

Themes and concepts	Action research	Case study	Cross-sectional ¹	Longitudinal-observational	Pre-test, post-test, no control	Quasi-experimental (not random)	True experiment	Mixed
Work ethic (n = 32)	n = 1	n = 1	n = 19	n = 4	n = 2	n = 1	n = 1	n = 3
Work ethic			47	25				
(Self-)discipline			15, 24, 33, 47, 53, 64, 70, 85	25				
Assertiveness			33, 70	30	36		3	
Initiative		52	14, 45, 70					
Effort	4		10, 49, 70	25	7	35		75
Commitment			24, 32, 33, 54, 55, 73	25, 48				
Be though, not giving up	4		10					
Perseverance			16, 17, 24, 33, 82a, 85	25, 67				
Focus, concentration			85	25, 48, 67				
Independence			33	25				
Self-direction			70					37, 88
Control and management (n = 37)		n = 1	n = 20	n = 5	n = 2	n = 2	n = 4	n = 3
Assuming control			21	48				
Coping strategies/skills				57			56	
Internal control or self-control			38, 46, 50	25, 30, 72	7, 71	35	39	27, 37
Managerial skills (e.g. being organized)			60					75
Self-management			20, 38, 63					
Time management (skills) (e.g. being on time, planning, prioritizing)		52	18, 20, 24, 33, 46, 50, 85, 86	25				
Emotional control/regulation (e.g. managing feelings)			9, 10, 14, 21, 45, 47, 50, 53, 86				44	
Handling failure			10	57				
Resilience			33, 54, 55	57		65		
Managing or overcoming stress			21, 33, 46, 47, 85	57				
Social (self-) control							3, 44	
Resisting problem behaviours and peer pressure			24, 38					
Goal-setting (n = 14)		n = 2	n = 7	n = 3			n = 1	n = 1
Goal-setting		11, 52	15, 46, 85	25, 51			40	75
Focusing on improvement			10	76				
Focusing on common goals			47					75

Setting and achieving goals	10, 24, 86							
Decision-making (n = 5)	n = 1		n = 2		n = 2			
Decision-making	38		25, 47		87			
Opportunities to make decisions for themselves					37			
Problem-solving (n = 8)	n = 4		n = 1		n = 2		n = 1	
Problem-solving skills	10, 21, 29, 86				39		27	
Reflecting on potential solutions and solve problems			67					
The use of problem-solving					40			
Responsibility (n = 21)	n = 1	n = 9	n = 4	n = 1	n = 1	n = 1	n = 1	n = 4
Responsibility	13	82a, 85, 86	25, 30, 74		8			27, 87
Personal responsibility (for self and own actions)		50, 66, 70						22, 37
Social responsibility		12, 50, 64		7		61		22, 37
Accountability	13	49	25, 78					
Leadership (n = 19)	n = 12		n = 5		n = 2			
Leadership	15, 17, 18, 33, 73, 85, 86				88			
Being a leader	10, 24, 49, 70		51, 76		87, 88			
Being a role model	10, 24, 33, 49							
Coaching others	10							
Leadership skills	10, 17, 79		25, 51, 74					
Setting an example			62					
Taking on new roles					87			
Use of voice in leadership situations			62					
Cooperation (n = 35)	n = 1	n = 1	n = 19	n = 7	n = 1	n = 2	n = 2	n = 2
Cooperation			21, 66, 73	30, 48		35		
Teamwork		52	10, 14, 15, 16, 21, 45, 53, 60, 64, 66, 70, 73, 79, 85		7			
Cooperation skills				72		42	3	
Group process skills			86					
Helping each other	4		29	48, 76, 78			61	37
Recognizing the importance of working with others			18	57				
Working with people you do not necessarily like			18					
Interpersonal skills			85					
Playing better together as a team								75

Team bonding and team spirit		49	67					
Team effort		10						
Working cooperatively sharing resources		29						
Working together (e.g. to reach their goals)		29, 47	67					75
Meeting people and making friends (n = 27)	n = 2	n = 21	n = 1	n = 1	n = 2			
Interacting with others (e.g. peers, coaches)		10, 17, 18, 19, 38, 47, 53, 64, 66, 70, 84	74	31				
Relationships with teammates or peers		14, 33, 45, 47, 50, 60, 63, 80, 84, 86						
Creating meaningful relationships		18			8			
Making friends	11, 58	9, 18, 24, 33, 38, 53, 64, 66, 70, 79	74		65			
Adult network and social capital		14, 45						
Communication (n = 16)		n = 10	n = 3		n = 1	n = 1	n = 1	
Communication skills		1, 24, 33, 47, 50, 60, 70, 73	25, 48, 57			3		75
Positive communication		49						
Interpersonal communication		21						
Becoming more vocal		70						
Maintaining a dialogue					26			
Overcoming challenges when communicating with others		24						
Prosocial behaviour (n = 54)	n = 1	n = 1	n = 27	n = 9	n = 3	n = 6	n = 4	n = 3
Prosocial behaviour			43, 63, 80	59	23	65, 68	69	
Taking turns			29	28				
Raising hands, asking for permission to speak, and listening	4							
Congratulating others	4							
Supporting, encouraging each other			10, 19	48, 78				
Relating to others			70			26		
Being disappointed together, being pleased together			19					
Feedback and compliments			86	28				
Following rules	4		10					
Handling or dealing with conflicts			41, 47, 64, 70, 73			26		27
Honesty			15, 16, 82a					

Integrity			55, 82a					
Appreciation	4							
Expressing opinions							87	
Judgment			83a					
Loyalty			16					
Ethical behaviour			64					
Etiquette			64					
Fair play (e.g. handing flags back to team mates)			66, 79	78				
Sportsmanship/sportspersonship			16, 64, 66, 79	28				
Dealing with winning or losing in competition			10	57				
Doing the right thing			82a					
Character			79	2, 34, 59	23			
Caring			85	2, 25, 34, 59	23		61	88
Emotional sensitivity							44	
Empathy	4		21	25	36	26, 42		
Sympathy					23			
(Mutual) trust			24, 49, 73					87
Moral values			16					
Prosocial values/norms			9, 86	72				
Respect (for self, materials, peers, coaches, referees)	4	52	10, 15, 16, 33, 47, 49, 50, 54, 55, 64, 70, 79, 82a, 85	25, 72	31	35	61	27, 87, 88
Obeying or respecting authority (e.g. referee's decision)	4		66					
Tolerance						35		
Social awareness			38					
Social sensitivity							44	
Peer prosocial orientation			80					
Social adaptation			70				3	
Social and peer acceptance			82a	28	31	83		
Negotiation/refusal skills			21					

¹Studies were labelled as cross-sectional when the data was collected from participants at one point in time (Lavrakas, 2008: 171)

Note: Action research (n = 1); Case study (n = 4); Cross-sectional (n = 41); Longitudinal-observational (n = 15); Pre-test, post-test, no control (n = 7); Quasi-experimental (n = 7); True experiment (n = 7); Mixed (n = 6)