



Participation of Secondary School Learners Aged 14 to 16 Years in Organised Sport

Mohamed Ayyub Mia

3568615

A thesis submitted in fulfilment of the requirements for the degree of

Magister Scientiae in Biokinetics

in the

Department of Sport, Recreation and Exercise Science

University of the Western Cape

Supervisor: Prof Lloyd Leach

Co-Supervisor: Mr Makhaya Malema

March 2023

DECLARATION

I hereby declare that the study, “Participation of secondary school learners aged 14 to 16 years in organised sport.” is my own work, that it has not been submitted before for any other degree in any other university, and that the sources I have used have been indicated and acknowledged as complete references.

Mohamed Ayyub Mia

November 2022

Signed



UNIVERSITY *of the*
WESTERN CAPE

DEDICATION

This thesis is dedicated to my parents, Rafiq Mia, and Shahnaaz Mia, thank you for all your love, support and encouragement. To my late great uncle, Norman Christian Appolis, you inspired me to take this journey of furthering my education and knowledge.



UNIVERSITY *of the*
WESTERN CAPE

ACKNOWLEDGEMENTS

To the Almighty, thank you for allowing me to take this journey, for your protection, your guidance and always being there when I need you most.

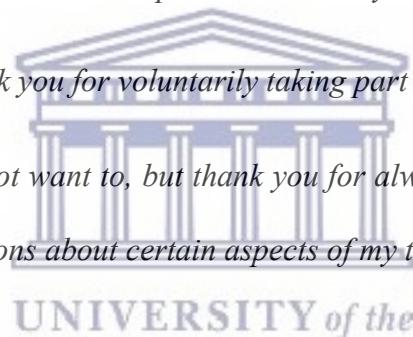
To my supervisors, Professor Lloyd Leach and Mr Makhaya Malema, your support and encouragement were invaluable. Thank you for your patience and help, the countless times I picked your brains. I have learned so much from our weekly meetings. The journey would be incomplete without you.

To the school principals, thank you for allowing me to conduct my study in your schools.

To all the educators, thank you for taking the time to assist me and making data collection as simple as possible. This study would not be possible without your help.

To all the school learners, thank you for voluntarily taking part in the study.

To my brother, Junaid, I may not want to, but thank you for always being able to answer and provide solutions for my questions about certain aspects of my thesis.



UNIVERSITY of the
WESTERN CAPE

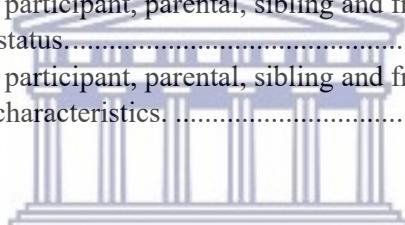
TABLE OF CONTENTS

TITLE PAGE	i
DECLARATION	ii
DEDICATION	iii
ACKNOWLEDGEMENTS	iv
TABLE OF CONTENTS	v
LIST OF TABLES	vii
LIST OF FIGURES	viii
LIST OF SYMBOLS, ACRONYMS AND ABBREVIATIONS	xi
ABSTRACT	xiii
CHAPTER ONE: INTRODUCTION TO THE STUDY	1
1.1. Background of the Study	1
1.2. Statement of the Problem	3
1.3. Aim of the Study	4
1.4. Objectives of the Study	4
1.5. Hypothesis of the Study	4
1.6. Significance of the Study	5
1.7. Definitions of Terms	6
CHAPTER TWO: LITERATURE REVIEW	8
2.1. Adolescent Participation in Organised Sport	8
2.2. Gender Differences in Adolescent Participation in Organised Sport	10
2.3. Impact of Socioeconomic Status on Adolescent Participation in Organised Sport	11
2.4. Family and Peer Influence on Adolescent Participation in Organised Sport	12
CHAPTER THREE: RESEARCH METHODS	15
3.1 Introduction.....	15
3.2 Research Design	15
3.3 Study Population	15
3.4 Delimitations of the Study	16
3.4.1 Inclusion Criteria.....	16
3.4.2 Exclusion Criteria	16
3.5 Research Instrument	16
3.5.1 Development of the Organised Sport Participation Questionnaire	16
3.5.2 Development of a Critical Appraisal Tool (CAAT) and Validation of the Organised Sport Participation Questionnaire	17
3.5.3 Piloting the Organised Sport Participation Questionnaire	18
3.5.4 Classification of Socioeconomic Status (SES)	19

3.6 Data Collection	21
3.7 Statistical Analysis.....	22
3.8 Ethics Considerations	22
CHAPTER FOUR: RESULTS.....	24
 4.1. Introduction.....	24
 4.2. Sociodemographic Characteristics of the Participants	24
 4.3. Participation in Organised Sport.....	25
 4.4. Influence of Sport in the Social Media on Participation	26
 4.5.1 Sociodemographic Characteristics and Organised Sport Participation	29
 4.5.2. Sociodemographic Characteristics and Organised Sport Participation Based on Gender	34
 4.6. Participants' Past versus Present Participation in Organised Sport.....	40
 4.7. Parental Participation versus Participants' Overall Participation in Organised Sport.....	55
 4.8. Sibling Participation versus Participants' Overall Participation in Organised Sport.....	81
 4.9. Friend Participation versus Participants' Overall Participation in Organised Sport	99
 4.10. Relationships Between Participant, Parental, Sibling and Friend Participation in Organised Sport.....	118
CHAPTER FIVE: DISCUSSION.....	127
 5.1. Adolescent Participation in Organised Sport	127
 5.2. Gender Differences in Adolescent Participation in Organised Sport	129
 5.3. Impact of Socioeconomic Status on Adolescent Participation in Organised Sport	130
 5.4. Family and Peer Influence on Adolescent Participation in Organised Sport	132
 5.5. Strengths and Limitations of the Study	134
 5.6. Conclusion	134
 5.7. Recommendations	135
REFERENCES.....	137
APPENDIX A: INFORMATION SHEET	150
APPENDIX B: PARENTAL CONSENT FORM	152
APPENDIX C: LEARNER CONSENT FORM.....	153
APPENDIX D: CRITICAL APPRAISAL ASSESSMENT TOOL	154
APPENDIX E: ORGANISED SPORT PARTICIPATION QUESTIONNAIRE	159
APPENDIX F: ETHICS CLEARENCE LETTER.....	164
APPENDIX G: WESTERN CAPE EDUCATION DEPARTMENT LETTER OF PERMISSION	165
APPENDIX H: TURNITIN REPORT	166

LIST OF TABLES

Table 3.1: Criteria used for classifying socioeconomic status in the study.....	21
Table 4.1: Sociodemographic characteristics of the participants.	25
Table 4.2: Influence of sport in the social media on participation.	28
Table 4.3: Organised sport participation based on sociodemographic characteristics.	33
Table 4.4: Organised sport participation based on sociodemographic characteristics and gender.....	39
Table 4.5: Description of the various types of participants in organised sport based on the past and present participation patterns.	40
Table 4.6: Description of the various types of participants in organised sport based on participant and parental participation.	56
Table 4.7; Description of the various types of participants in organised sport based on participant and sibling participation.	81
Table 4.8: Description of the various types of participants in organised sport based on participant and friend participation.....	100
Table 4.9: Relationships between participant, parental, sibling and friend participation in organised sport.	118
Table 4.10: Relationships between participant, parental, sibling and friend participation in organised sport according to gender.	119
Table 4.11: Relationships between participant, parental, sibling and friend participation in organised sport according to age	121
Table 4.12: Relationships between participant, parental, sibling and friend participation in organised sport according to socioeconomic status.....	123
Table 4.13: Relationships between participant, parental, sibling and friend participation in organised sport based on sociodemographic characteristics.	125



UNIVERSITY *of the*
WESTERN CAPE

LIST OF FIGURES

Figure 3.1: Visual illustration of the classification of socioeconomic status (SES) in the study	20
Figure 4.1: Organised sport participation of participants and their significant others.	26
Figure 4.2: Proportion of the various types of participants who participated in organised sport based on their past versus present participation patterns.	41
Figure 4.3: Proportion of the various types of participants who participated in organised sport based on gender.....	42
Figure 4.4: Proportion of the various types of participants who participated in organised sport based on age.....	44
Figure 4.5: Proportion of the various types of participants who participated in organised sport based on socioeconomic status (SES).	46
Figure 4.6: Proportion of the various types of participants, both males and females aged 14-years, who participated in organised sport.	47
Figure 4.7: Proportion of the various types of participants, both males and females aged 15-years, who participated in organised sport.	49
Figure 4.8: Proportion of the various types of participants, both males and females aged 16-years, who participated in organised sport.	50
Figure 4.9: Proportion of the various types of participants, both males and females aged 17-years and older, who participated in organised sport.	51
Figure 4.10: Proportion of the various types of participants, both males and females of low socioeconomic status (SES), who participated in organised sport.....	52
Figure 4.11: Proportion of the various types of participants, both males and females of middle socioeconomic status (SES), who participated in organised sport.....	Error! Bookmark not defined.
Figure 4.12: Proportion of the various types of participants, both males and females of high socioeconomic status (SES), who participated in organised sport.....	55
Figure 4.13: Proportion of the various types of participants who participated in organised sport based on participant and parental participation patterns.	57
Figure 4.14: Proportion of the various types of participants who participated in organised sport based on participant gender and parental participation patterns.	59
Figure 4.15: Proportion of the various types of participants who participated in organised sport based on participant age and parental participation patterns.....	61
Figure 4.16: Proportion of the various types of participants who participated in organised sport based on participant socioeconomic status (SES) and parental participation patterns.....	63
Figure 4.17: Proportion of the various types of participants who participated in organised sport, both males and females aged 14-years, and their parental participation patterns.	65
Figure 4.18: Proportion of the various types of participants who participated in organised sport, both males and females aged 15-years, and their parental participation patterns.	66
Figure 4. 19: Proportion of the various types of participants who participated in organised sport, both males and females aged 16-years, and their parental participation patterns.	67
Figure 4.20: Proportion of the various types of participants who participated in organised sport, both males and females aged 17-years and older, and their parental participation patterns.	69
Figure 4.21: Proportion of the various types of participants who participated in organised sport according to males and females of low socioeconomic status (SES) and their parental participation patterns.....	70
Figure 4. 22: Proportion of the various types of participants who participated in organised sport according to males and females of middle socioeconomic status (SES) and their parental participation patterns.....	72

Figure 4.23: Proportion of the various types of participants who participated in organised sport according to males and females of high socioeconomic status (SES) and their parental participation patterns.....	74
Figure 4.24: Proportion of parents/guardians who have participated in organised sport.....	75
Figure 4.25: Proportion of parents/guardians who have participated in organised sport according to the participant gender.....	76
Figure 4.26: Proportion of parents/guardians who have participated in organised sport according to participant socioeconomic status (SES).....	77
Figure 4.27: Proportion of active participants who participated in organised sport and active parents who participated in organised sport	78
Figure 4. 28: Proportion of of active participants who participated in organised sport and active parents who participated in organised sport according to gender.	79
Figure 4.29: Proportion of of active participants who participated in organised sport and active parents who participated in organised sport according to socioeconomic status (SES).	81
Figure 4.30: Proportion of the various types of participants who participated in organised sport based on participant and sibling participation patterns.	82
Figure 4.31: Proportion of the various types of participants who participated in organised sport based on participant gender and sibling participation patterns	84
Figure 4.32: Proportion of the various types of participants who participated in organised sport based on participant age and sibling participation patterns.....	86
Figure 4.33: Proportion of the various types of participants who participated in organised sport based on participant socioeconomic status (SES) and sibling participation patterns.....	88
Figure 4.34: Proportion of the various types of participants who participated in organised sport, both males and females aged 14-years, and their siblings' participation patterns.....	90
Figure 4.35: Proportion of the various types of participants who participated in organised sport, both males and females aged 15-years, and their siblings' participation patterns.....	91
Figure 4.36: Proportion of the various types of participants who participated in organised sport, both males and females aged 16-years, and their siblings' participation patterns.....	92
Figure 4.37: Proportion of the various types of participants who participated in organised sport, both males and females aged 17-years and older, and their siblings' participation patterns.....	94
Figure 4.38: Proportion of the various types of participants who participated in organised sport according to low socioeconomic status (SES) and their siblings' participation patterns.....	96
Figure 4.39: Proportion of the various types of participants who participated in organised sport according to middle socioeconomic status (SES) and their siblings' participation patterns.....	97
Figure 4.40: Proportion of the various types of participants who participated in organised sport according to high socioeconomic status (SES) and their siblings' participation patterns.....	99
Figure 4.41: Proportion of the various types of participants who participated in organised sport based on participant and friends participation patterns.....	101
Figure 4.42: Proportion of the various types of participants who participated in organised sport based on participant gender and friends' participation patterns.	Error! Bookmark not defined.
Figure 4.43: Proportion of the various types of participants who participated in organised sport based on participant age and friends participation patterns.	105
Figure 4.44: Proportion of the various types of participants who participated in organised sport based on participant socioeconomic status (SES) and friends' participation patterns.	107
Figure 4.45: Proportion of the various types of participants who participated in organised sport, both males and females aged 14-years, and their friends' participation patterns.....	108
Figure 4.46: Proportion of the various types of participants who participated in organised sport, both males and females aged 15-years, and their friends' participation patterns.....	110
Figure 4. 47: Proportion of the various types of participants who participated in organised sport, both males and females aged 16-years, and their friends' participation patterns.....	111

Figure 4.48: Proportion of the various types of participants who participated in organised sport, both males and females aged 17-years and older, and their friends' participation patterns.	113
Figure 4.49: Proportion of the various types of participants who participated in organised sport according to low socioeconomic status (SES) and their friends' participation patterns.	114
Figure 4.50: Proportion of the various types of participants who participated in organised sport according to middle socioeconomic status (SES) and their friends' participation patterns.	116
Figure 4.51: Proportion of the various types of participants who participated in organised sport according to high socioeconomic status (SES) and their friends' participation patterns.	117



LIST OF SYMBOLS, ACRONYMS AND ABBREVIATIONS

STATISCAL MEASUREMENTS

% = percentage

P = significance level

r = Pearson's correlation

CI = confidence interval

OR = odds ratio

χ^2 = Chi-Square

ABBREVIATIONS



APAP = active participant, active parent

APIP = active participant, inactive parent

IPAP = inactive participant, active parent

IPIP = inactive participant, inactive parent

APAS = active participant, active sibling

APIS = active participant, inactive sibling

IPAS = inactive participant, active sibling

IPIS = inactive participant, inactive sibling

APAF = active participant, active friend

APIF = active participant, inactive friend

IPAF	=	inactive participant, active friend
IPIF	=	inactive participant, inactive friend

ACRONYMS

SES	=	socioeconomic status
PP	=	participants' overall participation
PsP	=	participants' past participation
ParP	=	participants' parental participation
SP	=	participants' sibling participation
FP	=	participants' friend participation



ABSRTACT

Background: In South Africa, few children and adolescents belong to sports clubs, and adolescent participation in organised sport has steadily declined, especially in recent years. Participation levels in organised sport have decreased during late childhood and, more increasingly, as adolescents grow older.

Aim: Therefore, the aim of this study was to determine the participation of secondary school learners aged 14 to 16 years in organised sport.

Methods: The study was a quantitative and descriptive, cross-sectional design. The study sample was 329 conveniently sampled secondary school learners, males, and females, aged 14 to 16 years from three state schools in Cape Town, Western Cape Province. A researcher-generated, self-administered questionnaire on organised sport participation was developed, piloted, and validated among 44 learners of similar background, and was not used in the main study for data collection. SPSS version 27 was used to capture and analyse the research data. The descriptive statistics, such as measures of frequency and central tendency are shown in the form of tables and graphs. In addition, the inferential statistics, such as Pearson's correlation was used to test the relationships between the different categorical variables, such as gender, sport participation, and socioeconomic status. The level of statistical significance for the study was established at $p < 0.05$.

Results: The study found that 66.9% of participants participated in organised sport in the past and/or in the present. There were significant correlations between gender and participant participation in organised sport ($r = 0.22$; $p < 0.001$), between gender and friends' participation in organised sport ($r = 0.24$; $p < 0.001$), between participant participation and sibling participation in organised sport ($r = 0.23$; $p < 0.001$), between participant participation and friends' participation in organised sport ($r = 0.36$; $p < 0.001$), and between participant participation and parental participation in organised sport ($r = 0.17$; $p = 0.003$).

Conclusion: Adolescent participation in organised sport was lower in the present compared to in the past. Adolescent males have higher participation levels in organised sport compared to adolescent females. There is an urgent need for solutions to counteract the low levels of adolescent participation in organised sport, especially in adolescent females.

Key words: Adolescence, participation, organised sport, gender, socioeconomic status

CHAPTER ONE: STATEMENT OF THE PROBLEM

1.1. Introduction

The chapter provides a suitable background about adolescent participation in organised sport. Furthermore, the chapter presents the importance and significance of the study, and states the aim and objectives of the study.

1.2. Background of the Study

Participation in organised sport and physical activity provides a platform for the further development of children and adolescents social, physical, and cognitive skills (Merkel, 2013; Singh Rana & Lehri, 2019). Holt, Neely, Slater, Camiré, Côté, et al. (2017) reported that sport programmes helped adolescents develop soft skills, such as leadership, teamwork, and communication. Furthermore, Singh Rana and Lehri (2019) and Holt et al. (2017) stated that adolescent participation in sport benefited academic performance.

Organised sport is comprised of a unique set of specific physical activities, which are well-structured, contest-based and competitive, and are governed by a sports body or federation (Crane & Temple, 2015). Aubert, Barnes, Abdeta, Nader, Adeniyi, et al. (2018) found that the average participation of children and adolescents in organised sport was between 47% and 53% in 49 countries around the world. In South Africa, between 21% and 40% of children and adolescents participated in organised sport (Draper, Tomaz, Bassett, Burnett, Christie, et al., 2018; Uys, Bassett, Draper, Micklesfield, Monyeki, et al., 2016). Furthermore, Manyanga, Munambah, Mahachi, Makaza, Mlalazi, et al. (2018) reported that about 67% of Zimbabwean children and adolescents participated in organised sport, while in Ghana, between 54-57% of children and adolescents participated in organised sport (Nyawornota, Luguterah, Sofo, Aryeetey, Badasu, et al., 2018).

Deelen, Ettema and Kamphuis (2018) stated that there are numerous adolescents who have stopped participating in organised sport. Participation levels have decreased during late childhood and, more increasingly, as adolescents grew older (Kwon, Janz, Letuchy, Burns & Levy, 2015; Lounassalo, Salin, Kankaanpää, Hirvensalo, Palomäki, et al., 2019; Vella, Cliff & Okely, 2014). Moreover, adolescent girls showed a higher decline in physical activity and sport participation in early adolescence (Dumith, Gigante, Domingues, & Kohl, 2011; Eime, Harvey, Craike, Symons & Payne, 2013), whereas adolescent boys showed a higher decline during late adolescence (Dumith et al., 2011).

We live in a generation that is technologically advanced and that, in a way, contributes to the varying participation levels of children and adolescents in organised sport (Koloba & Surujlal, 2014). Notably, the lack of facilities, the lack of time and the lack of finances were some major contributing barriers identified as having a negative impact on organised sport participation (Allender, Cowburn & Foster 2006; Fourie, Slabbert & Saayman, 2011; Holt et al., 2011; Koloba & Surujlal, 2014; Somerset & Hoare, 2018). Furthermore, Deelen et al. (2018) recommended that sports clubs should offer flexible schedules, offering stimulating social activities that encourage sport participation outside of club activities and can contribute to the reducing the dropout rate of children and adolescents in organised sport. Furthermore, Martínez-Andrés, Bartolomé-Gutiérrez, Rodríguez-Martín, Pardo-Guijarro, Garrido-Miguel, et al. (2020) suggested that by allowing children and adolescents to select their physical and sporting activities, as well as raising the issue of the importance of physical activity and sport participation to their parents, could lead to an increase in physical activity and sport participation.

1.3. Statement of the Problem

Uys et al. (2016) found that, in South Africa, the participation of children and adolescents in organised sport had decline over previous years. Additionally, in the Aubert et al. (2018) study, South African children and adolescent participation in organised sport were among the lowest of all 49 participating countries in the study. Moreover, Manyanga, Makaza, Mahachi, Mlalazi, Masocha, et al. (2016) stated that Zimbabwean children and adolescents had higher participation in organised sport compared to South African children and adolescents. Furthermore, a study conducted on high school learners in Potchefstroom, South Africa, showed that only 9% of the learners preferred to participate in organised sporting activities during their leisure time (Fourie et al., 2011).

It was reported that adolescent participation in physical activity and sport decreased during late childhood, and more increasingly as adolescents grew older (Eime, Harvey, Charity, Casey, Westerbeek, et al., 2016; Kwon et al., 2015; Lounassalo et al., 2019; Vella et al., 2014). Various factors such as lack of enjoyment, social pressure and physiological factors, such as maturation and injury were suggested to contribute to the alarming dropout levels among children and adolescents in sport participation (Crane & Temple, 2015; Hassan et al., 2017). The established evidence of decreasing levels of adolescent participation in organised sport is cause for concern, especially due the fact that adolescents are missing out on the benefits of sport participation, such as improved physical health and mental health and wellbeing (Boyes, O'Sullivan, Linden, McIsaac & Pickett, 2017; Eime et al., 2013; Qurban, Siddique, Wang & Morris 2018; Merkel, 2013; Wilson, Whatman, Waalters, Keung, Enari, et al., 2022). Moreover, in South Africa, there is limited research on adolescent participation in organised sport (Draper et al., 2018; Fourie et al., 2011; Uys et al., 2016). Therefore, conducting research on adolescent participation in organised sport will contribute to an area of limited research.

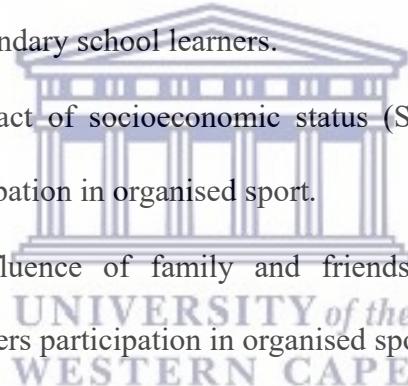
1.4. Aim of the Study

The aim of the study is to determine the participation of adolescent secondary school learners aged 14 to 16 years in organised sport.

1.5. Objectives of the Study

The objectives of the study were the following:

- To determine the different participation patterns of adolescent secondary school learners aged 14 to 16 years in organised sport.
- To determine the differences in organised sport participation between male and female adolescent secondary school learners.
- To determine the impact of socioeconomic status (SES) on adolescent secondary school learners' participation in organised sport.
- To determine the influence of family and friends participation on adolescent secondary school learners participation in organised sport.



1.6. Hypothesis of the Study

The hypotheses of the study are the following:

- Adolescents will have relatively low levels of participation in organised sport.
- Adolescent males will have relatively higher levels of participation in organised sport compared to adolescent females.
- Adolescents of high SES will have higher participation in organised sport compared to adolescents of low SES.

- Adolescents who participate in organised sport will also have a parent/guardian, sibling and/or a friend who presently participates and/or has previously participated in organised sport.

1.7. Significance of the Study

Participation in organised sport positively impacts social skills, cognitive skills, physical health, mental health and wellbeing, and academic performance (Boyes et al., 2017; Eime et al., 2013; Merkel, 2013; Qurban et al., 2018; Singh Rana & Lehri, 2019; Wilson et al., 2022). Furthermore, Agata and Monyeki (2018) reported that adolescents who participated in organised sport were physically fit, had low body mass and had high social support. Also, Basterfield, Reilly, Pearce, Parkinson, Adamson, et al. (2015) reported that adolescents who participated in organised sport had a lower possibility of developing obesity. Additionally, Van Hout, Young, Bassett & Hooft (2013) reported that high school learners from the Theewaterskloof municipality, Western Cape, participated in sport, because they believed that it would improve their social skills and health.

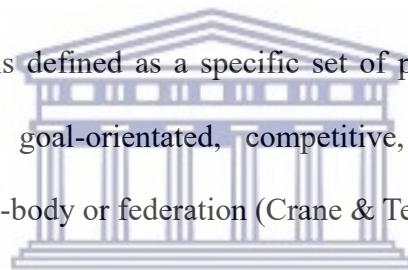
Currently, the relatively low levels of adolescent participation in organised sport suggest that the majority of adolescents who do not participate in organised sport are likely not benefitting from the many positive virtues factors of organised sport. Moreover, in South Africa, there is limited information regarding adolescent participation in organised sport (Draper et al., 2018; Uys et al., 2016). Consequently, conducting research on organised sport participation could help address the problem and, hopefully, improve the situation regarding the relatively low levels of adolescent participation in organised sport (Fourie et al., 2011). Furthermore, such research could prove to be a platform for a much broader investigation both regionally and nationally on adolescent participation in organised sport.

1.8. Definitions of Terms

Adolescence in this study refers to the period of transition from childhood to adulthood, and the stage of adolescence ranges from the approximate ages of 12 to 18 years (Jaworska & MacQueen, 2015).

Physical Activity is defined as body movement caused by skeletal muscle contractions which raise energy above resting metabolic rate (Thivel, Tremblay, Genin, Panahi, Rivière, et al., 2018)

Organised sport in this study is defined as a specific set of physical activities with unique elements, and is structured, goal-orientated, competitive, contest-based and requires affiliation to a sports governing-body or federation (Crane & Temple, 2015).



Socioeconomic status is defined as a measure of combined economic and social status (Baker, 2014). The common measures of socioeconomic status are the level of education, level of income, and type of occupation (Baker, 2014).

Sport participation is defined as physical activity that occurs during leisure time and can take place in either an organised or unorganised context (Marlier et al., 2015).

1.9. Summary

The chapter revealed the background of the study about adolescent participation in organised sport. Furthermore, it explained the benefits of participating in organised sport, as well as the barriers affecting participation. Also, it stipulated the aim and objectives of the study. Furthermore, the chapter explained that there was limited research on the topic of adolescent participation in organised sport, especially in South Africa.



CHAPTER TWO: LITERATURE REVIEW

2.1. Introduction

This chapter focuses on adolescent participation in organised sport and factors which impact adolescent participation in organised sport. These factors include demographic factors, such as age and gender, as well as economic factors, such as socioeconomic status, and social factors, such as family and friend or peer influence.

2.2. Adolescent Participation in Organised Sport

Sport participation, in recent years, has continued to decrease throughout childhood and adolescence (Eime et al., 2016; Lagestad, 2019; Møllerløkken, Lorås, & Pedersen, 2015). In South Africa, it was reported that participation in sport among children and adolescents had declined in sport (Kubayi, Toriola & Monyeki, 2013). It is estimated that the dropout rate in organised sport participation amongst Australian and Canadian children and adolescents was about 30% to 35% (Balish, McLaren, Rainham & Blanchard, 2014; Vella et al., 2014), while in the Netherlands, Deelen et al. (2018) stated that an estimated 74% of children participated in organised sport and 58% of adolescents participated in organised sport.

A study in Germany showed that 48.5% of children and adolescents consistently participated in organised sport, while 20.5% dropped out and 18.7% did not participate at all (Manz, Krug, Schienkiewitz & Finger, 2016). In Norway, 93% of children and adolescents were either currently participating or had previously participated in organised sport (Strandbu, Bakken & Stefansen, 2019). In comparison, Draper et al. (2018) and Uys et al. (2016) believed that less than a third of South African children and adolescents were members of sports clubs.

Adolescent participation in sport begins to decrease during late childhood and, more increasingly, as adolescents grow older (Vella. et al., 2014). Moreover, Gallant, Loughlin, Brunet, Sabiston and Bélanger (2017) stated that participation in physical activity and sport commonly decreases during adolescence. Additionally, adolescent sport participation was higher during early adolescence compared late adolescence (Eime et al., 2016; Manz et al., 2016). Furthermore, Howie, McVeigh, Smith & Straker (2016) stated that adolescent participation in sport began to drop at the age of 14 years and, consequently, adolescents aged 15 years and older had decreased participation in physical activity and sport (Eime et al., 2020). On a positive note, however, Logan, Cuff, LaBella, Brooks, Canty, et al. (2019) stated that participation in organised sport during adolescence increased the likelihood of participating in sport and physical activity during adulthood.

Research shows that participation in organised sport was negatively impacted as adolescents grew older, due to contributing factors such as a lack of enjoyment, a lack of time, and perceived competence in sport (Crane & Temple, 2015; Guddal, Stensland, Småstuen, Johnsen, Zwart, et al., 2019). Furthermore, Kubayi et al. (2013) stated that the lack of Physical Education as an independent school subject in South Africa was a setback for sport participation. In addition, the use of untrained Physical Education teachers and a lack of time during normal school hours can be considered factors that contributed to the decreased levels of participation in physical activity and sport (De Vos, Du Toit & Coetzee, 2016). Moreover, Vella et al. (2014) stated that using properly trained Physical Education teachers improved the participation levels of children and adolescent in physical activity and sport, and helped develop motor skills. Also, properly certified sport coaches was influential in positively affecting children and adolescent participation in sport (Mandic, Bengoechea, Stevens, Leon de la Barra & Skidmore, 2012; Stodolska, Sharaievska, Tainsky & Ryan, 2018).

2.3. Gender Differences in Adolescent Participation in Organised Sport

In New Zealand, about 60% of boys and about 50% of girls participated in sport (Mandic et al., 2012). Furthermore, Al-Sobayel, Al-Hazzaa, Abahussain, Oahwaji and Musaiger (2015), Basterfield et al. (2016) Howie et al. (2016), Lounassalo et al. (2019), and Somerset and Hoare (2018) stated that boys were more likely to participate in organised sport compared to girls. In South Africa, boys and adolescent males were more likely to participate in organised sport compared to girls and adolescent females (Uys et al., 2016). Furthermore, adolescent females had less interest in sports compared to adolescent males (Fourie et al., 2011).

According to Frömel, Groffik, Chmelík, Cocca and Skalik (2018), boys were more likely to participate in higher intensity and vigorous physical activities compared to girls, while Somerset and Hoare (2018) stated that girls were less physically active than boys. According to Al-Sobayel et al. (2015), girls were less likely to participate in physical activity and sport during their leisure time, while Osai and Whiteman (2017) believed that boys were more interested in sport. Furthermore, adolescent males preferred high-intensity and competitive physical activities and sport, while adolescent females preferred the opposite. (De Vos et al., 2016). Deaner, Balish and Lombardo (2016) stated that girls preferred to use leisure time on other activities, such as schoolwork, rather than participate in organised sport.

In addition, gender stereotyping sport as a masculine activity, negatively impacted girls participation in organised sport (Howie et al., 2016; Somerset & Hoare, 2018). Some studies found that girls were marginally more likely to drop out of sport compared to boys (Manz et al., 2016). In contrast, Howie et al. (2016) reported that the dropout rate in girls was marginally less than boys, i.e., 34.3% dropped out of sport, while 47.5% were consistent participants in sport, whereas, in boys, 36.9% dropped out, while 55.2% were consistent participants. Similarly, Manz et al. (2016) reported that, in boys, approximately 53.3% were maintainers in organised sport participation and approximately 19.1% were dropouts. In

contrast, however, approximately 43.5% of were maintainers and approximately 21.9% were dropouts. Most interestingly, Eime et al. (2016) stated that in Australia 12 to 13 years was the age where organised sport participation peaked for both males and females.

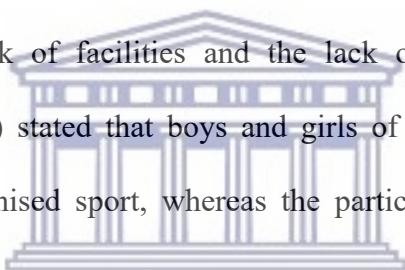
2.4. Impact of Socioeconomic Status on Adolescent Participation in Organised Sport

In South Africa, the lack of facilities and the lack of finances were critical factors that negatively impacted adolescent participation in organised sport and sport programmes (Koloba & Surujlal, 2014; Mchunu & Le Roux, 2011). Furthermore, the lack of finances in households classified as low SES negatively influenced participation in physical activity and sport (Hassan, 2016; Manz et al., 2016). Moreover, Telama, Laakso, Nupponen, Rimpelä and Pere (2016) stated that participation in organised sport had become more expensive to maintain, while club membership fees further limited the opportunities for children and adolescents from lower SES households to participate in physical activity and sport (Holt, Kingsley, Tink and Scherer, 2011). Children and adolescents were more likely to participate in sport, if the necessary sport facilities and programmes were available (Ebrahimi, Pour, Azmsha and Hatami, 2015; Eime, Harvey, Charity, Casey, Westerbeek, et al., 2017).

Ali, Nezhad, Rahmati and Nezhad (2012) found that Iranian adolescents from backgrounds that were considered high SES, were more likely to participate in sport. Similarly, Wijtzes, Jansen, Bouthoorn, Pot, Hofman, et al. (2014) stated that adolescents from backgrounds of lower SES were not likely to participate in sport compared to adolescents from backgrounds of higher SES. In addition, Ebrahimi et al. (2015), Eime, Harvey and Charity (2018) and Santos, Esculcas and Mota (2016) indicated that higher SES led to better organised sport participation. Furthermore, Manz et al. (2016) reported that children and adolescents of higher SES consistently higher participation rates in organised sport compared to children

and adolescents of lower SES backgrounds. Also, children and adolescents of higher SES had lower dropout rates and non-participation rates in organised sport compared to children and adolescents of lower SES. However, Eime et al. (2016) found that children and adolescents from non-urban and rural areas had higher levels of participation than their urban counterparts.

According to Telama et al. (2016), social inequality was the main reason for the disparity in sport participation, which was more evident among adolescent females compared to adolescent males. Kubayi (2015) stated that adolescent females from rural areas were less likely to participate in sport, due to particular barriers, such as a lack of energy, and a lack of family support and commitment. Vella et al. (2014) showed that Australian adolescent females had a considerable number of pertinent barriers that negatively affected their participation in sport, the lack of facilities and the lack of time. Furthermore, Booth, Rowlands and Dollman (2015) stated that boys and girls of low SES had increased their levels of participation in organised sport, whereas the participation of boys of high SES participation had decreased.



2.5. Family and Peer Influence on Adolescent Participation in Organised Sport

Parents who were physically active were more likely to have children who participated in physical activity and sport (Howie, Daniels & Guaglia, 2020; Marques, Martins, Sarmento, Diniz, & Carreiro da Costa, 2014; Rodrigues, Padez & Machado-Rodrigues, 2018). The household income and education level of the parents both positively or negatively impacted the level of participation of their children (Wijtzes et al., 2014). Furthermore Marques et al. (2014) stated that parents who participated in physical activities and sport, increased the possibility of their children adopting similar forms of behaviour and physical activities.

Adolescents who participated in sport had close attachments to their parents behaviours (Sukys, Lisinskiene & Tilindiene, 2015). Ross, Mallett, and Parkes (2015) stated that parents can have both positive and negative impact on their children with regard to opportunities and experiences. Furthermore, increased parental support positively affected children and adolescent participation in sport (Agata & Monyeki, 2018; Timperio et al., 2013). In South Africa, secondary school learners considered the lack of parental support as a significant barrier to participating in organised sport (Kubayi et al., 2013). Furthermore, it is understood that boys received more support from their parents, and especially their fathers, in sport participation than girls (Strandbu et al., 2019).

According to Kubayi, Jooste, Toriola and Paul (2014), tangible parental support promotes sport participation among adolescent males, while emotional parental support promotes sport participation among adolescent females. Furthermore, the involvement by fathers in their children's participation in organised sport was prominent in both genders, but the involvement by mothers was more prominent in females (Milošević & Vesković, 2013; Seabra, Mendonca, Thomis, Peters & Maia, 2008). Additionally, significant barriers, such as the lack of family support, and a lack of commitment were contributing factors that lowered the sport participation levels of adolescent girls (Kubayi, 2015).

Some adolescents considered their sport coaches and Physical Education teachers as parental figures and role models (Kubayi et al., 2014). Some adolescent boys saw their sport coaches as fatherlike figures who helped them improve their sport skills (Stodolska, Sharaievskaya, Tainsky & Ryan, 2014). Similarly, the siblings of adolescents also contributed to the improving the sport skills of adolescents and ensuring that they were more likely to participate in sport (Osai & Whiteman, 2017). In addition, children and adolescents who have athlete siblings were more likely to participate in physical activity and sport (Hopwood, Farrow, MacMahon & Baker, 2015).

Although Howie et al. (2020) found that sibling participation should be investigated further, peer influence and friendships were key factors along with parental support for continued participation in organised sport. Furthermore, adolescents invariably preferred peer support compared to family support (Kubayi et al., 2014; Milošević & Vesković, 2013). Also, peer relationships affected the participation levels of children and adolescent in sport (Strandbu et al., 2019). Moreover, Duncan (2015) found that parental and peer support was important for participating in physical activity and organised sport, especially for adolescent girls. Both girls and boys who participated in organised sport had higher levels of social support, which encouraged participation in organised sport (Agata & Monyeki, 2018).

2.6. Summary

The chapter revealed that as children and adolescents grew older, participation in organised sport decreased. This phenomenon was found in children and adolescents throughout the world. Furthermore, it discussed how participation in organised sport differed between adolescent boys and girls. In addition, the chapter revealed how economic status impacted adolescent participation in organised sport. Also, the chapter discussed the importance of family and friend or peer influence on adolescent participation in organised sport.

CHAPTER THREE: RESEARCH METHODS

3.1 Introduction

This chapter explains how the study was designed and implemented. It begins with the research design and an explanation of the study population, followed by the delimitations of the study and the development of the research instrument. Furthermore, this chapter explains the classification of socioeconomic status and the entire process of data collection.

3.2 Research Design

The study was a quantitative, descriptive, and cross-sectional design. A cross-sectional design was selected because it determines the hypotheses and measures outcomes of a specific population (Setia, 2016).



3.3 Study Population

The South African Schools Act (1996) produced a system which categorises schools into funding groups which are called quintiles (van Dyk & White, 2019). Quintile 1 schools are considered as the poorest of schools that are fully state subsidised, while quintile 5 schools are considered as the wealthiest of school and receive minimal state-funding (Ogbonnaya & Awuah, 2019). Furthermore, quintile 1, 2 and 3 schools are labelled as non-fee-paying schools, and receive more government funding than quintile 4 and 5 schools (Ogbonnaya & Awuah, 2019).

The study used convenience sampling to recruit secondary school learners from three public schools classified as quintile 4 and quintile 5 in the Cape Town, Metro Central and Metro South school districts. A total of 450 secondary school learners, both males and females aged

14 to 16 years from the eighth, ninth and tenth grades from three public schools were approached to participate in the study. A total of 329 secondary school learners across three public schools, who granted consent voluntarily, were then asked to complete an organised sport participation questionnaire.

3.4 Delimitations of the Study

3.4.1 Inclusion Criteria

Participants recruited for the study were adolescent secondary school learners, both males and females aged 14 years or older who currently attended three public schools classified as quintile 4 and 5 schools.

3.4.2 Exclusion Criteria

Participants younger than the 14 years of age and older than 19 years of age were excluded from the study.



3.5 Research Instrument

3.5.1 Development of the Organised Sport Participation Questionnaire

A self-administered, researcher-generated Organised Sport Participation Questionnaire (Appendix E) was used as the research instrument for data collection in the study. The development of the questionnaire focused on the objectives of the study. Similarly, the questions used in the questionnaire were designed in order to align with the objectives of the study. The questions were also constructed for ease of interpretation by the secondary school learners, allowing them to understand and relate to the questions that were based on

organised sport participation. The Organised Sport Participation Questionnaire was divided into three sections. Section A and Section C were researcher-generated, while Section B was a modified version of a previously validated SES questionnaire (Bofah & Hannula, 2017). Section A consisted of the participants' sociodemographic characteristics, such as date of birth, age, gender and grade. Section B focused on the socioeconomic status of the participants. Also, Section B had a checklist of items related to socioeconomic status, where participants indicated whether or not they had any of those items at home. The checklist was based on a Ghanaian study and was modified to suit a South African setting (Bofah & Hannula, 2017). Section C consisted of questions based on organised sport participation. The questions focused on past and present participation of the participants themselves in organised sport, as well as their parents' participation in organised sport, their siblings' participation in organised sport, and finally their friends' participation in organised sport.



3.5.2 Development of a Critical Appraisal Tool (CAAT) and Validation of the Organised Sport Participation Questionnaire

A Critical Appraisal Assessment Tool (CAAT) (Appendix D) was developed by the researcher and study supervisors. The CAAT can be described as a rubric that assessed the overall quality of the questionnaire, as well as the content and readiness for implementation. The CAAT contains ten domains that were used to evaluate the questionnaire. The CAAT contains a feedback section that allowed evaluators to provide information for improvements or shortcomings of the questionnaire. The CAAT had a scoring system that was related to the ten domains. Each domain is worth one point, if the questions passed the criteria of a specific domain, it received a point. For the questionnaire to be deemed acceptable and ready for administration, the questionnaire needed to pass seven out of the ten domains or achieve a score of 70% for acceptable quality.

The CAAT underwent a validation process for improvements and feedback on each of the domains. The CAAT was sent to three experienced researchers who specialised in research questionnaires and/or organised sport participation. These three researchers gave feedback on whether the ten domains were acceptable in evaluating a questionnaire quality. The process was repeated until the three researchers deemed the CAAT domains acceptable for evaluating the questionnaire.

Thereafter, the organised sport participation questionnaire was sent to three different experienced researchers with skills and knowledge about questionnaires and/or research in organised sport participation. These researchers were asked to evaluate the questionnaire using the CAAT. The questionnaire was only deemed acceptable and fit for administering in the pilot study, when all three researchers scored the questionnaire a minimum seven out of ten (70%). The questionnaire was amended and improved based on the recommendations of the expert researchers.



3.5.3 Piloting the Organised Sport Participation Questionnaire

Due to the COVID-19 pandemic, COVID-19 protocols were followed in order to ensure the safety of every person involved in the study. Furthermore, COVID-19 affected the school learners' attendance and school schedules by the fact that learners attended school on every alternate day from Monday to Friday, except weekends, which meant that participant recruitment took longer.

Two grade nine classes totalling 75 learners from a quintile 5 school were selected for piloting of the organised sport participation questionnaire. The pilot study consisted of two phases, which extend over approximately two weeks. In each phase, sixty questionnaires were handed out in the two grade nine classes. Fifty-five questionnaires were completed in

the first phase, while fifty-two were completed in the second phase. In the second phase, ten learners were new participants who completed the questionnaire for the first time and did not participate in the first phase. Therefore, only forty-two learners participated in both phases of the pilot study. Learners who participated in the first phase were able to provide feedback on any improvements or difficulties regarding the questionnaire. The second phase was used to assess the consistency of the questionnaire. For additional validity and reliability, the Cronbach Alpha was measured to be 0.76.

3.5.4 Classification of Socioeconomic Status (SES)

A previously validated questionnaire on socioeconomic status (SES) was used in Ghana (Bofah & Hannula, 2017) was modified by the researcher in order to measure SES in a South African context.

The classification of SES was self-interpreted to suit the South African setting. The questionnaire contained a checklist of items related to SES that suited a South African setting. The participants were asked to indicate whether they owned or had the following eleven (11) items at home: a computer/tablet/laptop; a study desk/table; fiction and/or non-fiction books of their own; their own room; an internet connection; a dictionary; a scientific calculator; working electricity at home; a car/motorbike/bicycle in the family; running tap water at home and their own cellphone.

Three SES categories were identified, namely low, middle, and high. The pilot study provided information, which enabled items found on the checklist to be classified by colour, namely, red items, yellow items, and green items that were used to determine the SES classification of participants. There were four items classified as red (computer/laptop/tablet; their own room; an internet connection; and a car/motorbike/bicycle), five yellow items (a study table/desk;

books of their own; a dictionary; a scientific calculator; and their own cellphone) and two green items (working electricity; and running tap water).

Participants who did not have green items were automatically classified as low SES. Furthermore, participants who had both green items, but two or less of the five (5) yellow items were also classified as low SES, regardless of the number of red items they had. (In fact, these participants often had none or only one of the red items). Participants who had three or all four red items were classified as high SES, provided they had both green items and at least one (1) or more yellow items. Participant who had only two (2) of the four red items were classified as middle SES, provided they had two (2) or more yellow items and both green items.

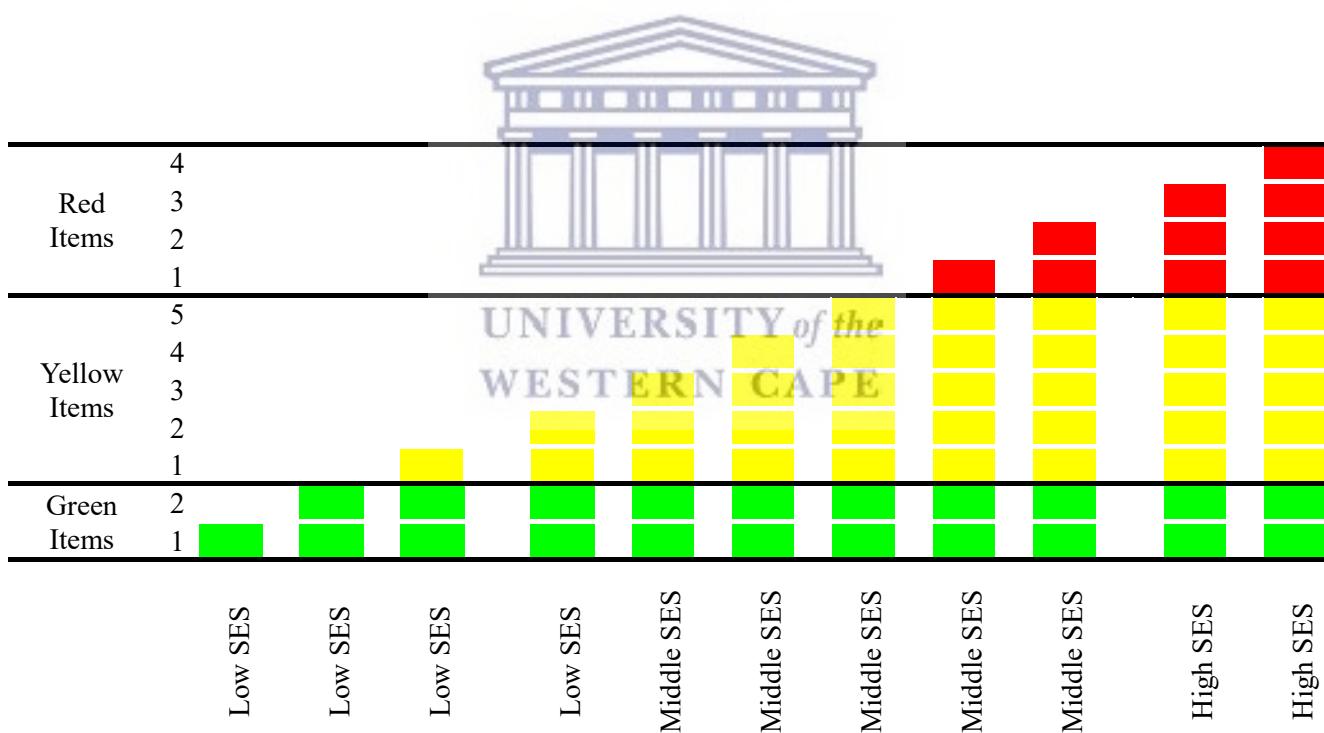


Figure 3.1: Visual illustration of the classification of socioeconomic status in the study.

Table 3.1: Criteria used for classifying socioeconomic status in the study.

Classification of SES	Number of different colour items required for each classification		
	Green Items	Yellow Items	Red Items
Low SES	2 or less	2 or less	N/A
Middle SES	2	3 or more	2
High SES	2	1 or more	3 or more

Note: SES = socioeconomic status; N/A = not applicable

3.6 Data Collection

Due to the COVID-19 pandemic, the South African COVID-19 mandatory school safety protocol (Disaster Management Act, 2002 (Act 57 of 2002) was followed, and the data collection procedures and duration was adjusted to ensure the safety of all participants in the study (South Africa, 2002). A teacher from each school was assigned to work with the researcher for data collection. Each teacher assisting with data collection was extensively briefed about the study. Due to South African COVID-19 school safety protocol, the researcher was unable to have in-person meetings with the learners. Therefore, the teacher assisting with data collection, directly communicated with the learners about the study. Furthermore, an information sheet (Appendix A) was provided to the learners with the necessary information about the study and the researcher's contact details for further inquiries. After the participants were informed about the study, and consent was obtained in writing from the participants, the relevant teacher at each school was handed one hundred and fifty (150) Organised Sport Participation Questionnaires to distribute among the learners in grade eight, nine and ten. The full duration of data collection at all three schools took approximately three months to complete, while data collection at each individual school, took approximately three weeks to complete.

3.7 Statistical Analysis

SPSS version 27 was used to capture and analyse the data. The data was presented descriptively in the form of graphs and tables. The descriptive statistics, such as measures of central tendency and frequency distributions are shown in the form of tables and graphs. The Pearson's correlation was used to determine the relationships between the various categorical variables, such as gender, sport participation, and socioeconomic status. The level of statistical significance was set at $p < 0.05$.

3.8 Ethics Considerations

Ethics clearance was obtained from the Biomedical Research Ethics Committee (Ethics reference number: BM19/7/18) at the University of the Western Cape (Appendix F). Thereafter, permission was obtained from the Western Cape Department of Education (REF: 20200206-4135) (Appendix G), and the principals to conduct the study at the schools. An information sheet was provided to the parents/guardians and the learners providing details about the current study (Appendix A). Thereafter, written consent was obtained from the parents/guardian and the learners (Appendix B). Learners' participation in the study was voluntary, and they were able to decline participation or withdraw from the study at any stage without any negative consequences (Appendix C). The participants' anonymity was protected throughout the study by the participants using alpha-numeric coding when completing the questionnaires. No harmful procedures were carried out during the study. Data obtained in the study is stored in the university repository that is only accessible to the researcher and study supervisors. After a period of five years, the data will be destroyed. If the research results are to be disseminated and/or published, then the personal information of the identities of the participants will remain confidential.

3.9. Summary

The study used 329 learners from three public schools in the Metro Central and Metro South school district in the City of Cape Town. The chapter described the development and validation process of the self-administered, researcher-generated questionnaire, and provided a detailed explanation of the classification of SES. The chapter detailed the specific statistical tests that were applied in the study, and the process that was conducted for ethics clearance.



CHAPTER FOUR: RESULTS

4.1. Introduction

This chapter presents the data analysis and the interpretation of the results in the form of descriptive statistics, such as measures of central tendency and frequency distributions, which are shown in the form of tables and graphs. Thereafter, inferential statistical tests, such as the Pearson's correlation was used to determine the relationships between the various categorical variables.

4.2. Sociodemographic Characteristics of the Participants

Table 4.1 presents the sociodemographic information of the participants in the study, e.g., gender, age, and socioeconomic status (SES). The total sample for the study was 329 participants. A total of 61.1% of the participants were female, while the males accounted for 38.9% of the sample. Regarding age, participants who were 15 years of age accounted for 44.1% of the sample, and the 16-year age-group accounted for 31.9%. The 14-year age-group and the participants aged 17 years and older were in the minority with 14.6% and 9.4%, respectively. The participants who were classified as middle SES accounted for 49.2%, while the participants who were classified as either low SES or high SES accounted for 26.7% and 24.1%, respectively.

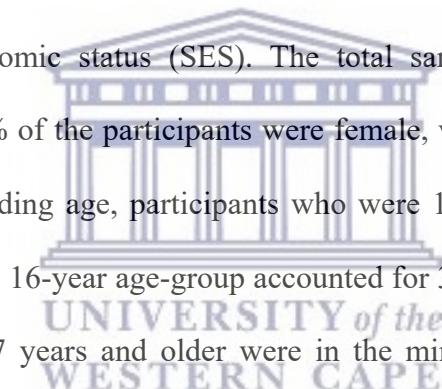


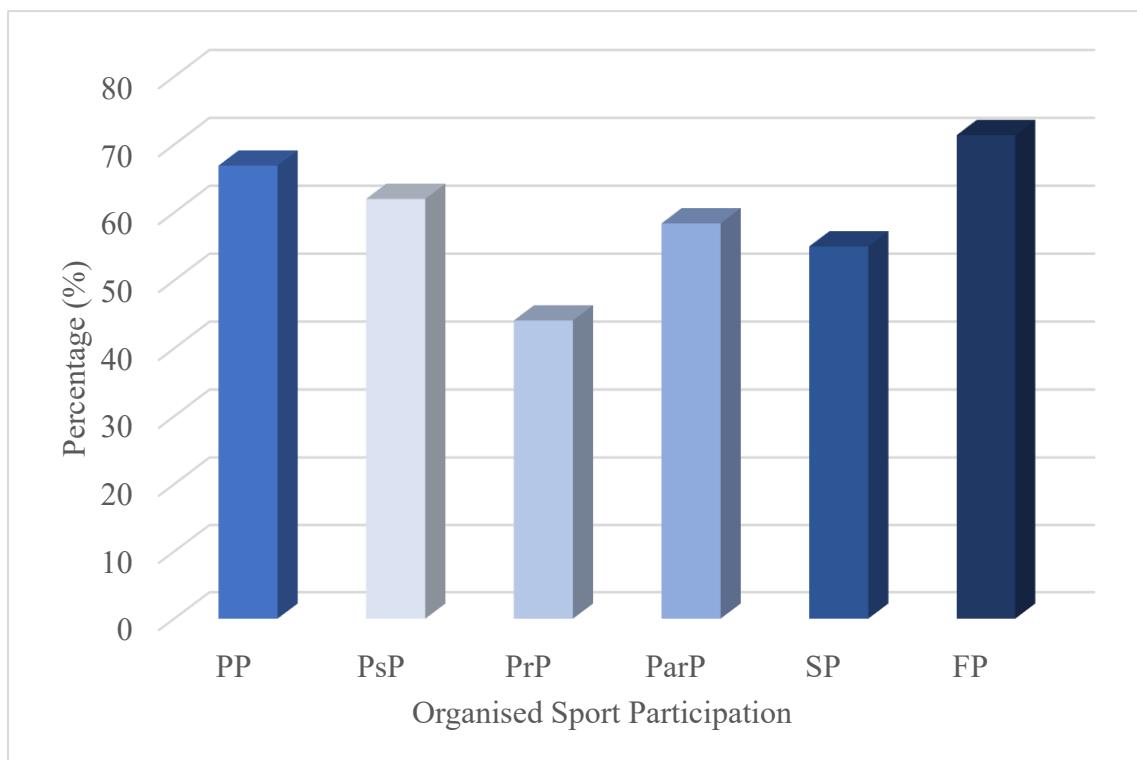
Table 4.1: Sociodemographic characteristics of the participants.

Variable	Characteristics	Number of Participants n (%)
Gender	Male	128 (38.9)
	Female	201 (61.1)
	Total	329 (100.0)
Age (years)	14	48 (14.6)
	15	145 (44.1)
	16	105 (31.9)
	17+	31 (9.4)
	Total	329 (100.0)
Socio-economic Status (SES)	Low	88 (26.7)
	Middle	162 (49.2)
	High	79 (24.1)
	Total	329 (100.0)

Note: 17+ indicates 17 to 19 years of age.

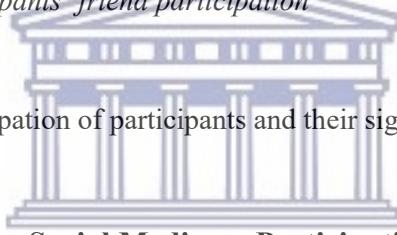
4.3. Participation in Organised Sport

Figure 4.1 presents the results on participation in organised sport by the participants in the study. A total of 66.9% of participants indicated that they either previously participated and/or presently participated in organised sport. Moreover, a total of 62.0% of participants indicated that they participated in organised sport in the past, whereas 44.1% of participants indicated that they were presently participating in organised sport. A total of 58.4% indicated that they had a parent/guardian who either previously participated or was presently participating in organised sport. In addition, 55.0% of participants indicated that they had a sibling who previously participated or was presently participating in organised sport. Also, 71.4% of participants indicated that they had friend who previously participated or was presently participating in organised sport.



Note: PP = participants' overall participation; PsP = participants' past participation; PrP = participants' present participation; ParP = participants' parental participation; SP = participants' sibling participation; FP = participants' friend participation

Figure 4.1: Organised sport participation of participants and their significant others.



4.4. Influence of Sport in the Social Media on Participation

Table 4.2 describes the influence of sport in the social media on the participants' participation in organised sport. A total of 72.0% of participants indicated that they watched sport on their own, whereas 28.0% did not watch any sport at all. In addition, A total of 80.2% of participants indicated that their parents/guardians watched sport, whereas 19.8% indicated that their parents/guardians did not watch any sport. Furthermore, 63.2% participants indicated that they watched sport with their parents/guardians, whereas 36.8% indicated that they did not watch sport with their parents/guardians. Also, 78.1% of participants indicated that their siblings watched sport, while 66.9% indicated that they watched sport with their siblings. In contrast, 21.9% indicated that their siblings did not watch sport, while 33.1% of participants indicated that they did not watch any sport with their siblings. Next, 86.9% of

participants indicated that their friends watched sport, and 67.8% indicated that they watched sport with their friends. Only 12.8% indicated that their friends did not watch sport, while 31.9% indicated that they did not watch sport with their friends. A total of 48.3% of participants indicated that they read about sport, while 51.7% indicated that they did not read about sport. In addition, 58.7% of participants indicated that their parents read about sport, while 41.3% of participants indicated that their parents did not read about sport. Furthermore, 51.4% of participants indicated that their siblings read about sport, while 48.6% of participants indicated that their siblings did not read about sport. Also, 61.4% of participants indicated that their friends read about sport, while 38.3% indicated that their friends did not read about sport. A total of 65.7% of participants indicated that they had conversations about sport with their parents/guardians, while 34.3% of participants indicated that they did not have conversations about sport with their parents/guardians. In addition, 65.3% of participants indicated that they had conversations about sport with their siblings, while 34.7% indicated that they did not have conversations about sport with their siblings. Furthermore, 79.3% of participants indicated that they had conversations about sport with their friends, while 20.7% indicated that they did not have conversations about sport with their friends.

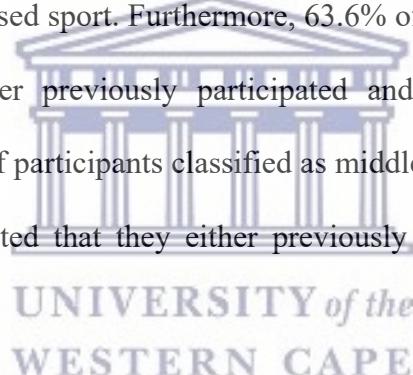


Table 4.2: Influence of sport in the social media on participation.

Variable	Response	Number of Participants n (%)
Do you watch sport on your own? (Watching on TV, internet, in stadia, community sports grounds, etc.)	Yes	237 (72.0)
	No	92 (28.0)
	Total	329 (100.0)
Do any of your parents/guardians watch sport?	Yes	264 (80.2)
	No	65 (19.8)
	Total	329 (100.0)
Do you watch sport with your parents/guardians?	Yes	208 (63.2)
	No	121 (36.8)
	Total	329 (100.0)
Do any of your siblings watch sport?	Yes	257 (78.1)
	No	72 (21.9)
	Total	329 (100.0)
Do you watch sport with your siblings?	Yes	220 (66.9)
	No	109 (33.1)
	Total	329 (100.0)
Do any of your friends watch sport?	Yes	286 (86.9)
	No	42 (12.8)
	No Answer	1 (0.3)
	Total	329 (100.0)
Do you watch sport with friends?	Yes	223 (67.8)
	No	105 (31.9)
	No Answer	1 (0.3)
	Total	329 (100.0)
Do you read about sport? (Newspaper, magazine, online, etc.)	Yes	159 (48.3)
	No	170 (51.7)
	Total	329 (100.0)
Do any of your parents/guardians read about sport?	Yes	193 (58.7)
	No	136 (41.3)
	Total	329 (100.0)
Do any of your siblings read about sport?	Yes	169 (51.4)
	No	160 (48.6)
	Total	329 (100.0)
Do any of your friends read about sport?	Yes	202 (61.4)
	No	126 (38.3)
	No Answer	1 (0.3)
	Total	329 (100)
Do you talk about sports with your parents/guardians?	Yes	216 (65.7)
	No	112 (34.3)
	Total	329 (100.0)
Do you talk about sport with your siblings?	Yes	215 (65.3)
	No	114 (34.7)
	Total	329 (100.0)
Do you talk about sport with your friends?	Yes	261 (79.3)
	No	68 (20.7)
	Total	329 (100.0)

4.5.1 Sociodemographic Characteristics and Organised Sport Participation

Table 4.3 shows the participants overall participation, past participation, present participation, parental participation, sibling participation and friend participation in organised sport according to their sociodemographic characteristics namely, gender, age, and SES. A total of 79.7% of males indicated that they either previously participated and/or presently participated in organised sport, whereas 58.7% of females indicated that they either previously participated and/or presently participated in organised sport. Also, 68.8% of 14-year-olds indicated that they either previously participated and/or presently participated in organised sport, while 63.4% of 15-year-olds indicated that they either previously participated and/or presently participated in organised sport. In addition, 71.4% of 16-year-olds and 64.5% of participants aged 17-years and older, indicated that they either previously participated and/or presently participated in organised sport. Furthermore, 63.6% of participants classified as low SES indicated that they either previously participated and/or presently participated in organised sport, while 61.7% of participants classified as middle SES and 81% of participants classified as high SES, indicated that they either previously participated and/or presently participated in organised sport.

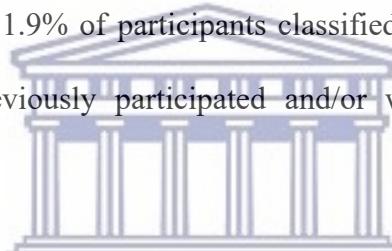


A total of 75% of males indicated that they participated in organised sport in the past, whereas 53.7% of females indicated that they participated in organised sport in the past. Also, 58.3% of 14-year-olds indicated that they participated in organised sport in the past, while 59.3% of 15-year-olds indicated that they participated in organised sport in the past. In addition, 66.7% of 16-year-olds and 64.5% of participants aged 17-years and older, indicated that they participated in an organised sport in the past. Furthermore, 56.8% of the participants classified as low SES indicated that they participated in organised sport in the past, while 59.9% of the participants classified as middle SES and 72.2% of the participants classified as high SES, indicated that they participated in organised sport in the past.

A total of 56.3% of males indicated that they participated in organised sport, whereas 36.2% of females indicated that they participated in organised sport. Also, 39.6% of 14-year-olds indicated that they participated in organised sport, while 42.1% of 15-year-olds indicated that they participated in organised sport. In addition, 47.6% of 16-year-olds and 48.4% of participants aged 17-years and older, indicated that they participated in organised sport. Furthermore, 50% of participants classified as low SES indicated that they participated in organised sport, while 37.7% of participants classified as middle SES and 50.6% of participants classified as high SES, indicated that they participated in organised sport.

A total of 61.7% of males indicated that they had a parent/guardian who either previously participated and/or was presently participating in organised sport, whereas 56.2% of females indicated that they had a parent/guardian who either previously participated and/or was presently participating in organised sport. Also, 70.8% of 14-year-olds indicated that they had a parent/guardian who either previously participated and/or was presently participating in organised sport, while 56.6% of 15-year-olds indicated that they had a parent/guardian who either previously participated and/or was presently participating in organised sport. In addition, 59% of 16-year-olds and 45.2% of participants aged 17 years and older, indicated that they had a parent/guardian who either previously participated and/or was presently participating in organised sport. Furthermore, 46.6% of participants classified as low SES indicated that they had a parent/guardian who either previously participated and/or was presently participating in organised sport, while 61.7% of participants classified as middle SES and 64.6% of participants classified as high SES, indicated that they had a parent/guardian who either previously participated and/or was presently participating in organised sport.

A total of 55.5% of males indicated that they had a sibling who either previously participated and/or was presently participating in organised sport, whereas 54.7% of females indicated that they had a sibling who either previously participated and/or was presently participating in organised sport. Also, 45.8% of 14-year-olds indicated that they had a sibling who either previously participated and/or was presently participating in organised sport, while 56.6% of 15-year-olds indicated that they had a sibling who either previously participated and/or was presently participating in organised sport. In addition, 59% of 16-year-olds and 48.4% of participants aged 17-years and older, indicated that they had a sibling who either previously participated and/or was presently participating in organised sport. Furthermore, 56.8% of participants classified as low SES indicated that they had a sibling who either previously participated and/or was presently participating in organised sport, while 55.6% of participants classified as middle SES and 51.9% of participants classified high SES, indicated that they had a sibling who either previously participated and/or was presently participating in organised sport.



A total of 85.2% of males indicated that they had a friend who either previously participated and/or was presently participating in organised sport, whereas 62.7% of females indicated that they had a friend who either previously participated and/or was presently participating in organised sport. Also, 72.9% of 14-year-olds indicated that they had a friend who either previously participated and/or was presently participating in organised sport, while 67.6% of 15-year-olds indicated that they had a friend who either previously participated and/or was presently participating in organised sport. In addition, 74.3% of 16-year-olds and 77.4% of participants aged 17-years and older, indicated that they had a friend who either previously participated and/or was presently participating in organised sport. Furthermore, 70.5% of participants classified as low SES indicated that they had a friend who either previously participated and/or was presently participating in organised sport, while 68.5% of participants

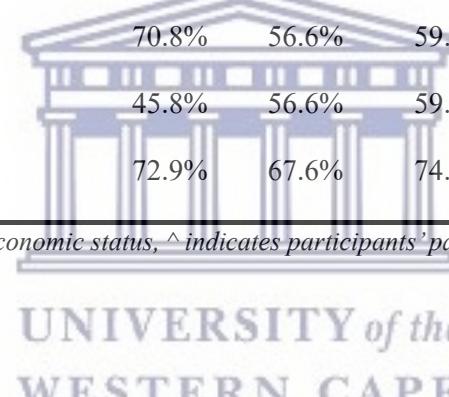
classified as middle SES and 78.5% of participants classified as high SES, indicated that they had a friend who either previously participated and/or was presently participating in organised sport.



Table 4.3: Organised sport participation based sociodemographic characteristics.

Organised Sport Participation	Gender		Age (years)				SES		
	Male	Female	14	15	16	17+	Low	Middle	High
Participant	Overall								
Participation^	79.7%	58.7%	68.8%	63.4%	71.4%	64.5%	63.6%	61.7%	81.0%
Participant Past Participation	75.0%	53.7%	58.3%	59.3%	66.7%	64.5%	56.8%	59.9%	72.2%
Participant Present Participation	56.3%	36.2%	39.6%	42.1%	47.6%	48.4%	50.0%	37.7%	50.6%
Participant Parental Participation	61.7%	56.2%	70.8%	56.6%	59.0%	45.2%	46.6%	61.7%	64.6%
Participant Sibling Participation	55.5%	54.7%	45.8%	56.6%	59.0%	48.4%	56.8%	55.6%	51.9%
Participant Friend Participation	85.2%	62.7%	72.9%	67.6%	74.3%	77.3%	70.5%	68.5%	78.5%

Note: ¹⁷⁺Indicates participants' aged 17-19 years; SES = socioeconomic status, ^ indicates participants' past and/or present participation in organised sport



4.5.2. Sociodemographic Characteristics and Organised Sport Participation Based on Gender

Table 4.4 shows the participants overall participation, past participation, present participation, parental participation, sibling participation and friend participation in organised sport according to their sociodemographic characteristics based on gender. A total of 64.7% of 14-year-old males indicated that they either previously participated and/or presently participated in organised sport, while 82.4% of 15-year-old males indicated that they either previously participated and/or presently participated in organised sport. In addition, 78.6% of 16-year-old males and 88.9% of males aged 17-years and older, indicated that they either previously participated and/or presently participated in organised sport. Furthermore, 72.7% of males classified as low SES indicated that they either previously participated and/or presently participated in organised sport, while 80.4% of males classified as middle SES and 84.6% of males classified as high SES, indicated that they either previously participated and/or presently participated in organised sport.

A total of 71% of 14-year-old females indicated that they either previously participated and/or presently participated in organised sport, while 53.2% of 15-year-old females indicated that they either previously participated and/or presently participated in organised sport. In addition, 66.7% of 16-year-old females and 30.8% of females aged 17 years and older, indicated that they either previously participated and/or presently participated in organised sport. Furthermore, 58.2% of females classified as low SES indicated that they either previously participated and/or presently participated in organised sport, while 51.9% of females classified as middle SES and 77.5% of females classified as high SES, indicated that they either previously participated and/or presently participated in organised sport.

A total of 47.1% of 14-year-olds males indicated that they participated in organised sport in the past, while 80.4% of 15-year-old males indicated that they participated in organised sport in the past. In addition, 73.8% of 16-year-old male and 88.9% of males aged 17-years and older, indicated that they participated in an organised sport in the past. Furthermore, 69.7% of males classified as low SES indicated that they participated in organised sport in the past, while 59.9% 76.8% of males classified as middle SES and 76.9% of males classified as high SES, indicated that they participated in organised sport in the past.

A total of 64.5% of 14-year-old females indicated that they participated in organised sport in the past, while 47.9% of 15-year-old females indicated that they participated in organised sport in the past. In addition, 61.9% of 16-year-old females and 30.8% of females aged 17-years and older, indicated that they participated in an organised sport in the past. Furthermore, 49.1% of females classified as low SES indicated that they participated in organised sport in the past, while 50.9% of females classified as middle SES and 67.5% of females classified as high SES, indicated that they participated in organised sport in the past.

A total 41.2% of 14-year-old males indicated that they participated in organised sport, while 62.7% of 15-year-old males indicated that they participated in organised sport. In addition, 50% of 16-year-old males and 66.7% of males aged 17-years and older, indicated that they participated in organised sport. Furthermore, 60.6% of males classified as low SES indicated that they participated in organised sport, while 48.2% of males classified as middle SES and 64.1% of males classified as high SES, indicated that they participated in organised sport.

A total of 38.7% of 14-year-old females indicated that they participated in organised sport, while 30.9% of 15-year-old females indicated that they participated in organised sport. In addition, 46% of 16-year-old females and 23.1% of females aged 17-years and older, indicated that they participated in organised sport. Furthermore, 43.6% of females classified

as low SES indicated that they participated in organised sport, while 32.1% of females classified as middle SES and 37.5% of females classified as high SES, indicated that they participated in organised sport.

A total of 76.5% of 14-year-old males indicated that they had a parent/guardian who either previously participated and/or was presently participating in organised sport, while 49% of 15-year-old males indicated that they had a parent/guardian who either previously participated and/or was presently participating in organised sport. In addition, 69% of 16-year-old males and 66.7% of males aged 17-years and older, indicated that they had a parent/guardian who either previously participated and/or was presently participating in organised sport. Furthermore, 45.5% of males classified as low SES indicated that they had a parent/guardian who either previously participated and/or was presently participating in organised sport, while 69.6% of males classified as middle SES and 64.1% of males classified as high SES, indicated that they had a parent/guardian who either previously participated and/or was presently participating in organised sport.

A total of 67.7% of 14-year-old females indicated that they had a parent/guardian who either previously participated and/or was presently participating in organised sport, while 60.6% of 15-year-old females indicated that they had a parent/guardian who either previously participated and/or was presently participating in organised sport. In addition, 52.4% of 16-year-old females and 15.4% of females aged 17-years and older, indicated that they had a parent/guardian who either previously participated and/or was presently participating in organised sport. Furthermore, 47.3% of females classified as low SES indicated that they had a parent/guardian who either previously participated and/or was presently participating in organised sport, while 57.5% of females classified as middle SES and 65% of females classified as high SES, indicated that they had a parent/guardian who either previously participated and/or was presently participating in organised sport.

A total of 47.1% of 14-year-old males indicated that they had a sibling who either previously participated and/or was presently participating in organised sport, while 52.9% of 15-year-old males indicated that they had a sibling who either previously participated and/or was presently participating in organised sport. In addition, 61.9% of 16-year-old males and 55.6% of males aged 17-years and older, indicated that they had a sibling who either previously participated and/or was presently participating in organised sport. Furthermore, 48.5% of males classified as low SES indicated that they had a sibling who either previously participated and/or was presently participating in organised sport, while 58.9% of males classified as middle SES and 56.4% of males classified as high SES, indicated that they had a sibling who either previously participated and/or was presently participating in organised sport.

A total of 45.2% of 14-year-old females indicated that they had a sibling who either previously participated and/or was presently participating in organised sport, while 58.5% of 15-year-old females indicated that they had a sibling who either previously participated and/or was presently participating in organised sport. In addition, 57.1% of 16-year-old females and 38.5% of females aged 17-years and older, indicated that they had a sibling who either previously participated and/or was presently participating in organised sport. Furthermore, 61.8% of females classified as low SES indicated that they had a sibling who either previously participated and/or was presently participating in organised sport, while 53.4% of females classified as middle SES and 47.5% of females classified as high SES, indicated that they had a sibling who either previously participated and/or was presently participating in organised sport.

A total of 88.2% of 14-year-old males indicated that they had a friend who either previously participated and/or was presently participating in organised sport, while 84.3% of 15-year-old males indicated that they had a friend who either previously participated and/or was presently

participating in organised sport. In addition, 81% of 16-year-old males and 94.4% of males aged 17-years and older, indicated that they had a friend who either previously participated and/or was presently participating in organised sport. Furthermore, 81.8% of males classified as low SES indicated that they had a friend who either previously participated and/or was presently participating in organised sport, while 80.4% of males classified as middle SES and 94.9% of males classified as high SES, indicated that they had a friend who either previously participated and/or was presently participating in organised sport.

A total of 64.5% of 14-year-old females indicated that they had a friend who either previously participated and/or was presently participating in organised sport, while 58.5% of 15-year-old females indicated that they had a friend who either previously participated and/or was presently participating in organised sport. In addition, 69.8% of 16-year-old females and 53.8% of females aged 17-years and older, indicated that they had a friend who either previously participated and/or was presently participating in organised sport. Furthermore, 63.6% of females classified as low SES indicated that they had a friend who either previously participated and/or was presently participating in organised sport, while 62.3% of females classified as middle SES and 62.5% of females classified as high SES, indicated that they had a friend who either previously participated and/or was presently participating in organised sport.

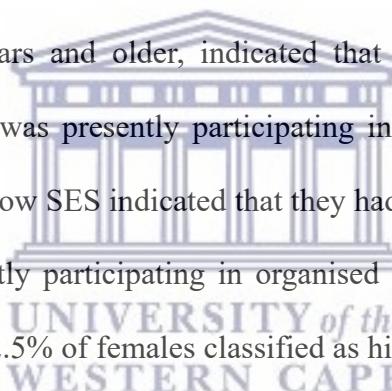


Table 4.4: Organised sport participation based sociodemographic characteristics and gender.

Organised Sport Participation	Age (years)								SES					
	14		15		16		17+		Low		Middle		High	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
PP [^]	64.7%	71.0%	82.4%	53.2%	78.6%	66.7%	88.9%	30.8%	72.7%	58.2%	80.4%	51.9%	84.6%	77.5%
PsP	47.1%	64.5%	80.4%	47.9%	73.8%	61.9%	88.9%	30.8%	69.7%	49.1%	76.8%	50.9%	76.9%	67.5%
PrP	41.2%	38.7%	62.7%	30.9%	50.0%	46.0%	66.7%	23.1%	60.6%	43.6%	48.2%	32.1%	64.1%	37.5%
ParP	76.5%	67.7%	49.0%	60.6%	69.0%	52.4%	66.7%	15.4%	45.5%	47.3%	69.6%	57.5%	64.1%	65.0%
SP	47.1%	45.2%	52.9%	58.5%	61.9%	57.1%	55.6%	38.5%	48.5%	61.8%	58.9%	53.8%	56.4%	47.5%
FP	88.2%	64.5%	84.3%	58.5%	81.0%	69.8%	94.4%	53.8%	81.8%	63.6%	80.4%	62.3%	94.9%	62.5%

Note: 17+ indicates 17 to 19 years of age; PP = participants' overall participation; PsP = participants' past participation; PrP = participants' present participation; ParP = participants' parental participation; SP = participants' sibling participation; FP = participants' friend participation; ^ indicates participants' past and/or present participation in organised sport

UNIVERSITY OF THE
WESTERN CAPE

4.6. Participants' Past versus Present Participation in Organised Sport

Table 4.5 describes the various types of participants in organised sport based on the past and present participation patterns. Consistent participants are described as participants who previously participated and presently participated in organised sport. Dropouts are described as participants who previously participated in organised sport but have dropped out and did not participate in organised sport in the present. New participants are described as participants who only participated in organised sport in the present but did not previously participate in organised sport. Non-participants are described as participants who have never participated in organised sport neither in the past nor in the present.

Table 4.5: Description of the various types of participants in organised sport based on the past and present participation patterns.

Type of Participant	Participation Pattern	
	Past Participation	Present Participation
Consistent Participant	Yes	Yes
Dropout	Yes	No
New Participant	No	Yes
Non- Participant	No	No

Figure 4.2 shows that 39.2% of participants indicated that they have previously and presently participated in organised sport. A total of 22.8% of participants only previously participated in organised sport, but have dropped out and did not participate in organised sport in the present. A total of 4.9% of participants were new participants who only participated in organised sport in the present, but did not previously participate in organised sport, whereas

33.1% of participants indicated that they have never participated in organised sport, neither in the past nor in the present.

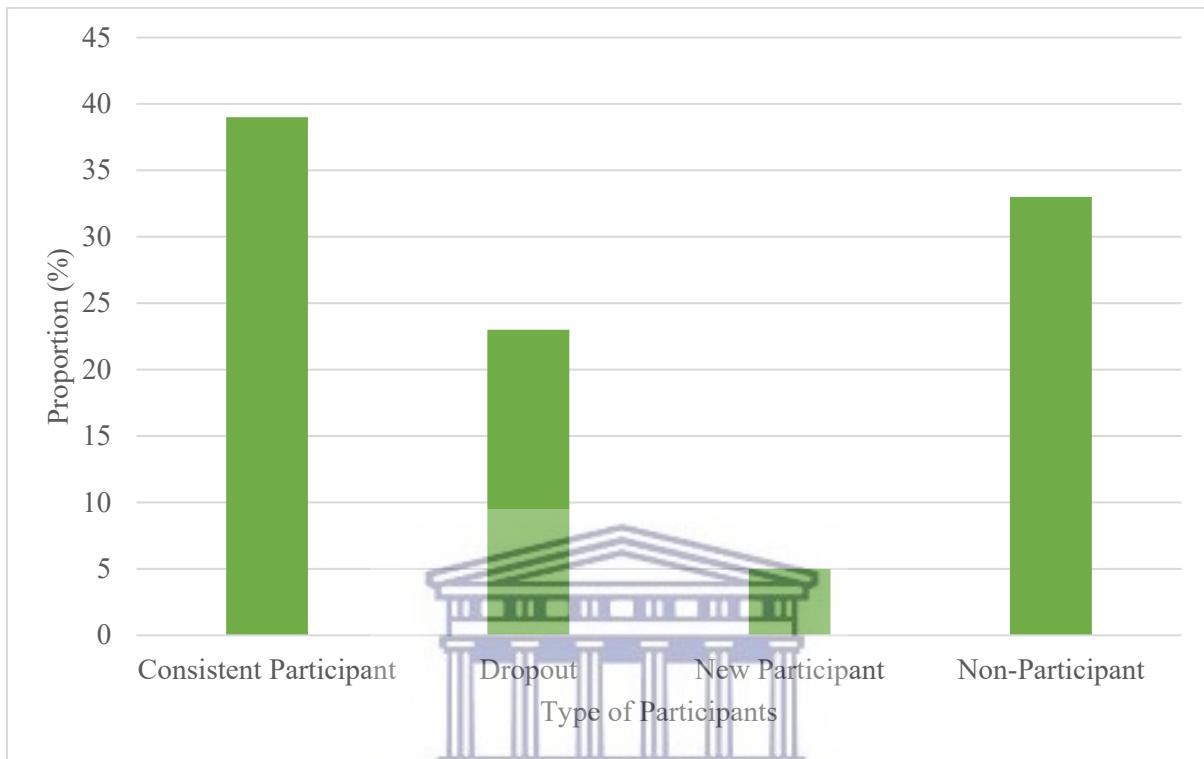


Figure 4.2: Proportion of the various types of participants who participated in organised sport based on their past versus present participation patterns.

Figure 4.3 shows that 51.6% of male participants indicated that they have previously and presently participated in organised sport. A total of 23.4% of male participants only previously participated in organised sport, but have dropped out and did not participate in organised sport in the present. A total of 4.7% of male participants were new participants who only participated in organised sport in the present, but did not previously participate in organised sport, whereas 20.3% of male participants indicated that they have never participated in organised sport, neither in the past nor in the present.

A total of 31.3% of female participants indicated that they have previously and presently participated in organised sport. A total of 22.4% of female participants only previously participated in organised sport, but have dropped out and did not participate in organised sport in the present. A total of 5% of female participants were new participants who only participated in organised sport in the present, but did not previously participate in organised sport, whereas 41.3% of female participants indicated that they have never participated in organised sport, neither in the past nor in the present.

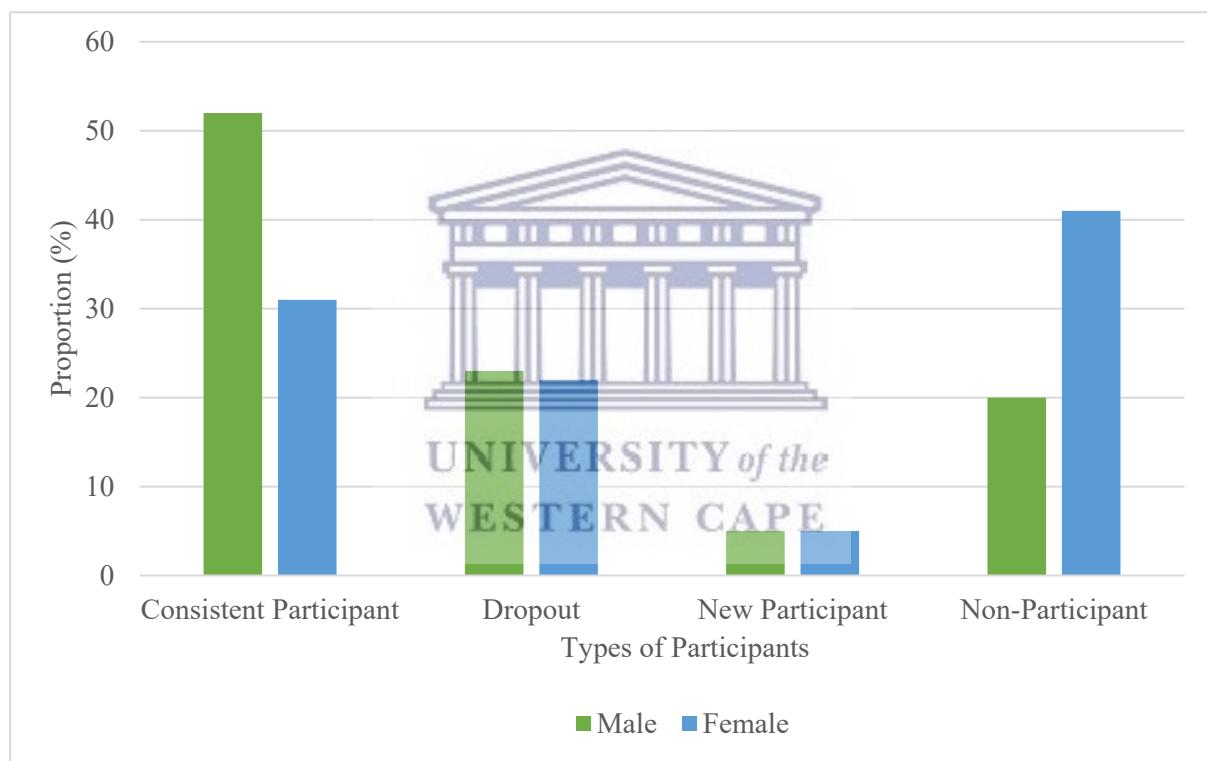


Figure 4.3: Proportion of the various types of participants who participated in organised sport based on gender.

Figure 4.4 shows that 29.2% of 14-year-old participants indicated that they have previously and presently participated in organised sport. A total of 29.2% of 14-year-old participants only previously participated in organised sport, but have dropped out and did not participate in organised sport in the present. A total of 10.4% of 14-year-old participants were new participants who only participated in organised sport in the present, but did not previously participate in organised sport, whereas 31.3% of 14-year-old participants indicated that they have never participated in organised sport, neither in the past nor in the present.

A total of 37.1% of 15-year-old participants indicated that they have previously and presently participated in organised sport. A total of 21.4% of 15-year-old participants only previously participated in organised sport, but have dropped out and did not participate in organised sport in the present. A total of 4.1% of 15-year-old participants were new participants who only participated in organised sport in the present, but did not previously participate in organised sport, whereas 36.6% of 15-year-old participants indicated that they have never participated in organised sport, neither in the past nor in the present.

A total of 42.9% of 16-year-old participants indicated that they have previously and presently participated in organised sport. A total of 23.8% of 16-year-old participants only previously participated in organised sport, but have dropped out and did not participate in organised sport in the present. A total of 4.8% of 16-year-old participants were new participants who only participated in organised sport in the present, but did not previously participate in organised sport, whereas 33.1% of 16-year-old participants indicated that they have never participated in organised sport, neither in the past nor in the present.

A total of 48.4% of participants aged 17-years and older indicated that they have previously and presently participated in organised sport. A total of 16.1% of participants aged 17-years and older only previously participated in organised sport, but have dropped out and did not

participate in organised sport in the present. No participants aged 17-years and older were new participants, whereas 35.5% of participants aged 17-years and older indicated that they have never participated in organised sport, neither in the past nor in the present.

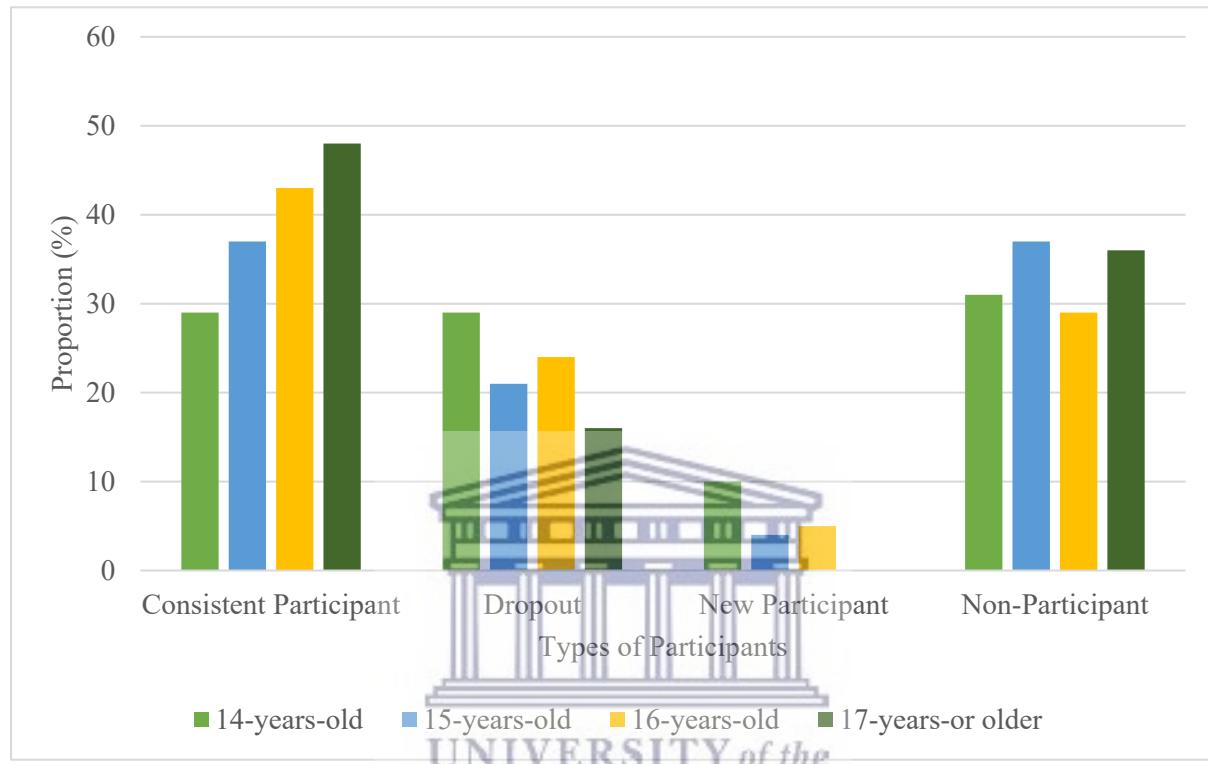


Figure 4.4: Proportion of the various types of participants who participated in organised sport based on age

Figure 4.5 shows that 43.2% of participants classified as low SES indicated that they have previously and presently participated in organised sport. A total of 13.6% of participants classified as low SES only previously participated in organised sport, but have dropped out and did not participate in organised sport in the present. A total of 6.8% of participants classified as low SES were new participants who only participated in organised sport in the present, but did not previously participate in organised sport, whereas 36.4% of participants

classified as low SES indicated that they have never participated in organised sport, neither in the past nor in the present.

A total of 35.8% of participants classified as middle SES indicated that they have previously and presently participated in organised sport. A total of 24.1% of participants classified as middle SES only previously participated in organised sport, but have dropped out and did not participate in organised sport in the present. A total of 1.9% of participants classified as middle SES were new participants who only participated in organised sport in the present, but did not previously participate in organised sport, whereas 38.8% of participants classified as middle SES indicated that they have never participated in organised sport, neither in the past nor in the present.

A total of 41.8% of participants classified as high SES indicated that they have previously and presently participated in organised sport. A total of 30.4% of participants classified as high SES only previously participated in organised sport, but have dropped out and did not participate in organised sport in the present. A total of 8.9% of participants classified as high SES were new participants who only participated in organised sport in the present, but did not previously participate in organised sport, whereas 19% of participants classified as high SES indicated that they have never participated in organised sport, neither in the past nor in the present.

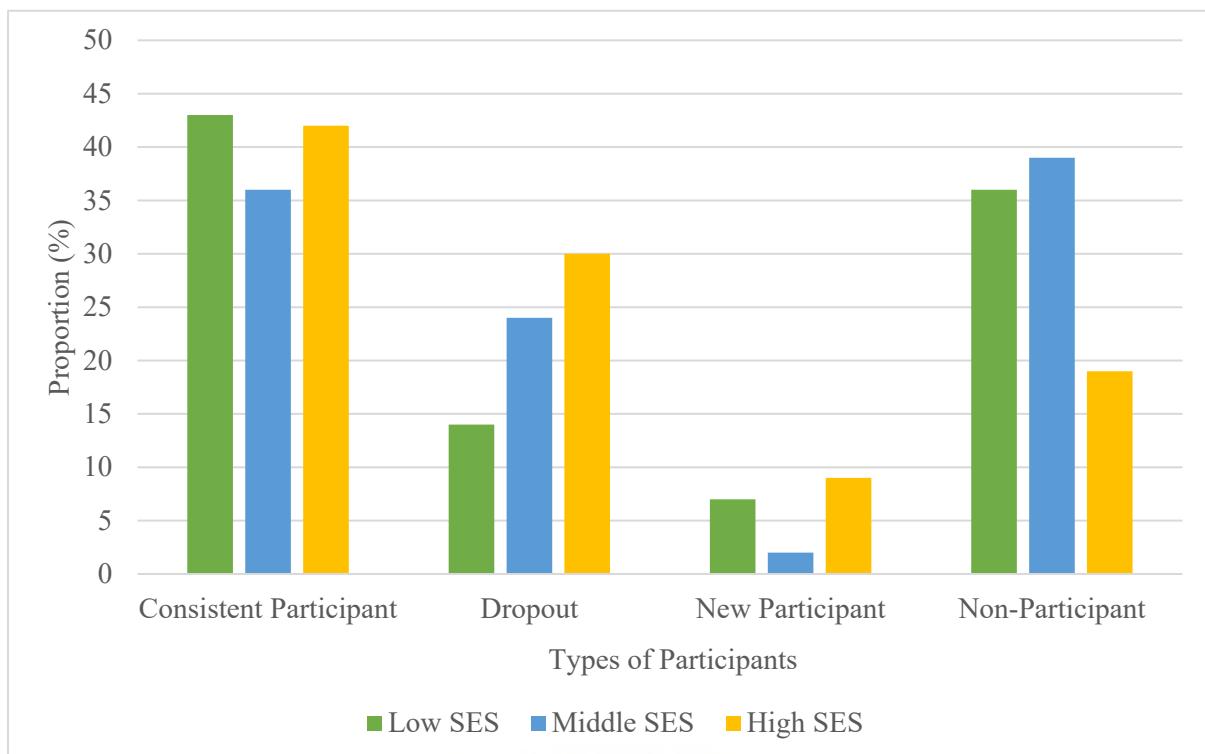


Figure 4.5: Proportion of the various types of participants who participated in organised sport based on socioeconomic status (SES).

Figure 4.6 shows that 23.6% of 14-year-old male participants indicated that they have previously and presently participated in organised sport. A total of 23.6% of 14-year-old male participants only previously participated in organised sport, but have dropped out and did not participate in organised sport in the present. A total of 17.6% of 14-year-old male participants were new participants who only participated in organised sport in the present, but did not previously participate in organised sport, whereas 35.9% of 14-year-old male participants indicated that they have never participated in organised sport, neither in the past nor in the present.

A total of 32.3% of 14-year-old female participants indicated that they have previously and presently participated in organised sport. A total of 32.3% of 14-year-old female participants only previously participated in organised sport, but have dropped out and did not participate in organised sport in the present. A total of 6.5% of 14-year-old female participants were new participants who only participated in organised sport in the present, but did not previously participate in organised sport, whereas 29.0% of 14-year-old female participants indicated that they have never participated in organised sport, neither in the past nor in the present.

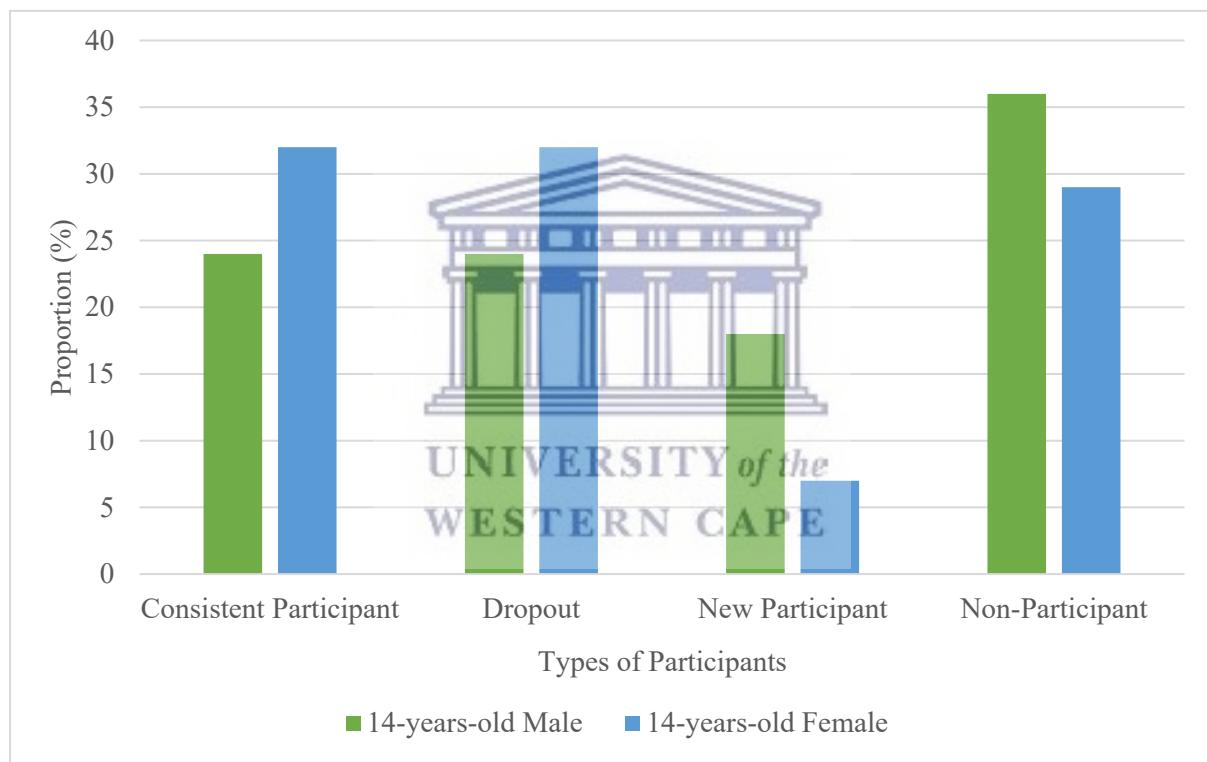


Figure 4.6: Proportion of the various types of participants, both males and females aged 14-years, who participated in organised sport.

Figure 4.7 shows that 60.8% of 15-year-old male participants indicated that they have previously and presently participated in organised sport. A total of 19.6% of 15-year-old male participants only previously participated in organised sport, but have dropped out and did not

participate in organised sport in the present. A total of 2.0% of 15-year-olds male participants were new participants who only participated in organised sport in the present, but did not previously participate in organised sport, whereas 17.6% of 15-year-olds male participants indicated that they have never participated in organised sport, neither in the past nor in the present.

A total of 25.5% of 15-year-old female participants indicated that they have previously and presently participated in organised sport. A total of 22.3% of 15-year-old female participants only previously participated in organised sport, but have dropped out and did not participate in organised sport in the present. A total of 5.3% of 15-year-old female participants were new participants who only participated in organised sport in the present, but did not previously participate in organised sport, whereas 46.8% of 15-year-old female participants indicated that they have never participated in organised sport, neither in the past nor in the present.

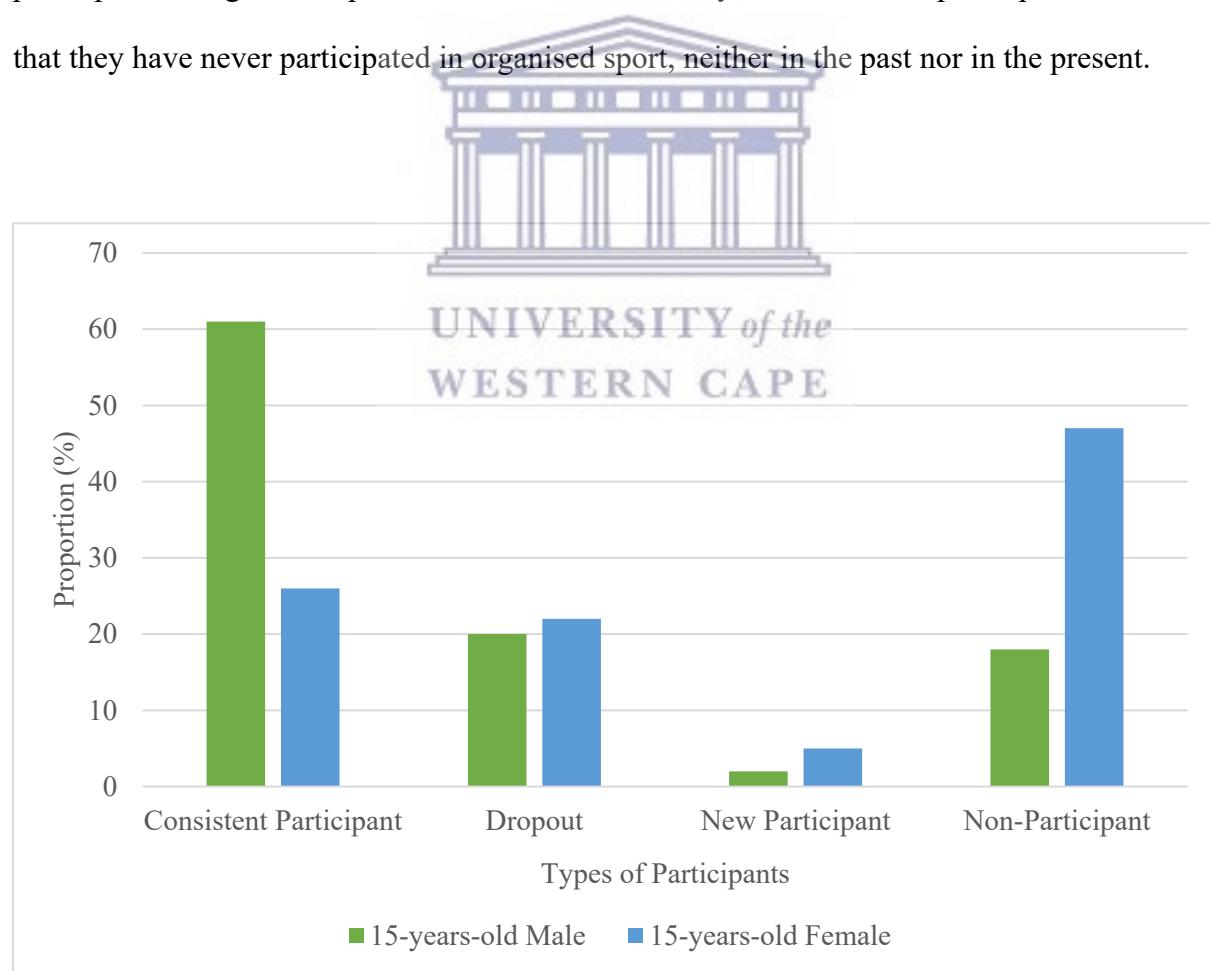


Figure 4.7: Proportion of the various types of participants, both males and females aged 15-years, who participated in organised sport.

Figure 4.8 shows that 45.2% of 16-year-olds male participants indicated that they have previously and presently participated in organised sport. A total of 28.6% of 16-year-olds male only previously participated in organised sport, but have dropped out and did not participate in organised sport in the present. A total of 4.8% of 16-year-old male were new participants who only participated in organised sport in the present, but did not previously participate in organised sport, whereas 21.4% of 16-year-old male indicated that they have never participated in organised sport, neither in the past nor in the present.

A total of 41.3% of 16-year-old female participants indicated that they have previously and presently participated in organised sport. A total of 20.6% of 16-year-old female only previously participated in organised sport, but have dropped out and did not participate in organised sport in the present. A total of 44.8% of 16-year-old female participants were new participants who only participated in organised sport in the present, but did not previously participate in organised sport, whereas 33.3% of 16-year-old female participants indicated that they have never participated in organised sport, neither in the past nor in the present.

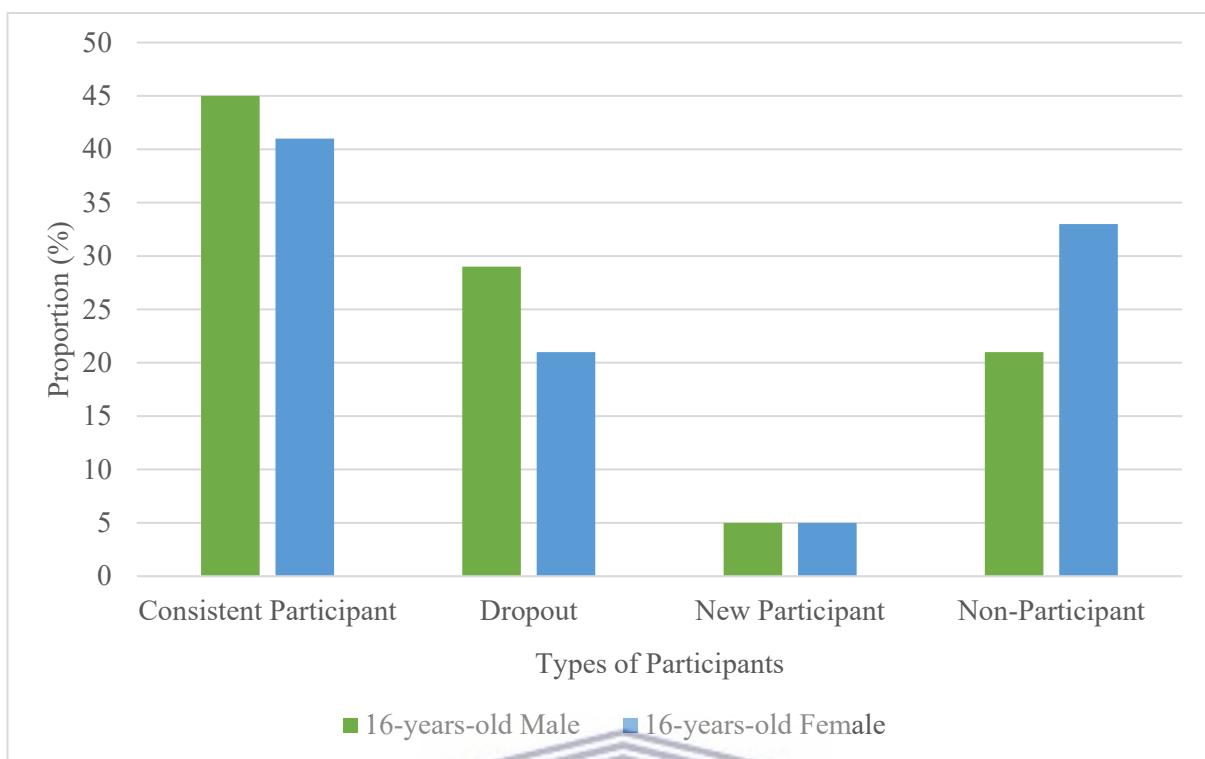


Figure 4.8: Proportion of the various types of participants, both males and females aged 16-years, who participated in organised sport.



Figure 4.9 shows that 66.7% of male participants aged 17-years and older indicated that they have previously and presently participated in organised sport. A total of 22.2% of male participants aged 17-years and older only previously participated in organised sport, but have dropped out and did not participate in organised sport in the present. No male participants aged 17-years and older were new participants, whereas 11.1% of male participants aged 17-years and older indicated that they have never participated in organised sport, neither in the past nor in the present.

A total of 23.1% of female participants aged 17-years and older indicated that they have previously and presently participated in organised sport. A total of 7.7% of female participants aged 17-years and older only previously participated in organised sport, but have

dropped out and did not participate in organised sport in the present. No female participants aged 17-years and older were new participants, whereas 69.2% of female participants aged 17-years and older indicated that they have never participated in organised sport, neither in the past nor in the present.

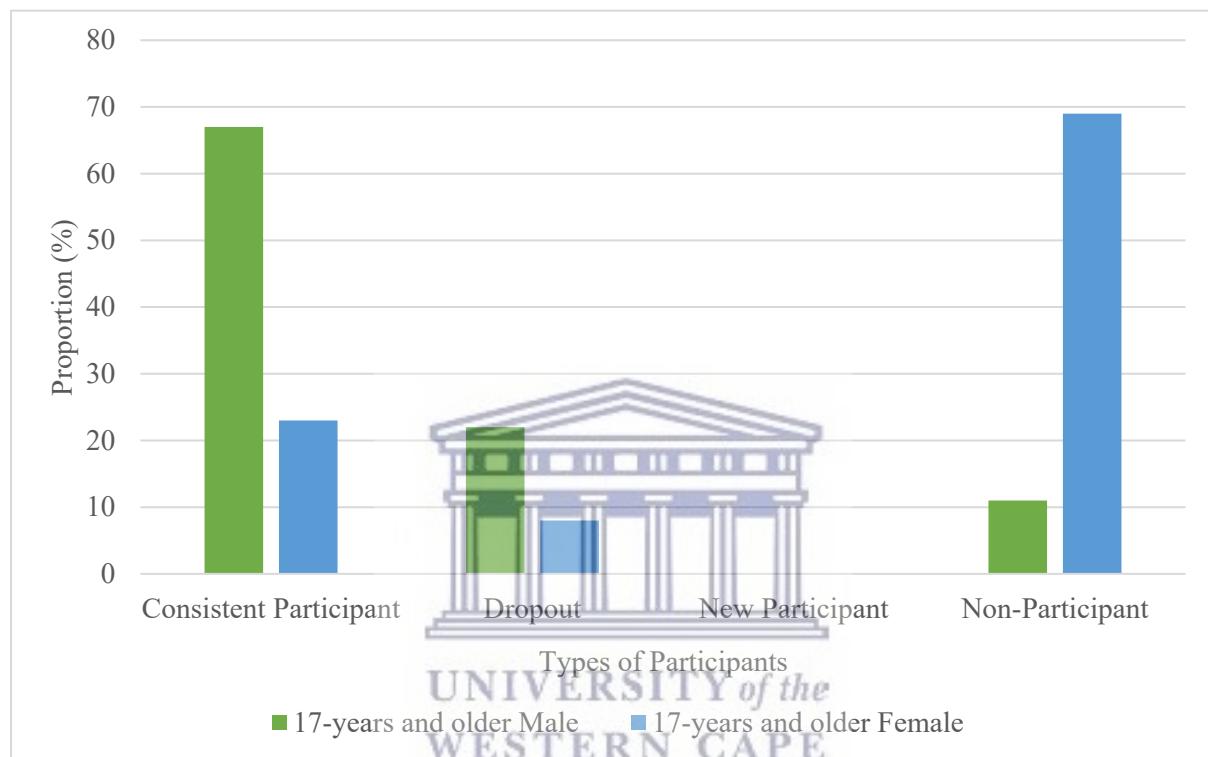


Figure 4.9: Proportion of the various types of participants, both males and females aged 17-years and older, who participated in organised sport.

Figure 4.10 shows that 57.6% of male participants classified as low SES indicated that they have previously and presently participated in organised sport. A total of 12.1% of male participants classified as low SES only previously participated in organised sport, but have dropped out and did not participate in organised sport in the present. A total of 3.0% of male participants classified as low SES were new participants who only participated in organised

sport in the present, but did not previously participate in organised sport, whereas 27.3% of male participants classified as low SES indicated that they have never participated in organised sport, neither in the past nor in the present.

A total of 34.5% of female participants classified as low SES indicated that they have previously and presently participated in organised sport. A total of 14.5% of female participants classified as low SES only previously participated in organised sport, but have dropped out and did not participate in organised sport in the present. A total of 9.1% of female participants classified as low SES were new participants who only participated in organised sport in the present, but did not previously participate in organised sport, whereas 41.8% of female participants classified as low SES indicated that they have never participated in organised sport, neither in the past nor in the present.

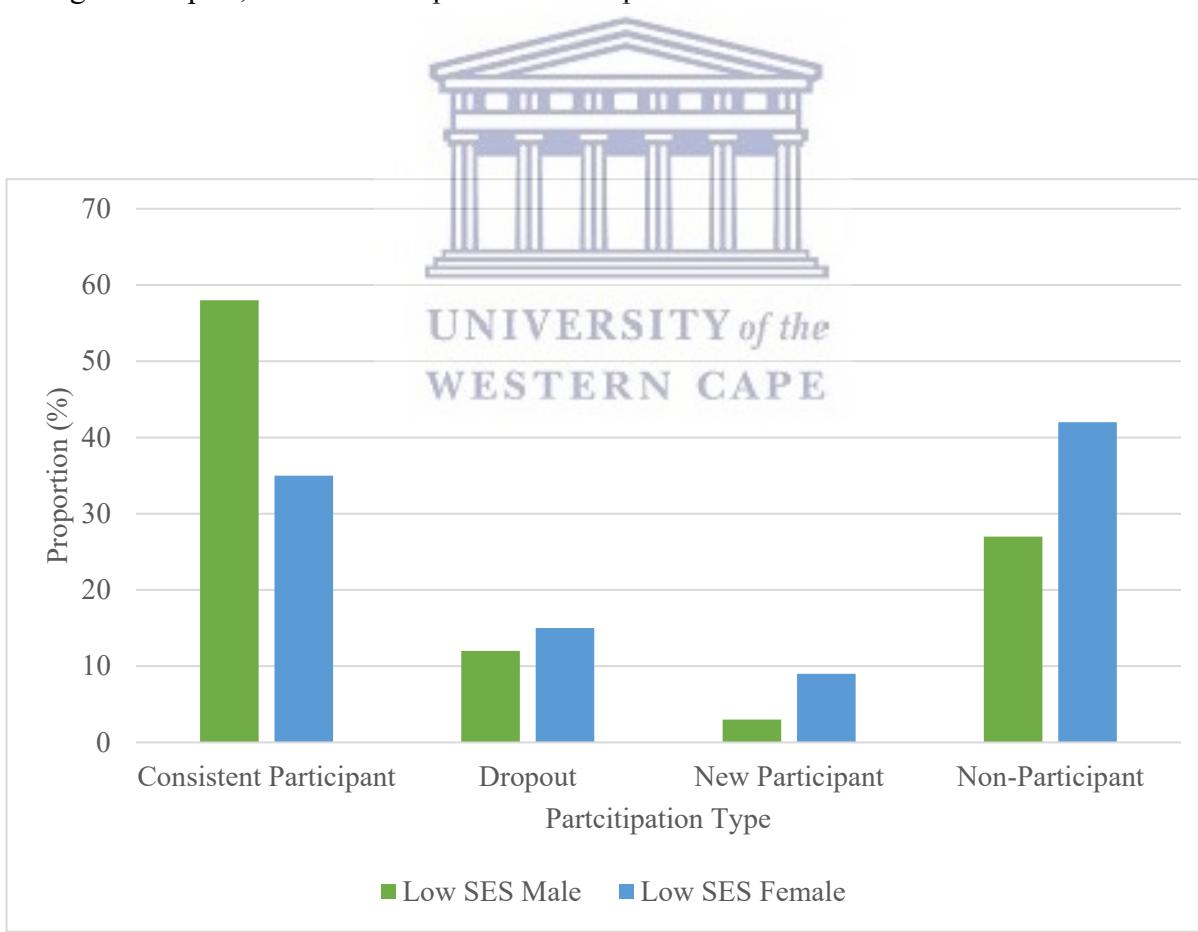


Figure 4.10: Proportion of the various types of participants, both males and females of low socioeconomic status (SES), who participated in organised sport.

Figure 4.11 shows that 44.6% of male participants classified as middle SES indicated that they have previously and presently participated in organised sport. A total of 32.1% of male participants classified as middle SES only previously participated in organised sport, but have dropped out and did not participate in organised sport in the present. A total of 3.6% of male participants classified as middle SES were new participants who only participated in organised sport in the present, but did not previously participate in organised sport, whereas 11.6% of male participants classified as middle SES indicated that they have never participated in organised sport, neither in the past nor in the present.

A total of 31.1% of female participants classified as middle SES indicated that they have previously and presently participated in organised sport. A total of 19.8% of female participants classified as middle SES only previously participated in organised sport, but have dropped out and did not participate in organised sport in the present. A total of 0.9% of female participants classified as middle SES were new participants who only participated in organised sport in the present, but did not previously participate in organised sport, whereas 48.1% of female participants classified as middle SES indicated that they have never participated in organised sport, neither in the past nor in the present.

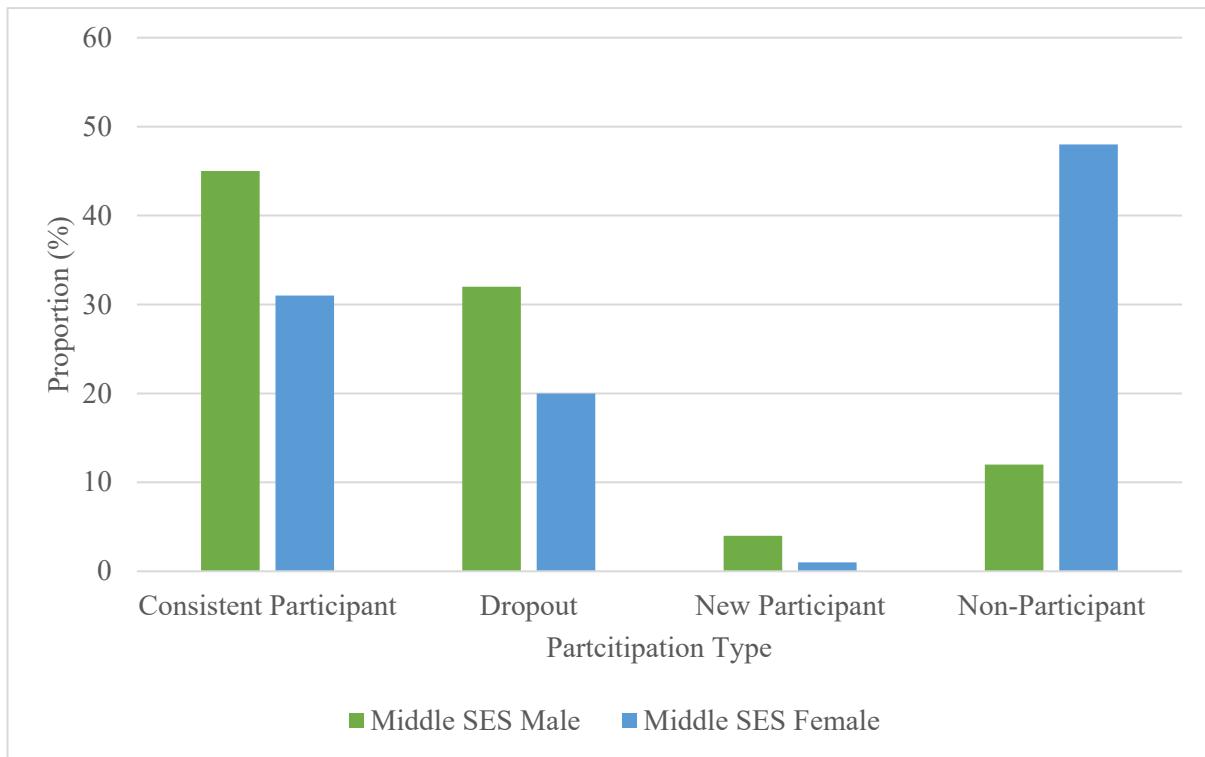


Figure 4.11: Proportion of the various types of participants, both males and females of middle socioeconomic status (SES), who participated in organised sport.

Figure 4.12 shows that 56.4% of male participants classified as high SES indicated that they have previously and presently participated in organised sport. A total of 20.5% of male participants classified as high SES only previously participated in organised sport, but have dropped out and did not participate in organised sport in the present. A total of 7.7% of male participants classified as high SES were new participants who only participated in organised sport in the present, but did not previously participate in organised sport, whereas 15.4% of male participants classified as high SES indicated that they have never participated in organised sport, neither in the past nor in the present.

A total of 27.5% of female participants classified as high SES indicated that they have previously and presently participated in organised sport. A total of 40.0% of female participants classified as high SES only previously participated in organised sport, but have

dropped out and did not participate in organised sport in the present. A total of 10.0% of female participants classified as high SES were new participants who only participated in organised sport in the present, but did not previously participate in organised sport, whereas 22.5% of female participants classified as high SES indicated that they have never participated in organised sport, neither in the past nor in the present.

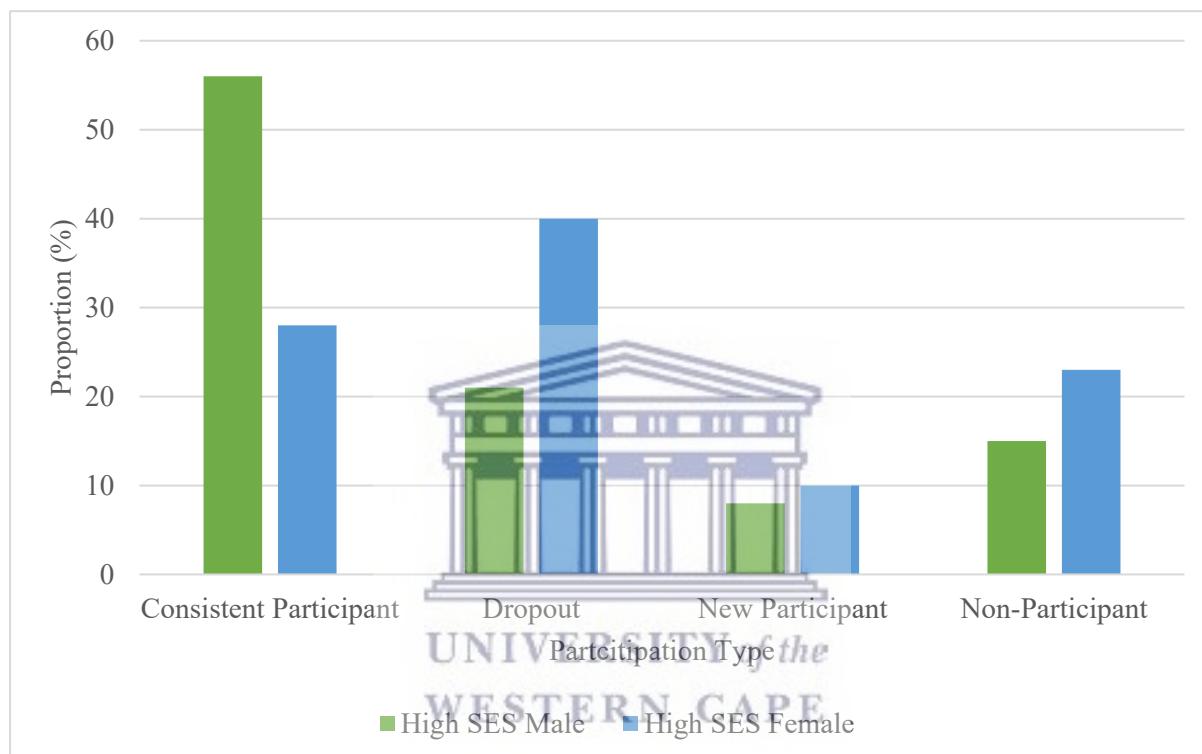


Figure 4.12: Proportion of the various types of participants, both males and females of high socioeconomic status (SES), who participated in organised sport.

4.7. Parental Participation versus Participants' Overall Participation in Organised Sport

Table 4.6 describes the various types of participants based on participant and parental participation. APAP can be described as participants who indicated that they previously

and/or presently participated in organised sport and had a parent who did the same, i.e., active participants and active parents (APAP). APIP can be described as participants who indicated that they previously and/or presently participated in organised sport, but their parents did not do the same, i.e., active participants, but inactive parents (APIP). IPAP can be described as participants who indicated that they did not participate in organised sport, but had a parent who did participate in organised sport, i.e., inactive participant, but active parent (IPAP). IPIP can be described as participants who indicated that they did not participate in organised sport and had parents who also did not participate in organised sport, i.e., both inactive participants and inactive parents (IPIP).

Table 4.6: Description of the various types of participants based on participant and parental participation.

Types of Participants	Participant Participation[^]	Parental Participation[^]	Definition
APAP	Yes	Yes	Active Participant and Active Parent (APAP)
APIP	Yes	No	Active Participant and Inactive Parent (APIP)
IPAP	No	Yes	Inactive Participant and Active Parent (IPAP)
IPIP	No	No	Inactive Participant and Inactive Parent (IPIP)

[^]Indicates either previous and/or present participation in organised sport.

Figure 4.13 shows that 42.9% of participants indicated that they either previously and/or presently have participated in organised sport and had a parent who did the same, i.e., active participants and active parents (APAP). A total of 24.0% of participants indicated that they previously and/or presently participated in organised sport, but their parents did not do the same, i.e., active participants, but inactive parents (APIP). A total of 15.5% of participants did not participate in organised sport, but had a parent who did participate in organised sport, i.e., inactive participant, but active parent (IPAP). A total of 17.6% of participants indicated that

they did not participate in organised sport and had parents who also did not participate in organised sport, i.e., both inactive participants and inactive parents (IPIP).



Figure 4.13: Proportion of the various types of participants who participated in organised sport based on participant and parental participation patterns.

Figure 4.14 shows that 52.3% of male participants indicated that they either previously and/or presently have participated in organised sport and had a parent who did the same, i.e., active participants and active parents (APAP). A total of 27.3% of male participants indicated that they previously and/or presently participated in organised sport, but their parents did not do the same, i.e., active participants, but inactive parents (APIP). A total of 9.4% of male participants did not participate in organised sport, but had a parent who did participate in organised sport, i.e., inactive participant, but active parent (IPAP). A total of 10.9% of male participants indicated that they did not participate in organised sport and had parents who also

did not participate in organised sport, i.e., both inactive participants and inactive parents (IPIP).

A total 36.8% of female participants indicated that they either previously and/or presently have participated in organised sport and had a parent who did the same, i.e., active participants and active parents (APAP). A total of 21.9% of female participants indicated that they previously and/or presently participated in organised sport, but their parents did not do the same, i.e., active participants, but inactive parents (APIP). A total of 19.4% of female participants did not participate in organised sport, but had a parent who did participate in organised sport, i.e., inactive participant, but active parent (IPAP). A total of 21.9% of female participants indicated that they did not participate in organised sport and had parents who also did not participate in organised sport, i.e., both inactive participants and inactive parents (IPIP).



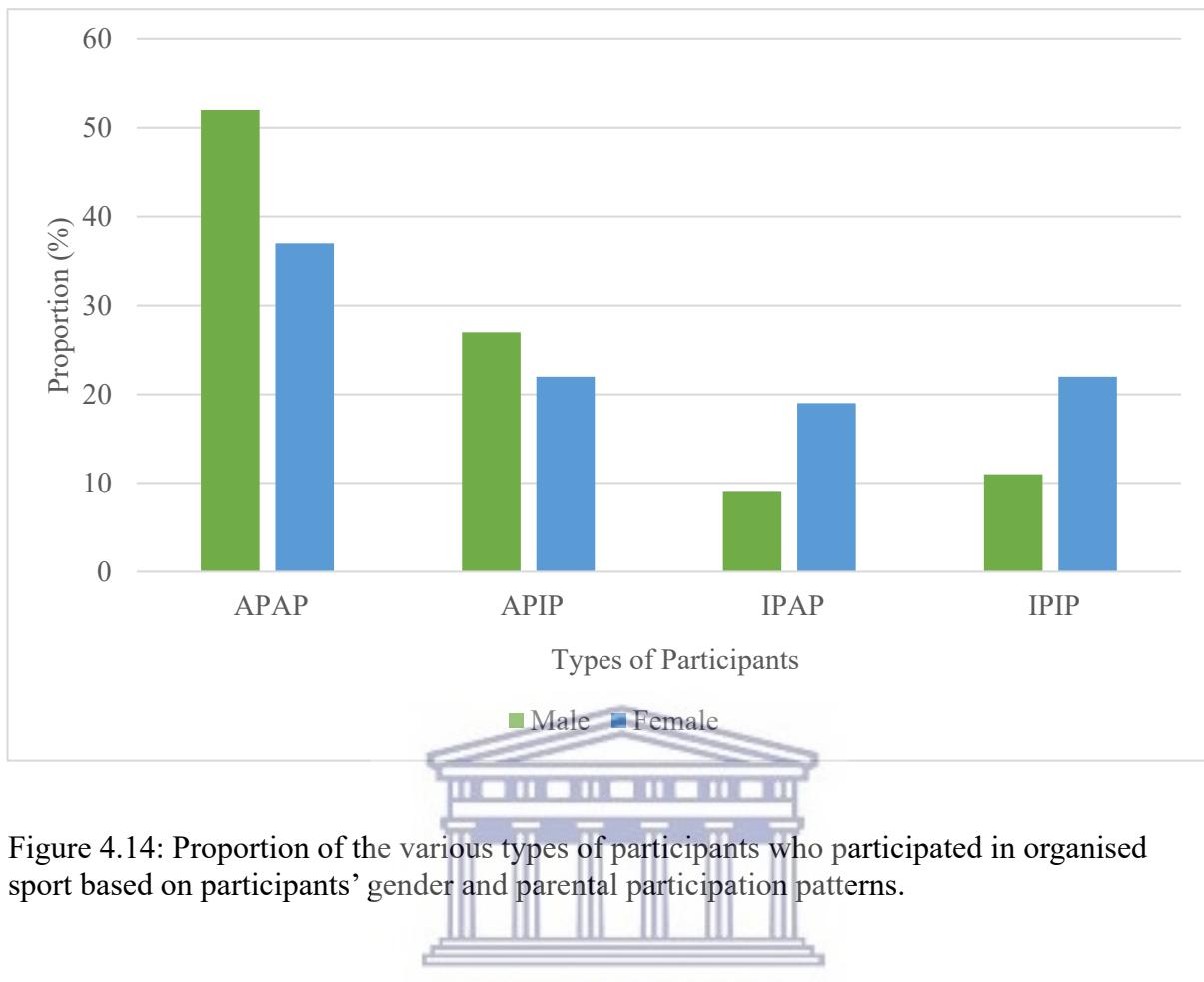
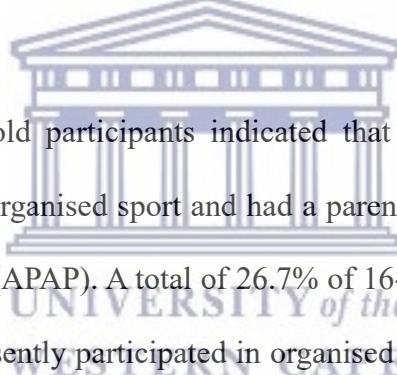


Figure 4.14: Proportion of the various types of participants who participated in organised sport based on participants' gender and parental participation patterns.

Figure 4.15 shows that 52.1% of 14-year-old participants indicated that they either previously and/or presently have participated in organised sport and had a parent who did the same, i.e., active participants and active parents (APAP). A total of 16.7% of 14-year-old participants indicated that they previously and/or presently participated in organised sport, but their parents did not do the same, i.e., active participants, but inactive parents (APIP). A total of 18.8% of 14-year-old participants did not participate in organised sport, but had a parent who did participate in organised sport, i.e., inactive participant, but active parent (IPAP). A total of 12.5% of 14-year-old participants indicated that they did not participate in organised sport

and had parents who also did not participate in organised sport, i.e., both inactive participants and inactive parents (IPIP).

A total of 40.7% of 15-year-old participants indicated that they either previously and/or presently have participated in organised sport and had a parent who did the same, i.e., active participants and active parents (APAP). A total of 22.8% of 15-year-old participants indicated that they previously and/or presently participated in organised sport, but their parents did not do the same, i.e., active participants, but inactive parents (APIP). A total of 15.9% of 15-year-old participants did not participate in organised sport, but had a parent who did participate in organised sport, i.e., inactive participant, but active parent (IPAP). A total of 20.7% of 15-year-old participants indicated that they did not participate in organised sport and had parents who also did not participate in organised sport, i.e., both inactive participants and inactive parents (IPIP).



A total of 44.8% of 16-year-old participants indicated that they either previously and/or presently have participated in organised sport and had a parent who did the same, i.e., active participants and active parents (APAP). A total of 26.7% of 16-year-old participants indicated that they previously and/or presently participated in organised sport, but their parents did not do the same, i.e., active participants, but inactive parents (APIP). A total of 14.3% of 16-year-old participants did not participate in organised sport, but had a parent who did participate in organised sport, i.e., inactive participant, but active parent (IPAP). A total of 14.3% of 16-year-old participants indicated that they did not participate in organised sport and had parents who also did not participate in organised sport, i.e., both inactive participants and inactive parents (IPIP).

A total of 32.3% of participants aged 17-years and older indicated that they either previously and/or presently have participated in organised sport and had a parent who did the same, i.e.,

active participants and active parents (APAP). A total 32.3% of participants aged 17-years and older indicated that they previously and/or presently participated in organised sport, but their parents did not do the same, i.e., active participants, but inactive parents (APIP). A total of 12.9% of participants aged 17-years and older did not participate in organised sport, but had a parent who did participate in organised sport, i.e., inactive participant, but active parent (IPAP). A total of 22.6% of participants aged 17-years and older indicated that they did not participate in organised sport and had parents who also did not participate in organised sport, i.e., both inactive participants and inactive parents (IPIP).

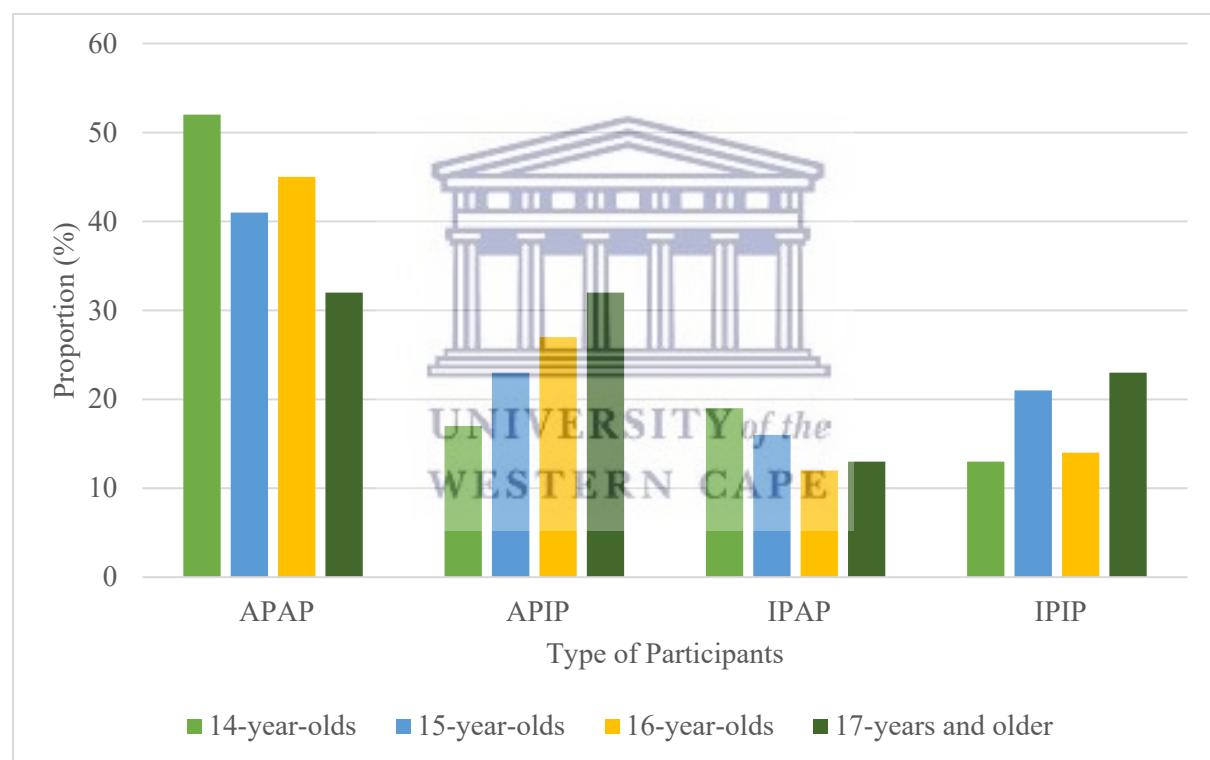


Figure 4.15: Proportion of the various types of participants who participated in organised sport based on participant age and parental participation patterns.

Figure 4.16 shows that 34.1% of participants classified as low SES indicated that they either previously and/or presently have participated in organised sport and had a parent who did the

same, i.e., active participants and active parents (APAP). A total of 29.5% of participants classified as low SES indicated that they previously and/or presently participated in organised sport, but their parents did not do the same, i.e., active participants, but inactive parents (APIP). A total of 12.5% of participants classified as low SES did not participate in organised sport, but had a parent who did participate in organised sport, i.e., inactive participant, but active parent (IPAP). A total of 23.9% of participants classified as low SES indicated that they did not participate in organised sport and had parents who also did not participate in organised sport, i.e., both inactive participants and inactive parents (IPIP).

A total of 42.0% of participants classified as middle SES indicated that they either previously and/or presently have participated in organised sport and had a parent who did the same, i.e., active participants and active parents (APAP). A total of 19.8% of participants classified as middle SES indicated that they previously and/or presently participated in organised sport, but their parents did not do the same, i.e., active participants, but inactive parents (APIP). A total of 19.8% of participants classified as middle SES did not participate in organised sport, but had a parent who did participate in organised sport, i.e., inactive participant, but active parent (IPAP). A total of 18.5% of participants classified as middle SES indicated that they did not participate in organised sport and had parents who also did not participate in organised sport, i.e., both inactive participants and inactive parents (IPIP).

A total of 54.4% of participants classified as high SES indicated that they previously and/or presently participated in organised sport and had a parent who did the same, i.e., active participants and active parents (APAP). A total of 26.6% of participants classified as high SES indicated that they previously and/or presently participated in organised sport, but their parents did not do the same, i.e., active participants, but inactive parents (APIP). A total of 10.1% of participants classified as high SES did not participate in organised sport, but had a

parent who did participate in organised sport, i.e., inactive participant, but active parent (IPAP). A total of 8.9% of participants classified as high SES indicated that they did not participate in organised sport and had parents who also did not participate in organised sport, i.e., both inactive participants and inactive parents (IPIP).

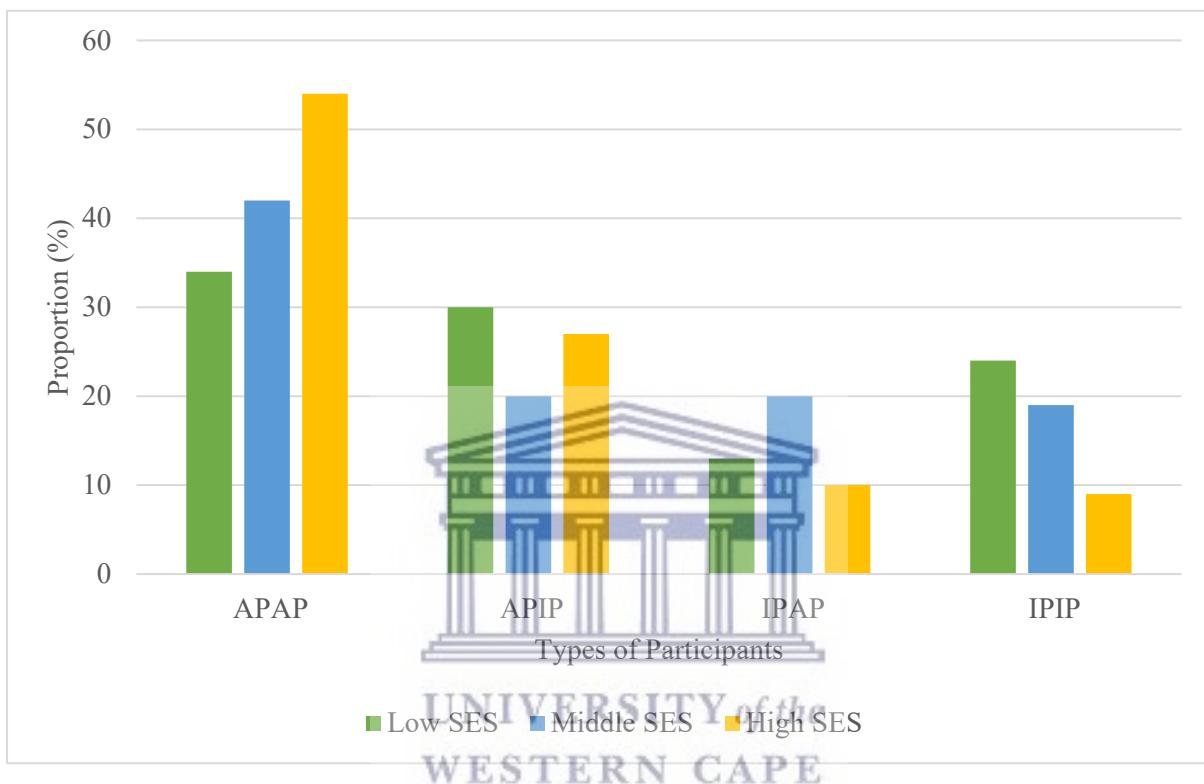
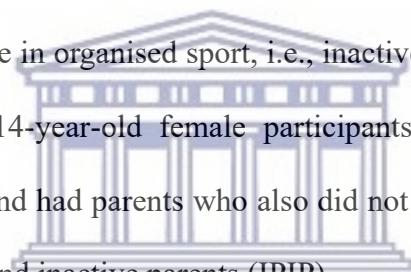


Figure 4.16: Proportion of the various types of participants who participated in organised sport based on participant socioeconomic status (SES) and parental participation patterns.

Figure 4.17 shows that 58.8% of 14-year-old male participants indicated that they either previously and/or presently have participated in organised sport and had a parent who did the same, i.e., active participants and active parents (APAP). A total of 5.9% of 14-year-old male indicated that they previously and/or presently participated in organised sport, but their parents did not do the same, i.e., active participants, but inactive parents (APIP). A total of

17.6% of 14-year-old male participants did not participate in organised sport, but had a parent who did participate in organised sport, i.e., inactive participant, but active parent (IPAP). A total of 17.6% of 14-year-old male participants indicated that they did not participate in organised sport and had parents who also did not participate in organised sport, i.e., both inactive participants and inactive parents (IPIP).

A total of 48.4% of 14-year-old female participants indicated that they either previously and/or presently have participated in organised sport and had a parent who did the same, i.e., active participants and active parents (APAP). A total of 22.4% of 14-year-old female participants indicated that they previously and/or presently participated in organised sport, but their parents did not do the same, i.e., active participants, but inactive parents (APIP). A total of 19.4% of 14-year-old female participants did not participate in organised sport, but had a parent who did participate in organised sport, i.e., inactive participant, but active parent (IPAP). A total of 9.7% of 14-year-old female participants indicated that they did not participate in organised sport and had parents who also did not participate in organised sport, i.e., both inactive participants and inactive parents (IPIP).



UNIVERSITY of the
WESTERN CAPE

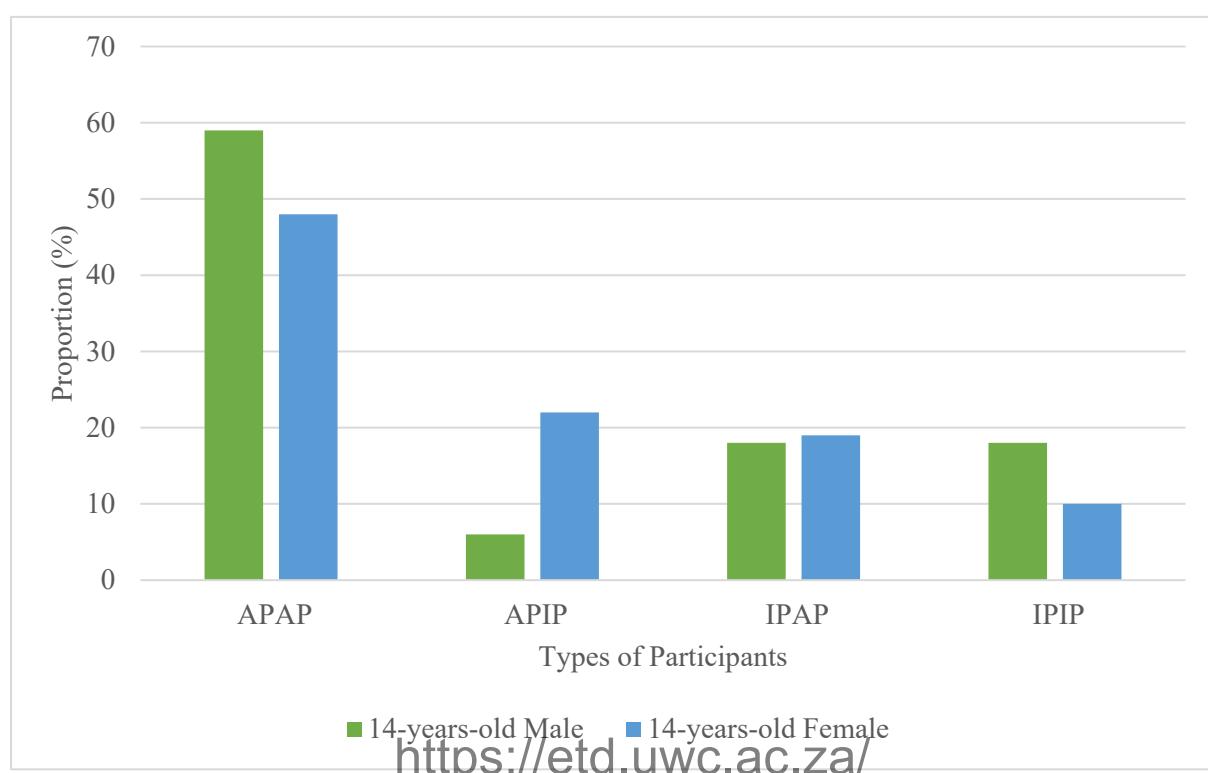


Figure 4.17: Proportion of the various types of participants who participated in organised sport, both males and females aged 14-years, and their parental participation patterns.

Figure 4.18 shows that 49.0% of 15-year-old male participants indicated that they either previously and/or presently have participated in organised sport and had a parent who did the same, i.e., active participants and active parents (APAP). A total of 33.3% of 15-year-old male participants indicated that they previously and/or presently participated in organised sport, but their parents did not do the same, i.e., active participants, but inactive parents (APIP). There were no 15-year-old male participants who did not participate in organised sport, but had a parent who did participate in organised sport, i.e., inactive participant, but active parent (IPAP). A total of 17.6% of 15-year-old male participants indicated that they did not participate in organised sport and had parents who also did not participate in organised sport, i.e., both inactive participants and inactive parents (IPIP).

A total of 36.2% of 15-year-old female participants indicated that they either previously and/or presently have participated in organised sport and had a parent who did the same, i.e., active participants and active parents (APAP). A total of 17% of 15-year-old female participants indicated that they previously and/or presently participated in organised sport, but their parents did not do the same, i.e., active participants, but inactive parents (APIP). A total of 24.5% of 15-year-old female participants did not participate in organised sport, but had a parent who did participate in organised sport, i.e., inactive participant, but active parent (IPAP). A total 22.3% of 15-year-old female participants indicated that they did not participate in organised sport and had parents who also did not participate in organised sport, i.e., both inactive participants and inactive parents (IPIP).

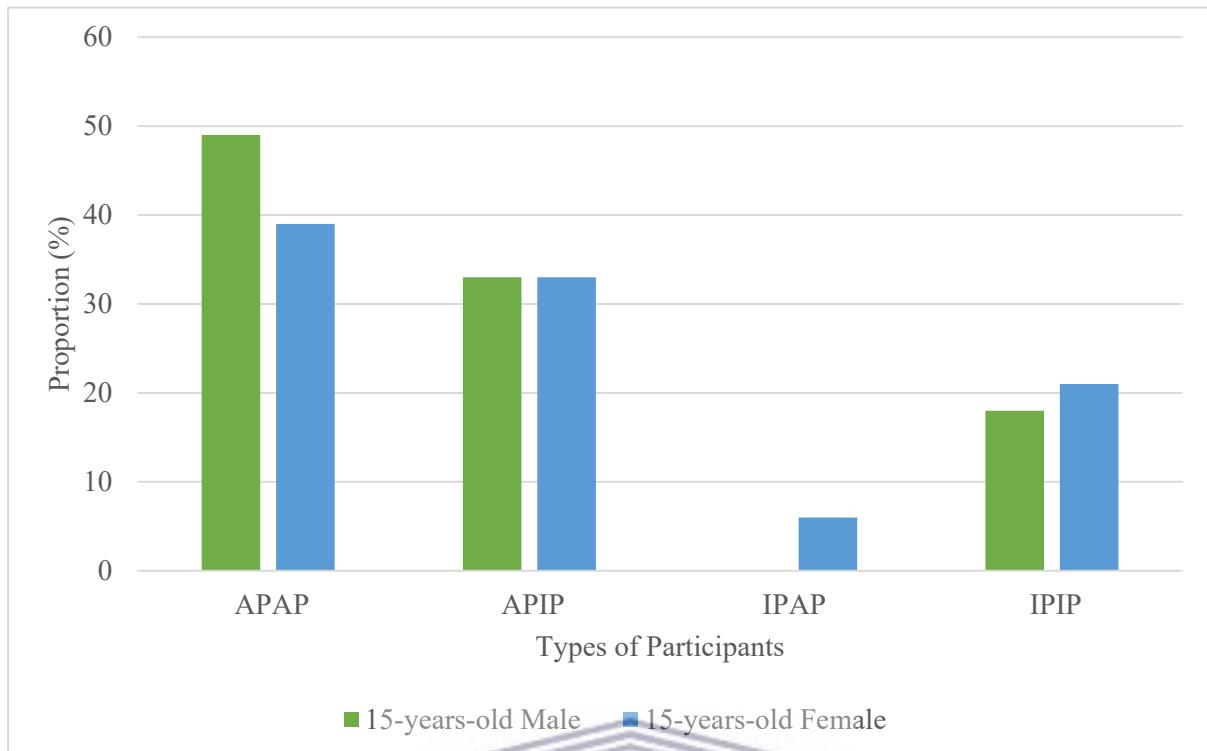


Figure 4.18: Proportion of the various types of participants who participated in organised sport, both males and females aged 15-years, and their parental participation patterns.

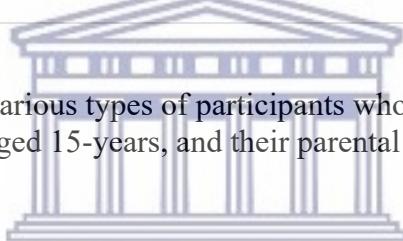


Figure 4.19 shows that 52.4% of 16-year-old male participants indicated that they either previously and/or presently have participated in organised sport and had a parent who did the same, i.e., active participants and active parents (APAP). A total of 26.2% of 16-year-old male participants indicated that they previously and/or presently participated in organised sport, but their parents did not do the same, i.e., active participants, but inactive parents (APIP). A total of 16.7% of 16-year-old male participants did not participate in organised sport, but had a parent who did participate in organised sport, i.e., inactive participant, but active parent (IPAP). A total of 4.8% of 16-year-old male participants indicated that they did not participate in organised sport and had parents who also did not participate in organised sport, i.e., both inactive participants and inactive parents (IPIP).

A total of 39.7% of 16-year-old female participants indicated that they either previously and/or presently have participated in organised sport and had a parent who did the same, i.e., active participants and active parents (APAP). A total of 27.0% of 16-year-old female participants indicated that they previously and/or presently participated in organised sport, but their parents did not do the same, i.e., active participants, but inactive parents (APIP). A total of 12.7% of 16-year-old female participants did not participate in organised sport, but had a parent who did participate in organised sport, i.e., inactive participant, but active parent (IPAP). A total of 20.6% of 16-year-old female participants indicated that they did not participate in organised sport and had parents who also did not participate in organised sport, i.e., both inactive participants and inactive parents (IPIP).

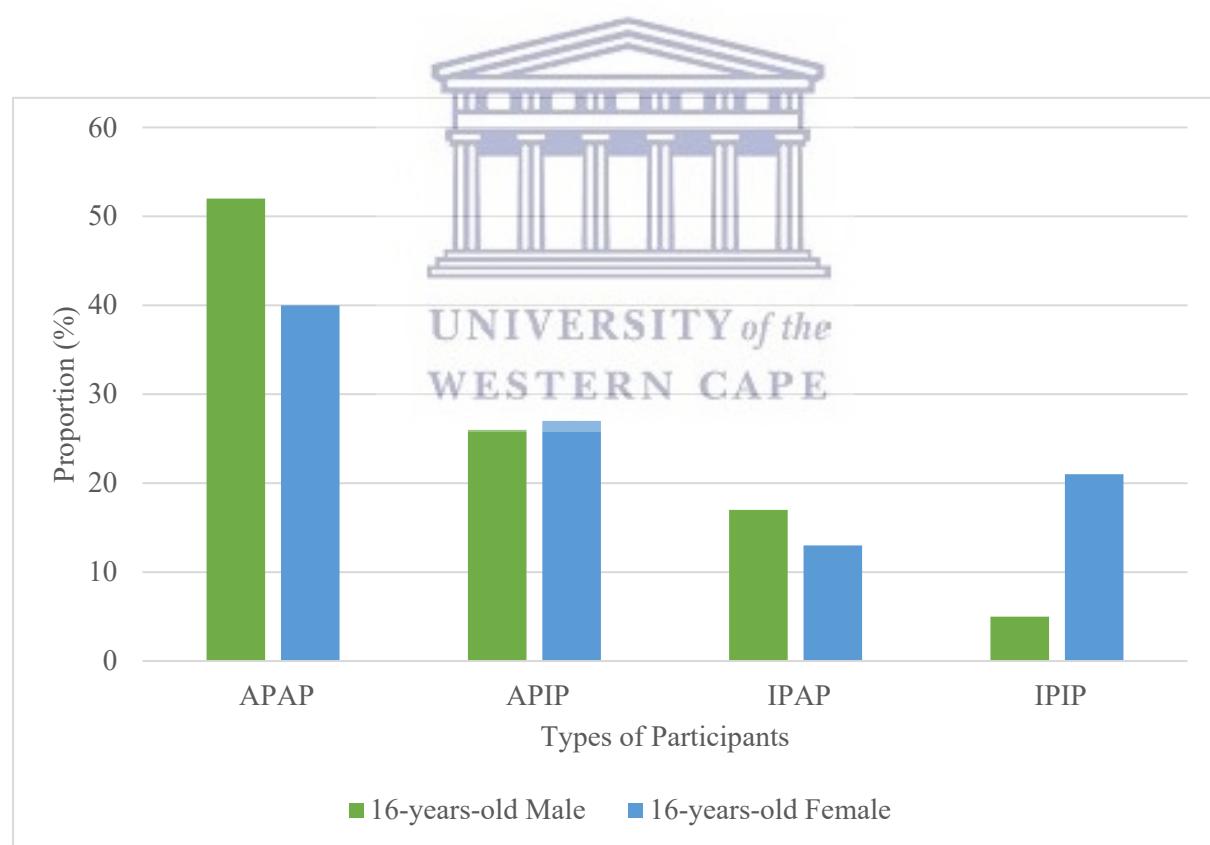


Figure 4.19: Proportion of the various types of participants who participated in organised sport, both males and females aged 16-years, and their parental participation patterns.

Figure 4.20 shows that 55.6% of male participants aged 17-years and older indicated that they previously and/or presently participated in organised sport and had a parent who did the same, i.e., active participants and active parents (APAP). A total 33.3% of male participants aged 17-years and older indicated that they previously and/or presently participated in organised sport, but their parents did not do the same, i.e., active participants, but inactive parents (APIP). A total of 11.1% of male participants aged 17-years and older did not participate in organised sport, but had a parent who did participate in organised sport, i.e., inactive participant, but active parent (IPAP). There were no male participants aged 17-years and older who indicated that they did not participate in organised sport and had parents who also did not participate in organised sport, i.e., both inactive participants and inactive parents (IPIP).

There were no female participants aged 17-years and older who indicated that they either previously and/or presently have participated in organised sport and had a parent who did the same, i.e., active participants and active parents (APAP). A total 30.8% of female participants aged 17-years and older indicated that they previously and/or presently participated in organised sport, but their parents did not do the same, i.e., active participants, but inactive parents (APIP). A total of 15.4% of female participants aged 17-years and older did not participate in organised sport, but had a parent who did participate in organised sport, i.e., inactive participant, but active parent (IPAP). A total of 53.8% of female participants aged 17-years and older indicated that they did not participate in organised sport and had parents who also did not participate in organised sport, i.e., both inactive participants and inactive parents (IPIP).

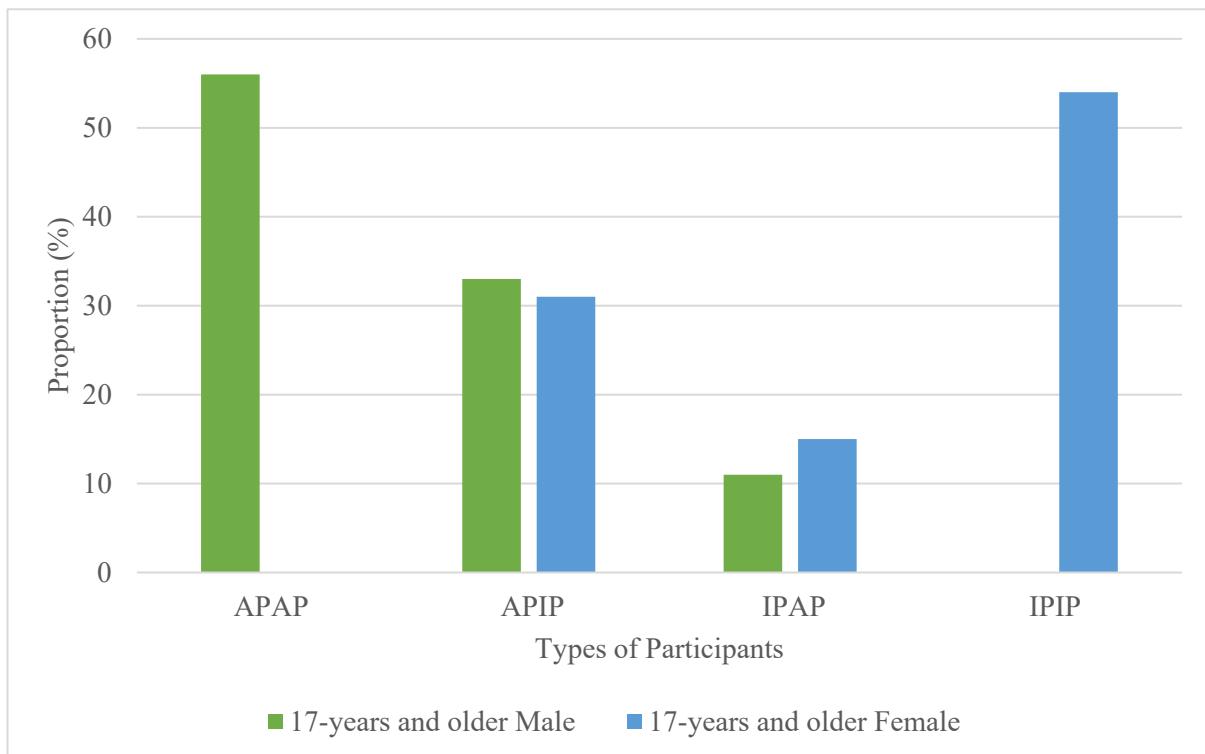


Figure 4.20: Proportion of the various types of participants who participated in organised sport, both males and females aged 17-years and older, and their parental participation patterns.

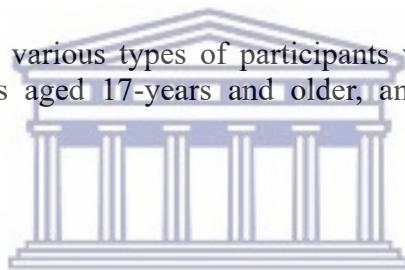


Figure 4.21 shows that 39.4% of male participants classified as low SES indicated that they either previously and/or presently have participated in organised sport and had a parent who did the same, i.e., active participants and active parents (APAP). A total of 33.3% of male participants classified as low SES indicated that they previously and/or presently participated in organised sport, but their parents did not do the same, i.e., active participants, but inactive parents (APIP). A total of 6.1% of male participants classified as low SES did not participate in organised sport, but had a parent who did participate in organised sport, i.e., inactive participant, but active parent (IPAP). A total of 21.2% of male participants classified as low SES indicated that they did not participate in organised sport and had parents who also did not participate in organised sport, i.e., both inactive participants and inactive parents (IPIP).

A total of 27.3% of female participants classified as low SES indicated that they either previously and/or presently have participated in organised sport and had a parent who did the same, i.e., active participants and active parents (APAP). A total of 30.9% of female participants classified as low SES indicated that they previously and/or presently participated in organised sport, but their parents did not do the same, i.e., active participants, but inactive parents (APIP). A total of 16.4% of female participants classified as low SES did not participate in organised sport, but had a parent who did participate in organised sport, i.e., inactive participant, but active parent (IPAP). A total of 25.5% of female participants classified as low SES indicated that they did not participate in organised sport and had parents who also did not participate in organised sport, i.e., both inactive participants and inactive parents (IPIP).

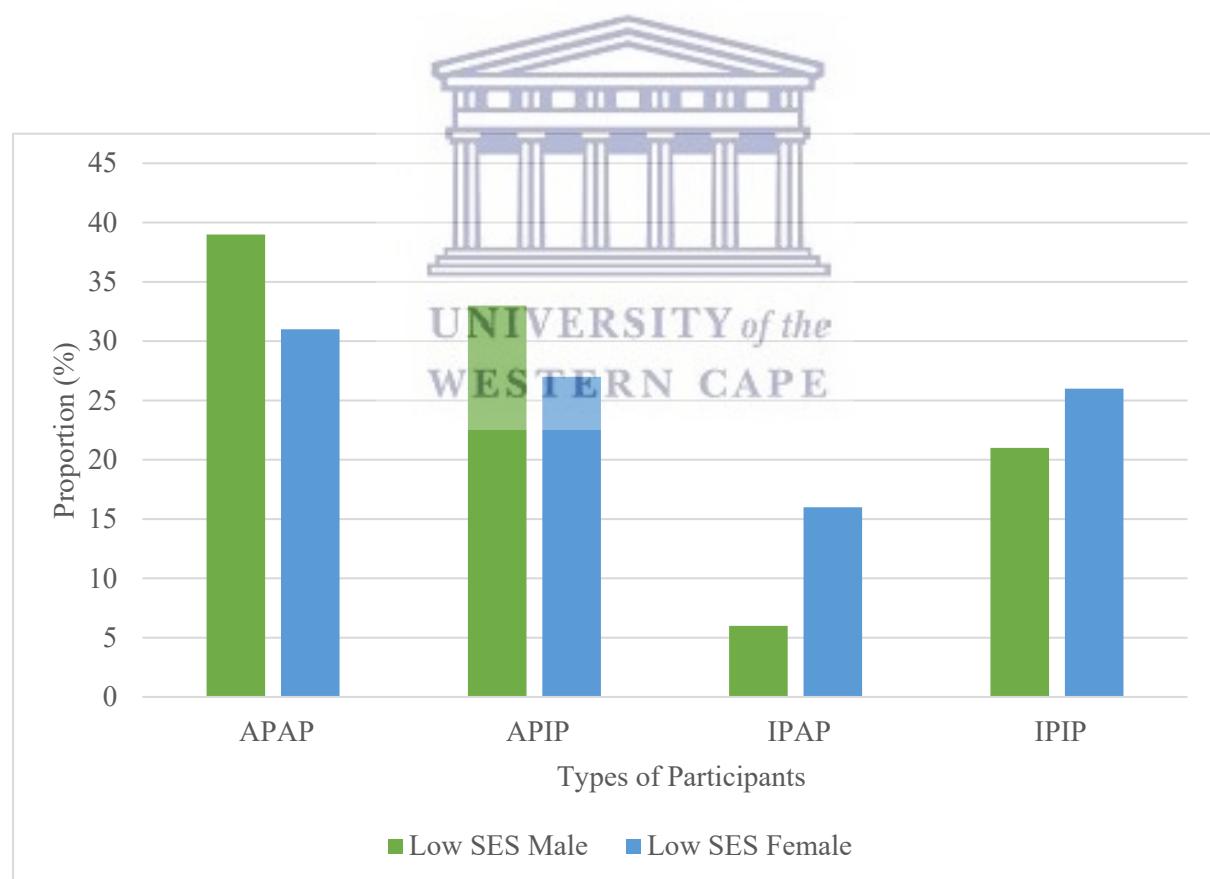


Figure 4.21: Proportion of the various types of participants who participated in organised sport according to males and females of low socioeconomic status (SES) and their parental participation patterns.

Figure 4.22 shows that 58.9% of male participants classified as middle SES indicated that they either previously and/or presently have participated in organised sport and had a parent who did the same, i.e., active participants and active parents (APAP). A total of 21.4% of male participants classified as middle SES indicated that they previously and/or presently participated in organised sport, but their parents did not do the same, i.e., active participants, but inactive parents (APIP). A total of 10.7% of male participants classified as middle SES did not participate in organised sport, but had a parent who did participate in organised sport, i.e., inactive participant, but active parent (IPAP). A total of 8.9% of male participants classified as middle SES indicated that they did not participate in organised sport and had parents who also did not participate in organised sport, i.e., both inactive participants and inactive parents (IPIP).

A total of 33.0% of female participants classified as middle SES indicated that they either previously and/or presently have participated in organised sport and had a parent who did the same, i.e., active participants and active parents (APAP). A total of 18.9% of female participants classified as middle SES indicated that they previously and/or presently participated in organised sport, but their parents did not do the same, i.e., active participants, but inactive parents (APIP). A total of 24.5% of female participants classified as middle SES did not participate in organised sport, but had a parent who did participate in organised sport, i.e., inactive participant, but active parent (IPAP). A total of 23.6% of female participants classified as middle SES indicated that they did not participate in organised sport and had parents who also did not participate in organised sport, i.e., both inactive participants and inactive parents (IPIP).

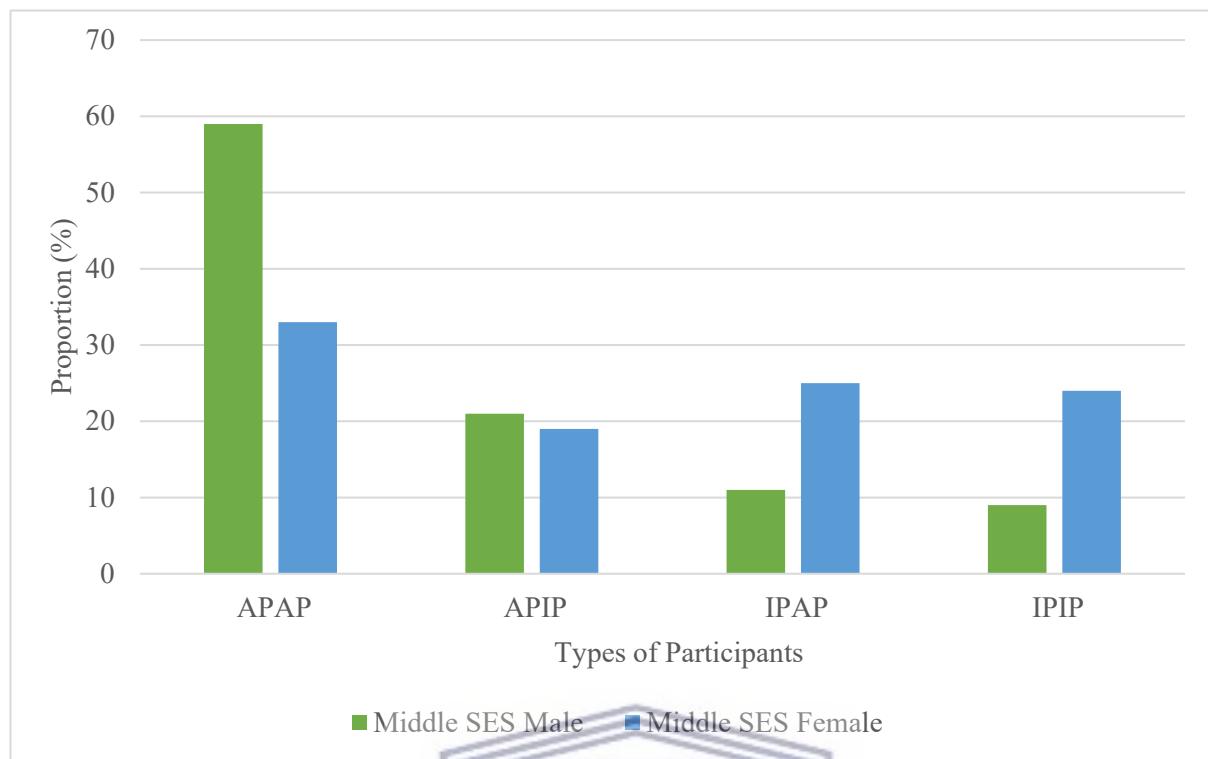


Figure 4.22: Proportion of the various types of participants who participated in organised sport according to males and females of middle socioeconomic status (SES) and their parental participation patterns.

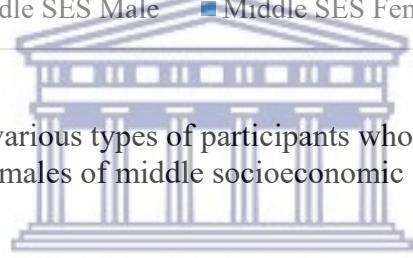


Figure 4.23 shows that 53.8% of male participants classified as high SES indicated that they either previously and/or presently have participated in organised sport and had a parent who did the same, i.e., active participants and active parents (APAP). A total of 30.8% of male participants classified as high SES indicated that they previously and/or presently participated in organised sport, but their parents did not do the same, i.e., active participants, but inactive parents (APIP). A total of 10.3% of male participants classified as high SES did not participate in organised sport, but had a parent who did participate in organised sport, i.e., inactive participant, but active parent (IPAP). A total of 5.1% of male participants classified as high SES indicated that they did not participate in organised sport and had parents who

also did not participate in organised sport, i.e., both inactive participants and inactive parents (IPIP).

A total of 55.0% of female participants classified as high SES indicated that they either previously and/or presently have participated in organised sport and had a parent who did the same, i.e., active participants and active parents (APAP). A total of 22.5% of female participants classified as high SES indicated that they previously and/or presently participated in organised sport, but their parents did not do the same, i.e., active participants, but inactive parents (APIP). A total of 10.0% of female participants classified as high SES did not participate in organised sport, but had a parent who did participate in organised sport, i.e., inactive participant, but active parent (IPAP). A total of 12.5% of female participants classified as high SES indicated that they did not participate in organised sport and had parents who also did not participate in organised sport, i.e., both inactive participants and inactive parents (IPIP).



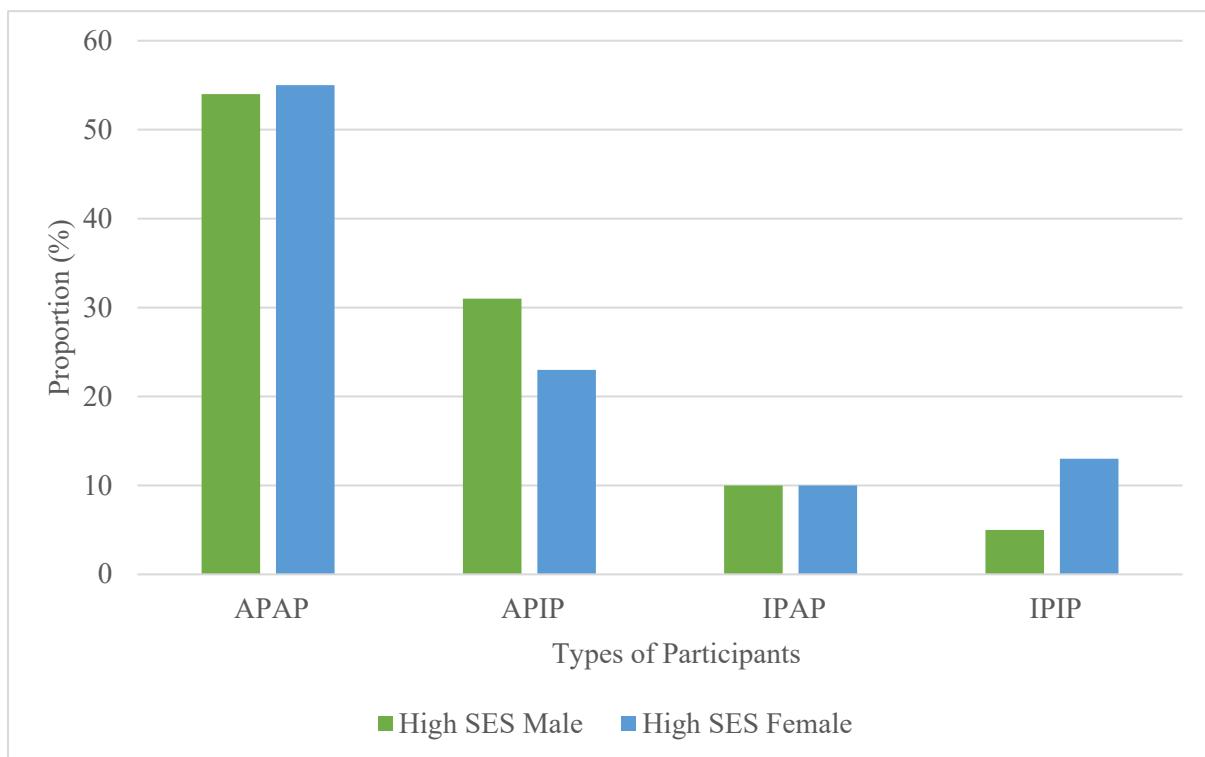


Figure 4.23: Proportion of the various types of participants who participated in organised sport according to males and females of high socioeconomic status (SES) and their parental participation patterns.

Figure 4.24 shows the participation patterns of the participants' parents or guardians in organised sport. A total of 192 participants indicated that they had at least one parent who either previously and/or presently participated in organised sport. Based on all the parents/guardians who participated in organised sport, a total of 45.3% indicated that both their parents participated in organised sport. A total of 27.1% indicated that only their fathers participated in organised sport, while 21.9% indicated that only their mothers participated in organised sport. A total of 5.7% indicated that their guardian either previously and/or presently participated in organised sport.

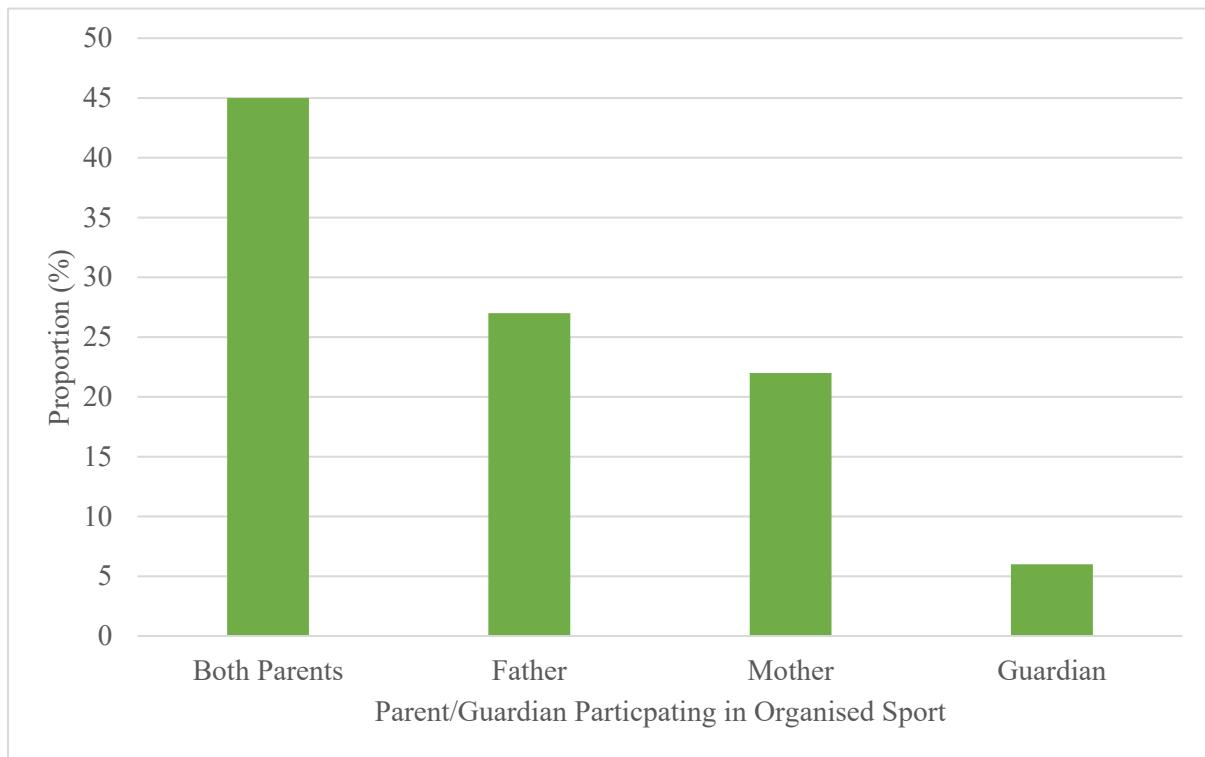


Figure 4.24: Proportion of parents/guardians who have participated in organised sport.



Figure 4.25 shows the participation patterns of the participants' parents or guardians in organised sport according to gender. A total of 38.0% of male participants indicated that at least one of their parents either previously and/or presently participated in organised sport. A total of 35.4% of male participants indicated that only their fathers participated in organised sport, while 20.3% indicated that only their mothers participated. A total of 6.3% indicated that their guardian participated in organised sport.

A total of 50.4% of female participants indicated that at least one of their parents participated in organised sport. A total of 21.2% of female participants indicated that only their fathers participated in organised sport, while 23.0% indicated that only their mothers participated. A total of 5.3% indicated that their guardian participated in organised sport.

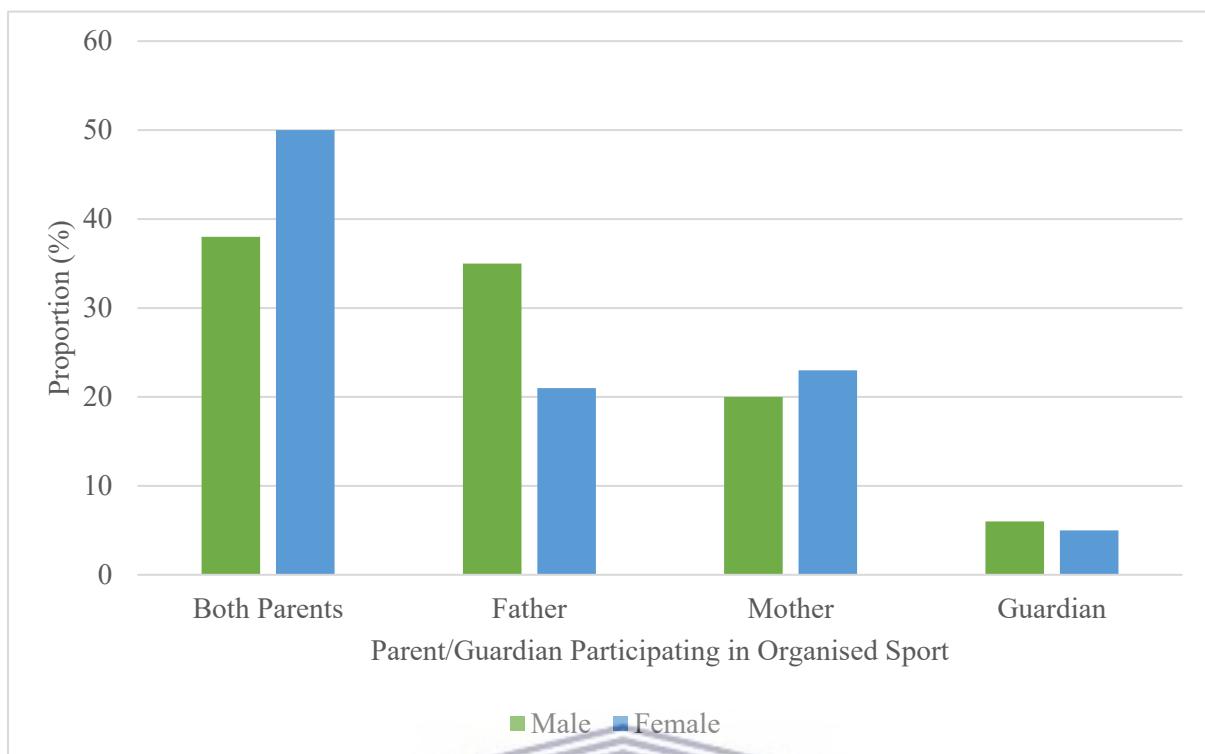


Figure 4.25: Proportion of parents/guardians who have participated in organised sport according to participant gender.



Figure 4.26 shows the participation patterns of the participants' parents or guardians in organised sport according to SES. A total of 46.3% of participants classified as low SES indicated that at least one of their parents either previously and/or presently participated in organised sport. A total of 22.0% of participants classified as low SES indicated that only their fathers participated in organised sport, while 29.3% indicated that only their mothers participated. A total of 2.4% indicated that their guardian participated in organised sport.

A total of 43.0% of participants classified as middle SES indicated that at least one of their parents participated in organised sport. A total of 28.0% of participants classified as middle SES indicated that only their fathers participated in organised sport, while 21.0% indicated

that only their mothers participated. A total of 8.0% indicated that their guardian participated in organised sport.

A total of 49.0% of participants classified as high SES indicated that at least one of their parents participated in organised sport. A total of 29.4% of participants classified as high SES indicated that only their fathers participated in organised sport, while 17.6% indicated that only their mothers participated. A total of 3.0% indicated that their guardian participated in organised sport.

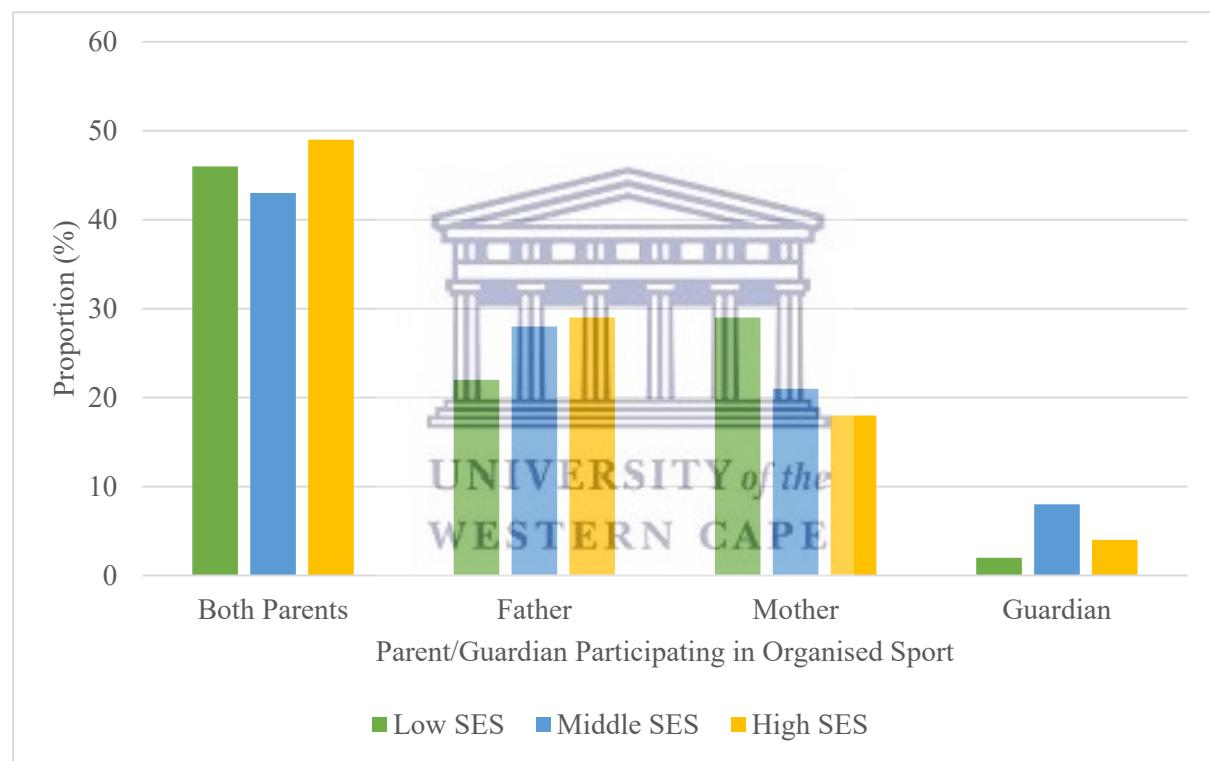


Figure 4.26: Proportion of parents/guardians who have participated in organised sport according to participants' socioeconomic status (SES).

Figure 4.27 shows the active participants who participated in organised sport and active parents who did the same. A total of 141 were active participants and active parents. Within

this group, a total of 45.4% of participants indicated that both their parents participated in organised sport. A total of 27% of participants indicated that only their fathers participated in organised sport, while 22.7% indicated that only their mothers participated. A total of 5.0% indicated that their guardian participated in organised sport.

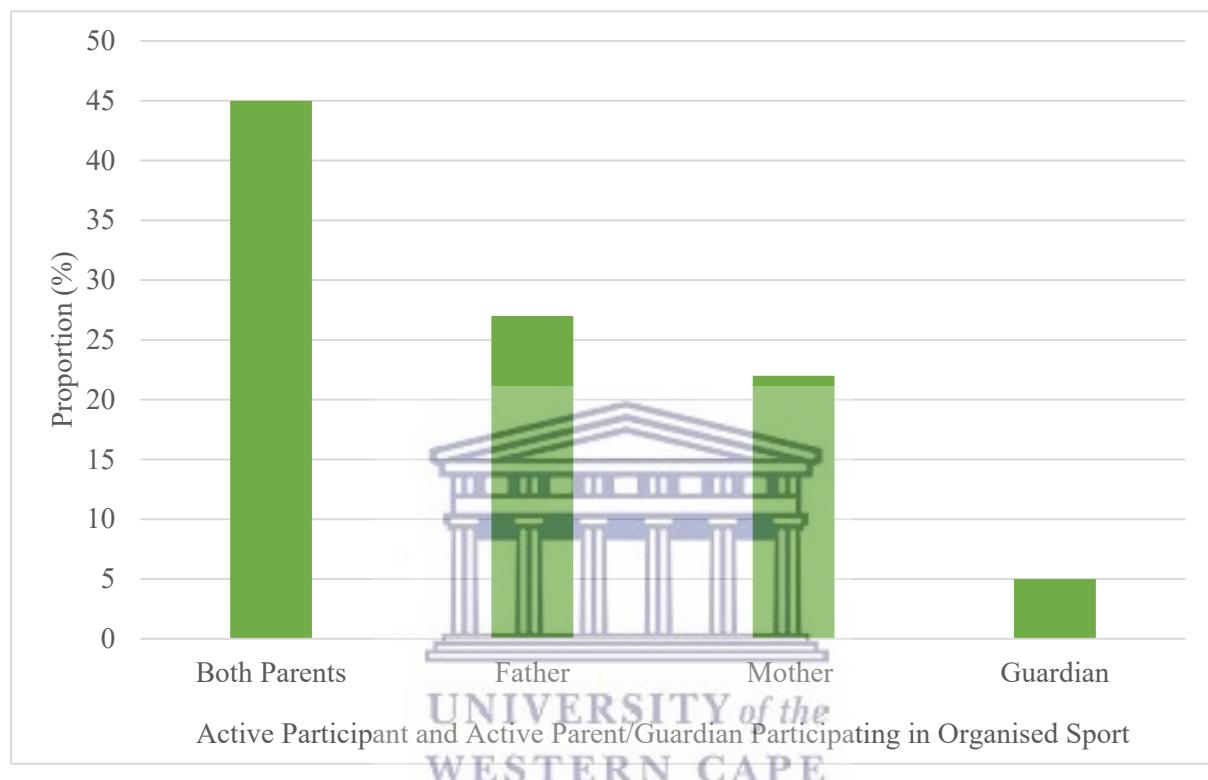


Figure 4.27: Proportion of active participants who participated in organised sport and active parents who participated in organised sport.

Figure 4.28 shows the results for active participants in organised sport and their active parents according to gender. A total of 38.8% of male participants indicated that both their parents participated in organised sport. A total of 34.3% of male participants indicated that only their fathers participated in organised sport, while 20.9% indicated that only their

mothers participated. A total of 6.0% indicated that their guardian participated in organised sport.

A total of 51.4% of female participants indicated that both their parents participated in organised sport. A total of 20.3% of female participants indicated that only their fathers participated in organised sport, while 24.3% indicated that only their mothers participated. A total of 4.1% indicated that their guardian participated in organised sport.

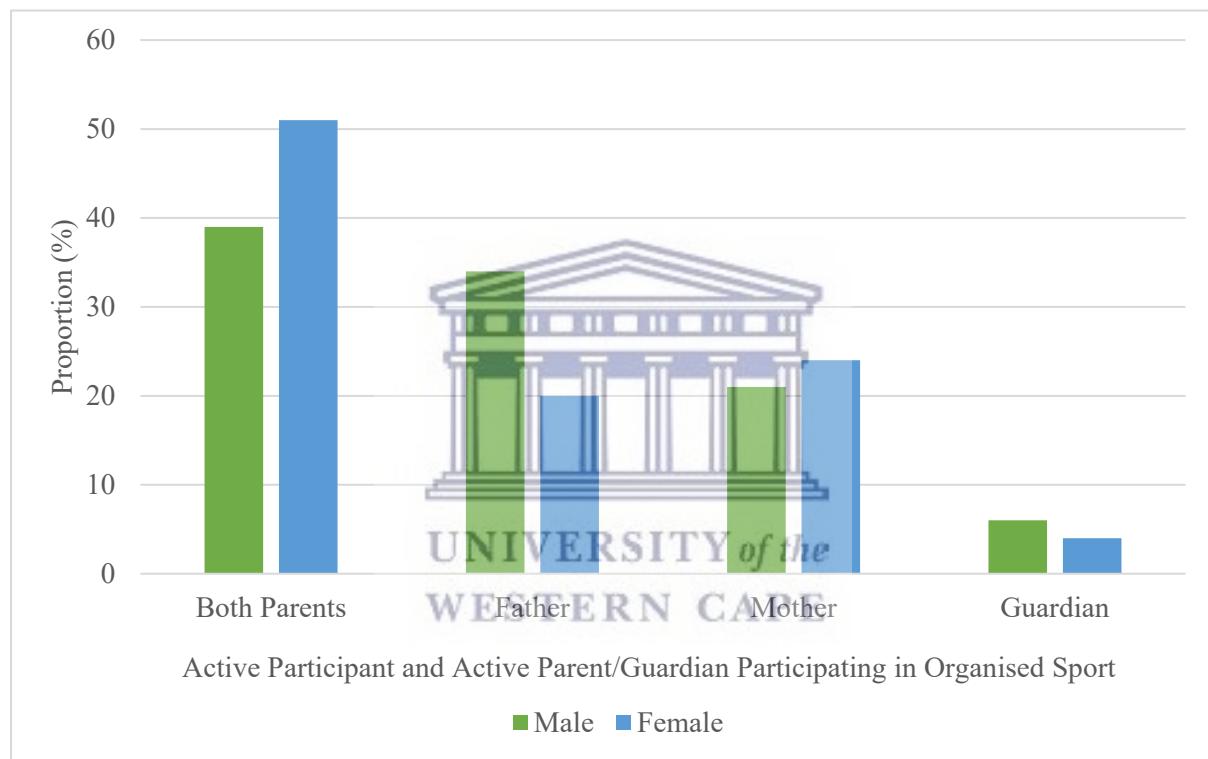


Figure 4.28: Proportion of active participants who participated in organised sport and active parents who participated in organised sport according to gender.

Figure 4.29 shows the results for active participants in organised sport and their active parents according to SES. A total of 53.3% of participants classified as low SES indicated that both their parents participated in organised sport. A total of 16.7% of participants

classified as low SES indicated that only their fathers participated in organised sport, while 26.7% indicated that only their mothers participated. A total of 3.3% indicated that their guardian participated in organised sport.

A total of 41.2% of participants classified as middle SES indicated that both their parents participated in organised sport. A total of 29.4% of participants classified as middle SES indicated that only their fathers participated in organised sport, while 23.5% indicated that only their mothers participated. A total of 5.9% indicated that their guardian participated in organised sport.

A total of 46.5% of participants classified as high SES indicated that both their parents participated in organised sport. A total of 30.2% of participants classified as high SES indicated that only their fathers participated in organised sport, while 18.6% indicated that only their mothers participated. A total of 4.7% indicated that their guardian participated in organised sport.

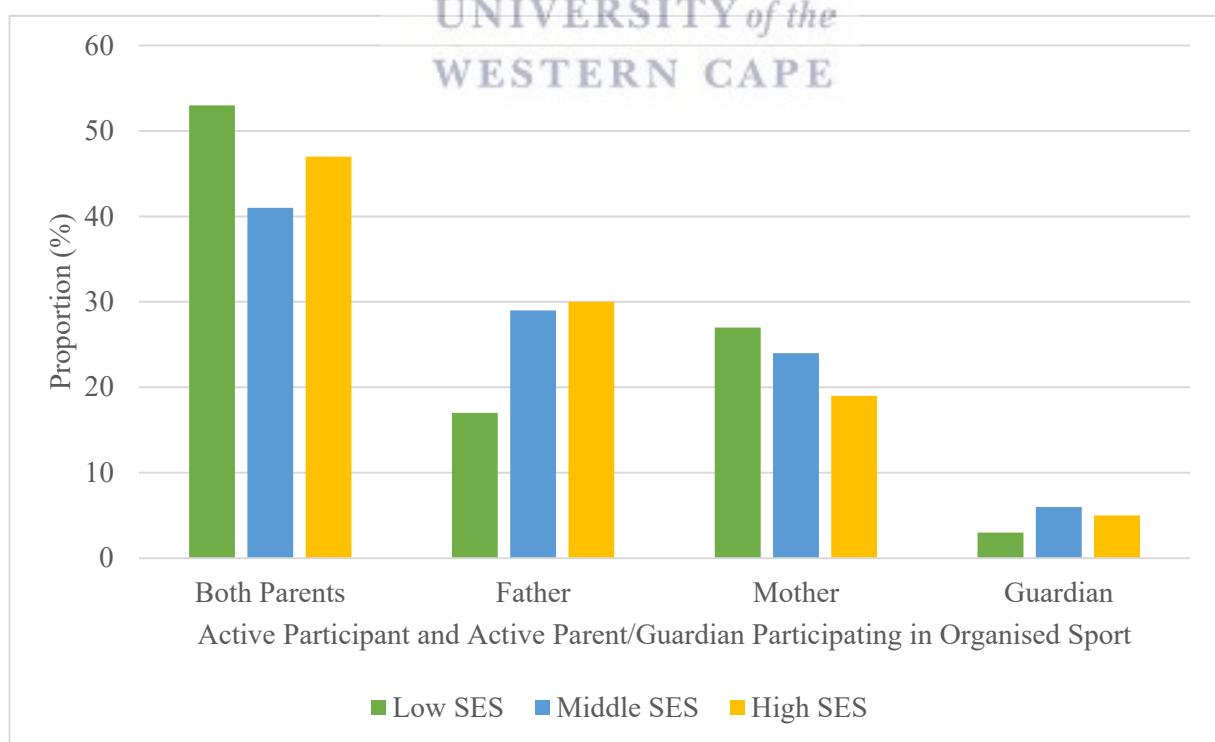
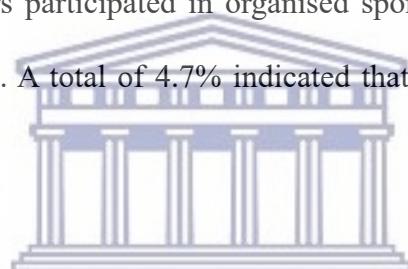


Figure 4.29: Proportion of active participants who participated in organised sport and active parents who participated in organised sport according to socioeconomic status (SES).

4.8. Sibling Participation versus Participants' Overall Participation in Organised Sport

Table 4.7 describes the various types of participants based on participant and sibling participation. APAS can be described as participants who indicated that they previously and/or presently participated in organised sport and had a sibling who did the same, i.e., active participants and active siblings (APAS). APIS can be described as participants who indicated that they previously and/or presently participated in organised sport, but their siblings did not do the same, i.e., active participants, but inactive siblings (APIS). IPAS can be described as participants who indicated that they did not participate in organised sport, but had a sibling who did participate in organised sport, i.e., inactive participant, but active siblings (IPAS). IPIS can be described as participants who indicated that they did not participate in organised sport and had siblings who also did not participate in organised sport, i.e., both inactive participants and inactive siblings (IPIS).

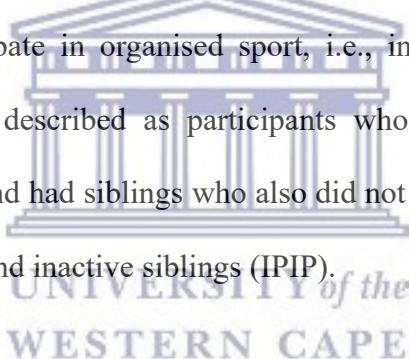


Table 4.7; Description of the various types of participants based on participant and sibling participation.

Types of Participants	Participant Participation[^]	Sibling Participation[^]	Definition
APAS	Yes	Yes	Active Participant and Active Sibling (APAS)
APIS	Yes	No	Active Participant and Inactive Sibling (APIS)
IPAS	No	Yes	Inactive Participant and Active Sibling (IPAS)
IPIS	No	No	Inactive Participant and Inactive Sibling (IPIS)

[^]Indicates either previous and/or present participation in organised sport.

Figure 4.30 shows that 42.2% of participants indicated that they either previously and/or presently have participated in organised sport and had a sibling who did the same, i.e., active participants and active siblings (APAS). A total of 24.4% of participants indicated that they previously and/or presently participated in organised sport, but their siblings did not do the same, i.e., active participants, but inactive siblings (APIS). A total of 12.8% of participants did not participate in organised sport, but had a sibling who did participate in organised sport, i.e., inactive participant, but active sibling (IPAS). A total of 20.4% of participants indicated that they did not participate in organised sport and had siblings who also did not participate in organised sport, i.e., both inactive participants and inactive siblings (IPIS).

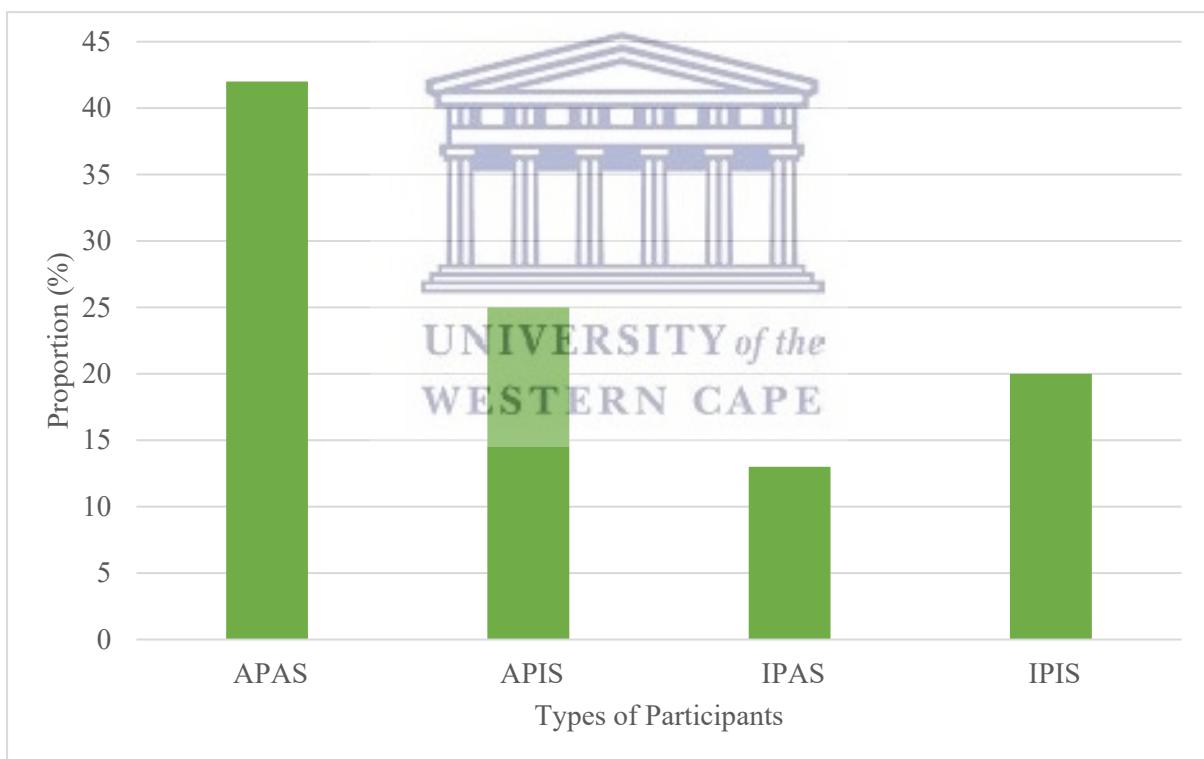


Figure 4.30: Proportion of the various types of participants who participated in organised sport based on participant and siblings' participation patterns.

Figure 4.31 shows that 49.2% of male participants indicated that they either previously and/or presently have participated in organised sport and had a sibling who did the same, i.e., active participants and active siblings (APAS). A total of 30.5% of male participants indicated that they previously and/or presently participated in organised sport, but their siblings did not do the same, i.e., active participants, but inactive siblings (APIS). A total of 6.3% of male participants did not participate in organised sport, but had a sibling who did participate in organised sport, i.e., inactive participant, but active sibling (IPAS). A total of 14.1% of male participants indicated that they did not participate in organised sport and had siblings who also did not participate in organised sport, i.e., both inactive participants and inactive siblings (IPIS).

A total 37.8% of female participants indicated that they either previously and/or presently have participated in organised sport and had a sibling who did the same, i.e., active participants and active siblings (APAS). A total of 20.9% of female participants indicated that they previously and/or presently participated in organised sport, but their siblings did not do the same, i.e., active participants, but inactive siblings (APIS). A total of 16.9% of female participants did not participate in organised sport, but had a sibling who did participate in organised sport, i.e., inactive participant, but active sibling (IPAS). A total of 20.9% of female participants indicated that they did not participate in organised sport and had siblings who also did not participate in organised sport, i.e., both inactive participants and inactive siblings (IPIS).

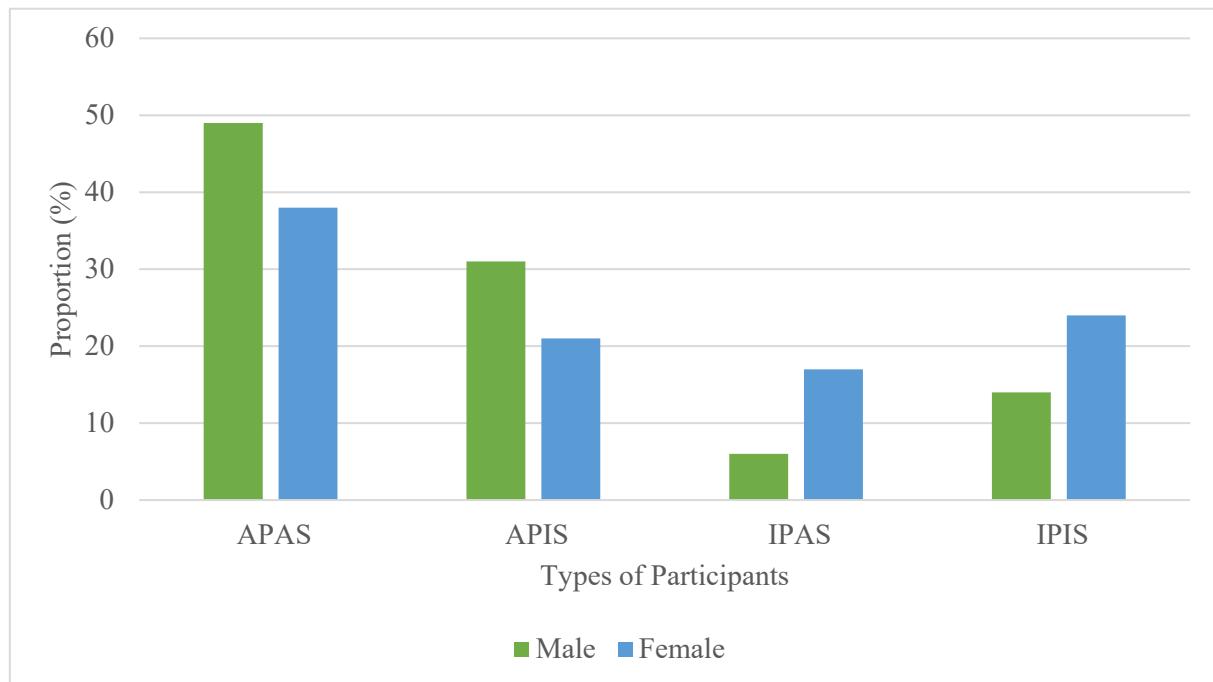


Figure 4.31: Proportion of the various types of participants who participated in organised sport based on participants' gender and siblings' participation patterns.

Figure 4.32 shows that 37.5% of 14-year-old participants indicated that they either previously and/or presently have participated in organised sport and had a sibling who did the same, i.e., active participants and active siblings (APAS). A total of 31.3% of 14-year-old participants indicated that they previously and/or presently participated in organised sport, but their siblings did not do the same, i.e., active participants, but inactive siblings (APIS). A total of 8.3% of 14-year-old participants did not participate in organised sport, but had a sibling who did participate in organised sport, i.e., inactive participant, but active sibling (IPAS). A total of 22.9% of 14-year-old participants indicated that they did not participate in organised sport and had siblings who also did not participate in organised sport, i.e., both inactive participants and inactive siblings (IPIS).

A total of 40.7% of 15-year-old participants indicated that they either previously and/or presently have participated in organised sport and had a sibling who did the same, i.e., active

participants and active siblings (APAS). A total of 22.8% of 15-year-old participants indicated that they previously and/or presently participated in organised sport, but their siblings did not do the same, i.e., active participants, but inactive siblings (APIS). A total of 15.9% of 15-year-old participants did not participate in organised sport, but had a sibling who did participate in organised sport, i.e., inactive participant, but active sibling (IPAS). A total of 20.7% of 15-year-old participants indicated that they did not participate in organised sport and had siblings who also did not participate in organised sport, i.e., both inactive participants and inactive siblings (IPIS).

A total of 48.6% of 16-year-old participants indicated that they either previously and/or presently have participated in organised sport and had a sibling who did the same, i.e., active participants and active siblings (APAS). A total of 22.9% of 16-year-old participants indicated that they previously and/or presently participated in organised sport, but their siblings did not do the same, i.e., active participants, but inactive siblings (APIS). A total of 10.5% of 16-year-old participants did not participate in organised sport, but had a sibling who did participate in organised sport, i.e., inactive participant, but active sibling (IPAS). A total of 18.1% of 16-year-old participants indicated that they did not participate in organised sport and had siblings who also did not participate in organised sport, i.e., both inactive participants and inactive siblings (IPIS).

A total of 35.5% of participants aged 17-years and older indicated that they either previously and/or presently have participated in organised sport and had a sibling who did the same, i.e., active participants and active siblings (APAS). A total 29.0% of participants aged 17-years and older indicated that they previously and/or presently participated in organised sport, but their siblings did not do the same, i.e., active participants, but inactive siblings (APIS). A total of 12.9% of participants aged 17-years and older did not participate in organised sport, but

had a sibling who did participate in organised sport, i.e., inactive participant, but active sibling (IPAS). A total of 22.6% of participants aged 17-years and older indicated that they did not participate in organised sport and had siblings who also did not participate in organised sport, i.e., both inactive participants and inactive siblings (IPIS).

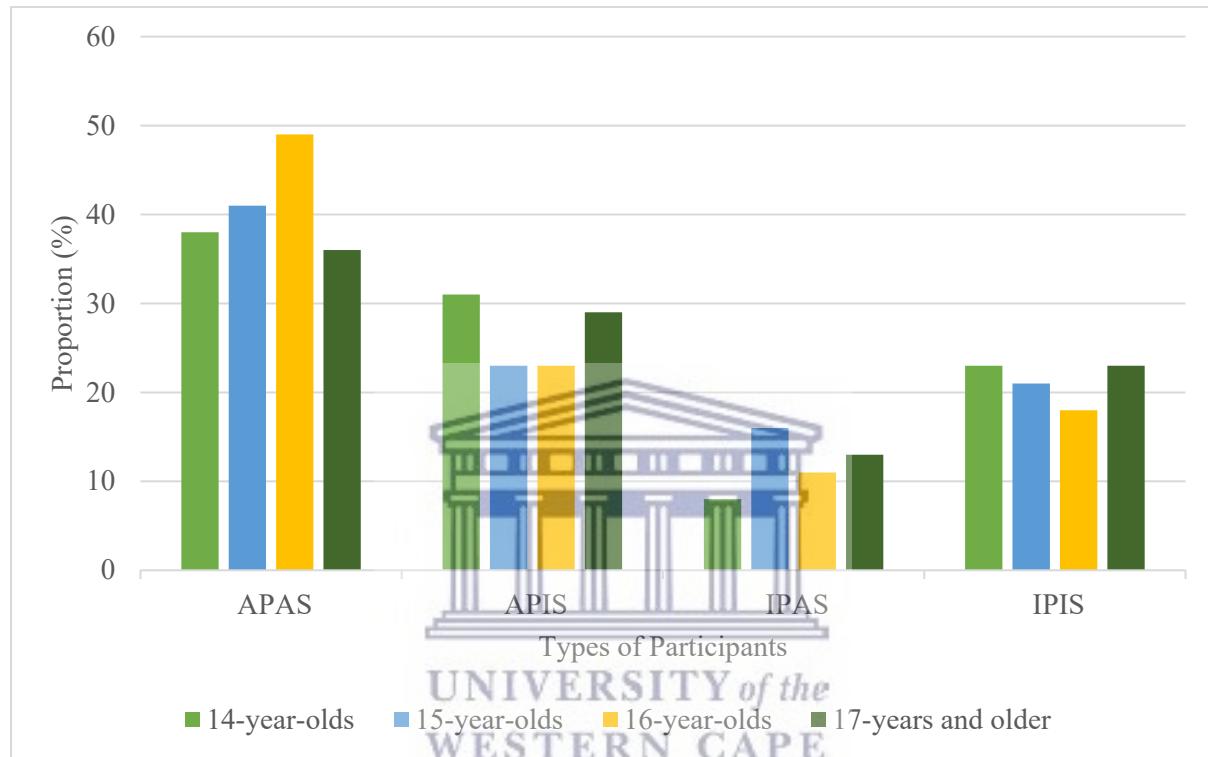


Figure 4.32: Proportion of the various types of participants who participated in organised sport based on participant age and siblings' participation patterns.

Figure 4.33 shows that 42.0% of participants classified as low SES indicated that they either previously and/or presently have participated in organised sport and had a sibling who did the same, i.e., active participants and active siblings (APAS). A total of 21.6% of participants classified as low SES indicated that they previously and/or presently participated in organised sport, but their siblings did not do the same, i.e., active participants, but inactive siblings

(APIS). A total of 14.8% of participants classified as low SES did not participate in organised sport, but had a sibling who did participate in organised sport, i.e., inactive participant, but active sibling (IPAS). A total of 21.6% of participants classified as low SES indicated that they did not participate in organised sport and had siblings who also did not participate in organised sport, i.e., both inactive participants and inactive siblings (IPIS).

A total of 40.1% of participants classified as middle SES indicated that they either previously and/or presently have participated in organised sport and had a sibling who did the same, i.e., active participants and active siblings (APAS). A total of 21.6% of participants classified as middle SES indicated that they previously and/or presently participated in organised sport, but their siblings did not do the same, i.e., active participants, but inactive siblings (APIS). A total of 15.4% of participants classified as middle SES did not participate in organised sport, but had a sibling who did participate in organised sport, i.e., inactive participant, but active sibling (IPAS). A total of 22.8% of participants classified as middle SES indicated that they did not participate in organised sport and had siblings who also did not participate in organised sport, i.e., both inactive participants and inactive siblings (IPIS).



A total of 46.8% of participants classified as high SES indicated that they previously and/or presently participated in organised sport and had a sibling who did the same, i.e., active participants and active siblings (APAS). A total of 34.2% of participants classified as high SES indicated that they previously and/or presently participated in organised sport, but their siblings did not do the same, i.e., active participants, but inactive siblings (APIS). A total of 5.1% of participants classified as high SES did not participate in organised sport, but had a sibling who did participate in organised sport, i.e., inactive participant, but active sibling (IPAS). A total of 13.9% of participants classified as high SES indicated that they did not

participate in organised sport and had siblings who also did not participate in organised sport, i.e., both inactive participants and inactive siblings (IPIS).

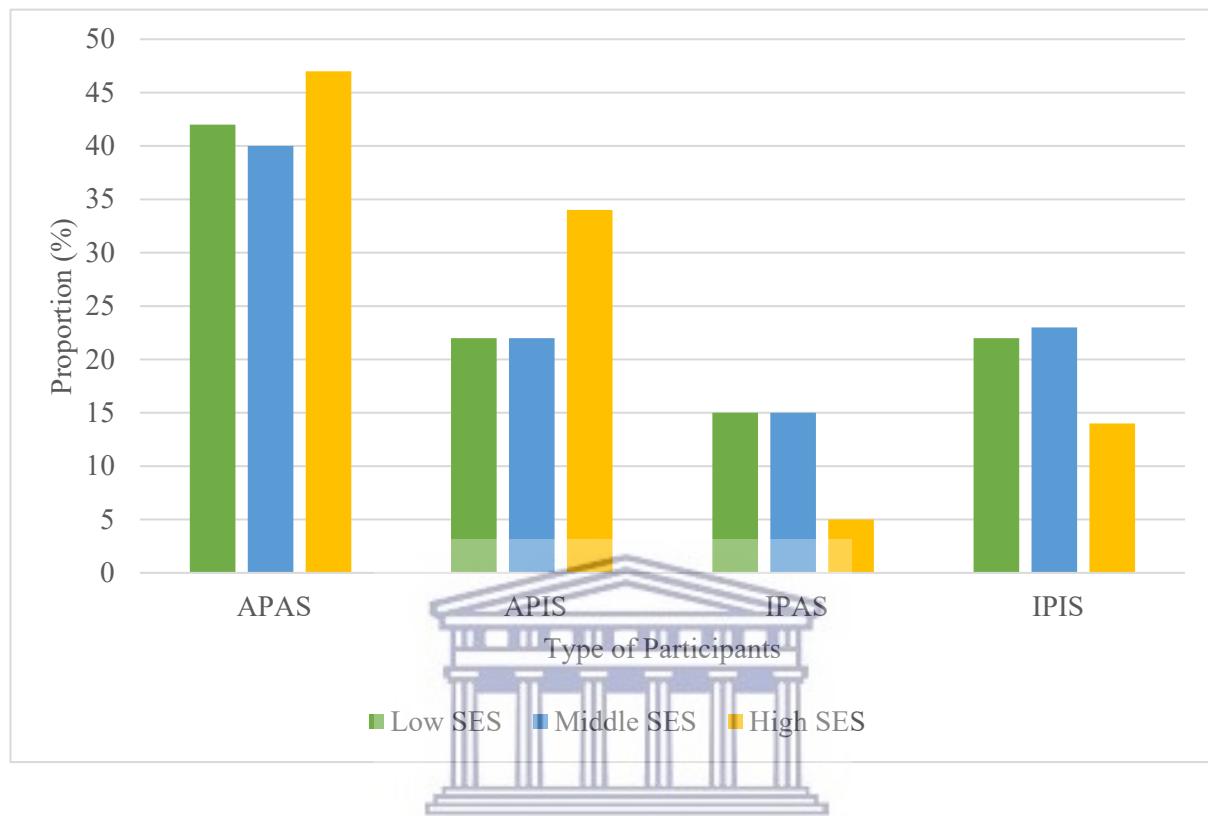


Figure 4.33: Proportion of the various types of participants who participated in organised sport based on participant socioeconomic status (SES) and siblings' participation patterns.

Figure 4.34 shows that 41.2% of 14-year-old male participants indicated that they either previously and/or presently have participated in organised sport and had a sibling who did the same, i.e., active participants and active siblings (APAS). A total of 23.5% of 14-year-old male indicated that they previously and/or presently participated in organised sport, but their siblings did not do the same, i.e., active participants, but inactive siblings (APIS). A total of 5.9% of 14-year-old male participants did not participate in organised sport, but had a sibling who did participate in organised sport, i.e., inactive participant, but active sibling (IPAS). A total of 29.4% of 14-year-old male participants indicated that they did not participate in

organised sport and had siblings who also did not participate in organised sport, i.e., both inactive participants and inactive siblings (IPIS).

A total of 35.5% of 14-year-old female participants indicated that they either previously and/or presently have participated in organised sport and had a sibling who did the same, i.e., active participants and active siblings (APAS). A total of 35.5% of 14-year-old female participants indicated that they previously and/or presently participated in organised sport, but their siblings did not do the same, i.e., active participants, but inactive siblings (APIS). A total of 9.7% of 14-year-old female participants did not participate in organised sport, but had a sibling who did participate in organised sport, i.e., inactive participant, but active sibling (IPAS). A total of 19.4% of 14-year-old female participants indicated that they did not participate in organised sport and had siblings who also did not participate in organised sport, i.e., both inactive participants and inactive siblings (IPIS).

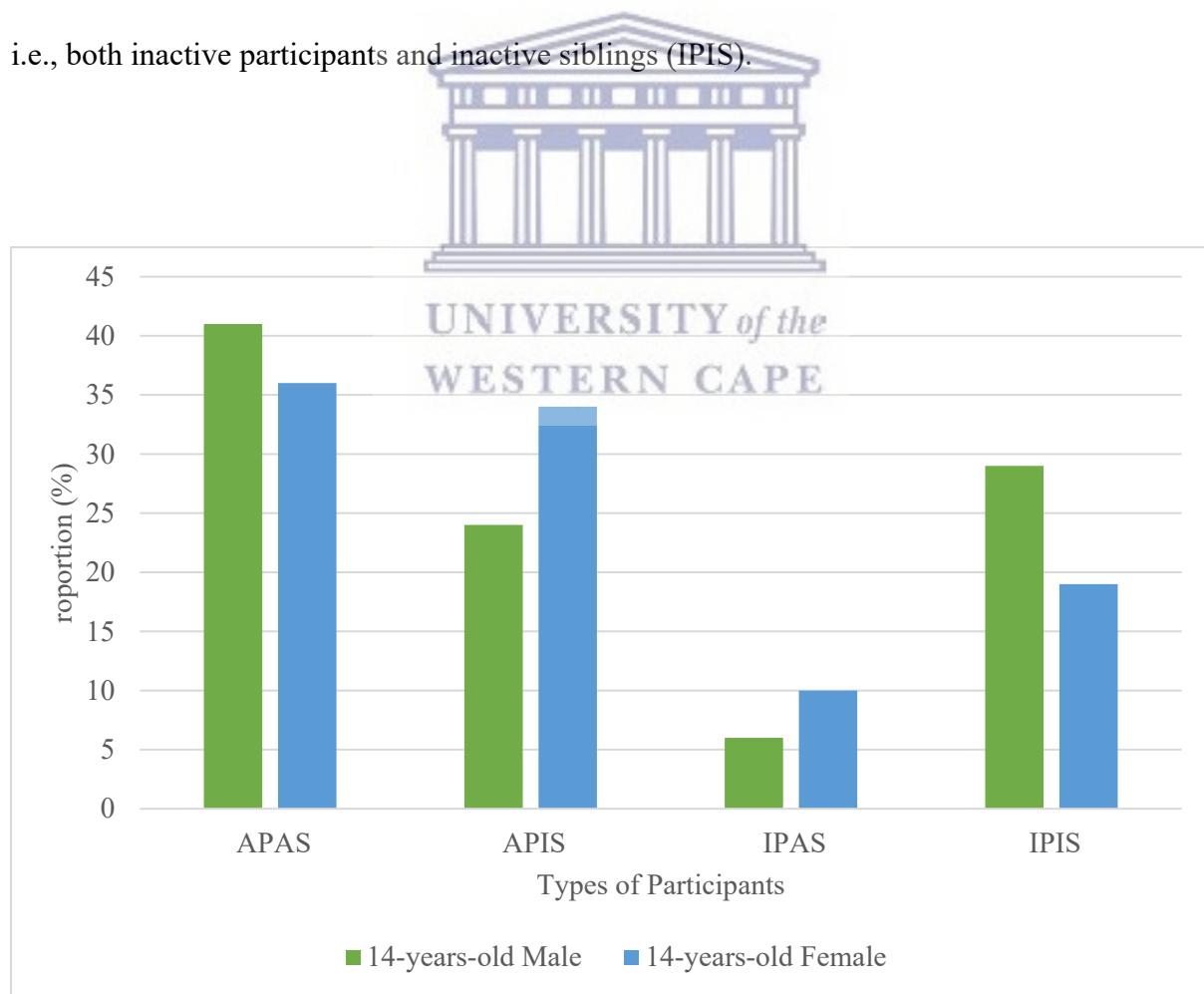


Figure 4.34: Proportion of the various types of participants who participated in organised sport, both males and females aged 14-years, and their siblings' participation patterns.

Figure 4.35 shows that 47.1% of 15-year-old male participants indicated that they either previously and/or presently have participated in organised sport and had a sibling who did the same, i.e., active participants and active siblings (APAS). A total of 35.3% of 15-year-old male participants indicated that they previously and/or presently participated in organised sport, but their siblings did not do the same, i.e., active participants, but inactive siblings (APIS). A total of 5.9% of 15-year-old male participants did not participate in organised sport, but had a sibling who did participate in organised sport, i.e., inactive participant, but active sibling (IPAS). A total of 11.8% of 15-year-old male participants indicated that they did not participate in organised sport and had siblings who also did not participate in organised sport, i.e., both inactive participants and inactive siblings (IPIS).

A total of 37.2% of 15-year-old female participants indicated that they either previously and/or presently have participated in organised sport and had a sibling who did the same, i.e., active participants and active siblings (APAS). A total of 16.0% of 15-year-old female participants indicated that they previously and/or presently participated in organised sport, but their siblings did not do the same, i.e., active participants, but inactive siblings (APIS). A total of 21.3% of 15-year-old female participants did not participate in organised sport, but had a sibling who did participate in organised sport, i.e., inactive participant, but active sibling (IPAS). A total 25.5% of 15-year-old female participants indicated that they did not participate in organised sport and had siblings who also did not participate in organised sport, i.e., both inactive participants and inactive siblings (IPIS).

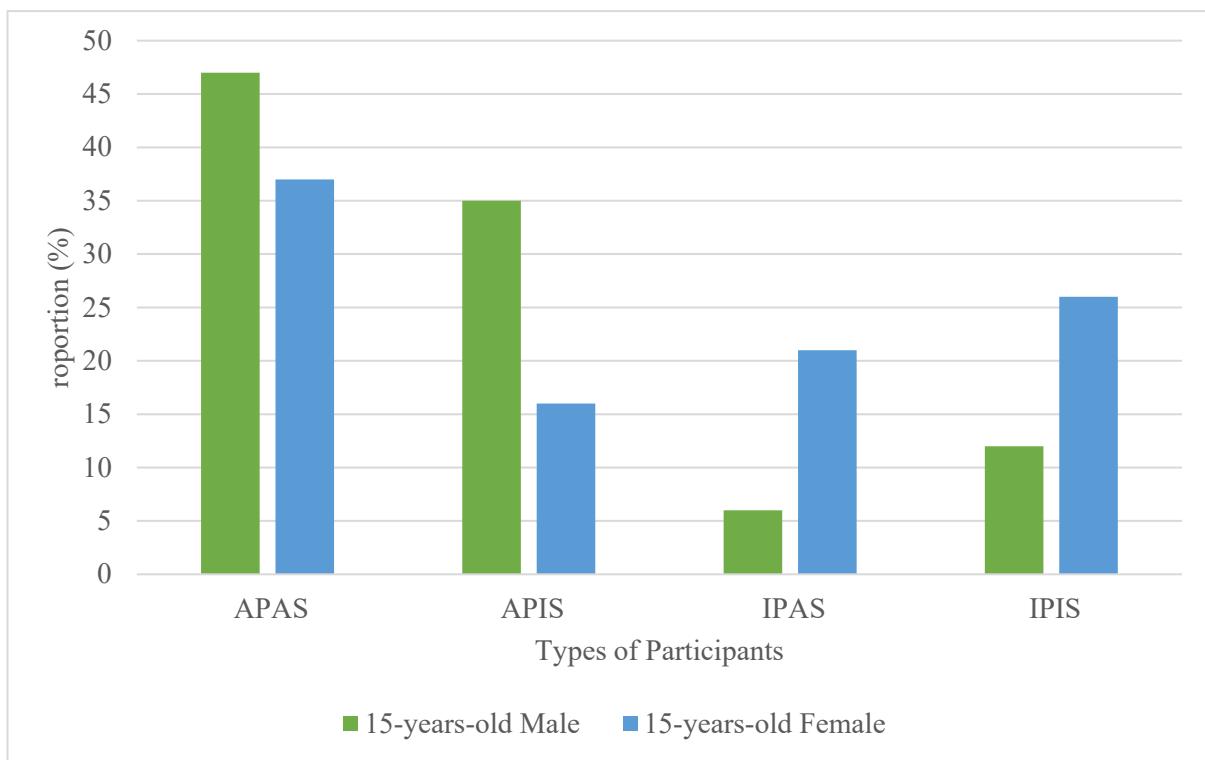


Figure 4.35: Proportion of the various types of participants who participated in organised sport, both males and females aged 15-years, and their siblings' participation patterns.

Figure 4.36 shows that 52.4% of 16-year-old male participants indicated that they either previously and/or presently have participated in organised sport and had a sibling who did the same, i.e., active participants and active siblings (APAS). A total of 26.2% of 16-year-old male participants indicated that they previously and/or presently participated in organised sport, but their siblings did not do the same, i.e., active participants, but inactive siblings (APIS). A total of 9.5% of 16-year-old male participants did not participate in organised sport, but had a sibling who did participate in organised sport, i.e., inactive participant, but active sibling (IPAS). A total of 11.9% of 16-year-old male participants indicated that they did not participate in organised sport and had siblings who also did not participate in organised sport, i.e., both inactive participants and inactive siblings (IPIS).

A total of 46.0% of 16-year-old female participants indicated that they either previously and/or presently have participated in organised sport and had a sibling who did the same, i.e., active participants and active siblings (APAS). A total of 20.6% of 16-year-old female participants indicated that they previously and/or presently participated in organised sport, but their siblings did not do the same, i.e., active participants, but inactive siblings (APIS). A total of 11.1% of 16-year-old female participants did not participate in organised sport, but had a sibling who did participate in organised sport, i.e., inactive participant, but active sibling (IPAS). A total of 22.2% of 16-year-old female participants indicated that they did not participate in organised sport and had siblings who also did not participate in organised sport, i.e., both inactive participants and inactive siblings (IPIS).

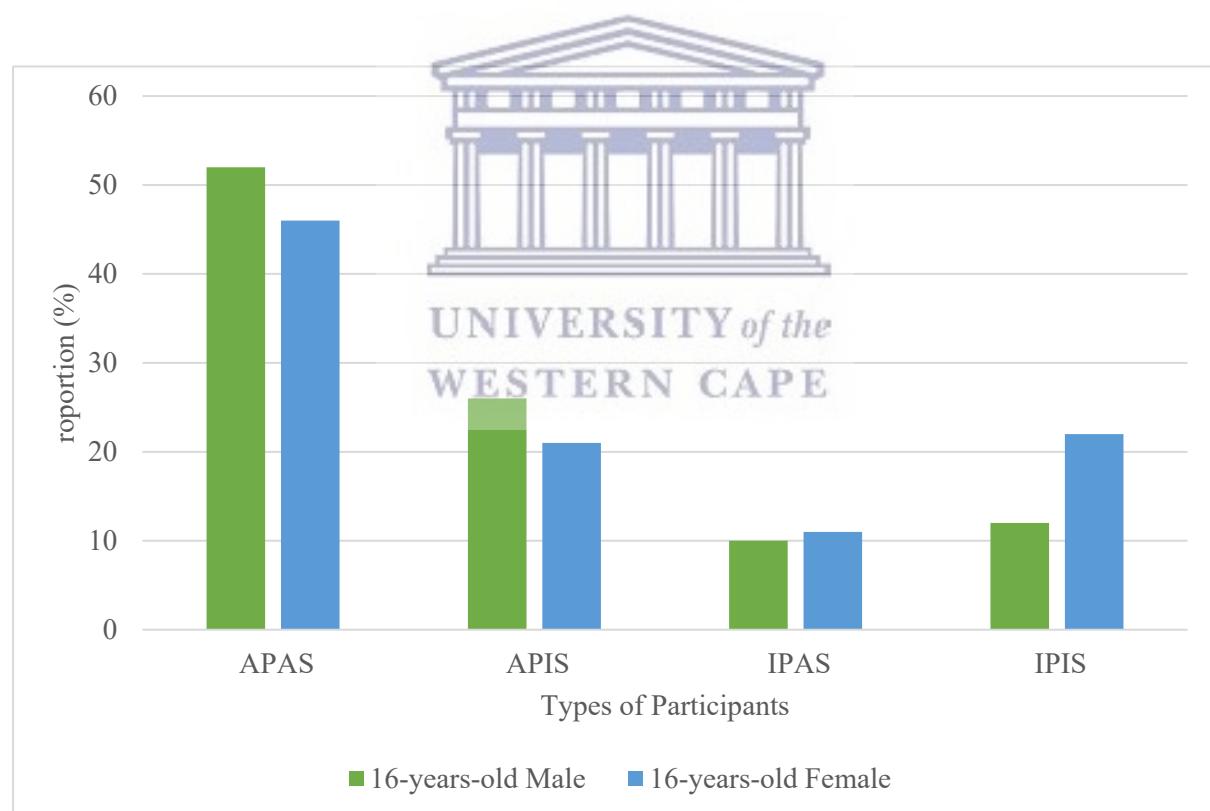


Figure 4.36: Proportion of the various types of participants who participated in organised sport, both males and females aged 16-years, and their siblings' participation patterns.

Figure 4.37 shows that 55.6% of male participants aged 17-years and older indicated that they previously and/or presently participated in organised sport and had a sibling who did the same, i.e., active participants and active siblings (APAS). A total 11.3% of male participants aged 17-years and older indicated that they previously and/or presently participated in organised sport, but their siblings did not do the same, i.e., active participants, but inactive siblings (APIS). There were no male participants aged 17-years and older who did not participate in organised sport, but had a sibling who did participate in organised sport, i.e., inactive participant, but active sibling (IPAS). A total of 11.1% of male participants aged 17-years and older indicated that they did not participate in organised sport and had siblings who also did not participate in organised sport, i.e., both inactive participants and inactive siblings (IPIS).

A total of 7.7% of female participants aged 17-years and older indicated that they either previously and/or presently have participated in organised sport and had a sibling who did the same, i.e., active participants and active siblings (APAS). A total 23.1% of female participants aged 17-years and older indicated that they previously and/or presently participated in organised sport, but their siblings did not do the same, i.e., active participants, but inactive siblings (APIS). A total of 30.8% of female participants aged 17-years and older did not participate in organised sport, but had a sibling who did participate in organised sport, i.e., inactive participant, but active sibling (IPAS). A total of 38.5% of female participants aged 17-years and older indicated that they did not participate in organised sport and had siblings who also did not participate in organised sport, i.e., both inactive participants and inactive siblings (IPIS).

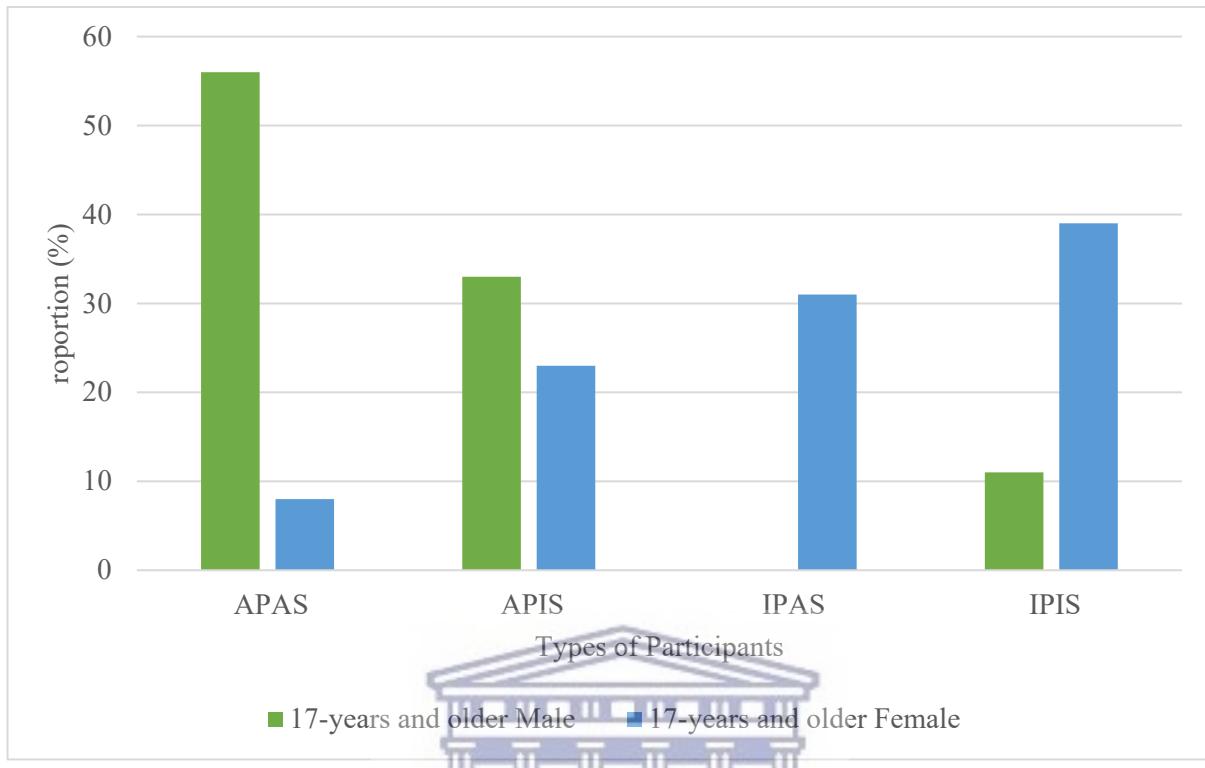


Figure 4.37: Proportion of the various types of participants who participated in organised sport, both males and females aged 17-years and older, and their siblings' participation patterns.

**UNIVERSITY of the
WESTERN CAPE**

Figure 4.38 shows that 42.4% of male participants classified as low SES indicated that they either previously and/or presently have participated in organised sport and had a sibling who did the same, i.e., active participants and active siblings (APAS). A total of 30.3% of male participants classified as low SES indicated that they previously and/or presently participated in organised sport, but their siblings did not do the same, i.e., active participants, but inactive siblings (APIS). A total of 6.1% of male participants classified as low SES did not participate in organised sport, but had a sibling who did participate in organised sport, i.e., inactive participant, but active sibling (IPAS). A total of 21.2% of male participants classified as low

SES indicated that they did not participate in organised sport and had siblings who also did not participate in organised sport, i.e., both inactive participants and inactive siblings (IPIS).

A total of 41.8% of female participants classified as low SES indicated that they either previously and/or presently have participated in organised sport and had a sibling who did the same, i.e., active participants and active siblings (APAS). A total of 16.4% of female participants classified as low SES indicated that they previously and/or presently participated in organised sport, but their siblings did not do the same, i.e., active participants, but inactive siblings (APIS). A total of 20.0% of female participants classified as low SES did not participate in organised sport, but had a sibling who did participate in organised sport, i.e., inactive participant, but active sibling (IPAS). A total of 21.8% of female participants classified as low SES indicated that they did not participate in organised sport and had siblings who also did not participate in organised sport, i.e., both inactive participants and inactive siblings (IPIS).



UNIVERSITY of the
WESTERN CAPE

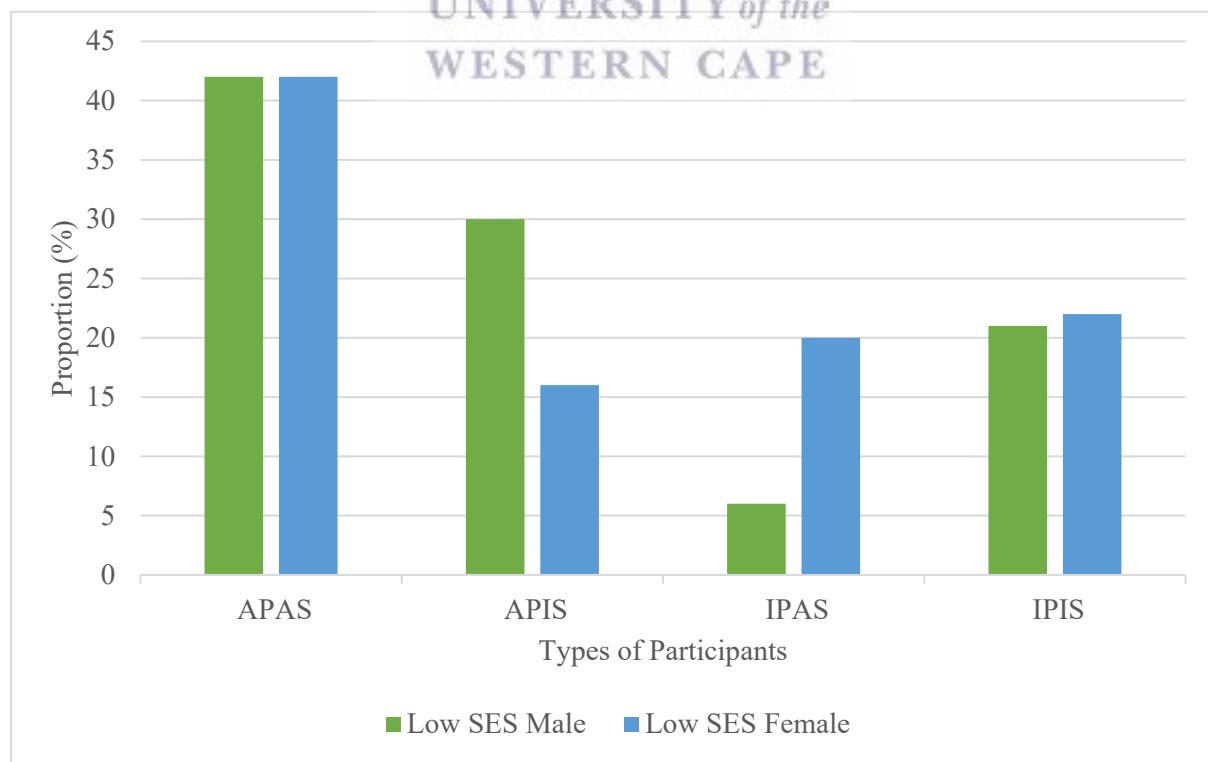
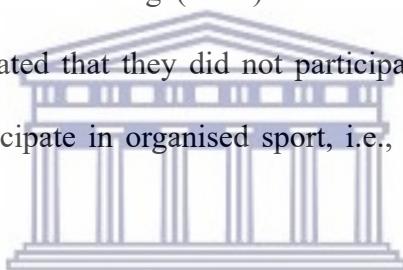


Figure 4.38: Proportion of the various types of participants who participated in organised sport according to males and females of low socioeconomic status (SES) and their siblings' participation patterns.

Figure 4.39 shows that 50.0% of male participants classified as middle SES indicated that they either previously and/or presently have participated in organised sport and had a sibling who did the same, i.e., active participants and active siblings (APAS). A total of 30.3% of male participants classified as middle SES indicated that they previously and/or presently participated in organised sport, but their siblings did not do the same, i.e., active participants, but inactive siblings (APIS). A total of 6.1% of male participants classified as middle SES did not participate in organised sport, but had a sibling who did participate in organised sport, i.e., inactive participant, but active sibling (IPAS). A total of 10.7% of male participants classified as middle SES indicated that they did not participate in organised sport and had siblings who also did not participate in organised sport, i.e., both inactive participants and inactive siblings (IPIS).



A total of 34.9% of female participants classified as middle SES indicated that they either previously and/or presently have participated in organised sport and had a sibling who did the same, i.e., active participants and active siblings (APAS). A total of 17.0% of female participants classified as middle SES indicated that they previously and/or presently participated in organised sport, but their siblings did not do the same, i.e., active participants, but inactive siblings (APIS). A total of 18.9% of female participants classified as middle SES did not participate in organised sport, but had a sibling who did participate in organised sport, i.e., inactive participant, but active sibling (IPAS). A total of 29.2% of female participants classified as middle SES indicated that they did not participate in organised sport and had

siblings who also did not participate in organised sport, i.e., both inactive participants and inactive siblings (IPIS).

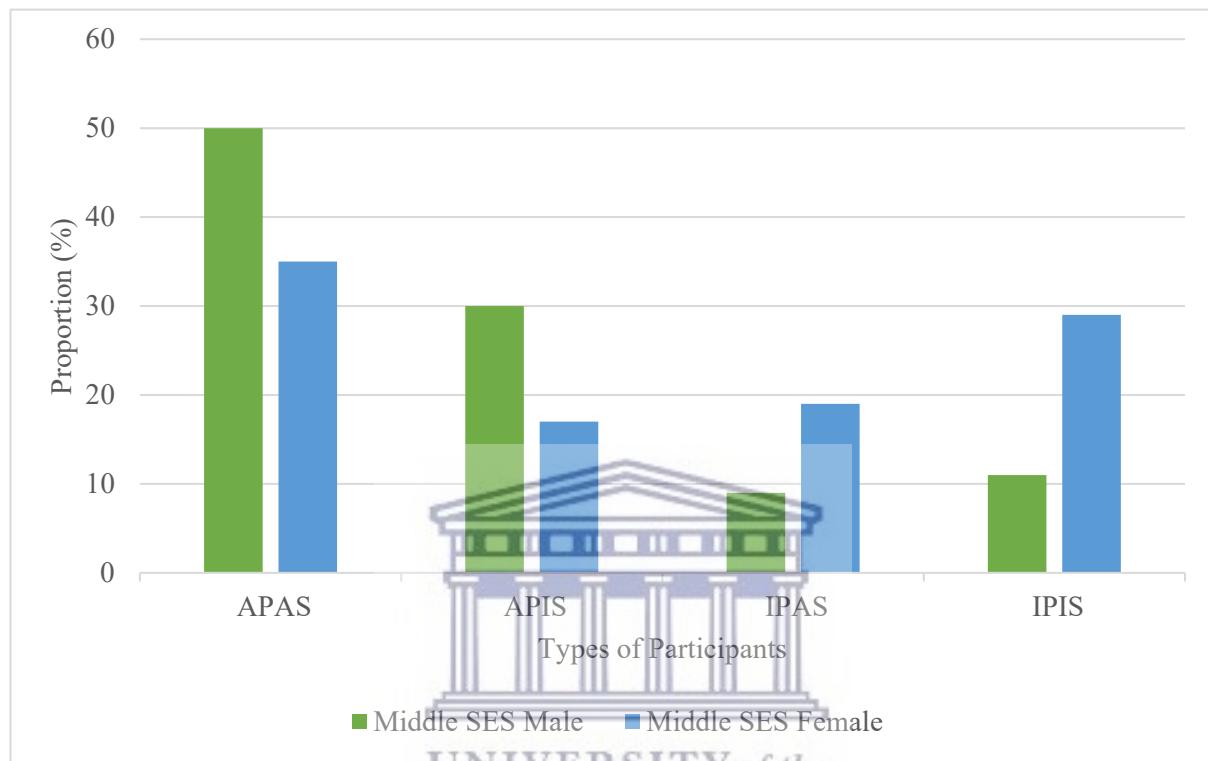
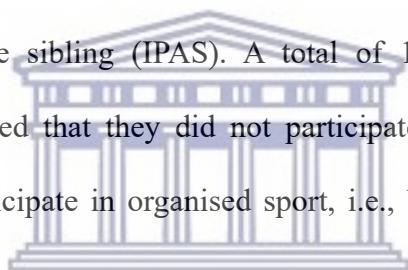


Figure 4.39: Proportion of the various types of participants who participated in organised sport according to males and females of middle socioeconomic status (SES) and their siblings' participation patterns.

Figure 4.40 shows that 53.8% of male participants classified as high SES indicated that they either previously and/or presently have participated in organised sport and had a sibling who did the same, i.e., active participants and active siblings (APAS). A total of 30.8% of male participants classified as high SES indicated that they previously and/or presently participated in organised sport, but their siblings did not do the same, i.e., active participants, but inactive siblings (APIS). A total of 2.6% of male participants classified as high SES did not participate

in organised sport, but had a sibling who did participate in organised sport, i.e., inactive participant, but active sibling (IPAS). A total of 12.8% of male participants classified as high SES indicated that they did not participate in organised sport and had siblings who also did not participate in organised sport, i.e., both inactive participants and inactive siblings (IPIS).

A total of 40.0% of female participants classified as high SES indicated that they previously and/or presently participated in organised sport and had a sibling who did the same, i.e., active participants and active siblings (APAS). A total of 37.5% of female participants classified as high SES indicated that they previously and/or presently participated in organised sport, but their siblings did not do the same, i.e., active participants, but inactive siblings (APIS). A total of 7.5% of female participants classified as high SES did not participate in organised sport, but had a sibling who did participate in organised sport, i.e., inactive participant, but active sibling (IPAS). A total of 15.0% of female participants classified as high SES indicated that they did not participate in organised sport and had siblings who also did not participate in organised sport, i.e., both inactive participants and inactive siblings (IPIS).



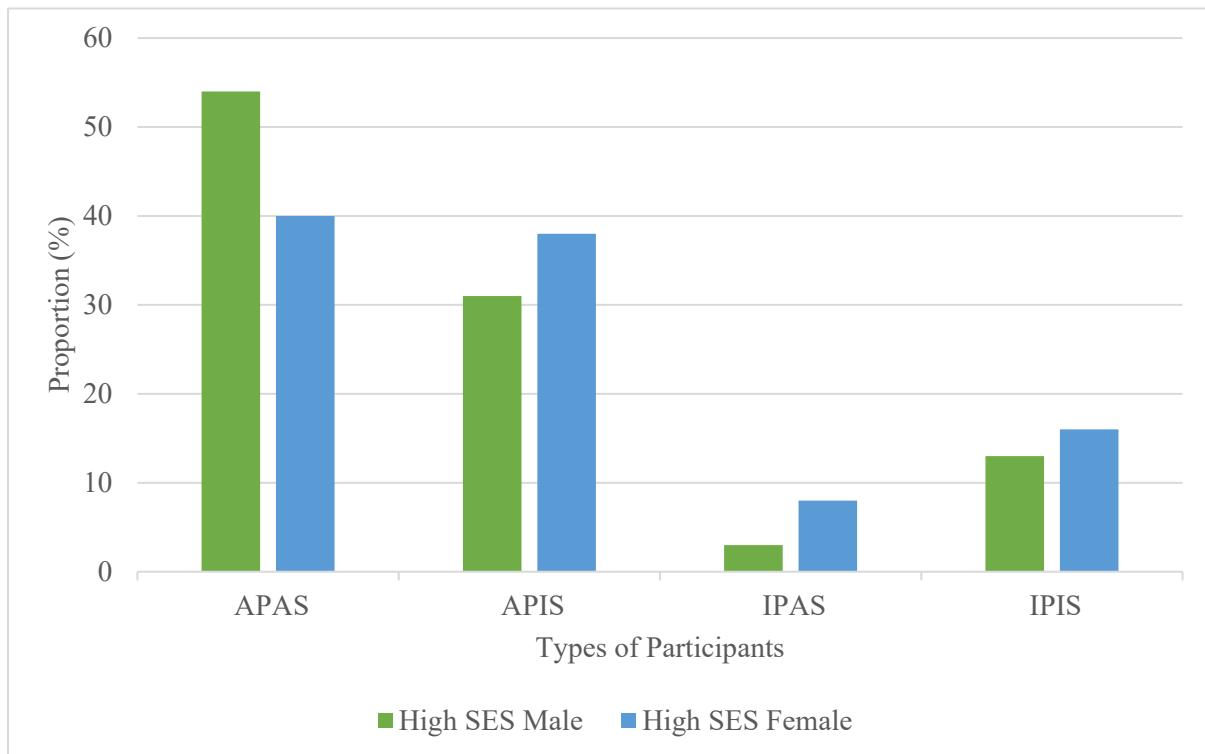
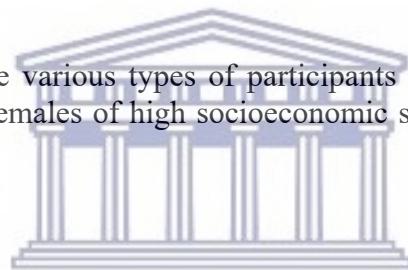


Figure 4.40 : Proportion of the various types of participants who participated in organised sport according to males and females of high socioeconomic status (SES) and their siblings' participation patterns.



4.9. Friend Participation versus Participants' Overall Participation in Organised Sport

Table 4.8 describes the various types of participants based on participant and friend participation. APAF can be described as participants who indicated that they previously and/or presently participated in organised sport and had friends who did the same, i.e., active participants and active friend (APAF). APIF can be described as participants who indicated that they previously and/or presently participated in organised sport, but their friends did not do the same, i.e., active participants, but inactive friend (APIF). IPAFAF can be described as participants who indicated that they did not participate in organised sport, but had a friend who did participate in organised sport, i.e., inactive participant, but active friend (IPAFAF). IPIF

can be described as participants who indicated that they did not participate in organised sport and had friends who also did not participate in organised sport, i.e., both inactive participants and inactive friend (IPIF).

Table 4.8: Description of the various types of participants based on participant and friend participation.

Types of Participants	Participant Participation[^]	Friend Participation[^]	Definition
APAF	Yes	Yes	Active Participant and Active Friend (APAS)
APIF	Yes	No	Active Participant and Inactive Friend (APIS)
IPAF	No	Yes	Inactive Participant and Active Friend (IPAS)
IPIF	No	No	Inactive Participant and Inactive Friend (IPIS)

[^]Indicates either previous and/or present participation in organised sport.

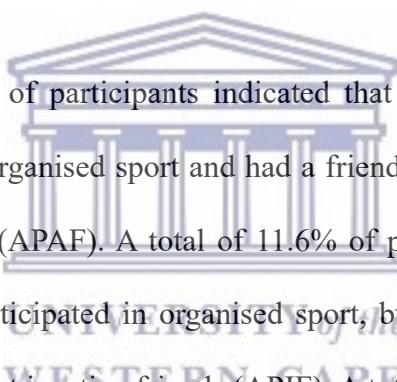


Figure 4.41 shows that 55.3% of participants indicated that they either previously and/or presently have participated in organised sport and had a friend who did the same, i.e., active participants and active friends (APAF). A total of 11.6% of participants indicated that they previously and/or presently participated in organised sport, but their friends did not do the same, i.e., active participants, but inactive friends (APIF). A total of 16.1% of participants did not participate in organised sport, but had a friend who did participate in organised sport, i.e., inactive participant, but active friend (IPAF). A total of 17.0% of participants indicated that they did not participate in organised sport and had friends who also did not participate in organised sport, i.e., both inactive participants and inactive friends (IPIF).

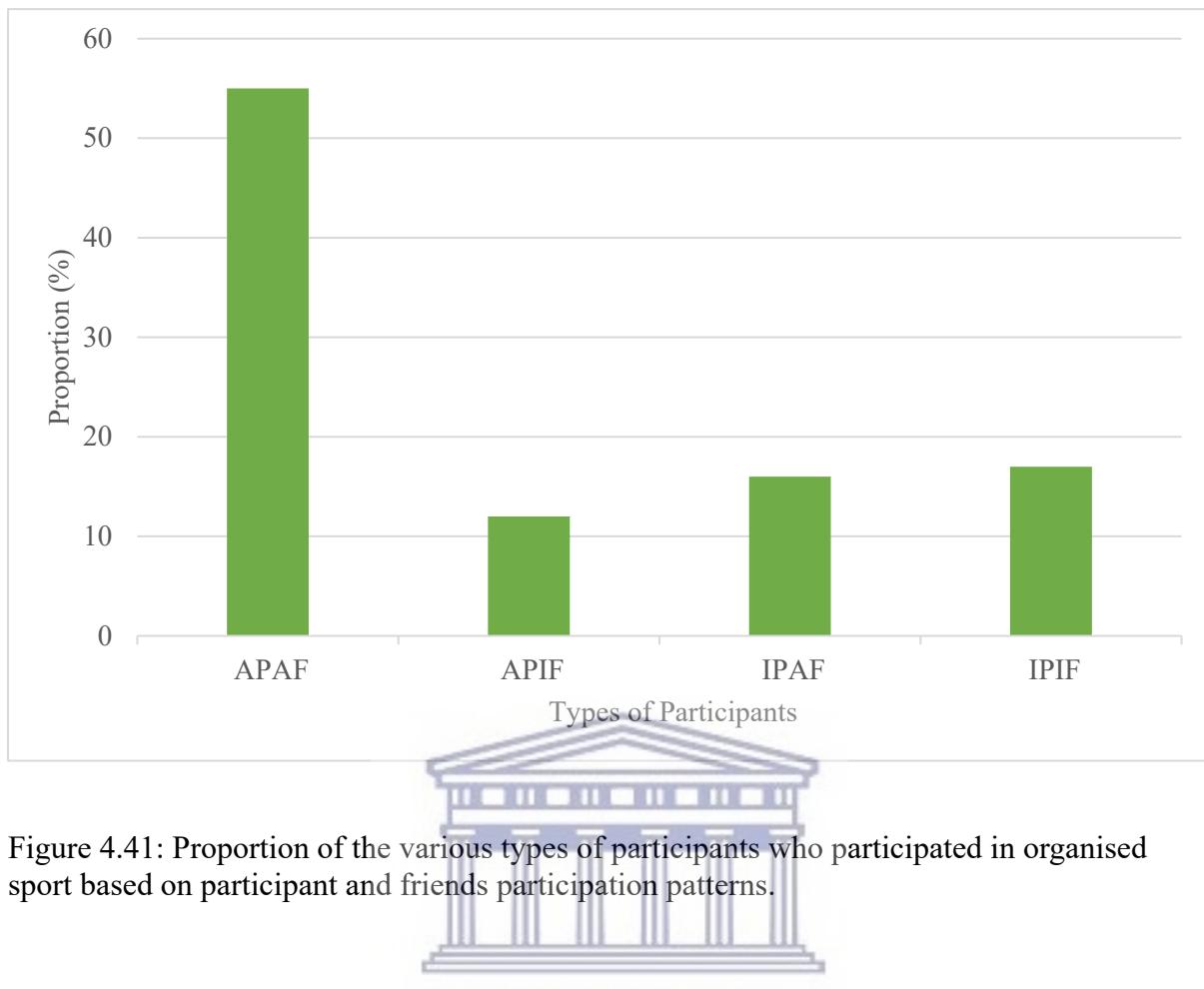


Figure 4.41: Proportion of the various types of participants who participated in organised sport based on participant and friends participation patterns.

Figure 4.42 shows that 72.7% of male participants indicated that they either previously and/or presently have participated in organised sport and had a friend who did the same, i.e., active participants and active friends (APAF). A total of 7.0% of male participants indicated that they previously and/or presently participated in organised sport, but their friends did not do the same, i.e., active participants, but inactive friends (APIF). A total of 12.5% of male participants did not participate in organised sport, but had a friend who did participate in organised sport, i.e., inactive participant, but active friend (IPAF). A total of 7.8% of male participants indicated that they did not participate in organised sport and had friends who also

did not participate in organised sport, i.e., both inactive participants and inactive friends (IPIF).

A total 44.3% of female participants indicated that they either previously and/or presently have participated in organised sport and had a friend who did the same, i.e., active participants and active friends (APAF). A total of 14.4% of female participants indicated that they previously and/or presently participated in organised sport, but their friends did not do the same, i.e., active participants, but inactive friends (APIF). A total of 18.4% of female participants did not participate in organised sport, but had a friend who did participate in organised sport, i.e., inactive participant, but active friend (IPAF). A total of 22.9% of female participants indicated that they did not participate in organised sport and had friends who also did not participate in organised sport, i.e., both inactive participants and inactive friends (IPIF).

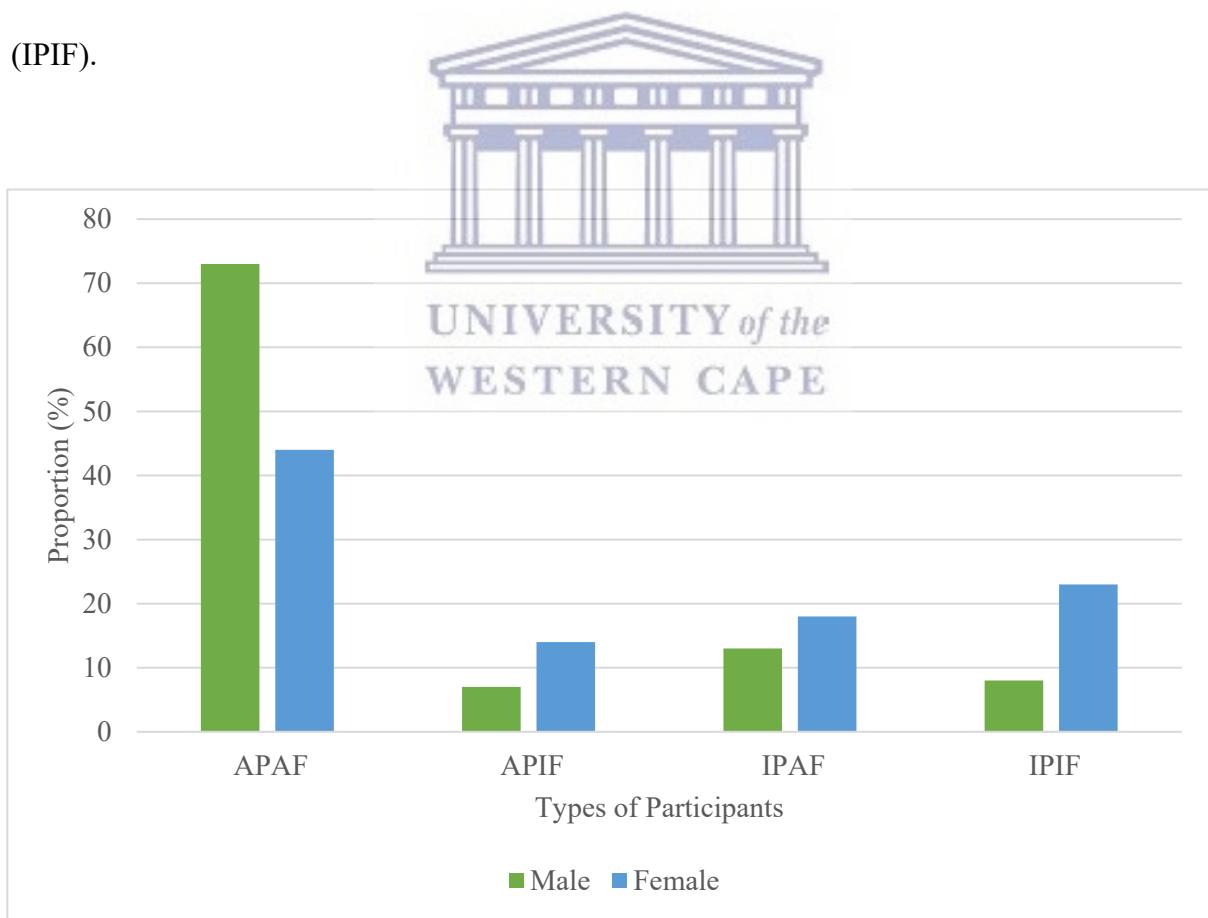


Figure 4.42: Proportion of the various types of participants who participated in organised sport based on participants' gender and friends' participation patterns.

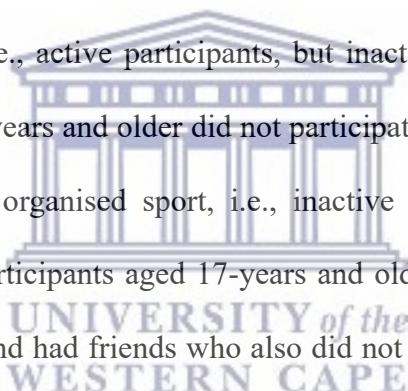
Figure 4.43 shows that 54.2% of 14-year-old participants indicated that they either previously and/or presently have participated in organised sport and had a friend who did the same, i.e., active participants and active friends (APAF). A total of 14.6% of 14-year-old participants indicated that they previously and/or presently participated in organised sport, but their friends did not do the same, i.e., active participants, but inactive friends (APIF). A total of 18.8% of 14-year-old participants did not participate in organised sport, but had a friend who did participate in organised sport, i.e., inactive participant, but active friend (IPAF). A total of 12.5% of 14-year-old participants indicated that they did not participate in organised sport and had friends who also did not participate in organised sport, i.e., both inactive participants and inactive friends (IPIF).

A total of 53.1% of 15-year-old participants indicated that they either previously and/or presently have participated in organised sport and had a friend who did the same, i.e., active participants and active friends (APAF). A total of 10.3% of 15-year-old participants indicated that they previously and/or presently participated in organised sport, but their friends did not do the same, i.e., active participants, but inactive friends (APIF). A total of 14.5% of 15-year-old participants did not participate in organised sport, but had a friend who did participate in organised sport, i.e., inactive participant, but active friend (IPAF). A total of 22.1% of 15-year-old participants indicated that they did not participate in organised sport and had friends who also did not participate in organised sport, i.e., both inactive participants and inactive friends (IPIF).

A total of 59.0% of 16-year-old participants indicated that they either previously and/or presently have participated in organised sport and had a friend who did the same, i.e., active participants and active friends (APAF). A total of 12.4% of 16-year-old participants indicated

that they previously and/or presently participated in organised sport, but their friends did not do the same, i.e., active participants, but inactive friends (APIF). A total of 15.2% of 16-year-old participants did not participate in organised sport, but had a friend who did participate in organised sport, i.e., inactive participant, but active friend (IPAF). A total of 13.3% of 16-year-old participants indicated that they did not participate in organised sport and had friends who also did not participate in organised sport, i.e., both inactive participants and inactive friends (IPIF).

A total of 54.8% of participants aged 17-years and older indicated that they previously and/or presently participated in organised sport and had a friend who did the same, i.e., active participants and active friends (APAF). A total 9.7% of participants aged 17-years and older indicated that they previously and/or presently participated in organised sport, but their friends did not do the same, i.e., active participants, but inactive friends (APIF). A total of 22.6% of participants aged 17-years and older did not participate in organised sport, but had a friend who did participate in organised sport, i.e., inactive participant, but active friend (IPAF). A total of 12.9% of participants aged 17-years and older indicated that they did not participate in organised sport and had friends who also did not participate in organised sport, i.e., both inactive participants and inactive friends (IPIF).



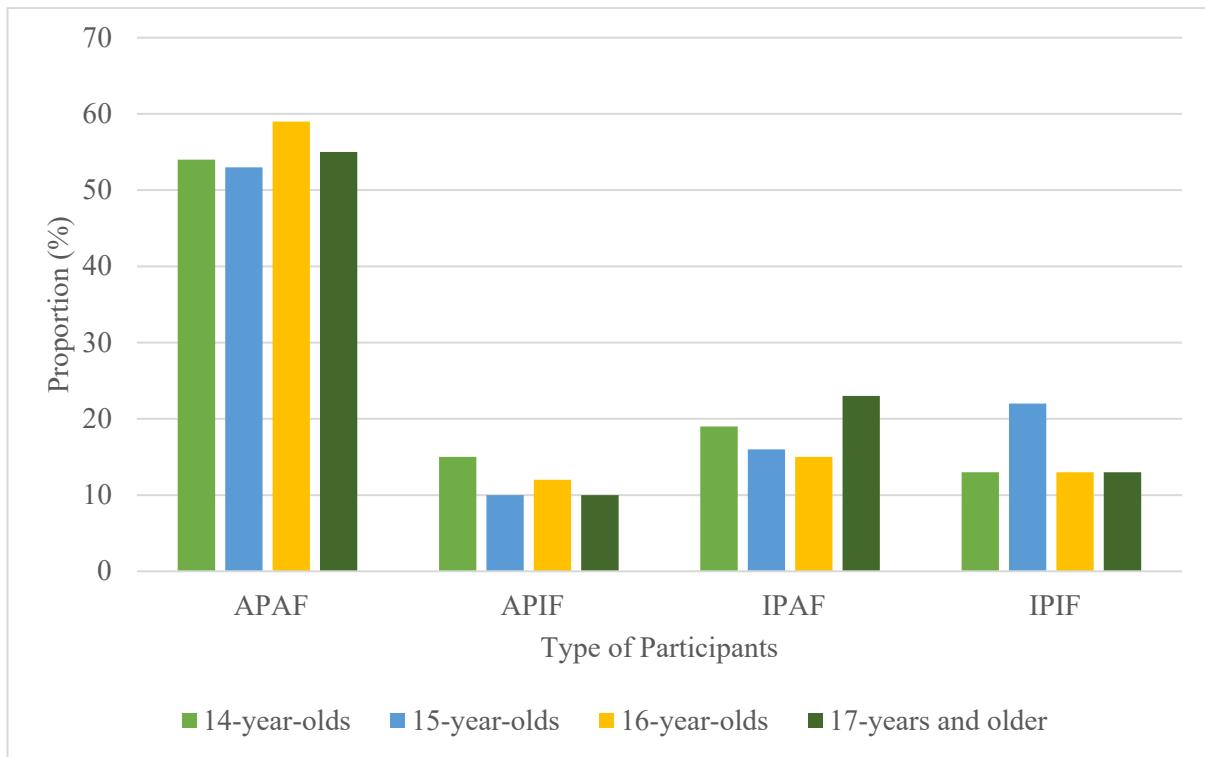


Figure 4.43: Proportion of the various types of participants who participated in organised sport based on participant age and friends participation patterns.

Figure 4.44 shows that 53.4% of participants classified as low SES indicated that they either previously and/or presently have participated in organised sport and had a friend who did the same, i.e., active participants and active friends (APAF). A total of 10.2% of participants classified as low SES indicated that they previously and/or presently participated in organised sport, but their friends did not do the same, i.e., active participants, but inactive friends (APIF). A total of 17.0% of participants classified as low SES did not participate in organised sport, but had a friend who did participate in organised sport, i.e., inactive participant, but active friend (IPAF). A total of 20.4% of participants classified as low SES indicated that they did not participate in organised sport and had friends who also did not participate in organised sport, i.e., both inactive participants and inactive friends (IPIF).

A total of 50.6% of participants classified as middle SES indicated that they either previously and/or presently have participated in organised sport and had a friend who did the same, i.e., active participants and active friends (APAF). A total of 11.1% of participants classified as middle SES indicated that they previously and/or presently participated in organised sport, but their friends did not do the same, i.e., active participants, but inactive friends (APIF). A total of 17.9% of participants classified as middle SES did not participate in organised sport, but had a friend who did participate in organised sport, i.e., inactive participant, but active friend (IPAF). A total of 20.4% of participants classified as middle SES indicated that they did not participate in organised sport and had friends who also did not participate in organised sport, i.e., both inactive participants and inactive friends (IPIF).

A total of 67.1% of participants classified as high SES indicated that they previously and/or presently participated in organised sport and had a friend who did the same, i.e., active participants and active friends (APAF). A total of 13.9% of participants classified as high SES indicated that they previously and/or presently participated in organised sport, but their friends did not do the same, i.e., active participants, but inactive friends (APIF). A total of 11.4% of participants classified as high SES did not participate in organised sport, but had a friend who did participate in organised sport, i.e., inactive participant, but active friend (IPAF). A total of 7.6% of participants classified as high SES indicated that they did not participate in organised sport and had friends who also did not participate in organised sport, i.e., both inactive participants and inactive friends (IPIF).

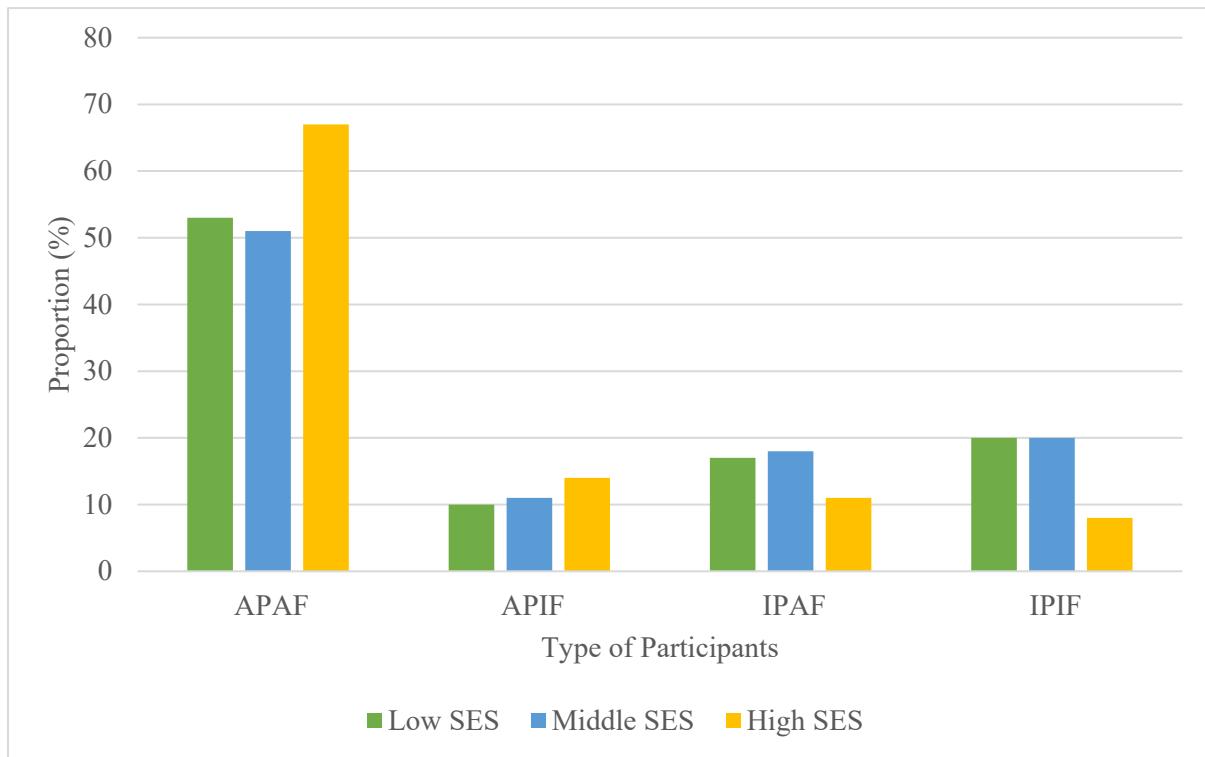


Figure 4.44: Proportion of the various types of participants who participated in organised sport based on participant socioeconomic status (SES) and friends participation patterns.

Figure 4.45 shows that 58.8% of 14-year-old male participants indicated that they either previously and/or presently have participated in organised sport and had a friend who did the same, i.e., active participants and active friends (APAF). A total of 5.9% of 14-year-old male indicated that they previously and/or presently participated in organised sport, but their friends did not do the same, i.e., active participants, but inactive friends (APIF). A total of 29.4% of 14-year-old male participants did not participate in organised sport, but had a friend who did participate in organised sport, i.e., inactive participant, but active friend (IPAF). A total of 5.9% of 14-year-old male participants indicated that they did not participate in organised sport and had friends who also did not participate in organised sport, i.e., both inactive participants and inactive friends (IPIF).

A total of 51.6% of 14-year-old female participants indicated that they either previously and/or presently have participated in organised sport and had a friend who did the same, i.e., active participants and active friends (APAF). A total of 19.4% of 14-year-old female participants indicated that they previously and/or presently participated in organised sport, but their friends did not do the same, i.e., active participants, but inactive friends (APIF). A total of 12.9% of 14-year-old female participants did not participate in organised sport, but had a friend who did participate in organised sport, i.e., inactive participant, but active friend (IPAF). A total of 16.1% of 14-year-old female participants indicated that they did not participate in organised sport and had friends who also did not participate in organised sport, i.e., both inactive participants and inactive friends (IPIF).

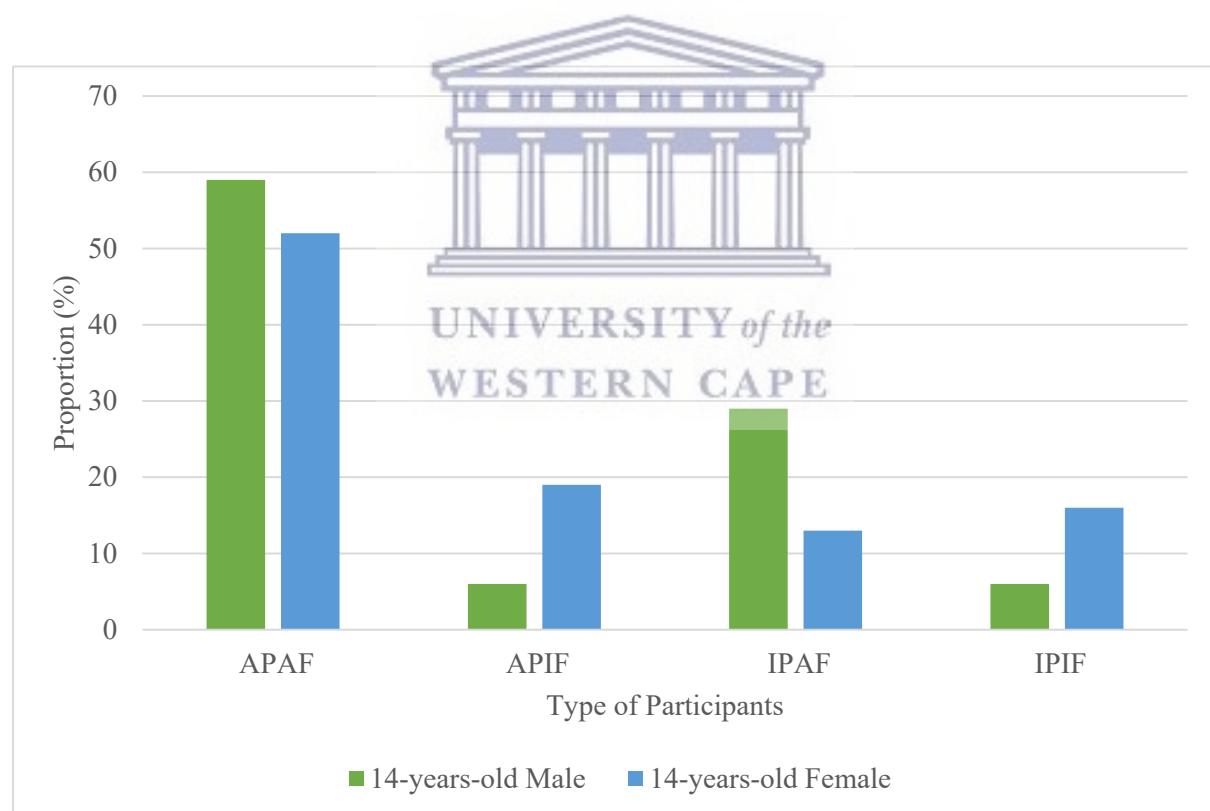


Figure 4.45: Proportion of the various types of participants who participated in organised sport, both males and females aged 14-years, and their friends participation patterns.

Figure 4.46 shows that 76.5% of 15-year-old male participants indicated that they either previously and/or presently have participated in organised sport and had a friend who did the same, i.e., active participants and active friends (APAF). A total of 5.9% of 15-year-old male participants indicated that they previously and/or presently participated in organised sport, but their friends did not do the same, i.e., active participants, but inactive friends (APIF). A total of 7.8% of 15-year-old male participants did not participate in organised sport, but had a friend who did participate in organised sport, i.e., inactive participant, but active friend (IPAF). A total of 9.8% of 15-year-old male participants indicated that they did not participate in organised sport and had friends who also did not participate in organised sport, i.e., both inactive participants and inactive friends (IPIF).

A total of 40.4% of 15-year-old female participants indicated that they either previously and/or presently have participated in organised sport and had a friend who did the same, i.e., active participants and active friends (APAF). A total of 12.8% of 15-year-old female participants indicated that they previously and/or presently participated in organised sport, but their friends did not do the same, i.e., active participants, but inactive friends (APIF). A total of 18.1% of 15-year-old female participants did not participate in organised sport, but had a friend who did participate in organised sport, i.e., inactive participant, but active friend (IPAF). A total 28.7% of 15-year-old female participants indicated that they did not participate in organised sport and had friends who also did not participate in organised sport, i.e., both inactive participants and inactive friends (IPIF).

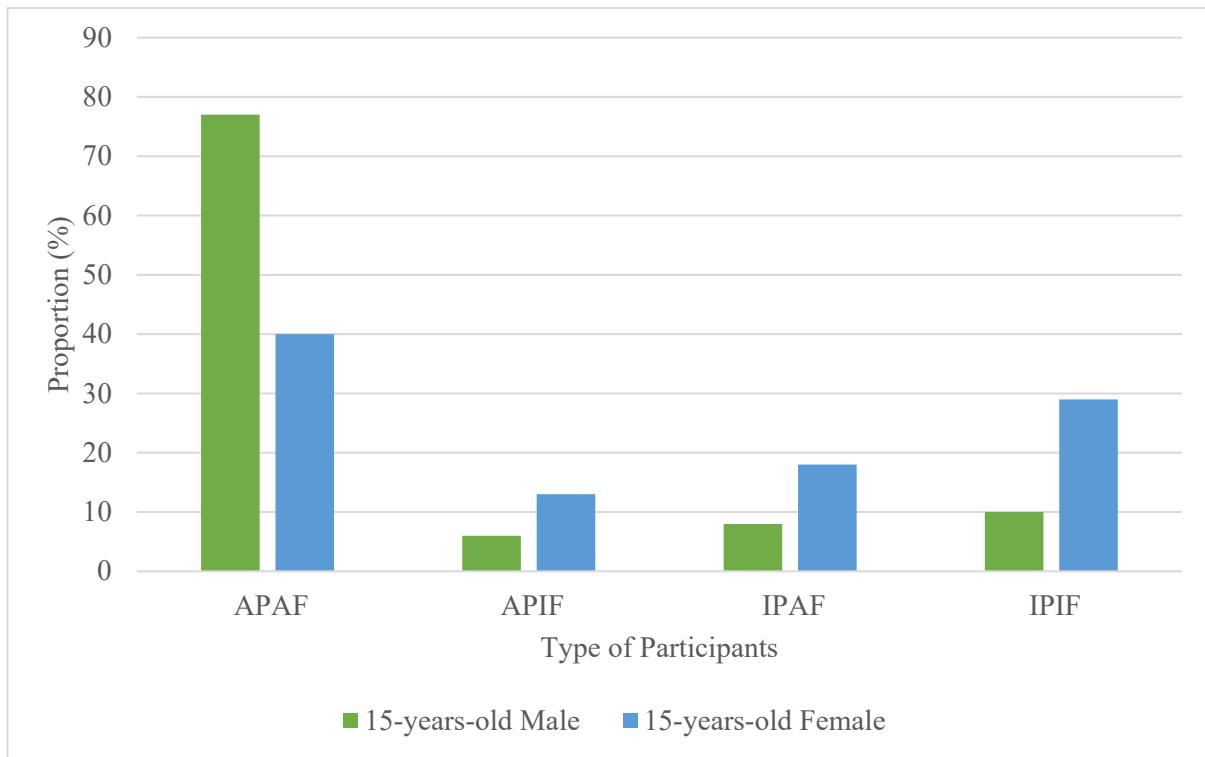


Figure 4.46: Proportion of the various types of participants who participated in organised sport, both males and females aged 15-years, and their friends' participation patterns.

Figure 4.47 shows that 69.1% of 16-year-old male participants indicated that they either previously and/or presently have participated in organised sport and had a friend who did the same, i.e., active participants and active friends (APAF). A total of 9.5% of 16-year-old male participants indicated that they previously and/or presently participated in organised sport, but their friends did not do the same, i.e., active participants, but inactive friends (APIF). A total of 11.9% of 16-year-old male participants did not participate in organised sport, but had a friend who did participate in organised sport, i.e., inactive participant, but active friend (IPAF). A total of 9.5% of 16-year-old male participants indicated that they did not participate in organised sport and had friends who also did not participate in organised sport, i.e., both inactive participants and inactive friends (IPIF).

A total of 52.4% of 16-year-old female participants indicated that they either previously and/or presently have participated in organised sport and had a friend who did the same, i.e., active participants and active friends (APAF). A total of 14.3% of 16-year-old female participants indicated that they previously and/or presently participated in organised sport, but their friends did not do the same, i.e., active participants, but inactive friends (APIF). A total of 17.5% of 16-year-old female participants did not participate in organised sport, but had a friend who did participate in organised sport, i.e., inactive participant, but active friend (IPAF). A total of 15.8% of 16-year-old female participants indicated that they did not participate in organised sport and had friends who also did not participate in organised sport, i.e., both inactive participants and inactive friends (IPIF).

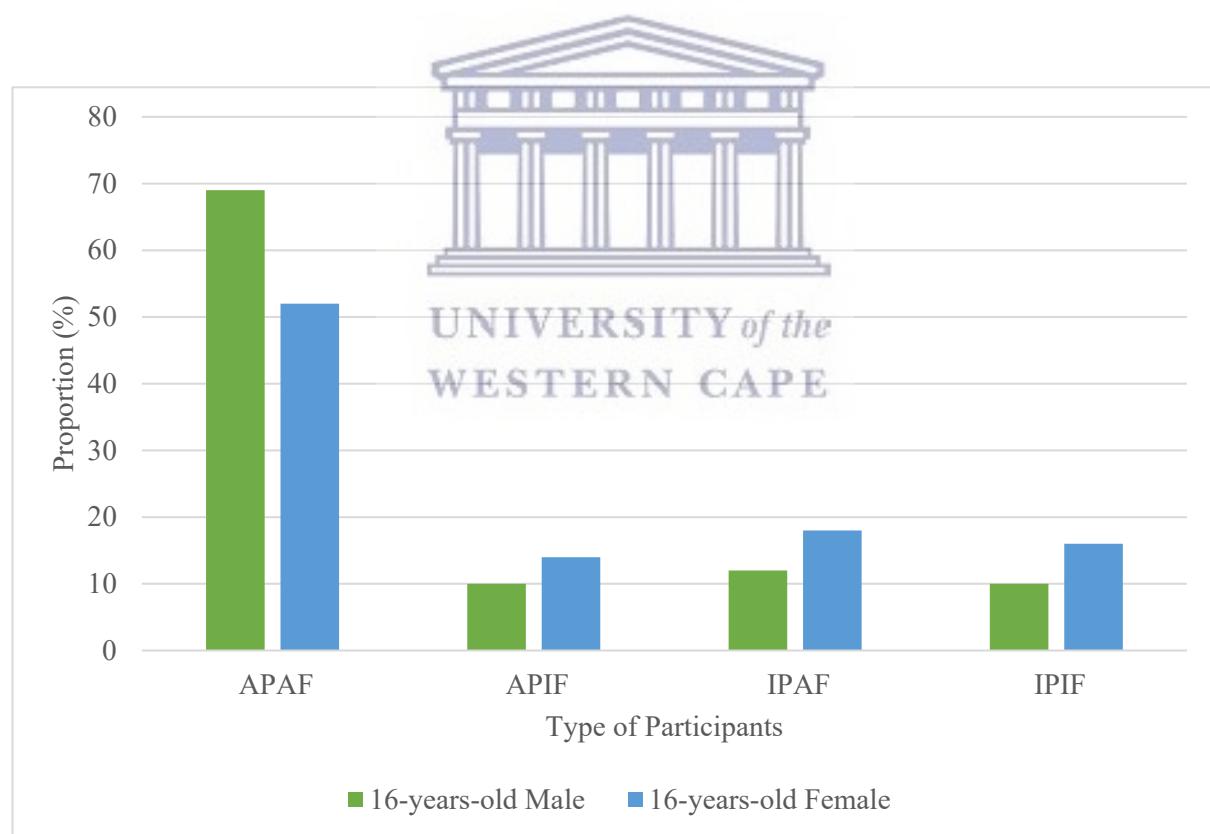


Figure 4.47: Proportion of the various types of participants who participated in organised sport, both males and females aged 16-years, and their friends' participation patterns.

Figure 4.48 shows that 83.3% of male participants aged 17-years and older indicated that they previously and/or presently participated in organised sport and had a friend who did the same, i.e., active participants and active friends (APAF). A total 5.6% of male participants aged 17-years and older indicated that they previously and/or presently participated in organised sport, but their friends did not do the same, i.e., active participants, but inactive friends (APIF). A total of 11.1% of male participants aged 17-years and older did not participate in organised sport, but had a friend who did participate in organised sport, i.e., inactive participant, but active friend (IPAF). There were no male participants aged 17-years and older who indicated that they did not participate in organised sport and had friends who also did not participate in organised sport, i.e., both inactive participants and inactive friends (IPIF).

A total of 15.4% of female participants aged 17-years and older indicated that they previously and/or presently participated in organised sport and had a friend who did the same, i.e., active participants and active friends (APAF). A total 15.4% of female participants aged 17-years and older indicated that they previously and/or presently participated in organised sport, but their friends did not do the same, i.e., active participants, but inactive friends (APIF). A total of 38.4% of female participants aged 17-years and older did not participate in organised sport, but had a friend who did participate in organised sport, i.e., inactive participant, but active friend (IPAF). A total of 30.8% of female participants aged 17-years and older indicated that they did not participate in organised sport and had friends who also did not participate in organised sport, i.e., both inactive participants and inactive friends (IPIF).

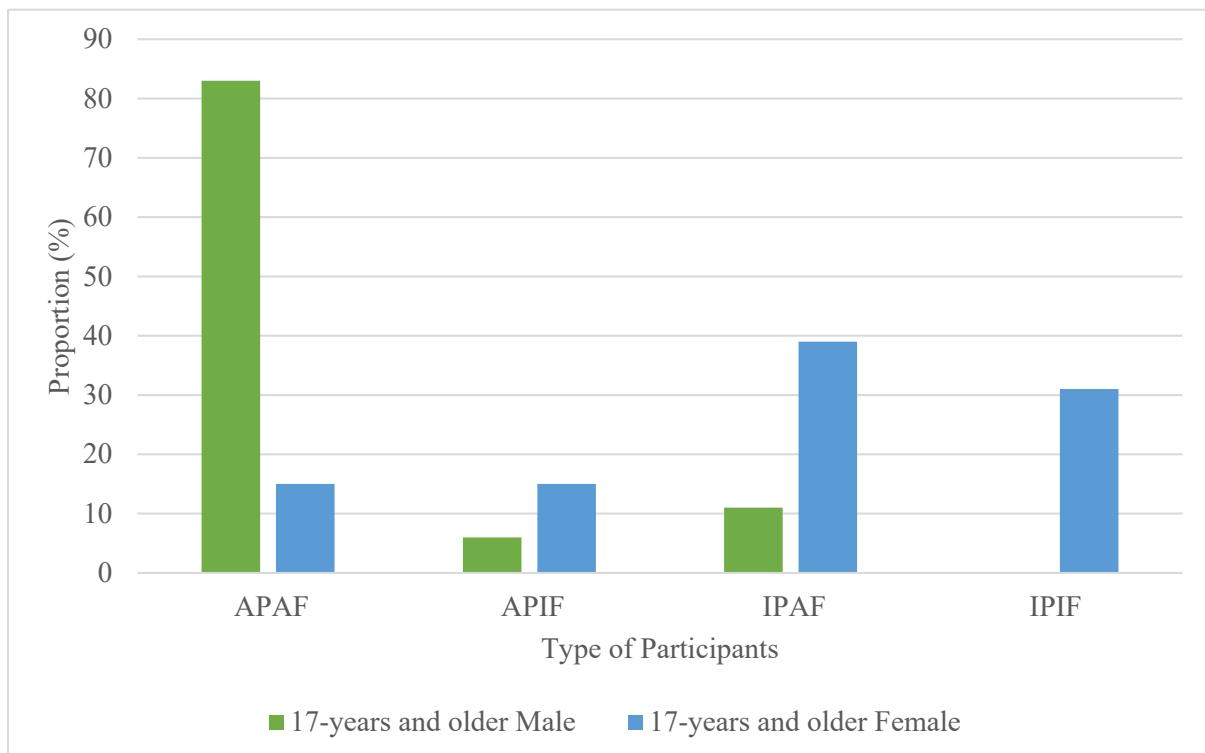


Figure 4.48: Proportion of the various types of participants who participated in organised sport, both males and females aged 17-years and older, and their friends participation patterns.

Figure 4.49 shows that 69.7% of male participants classified as low SES indicated that they either previously and/or presently have participated in organised sport and had a friend who did the same, i.e., active participants and active friends (APAF). A total of 3.0% of male participants classified as low SES indicated that they previously and/or presently participated in organised sport, but their friends did not do the same, i.e., active participants, but inactive friends (APIF). A total of 12.1% of male participants classified as low SES did not participate in organised sport, but had a friend who did participate in organised sport, i.e., inactive participant, but active friend (IPAF). A total of 15.2% of male participants classified as low SES indicated that they did not participate in organised sport and had friends who also did not participate in organised sport, i.e., both inactive participants and inactive friends (IPIF).

A total of 43.6% of female participants classified as low SES indicated that they previously and/or presently participated in organised sport and had a friend who did the same, i.e., active participants and active friends (APAF). A total of 14.5% of female participants classified as low SES indicated that they previously and/or presently participated in organised sport, but their friends did not do the same, i.e., active participants, but inactive friends (APIF). A total of 20.0% of female participants classified as low SES did not participate in organised sport, but had a friend who did participate in organised sport, i.e., inactive participant, but active friend (IPAF). A total of 21.9% of female participants classified as low SES indicated that they did not participate in organised sport and had friends who also did not participate in organised sport, i.e., both inactive participants and inactive friends (IPIF).

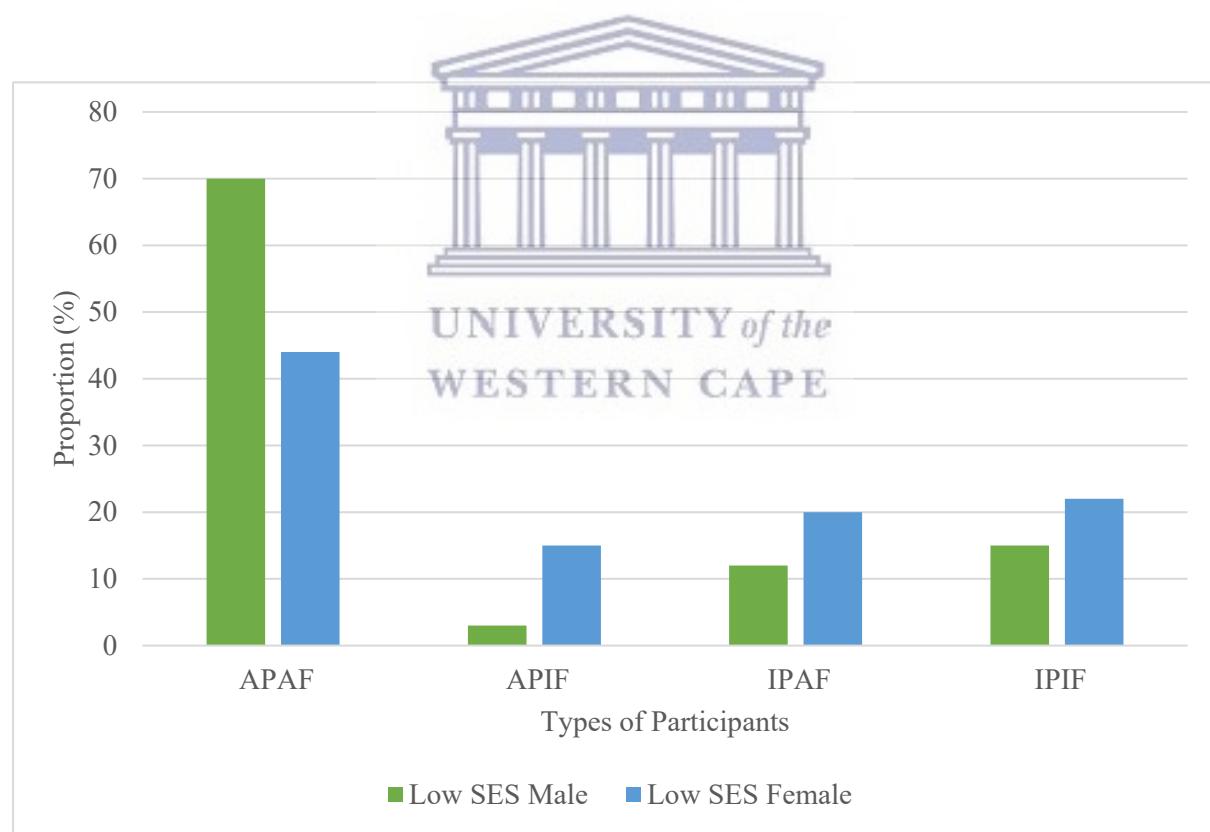
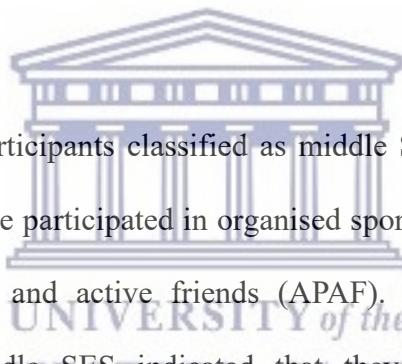


Figure 4.49: Proportion of the various types of participants who participated in organised sport according to males and females of low socioeconomic status (SES) and their friends participation patterns.

Figure 4.50 shows that 67.9% of male participants classified as middle SES indicated that they either previously and/or presently have participated in organised sport and had a friend who did the same, i.e., active participants and active friends (APAF). A total of 12.5% of male participants classified as middle SES indicated that they previously and/or presently participated in organised sport, but their friends did not do the same, i.e., active participants, but inactive friends (APIF). A total of 12.5% of male participants classified as middle SES did not participate in organised sport, but had a friend who did participate in organised sport, i.e., inactive participant, but active friend (IPAF). A total of 7.1% of male participants classified as middle SES indicated that they did not participate in organised sport and had friends who also did not participate in organised sport, i.e., both inactive participants and inactive friends (IPIF).



A total of 41.4% of female participants classified as middle SES indicated that they either previously and/or presently have participated in organised sport and had a friend who did the same, i.e., active participants and active friends (APAF). A total of 10.4% of female participants classified as middle SES indicated that they previously and/or presently participated in organised sport, but their friends did not do the same, i.e., active participants, but inactive friends (APIF). A total of 30.8% of female participants classified as middle SES did not participate in organised sport, but had a friend who did participate in organised sport, i.e., inactive participant, but active friend (IPAF). A total of 27.4% of female participants classified as middle SES indicated that they did not participate in organised sport and had friends who also did not participate in organised sport, i.e., both inactive participants and inactive friends (IPIF).

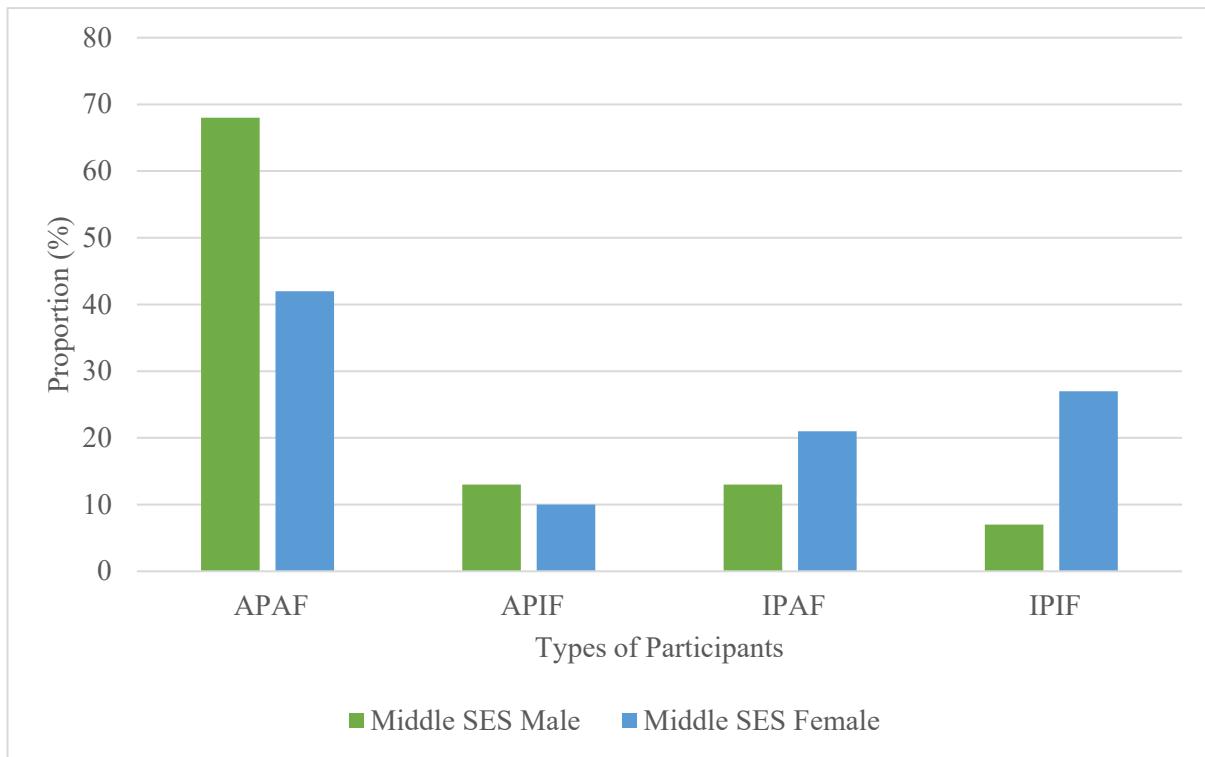


Figure 4.50: Proportion of the various types of participants who participated in organised sport according to males and females of middle socioeconomic status (SES) and their friends participation patterns.

Figure 4.51 shows that 82.1% of male participants classified as high SES indicated that they either previously and/or presently have participated in organised sport and had a friend who did the same, i.e., active participants and active friends (APAF). A total of 2.6% of male participants classified as high SES indicated that they previously and/or presently participated in organised sport, but their friends did not do the same, i.e., active participants, but inactive friends (APIF). A total of 12.7% of male participants classified as high SES did not participate in organised sport, but had a friend who did participate in organised sport, i.e., inactive participant, but active friend (IPAF). A total of 2.6% of male participants classified as high SES indicated that they did not participate in organised sport and had friends who also did not participate in organised sport, i.e., both inactive participants and inactive friends (IPIF).

A total of 52.5% of female participants classified as high SES indicated that they either previously and/or presently have participated in organised sport and had a friend who did the same, i.e., active participants and active friends (APAF). A total of 25.0% of female participants classified as high SES indicated that they previously and/or presently participated in organised sport, but their friends did not do the same, i.e., active participants, but inactive friends (APIF). A total of 10.0% of female participants classified as high SES did not participate in organised sport, but had a friend who did participate in organised sport, i.e., inactive participant, but active friend (IPAF). A total of 12.5% of female participants classified as high SES indicated that they did not participate in organised sport and had friends who also did not participate in organised sport, i.e., both inactive participants and inactive friends (IPIF).

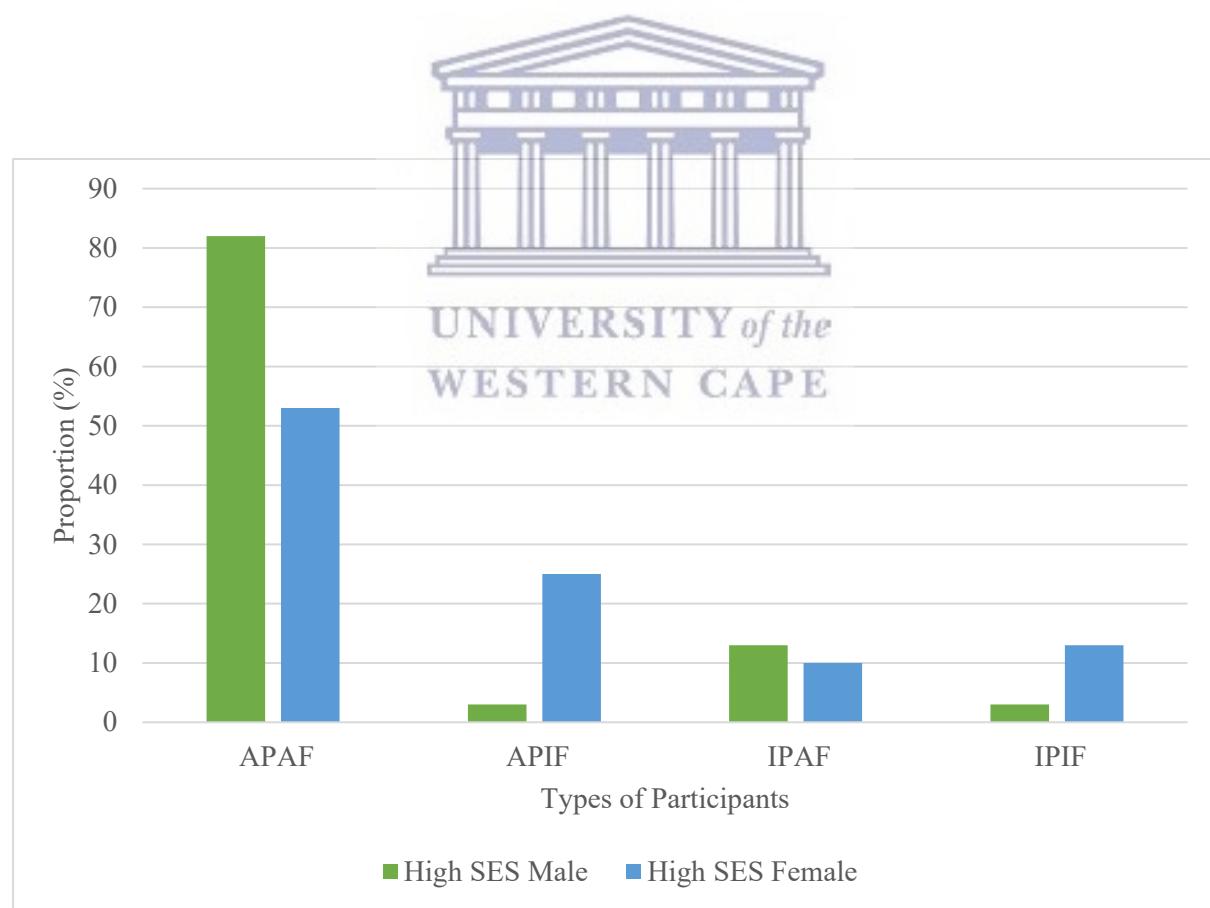


Figure 4.51: Proportion of the various types of participants who participated in organised sport according to males and females of high socioeconomic status (SES) and their friends participation patterns.

4.10. Relationships between Participant, Parental, Sibling and Friend Participation in Organised Sport

Table 4.9 shows a statistically significant, but weak positive correlations between gender and participant participation ($r = 0.22; p < 0.001$), between gender and friend participation ($r = 0.24; p < 0.001$), between participants and sibling participation ($r = 0.23; p < 0.001$), between participants and friend participation ($r = 0.36; p < 0.001$), and between parental and sibling participation ($r = 0.22; p < 0.001$). Participants had statistically significant but very weak correlations between participants' and parental participation ($r = 0.17; p = 0.003$), and between parental participation and sibling participation ($r = 0.22; p < 0.001$), between parental and friend participation ($r = 0.19; p < 0.001$) and between sibling and friend participation ($r = 0.19; p < 0.001$). There were also statistically significant, but very weak negative correlations between SES and participants' participation ($r = -0.13; p = 0.02$), and between SES and parental participation ($r = -0.13; p = 0.02$).

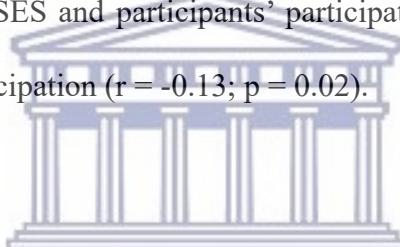


Table 4.9: Relationships between participant, parental, sibling and friend participation in organised sport.

Variables	Gender	Age	SES	PP [^]	ParP	SP
Age	-0.11*					
SES	-0.08	0.00				
PP [^]	0.22**	-0.02	-0.13*			
ParP	0.05	0.10	-0.13*	0.17**		
SP	0.01	-0.03	0.03	0.23**	0.22**	
FP	0.24**	-0.05	-0.06	0.36**	0.19**	0.19**

Note: * indicates statistically significant correlation $p < 0.05$; ** indicates statistically significant correlation $p < 0.01$; SES – socioeconomic status; PP – participants' participation; ParP – parental participation; SP – sibling participation; FP – friend participation; ^ indicates participants' past and/or present participation in organised sport

Table 4.10 shows that the male participants had statistically significant but weak correlations between participant and sibling participation ($r = 0.25$; $p = 0.004$), and between participant participation and friend participation ($r = 0.34$; $p < 0.001$). The female participants had statistically significant, but weak correlations between age and parent participation ($r = 0.21$; $p = 0.003$), between participants' and sibling participation ($r = 0.23$; $p < 0.001$), between participants' and friend participation ($r = 0.31$; $p < 0.001$), between parental and sibling participation ($r = 0.31$, $p < 0.001$); between parental and friend participation ($r = 0.23$, $p < 0.001$), and between sibling and friend participation sibling participation ($r = 0.23$, $p = 0.001$). Female participants had a statistically significant, but very weak correlation between participants' and parental participation ($r = 0.16$; $p = 0.03$).

Table 4.10: Relationships between participant, parental, sibling and friend participation in organised sport according to gender.

Variables	Gender	Age	SES	PP [^]	ParP	SP
SES	Male	0.04				
	Female	-0.05				
PP [^]	Male	-0.12	-0.11			
	Female	0.08	-0.12			
ParP	Male	-0.04	-0.14	0.16		
	Female	0.21**	-0.12	0.16*		
SP	Male	-0.07	-0.06	0.25**	0.07	
	Female	0.00	0.10	0.23**	0.31**	
FP	Male	-0.03	-0.14	0.34**	0.08	0.11
	Female	-0.02	0.01	0.31**	0.23**	0.23**

Note: * indicates statistically significant correlation $p < 0.05$; ** indicates statistically significant correlation $p < 0.01$; SES – socioeconomic status; PP – participants' participation; ParP – parental participation; SP – sibling participation; FP – friend participation; ^ indicates participants' past and/or present participation in organised sport

Table 4.11 shows that the 15-year-old participants had a significant and moderate positive correlations between participants and friend participation ($r = 0.45$; $p < 0.001$) and statistically significant, but weak correlations between gender and participants' participation ($r = 0.29$; $p < 0.001$), between gender and friend participation ($r = 0.26$; $p < 0.001$), between participants' and parental participation ($r = 0.20$; $p = 0.02$), between participants' and sibling participation ($r = 0.20$; $p = 0.02$), between parental and sibling participation ($r = 0.25$; $p = 0.001$), and between sibling participation and friend participation ($r = 0.20$; $p = 0.02$).

The 16-year-old participants had statistically significant, but weak correlations between participants' and sibling participation ($r = 0.29$; $p = 0.003$), between participants' and friend participation ($r = 0.30$; $p = 0.002$), between parental and sibling participation ($r = 0.21$; $p = 0.03$), between parental and friend participation ($r = 0.22$; $p = 0.03$), and between sibling and friend participation ($r = 0.22$; $p = 0.03$).

Participants aged 17-years and older had a statistically significant and moderate correlations between gender and participants' participation ($r = 0.60$; $p < 0.001$), between gender and parental participation ($r = 0.51$; $p = 0.003$) and between gender and friend participation ($r = 0.48$; $p = 0.006$). Participants aged 17-years and older had a statistically significant, but weak correlation between sibling participation and friend participation ($r = 0.37$; $p = 0.04$).

The 15-year-old participants had a statistically significant, but very weak negative correlation between SES and participants' participation ($r = -0.19$; $p = 0.02$), while the 14-year-old participants had a statistically significant but weak negative correlation between SES and participants' participation ($r = -0.31$; $p = 0.03$). In addition, the 16-year-old participants had statistically significant but weak negative correlations between SES and participants' participation ($r = -0.25$; $p = 0.01$).

Table 4.11: Relationships between participant, parental, sibling and friend participation in organised sport according to age

Variables	Age (years)	Gender	SES	PP [^]	ParP	SP
SES	14	0.08				
	15	-0.10				
	16	-0.14				
	17+	-0.05				
PP [^]	14	-0.06	-0.31*			
	15	0.29**	-0.19*			
	16	0.13	0.01			
	17+	0.60**	0.08			
ParP	14	0.09	0.10	0.16		
	15	-0.11	-0.12	0.20*		
	16	0.17	-0.25*	0.12		
	17+	0.51**	-0.19	0.13		
SP	14	0.02	0.02	0.26	0.13	
	15	-0.05	-0.03	0.20*	0.27**	
	16	0.05	0.14	0.29**	0.21*	
	17+	0.17	-0.06	0.18	0.16	
FP	14	0.26	-0.08	0.20	0.12	0.00
	15	0.26**	-0.06	0.45**	0.17*	0.20*
	16	0.12	-0.05	0.30**	0.22*	0.22*
	17+	0.48**	-0.03	0.24	0.34	0.37*

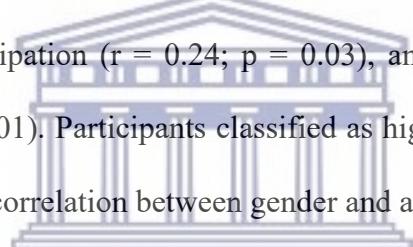
Note: * indicates statistically significant correlation $p < 0.05$; ** indicates statistically significant correlation $p < 0.01$; SES – socioeconomic status; PP – participants' participation; ParP – parental participation; SP – sibling participation; FP – friend participation; ^ indicates participants' past and/or present participation in organised sport; + indicates participants aged 17 to 19 years.

Table 4.12 shows that the participants classified as low SES had a significant, but weak correlations between age and parental participation ($r = 0.22$; $p = 0.04$), between participants' and sibling participation ($r = 0.25$; $p = 0.02$), between participants' and friend participation ($r = 0.39$; $p < 0.001$), between parental and sibling participation ($r = 0.31$; $p = 0.003$), between parental and friend participation ($r = 0.31$; $p = 0.004$), and between sibling and friend participation ($r = 0.29$; $p = 0.006$). In contrast, participants classified as low SES had a

statistically significant, but weak negative correlation between age and participants' participation ($r = -0.25$; $p = 0.02$).

Participants classified as middle SES had statistically significant but weak correlations between gender and participants' participation ($r = 0.28$; $p < 0.001$), between participants' and sibling participation ($r = 0.24$; $p < 0.002$), between participants' and friend participation ($r = 0.37$; $p < 0.001$), between parental and sibling participation ($r = 0.23$; $p = 0.01$), and between parental and friend participation ($r = 0.22$; $p = 0.006$). Participants classified as middle SES also had statistically significant but very weak correlations between participants' and parental participation ($r = 0.16$; $p = 0.04$), and between gender and friend participation ($r = 0.19$; $p = 0.02$).

Participants classified as high SES had statistically significant, but weak correlations between participants' and sibling participation ($r = 0.24$; $p = 0.03$), and between gender and friend participation ($r = 0.39$; $p < 0.001$). Participants classified as high SES also had a statistically significant, but weak negative correlation between gender and age ($r = -0.31$; $p = 0.005$)



UNIVERSITY *of the*
WESTERN CAPE

Table 4.12: Relationships between participant, parental, sibling and friend participation in organised sport according to socioeconomic status.

Variables	SES	Gender	Age	PP1	PP2	SP
Age	Low	-0.14				
	Middle	-0.03				
	High	-0.31**				
PP1	Low	0.15	-0.25*			
	Middle	0.28**	0.01			
	High	0.09	0.10			
PP2	Low	-0.02	0.22*	0.19		
	Middle	0.12	0.14	0.16*		
	High	-0.01	-0.08	0.11		
SP	Low	-0.13	-0.19	0.25*	0.31**	
	Middle	0.05	0.08	0.24**	0.22**	
	High	0.09	-0.11	0.24*	0.13	
FP	Low	0.19	-0.21	0.39**	0.31**	0.29**
	Middle	0.19*	0.08	0.37**	0.20**	0.14
	High	0.39**	-0.22	0.22	0.00	0.17

Note: * indicates statistically significant correlation $p < 0.05$; ** indicates statistically significant correlation $p < 0.01$; SES – socioeconomic status; PP – participants' participation; ParP – parental participation; SP – sibling participation; FP – friend participation; ^ indicates participants' past and/or present participation in organised sport

UNIVERSITY of the

WESTERN CAPE

In Table 4.13, there was a significant association between gender and participants' overall participation [$\chi^2 (1) = 15.54$, $p < 0.001$, $OR = 2.76$ (95% CI: 1.65, 4.61)]. The results indicate that participants' overall participation was dependent on gender, and that male participants were 2.76 times more likely to have either previously participated and/or presently participated in organised sport than female participants. In addition, there was a significant association between participants classified as low SES and participants classified as high SES [$\chi^2 (1) = 6.22$, $p = 0.01$, $OR = 2.41$ (95% CI: 1.20, 4.91)]; and between participants classified as middle SES and participants classified as high SES [$\chi^2 (1) = 9.08$, $p = 0.01$, $OR = 2.65$ (95% CI: 1.39, 5.04)]. The results indicate that participants' overall participation is dependent

on SES, and that participants classified as high were 2.41 times more likely to have either previously participated and/or presently participated in organised sport than participants classified as low SES, and 2.65 times more likely to have either previously participated and/or presently participated in organised sport than participants classified as middle SES.

For participants' parental participation, there was a significant association between participants in age groups 14 years, and 17 years and older [$\chi^2 (1) = 5.21$, $p = 0.02$, OR = 2.95 (95% CI: 1.15, 7.57)]. The data indicates that 14-year-old participants were 2.95 times more likely to have a parent who previously participated and/or presently participated in organised sport than participants aged 17 years and older. In addition, there was a significant association between participants classified as low SES and participants classified as middle SES [$\chi^2 (1) = 5.31$, $p = 0.02$, OR = 1.86 (95% CI: 1.10, 3.13)]; and between participants classified as low SES and participants classified as high SES [$\chi^2 (1) = 5.43$, $p = 0.02$, OR = 2.09 (95% CI: 1.12, 3.89)]. Therefore, the results indicate that participants classified as middle SES were 1.86 times more likely to have a parent who previously participated and/or presently participated in organised sport than participants classified as low SES, and participants classified as high SES were 2.09 times more likely to have a parent who previously participated and/or presently participated in organised sport than participants classified as low SES.

There was a significant association between participants' friend participation and gender [$\chi^2 (1) = 19.35$, $p < 0.001$, OR = 3.42 (95% CI: 1.94, 6.00)]. The results indicate that participants' friend participation is dependent on gender, and that males were 3.42 times more likely to have a friend who previously participated and/or presently participated in organised sport than females.

Table 4.13: Relationships between participant, parental, sibling and friend participation in organised sport based on sociodemographic characteristics.

Variable	Characteristic	Participants' Overall Participation^			Participants' Parental Participation			Participants' Sibling Participation			Participants Friend Participation		
		χ^2	P Value	OR (95% CI)	χ^2	P Value	OR (95% CI)	χ^2	P Value	OR (95% CI)	χ^2	P Value	OR (95% CI)
Gender	Male (n = 128)	15.54	<0.001**	2.76 (1.65 - 4.61)	0.97	0.32	1.26 (0.80 - 1.97)	0.02	0.90	1.03 (0.66 - 1.61)	19.35	<0.001**	3.42 (1.94 - 6.00)
	Female (n = 201)												
	14 (n = 48)	0.44	0.51	1.27 (0.63 - 2.55)	3.07	0.08	1.86 (0.92 - 3.77)	1.67	0.20	0.65 (0.34 - 1.25)	0.48	0.49	1.29 (0.63 - 2.67)
	15 (n = 145)												
	14 (n = 48)	0.11	0.74	0.88 (0.42 - 1.55)	1.97	0.16	1.68 (0.81 - 3.51)	2.32	0.13	0.59 (0.30 - 1.17)	0.32	0.86	0.93 (0.43 - 2.02)
	16 (n = 105)												
	14 (n = 48)	0.15	0.70	1.21 (0.42 - 3.15)	5.21	0.02*	2.95 (1.15 - 7.57)	0.49	0.82	0.90 (0.37 - 2.23)	0.20	0.65	0.79 (0.27 - 2.26)
	17+ (n = 31)												
Age (years)	15 (n = 145)	1.75	0.19	0.59 (0.40 - 1.19)	0.16	0.69	0.90 (0.54 - 1.50)	0.16	0.69	0.90 (0.54 - 1.50)	1.31	0.25	0.72 (0.41 - 1.26)
	16 (n = 105)												
	15 (n = 145)	0.13	0.91	0.96 (0.43 - 2.15)	1.34	0.25	1.58 (0.73 - 3.45)	0.69	0.41	1.39 (0.64 - 3.02)	1.16	0.28	0.61 (0.25 - 1.51)
	17+ (n = 31)												
	16 (n = 105)	0.54	0.46	1.38 (0.59 - 3.21)	1.87	0.17	1.75 (0.78 - 3.92)	1.11	0.29	1.59 (0.69 - 3.40)	0.13	0.72	0.84 (0.33 - 2.18)
	17+ (n = 31)												
	Low (n = 88)	0.09	0.77	1.085 (0.63 - 1.86)	5.31	0.02*	1.86 (1.10 - 3.13)	0.04	0.85	1.05 (0.64 - 1.78)	0.10	0.75	1.10 (0.62 - 1.93)
	Middle (n = 162)												
SES	Low (n = 88)	6.21	0.01*	2.41 (1.20 - 4.91)	5.43	0.02*	2.09 (1.12 - 3.89)	0.41	0.52	1.22 (0.66 - 2.25)	1.40	0.24	0.65 (0.32 - 1.32)
	High (n = 79)												
	Middle (n = 162)	9.08	0.01*	2.65 (1.39 - 5.04)	0.18	0.67	0.89 (0.51 - 1.50)	0.27	0.59	1.16 (0.68 - 1.99)	2.60	0.10	0.60 (0.32 - 1.12)
	High (n = 79)												

Note: * indicates statistically significant correlation $p < 0.05$; ** indicates statistically significant correlation $p < 0.01$; SES – socioeconomic status; ^ indicates participants' past and/or present participation in organised sport; + indicates participants aged 17 to 19 years.

4.11. Summary

This chapter presented adolescent participation in organised sport in the form of graphs and tables. Furthermore, the chapter revealed the differences in past and present participation, gender differences, SES differences and the impact of family and friend or peer influence. In addition, the statistical relationships between adolescent participation in organised sport and demographic factors, such as age and gender were investigated, as well as economic factors such as SES, and social factors, such as parental, sibling and friend participation.



CHAPTER FIVE: DISCUSSION, CONCLUSION AND RECOMMENDATIONS

5.1. Introduction

This chapter discusses adolescent participation in organised sport, and the differences in participation based on gender and SES. Furthermore, the chapter discusses how family and friend, or peer participation impacted adolescent participation in organised sport. The strengths and limitations of the study are also presented, as well as future study recommendations.

5.2. Adolescent Participation in Organised Sport

The current study found that adolescent participation in organised sport was higher in the past compared to in the present. Therefore, the current study found that adolescent participation had decreased in recent years, which was similar to the findings from other studies (Eime et al., 2016; Lagestad, 2019; Møllerløkken et al., 2015). In addition, the results from the current study were also similar to Kubayi et al. (2013), who stated that children and adolescent participation in physical activity and sport was declining. Furthermore, adolescent participation organised sport in the present (44.1%), was lower than the global average participation (between 47% and 53%) in organised sport (Aubert et al., 2018).

Moreover, adolescent participation in organised sport in the present (44.1%), was also lower than Zimbabwean children and adolescents (67%), and Ghanaian children and adolescents (between 54-57%) in organised sport (Aubert et al., 2018; Manyanga et al., 2018; Nyawornota et al., 2018). In addition, adolescent participation in organised sport in the current study was lower than Dutch adolescents (58%) (Deelen et al., 2018). In contrast,

Draper et al. (2018) and Uys et al. (2016) reported that less than a third of South African children and adolescent belonged a sports club.

The current study found that 66.9% of adolescents had participated in organised sport either in the past and/or in the present. In contrast, 93% of Norwegian children and adolescents either previously participated or were currently participating in organised sport (Strandbu et al., 2019). It is suggested that participating in organised sport during childhood increased the likelihood of participating in adulthood (Logan et al., 2019).

A total of 39.2% of adolescents consistently participated in organised sport, whereas 33.1% of adolescents did not participate at all. In comparison, Manz et al. (2016) found that 48.5% of German children and adolescent consistently participated in organised sport, whereas 18.7% did not participate in organised sport at all. The current study showed that 51.6% of adolescent males and 31.3% of adolescent females consistently participated in organised sport. In comparison, Manz et al., (2016) stated that approximately 53.3% of boys and 43.5% of girls consistently participated in sport, while Howie et al. (2016) stated that 55.2% of boys and 47.5% of girls consistently participated in sport.

Furthermore, the current study found that 22.8% of adolescents dropped out from organised sport. Similarly, 20.5% of German children and adolescents dropped out from sport (Manz et al., 2016). In comparison, 30-35% of Australian and Canadian children and adolescents dropped out from sport (Balish et., 2014; Deelen et al., 2018; Vella et al., 2014). Some studies stated that participation levels decreased during late childhood and more increasingly, as adolescents grew older (Kwon et al., 2015; Lounassalo et al., 2019; Vella et al., 2014).

The current study found that the younger age groups (14 years and 15 years) had lower number of participants in organised sport in the present compared to the older age groups (16 years and 17 years and older). In contrast, some studies found that adolescent participation

was higher during early adolescence compared to late adolescence (Eime et al., 2016; Manz et al., 2016). Furthermore, adolescent participation in organised sport decreased in all age groups in the current study. Similarly, Eime et al. (2020) stated that adolescent participation in physical activity and sport decreased in adolescents aged 15 years and older, while Howie et al. (2016) reported that adolescent participation began to decrease at the age of 14 years. The similarities between the current study and the literature would suggest that adolescent participation in organised sport may be decreasing earlier in adolescence and an extensive investigation on this topic would provide a clearer understanding.

5.3. Gender Differences in Adolescent participation in Organised Sport

The current study found that adolescent males have higher levels of participation in organised sport compared to adolescent females. Similarly, other studies had found the same outcome (Al-Sobayel et., 2015; Basterfield et al., 2016; Howie et al., 2016; Lounassalo et al., 2019; Mandic et al., 2012; Somerset and Hoare, 2018; Uys et al., 2016). Furthermore, the current study found that adolescent males had higher levels of participation in organised sport, both in the past and in the present. In addition, the current study found that there was a significant association between gender and participants overall participation, and that male participants were more likely to have either previously participated and/or presently participated in organised sport than female participants. Moreover, the current study found that 41.3% of adolescent females had never participated in organised sport, while 20.3% of adolescent males had never participated in organised sport. Some studies suggested that factors such as gender stereotypes, different interests and other social influences may cause adolescent males to have higher levels of organised sport participation than their counterparts (Deaner., et al 2016; Frömel., et al 2018; Fourie et al., 2011; Howe et al., 2016; Osai & Whiteman, 2017).

Some studies found that adolescent females were more likely to drop out of organised sport (Manz et al., 2016). In the current study, 22.4% of adolescent females dropped out of

organised sport dropouts, while 23.8% of adolescent males dropped out of organised sport. In comparison, Howe et al., (2016) found that 34.4% of girls dropped out of sport and 36.9% of boys dropped out of sport. Much lower figures were reported by Manz et al., (2016) who found that approximately 21.9% of girls dropped out of sport, and approximately 19.1% of boys dropped out of sport.

In Australia, organised sport participation was highest in adolescents aged 12-13 years for both males and females (Eime et al., 2016). In the current study, adolescent males aged 17 years and older had the highest participation in organised sport under the present circumstances, while the adolescent females aged 16 years had the highest participation in organised sport under the present circumstances. Of much concern, is the fact that the 14-year-old and 15-year-old adolescent females had the highest proportion of dropouts from organised sport among the females, while 16-year-old adolescent males had the highest proportion of dropouts among males. In comparison, there are some studies which stated that adolescent girls showed a higher decline in physical activity and sport participation earlier in adolescence, while adolescent boys showed a higher decline in participation during late adolescence (Dumith et al., 2011; Eime et al., 2013). This is an important topic to further investigate for a clearer understanding of the dynamics that are at play.

5.4. Impact of Socioeconomic Status on Adolescent Participation in Organised Sport

The current study found that adolescents classified as high SES were more likely to have participated in organised sport compared to adolescents of middle and lower SES. However, adolescents classified as high SES and low SES had similar levels of participation in organised sport under the present circumstances, while adolescents classified as middle SES

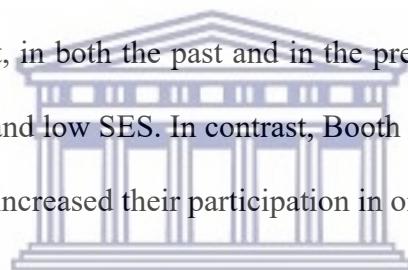
had the lowest levels of participation under the present circumstances. Similarly, previous studies have stated that children and adolescents from higher SES are were likely to participate in physical activity and sport compared to children and adolescents from lower SES (Ali et al., 2012; Ebrahimi, et al., 2015; Hassan, 2016; Holt et al., 2011; Manz et al., 2016; Wijtzes et al., 2014).

The lack of facilities, lack of finances, and the shortage of sport programmes are believed to have negatively influenced participation in organised sport for adolescents from low SES backgrounds (Hassan, 2016; Koloba & Surujlal, 2014; Manz et al., 2016; Mchunu & Le Roux, 2011). Furthermore, Ebrahimi et al. (2015), Eime et al. (2018) and Santos et al. (2016) stated that adolescents from higher SES backgrounds have better participation in organised sport. In contrast, Eime et al. (2016) found that children and adolescents from non-urban areas had higher participation levels compared to their counterparts in the urban setting.

According to Telema et al. (2016), participation in organised sport has become expensive, which negatively affected participation in organised sport, especially for individuals in lower SES households. However, Eime et al. (2017) and Ebrahimi et al. (2015) stated that if the necessary facilities and programmes were available, adolescents of lower SES would be more likely to participate in organised sport. The current study found that adolescents classified as low SES had the highest proportion of consistent participants in organised sport, from the past to present participation, and the lowest number of dropouts from organised sport. In contrast, Manz et al. (2016) found that children and adolescents from higher SES backgrounds had higher consistent participation levels and lower dropout levels than individuals from lower SES backgrounds. However, similar to the Manz et al (2016) study, the current study also found that individuals from lower SES backgrounds had higher non-participation levels in organised sport.

The current study found that adolescent males had higher participation levels in organised sport than adolescent females regardless of SES. Telama et al. (2016) stated that social inequality was one of the main reasons for the gender disparity in sport participation, which was most evident against females. Vella et al. (2014) stated that adolescent females had more barriers to overcome compared to adolescent males, while Kubayi (2015) stated that adolescent girls from rural areas were less likely to participate in organised sport than adolescent boys. The current study found that adolescent females of high SES were more likely to have participated in an organised sport compared adolescent females classified of low SES, however, adolescent females of low SES had a higher level of participation under the present circumstances than adolescent females of high SES.

In contrast, the current study found that adolescent males of high SES had higher levels of participation in organised sport, in both the past and in the present circumstances, compared to adolescent males of middle and low SES. In contrast, Booth et al. (2015) reported that both boys and girls of low SES had increased their participation in organised sport in recent years.



5.5. Family and Peer Influence on Adolescent Participation in Organised Sport

The current study found that the relationship between participant participation and parental participation in organised sport was significant. Some studies found that physically active parents were likely to have their children participate in physical activity and sport (Howie et al., 2020; Marques et al., 2014; Rodrigues et al., 2018). Furthermore, Sukys et al. (2015) stated that adolescents who participated in sport had great attachment to their parents. Also, Ross et al. (2015) found that parents can have a positive and negative effect on their children's participation in sport.

In addition, some studies found that increased parent support had a positive effect on children and adolescent participation in sport (Agata & Monyeki, 2018b; Timperio et al., 2013b). However, Kubayi et al. (2013) stated that the lack parental support is considered a barrier for participation in organised sport, while another study suggested that boys received more support than girls (Strandbu et al., 2019). The current study found that there was no significant relationship between gender and parental participation, but there was a significant relationship between adolescent female participation and parental participation in organised sport.

In the current study, 45.4% of adolescents participated in organised sport also had parents who participated in organised sport. Furthermore, both parents participating in organised sport was the most prominent in both males and females. However, Milošević and Vesković, (2013) and Seabra et al. (2008) stated that a mothers engagement in sport was more significant in females.

Osai and Whiteman (2017) found that sibling involvement influenced children and adolescent participation in physical activity and sport. However, Howie et al. (2020) stated that sibling influence and participation should be further investigated. The current study found that there was a significant correlation between adolescent and sibling participation in organised sport. Furthermore, both adolescent male and adolescent female participation in organised sport had significant correlations with sibling participation in organised sport. Similarly, Hoopwood et al. (2015) found that siblings of an athlete were more likely to participate in physical activity and sport.

In addition, the current study found that there was a significant relationship and association between adolescent participation and friend participation in organised sport. Furthermore, there was a significant relationship between adolescent male and female participation and

their friends participation in organised sport. Some studies found that peer support was an important factor that positively influenced children and adolescents participation in sport (Duncan, 2015; Howie et al., 2020; Kubayi et al., 2014; Milošević & Vesković, 2013). In addition, high levels of social support often encouraged both adolescent male and female participation in organised sport (Agata & Monyeki, 2018).

5.6. Strengths and Limitation of the Study

The current study provides data and information about a topic which is described as limited in an African setting, especially in South Africa. The research instrument went through three phases of validation, and was structured to produce the intended results for interpretation and analysis.

The current study was conducted during the COVID-19 worldwide pandemic. The selection of participants was affected due to only being allowed to use school learners who were attending school on the day of data collection. Although the study sample was sufficient, there was an imbalance number of male and female participants, as well as an unbalanced number of participants per age group. In addition, the responses received from the questionnaires are entirely subjective and dependent on the participants' interpretation, understanding and honesty.

5.7. Conclusion

In the current study, that adolescent participation in organised sport was lower in the present circumstances when compared to past participation to the extent that less than half of the adolescent participants participated in organised sport in the present circumstances. Most concerning is the fact that, about a third of adolescent participants indicated that they have

never participated in organised sport, neither in the past nor in the present. Also, adolescent males had higher participation levels, both in the past and in the present, compared to adolescent females. Moreover, adolescent males had a slightly higher dropout rate from organised sport compared to adolescent females. Adolescents of higher SES were more likely to participate in organised sport compared to adolescents of middle and low SES. But adolescents of high SES showed a larger decline in organised sport participation. Adolescent participation was significantly related to parental, sibling, and friend participation, but the correlations were weak. In addition, adolescent male participation was significantly related to sibling and friend participation, while adolescent female participation was significantly related to parental, sibling, and friend participation, but the correlations were also weak.

There is an urgent need for solutions to counteract the low levels of adolescent participation in organised sport, especially in adolescent females. Furthermore, sport programmes should be suited towards the interests and opinions of adolescent females. Sport organisations, the government, and schools should cooperate to increase organised sport participation levels of adolescents of middle and low SES, by increasing the availability of sport programmes and reducing the number of barriers negatively impacting participation in organised sport.

5.8. Recommendations

The recommendations emanating from this study are the following:

- Increasing the study sample and getting a balanced number of participants in terms of gender, age-group, and SES.
- The study would also benefit by expanding the age-groups to be inclusive of the entire adolescent age-range.

- Furthermore, a more extensive investigation on the parents, siblings and friends influence on adolescent participation in organise sport need to be undertaken.

5.9. Summary

The chapter discussed the differences in adolescent participation in the past and in the present, as well as the differences between adolescent males and adolescent females, between different age-groups, and between the three classifications of SES. Also, the significant relationships between adolescent participation and parental, sibling, and friend participation was discussed. In addition, the chapter concluded that adolescent participation in organised sport had decreased, and that there should be urgency placed into improving adolescent participation in organised sport. Moreover, the strengths and limitations of the study were presented, as well as the recommendations for future studies.



UNIVERSITY *of the*
WESTERN CAPE

REFERENCES

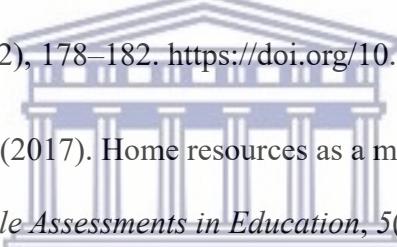
- Agata, K., & Monyeki, M. A. (2018). Association between sport participation, body composition, physical fitness, and social correlates among adolescents: The PAHL study. *International Journal of Environmental Research and Public Health*, 15(12), 1–16. <https://doi.org/10.3390/ijerph15122793>
- Al-Sobayel, H., Al-Hazzaa, H. M., Abahussain, N. A., Qahwaji, D. M., & Musaiger, A. O. (2015). Gender differences in leisure-time versus non-leisure-time physical activity among Saudi adolescents. *Annals of Agricultural and Environmental Medicine*, 22(2), 344–348. <https://doi.org/10.5604/12321966.1152091>
- Ali, M., Nezhad, H., Rahmati, M. M., & Nezhad, M. M. (2012). Relationship between social-economic status of family and adolescents student sport participation. *Annals of Biological Research*, 3(8), 4012–4016.
- Allender, S., Cowburn, G., & Foster, C. (2006). Understanding participation in sport and physical activity among children and adults: A review of qualitative studies. *Health Education Research*, 21(6), 826–835. <https://doi.org/10.1093/her/cyl063>
- Aubert, S., Barnes, J. D., Abdeta, C., Nader, P. A., Adeniyi, A. F., Aguilar-Farias, N., Tenesaca, D. S. A., Bhawra, J., Brazo-Sayavera, J., Cardon, G., Chang, C. K., Delisle Nyström, C., Demetriou, Y., Draper, C. E., Edwards, L., Emeljanovas, A., Gába, A., Galaviz, K. I., González, S. A., ... Tremblay, M. S. (2018). Global Matrix 3.0 physical activity report Card grades for children and youth: Results and analysis from 49 countries. *Journal of Physical Activity and Health*, 15, S251–S273. <https://doi.org/10.1123/jpah.2018-0472>
- Baker, E. H. (2014). Socioeconomic status, definition. *The Wiley Blackwell encyclopedia of health, illness, behavior, and society*, 2210-2214.

Balish, S. M., McLaren, C., Rainham, D., & Blanchard, C. (2014). Correlates of youth sport attrition: A review and future directions. *Psychology of Sport and Exercise*, 15(4), 429-439.

Basterfield, L., Gardner, L., Reilly, J. K., Pearce, M. S., Parkinson, K. N., Adamson, A. J., Reilly, J. J., & Vella, S. A. (2016). Can't play, won't play: longitudinal changes in perceived barriers to participation in sports clubs across the child–adolescent transition. *BMJ Open Sport & Exercise Medicine*, 2(1), e000079. <https://doi.org/10.1136/bmjsem-2015-000079>

Basterfield, L., Reilly, J. K., Pearce, M. S., Parkinson, K. N., Adamson, A. J., Reilly, J. J., & Vella, S. A. (2015). Longitudinal associations between sports participation, body composition and physical activity from childhood to adolescence. *Journal of Science and Medicine in Sport*, 18(2), 178–182. <https://doi.org/10.1016/j.jsams.2014.03.005>

Bofah, E. A., & Hannula, M. S. (2017). Home resources as a measure of socio-economic status in Ghana. *Large-Scale Assessments in Education*, 5(1), 1–15.

UNIVERSITY of the
WESTERN CAPE

Booth, V. M., Rowlands, A. V., & Dollman, J. (2015). Physical activity temporal trends among children and adolescents. *Journal of Science and Medicine in Sport*, 18(4), 418–425. <https://doi.org/10.1016/j.jsams.2014.06.002>

Boyes, R., O'Sullivan, D. E., Linden, B., McIsaac, M., & Pickett, W. (2017). Gender-specific associations between involvement in team sport culture and canadian adolescents' substance-use behavior. *SSM - Population Health*, 3, 663–673.

<https://doi.org/10.1016/j.ssmph.2017.08.006>

Crane, J., & Temple, V. (2015). A systematic review of dropout from organized sport among children and youth. *European Physical Education Review*, 21(1), 114–131.

<https://doi.org/10.1177/1356336X14555294>

De Vos, J. C. W., Du Toit, D., & Coetze, D. (2016). The types and levels of physical activity and sedentary behaviour of Senior Phase learners in Potchefstroom. *Health SA Gesondheid*, 21, 372–380. <https://doi.org/10.1016/j.hsag.2016.06.005>

Deaner, R. O., Balish, S. M., & Lombardo, M. P. (2016). Sex differences in sports interest and motivation: An evolutionary perspective. *Evolutionary Behavioral Sciences*, 10(2), 73–97. <https://doi.org/10.1037/ebs0000049>

Deelen, I., Ettema, D., & Kamphuis, C. B. M. (2018). Time-use and environmental determinants of dropout from organized youth football and tennis. *BMC Public Health*, 18(1), 1–15. <https://doi.org/10.1186/s12889-018-5919-2>

Draper, C. E., Tomaz, S. A., Bassett, S. H., Burnett, C., Christie, C. J., Cozett, C., De Milander, M., Krog, S., Monyeki, A., Naidoo, N., Naidoo, R., Prioreschi, A., Walter, C., Watson, E., & Lambert, E. V. (2018). Results from South Africa's 2018 report card on physical activity for children and youth. *Journal of Physical Activity and Health*, 15(2), S406–S418. <https://doi.org/10.1123/JPAH.2018-0517>

Dumith, S. C., Gigante, D. P., Domingues, M. R., & Kohl, H. W. (2011). Physical activity change during adolescence: A systematic review and a pooled analysis. *International Journal of Epidemiology*, 40(3), 685–698. <https://doi.org/10.1093/ije/dyq272>

Duncan, S. C. (2015). Personal, Family, and Peer Correlates of General and Sport Physical Activity among African American, Latino, and White Girls. *Journal of Health Disparities Research and Practice*, 8(2), 12–28. <http://digitalscholarship.unlv.edu/jhdrp/>

Ebrahimi, A., Mehdi Pour, A., Azmsha, T., & Hatami, M. (2015). Study the relationship between socioeconomic status (ses) and sports participation (Case study: ahvaz city). In

Ebrahimi, A., Pour, A. M., Azmsha, T., & Hatami, M. (2015). *Study the relationship between socioeconomic status (ses) and sports participation (Case study : ahvaz city).* 9(3), 296–299.

Eime, R., Harvey, J., & Charity, M. (2020). Sport participation settings: Where and “how” do Australians play sport? *BMC Public Health*, 20(1). <https://doi.org/10.1186/s12889-020-09453-3>

Eime, R. M., Harvey, J. T., Charity, M. J., & Payne, W. R. (2016). Population levels of sport participation: implications for sport policy. *BMC Public Health*, 16(1), 1–8. <https://doi.org/10.1186/s12889-016-3463-5>

Eime, Rochelle, Harvey, J., & Charity, M. (2018). Girls’ transition from participation in a modified sport program to club sport competition - A study of longitudinal patterns and correlates. *BMC Public Health*, 18(1). <https://doi.org/10.1186/s12889-018-5609-0>

Eime, Rochelle M., Harvey, J., Charity, M. J., Casey, M., Westerbeek, H., & Payne, W. R. (2017). The relationship of sport participation to provision of sports facilities and socioeconomic status: a geographical analysis. *Australian and New Zealand Journal of Public Health*, 41(3), 248–255. <https://doi.org/10.1111/1753-6405.12647>

Eime, Rochelle M., Harvey, J. T., Charity, M. J., Casey, M. M., Westerbeek, H., & Payne, W. R. (2016). Age profiles of sport participants. *BMC Sports Science, Medicine and Rehabilitation*, 8(1). <https://doi.org/10.1186/s13102-016-0031-3>

Eime, Rochelle M, Harvey, J. T., Craike, M. J., Symons, C. M., & Payne, W. R. (2013). *Family support and ease of access link socio-economic status and sports club membership in adolescent girls: a mediation study.*

<http://www.ijbnpa.org/content/10/1/50>

Eime, Rochelle M, Young, J. A., Harvey, J. T., Charity, M. J., & Payne, W. R. (2013). *A systematic review of the psychological and social benefits of participation in sport for adults: informing development of a conceptual model of health through sport.*

<http://www.ijbnpa.org/content/10/1/135>

Fourie, J., Slabbert, E., & Saayman, M. (2011). The leisure and sport participation patterns of high school learners in Potchefstroom. *South African Journal for Research in Sport, Physical Education and Recreation*, 33(1), 65–80.

<https://doi.org/10.4314/sajrs.v33i1.65488>

Frömel, K., Groffik, D., Chmelík, F., Cocca, A., & Skalik, K. (2018). Physical activity of 15–17 years old adolescents in different educational settings: A Polish-Czech study. *Central European Journal of Public Health*, 26(2), 137–143.

<https://doi.org/10.21101/cejph.a4521>

Gallant, F., Brunet, J., Bélanger, M., Sabiston, C. M., & O'Loughlin, J. L. (2017). Childhood Sports Participation and Adolescent Sport Profile. *Pediatrics*, 140(6), e20171449.
The logo of the University of the Western Cape, featuring a classical building facade with four columns and a triangular pediment above the text "UNIVERSITY of the WESTERN CAPE".

<https://doi.org/10.1542/peds.2017-1449>

Guddal, M. H., Stensland, S. Ø., Småstuen, M. C., Johnsen, M. B., Zwart, J. A., & Storheim, K. (2019). Physical activity and sport participation among adolescents: Associations with mental health in different age groups. Results from the Young-HUNT study: A cross-sectional survey. *BMJ Open*, 9(9). <https://doi.org/10.1136/bmjopen-2018-028555>

Hassan, A. (2016). Socio-economic status and sports participation of physical education students of Kashmir valley (J&K). ~ 115 ~ *International Journal of Physiology*, 1(1), 115–118. www.journalofsports.com

Holt, N. L., Kingsley, B. C., Tink, L. N., & Scherer, J. (2011). Benefits and challenges associated with sport participation by children and parents from low-income families.

Psychology of Sport and Exercise, 12(5), 490–499.

<https://doi.org/10.1016/j.psychsport.2011.05.007>

Holt, N. L., Neely, K. C., Slater, L. G., Camiré, M., Côté, J., Fraser-Thomas, J., Macdonald, D., Strachan, L., & Tamminen, K. A. (2017). A grounded theory of positive youth development through sport based on results from a qualitative meta-study. *International Review of Sport and Exercise Psychology*, 10(1), 1–49.

<https://doi.org/10.1080/1750984X.2016.1180704>

Holt, N. L., Pankow, K., Tamminen, K. A., Strachan, L., MacDonald, D. J., Fraser-Thomas, J., Côté, J., & Camiré, M. (2018). A qualitative study of research priorities among representatives of Canadian Provincial Sport Organizations. *Psychology of Sport and Exercise*, 36(October 2017), 8–16. <https://doi.org/10.1016/j.psychsport.2018.01.002>

Howie, E. K., Daniels, B. T., & Guagliano, J. M. (2020). Promoting Physical Activity Through Youth Sports Programs: It's Social. *American Journal of Lifestyle Medicine*, 14(1), 78–88. <https://doi.org/10.1177/1559827618754842>

Howie, E. K., McVeigh, J. A., Smith, A. J., & Straker, L. M. (2016). Organized Sport Trajectories from Childhood to Adolescence and Health Associations. *Medicine and Science in Sports and Exercise*, 48(7), 1331–1339.

<https://doi.org/10.1249/MSS.0000000000000894>

Jaworska, N., & MacQueen, G. (2015). Adolescence as a unique developmental period. *Journal of psychiatry & neuroscience: JPN*, 40(5), 291.

Koloba, H. A., & Surujlal, J. (2014). Factors and Challenges Associated with Participation in Community Sport in Eldorado Park, Johannesburg, South Africa. *Mediterranean*

Journal of Social Sciences, September 2014.

<https://doi.org/10.5901/mjss.2014.v5n20p30>

Kubayi, N A, Toriola, A. L., & Monyeki, M. A. (2013). Barriers to school sport participation: A survey among secondary school students in Pretoria, South Africa). Barriers to school sport participation: A survey among secondary school students in Pretoria. In *South Africa. African Journal for Physical* (Vol. 19, Issue 2).

Kubayi, Ntwanano A., Jooste, J., Toriola, A. L., & Paul, Y. (2014). Familial and peer influences on sport participation among adolescents in rural South African secondary schools. *Mediterranean Journal of Social Sciences*, 5(20), 1305–1308.

<https://doi.org/10.5901/mjss.2014.v5n20p1305>

Kubayi, Ntwanano Alliance. (2015). Female Sport Participation In South African Rural Schools: Analysis Of Socio-Cultural Constraints. *European Review Of Applied Sociology*, 8(10), 6–10. <https://doi.org/10.1515/eras-2015-0001>

Kwon, S., Janz, K. F., Letuchy, E. M., Burns, T. L., & Levy, S. M. (2015). Developmental trajectories of physical activity, sports, and television viewing during childhood to young adulthood: Iowa bone development study. *JAMA Pediatrics*, 169(7), 666–672.

<https://doi.org/10.1001/jamapediatrics.2015.0327>

Lagestad, P. (2019). Differences between adolescents staying in and dropping out of organized sport: A longitudinal study. *Journal of Physical Education and Sport*, 19(2), 444–452. <https://doi.org/10.7752/jpes.2019.s2065>

Hassan, A. R., Lam, M. H. S., Ku, S., Li, W. H. C., Lee, K. Y., Ho, E., ... & Wong, A. S. W. (2017). The reasons of dropout of sport in Hong Kong school athletes. *Health Psychology Research*, 5(1).. <https://doi.org/10.4081/hpr.2017.6766>

Hopwood, M. J., Farrow, D., MacMahon, C., & Baker, J. (2015). Sibling dynamics and sport expertise. *Scandinavian journal of medicine & science in sports*, 25(5), 724-733.

Logan, K., Cuff, S., LaBella, C. R., Brooks, M. A., Canty, G., Diamond, A. B., Hennrikus, W., Moffatt, K., Nemeth, B. A., Pengel, K. B., Peterson, A. R., Stricker, P. R., Bagnall, D. W., Solomon, J., Halstead, M. E., Faigenbaum, A. D., Gregory, A. J. M., Kinsella, S. B., & Emanuel, A. (2019). Organized sports for children, preadolescents, and adolescents. *Pediatrics*, 143(6). <https://doi.org/10.1542/peds.2019-0997>

Lounassalo, I., Salin, K., Kankaanpää, A., Hirvensalo, M., Palomäki, S., Tolvanen, A., Yang, X., & Tammelin, T. H. (2019). Distinct trajectories of physical activity and related factors during the life course in the general population: A systematic review. In *BMC Public Health* (Vol. 19, Issue 1). BioMed Central Ltd. <https://doi.org/10.1186/s12889-019-6513-y>

Marlier, M., Van Dyck, D., Cardon, G., De Bourdeaudhuij, I., Babiak, K., & Willem, A. (2015). Interrelation of sport participation, physical activity, social capital and mental health in disadvantaged communities: A SEM-analysis. *PloS one*, 10(10), e0140196

Mandic, S., Bengoechea, E. G., Stevens, E., Leon de la Barra, S., & Skidmore, P. (2012).

Getting kids active by participating in sport and doing it more often: focusing on what matters. *International Journal of Behavioral Nutrition and Physical Activity*, 9(1), 1. <https://doi.org/10.1186/1479-5868-9-86>

Manyanga, T., Makaza, D., Mahachi, C., Mlalazi, T. F., Masocha, V., Makoni, P., Tapera, E., Khumalo, B., Rutsate, S. H., & Tremblay, M. S. (2016). Results from Zimbabwe's 2016 report card on physical activity for children and youth. *Journal of Physical Activity and Health*, 13(11), S337–S342. <https://doi.org/10.1123/jpah.2016-0304>

Manyanga, T., Munambah, N. E., Mahachi, C. B., Makaza, D., Mlalazi, T. F., Masocha, V.,

Makoni, P., Sithole, F., Khumalo, B., Rutsate, S. H., & Matsungo, T. M. (2018). Results from Zimbabwe's 2018 report card on physical activity for children and youth. *Journal of Physical Activity and Health*, 15(2), S433–S435. <https://doi.org/10.1123/JPAH.2018-0520>

Manz, K., Krug, S., Schienkiewitz, A., & Finger, J. D. (2016). Determinants of organised sports participation patterns during the transition from childhood to adolescence in Germany: Results of a nationwide cohort study. In *BMC Public Health* (Vol. 16, Issue 1). BioMed Central Ltd. <https://doi.org/10.1186/s12889-016-3615-7>

Marques, A., Martins, J., Sarmento, H., Diniz, J., & da Costa, F. C. (2014). Adolescents' physical activity profile according to parental physical activity participation. *Journal of Human Sport and Exercise*, 9(1), 81–90. <https://doi.org/10.4100/jhse.2014.91.09>

Martínez-Andrés, M., Bartolomé-Gutiérrez, R., Rodríguez-Martín, B., Pardo-Guijarro, M. J., Garrido-Miguel, M., & Martínez-Vizcaíno, V. (2020). Barriers and facilitators to leisure physical activity in children: A qualitative approach using the socio-ecological model. *International Journal of Environmental Research and Public Health*, 17(9).

<https://doi.org/10.3390/ijerph17093033>

Mchunu, S., & Le Roux, K. (2011). Non-participation in sport by black learners with special reference to gender, grades, family income and home environment. *South African Journal for Research in Sport, Physical Education and Recreation*, 32(1), 85–98. <https://doi.org/10.4314/sajrs.v32i1.54102>

Merkel, D. L. (2013). OAJS-33556-youth-sports---risky-business-or-a-necessary-evil-. *Open Access Journal of Sports Medicine*, 4, 151–160. <https://doi.org/10.2147/OAJSMS33556>

Møllerløkken, N. E., Lorås, H., & Pedersen, A. V. (2015). A systematic review and meta-

- analysis of dropout rates in youth soccer. *Perceptual and motor skills*, 121(3), 913-922.
- Milošević, V., & Vesković, A. (2013). Family as an agent for sport socialization of youth. *Serbian Journal of Sports Sciences*, 7(3).
- Nyawornota, V. K., Luguterah, A., Sofo, S., Aryeetey, R., Badasu, M., Nartey, J., Assasie, E., Donkor, S. K., Dougblor, V., Williams, H., & Ocansey, R. (2018). Results from Ghana's 2018 report card on physical activity for children and youth. In *Journal of Physical Activity and Health* (Vol. 15, Issue 2, pp. S366–S367). Human Kinetics Publishers Inc. <https://doi.org/10.1123/JPAH.2018-0459>
- Ogbonnaya, U. I., & Awuah, F. K. (2019). QUINTILE RANKING OF SCHOOLS IN SOUTH AFRICA AND LEARNERS' ACHIEVEMENT IN PROBABILITY. *Statistics Education Research Journal*, 18(1), 106-119.
- Osai, K. V, & Whiteman, S. D. (2017). Family Relationships and Youth Sport: Influence of Siblings and Parents on Youth's Participation, Interests, and Skills. *Journal of Amateur Sport*, 3(3), 86–105. <https://doi.org/10.17161/jas.v3i3.6518>
- Qurban, H., Siddique, H., Wang, J., Morris, T., & Kashmir Pakistan, A. (2018). *The Relation between Sports Participation and Academic Achievement: The Mediating Role of Parental Support and Self-Esteem*. www.openaccesspub.org
- Rodrigues, D., Padez, C., & Machado-Rodrigues, A. M. (2018). Active parents, active children: The importance of parental organized physical activity in children's extracurricular sport participation. *Journal of Child Health Care*, 22(1), 159–170. <https://doi.org/10.1177/1367493517741686>
- Ross, A. J., Mallett, C. J., & Parkes, J. F. (2015). *The Influence of Parent Sport Behaviours on Children 's Development : Youth Coach and Administrator Perspectives*. 10(4), 605–

622.

Vella, S. A., Cliff, D. P., & Okely, A. D. (2014). Socio-ecological predictors of participation and dropout in organised sports during childhood. *International Journal of Behavioral Nutrition and Physical Activity*, 11(1), 1-10.

Santos, M. P., Esculcas, C., & Mota, J. (2016). The Relationship between Socioeconomic Status and Adolescents' Organized and Nonorganized Physical Activities. *Pediatric Exercise Science*, 16(3), 210–218. <https://doi.org/10.1123/pes.16.3.210>

Seabra, A. F., Mendonça, D. M., Thomis, M. A., Peters, T. J., & Maia, J. A. (2008). Associations between sport participation, demographic and socio-cultural factors in Portuguese children and adolescents. *European Journal of Public Health*, 18(1), 25–30. <https://doi.org/10.1093/eurpub/ckm049>

Setia, M. S. (2016). Methodology series module 3: Cross-sectional studies. *Indian journal of dermatology*, 61(3), 261.

Singh Rana, K., & Lehri, A. (2019). Effect of Sports Participation on Academic Achievements among Boys. *Journal of Exercise Science and Physiotherapy*, 14(2), 2018–2021. <https://doi.org/10.18376/jesp/2018/v14/i2/111308>

Somerset, S., & Hoare, D. J. (2018). Barriers to voluntary participation in sport for children: A systematic review. *BMC Pediatrics*, 18(1). <https://doi.org/10.1186/s12887-018-1014-1>

South Africa (2002). Disaster Management Act, 2002 (Act 57 of 2002).

Stodolska, M., Sharaievska, I., Tainsky, S., & Ryan, A. (2018). Minority Youth Participation in an Organized Sport Program. *Journal of Leisure Research*, 46(5), 612–634. <https://doi.org/10.1080/00222216.2014.11950345>

Stodolska, M., Tainsky, S., & Ryan, A. (2014). Minority Youth Participation in an Organized

Sport Program Needs, Motivations, and Facilitators. In *Journal of Leisure Research*

Copyright (Vol. 46, Issue 5).

Strandbu, Å., Bakken, A., & Stefansen, K. (2019). The continued importance of family sport culture for sport participation during the teenage years. *Sport, Education and Society*, 0(0), 1–15. <https://doi.org/10.1080/13573322.2019.1676221>

Sukys, S., Lisinskiene, A., & Tilindiene, I. (2015). Adolescents' participation in sport activities and attachment to parents and peers. *Social Behavior and Personality*, 43(9), 1507–1518. <https://doi.org/10.2224/sbp.2015.43.9.1507>

Telama, R., Laakso, L., Nupponen, H., Rimpelä, A., & Pere, L. (2016). Secular Trends in Youth Physical Activity and Parents' Socioeconomic Status from 1977 to 2005.

Pediatric Exercise Science, 21(4), 462–474. <https://doi.org/10.1123/pes.21.4.462>

Thivel, D., Tremblay, A., Genin, P. M., Panahi, S., Rivière, D., & Duclos, M. (2018). Physical activity, inactivity, and sedentary behaviors: definitions and implications in occupational health. *Frontiers in public health*, 6, 288.

Timperio, A. F., van Stralen, M. M., Brug, J., Bere, E., Chinapaw, M. J., De Bourdeaudhuij, I., Jan, N., Maes, L., Manios, Y., Moreno, L. A., Salmon, J., & te Velde, S. J. (2013a).

Direct and indirect associations between the family physical activity environment and sports participation among 10-12 year-old European children: Testing the EnRG framework in the ENERGY project. *International Journal of Behavioral Nutrition and Physical Activity*, 10(1), 15. <https://doi.org/10.1186/1479-5868-10-15>

Uys, M., Bassett, S., Draper, C. E., Micklesfield, L., Monyeki, A., De Villiers, A., & Lambert, E. V. (2016). Results from South Africa's 2016 report card on physical activity for children and youth. *Journal of Physical Activity and Health*, 13(11), S265–S273.

<https://doi.org/10.1123/jpah.2016-0409>

van Dyk, H., & White, C. J. (2019). Theory and practice of the quintile ranking of schools in South Africa: A financial management perspective. *South African Journal of Education*, 39. <https://doi.org/10.15700/saje.v39ns1a1820>

Van Hout, R. C. H., Young, M. E. M., Bassett, S. H., & Hooft, T. (2013). Participation in sport and the perceptions of quality of life of high school learners in the Theewaterskloof Municipality, South Africa. *Theewaterskloof Municipality, South Africa. African Journal for Physical*, 19(3), 612–622.

Wijtzes, A. I., Jansen, W., Bouthoorn, S. H., Pot, N., Hofman, A., Jaddoe, V. W. V., & Raat, H. (2014). Social inequalities in young children's sports participation and outdoor play. *International Journal of Behavioral Nutrition and Physical Activity*, 11(1), 1–10. <https://doi.org/10.1186/s12966-014-0155-3>

Wilson, O. W. A., Whatman, C., Walters, S., Keung, S., Enari, D., Rogers, A., Millar, S. K., Ferkins, L., Hinckson, E., Hapeta, J., Sam, M., & Richards, J. (2022). The Value of Sport: Wellbeing Benefits of Sport Participation during Adolescence. *International Journal of Environmental Research and Public Health*, 19(14). <https://doi.org/10.3390/ijerph19148579>

APPENDIX A: INFORMATION SHEET



UNIVERSITY OF THE WESTERN CAPE

Private Bag X 17, Bellville 7535, South Africa

Tel: +27 21-959 2409 Fax: 27 21-959 3688

E-mail: dobowers@uwc.ac.za

INFORMATION SHEET

Title of the study: Participation of secondary school learners aged 14 to16 years in organised sport

What is this study about?

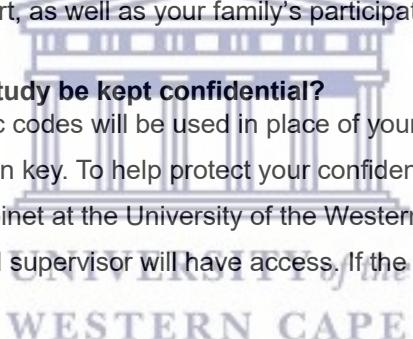
The purpose of this research project is to determine the participation of secondary school learners in organised sport. We are inviting you to participate in this research study, because you could provide us with meaningful information regarding learners' participation in organised sport.

What will I be asked to do if I agree to participate?

Permission from your parents/guardian will be requested. Thereafter, you will be required to fill in a consent form. You will be asked to complete a questionnaire. The questionnaire will be focusing on your participation in organised sport, as well as your family's participation.

Would my participation in this study be kept confidential?

To ensure your anonymity, numeric codes will be used in place of your name, and only the researcher will have access to the identification key. To help protect your confidentiality, all information gathered will be stored in a locked filing cabinet at the University of the Western Cape in the supervisor's office, and only the researcher and supervisor will have access. If the study were to be published, your anonymity will be protected.



What are the risks of this research?

There may be some risks from participating in this research study. Some of the known risks that may result from participating in the research are psychological, social, and emotional. If participants are embarrassed, fatigued, or uncomfortable with answering questions, they could withdraw from the study or refuse to answer some questions. We will nevertheless minimize such risks and act promptly to assist you, if you experience any discomfort, psychological or otherwise, during the process of your participation in this study. Where necessary, an appropriate referral will be made to a suitable professional, for further assistance or intervention.

What are the benefits of this research?

This research is not designed to help you personally, but the results may help informative for principals, teachers, learners, parents, school board members, the ministry of sport, community members, sports clubs, and sports coaches and may help you and them learn more about adolescent participation in organised sport.

Do I have to be in this research, and may I stop participating at any time?

Your participation in this research is completely voluntary. You may choose not to take part at all. If you decide to participate in this research, you may stop participating at any time. If you decide not to participate in this study or if you stop participating at any time, you will not be penalized or lose any benefits for which you otherwise qualify.

What if I have questions?

This research is being conducted by Mohamed Ayyub Mia of the Department of Sport, Recreation and Exercise Science at the University of the Western Cape. If you have any questions about the research study itself, please contact:

Mohamed Ayyub Mia
Cell:
Telephone:
Email: 3568615@myuwc.ac.za; ayyumbmia07@gmail.com

Should you have any questions regarding this study and your rights as a research participant or if you wish to report any problems you have experienced related to the study, please contact:

Head of Department: Dr Marie Young
Department of Sport, Recreation & Exercise Science, University of the Western Cape, Private Bag X17, Bellville 7535
myoung@uwc.ac.za

Dean CHS: Prof Anthea Rhoda
Faculty of Community and Health Sciences, University of the Western Cape, Private Bag X17, Bellville 7535
chs-deansoffice@uwc.ac.za



This research has been approved by the University of the Western Cape's Senate Research Committee. (REFERENCE NUMBER: 20200206-4135)

APPENDIX B: PARENTAL CONSENT FORM



UNIVERSITY OF THE WESTERN CAPE

Private Bag X 17, Bellville 7535, South Africa

Tel: +27 21-959 2409 Fax: 27 21-959 3688

E-mail: dobowers@uwc.ac.za

PARENTAL CONSENT FORM

Title of Research Study: Participation of secondary school learners aged 14 to 16 years in organised sport

We are inviting your child to participate in the study investigating the participation of adolescents in organised sport in the Western Cape. Your child will be requested to share information by completing a questionnaire as explained in the information sheet. He/she will not be requested to reveal any personal information. Should your child feel uncomfortable at any stage, he/she may withdraw from the study.

The study has been described to me in language that I understand. My questions about the study have been answered. I understand what my child's participation will involve and I agree that he/she may participate in the study out of his/her own choice and free will. I understand that his/her identity will not be disclosed to anyone. I understand that he/she may withdraw from the study at any time without giving a reason and without fear of negative consequences or loss of benefits.

Learner's name.....

Parent/Guardian name.....

Parent/Guardian signature.....

Date.....

APPENDIX C: LEARNER CONSENT FORM



UNIVERSITY OF THE WESTERN CAPE

Private Bag X 17, Bellville 7535, South Africa

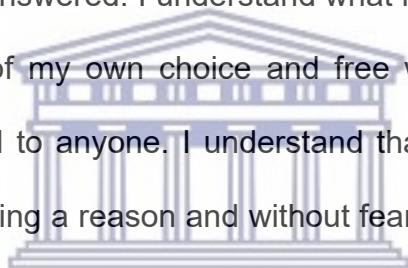
Tel: +27 21-959 2409 Fax: 27 21-959 3688

E-mail: dobowers@uwc.ac.za

PARTICIPANT CONSENT FORM

Title of Research Project: Participation of secondary school learners aged 14 to 16 years in organised sport

The study has been described to me in language that I understand. My questions about the study have been answered. I understand what my participation will involve, and I agree to participate of my own choice and free will. I understand that my identity will not be disclosed to anyone. I understand that I may withdraw from the study at any time without giving a reason and without fear of negative consequences or loss of benefits.



Learner's name.....

Learner's signature.....

Date.....

APPENDIX D: CRITICAL APPRAISAL ASSESSMENT TOOL

Critical Appraisal Assessment Tool

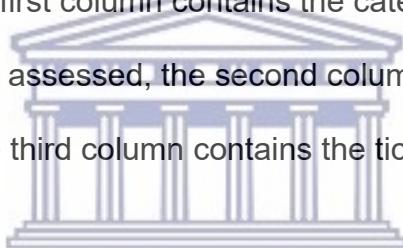
for evaluating the questionnaire on

Organised Sport Participation

Instructions:

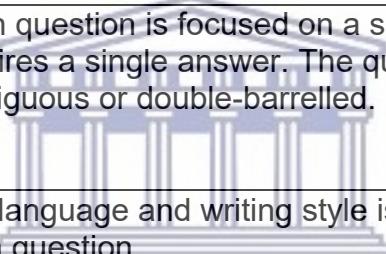
This is a critical appraisal assessment tool (CAAT) with ten domains (categories) that is used to evaluate the validity of the questionnaire on organised sport participation.

This tool has 3 columns, the first column contains the category/domain (in highlighted text) that is being assessed, the second column is the statement that explains the domain, and the third column contains the tick boxes for the reviewer's responses.



Please indicate your responses by selecting the appropriate tick box in the table below. If the option "No" is selected for any of the ten categories, please use the feedback section below the table to indicate:

- With reference to the questionnaire, which section(s) and which question(s) in that section is/are problematic, and
- How the question(s) can be improved. (*Refer to the example given in the feedback table*).

Category/Domain	Statement	Response	
		Yes	No
1. Specificity of the questions in sections B and C of the questionnaire.	Each question is specific and related to organised sport participation.	<input type="checkbox"/>	<input type="checkbox"/>
2. Scope and focus of the questions in sections B and C of the questionnaire.	All the questions together cover the full scope and critical areas (focus) of organised sport participation.	<input type="checkbox"/>	<input type="checkbox"/>
3. Responses to the questions in sections B and C of the questionnaire.	The responses and format are appropriate for each question.	<input type="checkbox"/>	<input type="checkbox"/>
4. Clarity of the questions in sections B and C of the questionnaire.	Each question is clear and easy to understand.	<input type="checkbox"/>	<input type="checkbox"/>
5. Ambiguity of the questions in sections B and C of the questionnaire.	Each question is focused on a single issue that requires a single answer. The questions are not ambiguous or double-barrelled.	<input type="checkbox"/>	<input type="checkbox"/>
6. Language and writing style in the questions in sections B and C of the questionnaire.	The language and writing style is appropriate for each question.  UNIVERSITY of the WESTERN CAPE	<input type="checkbox"/>	<input type="checkbox"/>
7. Organization of the sections and questions in each section of the questionnaire.	The questionnaire is organised into three sections that are logical, and the questions in each section are logical and easy to follow.	<input type="checkbox"/>	<input type="checkbox"/>
8. Question Length	Each question has the appropriate length. It is not too long or too short.	<input type="checkbox"/>	<input type="checkbox"/>
9. Decision-making regarding the questions in sections B and C of the questionnaire.	Each question requires careful decision-making before making a response.	<input type="checkbox"/>	<input type="checkbox"/>
10. Questionnaire Length	The questionnaire is an appropriate length. It is not too long or too short.	<input type="checkbox"/>	<input type="checkbox"/>

Feedback Table

Instructions:

This feedback table is only applicable for the responses where “No” was selected in the assessment tool above.

- Please use the feedback table below to indicate any feedback about the questionnaire and how it can be improved.
 - Please fill in each column in the table, when giving feedback.



UNIVERSITY *of the*

Scoring of CAAT

Instructions:

Add up the number of 'yes' ticks for the domains/categories, e.g., 6 ticks, then convert into a percentage by multiplying by 10, e.g., 6 ticks x 10 = 60%.

Please tick the appropriate box for the total number of 'Yes" ticks to see the final score for the evaluation or grading of the questionnaire.

Number of 'YES' ticks	Final Score of CAAT (%)
1 <input type="checkbox"/>	10
2 <input type="checkbox"/>	20
3 <input type="checkbox"/>	30
4 <input type="checkbox"/>	40
5 <input type="checkbox"/>	50
6 <input type="checkbox"/>	60
7 <input type="checkbox"/>	70
8 <input type="checkbox"/>	80
9 <input type="checkbox"/>	90
10 <input type="checkbox"/>	100

Scoring Categories:

Score	Rating
≤ 40%	Low
41% - 69%	Moderate
≥ 70%	High

N.B. Only a high score ($\geq 70\%$) for the assessment tool will be applicable for research purposes.

Additional Comments

Please indicate in textbox below any general feedback that may improve the quality of the questionnaire and/or scoring of the assessment tool, e.g., comment on the domains, the applicability of the scoring of the assessment tool for research purposes, etc.



Thank you for your contributions.

APPENDIX E: ORGANISED SPORT PARTICIPATION QUESTIONNAIRE



UNIVERSITY OF THE WESTERN CAPE

Private Bag X 17, Bellville 7535, South Africa

Tel: +27 21-959 2409 Fax: 27 21-959 3688

E-mail: 3568615@myuwc.ac.za

Organised Sport Participation Questionnaire

A. Demographic Information

Please answer the following questions by placing a tick in the appropriate box.

Date of Birth (dd/mm/yyyy): _____

Gender: Male Female

Grade: 9 10

Ethnicity:

Black <input type="checkbox"/>	Coloured <input type="checkbox"/>	Indian <input type="checkbox"/>	White <input type="checkbox"/>	Other <input type="checkbox"/>
--------------------------------	-----------------------------------	---------------------------------	--------------------------------	--------------------------------

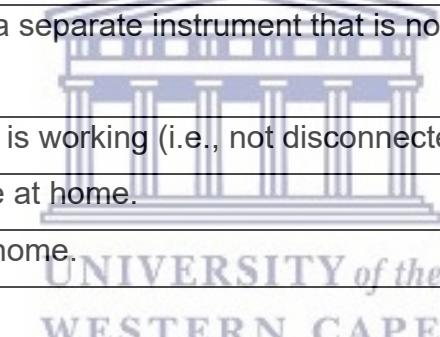
If other, please state: _____

B. Socioeconomic Status

Please answer the following questions by placing a tick in the appropriate box.

Do you have the following items **at home?**

ITEMS	Yes	No
1. Computer/Laptop/Tablet at home.	<input type="checkbox"/>	<input type="checkbox"/>
2. Study Desk/Study Table at home.	<input type="checkbox"/>	<input type="checkbox"/>
3. Books of your own, e.g., novels, comic books, magazines, etc. (do not count books bought by the household, schoolbooks, gifted books and donated books).	<input type="checkbox"/>	<input type="checkbox"/>
4. Your own room (not sharing with anyone).	<input type="checkbox"/>	<input type="checkbox"/>
5. Internet connection at home.	<input type="checkbox"/>	<input type="checkbox"/>
6. A dictionary (hardcopy book and not electronic) at home.	<input type="checkbox"/>	<input type="checkbox"/>
7. A scientific calculator (a separate instrument that is not part of a cellphone)	<input type="checkbox"/>	<input type="checkbox"/>
8. Electricity at home that is working (i.e., not disconnected)	<input type="checkbox"/>	<input type="checkbox"/>
9. A car/motorbike/bicycle at home.	<input type="checkbox"/>	<input type="checkbox"/>
10. Running Tap water at home.	<input type="checkbox"/>	<input type="checkbox"/>
11. Your own cellphone.	<input type="checkbox"/>	<input type="checkbox"/>



C. Organised Sport Participation

Please answer the following questions by selecting the appropriate box.

Question 1

Before the year 2019, have you ever participated in at least one organized sport?
(Played for or belonged to a sports club). Yes No

If no, please proceed to Question 2.

If yes, please tick which sport(s):

- Soccer Rugby Cricket Athletics Swimming
 Tennis Netball Squash Hockey Other

If other, please state which ones: _____

Please indicate the level of participation:

- Local or District Regional Provincial National



Question 2

Between the years 2019 and 2021, did you participate in an organised sport? (Play for or belong to a sports club). Yes No

If no, please proceed to Question 3.

If yes, please tick which sport(s):

- Soccer Rugby Cricket Athletics Swimming
 Tennis Netball Squash Hockey Other

If other, please state: _____

Please indicate the level of participation:

- Local or District Regional Provincial National

Question 3

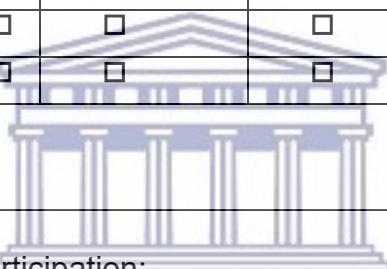
Has either of your parents/guardian ever participated in at least one organized sport in the past and/or currently? (Played or belong to a sports club) Yes

No

If no, please proceed to Question 4.

If yes, tick the appropriate box(es) below.

Sports	Mother	Father	Both Parents	Guardian
Soccer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rugby	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cricket	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Athletics	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Swimming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tennis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Netball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Squash	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



If other, please specify: _____

Please indicate the level of participation:

Local or District Regional Provincial National
**UNIVERSITY of the
WESTERN CAPE**

Question 4

Do you have any siblings who **currently participate or have participated** in at least one organised sport? (Played for or belong to a sports club) Yes No

If no, please proceed to Question 5.

If yes, please tick which sport(s):

Soccer Rugby Cricket Athletics Swimming
 Tennis Netball Squash Hockey Other

If other, please state: _____

Please indicate the level of participation:

Local or District Regional Provincial National

Question 5

Do you have friends/peers that participate in organised sport and/or belong to a sports club? Yes No

If no, please proceed to Question 6.

If yes, do they participate in the same organised sport as you? Yes No

If yes, do they belong to the same sports club as you? Yes No

Question 6

Please tick the appropriate box:

a. Do you watch sport sometimes on your own? (Watching on television or on the internet, in stadia, community sports grounds, etc.)	<input type="checkbox"/> Yes	<input type="checkbox"/> No
b. Do any of your parents/guardians watch sport sometimes?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
c. Do you watch sport with your parents sometimes?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
d. Do any of your siblings watch sport sometimes?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
e. Do you watch sport with your siblings sometimes?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
f. Do any of your friends watch sport sometimes?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
g. Do you watch sport with your friends sometimes?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
h. Do you read about sport sometimes? (Newspapers, magazine, online, etc.)	<input type="checkbox"/> Yes	<input type="checkbox"/> No
i. Do any of your parents read about sport sometimes?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
j. Do any of your siblings read about sport sometimes?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
k. Do any of your friends read about sport sometimes?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
l. Do you talk about sports with your parents sometimes?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
m. Do you talk about sports with your sibling sometimes?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
n. Do you talk about sports with your friends sometimes?	<input type="checkbox"/> Yes	<input type="checkbox"/> No



APPENDIX F: ETHICS CLEARENCE LETTER

07 December 2020

Mr MA Mia
SRES
Faculty of Community and Health Sciences

Ethics Reference Number: BM19/7/18

Project Title: Participation of secondary school learners aged 14-16 years in organised sport

Approval Period: 20 November 2020 – 20 November 2023

I hereby certify that the Biomedical Science Research Ethics Committee of the University of the Western Cape approved the scientific methodology and ethics of the above mentioned research project.

Any amendments, extension or other modifications to the protocol must be submitted to the Ethics Committee for approval.

Please remember to submit a progress report annually by 30 November for the duration of the project.

*UNIVERSITY of the
WESTERN CAPE*
Permission to conduct the study must be submitted to BMREC for record-keeping.

The Committee must be informed of any serious adverse event and/or termination of the study.

*Ms Patricia Josias
Research Ethics Committee Officer
University of the Western Cape*

**Director: Research Development
University of the Western Cape
Private Bag X 17
Bellville 7535
Republic of South Africa
Tel: +27 21 959 4111
Email: research-ethics@uwc.ac.za**

APPENDIX G: WESTERN CAPE EDUCATION DEPARTMENT LETTER OF PERMISSION

Audrey.wynngaard@westerncape.gov.za

tel: +27 021 467 9272

Fax: 0865902282

Private Bag x9114, Cape Town, 8000

wced.wcape.gov.za

REFERENCE: 20200206-4135

ENQUIRIES: Dr A T Wyngaard

Mr Mohamed Ayyub Mia

7 Arba Street

Rylands Estate

Athlone

7764

Dear Mr Mohamed Ayyub Mia



RESEARCH PROPOSAL: PARTICIPATION OF SECONDARY SCHOOL LEARNERS AGED 14 – 16 YEARS IN ORGANISED SPORT

Your application to conduct the above-mentioned research in schools in the Western Cape has been approved subject to the following conditions:

1. Principals, educators and learners are under no obligation to assist you in your investigation.
2. Principals, educators, learners and schools should not be identifiable in any way from the results of the investigation.
3. You make all the arrangements concerning your investigation.
4. Educators' programmes are not to be interrupted.
5. The Study is to be conducted from **07 February 2021 till 30 September 2021**
6. No research can be conducted during the fourth term as schools are preparing and finalizing syllabi for examinations (October to December).
7. Should you wish to extend the period of your survey, please contact Dr A.T Wyngaard at the contact numbers above quoting the reference number?
8. A photocopy of this letter is submitted to the principal where the intended research is to be conducted.
9. Your research will be limited to the list of schools as forwarded to the Western Cape Education Department.
10. A brief summary of the content, findings and recommendations is provided to the Director: Research Services.
11. The Department receives a copy of the completed report/dissertation/thesis addressed to:

**The Director: Research Services
Western Cape Education Department
Private Bag X9114
CAPE TOWN
8000**

We wish you success in your research.

Kind regards.

Signed: Dr Audrey T Wyngaard

Directorate: Research

DATE: 03 March 2021

APPENDIX H: TURNITIN REPORT

Participation of Secondary School Learners Aged 14 to 16 Years in Organised Sport

ORIGINALITY REPORT



MATCH ALL SOURCES (ONLY SELECTED SOURCE PRINTED)

4% ★ hdl.handle.net

Internet Source

Exclude quotes

On

Exclude matches

< 13 words

Exclude bibliography

On



UNIVERSITY *of the*
WESTERN CAPE