used for the upkeep of facilities and were eager to establish a committee that would assist with the upkeep and security of the facilities. In addition, they were enthusiastic about performing fundraising events to assist in the gathering of funds to keep facilities in top functioning order.

In the findings gathered from the municipal officials it was stated that all human settlements had to include sport and recreational facilities and not solely housing. The study revealed that there were open spaces provided, but the provision was insufficient. From a planning perspective the sport and recreational facilities had to be centrally located to increase accessibility for all residents. Furthermore, the findings concluded that Extension 7 is an example of poor planning and the developer and municipality had their own best interests at hand (i.e. bias). The issue of private ownership of land hampered any suggestion put forward by the GKM.

The findings revealed that there were existing sport and recreational programmes where all wards participate, but there was insufficient involvement in all different codes of sport. In addition, this showed that there was support from the provincial and national governments on the effort of the GKM. Therefore all spheres of government could work together to provide sport and recreational facilities to Extension 7. The research study revealed that the local municipality was faced with financial challenges with regard to the provision of sport and recreational facilities. For example, only 15% of the Municipal Infrastructure Grant (MIG) is reserved for sport and recreational development. The way forward that was evident from the findings was that the GKM had established a business plan for a Jim Payne Sports Complex that was to be located adjacent to Extension 7 with the study area as the priority end user. There has been no attempt made by the GKM to make the developer aware of the lack of provision of sport and recreational facilities, which explained why there was housing and provision of a commercial sector, but no sport and recreational development.

### **5.3 General conclusions of the research study**

The majority of the residents had been living in the area of Extension 7 for almost two decades with no adequate provision of municipal services. With the population increasing in the study area, the area had become dense and overcrowded and demand for sport and recreational activities will increase. The residents showed that they were not satisfied with the service delivery in the study area and that they believed that it would help children become more conscious about their mischievous ways by becoming disciplined through sport and recreational activities. The community of extension 7 also face challenges with crime, drug use, alcohol abuse and teenage pregnancy, but all these challenges could be minimised with the provision of sport and recreational facilities.

The main focus of this research study was to find the residents, soccer team and GKM officials' views on the lack of the provision of sport and recreational facilities in Extension 7 and whether they understood and were willing to support the efforts to develop and ensure the upkeep of such facilities. Furthermore, to identify challenges faced by residents in the community regarding lack of sport and recreational facilities. All the respondents revealed that the area was an example of poor planning and that there was a great need for sport and recreational facilities. The objectives of this research study were formulated as the basis to prove or test the hypothesis with the research findings gathered from the study area. In addition, Extension 7 is fully developed with houses and there is no available land for anymore development to occur and the GKM is facing challenges with fiscal constraints.

Many of the residents are actively involved in sport and recreational activities and, although they are external to the study area, the residents still show interest in some type of sport and recreation. In addition, the residents and Master Eleven soccer team felt that the provision of sport and recreational facilities could be of great benefit and use to them and the community.

The researcher has hypothesised that sport and recreational facilities can heal the ills of the past and contribute to sustainable human settlements. The research findings have complemented the hypothesis on the grounds that the GKM has mentioned that they have

a way forward for the provision of sport and recreational activities in Extension 7. Therefore, consultation and meetings with the community are crucial as they will be the priority end users and their demands in terms of preferred sport and recreational activities have to be taken into account by the municipality. Community involvement can create residents who feel valued and who would take charge and own the facilities, preventing such facilities from becoming a white elephant.

#### **5.4 Recommendations for this research study**

In order to make the best recommendation for a specific problem, it is advisable to analyse and develop a good understanding of the problem and in this case of the causes and nature of the sport and recreational problem in Extension 7. The provision of sport and recreational facilities in the study area cannot be realised if there is no understanding of all research findings from the residents, GKM officials and the Master Eleven soccer team. The lack of sport and recreational facilities for any community is a representation of the apartheid legacy and as of 1994 the country of South Africa has been attempting to move away from just providing housing to delivering sustainable human settlements (BNG, 2004).

##### **5.4.1 Providing sport and recreational facilities in the study area**

According to the Department of Sport and Recreation (*n.d.*), in order to have the residents of Extension 7 change their perception regarding sport and recreation the GKM has to join forces with the District, Provincial and National governments to provide the area with sport and recreational facilities. According to the data collected the GKM and the Harry Gwalla District Municipality have worked together and found a way forward for the provision of sport and recreational facilities. The proposed business plan for the Jim Payne Sport Complex located next to Extension 7 can satisfy the need for sport and recreational facilities in the study area. The GKM can set up awareness campaigns to inform and discuss the provision and management of sport and recreational facilities. According to the research findings, a number of residents stated that they were willing to be co-owners of the sport

and recreational facilities, as it would benefit them, their children as well as the community as a whole (Department of Sport and Recreation, *n.d.*).

The community could also pool their resources and assist in the provision of these facilities. According to the Department of Sport and Recreation: Norms and Standards (2010), all communities must have access to sport and recreational infrastructure as it is considered an important factor in achieving socially sustainable human settlements. The White paper on sport and recreation and the BNG policy places sport and recreational provision at the top of all local municipalities' priorities. The GKM can work closely with the community on establishing a sport and recreational programme which targets the Extension 7 community, which will provide the training and professional skills necessary to the community to fully benefit from sport and recreational facilities (Department of Sport and Recreation: Norms and Standards, 2010).

The GKM can recruit different agencies or clubs to meet the demands of various types of sport and recreation in the study area. However, it should be made clear that affiliation fees have to be paid in order to participate, as the professionals would be outsourced. If sport and recreational facilities were to be provided it could result in economic benefits for the community residents and the GKM as they would receive higher rates and the residents would receive higher property values. Furthermore it would result in social, environmental and cultural benefits for the community of Extension 7 (Department of Sport and Recreation, *n.d.*).

#### **5.4.2 Developing a sport development programme for the study area**

According to Spaaij (2010), sport development programmes can involve children and the youth, where they have to complete six different ranking training programmes specifically targeting the youth participants. The participants have to be successful and graduate from these training programmes in order to become selected for the internship; graduates would then be further assessed by businesses to choose the best candidate appropriate for the internships (Spaaij, 2010)

The children and youth are our future leaders and they can contribute and make a change in sport in the country. The youth and the young children will grow up having participated in a programme of sport and recreation that will showcase their talents and they will know from a very young age which sport they have strengths in. The children and the youth could one day be actively participating in the economy whether it is at Local or National level. The children and youth need these facilities, as the research findings indicated there are many school dropouts who could be occupied by participating in the sports development programme to remain out of trouble (Spaaij, 2010).

The main focus of the sports programme would be to groom the children to find their interests and talents and most importantly to develop discipline for participants to be focussed. Drawing from IADB (2003), the main aim of a sport programme should be that the GKM and the agencies or sport clubs need to create networks with established businesses to provide internship programmes for participants who graduate from all training programmes within the sports development programme. In addition, the main intention of the programme should be to create employment opportunities for youth in the study area. However, in order to enforce this approach adequate sport and recreational facilities have to be provided in the study area (IADB, 2003).

The children and the youth of the community of Extension 7 play an important role in the growth and success of sport in South Africa. The children and youth can build careers out of sport and broaden the spectrum of the South African sport and recreation industry. Furthermore, by having people participate in such sport development programmes will encourage children and the youth. This will increase opportunities for tourism and have a trickle-down effect on the children and youth of Extension 7 from generation to generation.

#### **5.4.3 Utilising the existing community hall and sports pitch for sport and recreational facilities**

The community of Extension 7 faces challenges of identifying an adequate location for sport and recreational facilities which are far for the local residents to access. Drawing from Wright et al. (2011), another way forward with regard to sport and recreational facilities

that could be applied to the study area is to use of the existing facilities such as the community hall as a platform for sport and recreational activities (Wright et al., 2011). Furthermore, the existing soccer pitch is not adequate. However, to find a way forward the GKM and the community can ensure that the soccer pitch is rehabilitated and upgraded so that it could be used for other sport and recreational activities. This can reduce the cost of purchasing appropriate land to develop sport and recreational facilities. This can be a more affordable option for the study area as well as the GKM and it would reduce the demand for sport and recreational facilities.

#### **5.4.4 Human settlement layouts should not be approved if there is no site for sport and recreational facilities**

Apartheid brought a history of suppression and the National Government saw people as different based on their race. This affected the residential layout designs of the neighbourhoods that were occupied by Black South Africans as they had limited access to sport and recreational facilities. In 1994 the ANC government established the RDP policy with the main focus being mass housing provision. In addition, the government did not think about sustainability and the application of environmental, social and economic sustainability issues. Therefore, the RDP was revised and the output was the establishment of the BNG policy. The BNG policy spoke to the creation of sustainable human settlements and that layout designs had to integrate environmental, economic and social factors within all human settlements (Nixon, 1992; BNG, 2004).

The recommendation for sport and recreation policy is to have all residential layout designs integrate sites for sport and recreational facilities. In the case where these facilities are not integrated within the residential layout design of a community that layout must not be approved or all developments stop or retarded. Drawing from Council for Scientific and Industrial Research (CSIR) Building and Construction Technology (2000), for all human settlements to be sustainable there has to be provision made for a site where sport and recreational facilities can be located. These facilities have to be planned appropriately as they must be located within a specific distance from the community to access through walking. Therefore, all proposals of a residential layout design have to be assessed and

reviewed by planners to assure that these facilities are located strategically and that all members of the community will have an equal distance to travel to access the facilities (CSIR Building and Construction Technology, 2000).

## **5.5 Conclusion**

The study is about the importance of sport and recreational facilities for all human settlements despite the income or social status. The literature review presented was in support of sport and recreational facilities provision and why it is important for all human settlements. The literature presented also focused on the policies and legislation is designed to guide the provision of sport and recreational facilities. This makes the planning process for the provision of sport and recreational facilities on that is crucial, as it must be done correctly considering threshold, location, distance and size. This then lead to the discussion and presentation of location, socio-economic, infrastructural and natural environmental elements which exist in and around the study area. Land uses in and around the study area, weather conditions, topography, geology and soils were elaborated as this gave a holistic perspective of the dynamics at play. This would ultimately support and assist the provision of sport and recreational facilities as to where, what and how these facilities can be provided.

The study area is situated within a close proximity to social, economic and religious facilities; this is an indication that the study area is suitably located in terms of sustainability. The research findings, data analysis and interpretations have revealed that the community and the Master Eleven soccer team are not happy with the level of services. This resulted to negative consequences for the community. As a result of the lack of sport and recreational facilities the community of Extension 7 is facing many challenges related to school dropouts, crime and young children being inactive and involved in drugs, teenage pregnancy and alcohol abuse. The community is also eager to assist with any development, maintenance and to take ownership of sport and recreational facilities provision. Therefore, the proposed recommendation presented in this chapter five for the provision of sport and recreational facilities in Extension 7 can help reduce some of the issues regarding the lack of sport and recreational facilities faced by the community and the Master Elven Soccer team.

The mere fact that Extension 7 community had to wait for the promises made by the GKM, this does not erase the fact that the residents are disappointed because of the rejection by the GKM although the rates base is extremely high. Therefore, the researcher proposes that the GKM use a bottom-up approach rather than a top-down approach and involve the community to find a mutual ground and work together to find a way forward regarding sport and recreational facilities. Have the community use the existing facilities in the community such as the community hall and revamp the soccer pitch. The researcher also emphasises that the government should instil the notion that if a layout is not adequately design with a reservation of ten percent (10%) space for recreation and sport that it not be approved or development should be stopped until such recommendation are instilled.

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## **Appendices**

### **Informed Consent Form**

#### **Greetings**

Good day (Mr., Mrs., Ms).

#### **Research Title**

A need analysis for the provision of sport and recreational infrastructure to promote sustainable human settlements: A case study of Extension 7, Kokstad.

#### **Location of Study Area**

The study area (Extension 7) is located in the province of KwaZulu Natal on the Northern side of Kokstad Town. Extension 7 is accessible through the R617 running between Underberg, Swartberg, Franklin and Kokstad.

I am Clayton Wesley Marais (student no. 210501518); currently I am registered for the Master of Housing program at the University of KwaZulu-Natal, Howard College. The purpose of my research is to bring awareness to the residents of Extension 7 and municipality about the importance of sport and recreational facilities and why they should be included in sub-divisional layouts for new settlements. In addition, it also seeks to elaborate on the benefits of sport and recreation. Feel free to ask questions at any time.

#### **My contact details are:**

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#### **The contact details of my academic supervisor are:**

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**Specific Enquiries (HSSREC Research Office contact detail):**

Ms Phumelele Ximba

Tel No.: 031 260 3587

Email: [Ximbap@ukzn.ac.za](mailto:Ximbap@ukzn.ac.za)

**Description of the research study:**

The objectives of this research study are: to investigate and emphasise the importance of the inclusion of sport and recreational facilities in layout design for new human settlements. Furthermore, unpack the challenges faced by local municipalities, regarding the provision of sport and recreational facilities in human settlements and to assess the benefits of the provision of sport and recreational facilities for human settlements. In addition, assess literature on best practices on the provision of sport and recreational facilities in human settlements then lastly; unpack the contributions of sport and recreational facilities toward social sustainability for human settlements.

**Research questions:**

1. What is the extent of the emphasis on the importance of the inclusion of sport and recreational facilities in layout design for new human settlements?
2. What is the extent of the negative impact of non-provision of sport and recreational facilities in the human settlement?
3. What is the extent of the challenges faced by local municipalities, regarding the provision of sport and recreational facilities in the study area?
4. What are national and international best practices for the provision of sport and recreational facilities in human settlements?
5. What are the contributions of the provision of sport and recreational facilities towards social sustainable human settlements?

**Procedures:****Interviews, questionnaires and focus groups:**

- Will commence after the informed consent has been understood and signed by the participants.
- Research conducted and findings will be documented.
- The time required for interviews, questionnaires and focus groups will depend on the nature and depth of your responses.
- The respondents may be contacted again to clarify any responses that are misunderstood.

**Observations:**

- Would commence after the informed consent has been understood and signed by the participants.
- This would occur simultaneously with interviews, questionnaires and focus groups discussions.

**Risks or Discomfort:**

There are no potential risks and discomforts that will be associated with this research study.

**Benefits of this study:**

There will not be any direct benefits for the participants in this study. The benefits of this study will contribute to the existing body of knowledge.

**Compensation:**

There is no form of compensation for research participants.

**Voluntary participation and withdrawal:**

The participation in this research study is voluntary. Participants have the right to refuse to partake in this study. If you decide to be involved in the research study, you have the right to drop out of the study at any time. Whatever you decide to do, you will not be disadvantaged in any manner.

**Confidentiality:**

The primary focus of this research study is to document the opinions and perspectives of the participants regarding the importance of the inclusion of the provision of sport and recreational facilities in human settlements

In the event of problems or questions/concerns you may contact the UKZN Humanities & Social Sciences Research Ethics Committee, contact details are as follows:

**Consent Statement:**

Do you give consent for (tick the your option below)

1. Your name, position and organisation, or	
2. Your position and organisation, or	
3. Your organisation or type of organisation (please specify), or	
4. None of the above	

**HUMANITIES & SOCIAL SCIENCES RESEARCH ETHICS ADMINISTRATION**

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I.....(Full Names of Participant) hereby confirm that I understood the consent of this document and the nature of this research study. I give consent to participating in this research study and fully understand that I am at liberty to withdraw from this research study at any time, should I desire.

**Signature of participant**

.....

**Date:**

.....

## Appendix A

### Questionnaire for the residents of Extension 7(i.e. Adults)

1. What is your age?
2. Where did you stay before you moved to Extension 7?
3. How many people live in your household?
4. How long have you been living in Extension 7?
5. Why did you choose to live in Extension 7?
6. What do you do during free time off work?
7. What do children do during free time after school?
8. What do you do for fun in Extension 7, support your answer?
9. Are you happy to be living in this area, and why?
10. What is your understanding of sport and recreation?
11. Does any member of the family participate in some type of sport and recreational activities?
12. What type of sport and recreation activities do members of the family like to engage in?
13. Do you think the participation in sport and recreational activities will benefit people in any way, explain your answer?
14. What type of sport and recreation facilities would you recommend/prefer, and why?
15. In your opinion will the provision of sport and recreational facilities be beneficial to the community of Extension 7, and in what way?
16. In your opinion has the lack of sport and recreational facilities affected the children and youth in Extension 7, if yes; in what way?
17. Has the local municipality ever consulted with the community regarding the need for the provision of sport and recreational facilities?
18. If yes, what were the conclusions?
19. Are you prepared to pay for access to sport and recreational facilities, in order to participate?
20. How much are you prepared to pay?
21. How will you as a member of the community ensure the up keeping of the facilities (e.g. maintenance, ownership and management of facilities)?

## **Appendix B**

### **Interview questions for the municipal official**

#### **Town Planner**

1. How long have you worked for the local municipality?
2. What position do you currently occupy, how long?
3. What duties do you perform in your position?
4. What are the responsibilities you have to fulfill?
5. In your opinion are sport and recreational facilities important for human settlements? Support your answer.
6. What is your understanding of sport and recreation and why should it be included when designing layouts for human settlements?
7. Were sport and recreational facilities included in Extension 7 housing project? If not, why?
8. In your opinion, what benefits can come by providing sport and recreational facilities in human settlements?
9. What are your comments on the lack of the provision of sport and recreational facilities in Extension 7?
10. What has been the reason behind the non-provision of sport and recreational facilities in Extension 7?
11. Can you mention some challenges faced by the local municipality regarding the non-provision sport and recreational facilities in Extension 7?
12. Any suggestion about the way forward for the provision of sport and recreation facilities in Extension 7, plans for the future?
13. From a planning perspective how best can sport and recreational facilities be integrated in Extension 7?
14. In your opinion is the population of Extension 7 sufficient for the provision sport and recreational facilities/services (e.g. will they fully utilise the facilities)?
15. Is there alignment of provincial and local policies and strategies on sport and recreation, and does GKM IDP act on such concepts?
16. If yes or no, explain your answer?

17. Was there any attempt made by the GKM town planning department, to make the developer aware that sport and recreational facilities are crucial for sustainable human settlements? If yes or no, support your answer?
18. What are your comments regarding an approach which can be used by Extension 7's population to ensure the up keeping of the facilities, when they do get provided (e.g. maintenance, ownership and management of facilities)?

## **Appendix C**

### **Interview questions for the municipal official**

#### **Co-ordinator for Youth and Sport**

1. How long have you worked for the local municipality?
2. What position do you currently occupy, how long?
3. What duties do you perform in your position?
4. What are the responsibilities you have to fulfill?
5. What is your understanding of sport and recreation and why is it important for human settlements? Support your answer.
6. Are there any sport and recreational programmes run in the GKM area and was Extension 7 included? Support your answer?
7. In your opinion, what benefits can residents realise from being involved sport and recreational services in human settlements?
8. What are your comments on the lack of the provision of sport and recreational facilities in Extension 7?
9. What has been the reason behind the fact that Extension 7 is excluded from sport and recreational services?
10. Can you mention some challenges faced by the sport and recreation department, which can explain the lack of sport and recreational facilities in Extension 7?
11. Any suggestion about the way forward regarding sport and recreational facilities in Extension 7?
12. How sport and recreational facilities/programmes can best be integrated in Extension 7?

13. How can the GKM sport and recreation department assist Extension 7 with the provision of sport and recreational facilities?
14. What are some of the local municipality's strategies regarding the provision of sport and recreational facilities?
15. Is there alignment with the national, provincial and local policies including the integrated development plan of GKM?
16. If yes or no, explain why?
17. From your point of view will Extension 7 population fully utilise the demanded sport and recreational facilities? Can you elaborate on your answer?
18. Was there any attempts made by the sport and recreational department of GKM to consult the community about their need for sport and recreational facilities?
19. What are your comments regarding an approach which can be used by Extension 7's population to ensure the up keeping of the facilities, when they do get provided (e.g. maintenance, ownership and management of facilities)?

## **Appendix D**

### **Questions for the focus group: Soccer Team (aged between 18 and 35 years).**

1. In what year and how was the soccer club established?
2. What are the ages of the players?
3. Where do the players of the team stay?
4. Why are you involved in soccer?
5. How often is soccer training undertaken, and where?
6. How do the team players access the venue for training?
7. How many years has the team been participating in the local soccer league?
8. What is your understanding about of sport and recreational activities and why is it important?
9. What type of sport and recreational facilities would you recommend/prefer for the area of Extension 7, and why?
10. Are the team members who are involved in some other type of sport and recreational activities?

11. Has any of you been selected to represent this area at, district, provincial, national level, if yes explain your answer?
12. If not, what do you think is the reason?
13. Has the local municipality ever consulted with the community regarding the provision of sport and recreational facilities?
14. What were the conclusions?
15. Will the provision of sport and recreational facilities be of any use or assistance to the team, support your answer?
16. Are you prepared to pay a monthly access fee to use sport and recreational facilities for training sessions or to participate?
17. How much are you prepared to pay?
18. What will the team do to ensure the up keeping of the facilities (e.g. maintenance, ownership and management of facilities)?