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The importance of structural factors and individual orientations for the sports participation of youth – a comparison between German- and French-speaking municipalities in Switzerland



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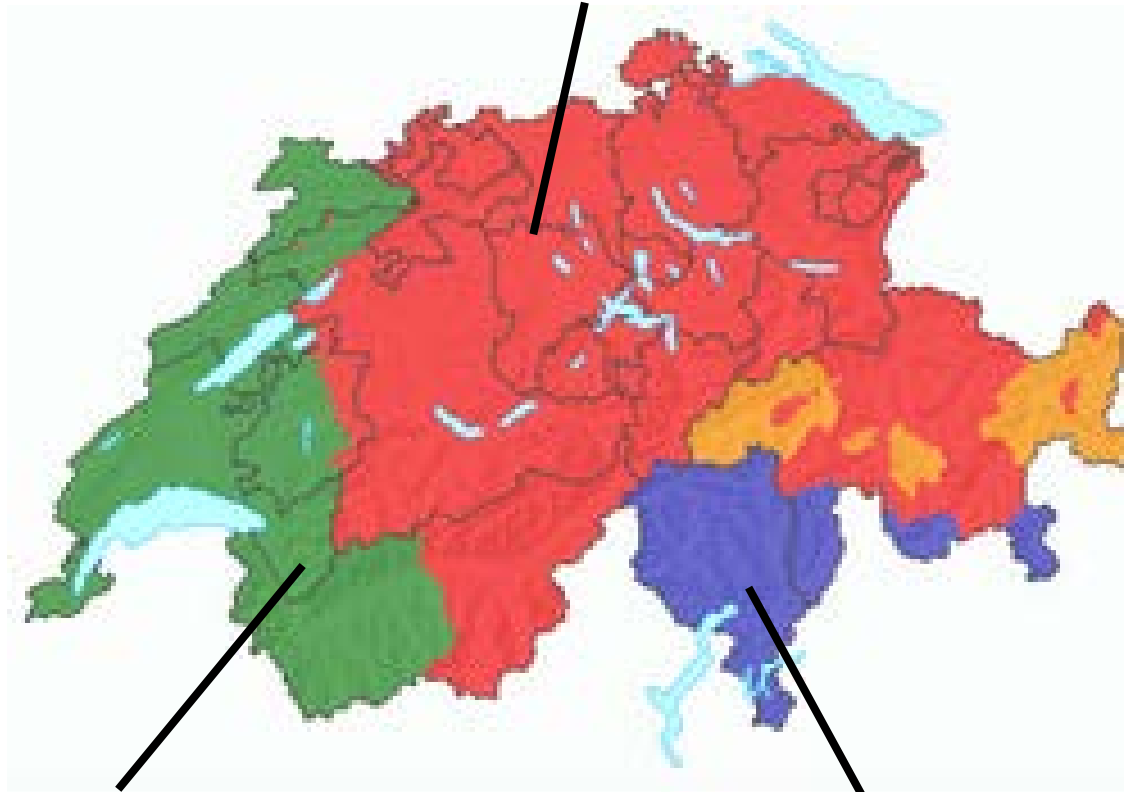
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Introduction

24% inactive adults
19% inactive adolescents (age: 15-19)



30% inactive adults
22% inactive adolescents (age: 15-19)

38% inactive adults
25% inactive adolescents (age: 15-19)



Why...?

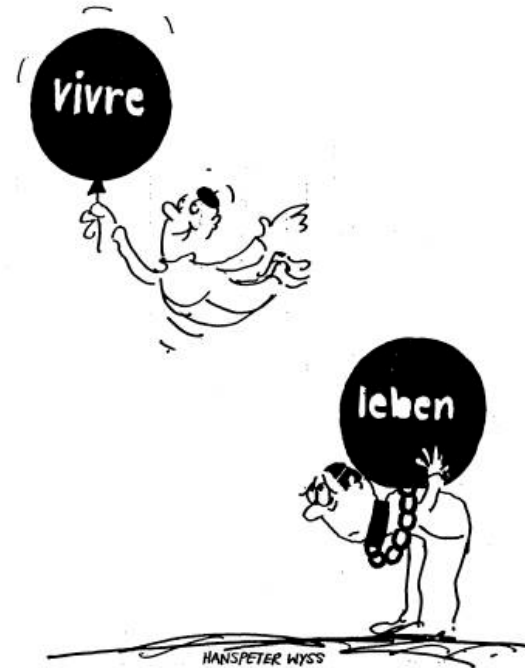
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Structure?



Culture?





State of the art

- **Regional differences** in sports participation in Switzerland comparable with neighbouring countries (Annaheim, Schmid & Kuntsche, 2006; European Commission, 2014)
- Explanation of this phenomenon with **cultural** (e.g. sports-related 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)





Main research question

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How do different **structural conditions** in the municipalities and **sports-related orientations** of individuals across the German- and French-speaking regions of Switzerland correlate with **sports participation of adolescents and young adults?**



Study design

Systematical selection of 36 German- and French-speaking municipalities with different sport policy and infrastructure

		n	%
Canton	Berne	16	44.4
	Fribourg	17	47.2
	Lucerne	2	5.6
	Zurich	1	2.8
Language	German	23	63.9
	French	13	36.1
Inhabitants	up to 3'000	13	36.1
	3'001 - 10'000	18	50.0
	More than 10'000	5	13.9



Data collection

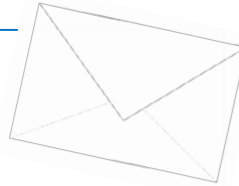
Online survey:

Inhabitants aged 15 to 30 years

Letters: $N = 22'137$

Response rate: 16.61 %, $n = 4'039$

- Sports participation in and outside of their residential community
- Perception of sport-related structural characteristics
- Sports-related body and health orientation
- Sports-related family socialisation



Interviews:

Representatives of the
municipal administration

- Sport-related characteristics of the municipality



Online survey: Sports providers

E-Mail: $N = 1'107$

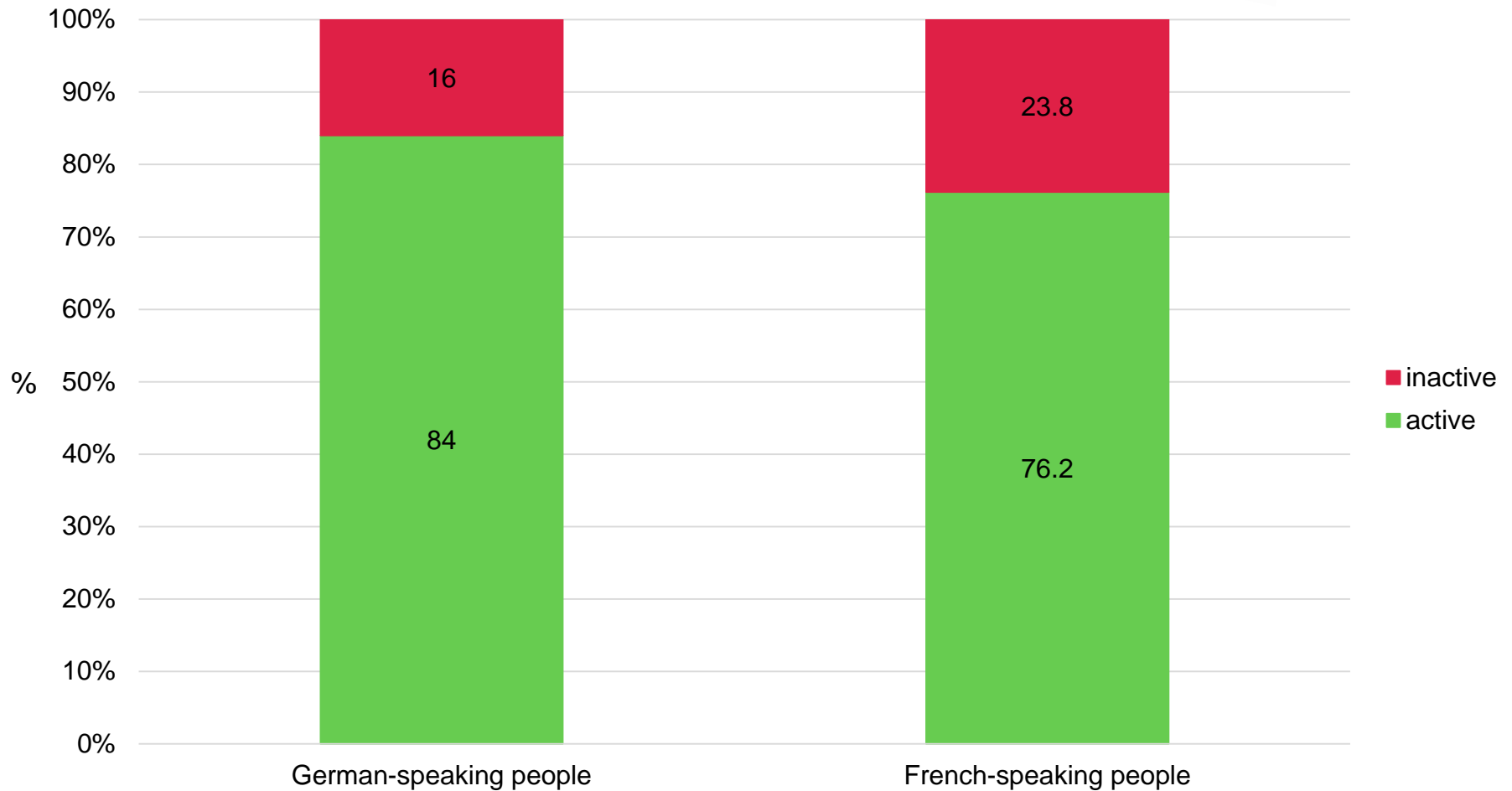
Response rate: 26.6 %, $n = 294$

- Sports offers for adolescents and young adults





Sports activity young people



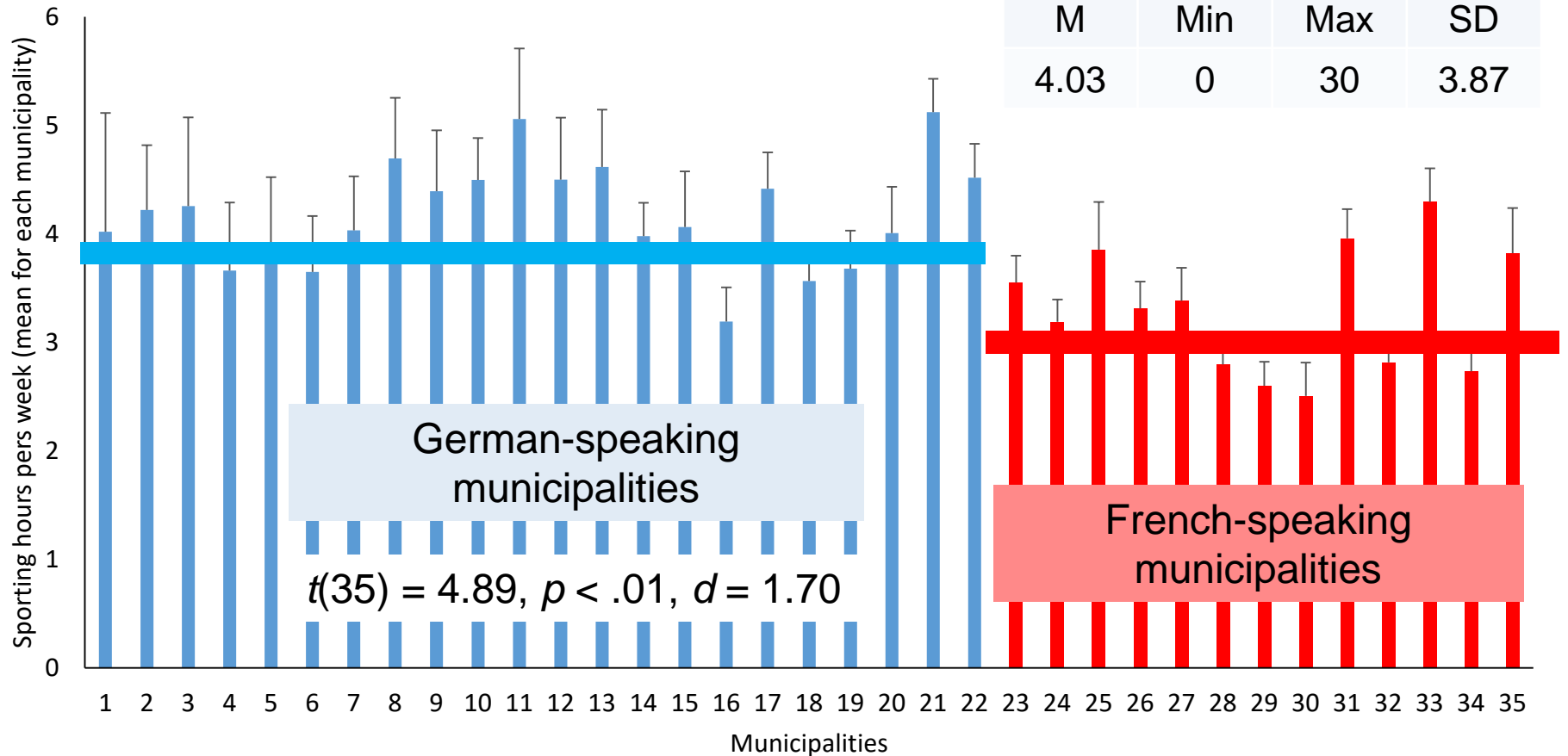
$X^2(1, N = 4039) = 33.058, p < .001$



Sporting hours per week

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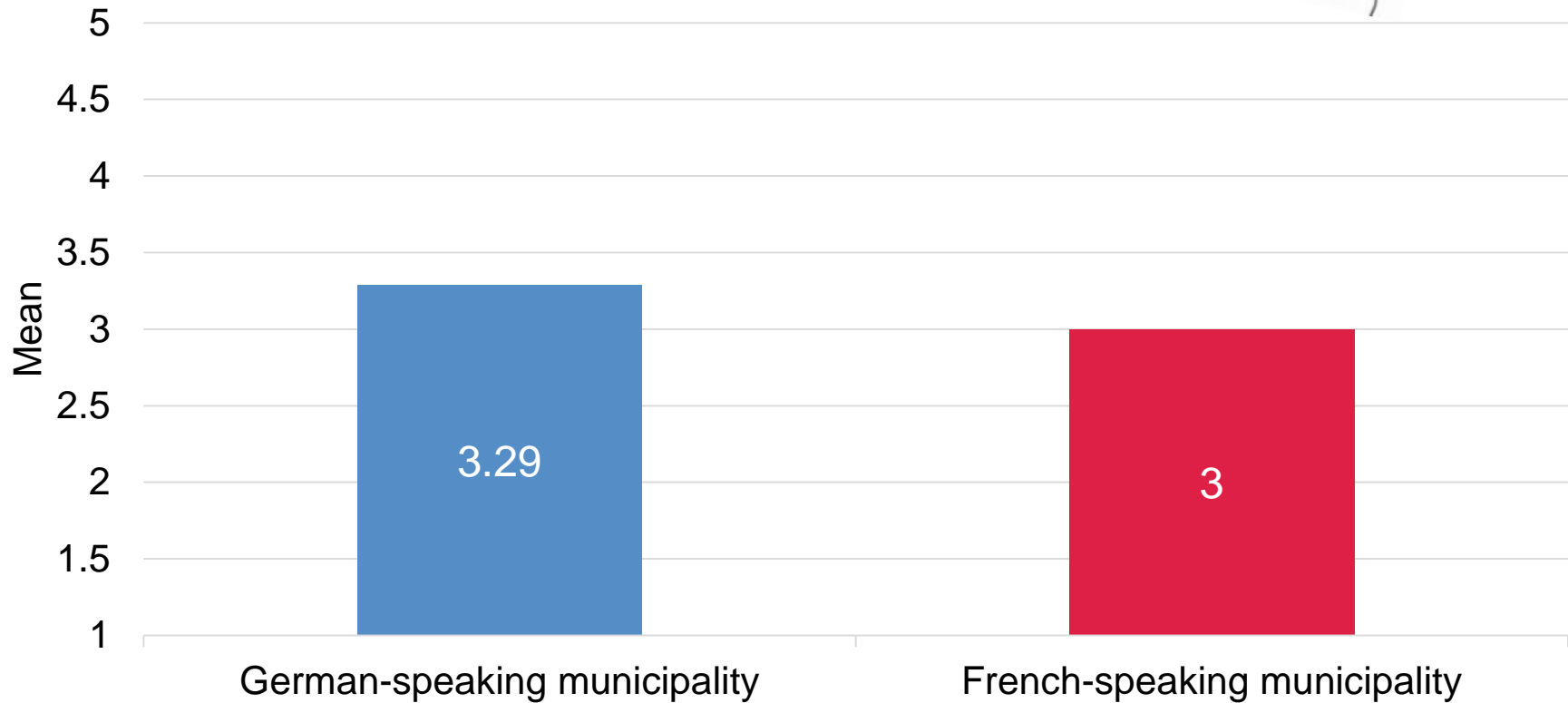
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Perspective of municipality

Importance of the local sports promotion



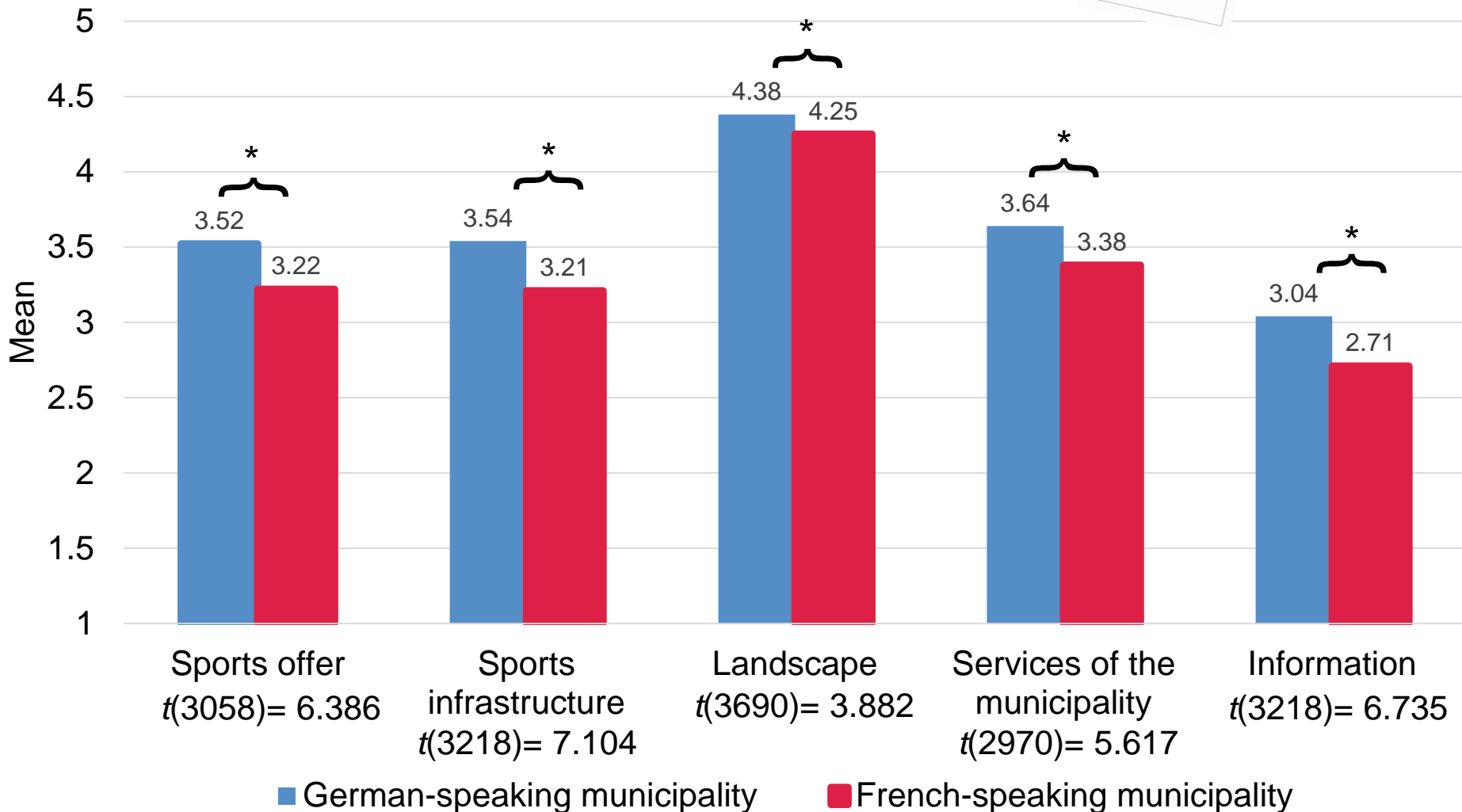
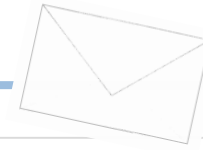
$t(32) = .929, p = .36$

Scale: from 1 = very low to 5 = very high



Perspective of young people

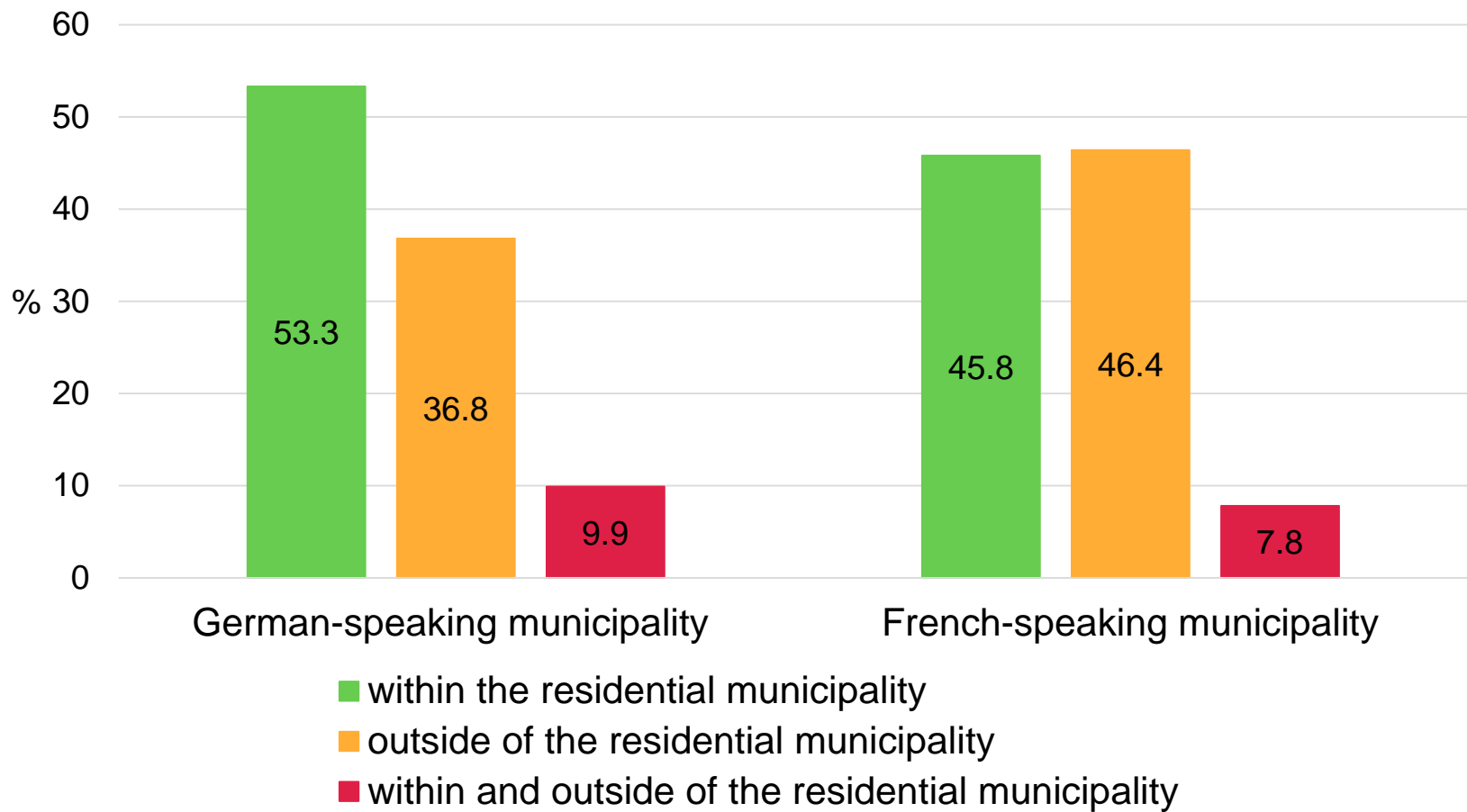
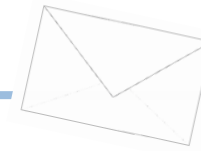
Subjective evaluation of the local sports conditions



Scale: from 1 = very unsatisfied to 5 = very satisfied, * $p < .001$



Location of sports activity

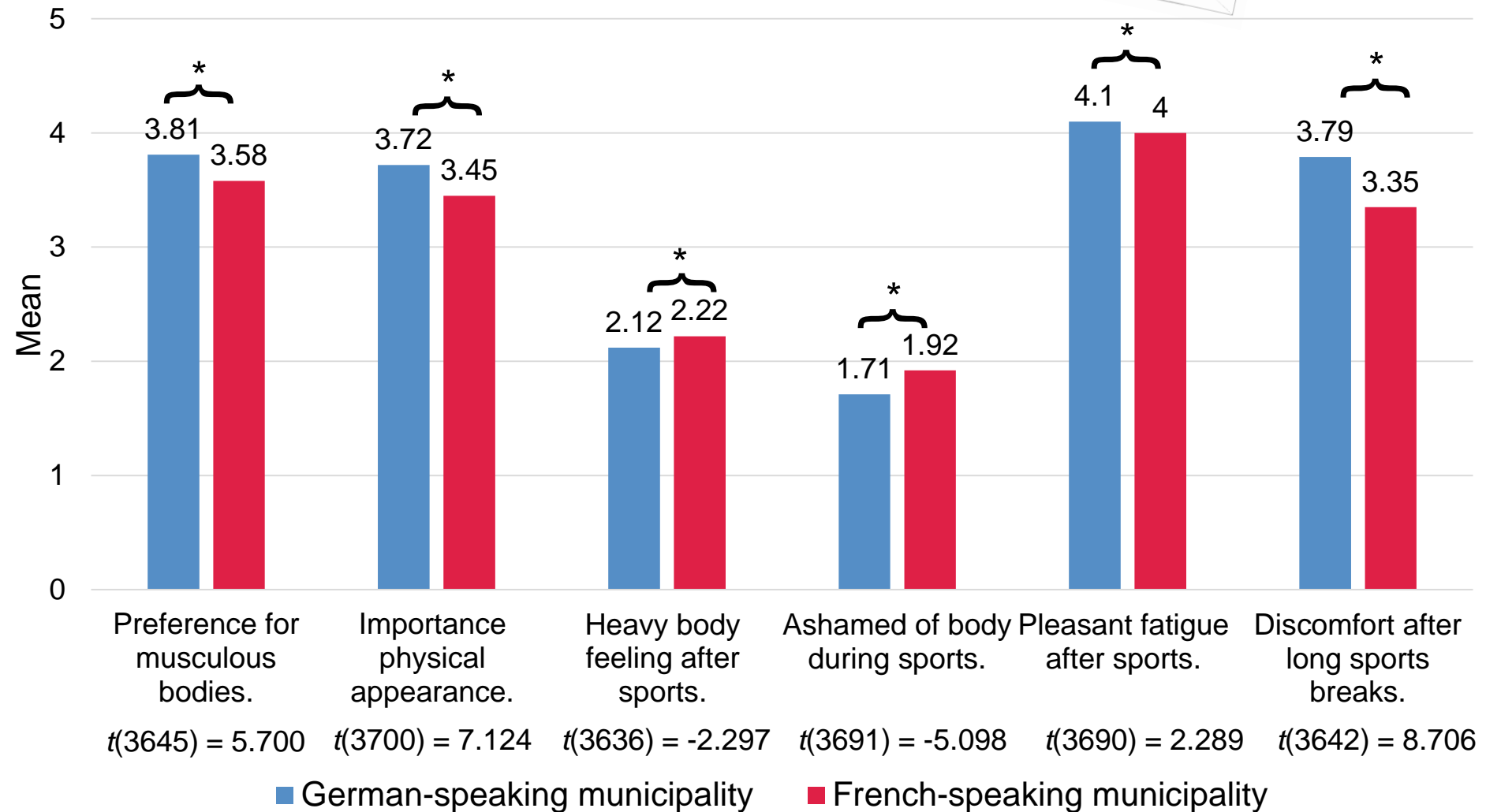
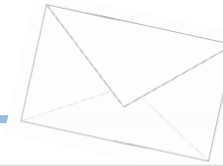




Sports-related body-image

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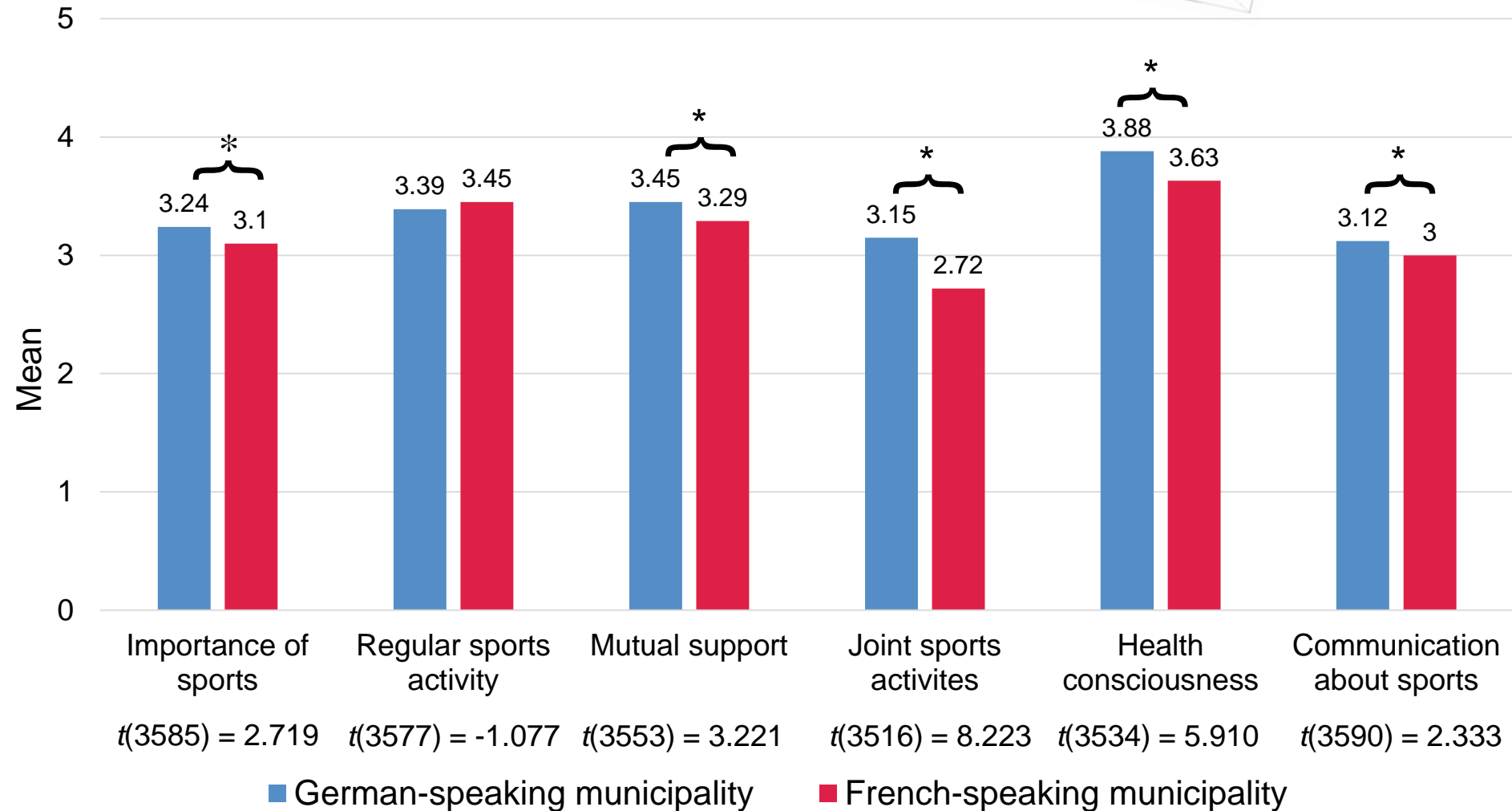
Scale: from 1 = does not apply to 5 = does apply; * $p < .05$



Sports-related family socialisation

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Scale: from 1 = does not apply to 5 = does apply; * $p < .05$



Summary

- > **Sports activity** significantly **higher among German-speaking** adolescents and young adults.
- > **Importance of local sports promotion does not differ** significantly between the German- and French-speaking municipalities.
- > Young people living in **German-speaking** municipalities are significantly **more satisfied with the local sports conditions**.
- > Young people living in **German-speaking** villages and towns **exercise more often within their residential municipality**.



Summary

- > Young people living in **German-speaking** municipalities **more positive sports-related body-image**.
- > Adolescents and young adults in **French-speaking** municipalities feel **less comfortable in their body** during sport activities.
- > **Family socialisation to sports** is **perceived as more important** by adolescents and young adults of **German-speaking** municipalities.





Conclusion

- > The **local sports offer** as well as the **sports-related body-image** and **family socialization** of individuals seem to be **important for the sports behaviour** of adolescents and young adults.

However,

- > **further analyses (e.g. multilevel analyses)** are needed for a better understanding of the correlations between structural factors, individual orientations and sports activity.

Thank you for your attention!



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