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# The importance of socio-cultural factors on the sports participation of adolescents and young adults in Switzerland

A qualitative study based on the habitus-approach



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# Issue

- differences in sports participation in Switzerland (Lamprecht, Fischer & Stamm, 2014; Lamprecht, Fischer, Wiegand & Stamm, 2015) as well as in a national comparison in Europe (north vs. south and east vs. west) (Annaheim, Schmid & Kuntsche, 2006; European Commission, 2014)

⇒ **regional differences** in sports participation in Switzerland comparable with neighbouring countries

- explanation of this phenomenon with cultural (e.g. sportspecific values) and structural factors (e.g. adequate sports offer) (cf. Burrmann, 2005; Hallmann, Wicker, Breuer & Schönherr, 2012; Klein, 2009; Moschetti, 2010; Rütten & Abu-Omar, 2004; Scheerder, Taks, & Lagae, 2007; Wicker, Hallmann, & Breuer, 2012)

⇒ assumption of relative homogenous structural conditions within a country or district

- **mainly cultural differences** between the linguistic regions of Switzerland discussed (Moschetti, 2010; Stamm & Lamprecht, 2005; Studer et al., 2011)



# Definitions

## Culture

Vivelo (1981)

### **Totalistic perspectives**

entire lifestyle of a population  
or a group of population

### **Mentalistic perspective**

«idea forming or mental system» (p. 51)

Rippl & Seipel (2008);  
Harrison & Huntington  
(2000);

### **Subject-oriented cultural concept**

Subjective values, attitudes, beliefs and orientations as well as central  
assumptions of a society

Hofstede (1980);  
Schwartz (1992);  
Smith & Bond (1999)

Mutz (2015)

«Culture structures **perceptions, orientations and actions** of different  
people in a similar way so that collective shared world views and  
lifestyles are built» (p. 93)

«the **subject person as bearer of culture**» (p. 93)

## Cultural factors

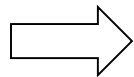
Hörning & Reuter  
(2004);  
Rippl & Seipel (2008)

**Country-specific or characteristics of a linguistic region** as for  
example patterns of interpretation and behaviour, which lead to a  
different behaviour or actions



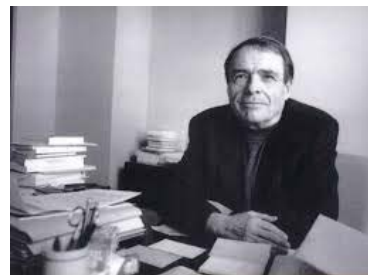
# Theoretical-methodical approach

- individual sports (in)activity is a result of the «**interaction of socio-cultural characteristics and individual preferences**» (Cachay & Thiel, 2008, p. 217)
- when considering the connection between culture and individual sports behaviour the **individuality and personal history often are ignored** (Seiberth & Thiel, 2014)



***overcome the clear distinction between the society or culture and the individual***

- praxeological approach of the habitus by Pierre **Bourdieu** (1976, 1982, 1987, 1992)



[http://en.wikipedia.org/wiki/Pierre\\_Bourdieu](http://en.wikipedia.org/wiki/Pierre_Bourdieu)

Pierre Bourdieu (\*1. August 1930 - † 23. Januar 2002)



# Research question

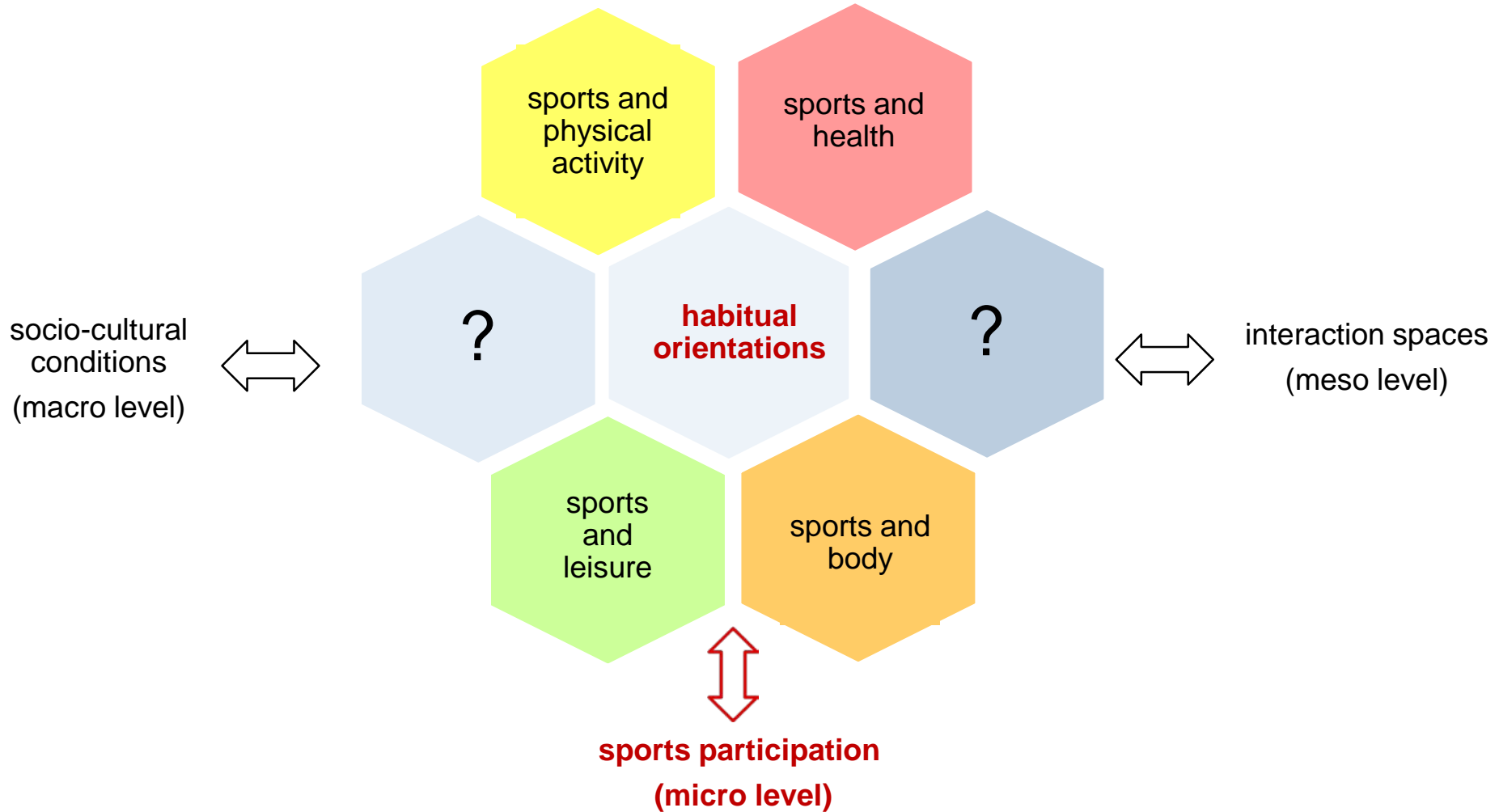
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Which **sports specific thought, perception and action patterns** are relevant for the sports practice of adolescents and young adults?



# Research question





# Methods



## Documentary method (Bohnsack, 1983)

«The documentary method allows a **knowledge-sociological reconstruction of conjunctive spaces of experience or forms of habitus**» (Meuser, 2007, p. 219).

«The analysis setting is aimed at what is documented by the messages of the participants, which is their **orientations, the structure of their practice, their «modus operandi» or habitus** and the implicit **preferences and values** in it» (Bohnsack, 2010, p. 33-34).

group discussion = collective habitus

narrative and guided interview = **personal habitus** (Przyborski & Wohlrab-Sahr, 2014, p. 278)



# Methods



case	language	gender	year of birth	sports activity	sports disciplines	frequency	nationality	country of origin
1	German	male	1996	yes	tennis, volleyball, swimming, hiking, snowboarding, horse riding, playing cards	5	dual citizen	Italy
2	German	male	1990	no	-	0	Swiss	
3	German	male	1990	yes	body fit course	4	Swiss	
4	German	female	1998	yes	apparatus gymnastics, jogging, inline skating	5	Swiss	
5	German	female	1991	yes	horse riding	4	Swiss	
6	French	male	1993	yes	mountain biking, hiking	3	Swiss	
7	French	female	1990	yes	climbing	3	Swiss	
8	French	female	1993	yes	swimming, dancing, fitness, jogging, skiing, snowboarding	2	dual citizen	Spain, Italy





# Methods



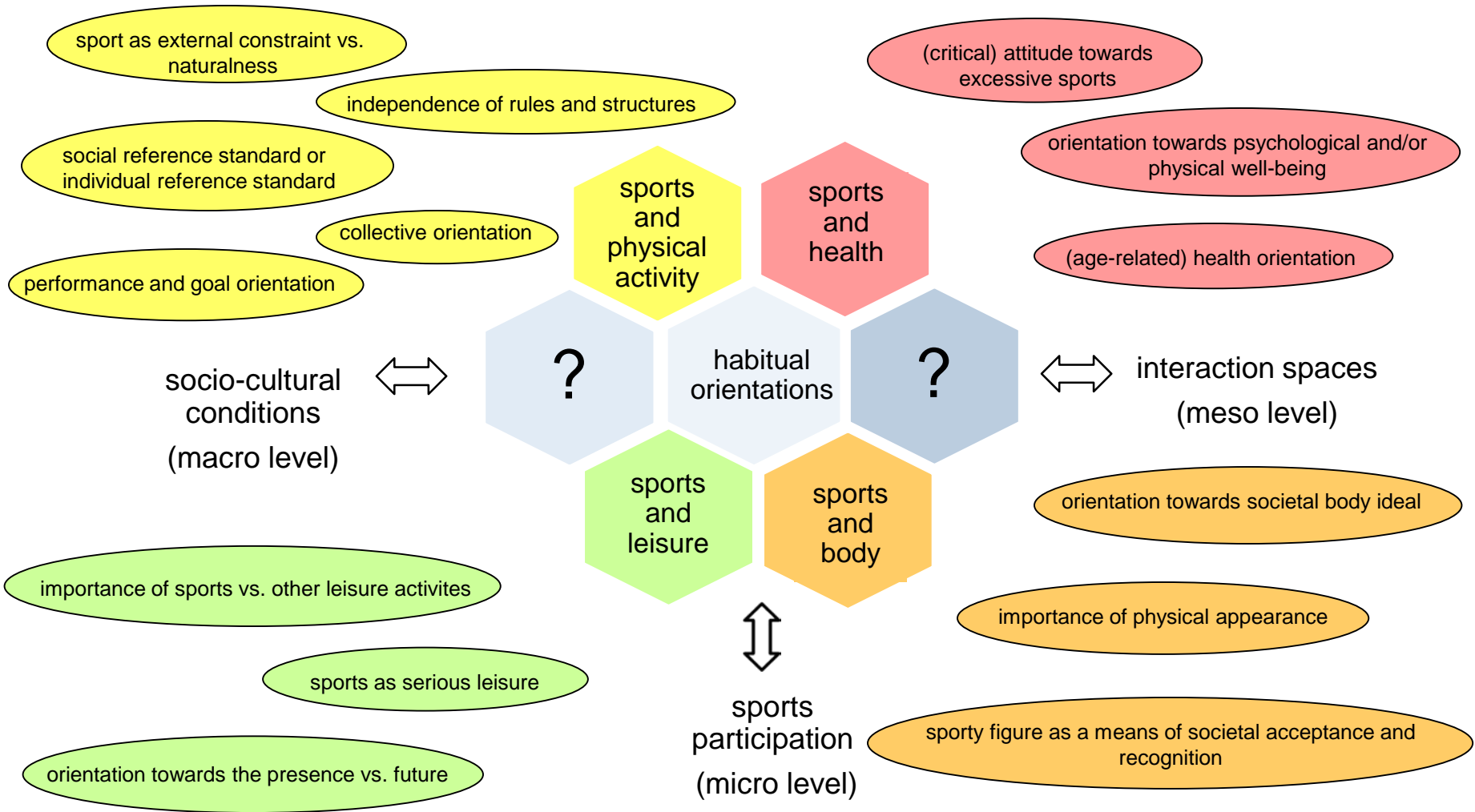
## Analysis

Documentary method (Bohnsack, 1983)	
<i>Levels</i>	<i>Intermediate levels</i>
<b>1) Formulating interpretation</b>	Thematic course and selection of transcribing parts of the interview
	Formulating interpretation of parts of the interview
<b>2) Reflective interpretation</b>	Formal interpretation with distinction of text types
	Semantic interpretation with comparative sequence analysis
<b>3) Typification</b>	Sensegenetic typification
	Sociogenetic typification

(Nohl, 2012, p. 39)



# Results





# Results



- **incorporation of the habitus in early childhood** influences sports participation (cf. Dagkas & Quarmby, 2015)
- **sports as an integral part of life** -> more often and more intensively active
- often need of **unstructured** systems -> aversion against sports organisation especially sports clubs (more informal sports activities)
- importance of **sense of togetherness** and **social exchange (= collective orientation)** (cf. Lange-Vester & Teiwes-Kügler, 2013) -> active member of sports clubs
- inactives or less actives often have an **aversion against social comparison of performance and competitions** (rather orientation towards individual reference standards)



# Results

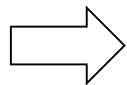


- **orientation towards societal body ideal** can influence sports participation
- sporty figure as a means of **societal acceptance and recognition**
- often **critical attitude towards extreme and excessive sports behaviour** -> moderate sports activities, aversion against fitness mania and strength sports
- **age-related health orientation** -> less active
- actives rather **future oriented**
- actives rather orientation towards **serious leisure** (cf. Davidson und Stebbins, 2011)



# Conclusion

- **orientations in the dimensions sports and physical activity, body, health and leisure** (amongst others unstructured systems, sports as external compulsion, age-related health orientation, orientations towards societal body ideal, performance and goal orientation) **meaningful for sports practice**
- **effectiveness of the dispositions go far beyond the field of sports**, even though not as path-breaking and useful in every area of life (cf. Fröhlich & Rehbein, 2014)



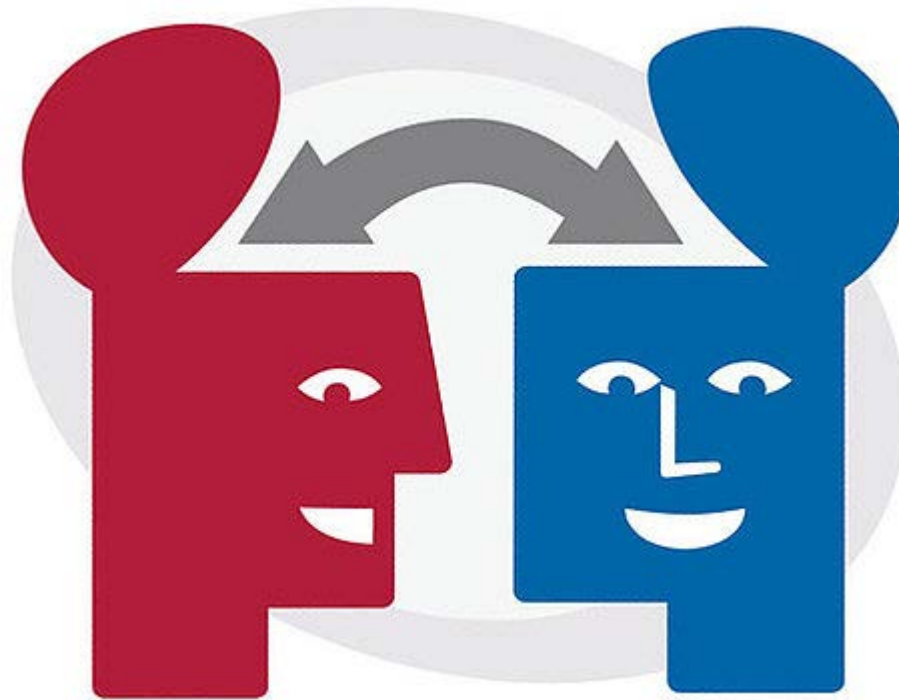
sensegenetic typification (Bohnsack, 2013; Nohl, 2012)



# Questions?

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<http://mediportal.univie.ac.at/uniview/veranstaltungen/detailansicht/artikel/wirtschaftswissenschaften-treffen-von-wissenschaft-und-praxis/>



Thank you for your attention!

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