Participation in sport as a protective factor

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ICSRA-team and university teacher from 1999 – present
Sport Science since 2006
First and foremost
Mother of two, raised within the Icelandic Youth model
What does the data tell us?
And analysing deeper

Organized activities vs. unorganized

Extracurricular activities, sports

Family factors

Time spent with parents
Support
Monitoring
Control

Peer group effect

Positive and negative effects.
How we as parents approach the peer group
Staying outside late
Hanging out in malls

General well being

Inside and outside of school, at home, bullying e.t.c.
Based on the Icelandic Prevention Model
From highest to lowest in substance use – 15/16 year old students

In 1998 Iceland scored highest in adolescent substance use in Europe
In 2016 Iceland scores lowest in adolescent substance use in Europe

Drunk past 30 days
Daily smoking
Tried cannabis
Sport participation within organized sport clubs - once a week or more often

- 2018
  - 15 years old 54% of cohort
  - 14 years old 64% of cohort
  - 13 years old 71% of cohort
- 2017
  - 12 years old 81% of cohort
  - 11 years old 81% of cohort
  - 10 years old 75% of cohort

• Sports clubs and coaches play an important role in society

Up to 90% of all children in Iceland take part in the sport clubs, at one time or another
Trends in formal sports participation (ages 14-15), 1992-2016

- Total once a week or more
- Boys ≥1x
- Girls ≥1x
- Total four times a week or more
- Boys ≥4x
- Girls ≥4x
Age trends in formal sports participation (ages 10-20)

Participation in formal sport

- Almost never
- 1-3 times a week
- 4 times a week or more

% participation by age group:

- 10 years old: Almost never 37%, 1-3 times a week 25%, 4 times a week or more 20%
- 11 years old: Almost never 38%, 1-3 times a week 35%, 4 times a week or more 27%
- 12 years old: Almost never 45%, 1-3 times a week 29%, 4 times a week or more 26%
- 13 years old: Almost never 55%, 1-3 times a week 36%, 4 times a week or more 22%
- 14 years old: Almost never 45%, 1-3 times a week 43%, 4 times a week or more 36%
- 15 years old: Almost never 47%, 1-3 times a week 37%, 4 times a week or more 30%
- 16 years old: Almost never 55%, 1-3 times a week 60%, 4 times a week or more 67%
- 17 years old (college): Almost never 60%, 1-3 times a week 67%, 4 times a week or more 78%
- 18-20 years old (college): Almost never 78%, 1-3 times a week 74%, 4 times a week or more 70%
- 20 years and older (college): Almost never 78%, 1-3 times a week 74%, 4 times a week or more 70%
Sports and substance use (ages 14-15), year 2018

How often do you engage in sports in a sports club/team

- Almost never
- 1-3 times a week
- 4 times a week or more

<table>
<thead>
<tr>
<th>Substance use</th>
<th>Almost never</th>
<th>1-3 times a week</th>
<th>4 times a week or more</th>
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</thead>
<tbody>
<tr>
<td>Drunk once or more lifetime</td>
<td>12</td>
<td>7</td>
<td>4</td>
</tr>
<tr>
<td>Drunk once or more past 30 days</td>
<td>4</td>
<td>3</td>
<td>1</td>
</tr>
<tr>
<td>Daily smoking</td>
<td>3</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>Cannabis</td>
<td>7</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td>Chewing tobacco</td>
<td>4</td>
<td>3</td>
<td>2</td>
</tr>
</tbody>
</table>
Sport and physical and mental health (ages 14-15), year 2018

Participation in formal sport

How good is your...? Participant that say it is very good
Sport Clubs in Iceland
Sports for all - Iceland

• Iceland is frequently referred to as “a sporting nation”
• Sports are not only perceived in terms of games and contests, they are an integral part of the daily life of Icelandic people
• Formal sports in Iceland are built around the local sport clubs, which are grass-root clubs that serve the local community, especially children and adolescents
• The clubs work at the community level and are intended for everybody

Opportunity for everyone
Sports clubs

- 330,000 inhabitants
- 400 Icelandic sports clubs
- 89,000 active participants
- 28% of the population
Icelandic Sports clubs

• The clubs are mainly funded by the municipalities which provide sport facilities and employ staff for administration work in the sports clubs
• The state –supports the sport federations
• The sport clubs further rely heavily on the work of volunteers. Around 10% of Icelanders are estimated to work as volunteers in the Icelandic sports clubs
• The volunteers – most often parents of participants and other enthusiasts – sit in boards and committees, establish fund raising and assist around games and tournaments
<table>
<thead>
<tr>
<th>Sport</th>
<th>Total Participants</th>
<th>Male</th>
<th>Female</th>
<th>&lt;15 yrs.</th>
<th>&gt;16 yrs.</th>
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</thead>
<tbody>
<tr>
<td>Football</td>
<td>22,638</td>
<td>15,421</td>
<td>7,217</td>
<td>16,284</td>
<td>6,354</td>
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<tr>
<td>Golf</td>
<td>17,772</td>
<td>12,457</td>
<td>5,315</td>
<td>1,502</td>
<td>16,270</td>
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<tr>
<td>Gymnastics</td>
<td>13,138</td>
<td>4,334</td>
<td>8,804</td>
<td>12,247</td>
<td>891</td>
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<td>Equestrian</td>
<td>10,998</td>
<td>5,634</td>
<td>5,364</td>
<td>2,811</td>
<td>8,187</td>
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<td>Handball</td>
<td>8,221</td>
<td>5,069</td>
<td>3,152</td>
<td>5,765</td>
<td>2,456</td>
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<tr>
<td>Basketball</td>
<td>6,782</td>
<td>4,780</td>
<td>2,002</td>
<td>3,785</td>
<td>2,997</td>
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<tr>
<td>Badminton</td>
<td>5,521</td>
<td>3,166</td>
<td>2,355</td>
<td>2,574</td>
<td>2,947</td>
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<tr>
<td>Track and field</td>
<td>4,982</td>
<td>2,343</td>
<td>2,639</td>
<td>3,274</td>
<td>1,708</td>
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<tr>
<td>Shooting</td>
<td>4,304</td>
<td>4,026</td>
<td>278</td>
<td>3</td>
<td>4,301</td>
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<tr>
<td>Volleyball</td>
<td>3,149</td>
<td>1,068</td>
<td>2,081</td>
<td>737</td>
<td>2,412</td>
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<tr>
<td>Swimming</td>
<td>3,108</td>
<td>1,349</td>
<td>1,759</td>
<td>2,593</td>
<td>515</td>
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<tr>
<td>Dance</td>
<td>2,777</td>
<td>873</td>
<td>1,904</td>
<td>1,477</td>
<td>1,300</td>
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<tr>
<td>Motor sports</td>
<td>2,167</td>
<td>1,915</td>
<td>252</td>
<td>155</td>
<td>2,012</td>
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<tr>
<td>Tennis</td>
<td>1,697</td>
<td>971</td>
<td>726</td>
<td>405</td>
<td>1,292</td>
</tr>
<tr>
<td>Karate</td>
<td>1,493</td>
<td>1,078</td>
<td>415</td>
<td>1,128</td>
<td>365</td>
</tr>
<tr>
<td>Fencing</td>
<td>1,333</td>
<td>941</td>
<td>392</td>
<td>267</td>
<td>1,066</td>
</tr>
<tr>
<td>Skiing</td>
<td>1,295</td>
<td>1,071</td>
<td>224</td>
<td>142</td>
<td>1,153</td>
</tr>
<tr>
<td>Sailing</td>
<td>1,256</td>
<td>659</td>
<td>597</td>
<td>922</td>
<td>334</td>
</tr>
<tr>
<td>Weight lifting</td>
<td>1,252</td>
<td>899</td>
<td>353</td>
<td>29</td>
<td>1,223</td>
</tr>
<tr>
<td>Judo</td>
<td>1,016</td>
<td>900</td>
<td>166</td>
<td>571</td>
<td>495</td>
</tr>
<tr>
<td>Other</td>
<td>18,7333</td>
<td>11,570</td>
<td>7,113</td>
<td>7,242</td>
<td>11,441</td>
</tr>
</tbody>
</table>

Total: 133,632 80,524 53,108 63,913 69,719
Changes in the past 20 years regarding

• Role of coaches / sports clubs

• Parents

• Different role models
From parental handbook from the Icelandic Soccer Federation (KSÍ)
National heroes – Sara Björk Gunnarsdóttir
National heroes – Gylfi Sigurðsson
Education and payment
Education and Pay

• The sport associations in Iceland place great emphasis on coach’s education for formal sports.

• Most club coaches have coaching certificates – to a varying degree depending on different sports.

• This is most notable in football
  • Iceland has one qualified UEFA coach for every 500 inhabitants while some other European countries have one for every 15,000

• Such high numbers of educated coaches is not the case in all sports in Iceland, all sports have paid coaches for all age-groups and most sports place emphasis on providing educated coaches for all participants
Coaches Salary

- All receive salary for their work
  - however small
- Payments “under the table” were common
- Now almost all are registered employees
- Increasing number of full time coaches in many sports
- Change in latest teachers union agreements with the government tying them to work until 16:00 each day
- Clashes with early practice sessions for the youngest participants
  - hence more demand for full time coaches
  - used to be opportunity for clubs to have quality coaching
An example
Cost of sport participation in Iceland

- Football
  - 7 year old boy
  - 3x/w for 10 months

- 640 euros total cost
- 365 euros in support from the municipality

- 275 euros final cost for the parents

Breki Harrason
Bus provided by the club collects the children and drives to practice after school
The role of volunteers
Example of Volunteering in sport

• Fálkar
• Valkyrjur
Fálkar

• Started in 2009
  • Group of fathers
  • Goal to support the youth work of Valur
  • Focus on fundraising
    • Barbeque when teams are playing
    • All kinds of opportunities to gather money
Valkyrjur

• Started in 2010

• Group of mothers and ex-players

• Focus on equal amount of men and women in boards within the club / “men in grey suits”

• Lectures for the coaches and participants (youth)

• Working when teams are playing
We know...

That sport participation, exercise, and physical activity have many positive effects on children and teenagers, as well as taking part in organized extracurricular activity (such as sport club).

Physical activity and exercise is positively linked to better academic achievements and has positive influence on diet and self-confidence.

Research has shown sport participation and physical activity to protect against obesity and positively influence sleep and sleeping habits amongst teenagers.
Sport

Organized vs. unorganized
Preventive factors of sport

• Interestingly those relationships only apply to sport participation in formal sport but not to the participation in informal sport

• Informal sport take place outside of traditional sport clubs. And risk behavior such as alcohol use or the use of steroids even increases with increased sport participation outside of the sport

• Participants in the sport clubs are embedded in sport cultures that emphasize positive and healthy values

• The club cultures functions as social control for risk behavior, compared to those who do not participate in sport at all
Not the sport...but the culture

• So it is not sport *per se* that has positive benefits for its younger participants
• Rather it is the sport clubs culture and the networks of relationships
• Where the participants are embedded in on day-to-day basis, which shapes the participants experiences and can influence and socialize them in a positive or negative way
Daily smoking: Organized vs. Unorganized
High school students (16 and older)

<table>
<thead>
<tr>
<th></th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>Organized sport</td>
<td>1.9</td>
<td>1.2</td>
</tr>
<tr>
<td>Unorganized sport</td>
<td>4.3</td>
<td>5.2</td>
</tr>
</tbody>
</table>

Participation 4 times a week or more often
Drunk past 30 days: Organized vs. Unorganized High school students (16 and older)

Participation 4 times a week or more often

<table>
<thead>
<tr>
<th></th>
<th>Boys</th>
<th>Girls</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>Organized sport</td>
<td>40</td>
<td>33</td>
<td>50</td>
<td>53</td>
</tr>
<tr>
<td>Unorganized sport</td>
<td>50</td>
<td>53</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Challenges for Icelandic sports clubs
How often do you engage in sports in a sports club/team, analysed by “Is Icelandic spoken in your home”

Is Icelandic spoken at your home
- Yes, only Icelandic
- Yes, and another languages
- No, only another language

How often do you engage in sports in a sports club/team?
- Almost never
- 1-3 times a week
- 4 times a week or more

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Yes, only Icelandic</th>
<th>Yes, and another languages</th>
<th>No, only another language</th>
</tr>
</thead>
<tbody>
<tr>
<td>Almost never</td>
<td>36</td>
<td>46</td>
<td>56</td>
</tr>
<tr>
<td>1-3 times a week</td>
<td>21</td>
<td>24</td>
<td>21</td>
</tr>
<tr>
<td>4 times a week or more</td>
<td>44</td>
<td>31</td>
<td>23</td>
</tr>
</tbody>
</table>
How often do you practice sports (practice or compete) with a sports club, reported by gender and sexual orientation, year 2016

How often do you engage in sports in a sports club/team?

Sexual orientation
- heterosexual
- homosexual
- bisexual

Almost never
- Heterosexual: 32%
- Homosexual: 44%
- Bisexual: 52%

Once a week or more often
- Heterosexual: 68%
- Homosexual: 56%
- Bisexual: 48%
If you have ever stopped participating in organized sports how important was the following:

- Lost interest
- Too little social
- Bad transportation
- Because of homework
- Too difficult exercises
- Strong competition

<table>
<thead>
<tr>
<th>Reason</th>
<th>Girls</th>
<th>Boys</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lost interest</td>
<td>83</td>
<td>81</td>
</tr>
<tr>
<td>Too little social</td>
<td>33</td>
<td>36</td>
</tr>
<tr>
<td>Bad transportation</td>
<td>34</td>
<td>36</td>
</tr>
<tr>
<td>Because of homework</td>
<td>34</td>
<td>33</td>
</tr>
<tr>
<td>Too difficult exercises</td>
<td>28</td>
<td>32</td>
</tr>
<tr>
<td>Strong competition</td>
<td>28</td>
<td>33</td>
</tr>
</tbody>
</table>
If you have ever stopped participating in organized sports how important was the following:

- Lack of time: 48% (Girls), 49% (Boys)
- My friends dropped out: 37% (Girls), 47% (Boys)
- Expenses: 37% (Girls), 36% (Boys)
- I became more interested in another things: 72% (Girls), 70% (Boys)
- I felt I wasn’t good enough: 45% (Girls), 43% (Boys)
- I got bored: 76% (Girls), 77% (Boys)
Let’s keep in mind...

- **Organized activities** play a significant role within the Planet Youth model
- Time - We don’t change things over night
- Aim - Find the goal
- Not a project - It’s about changing the way we think and then act in a different way
Thank you!

www.planetyouth.org