

## Special Issue

# The Role of Sports and Physical Activity in Fostering Growth, Resilience, and Identity Formation Among Youth

### Message from the Guest Editors

This Special Issue aims to explore the multifaceted role of sports and physical activity in fostering growth, resilience, and identity formation among youth. The intersection of physical activity and youth development represents a critical area of research spanning multiple disciplines, including physiology, psychology, sociology, and education. The primary focus of this Special Issue is to examine the diverse pathways through which sports and physical activity contribute to positive youth development, assessing various dimensions of youth engagement with sports and physical activity, including active participation, spectatorship, structured intervention programs, and sports-based rehabilitation and therapeutic interventions. We hope to provide a comprehensive understanding of how these activities serve as vehicles for building resilience, shaping identity, and promoting overall well-being among young people.

### Guest Editors

Dr. Orr Levental

Department of Physical Education, Tel Hai University, Upper Galilee  
1220800, Israel

Dr. Dalit Lev Arey

Department of Psychology, Academic College of Tel Aviv Yaffo, Yaffo  
6818211, Israel

### Deadline for manuscript submissions

1 May 2026



## Societies

---

an Open Access Journal  
by MDPI

---

Impact Factor 1.6  
CiteScore 3.0



[mdpi.com/si/246273](https://mdpi.com/si/246273)

*Societies*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[societies@mdpi.com](mailto:societies@mdpi.com)

[mdpi.com/journal/  
societies](https://mdpi.com/journal/societies)





# Societies

---

an Open Access Journal  
by MDPI

---

Impact Factor 1.6  
CiteScore 3.0



[mdpi.com/journal/  
societies](https://mdpi.com/journal/societies)



## About the Journal

### Message from the Editor-in-Chief

*Societies* (ISSN 2075-4698) is an interdisciplinary journal that brings together different scientific approaches to engage with societal questions to enhance our understanding of the social realm throughout history. The journal publishes original empirical research papers, literature reviews, and conceptual papers. Our aim is to publish papers that have a significant impact on addressing present and emerging societal questions. Therefore, we encourage researchers to publish their results in as much detail as possible. For empirical research papers and literature reviews, all experimental details must be provided, so that the results are reproducible. We also encourage the publication of timely theoretical pieces on topics of interest to existing and emerging societal questions. Papers are either published in the open journal or in Special Issues devoted to specific topics of interest to the field.

---

### Editor-in-Chief

Prof. Dr. Gregor Wolbring

Community Rehabilitation and Disability Studies, Cumming School of  
Medicine, University of Calgary, Calgary, AB T2N 4N1, Canada

---

### Author Benefits

#### Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

#### High Visibility:

indexed within Scopus, ESCI (Web of Science), RePEc, EconBiz, and other databases.

#### Journal Rank:

JCR - Q2 (Sociology) / CiteScore - Q2 (General Social Sciences)