

# FACTORS AFFECTING PARTICIPATION IN SPORT & PHYSICAL ACTIVITY

## Ie: POSSIBLE REASONS FOR LACK OF PARTICIPATION

### (BARRIERS TO PARTICIPATION)

- **Where you live:** Your geographical location will affect your choice & opportunities
- **Transport:** Individuals might not have their own transport (car/bike), which might limit the range of activities they are able to travel to participate in. Public transport might be good / bad, and determine options available
- **Socio-economic status:** Income & employment status will clearly affect the type, regularity & location of participation, e.g. an unemployed person is likely to join a private golf club & play regularly. Choices are affected by disposable income
- **School:** A positive or negative school experience can affect life-time attitudes towards participation: some schools offer a limited range of activities.
- **Government/Provision:** Politics affects funding for public facilities: there may be lack of facilities/equipment in some areas for certain sports, or a lack of local clubs
- **Media/advertising/information:** Information about local sport/recreation might not be available, due to little or no advertising/marketing. People might not be aware of the opportunities available to them.
- **Lifestyle :** Individuals may not particularly like sport: other leisure choices may be preferred. They may not be motivated to be involved, or maybe not have time because of work or studying.
- **Self esteem:** Individuals may not have the self-confidence to be involved, they may have low self-esteem, may not want to be seen in sports kit, may be self-conscious
- **Friends/Family:** Peer group/Family opinions about sport are usually influential. Parents & siblings are the first positive or negative role models. Their level of support will affect attitudes & participation by young people.
- **Race &/or religion:** Some ethnic groups still hold negative attitudes towards sport, e.g. Asian women may not take part due to either sub-cultural values or personal disinclination. Is there self-discrimination by a group upon its members?
- **Age/gender:** Does UK culture consider sporting participation by the young & over 50s as normal? Is it provided for? More men take part in regular physical activity than women. What is stopping women- attitudes, other commitments, provision of suitable activities at suitable times?
- **Ability or disability:** Does society provide for people with disabilities? Do societal attitudes and prejudices influence disabled people themselves? Do some disabled people have low self-esteem & regard adapted sports as something not for them?