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)

German
- 44.5% several times a week, in total three hours and more
- 18.5% at least ones a week, in total two hours and more
- 10.8% at least ones a week, but in total less than two hours
- 8.9% irregularly/rarely
- 6.2% never
- 21.9% total

French
- 27.5% several times a week, in total three hours and more
- 14.9% at least ones a week, in total two hours and more
- 11.1% at least ones a week, but in total less than two hours
- 6.5% irregularly/rarely
- 39.9% never
- 39.9% total

Italian
- 30.1% several times a week, in total three hours and more
- 16.6% at least ones a week, in total two hours and more
- 5.9% at least ones a week, but in total less than two hours
- 5.5% irregularly/rarely
- 42.0% never
- 42.0% total

(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

**Socio-cultural conditions of environment** (macro level)

**Actor’s individual sports participation** (micro level)

**spaces of interaction** (meso level)
- Family context
- Living context
- School context
- Work context

**How does the attitude towards health** differ between actives and inactives?

**How does the attitude towards the body** differ between actives and inactives?

**How does the attitude towards leisure** differ between actives and inactives?

**How does the attitude towards sport and physical activity** differ between actives and inactives?
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
## Sport-related patterns of thinking, perception and action

<table>
<thead>
<tr>
<th>Main categories</th>
<th>subcategories</th>
</tr>
</thead>
<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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<tr>
<td></td>
<td>• health aspects</td>
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<td></td>
<td>• body aspects</td>
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<tr>
<td></td>
<td>• <em>sport-related knowledge</em></td>
</tr>
<tr>
<td>body</td>
<td>• <em>need for physical activity</em></td>
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<tr>
<td></td>
<td>• physical performance</td>
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<td></td>
<td>• athletic body image</td>
</tr>
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<td></td>
<td>• negative experiences with sport</td>
</tr>
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<td></td>
<td>• physical appearance</td>
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## Sport-related patterns of thinking, perception and action

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

Sport and physical activity - emotional aspects

I don't like sport.

- Inactive: 2.59
- Active: 1.27

Sport? - No thanks, I'd rather watch.

- Inactive: 2.67
- Active: 1.41

Sport is an experience.

- Inactive: 3.42
- Active: 4.08

Rather do sport than hang around.

- Inactive: 3.23
- Active: 4.04

Sport belongs to life like breathing, eating and drinking.

- Inactive: 3.05
- Active: 3.98

Sport means having fun.

- Inactive: 3.82
- Active: 4.48

* 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.

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

After sport I feel more balanced.

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

Health – physical well-being and nutrition

Pay attention to a healthy nutrition.

Be physically active.

Have enough exercise.

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

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

<table>
<thead>
<tr>
<th>Language</th>
<th>Active (%)</th>
<th>Inactive (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>German</td>
<td>92.5</td>
<td>7.5</td>
</tr>
<tr>
<td>French</td>
<td>82.8</td>
<td>17.2</td>
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</table>
> 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!

References


