

Keep Youngsters Involved

Factors influencing sports dropout in 12-19 year olds and the model

Catherine Woods and Joey Murphy (University of Limerick)

#keepyoungstersinvolved

Keep
Youngsters
Involved



Co-funded by the
Erasmus+ Programme
of the European Union

Work Package 1 (WP1)

Aims

- To collect research information about determinants/correlates (i.e. factors) of sports dropout for youngsters.
- To collect knowledge of motivation, behaviour change methods and effective approaches.
- To audit examples of practical tools from grass-root sport organisations.

Goals

- Identify factors influencing youth sports dropout.
- Develop a framework to understand these factors.
- Create good practice statement linking the factors to strategies used by grass-root sport organisations

Keep
Youngsters
Involved

Methods

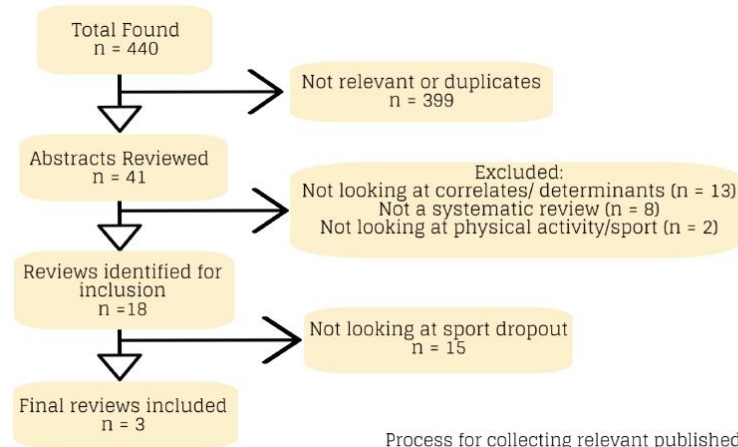
1. Rapid review of the published literature.
2. Grey Literature was identified in the partner countries and used to support or add to the published literature findings.



Factors Preventing
Sports Dropout

Keep
Youngsters
Involved

Rapid Review Process



Process for collecting relevant published research.

1. 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.
2. Crane, J., & Temple, V. (2015). A systematic review of dropout from organised sport among children and youth. *European physical education review*, 21(1), 114-131.
3. Temple, V., & Crane, J. (2016). A systematic review of dropout from organised soccer among children and adolescents. *Soccer and Society*. 17(6), 856-881.

Published Literature Findings

- Definition for sports dropout:
“the prolonged absence of systematic practice and competition, either in one sport (sport-specific drop out) or all sports (sport-general dropout)”
(Adapted from Balish et al. 2014)



Keep
Youngsters
Involved

Published Literature Findings

Intrapersonal

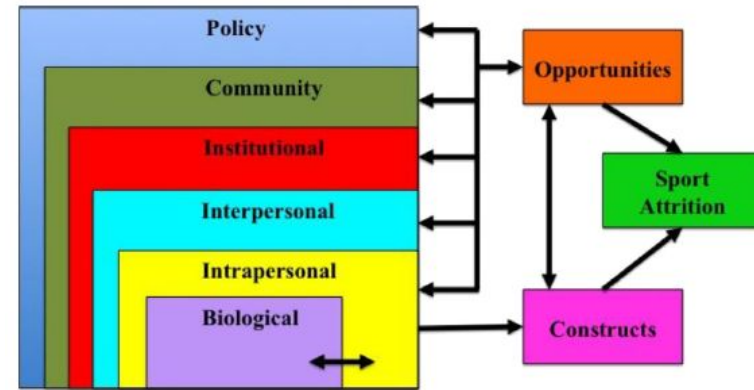
- Extrinsic Motivation
- Autonomy
- Perceived Competence
- Relatedness
- Attitude
- Intention to Participate
- Values
- Intrinsic Motivation
- Enjoyment

Institutional/Organisational

- Climate Provided

Interpersonal

- Coach Relationship
- Peer Involvement
- Parental Autonomy Support



Social Ecological Model of Sports Dropout
(Balish et al. 2014)

Grey Literature Findings

10 pieces of grey literature (e.g. national reports, PhD thesis) were identified from 5 partner countries.

Biological/Personal

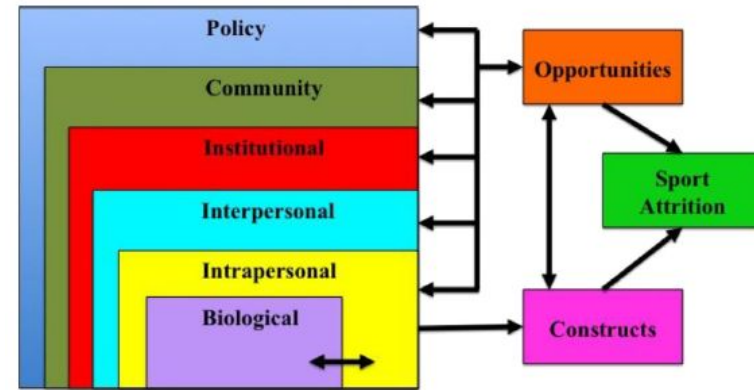
- Gender
- Age
- Injury
- Years of Participation

Intrapersonal

- Goal Conflict
- Self-Efficacy

Institutional/Organisational

- Accessibility
- Type of Sport
- Cost

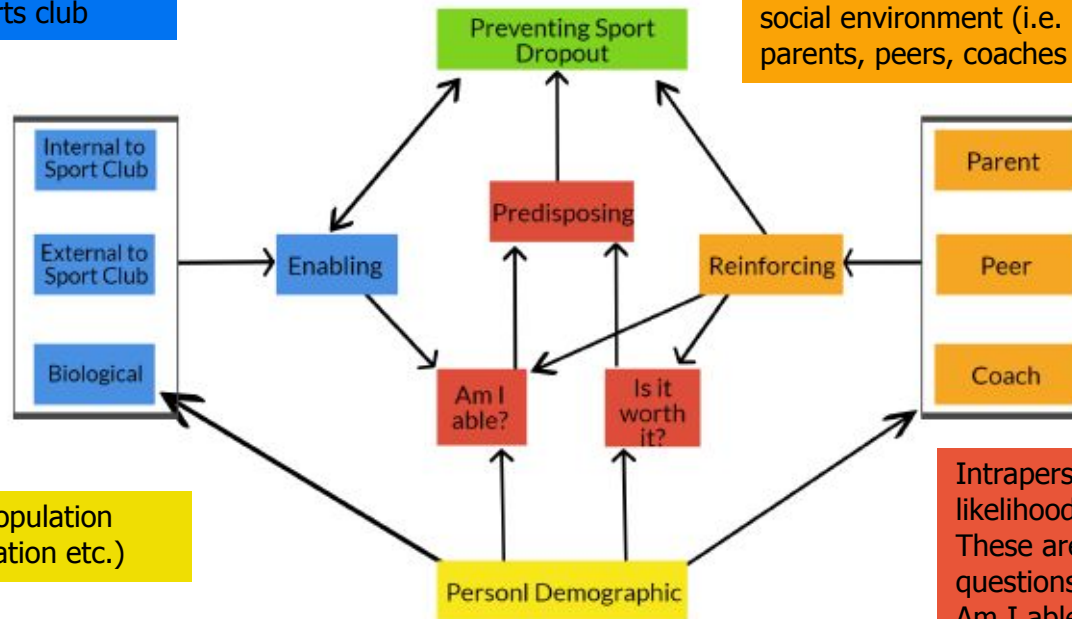


Social Ecological Model of Sports Dropout
(Balish et al. 2014)

KYI Framework

Enable youngsters to participate in sport. These can include:
 Biological enablers
 Factors internal to the sports club
 Factors external to the sports club

Interpersonal factors in the social environment (i.e. parents, peers, coaches etc.)



Describe the person or population (e.g. age, gender, occupation etc.)

Intrapersonal factors that increase the likelihood of the outcome behaviour. These are broken into two fundamental questions:
 Am I able (e.g. motivation, perceived competence etc.)
 Is it worth it (e.g. enjoyment, values etc.)

Framework for preventing youth sport dropout. Adapted from the Youth Physical Activity Participation Model (Welk, 1999)

Factors in the framework

Personl Demographic

- Gender
- Age
- Years of Participation



Predisposing

Am I able?

- Intrinsic Motivation
- Autonomy
- Perceived Competence
- Intention to Participate
- Self Efficacy

Is it worth it?

- Extrinsic Motivation
- Relatedness
- Values
- Enjoyment
- Expectancies
- Attitude



Keep
Youngsters
Involved

Grey Literature Findings

Enabling

Internal to Sport Club

- Climate
- Type of Sport
- Cost
- Accessibility

External to Sport Club

- Time/Goal Conflict

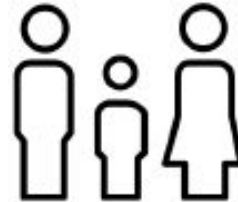
Biological

- Injury



Reinforcing

- Coach Relationship
- Peer Involvement in Sport
- Parent Autonomy Support



Keep
Youngsters
Involved

Strategies that influence: Hope to:

- Autonomy
- Perceived Competence/Self Efficacy
- Relatedness
- Climate (Task)
- Time/Goal Conflict
- Cost
- Expectancies
- Values
- Coach-Athlete Relationship
- Peer Involvement in Sport
- Parental Autonomy Support
- Accessibility
- Type of Sport
- Prevention Policy

Increase

- Intrinsic Motivation
- Enjoyment
- Social Support
- Environmental Support
- Positive Goal Orientation
- Positive Attitude

Keep
Youngsters
Involved