

**ACTIVE**  
NZ SURVEY

Te Rangahau Korikori o Aotearoa

# Sport and Recreation Profile: Rugby Union

Findings from the 2007/08  
Active New Zealand Survey



# INTRODUCTION

## Content

This sport and recreation profile presents information about participation in rugby union among New Zealand adults aged 16 years and over. It is compiled from information collected through the 2007/08 Active NZ Survey and includes:

- participation levels;
- profile of participants;
- participation patterns; and
- volunteering levels.

## Methodology

### Sample

A total of 4,443 adults aged 16 years and over participated in the 2007/08 Active NZ Survey. Among the participants, 214 (169 men, 45 women) reported participating in rugby union at least once during the 12 months preceding the interview. The 4,443 interviews (which were completed over a 12-month period beginning in March 2007) were stratified by month and by the 17 regional sports trust catchment areas.

### The Survey

The Active NZ Survey (an interviewer-administered, face-to-face self-report survey) consisted of two data collection tools:

1. a sport and recreation survey; and
2. a seven-day physical activity recall diary.

The sport and recreation survey was used to collect information about participation levels in various sport and recreation activities. Participants reported the sport and recreation activities they participated in over three different timeframes: during the 12 months, four weeks and seven days preceding the interview. Participants reported a range of other sport and recreation information including where they participated in activities, their participation in volunteering, instruction to improve performance and involvement in clubs and centres.

The seven-day physical activity recall diary assessed the frequency, intensity and duration of sport and recreation activities participated in during the seven days preceding the interview. The following information was collected for each day of the previous week:

1. the specific activities participated in (e.g. rugby union);
2. the day on which the activity was undertaken (e.g. played rugby union on Monday, Thursday and Saturday);
3. the total time spent participating in each specific sport and recreation activity (e.g. played rugby union for 90 minutes on Monday);
4. the amount of time spent at a moderate intensity (e.g. of the 90 minutes playing rugby union on Monday, 30 minutes was spent at a moderate intensity); and
5. the amount of time spent at a vigorous intensity (e.g. of the 90 minutes playing rugby union, 25 minutes was spent at a vigorous intensity).

The information from the diary was used to determine the time spent and the intensity at which adults participated in a specific sport during any one week. Because of low participation levels during the week preceding the interview, time-related information is not available in this profile.

### **Ethnic Groupings**

In the 2007/08 Active NZ Survey, participants were able to identify with multiple ethnicities. Consequently, the same person could be represented in different ethnic groups (e.g. Māori and NZ European). Therefore, when the percentages for each ethnic group are summed they do not equal 100 percent. Ethnic-specific findings should only be compared with estimates for the total New Zealand population as comparisons between ethnic groups (e.g. Māori versus Pacific) are not valid.

### **Socioeconomic Position**

The NZiDep tool was used to measure the socioeconomic position of participants. The tool consists of eight questions which assess different domains of socioeconomic status. Based on the number of deprivation indicators reported, participants were grouped into one of five groups ranging from the least (Quintile 1) to the most (Quintile 5) disadvantaged socioeconomic group. The five groups were:

*Quintile 1* – no deprivation characteristics;

*Quintile 2* – one deprivation characteristic was reported;

*Quintile 3* – two deprivation characteristics were reported;

*Quintile 4* – three or four deprivation characteristics were reported; and

*Quintile 5* – five or more deprivation characteristics were reported.

Further information about the Active NZ Survey methodology is available at [www.sparc.org.nz/activenzsurvey](http://www.sparc.org.nz/activenzsurvey).

## **Information Reported**

All findings relate to the New Zealand adult population aged 16 years and over. They are based on responses from at least 100 participants and have a relative standard error of less than 25 percent unless stated otherwise. All estimates have been weighted to correct for differences between the sample population and the general New Zealand population. Percent estimates (e.g. 50%) with a 95 percent confidence interval (e.g. 95% CI: 45-55) have also been age-standardised to the 2006 New Zealand adult population. Estimates without a 95 percent confidence interval represent proportions within the sport-specific population (i.e. adults who participated in the activity), and have not been age-standardised.

Confidence intervals have been used to indicate if significant differences exist between different groups (e.g. men versus women) in the population. Findings are generally considered significantly different if there is no overlap between the confidence intervals of the percentage estimates being compared.

The Active NZ Survey is a nationally representative survey of all New Zealand adults. The findings in this profile are not directly comparable with other sources of information about rugby union. This is because methodological differences (e.g. the way data is collected, the definitions used) contribute to differences in findings between different data sources.

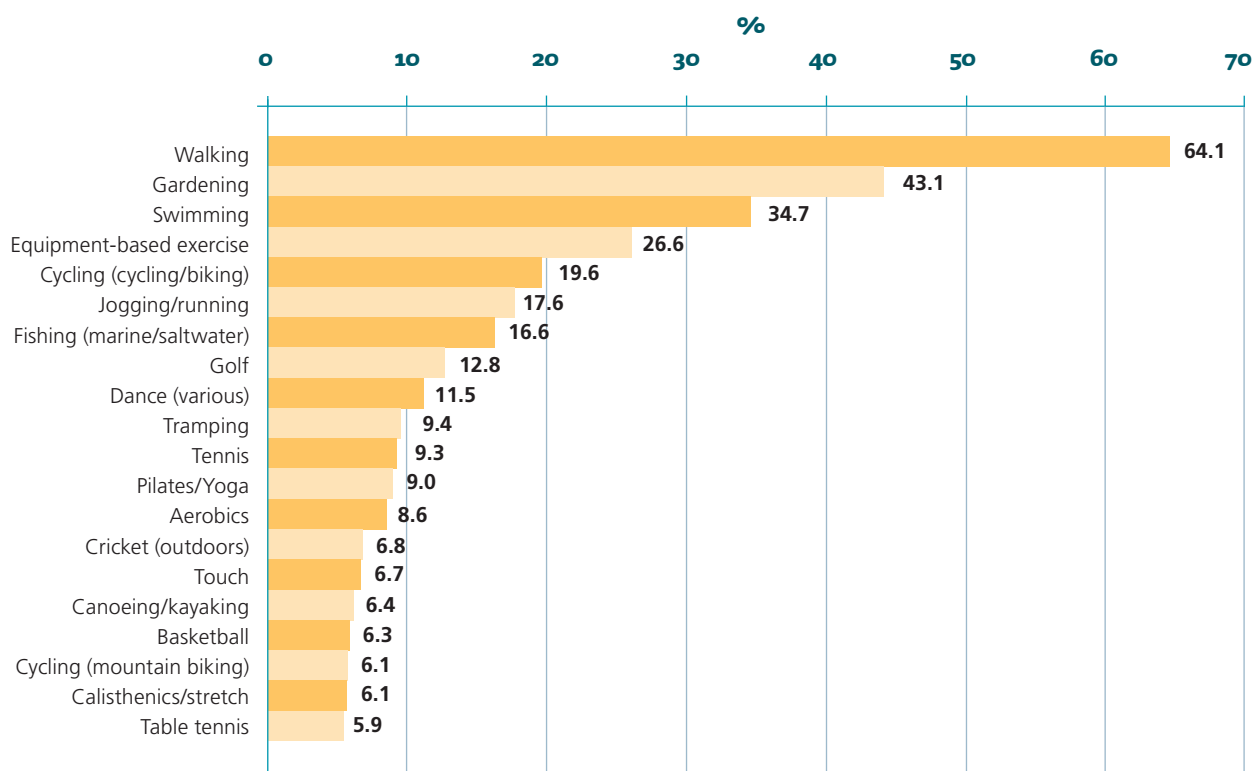
# FINDINGS

## Participation Levels

### 2007/08 Participation Levels

Over 12 months, 5.7 percent (95% CI: 4.6–6.8) of all New Zealand adults aged 16 years and over (189,663 people) had participated in rugby union at least once. Figure 1 presents 20 sport and recreation activities with the highest participation levels among all New Zealand adults<sup>1</sup>. Among the various sport and recreation activities, rugby union had the 21st highest participation (equal with freshwater fishing).

Figure 1: Sport and recreation activities with the highest participation levels



<sup>1</sup> Figure 1 is based on information presented in the document titled 'Sport and Recreation Participation Levels' which is available at [www.sparc.org.nz/activenzsurvey](http://www.sparc.org.nz/activenzsurvey).

## Profile of Participants

### Demographic Profile

Table 1 presents demographic information about rugby union participation. For example, among all men in New Zealand 10.0 percent participated in rugby union at least once over 12 months.

Table 1 shows that men (compared with women) and adults aged 16 to 24 years (compared with adults from all other age groups) were significantly more likely to have participated in rugby union. When compared with all New Zealand adults, adults who identified as Asian were significantly less likely to have played rugby union. Participation in rugby union did not differ significantly by socioeconomic position.

Table 1: Proportion of all New Zealand adults (16 years and over) who participated in rugby union at least once over 12 months

	Percentage (95% CI)	Population <sup>2</sup>
Total Population	5.7 (4.6–6.8)	189,663
<b>Gender</b>		
Men	10.0 (7.9–12.0)	162,157
Women	1.6 (1.0–2.2)	27,506
<b>Age Group</b>		
16–24 years	19.7 (15.4–23.9)	108,049
25–34 years	7.9 (5.2–10.7)	43,265
35–49 years	3.9 (2.3–5.4)	36,506
≥ 50 years	0.1 (0.1–0.2)	1,841
<b>Ethnic Group</b>		
Māori	10.9 (7.9–13.9)	57,571
Pacific	12.6 (7.7–17.5)	31,958
NZ European	5.1 (3.8–6.3)	103,122
Asian	2.4 (0.5–4.3) <sup>3</sup>	12,552
<b>Socioeconomic Position</b>		
Quintile 1	6.1 (4.7–7.5)	103,977
Quintile 2	5.4 (3.3–7.6)	44,599
Quintile 3	6.7 (3.4–10.0)	20,178
Quintile 4	6.5 (3.1–10.0)	15,770
Quintile 5	4.2 (0.3–8.1) <sup>3</sup>	5,137

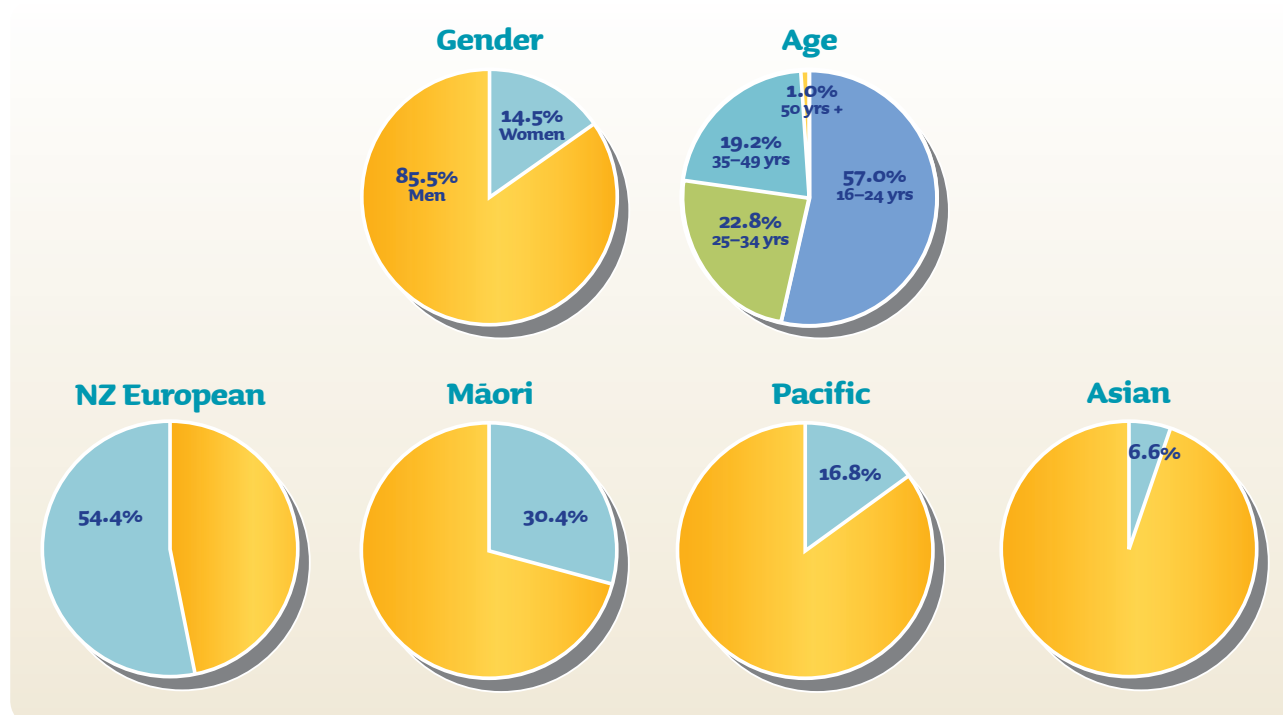
<sup>2</sup> The column indicates the number of New Zealand adults who participated in rugby union. For example, 162,157 men participated in rugby union at least once over 12 months.

<sup>3</sup> Finding associated with a relative standard error greater than 25 percent.

Figure 2 presents information about people who participated in rugby union at least once over 12 months. For example, among all adults who participated in rugby union 85.5 percent were men and 14.5 percent were women. A large proportion of adults who participated in rugby union were:

- male;
- aged 16 to 24 years; and
- self-identified as New Zealand European, Māori or Pacific.

Figure 2: Demographic profile of adults who participated in rugby union



### Participation in Other Sport and Recreation Activities

On average, adults who participated in rugby union at least once over 12 months took part in 9.4 different sport and recreation activities over 12 months (the national average was 4.6). Irrespective of gender, adults who played rugby union also participated in swimming, jogging/running, touch, equipment-based exercise and cricket. In addition, men also participated in saltwater fishing while women participated in netball and walking.

### Physical Activity Levels

As part of New Zealand's physical activity guidelines adults are recommended to participate in at least 30 minutes of moderate-intensity<sup>4</sup> physical activity on most, if not on all, days of the week. To meet this guideline, participation in at least 30 minutes of moderate-intensity physical activity on five or more days of the week was required.

When compared to the proportion of all New Zealand adults who achieved this guideline (48.2%; 95% CI: 46.3-50.1), a similar proportion of adults who participated in rugby union achieved the guideline (51.9%; 95% CI: 45.1-58.7).

4 Moderate-intensity physical activity was defined as activity that causes a slight, but noticeable, increase in breathing and heart rate.

## Participation Patterns

### Organised Competition and Event Participation

Among adults who played rugby union at least once over 12 months, 61.3 percent (116,327 people) participated in an organised rugby union competition or event.

### Instruction

Among adults who played rugby union at least once over 12 months, 60.8 percent (115,336 people) had received instruction from a coach, instructor, trainer or teacher to improve their rugby union performance.

### Participation Setting

During any one month, 2.1 percent (95% CI: 1.5-2.7) of all New Zealand adults (71,264 people) participated in rugby union at least once. Among these adults, the most common locations<sup>5</sup> for playing rugby union were 'outdoors at a sports facility' (78.2%)<sup>6</sup>, at another location (11.4%)<sup>6</sup> and 'at home or someone else's home' (11.0 %) <sup>6</sup>.

People can belong to different types of clubs or centres in order to participate in sport and recreation. The clubs/centres examined in this survey included: sport and physical activity clubs, social clubs, fitness centres and some other type of club/centre. Among adults who participated in rugby union during any one month:

- 63.3 percent<sup>6</sup> (45,106 people) reported belonging to any type of club or centre in order to participate in rugby union;
- 45.3 percent<sup>6</sup> (32,249 people) belonged to a sports or physical activity club in order to participate in rugby union; and
- 10.5 percent<sup>6</sup> (7,516 people) belonged to a social team in order to participate in rugby union.

## Volunteering Levels

Among all New Zealand adults, 2.8 percent (95% CI: 2.1-3.5; 90,721 people) volunteered for rugby union.

Among adults who played rugby union at least once over 12 months, 45.9 percent (87,003 people) volunteered for at least one sport or recreation activity and 15.5 percent (29,435 people) volunteered for rugby union.

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5 Adults who reported participating in rugby union during the four weeks preceding the interview also reported the locations where they participated in the last four weeks. Participants were asked to identify a location from a list of nine general locations (e.g. at indoor sports facility).

6 Finding associated with a relative standard error greater than 25 percent and/or based on responses from less than 100 participants.



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