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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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)

(Lamprecht et al., 2014; Lamprecht et al., 2015)
Why…?

Structure?

Culture?
• **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

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

<table>
<thead>
<tr>
<th></th>
<th>n</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Canton</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Berne</td>
<td>16</td>
<td>44.4</td>
</tr>
<tr>
<td>Fribourg</td>
<td>17</td>
<td>47.2</td>
</tr>
<tr>
<td>Lucerne</td>
<td>2</td>
<td>5.6</td>
</tr>
<tr>
<td>Zurich</td>
<td>1</td>
<td>2.8</td>
</tr>
<tr>
<td><strong>Language</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>German</td>
<td>23</td>
<td>63.9</td>
</tr>
<tr>
<td>French</td>
<td>13</td>
<td>36.1</td>
</tr>
<tr>
<td><strong>Inhabitants</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>up to 3’000</td>
<td>13</td>
<td>36.1</td>
</tr>
<tr>
<td>3’001 - 10’000</td>
<td>18</td>
<td>50.0</td>
</tr>
<tr>
<td>More than 10’000</td>
<td>5</td>
<td>13.9</td>
</tr>
</tbody>
</table>
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

$t(35) = 4.89, p < .01, d = 1.70$

<table>
<thead>
<tr>
<th>Individual level</th>
<th>M</th>
<th>Min</th>
<th>Max</th>
<th>SD</th>
</tr>
</thead>
<tbody>
<tr>
<td>German-speaking municipalities</td>
<td>4.03</td>
<td>0</td>
<td>30</td>
<td>3.87</td>
</tr>
<tr>
<td>French-speaking municipalities</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Perspective of municipality
Importance of the local sports promotion

Mean

<table>
<thead>
<tr>
<th>Scale: from 1 = very low to 5 = very high</th>
</tr>
</thead>
<tbody>
<tr>
<td>German-speaking municipality</td>
</tr>
<tr>
<td>3.29</td>
</tr>
<tr>
<td>French-speaking municipality</td>
</tr>
<tr>
<td>3</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Location</th>
<th>German-speaking municipality</th>
<th>French-speaking municipality</th>
</tr>
</thead>
<tbody>
<tr>
<td>within the residential municipality</td>
<td>53.3</td>
<td>45.8</td>
</tr>
<tr>
<td>outside of the residential municipality</td>
<td>36.8</td>
<td>46.4</td>
</tr>
<tr>
<td>within and outside of the residential municipality</td>
<td>9.9</td>
<td>7.8</td>
</tr>
</tbody>
</table>
Sports-related body-image

Preference for musculous bodies: 3.81 (German-speaking) 3.58 (French-speaking)
Importance physical appearance: 3.72 (German-speaking) 3.45 (French-speaking)
Heavy body feeling after sports: * 2.12 (German-speaking) * 2.22 (French-speaking)
Ashamed of body during sports: * 1.71 (German-speaking) * 1.92 (French-speaking)
Pleasant fatigue after sports: 4.1 (German-speaking) 4 (French-speaking)
Discomfort after long sports breaks: 3.79 (German-speaking) 3.35 (French-speaking)

Scale: from 1 = does not apply to 5 = does apply; *p < .05
Sports-related family socialisation

<table>
<thead>
<tr>
<th>Importance of sports</th>
<th>Regular sports activity</th>
<th>Mutual support</th>
<th>Joint sports activities</th>
<th>Health consciousness</th>
<th>Communication about sports</th>
</tr>
</thead>
<tbody>
<tr>
<td>German-speaking municipality</td>
<td>3.24</td>
<td>3.39</td>
<td>3.45</td>
<td>3.15</td>
<td>3.88</td>
</tr>
<tr>
<td>French-speaking municipality</td>
<td>3.1</td>
<td>3.45</td>
<td>3.29</td>
<td>3.15</td>
<td>3.63</td>
</tr>
</tbody>
</table>

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


