e-ISSN: 2320-4230, p-ISSN: 2961-6085

Journal of Drug Discovery and Therapeutics

Available Online at www.jddt.in

CODEN: - JDDTBP (Source: - American Chemical Society)

Volume 11, Issue 05, September-October: 2023, 50-58

Set a Character for the Concept of Equestrian Games

[1]M. Parvathalu, [2]Dr. Rajani

[1]Research Scholar, Sunrise University, Alwar

[2]Professor, Sunrise University, Alwar

Received: 17-07-2023 / Revised: 16-08-2023 / Accepted: 24-09-2023

Corresponding author: M. Parvathalu

Conflict of interest: No conflict of interest.

Abstract:

Background: Football, rugby, skiing, motorcycle riding, and car racing are all seen to be less risky than horseback riding. Prior descriptions of the crucial role that rehabilitation treatment plays in helping patients recover from serious horse-related injuries are lacking. The objectives of this study were to (1) define the incidence and pattern of severe equestrian trauma, (2) pinpoint the availability of in-patient rehabilitation services, (3) outline patient functional outcomes, and (4) discuss strategies for boosting rehabilitation therapy in this special population. Techniques and outcomes: The trauma registry at a level 1 institution was retrospectively reviewed (1995–2005) together with a patient survey defining formal in-hospital treatment. 49 percent of patients received rehabilitative treatment while they were hospitalized. Musculoskeletal and spinal cord damage were among the injuries associated with a likelihood of treatment. The likelihood of not obtaining treatment was predicted by prior equestrian riding injuries. The majority of responders (55%) reported having ongoing physical problems as a result of their injury. Conclusion: After severe horse injuries, rehabilitation treatment is vastly neglected. Patients with head, neck, and skull injuries need more therapeutic services. Enhancements to the initial delivery and ongoing care of rehabilitation therapy may improve functional results in the group of Western equestrians who are resistant to treatment.

Keywords: horse; horseback riding; research model; environmental factors; human–horse interaction

Introduction

The emergence of human communities would not have been possible without horses. In addition to playing important roles in modern tourism, sport, and leisure (Buchmann, 2017; Dashper, 2017a; Kim et al. 2008; McGreevy, 2004; Ollenburg, 2005), they have also played important roles in work, industry, transport, agriculture, the military, food, and companionship. While human-animal relationships may be based on reason in certain cultures, they may also be based on emotion in others (Rowan, 1995); as a result, cultural definitions of the meanings attached to horses and the ways we utilize and interact with them are anticipated. Horses used for human sport, recreation, and tourism raise ethical issues regarding how they are treated, their status as sentient beings capable of acting in ways

that may not always comport with human expectations, and what obligations humans have to the horses we use for recreation in terms of autonomy, care, and respect (see Dashper, 2017a). The International Equestrian Federation (FEI), the organization that oversees equestrian sport internationally, declares that "the welfare of the horse has always been and will always be at the centre of every part of the Federation's activities." (FEI, 2009). The definition of "excellent wellbeing" in training, competition, and leisure is not further defined, however.

The Five Freedoms proposed by the Farm Animal Welfare Council (FAWC) are an example of a set of broad guidelines on nonhuman (hereafter referred to as "animals") animal welfare that have received widespread support. However, these measures have come under fire and may not always be understood, accepted, and adopted in the same way by different groups and countries (McCulloch, 2013). Thus, there is confusion over what constitutes "animal (horse) welfare," and thus, what constitutes "good" care and maltreatment. In this essay, we discuss these problems in light of Mexico's equestrian industry. Mexico received a grade of "C" in 2020 on the Animal Protection Index. API (2020) states that while Mexico has some animal welfare laws intended to promote ethical pet ownership, the government guidelines are often "aimed at maintaining animal health rather than animal welfare" (p. 1). We examine Mexican horse handlers' perceptions of "bad" treatment, abuse, and human-horse relationships using the social representation theory (Moscovici, 1998) to examine how national cultural discourses and broader global equestrian norms influence attitudes toward horse welfare.

Horses in leisure

Horses are largely employed for sport and leisure activities in various nations throughout the globe (Adelman &Knijnik, 2013; Gilbert & Gillett, 2012). In human sports, horses are the most frequently encountered animal (Dashper, 2017a), and riding horses has given rise to a wide range of leisure pursuits, including dressage, show jumping, three-day competitions, cross-country, vaulting, polo, pony clubs, horse driving, racing, endurance, and equestrian therapy (Ollenburg, 2005). Dashper (2017b) asserts that as a result, "equestrian sport is part of the larger institution of sport that is defined by competition, concepts of fair play, the pursuit of success, and questions of inclusion and exclusion" (p. 2). Horses are considered athletes in equestrian sports since they are seen as both a byproduct of sport and a social actor that participates in competitions with people (Gilbert & Gillett, 2012; Deraga, 2007). Sport horses often get particular attention (Dashper, 2014), and relationships with humans are frequently built on reciprocal trust, confidence, respect, and communication (Wipper, 2000), since horses are recognized as important to successful competition (Wipper, 2000). Thus, human-horse relationships in the contexts of sport and leisure tend to be unique, personal, emotional, protracted, profound, and collaborative (Carr & Tolls, 2021; Danby et al., 2019).

Carr and Tolls (2021) contend that further study is required to examine the impact culture plays in how horses are seen within the equestrian leisure experience. Human-horse interactions, however, will mostly rely on the cultural setting in question (Monterrubio & Pérez, 2021). Although some horses may get "special" treatment as a result of their ties with humans, in certain situations, these interactions between people and horses used for enjoyment have turned out to be quite transactional and useful

(Dashper, 2014; Gilbert & Gillett, 2012). The horse is objectified in the eyes of certain people; they see it as a tool for enjoying human pleasure (Carr & Tolls, 2021). Due to the fact that horse meat is eaten in many nations worldwide, objectification of horses causes them to be killed at the end of their useful life (Miranda-de la Lama et al., 2020). As a result, in certain situations, the emotive interactions between people and horses turn into ones where commercial and consumer interests take precedence. As a consequence, the use of horses for recreational activities presents significant ethical issues since it may include intentional or unintentional mistreatment and exploitation. In order to preserve harmonious relationships across species and to take into account the wellbeing of animals in general, horses must be acknowledged as sentient entities worthy of human responsibility (Carr & Tolls, 2021).

Horses are seen as commodities that serve human purposes, losing their worth as sentient beings as more-than-human or posthumanist ideas question the perception of superiority over nonhuman species, including horses (Fennell, 2012). Since other animals have rich individual lives, can and do influence behavior, and consequently have interests and priorities that may not always coincide with human ones, morethan-human perspectives decentre human priorities (Dashper& Buchmann, 2020). These perspectives acknowledge that humans are only one species of animal. Since horses are unable to offer their informed agreement to participate in human recreational activities, the involvement of horses in sport, leisure, and tourism might be seen as morally dubious (Jönsson, 2012). However, since horses may have some agency in their behavior and relationships with people and other animals, equestrian sport, leisure, and tourism are not always immoral (Carr & Tolls, 2021; Dashper, 2018). Instead, it emphasizes the constant need to scrutinize how horses and humans interact and how related sport, leisure, and tourist activities are carried out in order to attempt and guarantee that the interests of horses are at least partially taken into consideration. Horse-based leisure activities expose horses to situations of potential direct and indirect mistreatment and abuse, including severe exploitation and even death (Giuffrida 2009), as well as sustainable development based on equine tourism (Evans & Pickel-Chevalier, 2014). These activities are justified on the basis of local cultural heritage (Kline et al., 2015; Gursoy 2019; Evans & Pickel-Chevalier, 2014). Thus, concerns about horse welfare and the growth of sensitive human-horse interactions are crucial to the continued growth and sustainability of equestrian sport, leisure, and tourism.

Literature Review

Michaela M. Keener (2023) There are several needs for education and welfare in equestrian sports. We put up the Triple-E Model, an integrated strategy centered on the equine, equestrian, and environmental trio, to address these intricate interconnections. Despite the substantial influence that horse industries have on the economy, healthcare, and animal welfare, a study of the literature on current models reveals that the intricacies of these connections are often disregarded. The Triple-E Model is introduced in this work as a means of promoting interdisciplinary cooperation while also discussing existing models and theories used to assess equine-equestrian-environmental interactions. The Triple-E Model encompasses non-infectious studies, such as musculoskeletal injuries, in contrast to the One Health triad, which concentrates on disease development, transmission, and zoonosis. By involving multidisciplinary, multi-setting, and multi-sectoral teams, it encourages collaborative

treatment and rehabilitation within the equestrian community. This model closes the knowledge gap in comprehending human-horse interactions given the nature of human-animal interaction and welfare issues. The article describes how the Triple-E Model fosters and supports holistic team cooperation in the equestrian world while highlighting the shortcomings of current models.

Marc Elmeua González (2020) Over the last 20 years, equestrian activities have been the subject of several studies; however, few researchers have concentrated on the biomechanical impacts of the horse on the rider, including muscle activation. We think there is a need to close the knowledge gap in human biomechanics while riding since equitation is a two-person activity (the horse-human dyad). We evaluated the motor output of a selection of riders' major muscles during horseback riding in order to study the neuromuscular differences between beginner and experienced riders. Participants in this research were six amateur riders (aged 24–7 years) and nine professionals (aged 31–5 years) from the Spanish Classical School of Riding (Lipica). At the walk, rising trot, and canter, the upper body, core, and lower limb muscles of the riders were tracked and timed with the inertial data from the left horse's leg. To extract muscle modes, principal component analysis was employed. In the advanced group, three modes were found, but five modes were found in the beginner group. One mode (reciprocal mode) connected the body's ventral and dorsal muscles from the novice group. Advanced riders had improved intermuscular synchronization and increased core muscle activation. We came to the conclusion that advanced horseback riding is defined by the capacity to contract muscles dorsally and ventrally but not reciprocally. Advanced riders can also separately activate each muscle at various degrees of stimulation, and they can also fast reduce total muscle activity.

Michaela M Keener (2023) The majority of American adults—over 75% of whom are female—do not get the recommended amounts of aerobic and muscular exercise. Especially among women who make up around 90% of sport participants, equestrian activities have the potential to improve physical activity. In order to understand involvement in activities that may maintain physical activity across the lifetime, this research explores views of equestrian activities and identifies patterns of self-reported equestrian, barn labor, and nonequestrian physical activity engagement. American equestrians (n = 2551) responded anonymously to questions on demographics, involvement in equestrian activities, barn labor, and non-equestrian activities, as well as views of and advantages from equestrian activities. 2039 completed replies, or 95.6% of them female, came from respondents throughout the country. Participation status was made up of professionals (20.6%), amateurs (39.1%), and recreational (40.3%). Compared to amateurs and professionals, significantly fewer recreational participants saw equestrian as a sport and a physical activity (P .05). Physical activity related to riding and barn chores was considerably greater among professionals (P .0001), amateurs (P .0001), and recreational horseback riders (P =.001). The amount of non-equestrian physical activity performed by professional and amateur riders was substantially higher than that of leisure riders (P .05). Engagement in equestrian physical activity depends on the level of involvement. Women should be encouraged to engage in physical exercise throughout their lives, and equestrian, barn work, and nonequestrian activities all satisfy the guidelines for aerobic and muscular activity.

Chloe Lemon (2020) Spurs are often worn by riders to allow for the application of more

specific inputs or "leg aids" that cause changes in the horse's movement, activity, or direction. Due to the appearance of blood on the horse from the usage of spurs, equestrian contests have seen eliminations and concerns about the welfare of the horses raised. This study's objectives were to explain how spurs are used in various equestrian sports and to find risk variables that have been linked to a higher incidence of skin abrasion. Through social media networks, professional contacts, and local and national online media outlets, a poll was sent online. It asked questions on rider demographics, spur design, injury rates, and opinions about the rules in place for the current race. Participants had to be at least 18 years old, horse owners, horse lenders, or horse sharers, and they had to live in the United Kingdom. 858 people answered, yielding 628 full replies for further research, 597 of which came from female participants (95%) and 31 from male participants (5%). 41 individuals (7%) reported being 58 years of age or older, with the majority (47%) being between the ages of 18 and 29. A total of 19 different equestrian activities were recorded and divided into competitive disciplines sanctioned by the Federation Equestrian Internationale (FEI), non-FEI competitive disciplines, and leisure disciplines. Unless otherwise noted, descriptive statistics, odds ratios, and chi-squared tests were performed using IBM SPSS 24.0 with an alpha value set at P 0.05 (confidence interval 95%). The overall use of spurs was 47%. Spur usage, gender, and the number of years spent riding were shown to be related. In comparison to females, men used spurs 2.88 times more often (P = 0.005). Spur usage was 1.48 times more prevalent among riders participating in FEI disciplines and 1.53 times more prevalent among riders riding in competitive non-FEI disciplines. The risk of skin abrasions or hair loss associated with the usage of spurs was considerably enhanced by longer spur shanks (>32 mm) (P 0.0001). Comparing fixed shank designs to rotating spur designs, injuries were 1.5 times more likely to be linked to the latter. Future studies should look at the motivational variables that influence the choice of equipment and how that impacts the horse. This knowledge may help policy makers create moral standards for equestrian competition, but it also reaches out to riders of all skill levels to show them how their daily equipment choices can impact horse wellbeing.

Emilie Franzén Lindgren (2023) There are 500,000 persons who regularly ride horses in Sweden. It is considered to be among the riskiest sports. Between 1997 and 2014, there were three deaths and 1756 acute injuries annually in Sweden involving horses. This study's main goal was to describe the range of equestrian-related injuries treated at a significant Swedish trauma center. Finding patterns in clinical outcomes and examining the relationship between age and such outcomes were the secondary goals. The Karolinska University Hospital's electronic medical records system was searched for patients treated for injuries sustained while competing in equestrian sports between July 2010 and July 2020. Using the trauma registry at the hospital, further data were acquired. There were no exclusion criteria used. To describe the injury spectrum, descriptive statistics were employed. Four groups of age were divided, and the Kruskal-Wallis H test or the Chi-squared test were used to compare them. Analysis of the relationships between age and results was done using logistic regression.A total of 3036 patients were involved, and 3325 of the injuries had equestrian connections. Inpatient admissions to hospitals were 24.9%. One person died in the batch. Regression analysis revealed significant relationships between age and increased probability of thoracic injury (p

0.001), vertebral fractures (p = 0.001), and lower extremity injuries (p 0.001).Activities with horses have certain dangers. The high admission rate is evidence that injuries are treated seriously by the medical community and that morbidity is significant. The damage spectrum varies depending on one's age. Age seems to be a risk factor for thoracic injuries and vertebral fractures. Age does not seem to be the most critical factor in deciding whether surgery or ICU hospitalization is necessary.

Methods

The structural, interpersonal, familial, and intrapersonal constraints that limit women's engagement in sports may be uncovered using qualitative approaches, which can then be challenged (Lavoi, 2009). In light of this, this research used an ethnographic methodology. Particularly, the research methodologies of observation and interviewing were used. In order to interpret the social structures, spaces, and processes that shape these meanings, these methods as qualitative techniques embrace the complexity of human interactions in sports and the various meanings that people attach to their subjective sport experiences. Over a period of four and a half years, the observation stage was conducted on several carriles (tracks) in central Mexico. (Excluding the time when events were postponed due to COVID-19), the first author attended one race on average per month from 2018 to 2022, while the second author attended two of these occasions. The role that was assumed was that of participants as observers, primarily as spectators, meaning that both individuals took part in social group activities at the time that observations were being made (Smith and Caddick, 2012). The relationships and activities of jockeys, coaches, and spectators were the main subjects of the observations. The presence and involvement of women, both as spectators and (the very few) jocketas (female riders), as well as how they interacted with men and horses, were given special consideration. The social dynamics of the horse races under study are highly fluid. In order to capture data throughout the observations, both mental and scribbled notes, as outlined by Bryman (2012), were employed.

Taking complete field notes continuously may have been quite invasive and obvious for social actors. Additionally, several images were captured as a permanent ethnographic source of data that may be utilized in the future. In order to learn more about the normal procedures of athletic events, ethnographic approaches are being employed more often in events research (Helgadottir and Dashper, 2016; Jaimangal-Jones, 2014). We were both researchers and participants at the events we visited, which were open to the public and free to attend. All of the subjects we talked with were informed of our position as researchers and the purpose of our study. As many individuals as we could verbally agreed to our activities, and we only shot photographs of open sports events or subjects who gave their permission. No matter how discrete it is, participant observation will always snoop into participants' life, according to Spradley (1980). As a result, we made an effort to preserve participants' privacy as much as we could by keeping them anonymous throughout the whole study procedure. This included omitting participant names, giving just a few distinguishing characteristics, and, as can be seen below, obscuring faces in the images that were utilized. In addition, 11 in-depth interviews with eight men and three women were done in 2022. Riders, trainers, horse owners, onlookers, a veterinarian, and a vendor assistant were among the participants. They were between the ages of 16 and 77.

Half of the participants had a primary or secondary job directly related to training or riding horses; other jobs included secretary, student, cattle rancher, construction worker, gym assistant, farrier, and cow rancher. The authors went back and forth between the sample and theoretical reflection until we thought we had achieved saturation of the categories (Bryman, 2012). Theoretical saturation was selected as a criteria to decide on the number of interviews. The interview guide included questions regarding the participants' roles at the races, their motivations for going or participating, the significance of horseracing and betting, and, most crucially, their attitudes about and support for women's involvement in these activities. For their involvement in the research, interview subjects received a 15 USD stipend in Mexican pesos as payment for their time and labor. At their homes and places of employment, including ranches, the interviews were conducted in Spanish. They were audio recorded, verbatim transcribed, and then translated into English for analysis. Participants provided their informed permission and were given the option to decline any question or leave the interview at any time. Participants' identities are kept private out of respect for them. Both researchers used a thematic analysis of the data to find themes that appeared in both the interview transcripts and the observation field notes and images (Braun et al., 2016).

In the context of the researched equestrian sports, data were examined, organized, and analyzed using categories including sex segregation/integration, "unisex" competition, homosociality, gender interactions, and representations, among others. To find, organize, and highlight pertinent topics, every document and transcript under consideration underwent a separate processing procedure. According to Bryman (2012), the themes helped identify and analyze instances of recurrence, participant representations, the transitions between observation recordings and transcripts, and similarities and contrasts throughout the dataset.

Result and Discussion

Horseback riding is one of the three primary sports in the northern hemisphere that is most likely to cause long-term impairment, along with outdoor soccer and skiing [10]. Being an experienced rider and suffering injuries other than fractures to the extremities are risk factors for poor long-term results [9]. Therefore, it is not unexpected that 55% of our respondents experienced ongoing physical challenges given that the research sample consisted of adults with a mean riding experience of 27 years. Only 17% of these individuals suffered limb fractures, in addition. The goal of the rehabilitation therapy team is to prevent or reduce long-term impairment while also helping patients restore lost skills and capacities as a consequence of injury. The act of returning a patient to a state of good health, such as the capacity for employment, is referred to as rehabilitation. This entails assisting riders in regaining their physical independence and safety in regular activities for the seriously wounded equestrian community.

This could include teaching patients how to use beds, chairs, bathtubs, toilets, and cars, as well as giving them mobility training (walking, stair climbing). By strengthening, providing an assistive device, and providing teaching in modified approaches, activities of daily living including washing, dressing, and eating may be addressed. Participants in our research also acknowledged the need for emotional care after a serious equestrian accident in addition to physical recovery. Therapists may help patients find community resources prior to being discharged from the hospital and encourage them to engage in meaningful work while

they heal as part of in-patient psychosocial treatment. A group of medical professionals and therapists must work together to effectively address a range of patient requirements in order to increase patient safety and independence after significant trauma. Physiatrists, occupational therapists, physical therapists, speech and language pathologists, and recreation therapists need to be on this team. The use of rehabilitation treatment after severe horse injuries was notably underused.

Over the course of the 10-year research period, the prevalence of physical therapy and occupational therapy grew by 17% and 14%, respectively. Although the causes of the rise in patient access to rehabilitation services are unknown, they most likely involve an increase in the number of doctors referring patients to therapy services and the number of therapists working on the trauma unit. More rehabilitation treatment would probably enhance long-term functional results for the population of Western riders, the majority of whom reported enduring persistent physical impairments as a consequence of their injury. If a patient had previously had an injury connected to horses, they were less inclined to engage in therapy. Thus, it is crucial for therapists to recognize the importance of independence in Western riding culture. However, after they were made aware of the breadth and advantages of rehabilitation treatment, equestrian injury patients voluntarily sought out more support for their healing process, as seen by the 25% of responders who received supplementary outpatient therapy. There are many methods for increasing the availability of rehabilitation services for this patient group. For underrepresented patient injuries that cause long-term impairments, referrals need to be enhanced.

Trauma to the head, neck, and skull are included. Even self-reliant Western riders are frequently willing to participate in therapy by being shown the potential benefits of therapy. Therapists must also discuss the functional deficits typically suffered by equestrian patients after discharge (balance deficits, upper extremity weakness, chronic pain, headaches, limited use of hands and arms, psychosocial challenges) with treating physicians. There are a few restrictions on this research. Some replies could be skewed because patient engagement in rehabilitation was reported rather than seen. Second, the study's response rate, which was 55%, was average. Even if this is comparable to previous telephone polls conducted at comparable times, it is still possible to exclude a certain subset. Third, the 25% of wounded Canadian riders under the age of 16 are not treated at our facility since it is an adult trauma center [1,3]. It is crucial that these results, which are peculiar to the seriously wounded Western equestrian riders, be verified in other rehabilitation facilities.

Conclusion

The provision, usefulness, and functional results of in-patient rehabilitation therapies for patients with severe equestrian trauma (ISS 12) are described in this research for the first time. Currently, a significant share of focused occupational and physical therapy treatments are provided for spinal cord and musculoskeletal injuries. Significant functional impairments are frequent upon hospital release, thus it is essential that Western equestrian patients who are resistant to treatment have access to rehabilitation therapy to lessen long-term damage. Patients with head, neck, and skull injuries should be the focus of increased enrollment..

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