

**SPORTS ENGAGEMENT BY AIRMEN / WOMEN AND ITS BENEFIT  
FOR THE AIR FORCE**

By

**M.P WEERASINGHE**



*The Thesis submitted to*

**GENERAL SIR JOHN KOTELAWALA DEFENSE UNIVERSITY**

**SRI LANKA**

*In partial fulfillment of the requirement for the award of the degree*

*Of*

**Master of Science in Security and Strategic Studies**

**25<sup>th</sup> August 2021**

**PERMANENT REFERENCE**

## **Abstract**

Work is an important part of our lives. Some people experience their work as meaningful, while others experience work as hard labour. Work adds value to an individual in the form of self-actualization, security and relationships. The purpose of this research was to explore and examine how Sri Lanka Air force as an institution benefitted by the engagement of its airmen/airwomen in sports. This qualitative explorative study was conducted with sports personnel 1070 employees. Sample (N=53) of different employment categories taken in to consideration. This examines the participation of airmen in sport and its benefits for the Air Force as an institution. For the study, primary data was obtained from field research including questionnaire surveys, key informant interviews, and focus group discussions. The key findings of the study highlights the importance of motivational environment that exists in the SLAF for sports personnel in engaging in sports and social network has enabled them empower to make contributions to the benefit of SLAF. Finally, the study findings suggest that the benefits to the SLAF as a result of airmen and women involved in sports are overwhelming its negative impacts and they are quite insignificant. The benefits accrued by SLAF as an institution by this means in turn have benefitted the airmen and women well vice versa. The study concludes that as amply evident by the performance and excellence displayed by both air men and air women of SLAF engaging in variety of sports events at national and international level, in no doubt have contributed immensely and in variety of ways to the benefit of the SLAF. This is in terms of boosting the image, credibility and good name of SLAF amongst other forces that the SLAF could be proud of.

**Key words:** Sports pool, Sri Lanka Air Force, High esteem, Recognition, Competitiveness, Motivation, Endurance.