The relevance of sport-related orientation and behaviour patterns within the family to the sport participation of youth in Switzerland

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**Introduction**

- **Family** as **social system** with particular behaviour patterns and rules effect as **primary socialisation agent** on **socialisation to sport** (cf. Schneewind, 2008; Hurrelmann, Grundmann & Walper, 2008)

- **Parents** important role in **developing and forming perception and behaviour patterns of children** (Welk, Babkes, & Schaben, 2015)

- **Increased sport and physical activity in daily family life** can **shape sport-related attitude and influence sport behaviour of children** (Baur, 1989)

- Different sport participation in youth explained by the **transgenerational transmission of attitudes and behaviour patterns** (Burrmann, 2005)
Research question

How do sport-related orientation and behaviour patterns within the family influence the sport participation of youth?
Theoretical framework

External reality

Origin of youth

Biogenetic predisposition

Areas of interaction

Family & peers

Importance of sport

Sport-related health awareness

Common and regular sport activity

Mutual support

Communication about sport

Internal reality

System of personality

Structural and cultural development of the social area of sport

Conditions

Mediating instance

Action level

Life situation

(gender, age, nationality, (language) region, family status)

Sport (in)activity of youth

(Formal & informal)

Conditions

Mediating instance

Action level

Importance of sport

Common and regular sport activity

Mutual support

Communication about sport

Structural and cultural development of the social area of sport

(c.f. Burmann, 2008; Nagel, 2003; Hummelmann, 2006; Adler, 2012)
Online Survey
Sample

Project «Structural and cultural factors of sport participation of youth in Switzerland»
Systematical selection of 36 communes in the German- and French-speaking part of Switzerland

<table>
<thead>
<tr>
<th>category</th>
<th>subcategory</th>
<th>N</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>language</td>
<td>German</td>
<td>1'909</td>
<td>72.7</td>
</tr>
<tr>
<td></td>
<td>French</td>
<td></td>
<td>27.3</td>
</tr>
<tr>
<td>gender</td>
<td>male</td>
<td>1'906</td>
<td>46.9</td>
</tr>
<tr>
<td></td>
<td>female</td>
<td></td>
<td>53.1</td>
</tr>
<tr>
<td>(in)activity</td>
<td>active</td>
<td>1'909</td>
<td>84.2</td>
</tr>
<tr>
<td></td>
<td>inactive</td>
<td></td>
<td>15.8</td>
</tr>
</tbody>
</table>
### Online survey

**15- to 20-year-old inhabitants**

- \( N = 1909 \)

- Five-point Likert scale ("does not apply" up to "does apply")

- Items adapted according to the questionnaire on the Family Health Climate (Niermann, Krapf, Renner, Reiner, & Woll, 2014)

<table>
<thead>
<tr>
<th>How do the following statements apply to your family? In our family, …</th>
<th>keyword</th>
</tr>
</thead>
<tbody>
<tr>
<td>…sport has a great importance.</td>
<td>importance of sport</td>
</tr>
<tr>
<td>…it is self-evident to do sport regularly.</td>
<td>regular sport activity (SA)</td>
</tr>
<tr>
<td>…we support each other in our sport activities.</td>
<td>mutual support</td>
</tr>
<tr>
<td>…we like doing sport activities together.</td>
<td>common sport activities (SA)</td>
</tr>
<tr>
<td>…it is self-evident to behave so that it is good for our health.</td>
<td>sport-related health awareness</td>
</tr>
<tr>
<td>…we exchange information about sport topics.</td>
<td>communication about sport</td>
</tr>
</tbody>
</table>
Results

Sport-related orientation and behavior patterns within the family (t-test)

<table>
<thead>
<tr>
<th>Importance of sport</th>
<th>t(1893) = 10.34; p &lt; .01</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regular SA</td>
<td>t(1893) = 11.51; p &lt; .01</td>
</tr>
<tr>
<td>Mutual support</td>
<td>t(1893) = 10.95; p &lt; .01</td>
</tr>
<tr>
<td>Common SA</td>
<td>t(1893) = 9.43; p &lt; .01</td>
</tr>
<tr>
<td>Sport-related health awareness</td>
<td>t(1893) = 6.23; p &lt; .01</td>
</tr>
<tr>
<td>Communication about sport</td>
<td>t(1893) = 9.34; p &lt; .01</td>
</tr>
</tbody>
</table>

* * p < .01
## Results

### Multiple linear regression

<table>
<thead>
<tr>
<th>Predictors</th>
<th>$B$</th>
<th>$SE B$</th>
<th>$\beta$</th>
</tr>
</thead>
<tbody>
<tr>
<td>Constant</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Importance of sport within the family</td>
<td>.30</td>
<td>.12</td>
<td>.09*</td>
</tr>
<tr>
<td>Regular sport activity within the family</td>
<td>.35</td>
<td>.11</td>
<td>.11**</td>
</tr>
<tr>
<td>Mutual support within the family</td>
<td>.55</td>
<td>.10</td>
<td>.17***</td>
</tr>
<tr>
<td>Common sport activity within the family</td>
<td>-.08</td>
<td>.09</td>
<td>-.03</td>
</tr>
<tr>
<td>Sport-related health-awareness within the family</td>
<td>-.28</td>
<td>.11</td>
<td>-0.07**</td>
</tr>
<tr>
<td>Communication about sport within the family</td>
<td>.65</td>
<td>.09</td>
<td>.21***</td>
</tr>
</tbody>
</table>

$R^2 = .188; \text{corr. } R^2 = .185; *p < .05; **p < .01; ***p < .001 (N = 1'895)$. 

Sport-related orientation and behaviour patterns within the family

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- Predictors: Constant, Importance of sport within the family, Regular sport activity within the family, Mutual support within the family, Common sport activity within the family, Sport-related health-awareness within the family, Communication about sport within the family.
Qualitative Analysis

Semi-structured qualitative interviews

- Criteria based selection of 13 German- and French-speaking adolescents and young adults (language, gender, age, sport activity, sport disciplines, nationality)
- Structuring content analysis (Mayring, 2002)
- Subjective perception of the daily sport-related orientation and behaviour patterns within the family with same criteria used in online survey
Results
Qualitative content analysis

Importance of sport

• Parents leave choice of leisure activity to children, but in families with…

… high importance of sport, initiation for a sport activity done by the parents.
«In the beginning, it was… my parents who pushed me a little.» (Sophie, 142-143)

… low importance of sport, for the parents important that children have a leisure activity, but not necessarily a sport activity.
«It was maybe important that I have something…else of staying at home. But not that it had to be sport, I don’t think that it was very important for them. »” (Henry, 379-381)
Regular sport activity

• If no regular sport activity within the family, sport not seen as self-evident by the youth.

  ➢ The inactivity of a parent can be an obstacle for the youth’s sport participation.
  ➢ Parents provide a role model.

«What always inhibited me a little is that she [mother] has never really done anything.» (Sarah, 563)
Mutual support

- Usually parents give their children instrumental, practical as well as emotional support

«They actually enabled me the training course…they always needed to drive me…practically every evening or every second evening…and they always have supported us in what we did.» (Kevin, 511-515)

- If parental guardians push children too often against their will to do sport, it can be seen as pressure.

- These imposed trainings can lead to dropout.

«Well, I can still remember, it was a Wednesday afternoon, and my friends were allowed to just play, and I had to go… had to go to the tennis course, it was a bit of a “must”» (Simon, 30-32)
Sport-related health awareness

• In **active families** the importance of healthy nutrition and daily activity is **not only mentioned, but also lived** in daily life.

«*It was them [parents], who transmitted me the idea of a HEALTHY life; eat healthy and do sport. All of it comes from them, that's sure!*» (Caroline, 752-754)

• In **less sport-oriented families** the inactivity or reduced sport activity is compensated through eating behaviour.

«*My mum and I, we have tried several diets. So after some time you notice what is good and what not.*» (Sarah, 824-826)
Results

Qualitative content analysis

Communication about sport

• Some sport discussions sometimes perceived negatively, but no consequences on sport activity.

• It is probable that not communication about sport has an influence on sport activity, but that the youth’s sport activity stimulates discussions about sport topics within the family.

«In the family it’s often a topic {laughs}. My brothers also like doing sports very much, my father too, my mother actually too… sometimes it’s almost too much in the family because we only talk about soccer or so at the table.» (Anna, 392-395)
Important differences between sport active and inactive youth regarding sport-related orientation and behaviour patterns within the family

Qualitative findings enhance understanding about relation of sport-related orientation and behaviour patterns within the family and sport participation of youth (e.g. forced social support possible negative consequences for SA)

Promotion of sport in families seems to be a possible strategy to develop long-term sport participation

Further analyses on transgenerational transmission of sport-related orientation and behaviour patterns are needed to create sport promotion programmes tailored to families.
Questions?
Thank you for your attention!

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References


