

SPORT AND RECREATION IN THE LIVES OF YOUNG NEW ZEALANDERS



Profile - Students attending schools in RURAL areas

This report provides a summary of findings from Sport New Zealand's 2011 Young People's Survey for students (5 to 18 years old) attending schools in rural areas (population of less than 1,000).

See appendix for survey method.



Below is a summary of key significant sport participation differences between young people living in urban and rural areas. Full results are in the appendix.

KEY:


	Main urban	Secondary urban	Minor urban	Rural
More /				
less than:				

If a cell is blank there are no differences.








Second row example:

Young people from rural areas are more likely than those from main  and minor urban areas  to spend three or more hours in sport.

OR

Young people from main and minor urban areas are less likely than those from rural areas  to spend three or more hours in sport.

Young people attending schools in:

	Main urban areas (30,000+)	Secondary urban areas (10,000-29,999)	Minor urban areas (1,000-9,999)	Rural areas (< 1,000)
Views about playing sport - like playing a lot				
Spent 3 or more hours a week in sport/recreation - combined time				 
*Spent 3 or more hours a week in sport/recreation - organised time				
Spent 3 or more hours a week in sport/recreation - informal time				 
**Volunteered in one or more roles (this year)				
Belonged to a sports club outside of school (this year)				
Belonged to a school sports team (this year)				
Had a coach/instructor (this year)				
Took part in one or more events (this year)	 			
Average number of activities done (this year)			 	
Average number of regular activities done (this year)				 
**Took part in 1+ activities organised by school - not in class time	 		 	 
**Took part in 1+ activities with a club	 			
**Took part in 1+ activities "while mucking around"				

SUMMARY

Around 1 in 7 (15%) young New Zealanders (0-17 years) live in rural areas (Statistics New Zealand). This profile shows how young people (5 to 18 years old) who attend schools in rural areas participate in sport, active recreation and volunteering.

The table to the left (near column) highlights, that compared with young people living in other areas (particularly those in main urban areas), these young people are significantly **more likely to take part in different settings**. They also take part in **more activities regularly**.

Nevertheless, as is the case elsewhere, the challenge is to keep young people engaged in sport. The survey results show that many of these young people want to try or do more football, rugby, swimming, netball and hockey.

Teens said they were interested in friendly games, having more sports teams at school they could join and trying different sports before they choose which to take part in. These findings suggest that there are opportunities for sport to better meet young people's social and developmental needs.

*However, young people from rural areas were less likely to have spent **no time** compared with young people from other areas. See appendix for results.

** Results for students in Years 7-13 only (see reader note 1 in the appendix).

YOUNG PEOPLE'S VIEWS ABOUT PLAYING SPORT



74% LIKE IT A LOT



23% LIKE IT A LITTLE



2% DON'T LIKE IT

INTEREST IN TRYING / DOING MORE SPORTS / ACTIVITIES

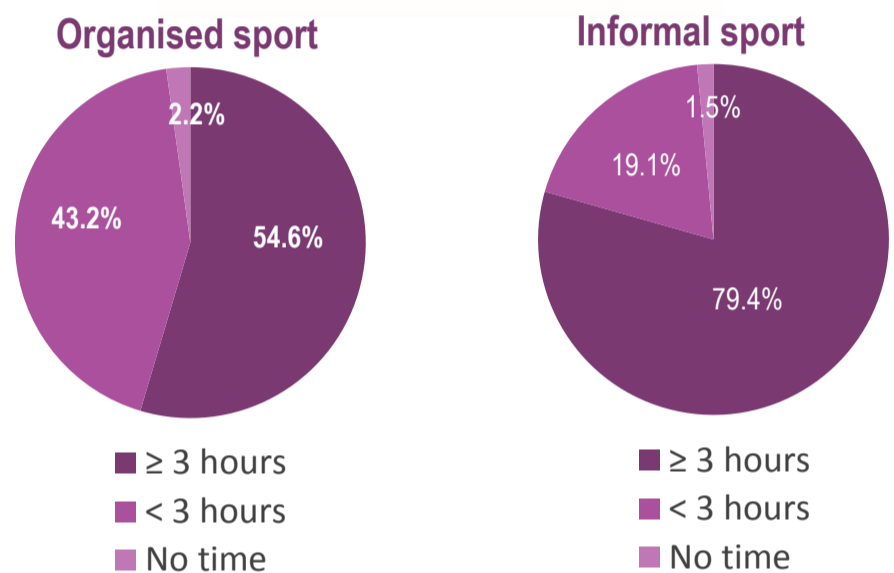
More than **6/10** YOUNG PEOPLE MENTIONED ONE OR MORE SPORTS / ACTIVITIES

TOP 20 ACTIVITIES OF INTEREST		%
1	Football, soccer, futsal	13.8
2	Rugby	12.7
3	Swimming	12.3
4	Netball	10.8
5	Hockey	7.4
6	Cycling, biking (not mountain biking)	7.2
7	Tennis	5.9
8	Skiing	5.8
9	Basketball, Mini-ball	5.6
10	Gymnastics, trampoline, aerobics	5.6
11	Dance	5.3
12	Fishing	4.8
13	Cricket	3.8
14	Snowboarding	3.4
15	Motor sports	3.3
16	Horse riding, equestrian activities	3.2
17	Other ice / snow sports / activities	3.0
18	Martial arts	2.9
19	Running, jogging, cross-country	2.9
20	Adventure sports / activities	2.8
No/none		21.1

See reader note 2 in the appendix.

TIME SPENT PARTICIPATING IN SPORT & RECREATION

Information was collected from young people about the time they spend in a normal week taking part in sport and recreation. See reader note 3 in the appendix.



All results can be found in the appendix.

VOLUNTEERING (Years 7-13)

Around **5/10** YOUNG PEOPLE HAVE VOLUNTEERED IN ONE OR MORE ROLES



See reader note 4 in the appendix. Results can also be found in the appendix.

YOUNG PEOPLE'S PARTICIPATION WITH SPORTS CLUBS

AROUND
6/10
BELONG TO A SPORTS CLUB



YOUNG PEOPLE'S PARTICIPATION WITH SCHOOL SPORTS TEAMS

MORE THAN
5/10
BELONG TO A SCHOOL SPORTS TEAM

PARTICIPATION WITH COACHES / INSTRUCTORS

More than

70% OF YOUNG PEOPLE HAD RECEIVED COACHING OR INSTRUCTION



PARTICIPATION IN ONE OR MORE EVENTS

Students were asked if they had taken part in one or more of five different "big weekend" sport or recreation events "where lots and lots of other people have also taken part" this year.

Around
4/10
KIDS TAKE PART IN ONE OR MORE BIG WEEKEND EVENTS



15.4%
SWIMMING

15.9%
RUNNING / WALKING

14.5%
TRIATHLON / DUATHLON

11.4%
BIKING

FREQUENCY OF PARTICIPATION IN SPORTS / ACTIVITIES



	Not done	A few times %	Regularly**
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This table shows the frequency of participation in different sports / activities **"this year"**.

* Indicates results are only for students who completed the Years 7 to 13 forms (10 to 18-year-olds) not all students. See reader note 1 in the appendix.

** "Regularly" is defined as one or more times a week "this year".

Participation could have been in any setting - at home, school, or somewhere else.

Forms were completed in August / September 2011 but summer and winter sports / activities were included by asking about "this year". The 2011 Rugby World Cup may have influenced young people's participation in rugby.

Averages exclude games and the small number of young people who didn't do any activities. See reader note 1 in the appendix.

	Not done	A few times %	Regularly**
Adventure racing*	76.2	21.7	2.1
Athletics, track and field (run, jump, throw)	17.6	48.8	33.6
Badminton*	53.0	38.8	8.2
Basketball, Mini-ball	54.1	35.3	10.6
Bodyboarding (not surfing)	67.3	30.4	2.3
Canoeing, kayaking*	52.7	45.0	2.3
Cricket	54.3	40.4	5.3
Cycling, biking (not mountain biking)	15.2	39.6	45.1
Dance	54.4	24.3	21.3
Fishing	40.1	51.3	8.6
Football, soccer, futsal	29.9	43.1	26.9
Games	9.1	38.3	52.6
Golf*	66.9	29.9	3.3
Gymnastics, trampoline, aerobics	31.7	34.8	33.5
Hockey	60.9	25.8	13.3
Indoor climbing*	77.1	22.0	0.9
Māori activities	54.0	30.7	15.3
Martial arts	84.5	10.3	5.2
Mountain biking*	66.9	27.3	5.9
Netball	54.6	25.5	19.9
Orienteering*	79.2	20.3	0.5
Pacific activities	93.9	4.7	1.4
Rowing*	85.0	13.7	1.3
Rugby, Ripa Rugby	35.4	36.5	28.1
Rugby league*	62.9	24.3	12.7
Running, jogging, cross-country	16.5	57.6	25.8
Sailing, yachting	86.7	12.1	1.1
Skateboarding	56.4	32.0	11.6
Skiing	76.9	19.6	3.5
Snowboarding	89.6	8.5	1.9
Softball, T-ball	52.2	41.6	6.2
Surfing (not bodyboarding)*	79.7	18.3	2.0
Swimming	9.4	56.3	34.4
Table tennis	61.8	30.2	7.9
Tennis, Grasshoppers	58.9	33.5	7.5
Touch*	35.0	45.9	19.2
Tramping, bush walks	32.8	53.7	13.5
Tri(athlon), duathlon*	80.8	18.1	1.1
Volleyball, Kiwi Volley	75.4	20.7	3.9
Walking for fitness*	32.9	39.7	27.4
Water polo, Flippa Ball	87.2	11.3	1.5



PARTICIPATION IN DIFFERENT SETTINGS (Years 7-13)



	While "mucking around"*	Organised by school**	With a club***
		%	



Adventure racing	10.4	3.7	1.9
Athletics, track and field	20.6	38.1	7.3
Badminton	26.1	18.7	6.6
Basketball	57.5	36.1	12.1
Bodyboarding	21.5	1.8	1.4
Canoeing, kayaking	23.9	5.8	3.0
Cricket	36.9	16.1	8.1
Cycling, biking (not mountain biking)	36.2	7.9	6.4
Dance	22.5	10.7	7.4
Fishing	44.0	6.2	9.8
Football, soccer, futsal	42.9	38.9	16.3
Games	55.9	31.4	9.6
Golf	20.8	6.2	6.9
Gymnastics, trampoline, aerobics	19.0	6.0	2.5
Hockey	21.9	20.1	13.0
Indoor climbing	11.1	3.4	4.1
Māori activities	10.4	17.1	6.7
Martial arts	7.1	0.9	3.7
Mountain biking	21.2	6.2	5.9
Netball	34.0	31.3	18.2
Orienteering	5.8	6.7	2.2
Pacific activities	4.2	3.1	3.0
Rowing	7.5	1.6	2.9
Rugby	49.6	37.2	28.0
Rugby league	31.4	17.3	13.6
Running, jogging, cross-country	43.4	39.8	13.7
Sailing, yachting	4.6	0.9	2.0
Skateboarding	24.3	3.8	4.2
Skiing	13.2	4.7	3.5
Snowboarding	8.4	3.0	2.7
Softball, T-ball	16.5	12.9	3.6
Surfing (not bodyboarding)	10.6	3.4	3.8
Swimming	56.8	36.2	20.2
Table tennis	32.1	15.3	5.1
Tennis	32.3	15.0	13.3
Touch	50.0	34.7	17.6
Tramping, bush walks	24.7	5.0	6.3
Tri(athlon), duathlon	5.2	6.8	2.8
Volleyball, Kiwi Volley	18.9	16.3	5.9
Walking for fitness	32.5	11.7	9.4
Water polo, Flippa Ball	5.8	2.8	2.0
Other kinds of sport or active things	20.9	14.7	10.7

This table shows the sports / activities that young people who completed the Years 7 to 13 survey forms (10 to 18-year-olds) had taken part in, in three different settings. See reader note 1 in the appendix.

As well as the 41 listed activities, students could also report that they did "other sports / active things" in these settings. They were not asked what these "other" activities were.

* While "*mucking around*" with friends, family or on their own could include things done during lunchtime at school, at the beach, at home or at a friend's house. It includes things like shooting hoops or playing cricket in the backyard.

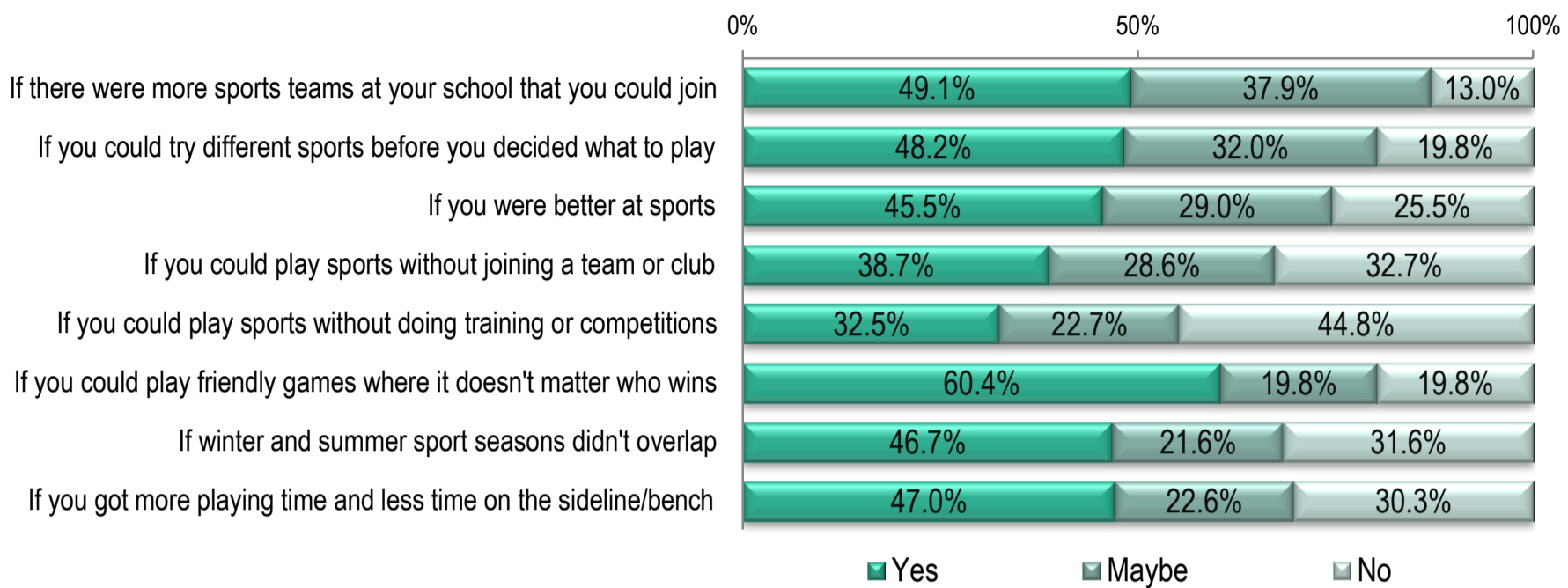
** "*Organised by school*" (but not in class time) could include things played with school sports teams, in school competitions, or during lunchtimes and after school. The question did not say sports/ activities had to be played at school.

*** "*With a club*" (outside of school) could include both sport and recreation clubs.



FACTORS THAT WOULD ENCOURAGE PARTICIPATION (Years 7-13)

Young people who completed the Years 7 to 13 survey forms (10 to 18-year-olds) were asked what factors would encourage them to play sport more often. They could answer "yes", "maybe" and "no".



WHO INFLUENCES YOUNG PEOPLE'S CHOICES (Years 7-10)

Young people who completed the Years 7 to 10 survey form (10 to 15-year-olds) were asked who influences them most when choosing what sports / activities they do.

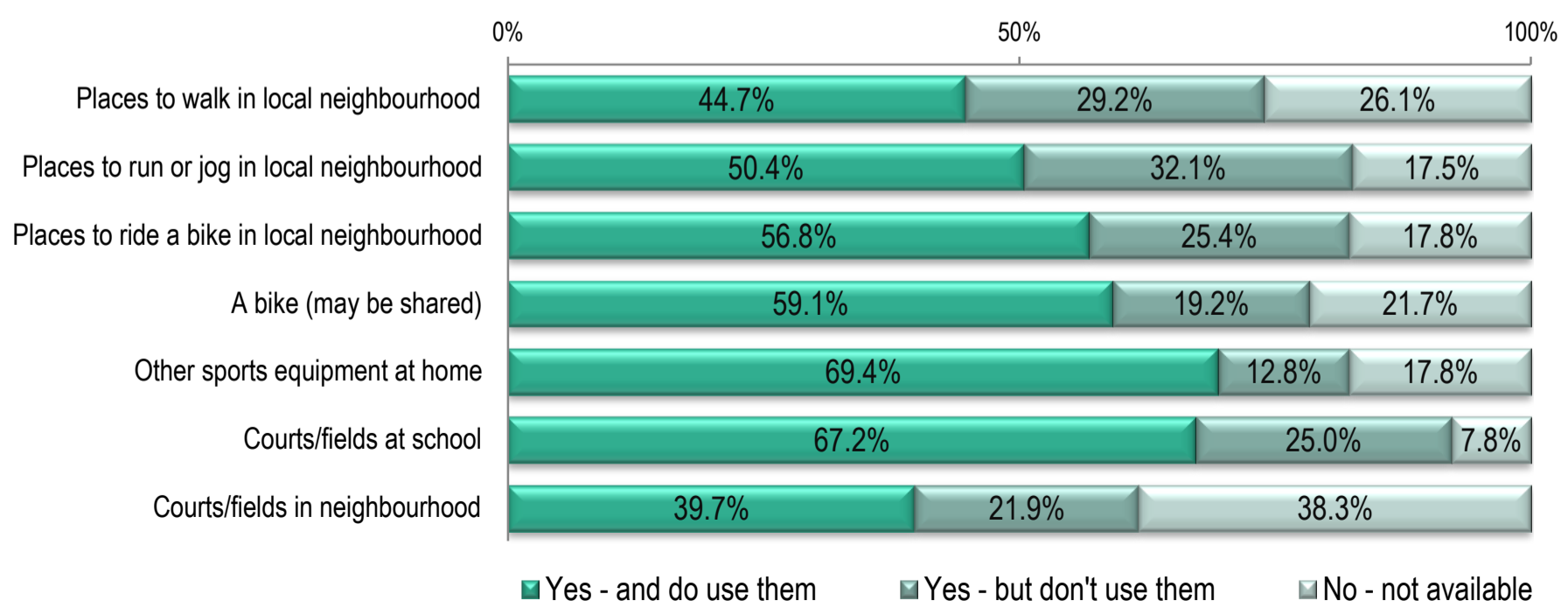
Students could tick up to three influencers from the list. They could also tick no one.

Results can be found in the appendix.



AVAILABILITY AND USE OF FACILITIES (Years 7-10)

Young people who completed the Years 7 to 10 survey form (10 to 15-year-olds) were asked if they had the following facilities, places and equipment available to them and if they used these. They could answer either: "yes - and I do use them", "yes - but I don't use them" or "no - not available".



APPENDIX

Survey methodology: 17,979 students nationwide participated in Sport New Zealand's 2011 Young People's Survey (YPS). This includes students from the Christchurch schools that participated in 2012. Using Statistics New Zealand categorisations, students can be grouped together based on where each school is located. 2,198 of the 17,979 students attended schools in rural areas (population of less than 1,000). The national overview report (*Sport and Recreation in the Lives of Young New Zealanders*) provides more details about the survey methodology. The *Updated YPS Methodology Report* (March 2014) provides more information on the Statistics New Zealand classifications.

Significant differences: Results from sample surveys like the YPS are subject to variation. The extent of this variation falls within known ranges and is expressed as a confidence interval. Confidence intervals for the YPS have been calculated at the 95% level; this means that we expect 95% of the time survey percentages and averages to include the true value. Confidence intervals are reported for key indicators in the following tables. Where confidence intervals do not overlap, differences are significant.

Young people attending schools in:			
Main urban areas (30,000+)	Secondary urban areas (10,000-29,999)	Minor urban areas (1,000-9,999)	Rural areas ($< 1,000$)

Young people attending schools in:			
Main urban areas (30,000+)	Secondary urban areas (10,000-29,999)	Minor urban areas (1,000-9,999)	Rural areas ($< 1,000$)

Would you say you...				
Like playing sport a lot	65.1% (63.83-66.38)	67.1% (62.63-71.54)	67.4% (64.78-69.94)	74.4% (71.55-77.26)
Like playing sport a little	30.5% (29.32-31.59)	29.2% (25.27-33.19)	27.8% (25.59-30.08)	23.4% (20.63-26.21)
Don't like playing sport	4.4% (3.91-4.97)	3.7% (2.18-5.19)	4.8% (3.87-5.74)	2.2% (1.42-2.93)

Time spent per week - combined time				
Three or more hours	88.1% (87.08-89.07)	90.7% (87.09-94.35)	89.4% (87.20-91.58)	94.7% (93.37-96.07)
Less than three hours	10.3% (9.43-11.15)	7.9% (5.14-10.71)	9.5% (7.48-11.50)	5.0% (3.72-6.27)
No time	1.6% (1.28-1.99)	1.4% (0.17-2.54)	1.1% (0.66-1.58)	0.3% (0.06-0.51)

Interest in trying/doing one or more activities				
One or more	65.5%	65.5%	63.9%	67.1%
No/none	24.4%	21.7%	24.3%	21.1%
Not answered/missing	10.1%	12.8%	11.7%	11.8%

Time spent per week - organised sport				
Three or more hours	55.3% (53.03-57.49)	57.4% (50.74-64.04)	57.5% (53.42-61.65)	54.6% (50.36-58.92)
Less than three hours	35.8% (33.83-37.83)	33.7% (25.39-42.09)	34.9% (30.44-39.32)	43.2% (38.97-47.43)
No time	8.9% (7.79-10.05)	8.9% (3.52-14.23)	7.6% (5.66-9.51)	2.2% (1.32-3.00)

YEARS 7-13 Volunteered in one or more roles				
Yes	45.1% (43.56-46.55)	45.7% (39.76-51.65)	48.1% (44.77-51.45)	50.5% (44.36-56.74)
No	54.9% (53.45-56.44)	54.3% (48.35-60.24)	51.9% (48.55-55.23)	49.5% (43.26-55.64)

Time spent per week - informal sport				
Three or more hours	64.1% (62.48-65.71)	69.5% (61.32-77.66)	65.4% (62.12-68.67)	79.4% (76.11-82.72)
Less than three hours	31.7% (30.23-33.17)	28.3% (20.85-35.73)	30.6% (27.70-33.52)	19.1% (15.93-22.18)
No time	4.2% (3.69-4.72)	2.2% (0.86-3.58)	4.0% (2.98-5.01)	1.5% (0.87-2.21)

YEARS 7-13 Volunteered in the following roles				
Coach/assistant coach	15.4%	15.2%	17.1%	14.9%
Team/assistant manager	5.1%	3.7%	5.4%	4.1%
Club administrator	1.8%	2.5%	2.3%	2.1%
Referee/official	12.5%	14.9%	16.1%	14.3%
Helper (eg, ball person)	20.2%	24.6%	22.8%	27.1%
Lifeguard	2.7%	3.2%	4.0%	4.4%
Team captain	23.7%	20.9%	24.0%	27.8%
Physical activity leader	9.7%	9.6%	10.7%	12.5%
Event organiser	7.1%	7.0%	9.4%	10.7%

Young people attending schools in:				
	Main urban areas (30,000+)	Secondary urban areas (10,000-29,999)	Minor urban areas (1,000-9,999)	Rural areas (< 1,000)

Belonged to a sports club (outside of school)				
Yes	52.4% (50.65-54.20)	59.9% (54.38-65.32)	58.7% (55.16-62.21)	62.2% (58.62-65.79)
No	47.6% (45.80-49.35)	40.1% (34.68-45.62)	41.3% (37.79-44.84)	37.8% (34.21-41.38)

Belonged to a school sports team				
Yes	48.8% (46.97-50.72)	53.8% (46.52-61.13)	55.5% (51.16-59.86)	55.5% (49.75-61.33)
No	51.2% (49.28-53.03)	46.2% (38.87-53.48)	44.5% (40.14-48.84)	44.5% (38.67-50.25)

Had a coach/instructor				
Yes	70.3% (68.32-72.18)	69.3% (63.62-75.01)	69.5% (65.68-73.27)	75.7% (71.87-79.44)
No	29.7% (27.82-31.68)	30.7% (24.99-36.38)	30.5% (26.73-34.32)	24.3% (20.56-28.13)

Took part in one or more big weekend events				
Yes	26.1% (24.56-27.73)	27.6% (21.82-33.40)	37.2% (32.98-41.37)	38.7% (33.17-44.16)
No	73.9% (72.27-75.44)	72.4% (66.60-78.18)	62.8% (58.63-67.02)	61.3% (55.84-66.83)

Average number of activities done "this year" (see reader note 5)				
At least once this year	12.9 (12.61-13.14)	13 (12.04-14.02)	14.6 (13.87-15.24)	13.2 (12.68-13.68)
Regularly (ie, one or more times a week)	3.9 (3.81-3.98)	3.9 (3.62-4.15)	4.2 (4.00-4.43)	4.4 (4.17-4.56)

YEARS 7-13 Took part in one or more activities - organised by school outside of class				
Yes	82.5% (80.92-84.07)	84.5% (81.00-87.95)	87.1% (84.90-89.23)	92.6% (90.88-94.28)

Young people attending schools in:				
	Main urban areas (30,000+)	Secondary urban areas (10,000-29,999)	Minor urban areas (1,000-9,999)	Rural areas (< 1,000)

YEARS 7-13 Took part in one or more activities - with a club				
Yes	70.4% (68.82-72.06)	79.1% (72.44-85.68)	75.5% (72.92-78.16)	78.9% (72.51-85.38)

YEARS 7-13 Took part in one or more activities - while "mucking around"				
Yes	97.3% (96.83-97.84)	99.0% (98.10-99.85)	97.9% (97.20-98.66)	98.2% (97.05-99.39)

YEARS 7-10 Influence on sport/activity choices				
Famous sports person	27.7%	34.0%	27.2%	28.8%
Parent/caregiver	53.1%	56.6%	48.7%	48.6%
Coach/instructor	24.1%	26.7%	26.7%	23.7%
Top team/club player	11.6%	11.1%	11.7%	12.1%
Brother/sister (sibling)	27.7%	28.0%	26.3%	24.7%
Famous sports team	19.7%	22.8%	18.4%	19.5%
Friend/friends	45.7%	52.1%	50.3%	52.0%
Teacher	8.1%	9.7%	10.1%	11.4%
Someone else	18.5%	20.9%	18.7%	20.6%
No one	8.9%	3.6%	8.0%	6.5%
Don't do sport/activities	3.8%	4.2%	4.9%	1.6%

Reader notes:

Note 1: The YPS used age-appropriate survey forms and methods. Fewer questions were asked in the Years 1 to 6 survey forms. Also, where the survey forms asked about participation in different activities, the Years 1 to 6 forms listed fewer activities (28) than the Years 7 to 13 forms (41).

Note 2: This was not a tick list question. Students could write in up to five activities they were interested in. Not all students answered the question. The survey took place just before the 2011 Rugby World Cup and this may have influenced young people's interest in rugby.

Note 3: Time spent taking part in organised sport sums the time spent on 'active PE' and at training/practice with a coach or taking part in competitions. Time spent in informal sport is the time spent when "mucking around" with friends, family or on their own. Combined time is the sum of organised sport and informal sport.

Note 4: Students who completed the Years 7 to 13 survey forms (mostly 10 to 18-year-olds) were asked if they had volunteered in any of nine roles for any of the "sport and active things" they had done "this year" (excluding volunteering done as part of Physical Education or Fitness classes at school).

Note 5: Averages shown are calculated for those who did one or more sports/activities. Averages have been impacted by the different numbers of activities asked about in Years 1 to 6 (28 sports / activities) and 7 to 13 survey forms (41 sports / activities). See note 1.

Citation: Sport New Zealand, 2015. Sport and Recreation in the Lives of Young New Zealanders: Profile - Students Attending Schools in Minor Urban Areas. Wellington: Sport New Zealand. Published in 2015 by Sport New Zealand.