Does culture really matter in sports participation?

The impact of socio-cultural factors on sports behaviour in Switzerland

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Regional differences in sports participation

Physical activity in the three linguistic regions of Switzerland (% of the population aged 15 to 74 years)

(Lamprecht, Fischer & Stamm, 2008)
Why…?

Structure?  
Culture?
Theoretical framework

> **Theory of social action** *(Coleman, 1990)*

> **Individual sports behaviour depends on the socio-cultural framework a person is embedded in** *(Moens & Scheerder, 2004; Stamm & Lamprecht, 2005, 2011; Studer, Schlesinger & Engel, 2011)*

> **Based on the socio-cultural context the actor selects specific actions e.g. sports participation**

>  « logic of selection » *(Esser, 1999)*

> **Cultural factors are understood as « structures of meaning »** *(Schimank, 2010)*

> **According to Bourdieu‘s (1984) habitus a sport-related concept of habitus has been developed**
Theoretical framework: sport-related concept of habitus

- Sport-related patterns of thinking, perception and action
- Body
- How does the attitude towards health differ between actives and inactives?
- Socio-cultural conditions of environment (macro level)
- Health
- How does the attitude towards the body differ between actives and inactives?
- Sport and physical activity
- How does the attitude towards sport and physical activity differ between actives and inactives?
- Act tor’s individual sports participation (micro level)
- Leisure
- How does the attitude towards leisure differ between actives and inactives?
- Spaces of interaction (meso level)
  - Family context
  - Living context
  - School context
  - Work context
Design – case studies in a French and a German speaking municipality in Switzerland

Guideline-based interviews:
Adolescents and young adults
\(N = 10\)
German speaking \(n = 6\)
French speaking \(n = 4\)

Online survey:
Inhabitants aged 15 to 25 years

Letters: \(N = 2'320\)
Response rate: 8.84 %, \(n = 205\)

Content:
• Individual sports participation
• Attitudes towards sport, health, body and leisure
• Sport-related habits in the family
<table>
<thead>
<tr>
<th>Main categories</th>
<th>subcategories</th>
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<tbody>
<tr>
<td>sport and physical activity</td>
<td>• <em>emotional aspects</em></td>
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<tr>
<td></td>
<td>• advantages of sportiness</td>
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<td></td>
<td>• health aspects</td>
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<td>• body aspects</td>
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<td></td>
<td>• <em>sport-related knowledge</em></td>
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<td>body</td>
<td>• <em>need for physical activity</em></td>
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<td></td>
<td>• physical performance</td>
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<td></td>
<td>• athletic body image</td>
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<td></td>
<td>• negative experiences with sport</td>
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<td>• physical appearance</td>
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Sport-related patterns of thinking, perception and action

<table>
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<tbody>
<tr>
<td>health</td>
<td>• balance</td>
</tr>
<tr>
<td></td>
<td>• <em>physical well-being and nutrition</em></td>
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<tr>
<td></td>
<td>• drug consumption</td>
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<td></td>
<td>• body care</td>
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<tr>
<td>leisure</td>
<td>• fundamental position</td>
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<td>• serious leisure</td>
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<td>• educational and professional career</td>
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<td>• self determination</td>
</tr>
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<td>• personal pleasure</td>
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<td></td>
<td>• living together</td>
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Results - attitude towards sport

**Sport and physical activity - emotional aspects**

- **I don't like sport.**
  - Inactive: 2.59
  - Active: 1.27
  - * t-test \( p < .05 \)

- **Sport? - No thanks, I'd rather watch.**
  - Inactive: 2.67
  - Active: 1.41
  - * t-test \( p < .05 \)

- **Sport is an experience.**
  - Inactive: 3.42
  - Active: 4.08
  - * t-test \( p < .05 \)

- **Rather do sport than hang around.**
  - Inactive: 3.23
  - Active: 4.04
  - * t-test \( p < .05 \)

- **Sport belongs to life like breathing, eating and drinking.**
  - Inactive: 3.05
  - Active: 3.98
  - * t-test \( p < .05 \)

- **Sport means having fun.**
  - Inactive: 3.82
  - Active: 4.48
  - * t-test \( p < .05 \)

* t-test \( p < .05 \)
Results - attitude towards sport

Sport and physical activity – sport-related knowledge

I know how to arrange a weight training to increase strength.

 inactive: 2.13
 active: 3.56

I know enough exercises to stretch tense parts of the body autonomly and without instructions.

 inactive: 3.28
 active: 3.97

I know how to organise a training to improve my endurance.

 inactive: 2.59
 active: 3.85

* t-test $p < .05$
Results - attitude towards the body

Body – need for physical activity

If I don't do some sport for a longer time, I start to feel restless.

After sport I feel more balanced.

If I haven't done any sport for a longer time, I feel uncomfortable in my body.

* t-test $p < .05$
Results - attitude towards health

Health – physical well-being and nutrition

Pay attention to a healthy nutrition.

- Inactive: 3.36
- Active: 4.46

Be physically active.

- Inactive: 3.86
- Active: 4.65

Have enough exercise.

- Inactive: 4.18
- Active: 4.39

* t-test $p < .05$
Results - sport activity

$\chi^2 (1, N = 180) = 3.95, p < .05 V=.148$
Conclusion

> Sport-related attitudes towards sport and physical activity, body, health and leisure differ between actives and inactives which might partly explain the differences in sport participation.

«structures of meanings» and «logic of selection»

However,

> the current study is explorative and further communes need to be examined in order to generalize the results.

> Correspondingly additional interviews are required to deepen the sport-related concept of habitus.
Design of the main study

- Guideline-based interviews with adolescents and young adults in order to differentiate and expand the sport-related concept of habitus

Guideline-based interviews:
Adolescents and young adults

- Theory-driven sample of 20-30 German and French speaking communes to generalize the results

Telephone and Online survey
Inhabitants aged 15 to 25 years
(Mixed-mode-approach)
Thank you very much for your attention!


