

Participation in Sport and Physical Recreation in Northern Ireland

January 2009



Findings from the 2007/2008
Continuous Household Survey

DCAL Research Findings 1/ 2009

Executive Summary

- Forty nine percent of respondents had participated in sport in the last year.
- Not having enough time was the main reason given (28% of respondents) for being put off sport or physical activity.
- Thirty four percent of respondents normally take part in sport and physical activity on at least one day per week.
- Over a quarter of all respondents (26%) stated that they walked continuously for at least 10 minutes at a time in each of the 7 days before interview.
- Seventy percent of respondents stated that they had done physically active jobs around the home on at least one day in the last week.
- Seven percent stated that they do exercise/ play sport/ do physically active jobs every day so much that they get out of breath or sweat.
- Barriers to participation in sport and physical activity were as follows:
 - I'm not really interested (39%)
 - I don't have enough time (34%)
 - My health isn't good enough (30%)
 - I'm too busy at work (27%)
 - It is difficult for me to travel to places where I can take part (16%)
 - I have no-one to do sport physical activities with (15%)
 - I cannot afford the money to participate (12%)
- Just over one fifth of respondents (22%) are currently a member of a sports club or organisation.

- Six percent of respondents actively help, on an unpaid basis, to run sporting activities after school or at a club.

- One third of respondents had attended a sporting event in Northern Ireland as a spectator at least once in the last year. Fifteen percent had spectated at a sporting event outside Northern Ireland in the last year.

- Eleven percent of respondents stated that they were very satisfied with sports provision in Northern Ireland, whilst 46% were fairly satisfied.

Introduction

Context

The Department of Culture, Arts and Leisure is responsible for the central administration and promotion of sport in Northern Ireland.

In particular, the Department's role is to determine appropriate policy frameworks through which sport will be developed in Northern Ireland. It is also responsible for ensuring the effective and efficient administration of Sport Northern Ireland which is a statutory body set up under The Recreation and Youth Service (Northern Ireland) Order 1986 and is responsible for the development of sport in Northern Ireland, including the distribution of funding.

Over the past 2 years, the Department of Culture, Arts and Leisure (DCAL), has been developing, in partnership with Sport Northern Ireland (SNI), a new 10-year Strategy for Sport and Physical Recreation in Northern Ireland. The purpose is to establish the key priorities for the future development of sport and physical recreation in Northern Ireland and to inform the direction of future investment

Data

DCAL place questions related to sport on the Continuous Household Survey, and the data is used for various purposes: for example, to provide data for sports branch in the Department to inform policy making, equality monitoring, and to measure Public Service Agreement targets.

In particular, this sports data is used to measure PSA 9 within the Programme for Government: Promoting Access to Culture, Arts and Leisure. Target 5 aims to "By 2011, halt the decline in adult participation in sport and physical recreation".

Methodology

The Continuous Household Survey is a Northern Ireland wide household survey administered by Central Survey Unit, NISRA. The sample is 4,500 addresses randomly selected from the Valuation and Land's Agency's Valuation List. The sample is stratified by region to ensure proportional representation: Belfast District Council, East of the Province and West of the Province.

There were 3,414 respondents to the 2007/ 08 survey.

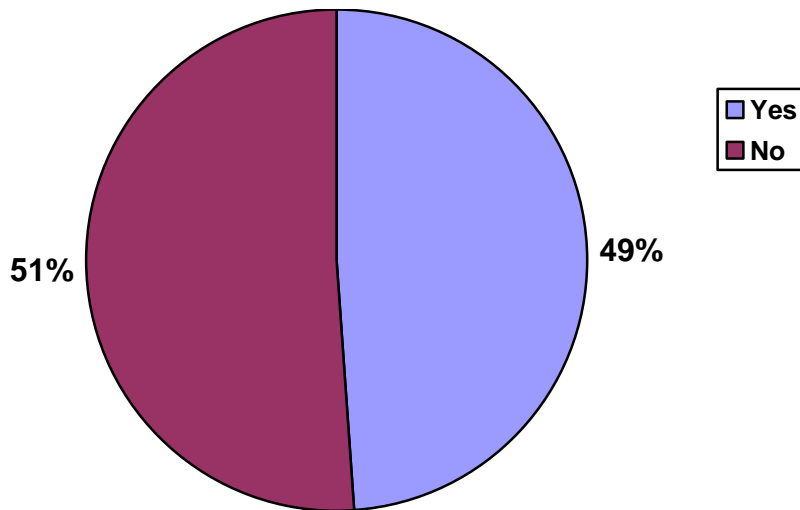
Sports questions

The sports questions on the survey ask about participation in sport (including frequency of participation), spectating at sports events, and satisfaction with sports provision in Northern Ireland.

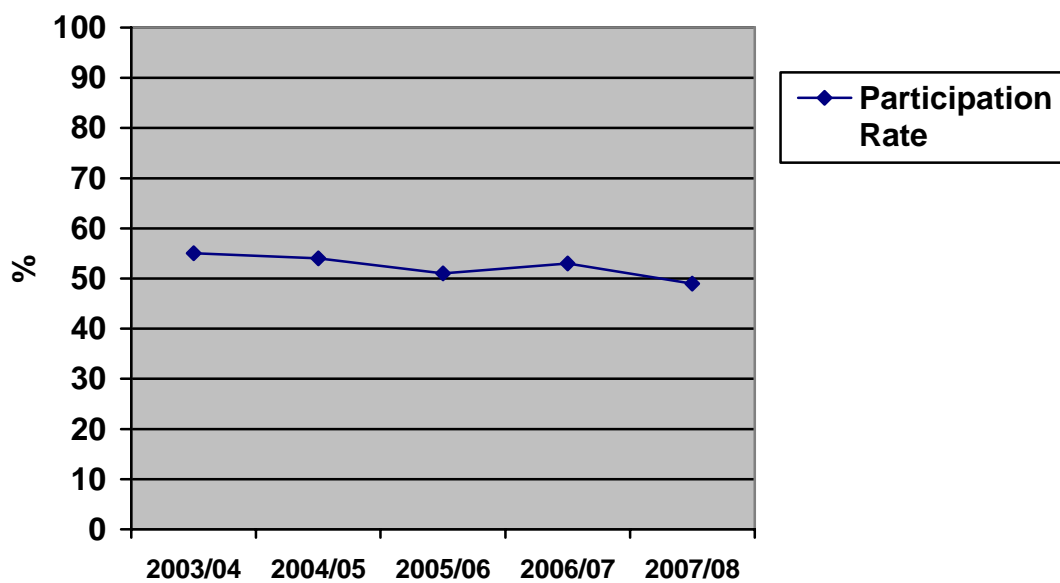
New questions to the 2007/08 survey included some on barriers to participation in sport, intensity of participation in sport, and membership of sports clubs and organisations.

Results

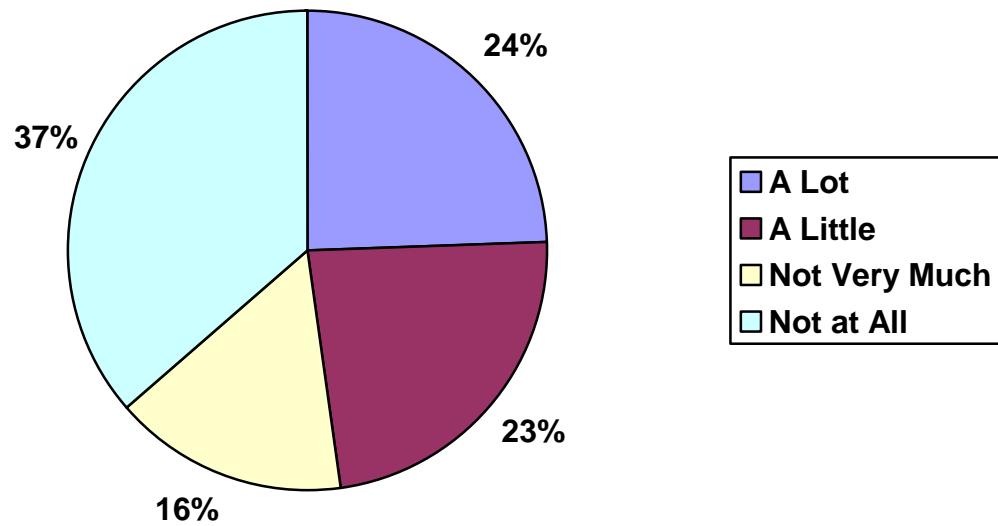
Q) Have you taken part in or played any sport in the last 12 months?



- Almost half of all respondents (49%) had taken part in sport in the last 12 months. This compares to 53% in the 2006/07 survey, 51% in 2005/06, 54% in 2004/5, and 55% in 2003/04:

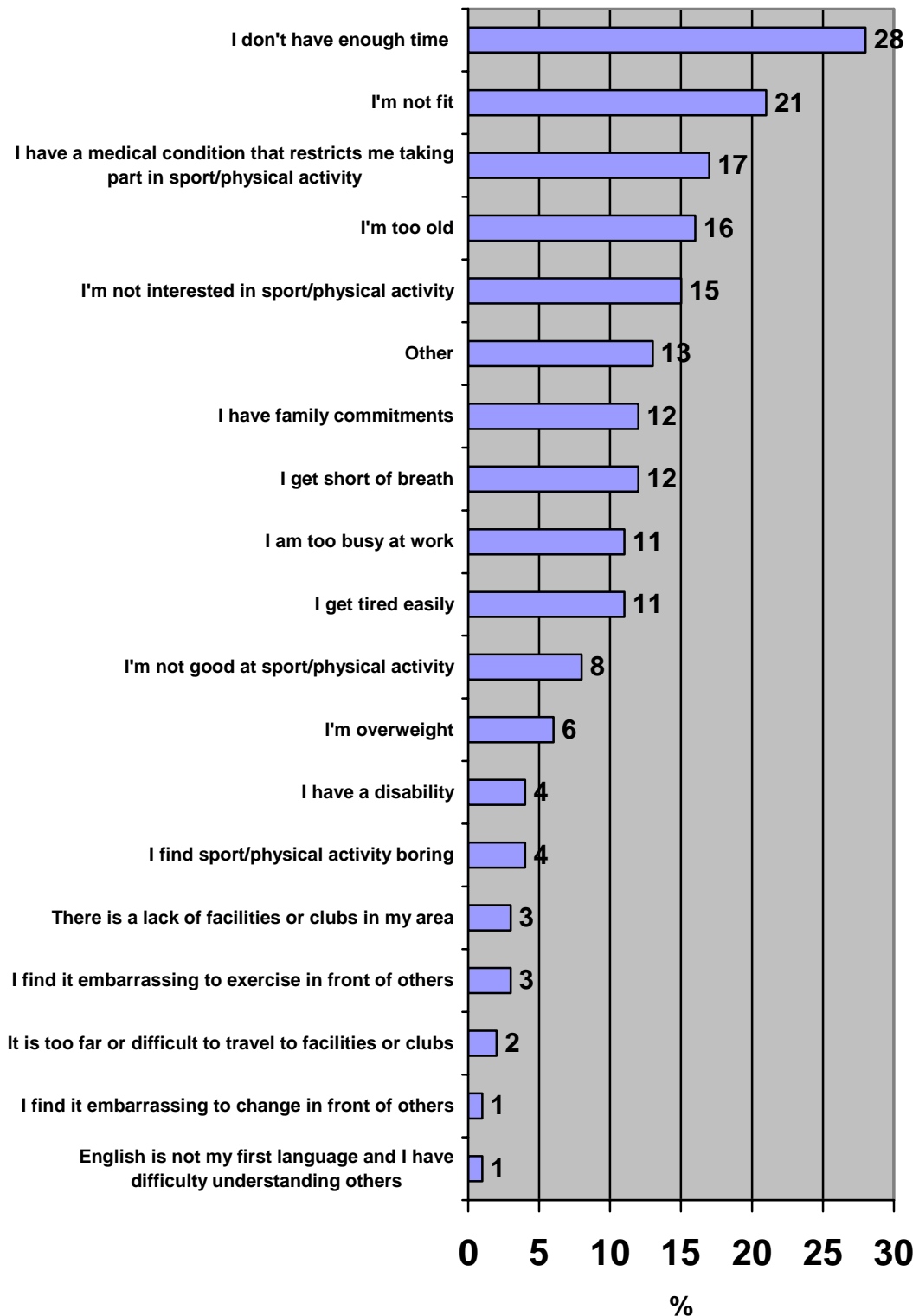


Q) How much do you enjoy doing sport and physical activity (this means exercise that makes you out of breath)?



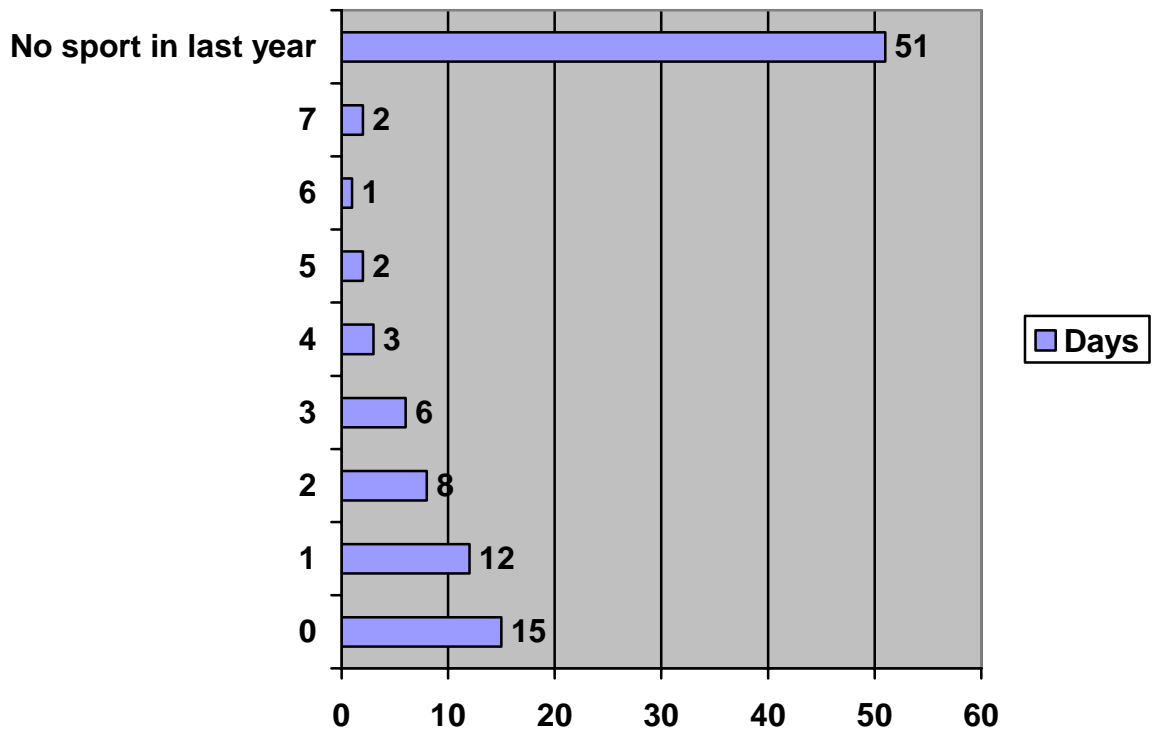
- Almost one quarter of all respondents (24%) stated that they enjoy doing sport and physical activity a lot.
- Over one third (37%) do not enjoy doing sport and physical activity at all.

Q) Do any of the things listed on the showcard put you off doing sport/physical activity...



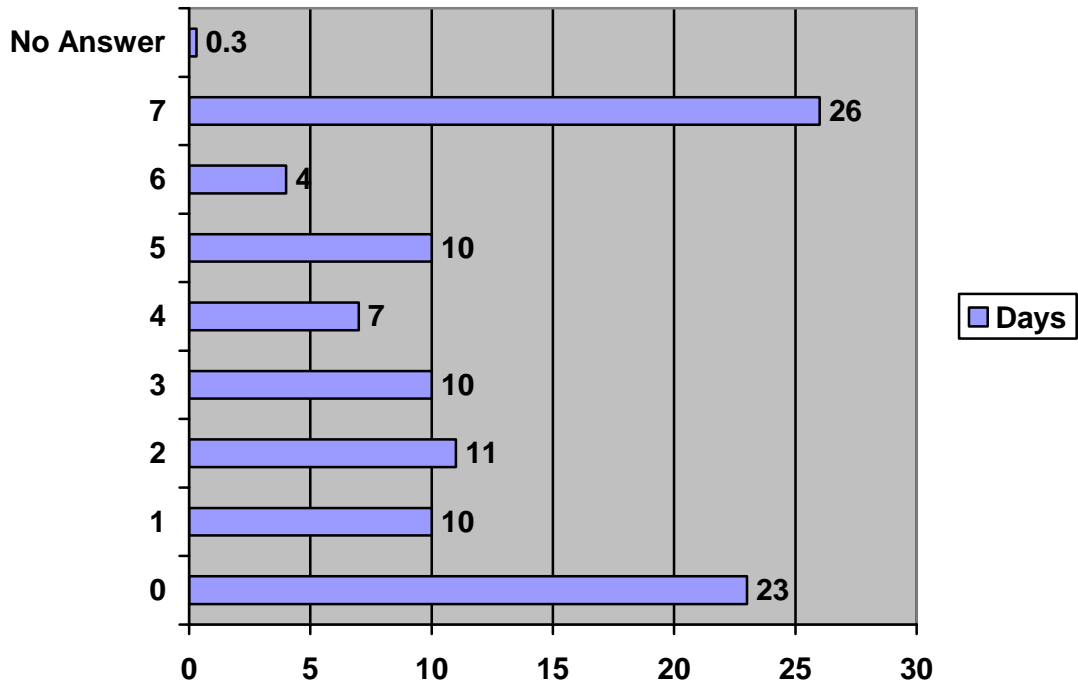
- The most reason cited that would put respondents off doing sport/physical activity was not having enough time (28%).

Q) At the moment, how many days per week do you normally take part in sport and physical activity?



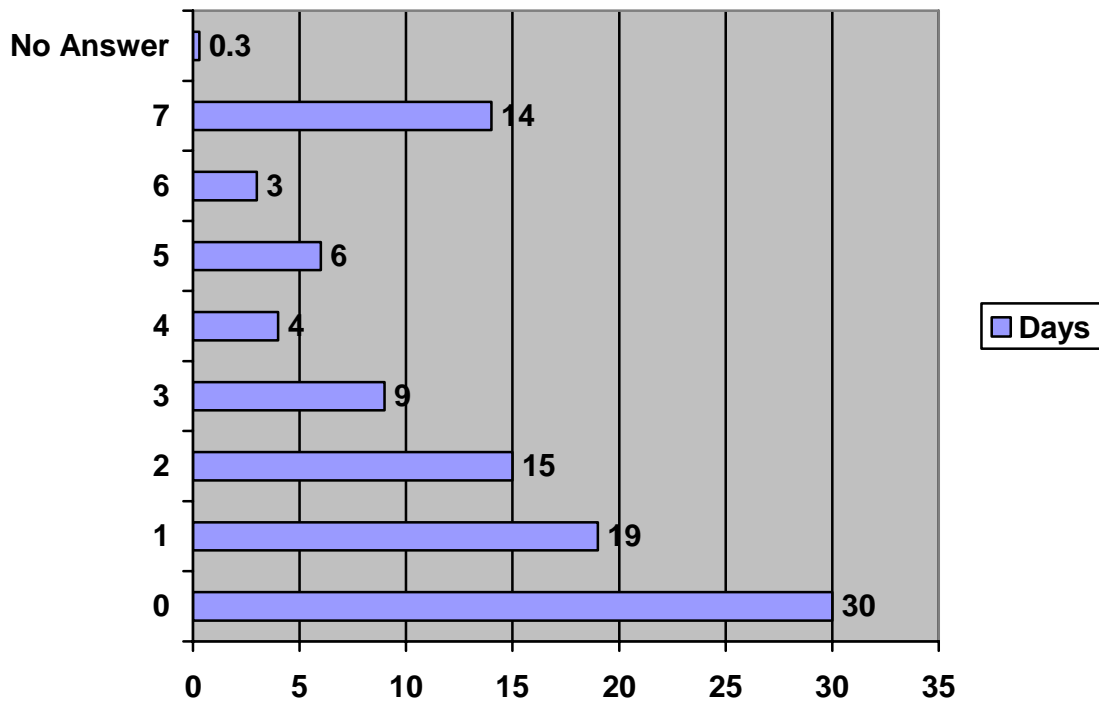
- Over half of all respondents (51%) did not take part in any sport in the last year.
- Thirty four percent of respondents stated that they normally take part in sport and physical activity on at least one day per week.
- Two percent take part in sport and physical activity every day of the week.

Q) In the last week, on how many days did you walk continuously for at least 10 minutes at a time?



- Just over one quarter of the population (26%) stated that they walk continuously for at least 10 minutes at a time, seven days a week.

Q) In the last week, on how many days have you done any physically active jobs around the home (e.g. gardening, DIY). Include things such as DIY, gardening, cutting the grass, sweeping up, vacuuming, washing the car etc.



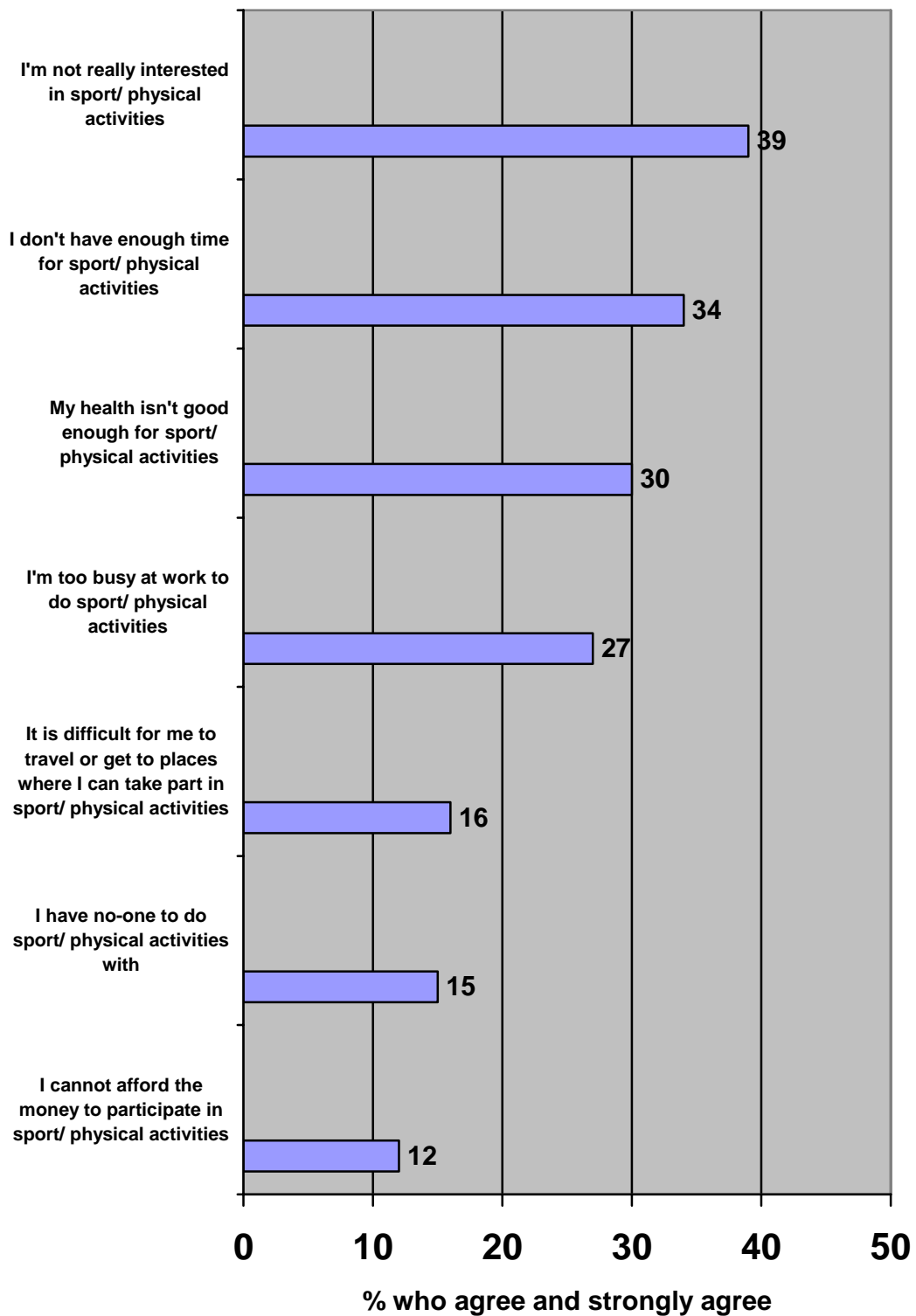
- Seven out of ten respondents (70%) stated that they had done physically active jobs around the home on one day in the last week.
- Fourteen percent had done so on every day in the last week.

Q) How often do you usually exercise/play sport/do physically active jobs so much that you get out of breath or sweat?

		Frequency	Percent
Valid	Everyday	232	7
	4-6 times a week	215	6
	2-3 times a week	596	18
	Once a week	411	12
	Once a month	119	4
	Less than once a month	186	5
	Never	1648	48
	No Answer	7	0.2
Total		3414	100.0

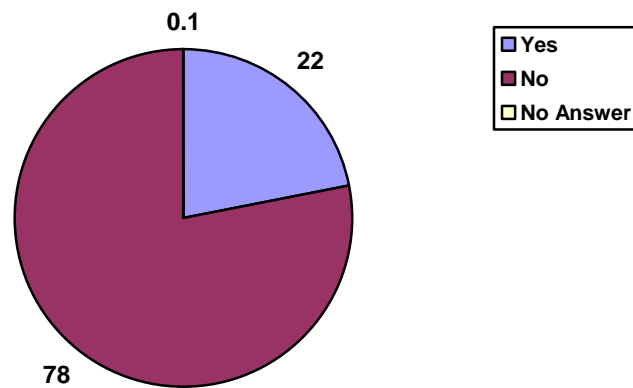
- Seven percent of respondents stated that they do exercise/play sport/do physically active jobs so much that they get out of breath or sweat every day.
- Eighteen percent do exercise/play sport/do physically active jobs so much that they get out of breath or sweat 2-3 times a week.

Q) In relation to taking part in sport/physical activities can you now tell me how much you agree or disagree with the following statements...



- Almost four out of ten respondents (39%) stated that they are not really interested in sport/ physical activities.

Q) Are you currently a member of any sports clubs or organisations?



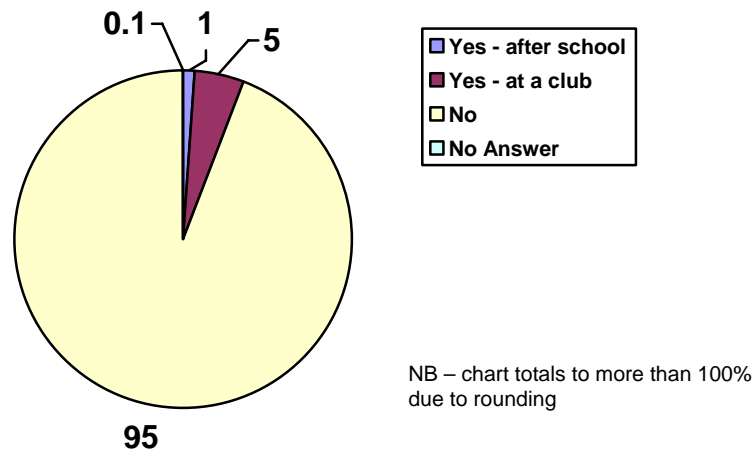
- Just over one fifth of respondents (22%) stated that they are currently a member of a sports club or organisation.

Q) How many sports clubs or organisations do you belong to?

		Frequency	Percent
Valid	1	584	79
	2	122	17
	3	24	3
	4	7	1
	11	1	0.1
Total		738	100.0

- Of those respondents who stated that they are a member of a sports club or organisation, 79% stated that they are a member of one, whilst 17% were a member of two.

Q) Do you actively help, on an unpaid basis, to run sporting activities after school or at a club?



- Six percent of respondents stated that they actively help, on an unpaid basis, to run sporting activities after school or at a club. Of these, 1% help after school, and 5% help at a club.

Q) What activities do you help with?

		Frequency	Percent
Valid	Administration	80	30
	Coaching	91	34
	Catering	28	11
	Transport	37	14
	Other (Please specify)	30	11
Total		266	100.0

- Of the respondents who stated that they do actively help (187), the main activities which they help with are administration (30%) and coaching (34%) (numbers total to more than 187 due to multiple answers).

Q) In the last year, how often, if at all, have you attended sporting events in Northern Ireland as a spectator?

		Frequency	Percent
Valid	At least once a week	122	4
	At least once a month	245	7
	Once every 2 or 3 months	303	9
	Once or twice in the last year	466	14
	Not at all in the last year	2274	67
	No Answer	4	0.1
Total		3414	100.0

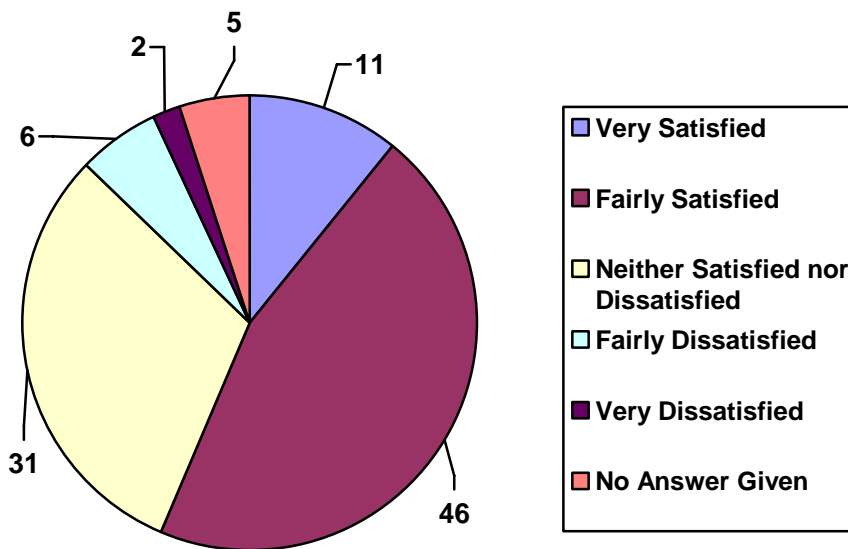
- Two thirds of respondents had not attended a sporting event in Northern Ireland as a spectator in the last year. Once third had attended an event at least once.
- Eleven percent of respondents had spectated at a sporting event in Northern Ireland at least once a month in the last year.

Q) In the last year, how often, if at all, have you attended sporting events outside Northern Ireland as a spectator?

		Frequency	Percent
Valid	At least once a week	10	0.3
	At least once a month	40	1
	Once every 2 or 3 months	138	4
	Once or twice in the last year	324	10
	Not at all in the last year	2898	85
	No Answer	4	0.1
Total		3414	100.0

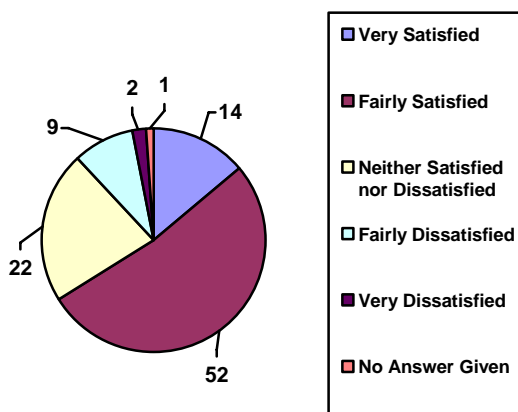
- Eighty five percent of respondents had not attended a sporting event outside Northern Ireland as a spectator in the last year. Fifteen percent had spectated at least once in the last year.
- Of those who had spectated, 10% had been once or twice in the last year.

Q) Overall, how satisfied are you with sports provision in Northern Ireland?

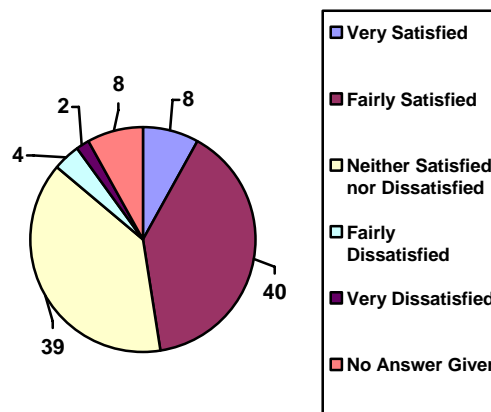


- Eleven percent of all respondents stated that they were very satisfied, and 46% were fairly satisfied with sports provision in Northern Ireland.
- Eight percent of respondents were either fairly or very dissatisfied with sports provision in Northern Ireland.

Participants:



Non-participants



- Sixty six percent of sports participants (those respondents who had participated at least once in the last year) were satisfied with sports provision in Northern Ireland, compared to 48% of non-participants (those who had not participated at all in the last 12 months).

Technical Notes

Continuous Household Survey

The source of all data in this bulletin is the Continuous Household Survey (CHS).

The Continuous Household Survey is designed and conducted by the Central Survey Unit of the Northern Ireland Statistics and Research Agency. It is based on a sample of the general population resident in private households and individual interviews are conducted with each adult (aged 16+) living in these households.

The CHS is based on a set sample of 4,500 addresses selected each year from the Valuation and Lands Agency's property database. A simple random sample of all the addresses in Northern Ireland is drawn using the regional strata: Belfast (Belfast District Council only), East of the Province, and West of the Province. Data is collected by personal interview using CAPI (Computer Aided Personal Interview), and the interviews are spread equally over the 12 months from April to March (allocated on a monthly basis). The CHS is an important source of information in Northern Ireland and is used by many Government departments and Agencies.

Definition of Participation in Sport

This is taking part in or playing (but excluding teaching, coaching or refereeing) any sport on one or more occasions during the last 12 months.

Definition of Satisfaction with Sport

This is satisfaction with sports provision in Northern Ireland. This can be broken down for those who have participated in sport and those who have

not. Respondents self-define “satisfaction” with “sports provision in Northern Ireland”.

Sampling Error

Estimates quoted in this Bulletin are based on data collected from a sample of the population and are therefore subject to sampling error. It is important to note that some trends observed in the data may be attributable to sampling error particularly where the numbers in the cells are small.