

# **Sport Participation by Hong Kong Children & Youth: Rate & Reasons**

**Koenraad J. Lindner  
The University of Hong Kong**

**May 1997**



**香港康體發展局**  
HONG KONG  
SPORTS DEVELOPMENT BOARD

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# **SPORT PARTICIPATION BY HONG KONG CHILDREN AND YOUTH: RATES AND REASONS**

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**Research Report submitted to the Hong Kong Sport Development Board**

by

**Koenraad J. Lindner, Ph.D.**

Physical Education and Sports Science Unit, The University of Hong Kong

**May 1997**

## **Abstract**

Broad participation in sport and physical activity by Hong Kong citizens has been recognised as highly desirable and worthy of promotional efforts. Two main reasons are behind this recognition: the health benefits that would result from habitual participation in physical activity, and the formation of a broad base of sport participants from which future elite athletes may emerge. However, to decide on an approach to sport participation promotion and eventually to be able to measure its effects, there has to be an accurate estimate of the current state of sport participation in Hong Kong. The Hong Kong Sports Development Board has recognised this need and has funded a series of research projects designed to provide a knowledge base to serve promotional efforts and their assessment. A major study of sport participation of Hong Kong residents from 15 years of age to old age has been released as recently as April 1997. The current report provides the results of a sport participation study of Hong Kong school children and youth between the ages of 7 and 20 years.

A random sample of 4,690 school children and youth, males and females, from Primary grade 5 to Secondary grade 7 completed a questionnaire inquiring about the nature and extent of their sport and physical activity participation, outside of their compulsory physical education classes, during the previous school year, their reasons for participation, non participation and withdrawal, and their wishes and intentions for sport participation in the future. Responses to a question on their frequency of participation during the past year indicated that the boys were close to figures from western countries and showed little decline in participation frequency over age levels, whereas the girls had quite low participation frequencies and a sharp decline with age. Over 30% of the female respondents had seldom or never participated in physical activities outside of the compulsory physical education classes, compared to 17% of the males. Ninety percent of the school children and youth had engaged in at least one sport or activity in the past year. The extent of participation based on frequency, duration and number of months per year was again comparable to western norms for the boys, but the girls were far below western girls in participation extent. Kowloon children and youth between the ages of 11 and 16 years participated significantly less frequently in sport and physical activities than the New Territories residents in these age groups.

Respondents who have their home in Kowloon also participated in fewer sports, but their overall extent of participation in these was higher than that of Hong Kong Island residents and about the same as New Territories residents.

The data showed that an overwhelming proportion of sport participation takes place in informal settings. Less than 3% of the sample indicated that they belonged to a sport club or similar activity organisation, and two-thirds of all participation occurred in a setting other than the school, a club, or in the form of formal lessons. The sports most often participated in were basketball, soccer and badminton for the males, and badminton, swimming and basketball for the females, but there were substantial age and regional differences in the popularity of sports. The most time respondents spent on an activity was in dance, followed by basketball, soccer, and fitness-related activities.

The strongest reasons for sport participation were *having fun*, *for health and fitness*, *to be with friends*, and *to become good*, which were about equal in strength for the males, but in that order for the females. The fun reason increased in importance, while the skill achievement reason declined significantly over age levels, most so in the girls' higher age groups. Preference for doing 'my own thing' was the most subscribed to reason for non participation, but not participating because of lack of skill was a consideration also agreed to quite strongly by 13-16 year olds, especially females.

More than 25% of the respondents had dropped out of an activity in which they had been involved the previous year. This figure is quite high compared to data from competitive sports. The main reason for withdrawal was time needed for studying, followed by time needed for doing other fun things, and being with friends. Sport withdrawal in Hong Kong is clearly precipitated by a strong emphasis on academic performance, and by the perception that sport does not offer a preferred medium for having fun and socialising.

Hong Kong youngsters, if given a free choice, would give preference to familiar sports and physical activities, such as basketball, badminton, soccer (boys), and swimming (girls), but also show a remarkable interest in ice skating (girls). There were very few wishes for more exotic sports such as parachuting, bungi jumping, car racing, sumo wrestling and ice hockey. Dislikes for sport were different for males and females, the former avoiding dance, the latter mainly soccer and combative sports.

Recommendations emanating from this study included (1) the targeting of the female population of children and youth in Hong Kong and specifically youngsters in the Kowloon area for sports participation promotion; (2) a consideration of a broadening of the Sport Captain concept of the Go!Sport programme to positively influence the levels of informal sport participation; (3) for the practitioners in sport the consideration of the fact that many youngsters do not primarily participate in sport for the achievement of high levels of skill and that an emphasis on this would turn them away; and (4) that steps be taken to help dispel the misconception that sport participation and academic success are competing pursuits.



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A random sample of 4,690 school children and youth, males and females, from Primary grade 5 to Secondary grade 7 completed a questionnaire inquiring about the nature and extent of their sport and physical activity participation outside of their compulsory physical education classes during the previous school year, their reasons for participation, non participation and withdrawal, and their wishes and intentions for sport participation in the future. Responses to a question on their frequency of participation during the past year indicated that the boys were close to figures from western countries and showed little decline in participation frequency over age levels, whereas the girls had quite low participation frequencies and a sharp decline with age. Over 30% of the female respondents had seldom or never participated in physical activities outside of the compulsory physical education classes, compared to 17% of the males. Ninety percent of the school children and youth had engaged in at least one sport or activity in the past year. The extent of participation based on frequency, duration and number of months per year was again comparable to western norms for the boys, but the girls were far below western girls in participation extent. Kowloon children and youth between the ages of 11 and 16 years participated significantly less frequently in sport and physical activities than the New Territories residents in these age groups. Respondents who have their home in Kowloon also participated in fewer sports, but their overall extent of participation in these was higher than that of Hong Kong Island residents and about the same as New Territories residents.

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I should like to warmly thank the Principals and responsible teachers of the participating thirty schools for their co-operation by permitting the administration of the questionnaires, donating class time, providing class rooms and in some instances even assisting in the administration of the instrument. A list of the participating schools and their co-operating staff is included in Appendix A of this report in recognition of their contributions.

My sincere appreciation also for the participation of the 4,690 children and youth in the participating Hong Kong primary and secondary schools who must be commended for completing this questionnaire so conscientiously.

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## **Introduction**

Whether Hong Kong will ever become a serious competitor on the international sport scene will be dependent on the number of sport participants active at any given time in the territory. The reliance on a scheme in which a few early chosen elite young individuals are given the best of coaching, facilities and guidance, etc., and are expected to emerge as champions, is a gamble with rather poor odds. High levels of achievement must be attained by many to expect that a few will rise to champion level. Large numbers of highly accomplished participants can only be sustained by a very broad base of developing sportsmen and -women. One key to future success and the main target of efforts and investments should therefore be the promotion of mass sport participation along with the creation of a system that permits and encourages active and competitive participation from beginner's to champion's levels. The very desirable side effects of such a system are the health benefits that will result from mass participation, and the enjoyment that being physically active provides to all participants.

The efficacy of this pyramid concept is generally recognised, but its implementation requires enormous resources, and a significant change in the orientation of the Hong Kong population toward sport and physical activity. In addition, it is a very long-term effort with substantial pay-offs in terms of Olympic, Asian and world championships medals not to be expected for about a decade. However, this is of course off-set by the immediate bonus of health and enjoyment, and many will argue that these are really the most important benefits!

Efforts to broaden the sport participation base in Hong Kong are under way through the Go! Sport scheme introduced by the Hong Kong Sport Development Board. Any assessment of the success of this and any similar scheme will be difficult in the absence of reliable information on the current extent of sport participation and factors affecting it. Even though some data have been collected in recent times about the popularity in Hong Kong of sports as competitive or recreational pastimes (Fu, 1993a, 1993b; Hong Kong Sports Development Board, 1997; Lindner & Speak, 1995a, 1995b, 1995c; Ng, 1984; Sivan & Robertson, 1994; Speak, Lindner, & Li, 1994), there are many questions to which well-documented answers are not available.

A recent large-scale telephone survey on sport participation by Hong Kong residents aged 15 years and older (Hong Kong Sports Development Board, 1997) has provided a wealth of information on adult sport participation patterns in the Territory, but a similar study has not been conducted for school-aged subjects. The leisure behaviour of Hong Kong secondary school pupils was surveyed by Ng (1984), who reported that nearly one-third of the male respondents listed physical activities as the leisure type most frequently participated in (compared to 27% for television watching), whereas only 15%



of the females selected physical activities as their primary leisure behaviour (compared to 36% for television watching). While these results are informative, they are difficult to interpret when one wishes to assess extent of sport participation. Firstly, there was no reference made to absolute time spent on the leisure activities, and secondly there was no information on level or intensity of participation. Sivan and Robertson (1994) have reported on the use of and demand for recreational and sport facilities in Hong Kong and the level of satisfaction with the facilities, while Lindner and his co-workers (Lindner & Speak, 1995a, 1995b, 1995c; Speak et al., 1994) have examined sport participation issues of university entrants in a series of annual surveys.

The large survey of Hong Kong and Beijing school children between 1989 and 1991 (Fu, 1993a) has provided helpful information on attitudes toward physical activity, perceived favourable conditions for participation, perceived values of sport, and interest and preferences for sports in the Hong Kong population of school children. The design of this study did not allow, however, a specific assessment of participation extent and level in competitive sports, since the survey questions covered both participation and spectatorship, and participation embraced all forms of sporting activities including school physical education classes and informal recreational play.

Thus, questions essential for any assessment of the effectiveness of sports promotion programmes, such as, What is the current extent of participation in competitive sports in the Hong Kong school population?; At what levels does this participation takes place?; What are the motives and barriers for participation in sport ?, remain unanswerable due to lack of scientific data. As a result, any changes in participation patterns and levels that follow a sports promotion programme cannot be validly assessed in the future.

The purpose of the project presented in this report was two-fold. First, it was designed to establish patterns of sport participation in Hong Kong school-aged children and youth. Specifically, to establish rates of participation in sports along with information on frequency and duration of participation. The rates and frequencies of participation in specific sports and categories of sports, and their fluctuations over age levels and differences between the sexes, were objectives for the study. Furthermore, the reasons for participation and non participation were to be uncovered, and information to be gained about the sport activities the respondents would like to participate in if they were free to choose. Second, patterns of withdrawal from sport were aimed to be studied as well as reasons for and extent of non participation by school children and youth. Rates for dropping out of sports, split by gender and age groups, and the reasons for disassociation were among the variables that were examined.

This report provides the results of the 1996 survey and offers an overview of the current state of sport participation by school children and youth in Hong Kong. It is hoped that this report will contribute to future improvements in the delivery of sport to the people of Hong Kong.

## Method and Procedure

### *Sample*

Initial selection of potential schools to participate in the survey was done by the Hong Kong Department of Education upon request. A list of twenty primary and twenty secondary schools, with ten replacement schools for each level, was provided by the Education Department. Principals of schools on the list were approached in random order and invited to take part in the survey until the co-operation of 15 primary and 15 secondary schools had been secured. From these schools one or two classes were selected at each grade level between P 5 and P 7.

A total of 4690 school children and youth completed the physical activities questionnaire. They were evenly distributed over the nine grade levels sampled and in terms of male-female distribution (Table 1). A majority of the respondents had their home in the New Territories, and a small proportion on Hong Kong Island. Only one Government school was drawn in the random sampling process. It is assumed that the current sample is an adequate representation of children and youth in Hong Kong between grades P 5 and F 7.

*Since the respondents completed the questionnaire with regards to their participation in the previous year, the results will be presented in this report as for grades P 4 to F 6.*

**Table 1.**

*Distribution of respondents over grades, genders, home locations, and school types.*

Grade	Total	Gender		Home Location			School Type	
		Males	Females	HK	KWL	NT	Gov	Subs
P 4	540	279	259	11	107	413	33	506
P 5	484	258	223	4	102	372	34	448
P 6	536	230	305	38	202	293	0	536
F 1	634	296	338	34	244	349	0	633
F 2	597	309	288	33	217	342	0	597
F 3	554	223	329	27	228	293	0	553
F 4	617	238	379	36	220	357	0	617
F 5	369	113	256	32	177	159	0	369
F 6	355	124	231	23	150	181	0	355
<b>Total</b>	<b>4686</b>	<b>2070</b>	<b>2608</b>	<b>238</b>	<b>1647</b>	<b>2759</b>	<b>67</b>	<b>4614</b>

The distribution of the sample over age groups is presented in Table 2. The age range within grades was large for most grades which makes analysis of the data by grade level inadvisable. Most analyses in the present report were therefore made on the basis of age groups. Since the numbers of respondents in the lowest and the highest age group were low, these groups were combined with the next higher and lower age groups, respectively. Thus, there were five age groups, i.e., 8-11, 12-13, 14-15, 16-17, and 18-21. *However, since responses referred to the previous year, they will be labelled 7-10, 11-12, 13-14, 15-15, and 17-20.*

**Table 2.**  
*Distribution of respondents over age groups*

Grade	Age Groups							Average Age
	7-8	9-10	11-12	13-14	15-16	17-18	19-20	
P 4	39	466	27	5	2	0	0	10.51
P 5	1	373	96	10	2	0	0	11.00
P 6	0	34	437	55	6	1	0	12.64
F 1	0	0	479	130	20	1	1	13.01
F 2	0	3	31	536	25	1	0	14.47
F 3	0	0	0	421	122	5	0	14.98
F 4	0	0	0	41	519	52	1	16.5
F 5	0	0	0	0	251	112	5	17.00
F 6	0	0	0	0	35	280	39	18.5
<b>Total</b>	<b>40</b>	<b>876</b>	<b>1070</b>	<b>1198</b>	<b>982</b>	<b>452</b>	<b>46</b>	

***Instrument***

The questionnaire used in the present study was an age-adjusted adaptation of the survey instrument that has been used with consistent results for the study of sport participation in The University of Hong Kong for the past five years (e.g., Lindner & Speak, 1996, 1995a, 1995b, 1995c; Speak, Lindner, & Li, 1994). This instrument had in turn been influenced by a questionnaire used in a Canadian study of sport participation and withdrawal in children (Lindner, Butcher, & Johns, 1994a, 1994b, 1991). The sport participation instrument is divided into three sections, the first of which asking questions relating to sport participation or non participation during the 1995-1996 school year (outside the compulsory physical education classes): frequency of participation; membership of sport or physical activity clubs; reasons for participation; reasons for non participation; type, frequency, duration and venue of specific activities; and reasons for discon-



tinuation of involvement in a sport in the current year. The second section inquired about desired sport and activities and their desired frequencies and contexts; and about sports or activities the respondent would least be inclined to participate in. The final section asked for personal information. English and Chinese versions of the instrument can be found in Appendix B and C of this report, respectively.

The Chinese translation of the instrument was checked for accuracy and clarity through back translation by a translator naive to the instrument, but familiar with the vernacular in physical education and sport. The Chinese version of the questionnaire was initially pilot-tested on thirty P 5 students, and on one class each of F1, F 3 and F 6 students in May 1996 (N = 133). The format was found to be unsuitable for the lower grades and a revised lay-out was pilot-tested on 74 P5 and P6 pupils. This revised edition, the current instrument, was then checked for reliability through a test-retest procedure with a two-week interval which resulted in coefficients of reliability well in excess of .80.

### ***Procedure***

Assistant Principals or the Panel of physical education teachers made arrangements for the administration of the questionnaire. The instrument was distributed and explained by trained research assistants (RAs) to complete classes, usually in a classroom. In exceptional cases, the questionnaire was administered by one of the teachers, who would first have attended a briefing session on the objectives, purposes, and method of the study and instructions about the completion of the instrument. Assistance in the filling out of the pro formas by the respondents was available throughout the session, which was completed in one class period of about 45 minutes.

### ***Data analysis***

The completed questionnaires were checked, numbered and coded by RA's and the data entered into Statview (Abacus, 1992) computer files. These files were upon completion amalgamated into a single data file for the whole sample with 87 variables. The whole data set was then checked for errors and outliers and some variables were re-coded for regrouping or for conversion from real to nominal data.

Statistical analyses included descriptive statistics summarising scores and variabilities, frequency distributions to display differences in counts and percentages among groups and subgroups, and one-way and multifactorial Analysis of Variance (ANOVA) to test for significance of differences among groupings of the respondents in a variety of interval- and ratio-type of variables.

## **Results and Discussion**

The results of the survey will be presented and discussed in seven sections as follows:

1. Frequency of sport and activity participation in 1995-1996
2. Membership in sport and physical activity clubs in 1995-1996
3. Particulars about sport and exercise participation in 1995-1996
4. Reasons for participation in sport and exercise
5. Reasons for non participation in sport or exercise
6. Rates and reasons for withdrawal from a sport
7. Desired and undesired sports and activities

### ***1. Frequency of sport and activity participation in 1995-1996***

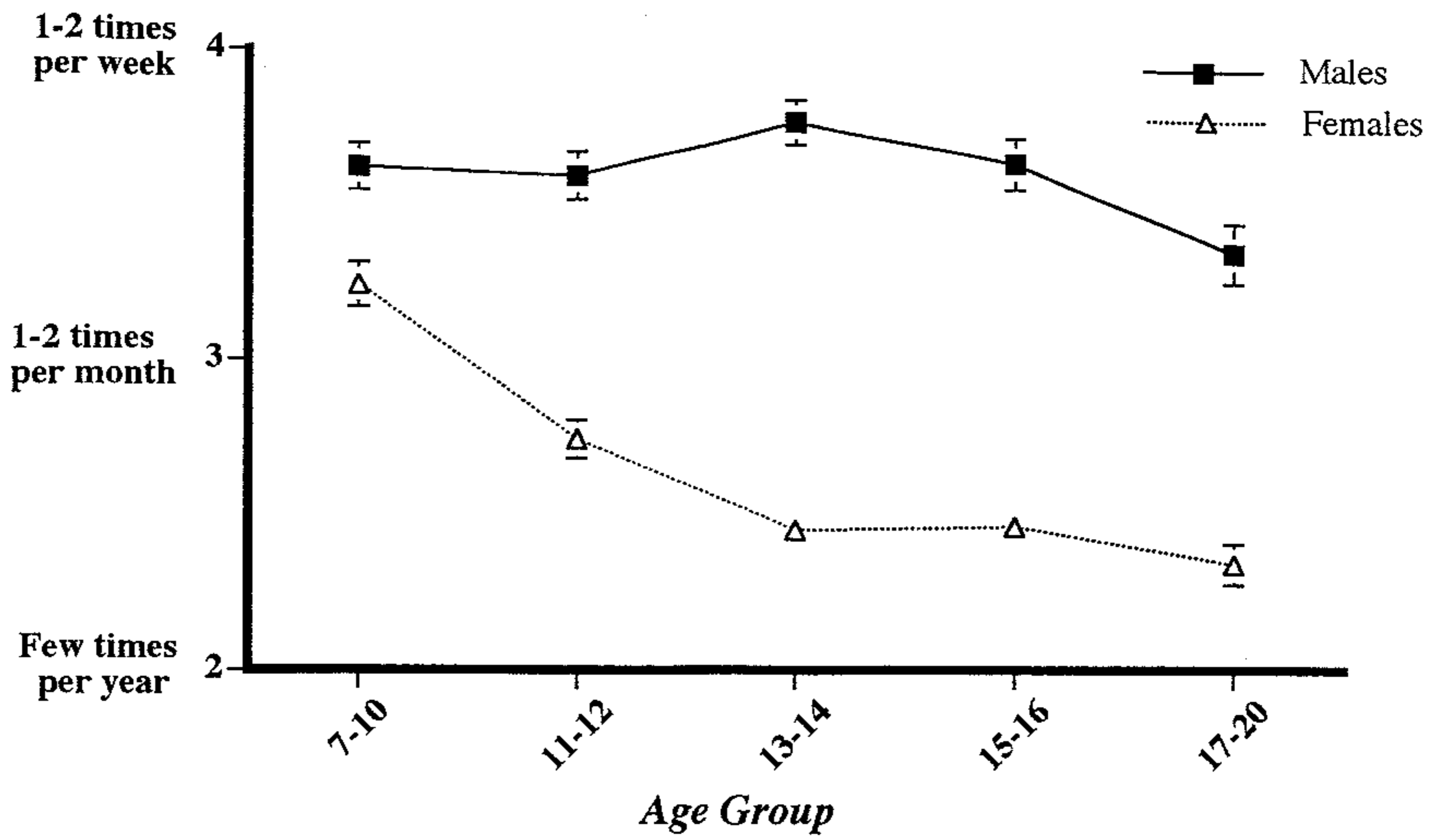
#### Age groups.

Two-way ANOVA applied to the sport participation frequency scores that were self-assigned by the respondents yielded highly significant F values for age groups ( $F[4, 4613] = 14.27, p < .0001$ ), sex ( $F[1, 4613] = 402.76, p < .0001$ ), and for the interaction effect of age and sex ( $F[4, 4613] = 13.92, p < .0001$ ). As can be seen in Figure 1, males had significantly higher participation scores than females, older age groups had lower participation scores, and the decline of female sport participation over age groups was much more pronounced than that of the boys. In fact, there were rather small differences among the age groups for the boys ( $F[4, 2035] = 2.47, p = .043$ ) with only the difference between the 13-14 and the 17-20 groups approaching significance ( $p = 0513$ ). In the analysis of the girls' data, however, the two youngest age groups had significantly higher participation scores than the three oldest age groups.

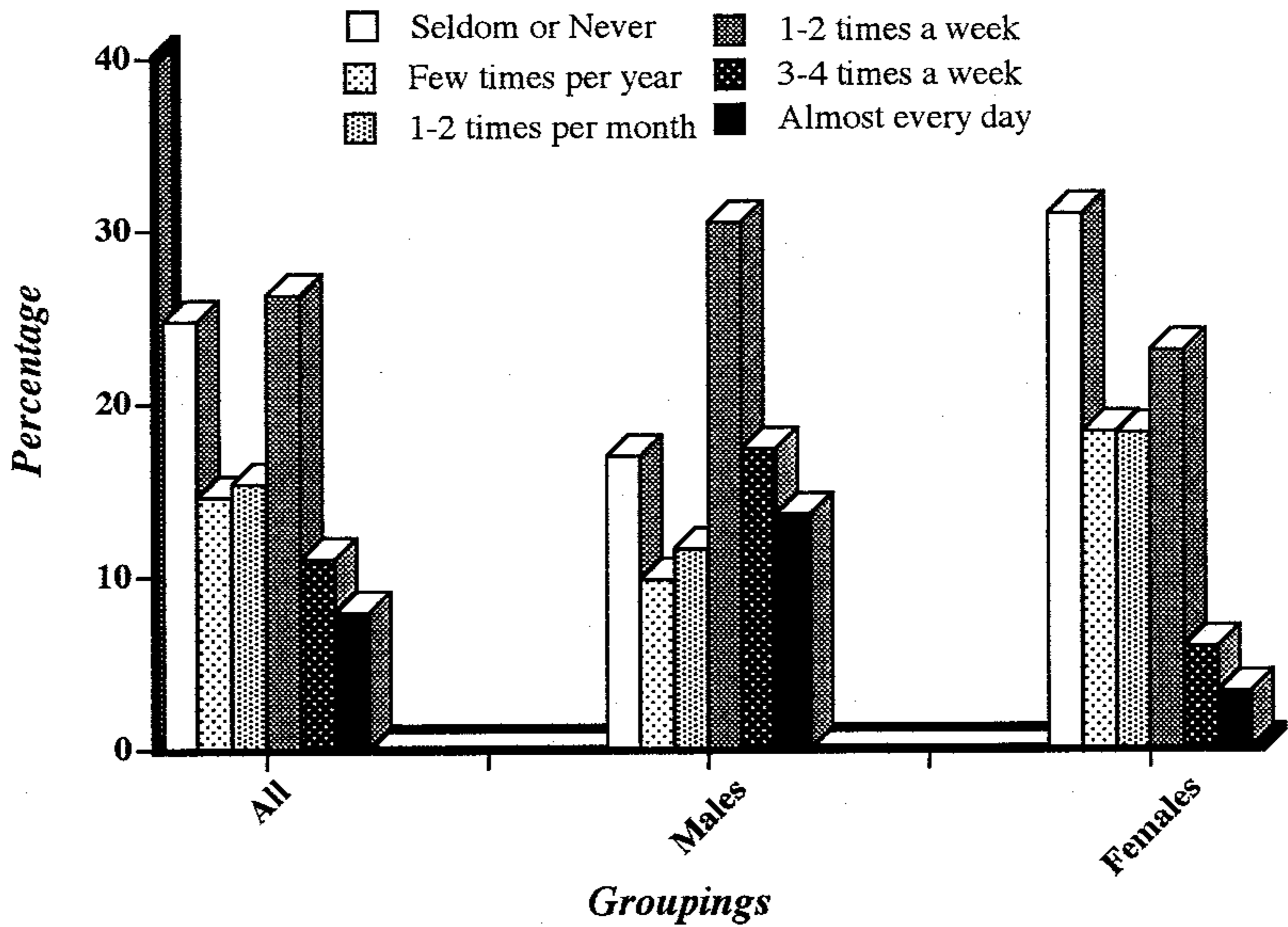
In absolute terms, the participation levels of the boys was rather steady across age levels at the equivalent of 2-3 times per week of involvement in some physical activity outside the required physical education classes. The physical activity participation frequencies of the girls were quite low, however, starting at marginally higher than 1-2 times a month for the 7-10 group, to the higher age groups approaching on average the "few times a year" point on the scale.

When the frequencies of participation ratings were taken as categories, the percentages distribution of the male and female respondents were as presented in Figure 2. These results confirm the findings from the ANOVA analyses in that the boys had the largest proportion in the 1-2 times per week category, whereas over 30% of the girls never or hardly ever participated.

*Sport Participation by Hong Kong Children and Youth*



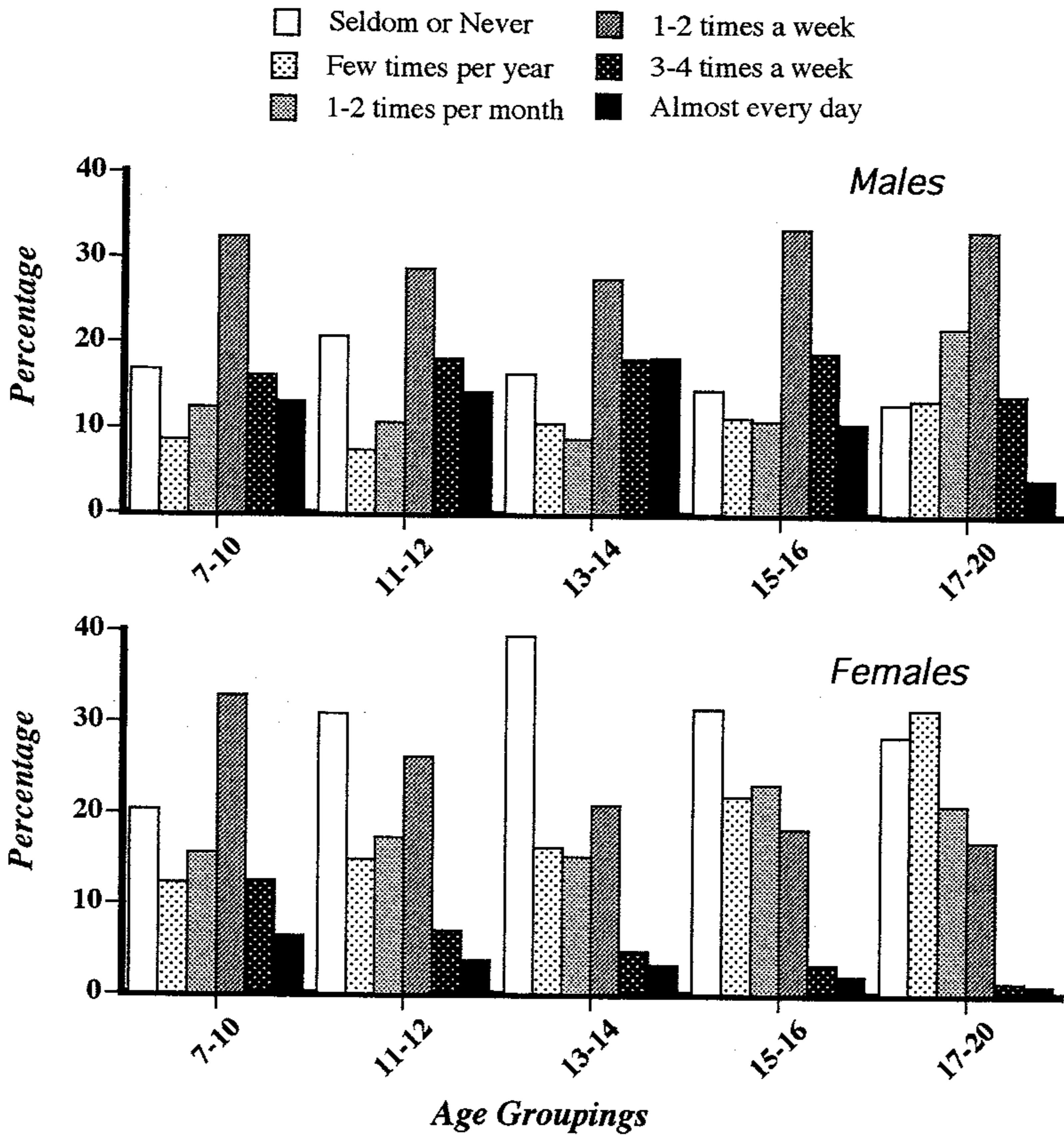
**Figure 1.** Mean sport participation frequency scores and standard errors for male and female age groups.



**Figure 2.** Distribution of respondents over participation categories for the whole sample and by sex.



The distribution over the frequency categories was consistent over age levels for the boys with about 30% in the twice-a-week category. For the females, only in the youngest age group was the percentage of non participants limited to 20%, while the 17-20 group had virtually no respondents participating more than twice a week (Figure 3).



**Figure 3.** Distribution of respondents over participation categories for age groups.

Grade Levels.

The results of the comparisons of sport participation frequency among grade levels demonstrated that age level is a separate variable from grade level. The decline in sport participation frequency with increasing age was not as clearly seen in the grade levels, where there was no discernible decline in the males over grade levels and no decrease in participation of females after Grade F 3. The significant differences were between P 4 , 5 and 6 *versus* F 3 and 4. Figure 4 shows the means and standard errors for the nine grades.

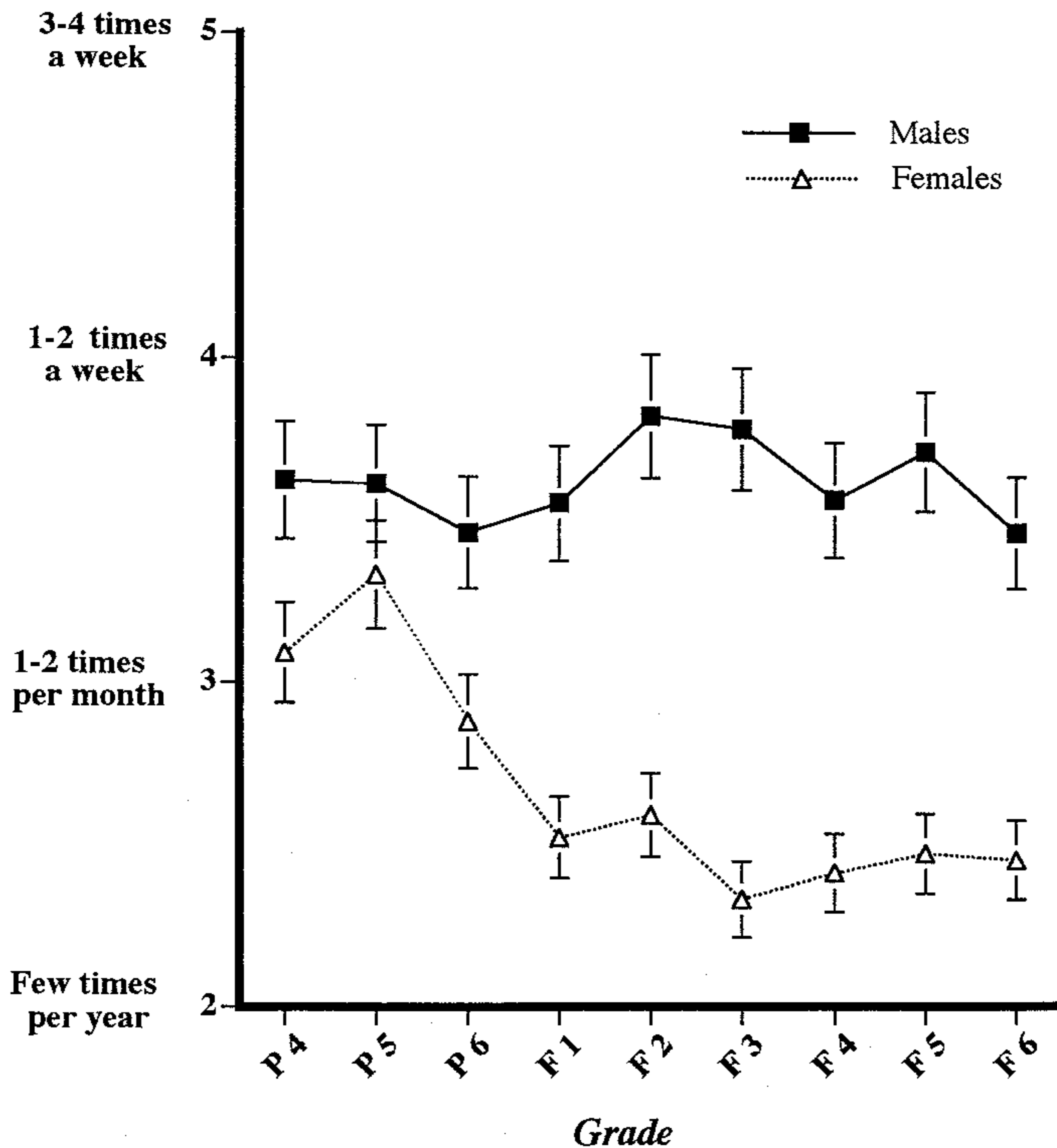


Figure 4. Mean sport participation frequency scores and standard errors for male and female grade levels.

The percentages of respondents in the various school grades falling in the six participation frequency categories are shown in Figure 5. For the boys' grades there was a more symmetrical distribution over the categories, particularly in the higher grade levels, than in Figure 3. The girls bar graphs look slightly more positive than for the age levels at the high and low grades, but the participation profile was particularly poor at grades F 1 to F 4.

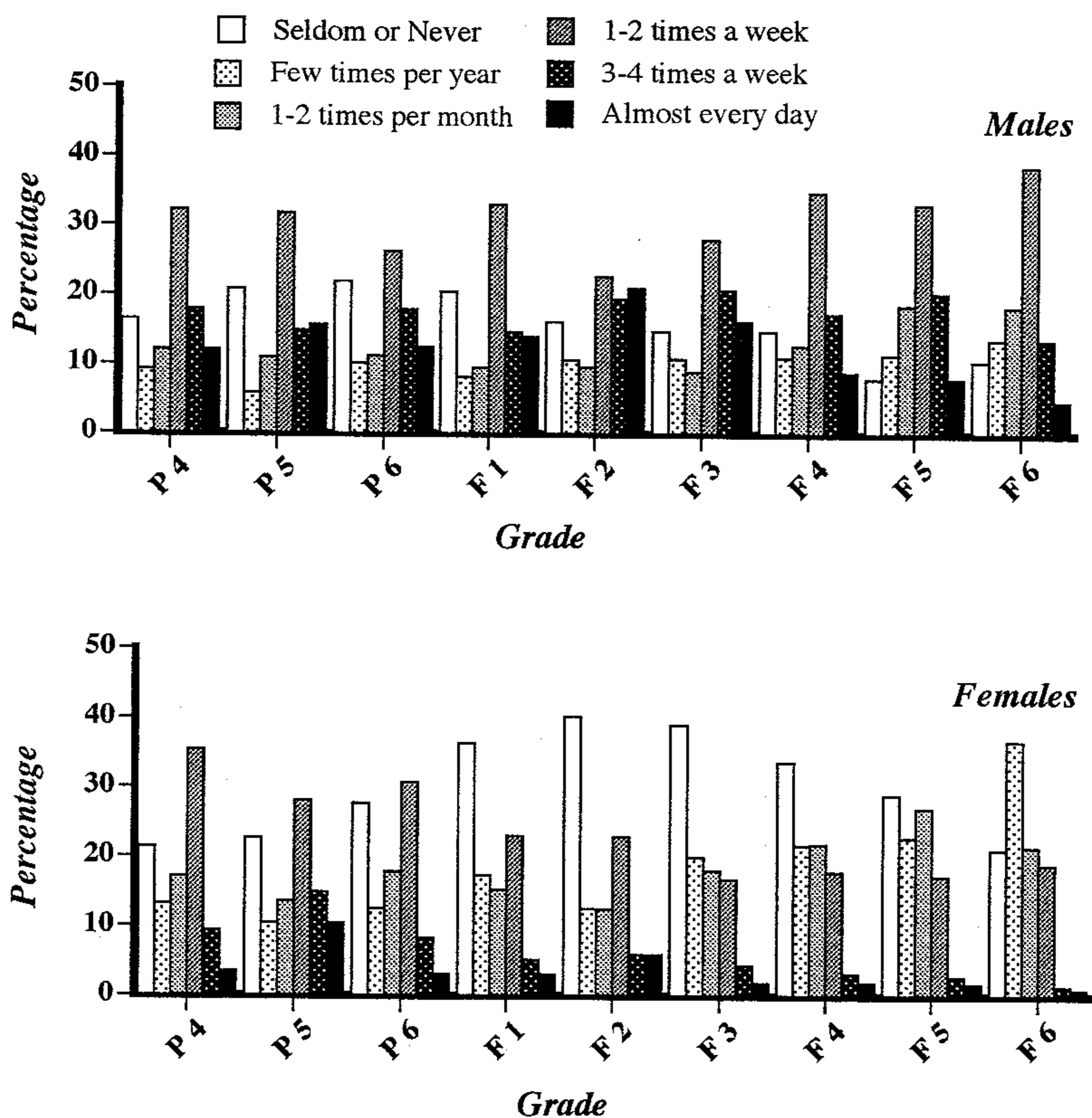


Figure 5. Distribution of respondents over participation categories for grade levels.



Home Location.

The area of Hong Kong territory where the respondent's home is located proved a significant factor in the frequency of sport participation ( $F[3, 4619] = 10.37, p < .0001$ ). School-attending children and youth in the New Territories had significantly higher participation scores than those living in Kowloon. There was no sex by home location interaction effect. However, there was a significant age level by home location interaction ( $F[12, 4601] = 2.11, p < .014$ ) as shown in Figure 6, where at age group levels 7-10 and 17-20 the NT children are below those of Kowloon, but at levels 11-12, 13-14, and 15-16 substantially above. Therefore, between the ages of 11 and 16 years, NT children engage significantly more in sport and physical activities than Kowloon children. The home location by age group by sex second-order interaction effect was not significant. Therefore, the location effect equally applied to boys as to girls.

The results for the grade level by home location interaction was similar ( $F[12, 4601] = 2.11, p < .014$ ) to that of the age group by home location analysis referred to above.

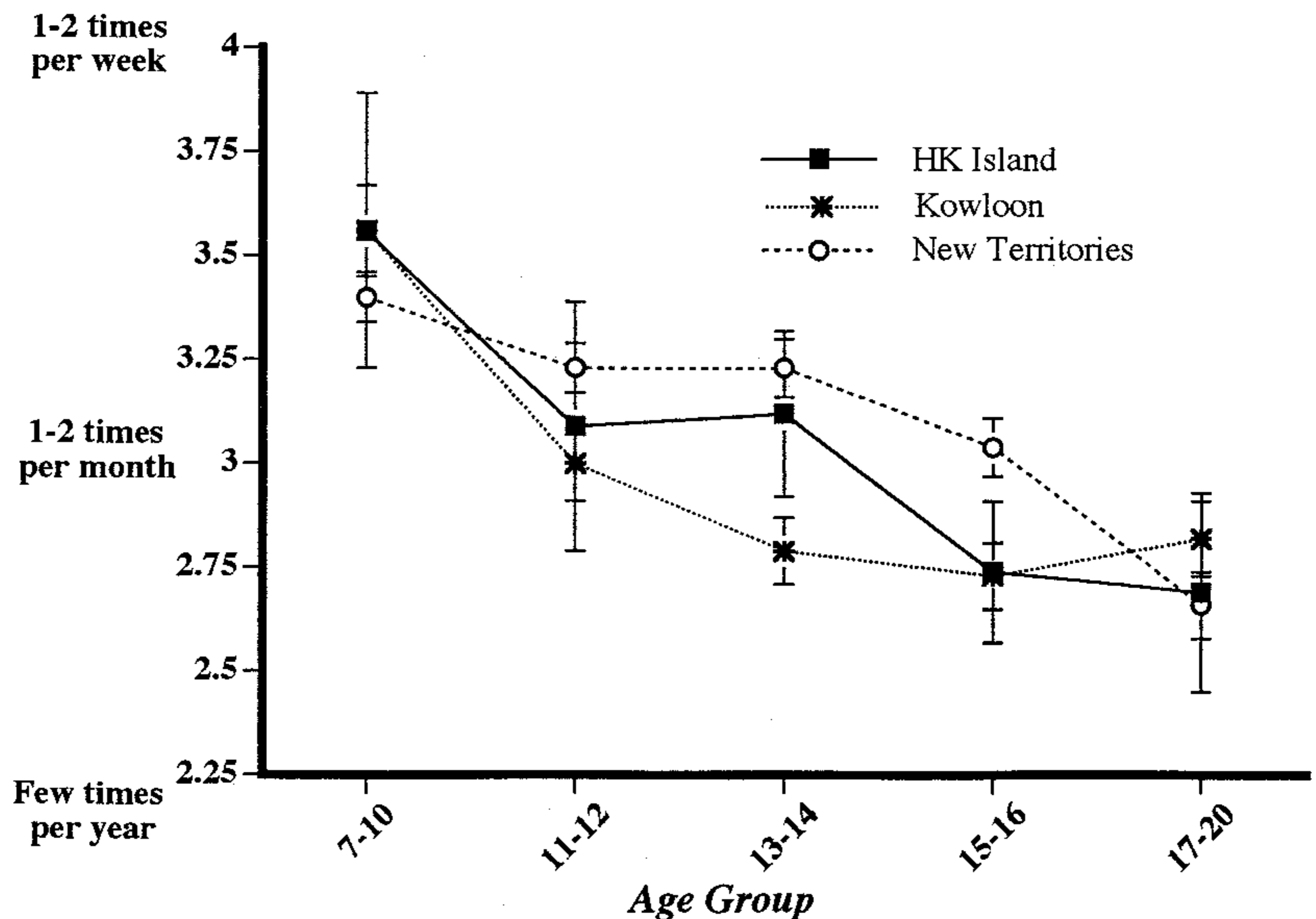


Figure 6. Means and standard errors of frequency of participation by home location and age groups.

Comparisons with retrospective data on sport participation frequency from samples of university entrants are presented in Table 3. When the university freshmen were asked to indicate their sport participation while in primary or secondary school, their ratings were systematically higher than those of the current sample of school children and youth. There are two possible explanations for this. The first is that longer-term recall of sport participation tends to be inaccurate with a bias toward overestimation. The second is that the cohort of university students cannot be compared validly with the general school population and that the participation levels of those who go on to university are higher on average than of those who do not proceed to tertiary education. A comparison of Figures 1 and 4 appears to support the second interpretation. Participation levels of girls in grades F 5 and F 6 keep steady, while those of age groups 15-16 and 17-20 decrease. Presumably in these grade levels, particularly grade F 6, those intending to continue studies at tertiary level remain, while others will have left school.

**Table 3.**  
*Comparisons of average participation scores between the current school sample and those from retrospective data of university freshmen cohorts*

<i>School Level</i>	<i>Sex</i>	<i>Schools 1996</i>	<i>HKU 1995</i>	<i>HKU 1996</i>
<b>Primary</b>	Males	3.57 ±1.65	3.76 ±1.15	--
	Females	3.07 ±1.52	3.44 ±1.16	--
<b>Secondary</b>	Males	3.66 ±1.60	4.12 ±1.01	--
	Females	2.46 ±1.36	3.35 ±0.97	--
<b>F 6</b>	Males	3.46 ±1.32	--	3.73 ±1.25
	Females	2.45 ±1.11	--	3.24 ±0.96

## ***2. Membership in sports clubs in 1995-1996***

### Frequency of membership

Membership in sport and activity-related clubs or organisations was held by 127 respondents, i.e., 2.71%. This indicates that the overwhelming majority of children and youth in Hong Kong who regularly participate in physical activity do so in a context other than that of clubs or organisations. Presumably, many participate in a school setting and the rest in the form of informal play or exercise on playgrounds and in parks. The next section of this report will provide further information on this point.

Table 4 shows the distribution of memberships over age groups, grades, and home locations by sex. Males were more frequently members of clubs than females, and for the males, the youngest and oldest age groups had the highest percentage of club members, while the largest percentage for the females was in the 15-16 year group. Low numbers of memberships were observed in grades P 6 and F 1 for both sexes, and for the males' F 5 grade and the Females' P 4. Respondents who have their home in the New Territories had lower percentages of memberships than Kowloon respondents, even though their participation rates are significantly higher. Lack of recreational space in the Kowloon area may account for this as participation would more likely have to take place in a club context. Club membership was particularly high for Hong Kong Island female residents, mainly because of a large number of memberships in the South China Athletic Association.

The distribution of memberships in club types is presented in Table 5. Most memberships fell in the "unspecified" category which comprise clubs and organisations with multiple sport and recreation functions. Football (soccer) had the most memberships of the specific sports clubs, mainly in the youngest age groups, followed by tae kwondo whose members were mainly in the older age groups. Judo, tennis, rugby, and badminton claimed most of the remaining memberships. Two respondents held memberships in three clubs, and two in two clubs.



**Table 4.** Frequencies and percentages of respondents holding membership in a club in 1995-1996, by age group, grade, and home location

Age	Total #	Males %	Females %	Grade	Total #	Males %	Females %	Home Location	Total #	Males %	Females %
7-10	28	4.17	1.96	P 4	14	3.94	1.16	HK	16	0.00	7.40
11-12	19	2.63	1.04	P 5	18	4.67	2.69	KWL	50	4.60	2.93
13-14	28	2.53	2.17	P 6	8	2.61	0.66	NT	60	2.96	1.34
15-16	28	2.19	3.25	F 1	9	1.69	1.18	Other	1	0.00	10.00
17-20	23	8.29	2.30	F 2	15	2.91	2.08				
				F 3	13	2.69	2.13				
				F 4	18	2.94	2.90				
				F 5	13	1.77	4.30				
				F 6	19	9.68	3.03				
<b>Total #</b>	<b>127</b>	<b>70</b>	<b>57</b>								

Table 5. Membership in specific clubs by age level and gender

Club type	Total #	7-10 years		11-12 years		13-14 years		15-16 years		17-20 years	
		Males	Females	Males	Females	Males	Females	Males	Females	Males	Females
Badminton	6	1	0	0	0	2	1	1	1	0	0
Ballet	2	0	1	0	1	0	0	0	0	0	0
Baseball	1	1	0	0	0	0	0	0	0	0	0
Basketball	2	0	0	0	0	0	0	1	1	0	0
Fitness	1	0	0	0	0	0	1	0	0	0	0
Football	23	7	2	6	0	5	0	0	0	2	0
Gymnastics	1	0	0	0	0	0	0	0	1	0	0
Handball	2	0	0	0	0	0	0	1	0	1	0
Ice Skating	1	0	0	0	0	0	1	0	0	0	0
Judo	7	1	0	0	0	0	1	2	2	1	0
Life saving	3	0	0	0	0	0	1	0	0	2	0
Rugby	6	3	0	0	0	0	0	0	1	0	2
Swimming	14	8	1	2	1	1	0	0	1	0	0
Squash	2	0	0	0	0	0	1	0	0	0	0
Table Tennis	2	1	0	0	0	0	1	0	0	0	0
Tae Kwondo	10	0	0	0	0	0	2	2	0	6	0
Tennis	7	2	1	2	0	1	0	1	0	0	0
Track	2	0	0	0	1	0	1	0	0	0	0
Unspecified	24	0	3	3	1	3	3	0	9	3	4
Volleyball	2	0	0	1	0	0	1	0	0	0	0
Windsurfing	1	0	0	0	0	0	1	0	0	0	0
Wushu	3	0	0	1	0	1	0	0	1	0	0

### ***3. Particulars of sport and exercise participation in 1995-1996***

#### ***A. Across Sports and Activities***

##### ***a. Number of physical activities***

Nearly ninety percent of the respondents indicated that they had participated in at least one sport or physical activity in the past year, while a large percentage had participated in more than one sport or activity. On average, respondents participated in 2.49 activities, males in 2.66 and females in 2.36. Male percentages for numbers of sports/activities participated in were 5 to 7 percent higher than those for the females (Table 6). Sport participation in terms of number of activities was highest in the 7-10 age group, and the middle age groups had generally lower percentages than the 17-20 group. Respondents from Hong Kong Island had the highest participation percentages for number of activities participated in; Kowloon residents the lowest.

##### ***b. Extent of participation***

While the percentages of respondents who had been active in one or more activities were very high, even when compared to western countries' norms, the intensity of participation (frequency, duration and proportion of the year) was quite low per sport or activity (Table 6). The average respondent was active in a given activity about once a week for about 45 minutes, five months a year. A more telling measure is the Participation Index obtained by multiplying the code scores for frequency, duration and months/year. On a scale from 1 to 48, the average respondent scored 10.6 per activity. Male intensity results were again higher than those of the females. While these figures appear to represent a rather low intensity, it should be recognised that the average respondent was involved in nearly 2.5 activities during the 1995-1996 year. Therefore, a rough estimate of the typical respondent's total involvement is the total index score of 24.6; 34.8 for the males and 19.9 for the girls. This is quite substantial for the boys as this index would suggest a nearly daily involvement of about 45 minutes year-round, but for the girls the total index equates to a daily, year-round activity of less than 20 minutes. It should be borne in mind that this involvement in physical activity was not exclusively in sports, but included many different physical activities such as walking and playing. Therefore, a true measure of the intensity of activity involvement cannot be obtained through the results of this study as no attempt was made to assess amounts of physical work or energy output. The frequency of being active dropped steadily over age levels, but average duration increased resulting in only slightly lower participation indices for the older age groups. Although Hong Kong Island residents participated in more physical activities and in larger numbers, their participation intensity was the lowest of all home location groups while that of the New Territories residents was the highest.



**Table 6.** Number of sports, intensity of participation, venue of participation and dropout rates by sex, age groups and home location

	All	Sex		Age Groups					Home Location										
		Males	Females	7-10	11-12	13-14	15-16	17-20	HKI	KWL	NT	Other*							
# of sports																			
1 or more	89.9%	92.5	88.0	93.6	91.8	86.9	90.1	87.6	95.0	86.9	91.6	88.2							
2 or more	70.6%	73.7	68.3	79.6	74.1	65.4	66.1	68.9	82.4	65.7	72.7	64.7							
3 or more	46.8%	50.5	43.9	60.2	49.4	40.7	39.6	46.2	63.4	40.4	49.4	23.5							
>3	27.2%	30.9	24.3	36.2	30.0	23.2	21.5	25.9	35.3	22.6	29.4	17.6							
Average Frequency <sup>1</sup>	1.60	1.70	1.47	1.75	1.60	1.59	1.46	1.33	1.45	1.52	1.62	1.82							
Average Duration <sup>2</sup>	3.1	3.21	3.00	2.83	3.02	3.22	3.30	3.29	3.08	3.16	3.08	2.39							
Average # months <sup>3</sup>	2.15	2.41	1.91	2.12	2.19	2.23	2.12	1.96	1.79	2.12	2.19	2.14							
Average Index <sup>4</sup>	10.6	13.1	8.42	10.5	10.8	11.4	10.2	8.6	7.9	10.2	10.9	9.31							
School	16.2%	17.1%	15.3%	8.4%	17.5%	22.4%	17.2%	15.4%	18.4%	19.9%	14.2%	26.0%							
Club	14.0%	11.6%	16.4%	14.2%	12.0%	12.3%	17.5%	19.0%	22.5%	13.5%	13.8%	6.7%							
Lessons	4.3%	4.6%	4.1%	6.8%	4.0%	4.3%	2.9%	3.9%	2.0%	4.2%	4.4%	8.4%							
Other	66.2%	68.1%	64.6%	71.0%	68.0%	63.3%	63.7%	63.0%	57.5%	63.9%	68.2%	78.2%							
Dropped	26.1%	23.1%	29.6%	18.4%	21.4%	29.3%	32.6%	37.3%	32.5%	26.7%	25.3%	35.8%							

<sup>1</sup>Frequency: 1=1-2 times a month; 2= 1-2 times a week; 3=almost every day  
<sup>2</sup>Duration: 1=less than 10 minutes; 2= 10-30 minutes; 3=30-60 minutes; 4= more than 60 minutes  
<sup>3</sup>Number of months: 1=1-3months; 2= 4-6 months; 3=7-9 months; 4=10-12 months  
<sup>4</sup>Index: Frequency X Duration X # of Months; Minimum = 1, Maximum = 48.  
 \* There were only 17 respondents in the Other group

*c. Venue of participation*

Most sport and exercise participation took place in contexts other than school, club or lessons (Table 6). Clearly, most sport and physical recreation Hong Kong children and youth engage in takes place on public playgrounds and other informal settings. Participation in a club setting was higher than what was expected based on the findings for memberships in sport clubs and organisations presented above. Apparently, a fairly large percentage of participants play in club contexts without holding a formal membership in a club or organisation. Female respondents were more often active in a club situation, but less often in school or "other" venues. Percentages for "school" were highest in the middle age groups; those for "club" rose with age levels, while the "lesson" percentages decreased over age groups. Relatively high club participation and low "other" participation was noted for Hong Kong Island residents.

*d. Frequency of withdrawal from a sport*

The dropout rates for this sample of Hong Kong school children and youth is comparable to other countries for which these statistics are available. A common figure for rate of withdrawal from major sports is 35% per annum (Lindner et al., 1994; Gould & Horn, 1984), which was only approached or surpassed by the higher age groups and the Hong Kong residents (Table 6). Dropout rates for females were higher than for males, while percentages rose steadily over age groups. Sports disassociation is more closely analysed in section 6 below.

B. Participation Particulars of Specific Sports.

*a. Popularity of sports by gender, age level and home location*

Numbers and/or percentages of participants in the twenty most often indicated sports are listed in Table 7 by sex, age group, and home location. Badminton, basketball and swimming were the three most popular sports overall, but for the males the order was 1. basketball, 2. soccer, and 3. badminton, while for the females the top three were badminton, swimming and basketball. Remarkable are the high rankings of cycling, jogging, rope jumping and ice skating which were all in the top ten sports overall. Large gender differences were found for badminton, swimming volleyball, rope jumping, ice skating, squash, roller skating and dancing (females higher participation than males), and for basketball, soccer, table tennis and billiards (males more than females).

Patterns of sport participation over age groups were mainly of four types: increase with age, decrease, inverted-U, and U patterns, with exception of swimming and jogging which were relatively high only for the youngest age group. Increasing participation with

Table 7. Frequencies and/or percentages of participants in specific sports by gender, age group and home location.

Sport	ALL		MALES		FEMALES		AGE GROUPS (%)					HOME LOC. (%)		
	#	%	#	%	#	%	7-10	11-12	13-14	15-16	17-20	HKI	KWL	NT
Badminton	1839	39.3	602	29.1	1234	47.3	44.4	45.8	33.4	33.9	40.6	47.9	41.2	37.5
Basketball	1791	38.3	1245	60.1	542	20.8	38.2	41.5	41.4	34.5	30.7	27.7	34.5	41.4
Swimming	1653	35.3	549	28.7	1059	40.6	50.5	33.2	28.5	33.7	32.1	56.3	31.5	35.9
Soccer	952	20.4	916	44.3	34	1.3	27.5	24.4	19.7	14.0	12.7	3.4	15.7	24.6
Cycling	825	17.6	373	18.0	452	17.3	24.7	20.1	15.3	13.0	14.5	15.1	12.9	20.7
Table T.	824	17.6	490	23.7	332	12.7	26.4	20.5	14.4	12.2	13.7	15.5	16.6	18.4
Volleyball	614	13.1	192	9.3	422	16.2	8.4	19.4	15.1	11.2	7.2	8.4	13.8	13.2
Jogging	551	11.8	190	9.2	361	13.8	17.9	11.1	9.6	10.3	10.2	14.3	10.2	12.5
Rope Jump	302	6.5	37	1.8	265	10.2	13.6	7.9	3.2	4.4	2.2	10.1	5.3	6.8
Ice Skate	295	6.3	56	2.7	239	9.2	4.9	8.1	6.6	6.3	4.4	18.1	6.9	5.0
Squash	277	5.9	54	2.6	223	8.6	2.1	2.1	3.8	9.7	19.1	6.7	6.2	5.8
Athletics	243	5.2	110	5.3	133	5.1	6.1	6.3	5.3	3.8	2.1	5.0	4.1	5.8
Tennis	235	5.0	93	4.5	142	5.4	4.0	2.6	4.3	6.6	10.2	8.8	4.9	4.7
Camping	194	4.1	74	3.6	120	4.6	1.5	3.5	4.7	5.2	7.0	8.8	4.3	3.7
Hiking	172	3.7	74	3.6	98	3.8	2.8	2.4	3.3	5.4	7.4	8.0	3.0	3.7
Bowling	90	1.9	32	1.5	58	2.2	1.4	1.2	1.5	2.8	3.6	8.0	1.7	1.6
Billiards	85	1.8	63	3.0	21	0.8	0.3	1.2	2.0	2.8	3.4	0.8	1.7	2.0
Roll. Skate	81	1.7	18	0.9	63	2.4	2.4	2.4	1.4	1.3	0.6	2.5	2.1	1.4
Dancing	80	1.7	4	0.2	76	2.9	2.1	1.7	1.2	1.8	2.0	8.4	1.4	1.3
Fitness	73	1.6	24	1.2	49	1.9	0.1	0.4	1.5	3.5	3.2	1.7	0.9	2.0



age was observed for squash, tennis, camping, hiking, bowling, billiards and fitness, while a decreasing pattern was evident for soccer, cycling, table tennis, rope jumping, athletics, and roller skating. Relatively higher participation figures in the middle age groups were seen for basketball, volleyball and ice skating, whereas relatively low participation in the middle age groups occurred in badminton and dancing.

Large differences among home locations were found for a number of sports. Hong Kong Island residents participated in considerably larger numbers, relative to the size of this stratum, in badminton, swimming, rope jumping, ice skating, tennis, camping, hiking, bowling and dancing than the respondents from the other two home locations, but much less in basketball, volleyball, soccer and billiards. Cycling was particularly high for New Territories residents, while Kowloon respondents had low participation in fitness.

*b. Extent of participation, and venues for selected sports*

Sports and activities that had among the highest frequencies of participation were fitness-related activities, such as fitness, jogging, rope-jumping and dancing which were participated in weekly or more (Table 8). Basketball, soccer, volleyball and athletics also fell into this frequency category. Activities that were participated in more on a monthly basis included camping, hiking, bowling, ice skating and squash.

As is to be expected, the highest average duration per participation was for activities that, because of their nature, require a great deal of time. Camping, hiking, orienteering, ice skating, judo, lawn bowling, softball, wind surfing, and fencing approached the highest duration category, i.e., more than one hour per participation instance. Low duration values were obtained for high-intensity activities such as jogging, rope jumping and fitness.

The highest values for average number of months per year were found in the martial arts type of sports, e.g., tae kwondo, judo, karate, kung fu, wrestling and boxing, but also for walking and fitness. These sports received average ratings of about seven months per year. Low average values for number of months per year were indicated by the respondents for more seasonal activities such as camping, swimming, sailing, waterpolo and wind surfing.

The overall Participation Index, obtained by combining frequency, duration and number of months per year, showed that the greatest participation extent was for dancing, followed by basketball, soccer and fitness. The interpretation of this finding is that Hong Kong children and youth who participate in dancing spend more time on it than is spent on any other sport or physical activity. The least time was devoted to camping, hiking and bowling.

Differences in participation venues were apparent between the various sports and activities (Table 8). Participation in venues other than the school, club, or lesson was the norm for all sports with exception of dancing which has its participation about equally

*Sport Participation by Hong Kong Children and Youth*

distributed over the four venue categories. School participation was relatively high for volleyball, athletics and dancing, while participation in a club context was higher for squash, tennis, bowling and dancing than for other sports. Fitness (which included weight training), swimming, dancing and tennis had slightly higher participation in the form of lessons.

**Table 8.**  
*Extent of participation, and venues for specific sports .*

Sport	<i>Extent of Participation*</i>				<i>Participation Venue</i>			
	Average Freq.	Average Duration	Average # Months	Average Index	School	Club	Lessons	Other
Badminton	1.38	3.05	2.01	8.5	16.2	14.7	3.4	64.4
Basketball	1.84	3.16	2.63	15.3	22.7	8.0	2.7	65.5
Swimming	1.48	3.52	1.59	8.3	12.1	15.6	5.4	65.9
Soccer	1.72	3.32	2.59	14.8	17.3	7.0	3.3	71.1
Cycling	1.47	3.19	2.05	9.6	12.0	11.9	2.4	72.4
Table T.	1.58	2.83	2.13	9.5	21.0	10.8	4.5	62.6
Volleyball	1.69	2.87	2.29	11.1	39.9	9.1	2.8	47.2
Jogging	1.78	2.08	2.36	8.7	13.8	11.3	3.4	70.6
Rope Jump	1.91	1.72	2.24	7.4	13.6	12.6	3.6	69.2
Ice Skate	1.19	3.62	1.82	7.8	14.2	13.2	4.4	66.4
Squash	1.23	3.04	1.98	7.4	10.8	25.3	4.0	58.8
Athletics	1.73	2.73	1.97	9.3	39.9	5.8	3.7	49.4
Tennis	1.32	3.38	1.95	8.7	14.9	24.7	5.5	54.0
Camping	1.05	3.97	1.39	5.8	22.7	15.5	4.6	56.2
Hiking	1.11	3.72	1.75	7.2	13.4	8.7	2.9	75.0
Bowling	1.17	3.08	1.77	6.4	18.9	24.4	3.3	52.2
Billiards	1.46	3.24	2.48	11.7	16.5	11.8	4.7	67.1
Roll. Skate	1.48	3.28	2.14	10.4	23.5	7.4	3.7	64.2
Dancing	1.97	3.43	2.49	16.8	27.5	20.0	22.5	28.8
Fitness	2.24	2.07	2.96	13.7	12.3	13.7	9.6	63.0

\*See legend for Table 6

#### ***4. Reasons for participation in sport and exercise***

##### **A. Relative Importance of Reasons and Gender Differences**

As displayed in Figures 7 to 9, the respondents rated four of the Likert Scale statements as the relatively most important reasons for their participation in sport and exercise. Participating for fun, for health and fitness, to be with friend, and to become good at the activity were the highest rated statements (Figure 7). Participating because one is good at the activity was not a strong reason, while receiving praise, being forced to participate ('told to'), or being different from peers and family members ('nonconformist') were rated very low on average. All reasons showed significant differences between males and females, with the males generally rating the reasons higher. The exception was the 'told to' reason which the females rated significantly higher. 'Achievement' (wanting to become good) and 'competence' (being good at it) were particularly stronger reasons for the males.

##### **B. Age Differences**

There were significant differences in strength of reasons among the age groups for all the statements except 'praise' (Figure 8). 'Achievement and 'competence' decreased over age levels with the youngest group rating these reasons significantly higher. In contrast, the 'fun' reason was rated significantly more important by the two highest age groups. The 7-10 group rated the social reason ('friends') significantly lower than all other age groups, but the 'fit and healthy' statement significantly higher than the 11-12 and 15-16 year groups. The 13-14 age group was significantly higher in their rating of both the 'told to' and the 'nonconformist' variables than the 7-10 and 17-20 groups, respectively. For two reasons statements there was a significant sex by age group interaction, namely for the 'achievement' reason where the females declined linearly over age groups, but the males only decreased from the 15-16 to the 17-20 groups, and for the 'told to' reason where the females were substantially higher in the 13-14 and 15-16 age groups only.



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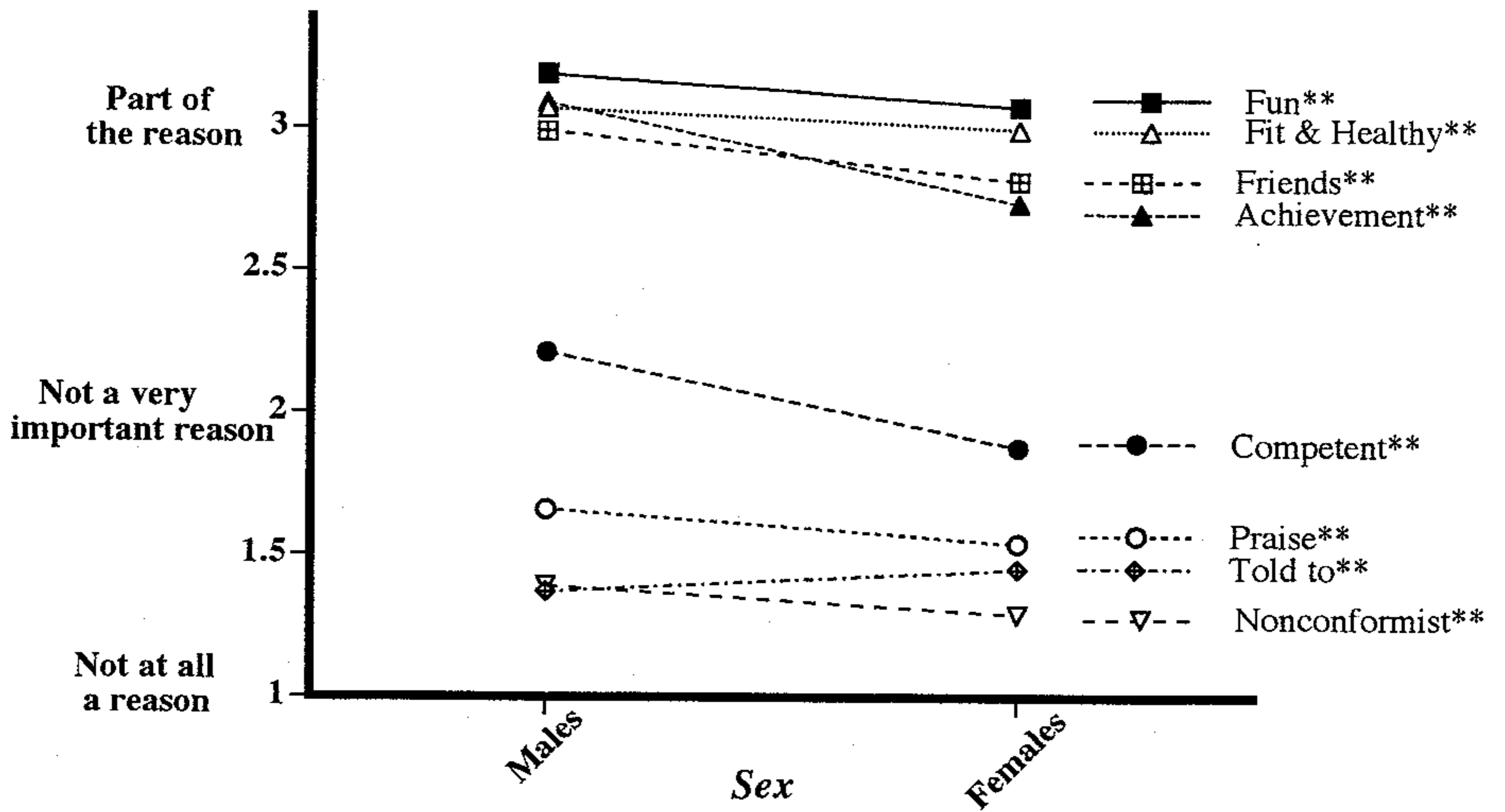


Figure 7. Average ratings of eight participation reasons by males and females.

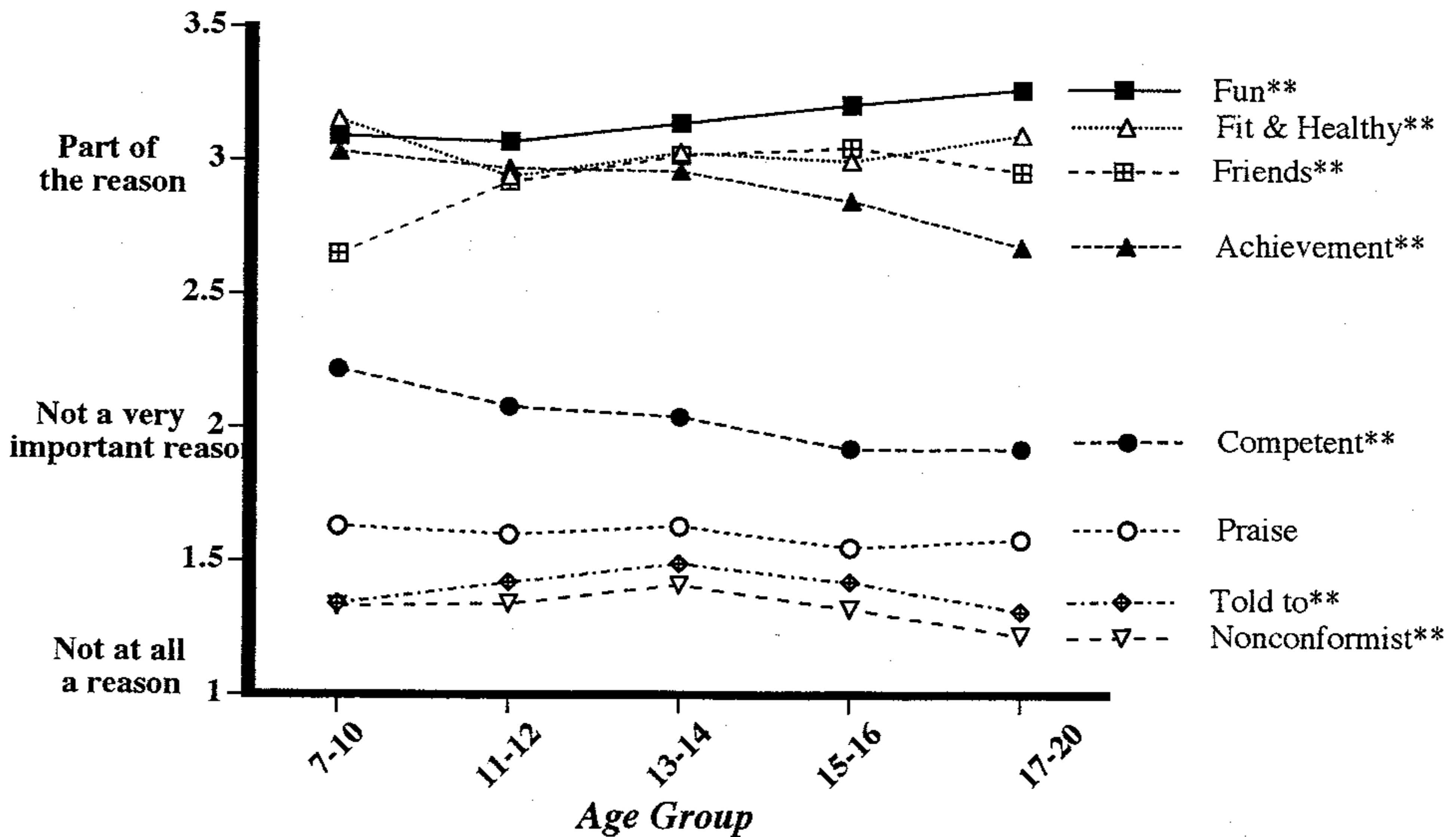


Figure 8. Average ratings of eight participation reasons by the five age groups.

### C. Differences between Home Location Groups

The only differences in participation reasons between home location groups were found for the Other category compared to the three other home locations Hong Kong Island (HKI), Kowloon (KWL), and the New Territories (NT). As shown in Figure 9, the small group of respondents who had their home on one of the outlying island, mainly Cheung Chau and Lantau, had significantly higher ratings for the 'competence', 'praise', 'told to' and 'nonconformist' reasons than the other home location groups, which showed no significant differences among them. Significant home by sex interactions were found for 'praise', where Other girls were much higher, but Other boys lower than the rest of the home location groups. For the 'fit and healthy' reason, HKI males had lower, but HKI girls higher ratings than the other location groups. There was a significant age group by home location interaction for the statement 'friends' which was rated by KWL and NT residents in the 7-10 year age group much lower than the other age groups and the groups from other home locations.

## ***5. Reasons for non participation in sport and exercise***

### A. Relative Importance of Reasons and Gender Differences

The most important reason for not often participating in sport and physical activities was a preference for doing one's 'own thing' (Figure 10). This was an unexpected finding and it would be interesting to find out through further research why this reason was considered most important. Perhaps Hong Kong children and youth live a rather regimented life and like to pursue their own interests where possible. Avoiding physical activity may be an expression of a desire to do what they would like to do in rebellion to the many things they perceive to be expected to do, including sport and exercise participation. Less than half of the respondents completed the questions relating to non participation and presumably these were the non participants and respondents who rarely participated in sport and physical activity. A cluster of reasons was considered of minor importance: 'pursuing other accomplishments', preference for 'other leisure' activities, and not being good at physical skills ('lack of skills'). The remaining reason statements received average ratings of less than 2 and were not thought to be important reasons for non participation.

Differences between males and females in non participation reasons were particularly pronounced in the second cluster of reasons, while all variables were significant at  $p < .001$  except 'obligation'. All non participation reasons were more strongly subscribed to by the females except for the 'letting down' one which was rated higher by the boys, who may feel more strongly that failure or poor performance would jeopardise success of the team or partner.

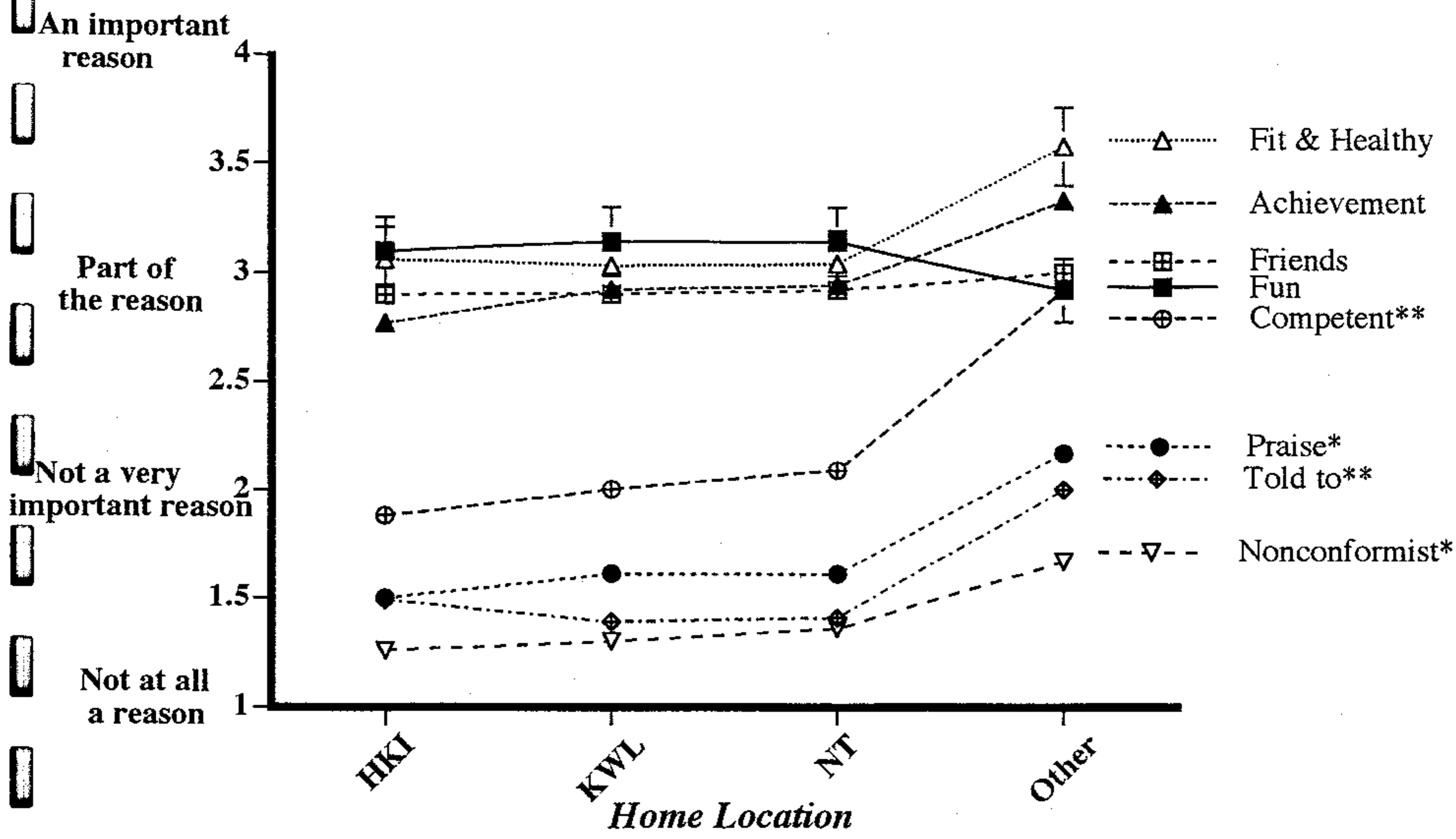


Figure 9. Average ratings of eight participation reasons by the four home location groups.

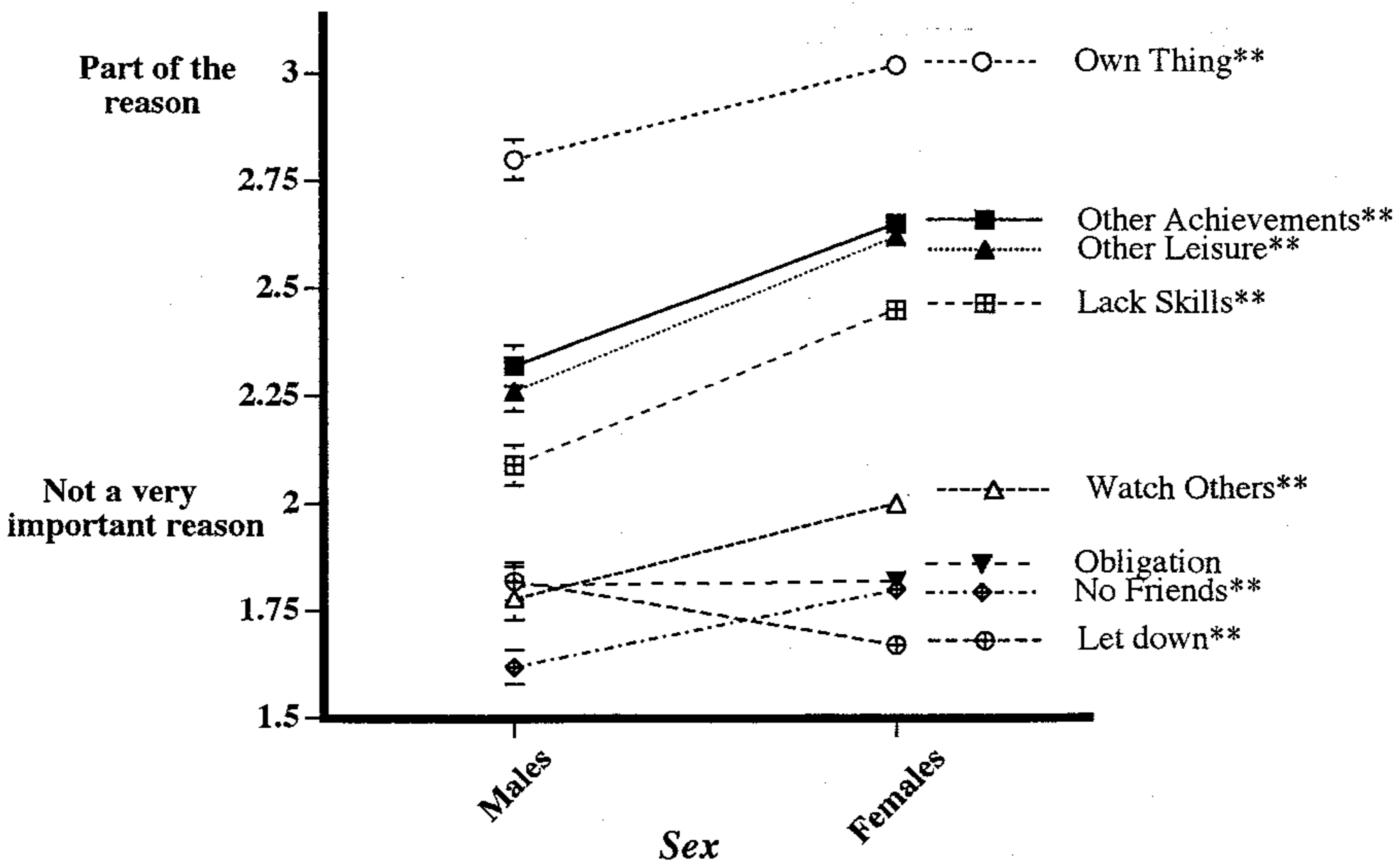


Figure 10. Average ratings of eight non participation reasons by males and females



### B. Differences between Age Groups

There were significant differences among age groups for all statements pertaining to non participation (Figure 11). Only one, pursuing 'other achievements', increased linearly over age levels, while the others tended to show an inverted U pattern with higher ratings in the three middle groups. Older respondents who do not or rarely participate evidently are concentrating increasingly on the attainment of other achievements. A similar, less pronounced pattern can be seen for wanting to do one's 'own thing', pursuing 'other leisure' activities, 'lack of skill' and 'no friends'. Apprehension of letting other people down was significantly more strongly felt by the younger age groups. The 15-16 year age group saw sport participation as an obligation significantly more so than the 7-10, 11-12 and 17-20 age groups.

Significant sex by age group interactions were found for three of the non participation reasons, i.e., 'other leisure' which was rated higher by girls than by boys in all age groups except the 17-20 group, 'lack of skill' which also was rated higher by girls but not in the 7-10 group, and the 'let down' reason which was more important to the boys except in the 7-10 group.

### C. Differences between Home Location groups

The few children and youth from Other locations who answered the questions pertaining to non participation had much lower ratings than the remaining location groups for all the statements except 'own thing' (Figure 11). The only other significant difference among home location groups were for 'no friends' and 'letting down' where HKI residents had significantly higher ratings than NT respondents ( $p < .05$ ).

There were no significant home location by sex, home location by age, or home by sex by age interactions.

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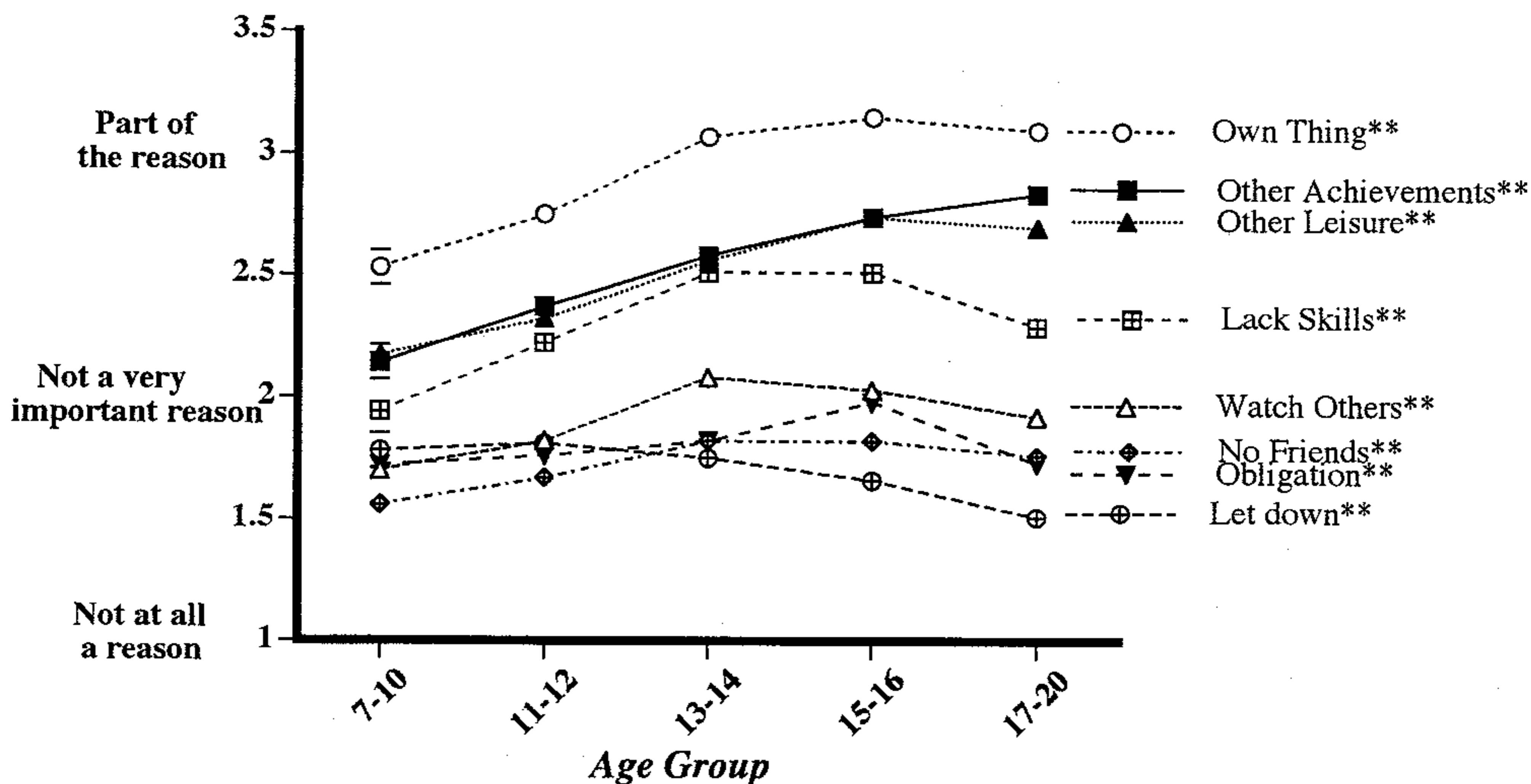


Figure 11. Average ratings of eight non participation reasons by the five age groups.

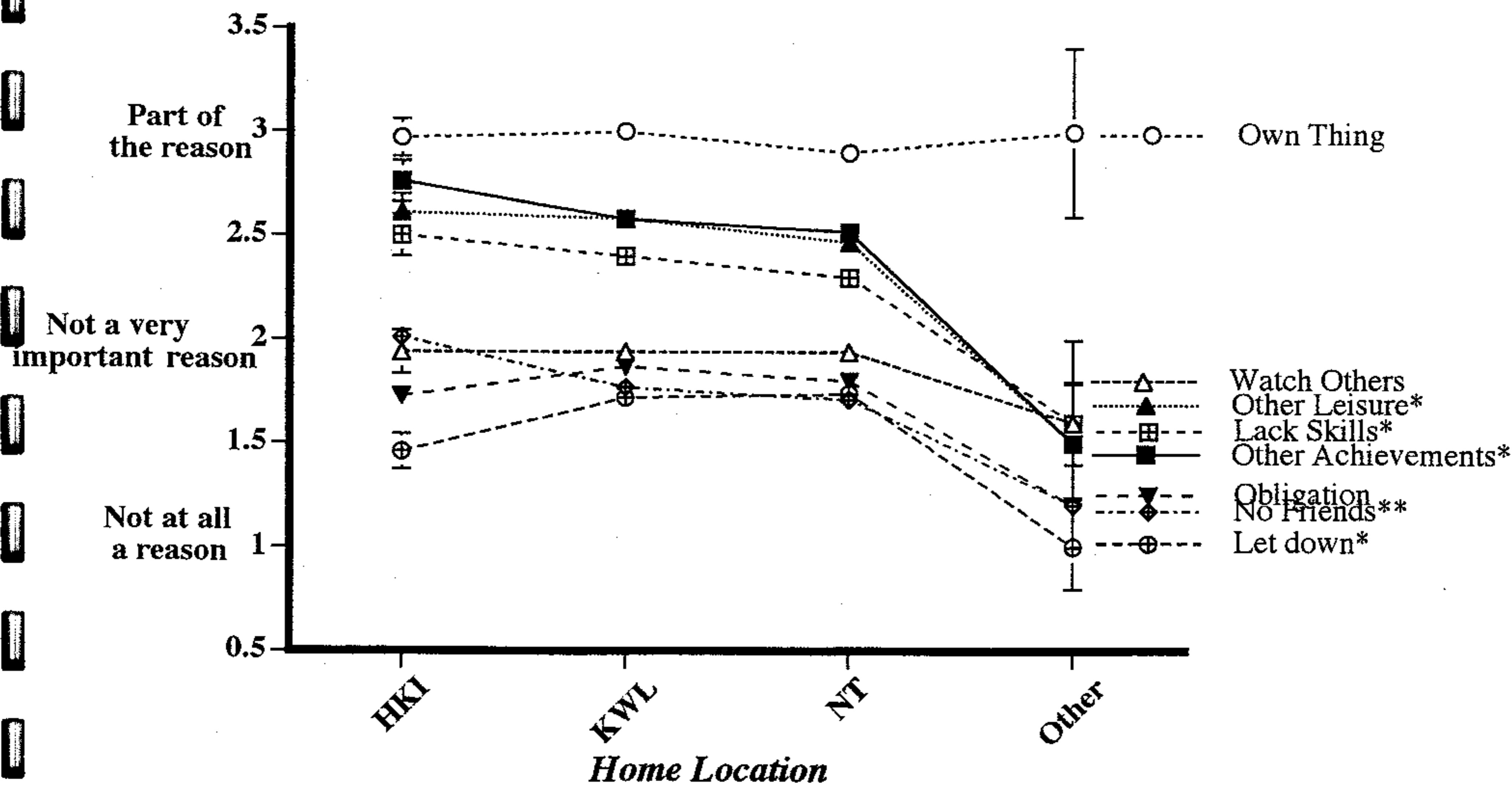


Figure 12. Average ratings of eight non participation reasons by the four home location groups.

## ***6. Rates and reasons for withdrawal from sport and exercise.***

### A. Frequencies and Rates of Withdrawals for Specific Sports

Withdrawal from a sport or physical activity is very common in children's and youth's sport participation, and in many cases the withdrawal is not a negative reflection on the sport, but represents a healthy desire to try out different activities and learn a variety of skills (Lindner, 1995; Lindner et al., 1991). The twenty sports that showed the highest dropout rates are listed in Table 9. The dropout rate was calculated by taking the number of respondents who indicated they no longer participated in the sport or activity they were involved in the 1995-1996 year, and by calculating the percentage of the total number of participants in that sport within gender and age categories. Thus, for example, 38.5% of all the males who had participated in canoeing in the previous year had discontinued this activity in the current year. Other sports with substantial dropout rates were roller skating, cross-country running, boxing, tae kwondo and handball for the males, while the females dropped most frequently karate, rugby, handball, and cross-country running. Large differences in dropout rates between males and females were found for canoeing, ice and roller skating (males higher dropout rates), and soccer, handball and athletics (females higher rates), while the rates were nearly the same for cross-country running, badminton, jogging and tennis.

For many of the sports there were large differences in rates of withdrawal among the five age groups. Exceptions were soccer, swimming, ice skating and cycling which showed fairly consistent rates across age groups. Dancing and camping were discontinued by much larger numbers of respondents in the lowest age group than in the other groups, while tennis had a relatively high dropout rate in the 11-12 year group. Hiking and rope jumping were most frequently dropped by the 11-12 and 13-14 year olds, while squash, table tennis and badminton showed higher relative rates in the three oldest age groups. Roller skating, basketball and gymnastics were more often discontinued by the 15-16 year group than by any of the other age groups' respondents. Jogging discontinuation was low in the 7-10 year group, very high in the 11-12 group and around 20% in the remaining age groups.



Table 9.  
Dropout rates for the twenty most often discontinued sports by gender and age group

Rank	SEX		AGE GROUPS						
	Males	Females	7-10	11-12	13-14	15-16	17-20		
1	Canoeing 38.5	Karate 66.7	Dancing 42.1	Handball 50.0	Judo 50.0	Softball 80.0	Karate 100		
2	Roll. Skate 33.3	Rugby 41.7	Camping 28.6	TaeKwon 40.0	TaeKwon 33.3	Rugby 60.0	Baseball 100		
3	Cross-C 28.6	Handball 41.7	Volleyball 23.4	Netball 40.0	Rope Jump 31.6	Cross-C 50.0	Rugby 44.4		
4	Boxing 28.6	Cross-C 36.4	Roll Skate 22.7	Hiking 30.8	Handball 29.4	Roll. Skate 38.5	Canoeing 30.0		
5	Tae Kwon 26.5	Soccer 23.5	Golf 22.2	Jogging 29.4	Boxing 27.3	Squash 25.3	Dancing 30.0		
6	Handball 24.2	Dancing 22.4	Kong Fu 18.2	Tennis 21.4	Cross-C 27.3	Gymnastics 20.0	Volleyball 27.8		
7	Ice Skate 19.6	Roll. Skate 22.2	Soccer 15.5	Athletics 19.4	Hiking 25.0	Volleyball 20.0	Rope Jump 27.3		
8	Jogging 19.5	Squash 21.1	Gymnastics 14.3	Roll.Skate 19.2	T Tennis 22.0	Jogging 19.8	Bowling 22.2		
9	Bowling 15.6	Volleyball 19.2	Swimming 11.7	Ice Skate 18.4	Squash 21.7	T. Tennis 18.5	Badminton 20.8		
10	Squash 14.8	Basketball 19.0	Hiking 11.5	Billiards 15.4	Jogging 20.0	Swimming 18.1	Jogging 19.6		
11	Soccer 14.6	Athletics 18.0	Ice Skate 11.1	Bowling 15.4	Volleyball 18.8	Basketball 18.0	Swimming 18.1		
12	Volleyball 14.6	Jogging 18.0	Tennis 10.8	Rope Jump 15.3	Athletics 18.8	Badminton 17.4	Squash 17.9		
13	Badminton 14.3	Tennis 16.9	Squash 10.5	Soccer 14.6	Soccer 17.8	Athletics 16.2	Billiards 17.6		
14	T. Tennis 14.1	Hiking 16.3	T. Tennis 9.9	Swimming 14.4	Roll Skate 17.6	Cycling 14.8	Soccer 15.9		
15	Swimming 13.3	Swimming 16.1	Badminton 9.1	Cycling 14.4	Badminton 17.5	Ice Skate 14.5	Tennis 13.7		
16	Tennis 12.9	Badminton 14.8	Basketball 8.9	Badminton 12.4	Swimming 15.8	Tennis 13.8	Ice Skate 13.6		
17	Camping 12.2	T. Tennis 14.2	Jogging 8.5	Volleyball 12.0	Tennis 15.4	Soccer 11.6	Basketball 13.1		
18	Athletics 10.9	Rope Jump. 14.0	Rope Jump 8.0	Basketball 11.3	Cycling 14.2	Camping 9.8	Cycling 11.1		
19	Rope Jump 10.8	Cycling 13.9	Cycling 7.5	Dancing 11.1	Ice Skate 13.9	Hiking 9.5	Hiking 11.1		
20	Cycling 10.5	Ice Skate 13.8	Athletics 7.1	T. Tennis 10.5	Camping 12.5	Rope Jump 7.0	T. Tennis 10.3		

B. Reasons for Withdrawals

*a. Relative importance of reasons and gender differences.*

The most important of the reasons for withdrawal from a sport or physical activity for the 1,708 respondents who completed this section of the questionnaire was that they needed time for 'studying' (Figure 13). This is consistent with findings in earlier surveys on sport participation of university entrants where studying featured high as a barrier to sport involvement (Speak et al., 1994; Lindner & Speak, 1995a, 1995c). Wanting to spend more time doing other 'fun things' was the second most important reason, followed by wanting time to be with 'friends'. The remaining reasons were on average rated as not very important.

Significant sex differences were noted for 'studying' which was higher for females, and for opportunity to 'co-operate', sport 'not competitive' enough, getting 'yelled at' by coaches or other players, and losing self-respect, to which the girls gave significantly lower ratings than the boys.

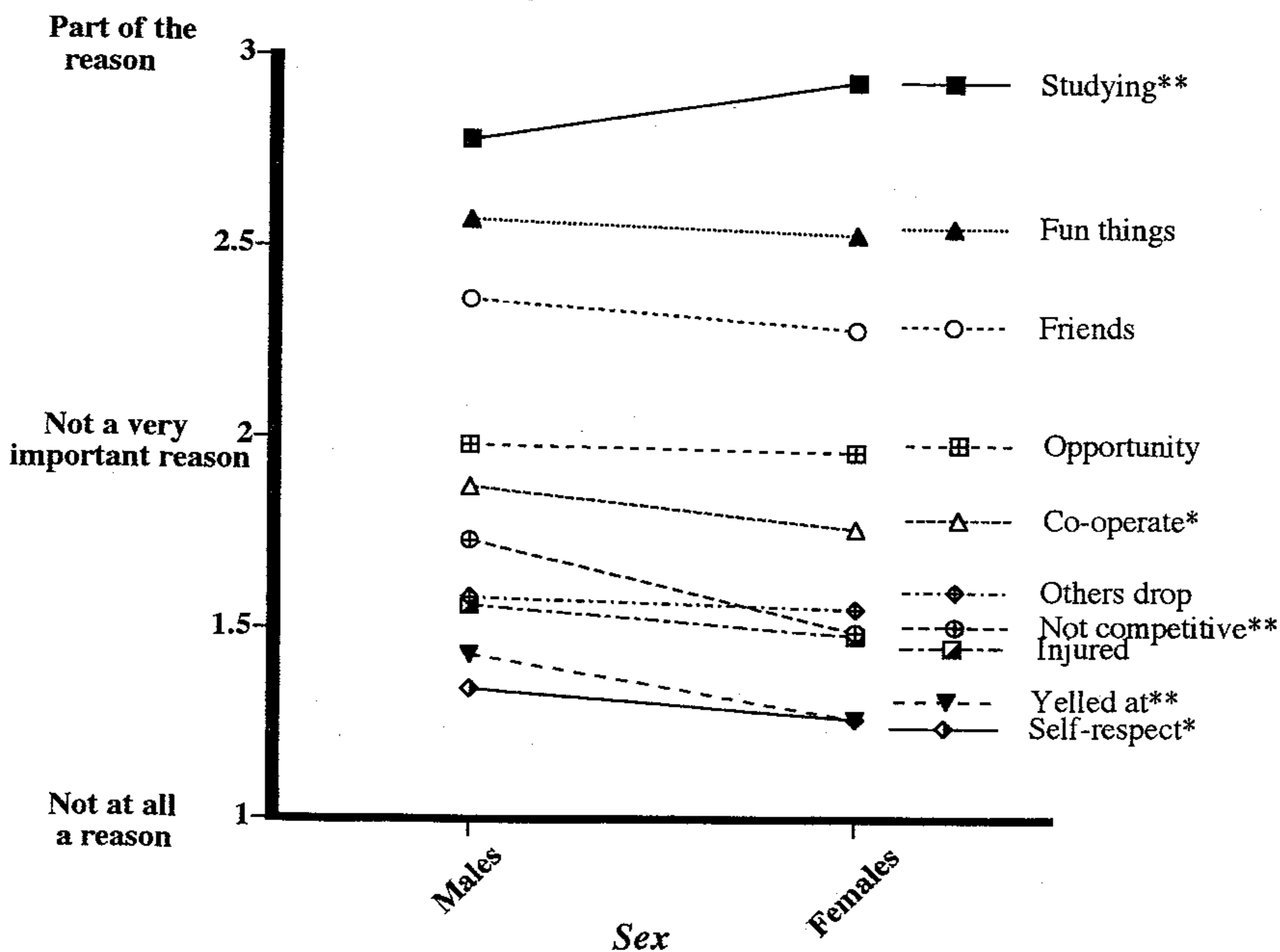


Figure 13. Average ratings of ten withdrawal reasons by males and females

*b. Differences between age groups.*

Seven of the ten statements of reasons for dropping out had significant differences between age levels (Figure 14). The 11-12 year group rated the 'studying' reason significantly lower than the 7-10, 15-16 and 17-20 age groups, while the 17-20 group was significantly higher than the 7-10 and the 13-14 groups. The variable other 'fun things' showed an opposite pattern to that of 'studying' with the 7-10 group rating this reason significantly lower than all other groups. For the 13-14 and 15-16 groups the 'friends' reason was more important than it was for the younger age groups. The lack of opportunity to 'co-operate' with others was least important for the 7-10 year olds, significantly less than for the next three older age groups. The oldest age group was least motivated to quit the sport because of getting 'yelled at' and for fear of 'injury', significantly less than the 7-10, 11-12 and 13-14 groups. No differences between age levels were found for 'no opportunity' to continue, 'others drop'ped out, and loss of 'self-respect'.

A significant age group by sex interaction was found for only one of the dropping-out reasons. Girls in the three middle age groups rated the getting 'yelled at' reason substantially lower than the boys did, while at 7-10 and 17-20 they rated it marginally higher.

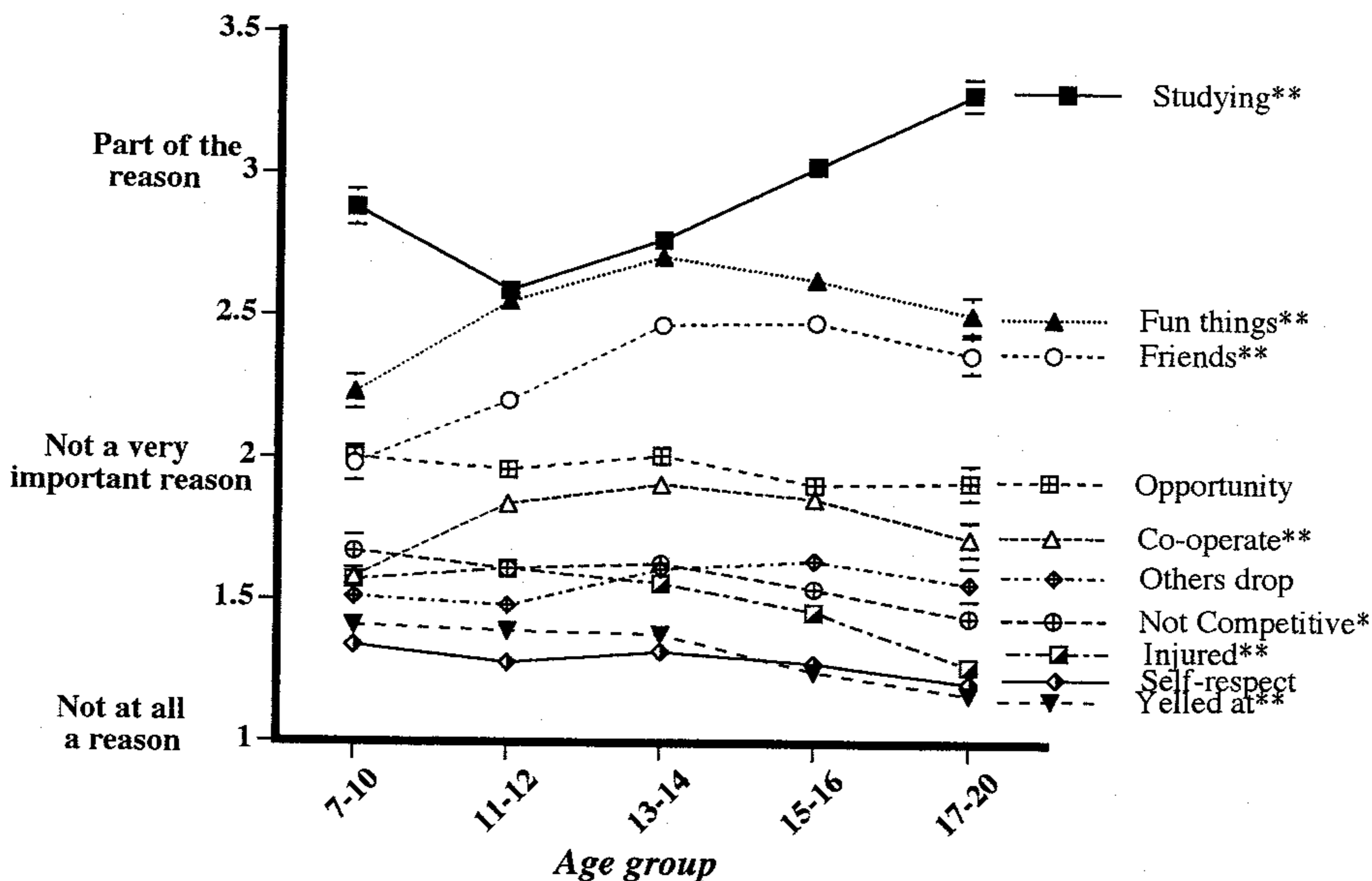


Figure 14. Average ratings of ten withdrawal reasons by the five age groups.



c. Differences between home locations

Home location was not a very important factor in the reasons for discontinuing sport participation. Only three variables showed significant differences, most pronounced in 'not competitive' enough for which HKI residents' ratings were significantly below those of the NT respondents (Figure 15). For these analyses, the fourth location (Other) was dropped because of the low cell frequencies. The 'studying' reason for dropping out was significantly more important for HKI than for NT residents, while KWL respondents thought that 'others drop'ping out was less important a reason than did the other two home locations.

There were significant home by sex interaction effects for two variables, both dealing with negative aspects of sports. Both the statements getting 'yelled at' and losing 'self-respect' were much higher rated by HKI boys than by boys from the other home locations, while the HKI girls rated these reasons lower than the other two groups. The 'yelled at' reason also had an age by home location interaction effect that reached the .05 level of significance. The main source appeared to be the opposite patterns for the youngest and oldest age groups. HKI 7-10 year olds rated this reason higher than the KWL 7-10 group and much higher than the NT 7-10 group. In contrast, HKI 17-20 year olds had higher ratings than their counterparts in KWL and even higher than those in NT. The 'yelled at' statement also showed a significant second-order interaction effect with patterns across home locations different for males and females both within age groups and between age groups.

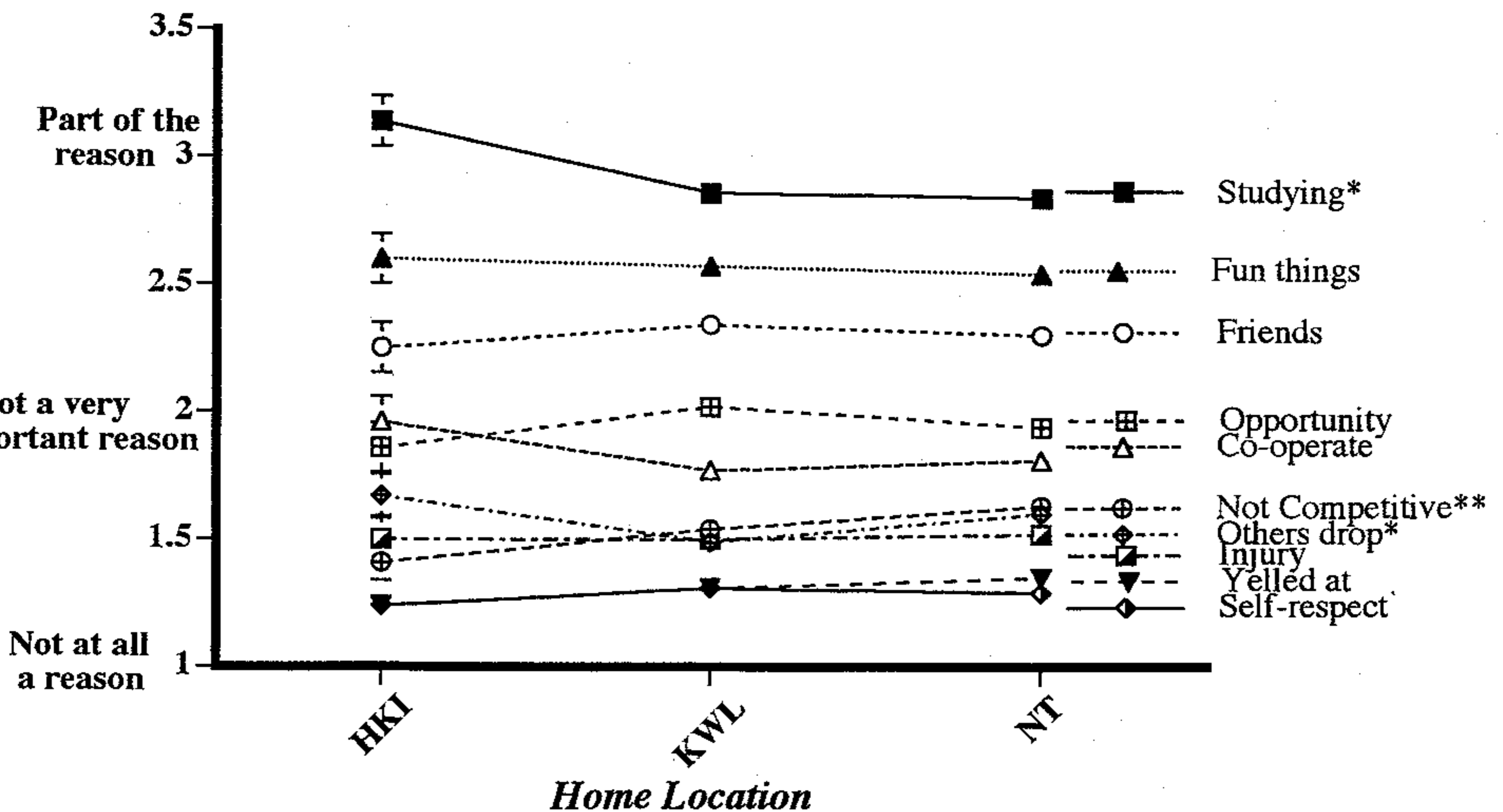


Figure 15. Average ratings of ten withdrawal reasons by the four home location groups.

d. Differences in withdrawal reasons among specific sports.

Across sports. There were substantial differences between the specific sports and between the sexes in the importance that was assigned to the ten withdrawal reason statements (Figure 16). 'Time needed for studying' was an important reason for males to drop out of squash, while 'time needed for other fun things' was rated high for cycling (males) and tennis (males and females). More important than in other sports was the reason 'time needed for doing other things with friend' for squash (males) and tennis (females). 'Lack of opportunity to co-operate with others' was a relatively important withdrawal reason for hiking and squash (males), while 'lack of opportunity to continue' was the strongest reason for dropping out of hiking. Following 'others who had dropped out' was more important in volleyball (males) and soccer (females). Dropping out because the activity was considered to be 'not competitive enough' was more pronounced in males than in females, but was rated rather low by male basketball, ice skating, soccer, swimming, and tennis dropouts. 'Getting yelled at' was not an important reason overall, but more so for males in volleyball and, inexplicably, in jogging. For the girls, it was only mildly important in soccer. 'Injury or fear of injury' contributed to withdrawal in male cycling, and hiking (!), and female ice skating and soccer. 'Losing self-respect' was not a common reason, but was highest in male volleyball, hiking and squash, and female soccer, basketball and athletics.

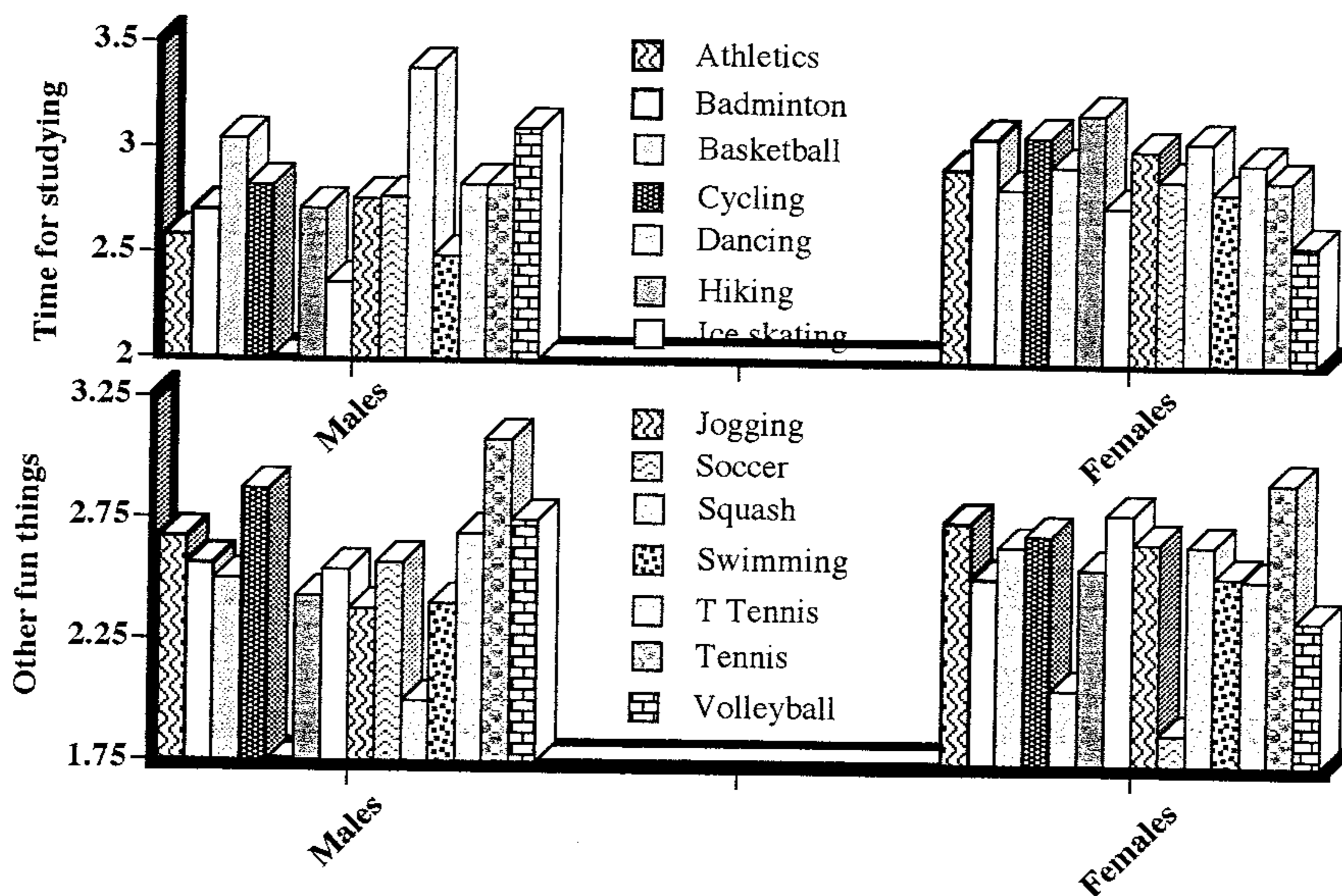


Figure 16. Average ratings of ten withdrawal reasons by specific sports/activities.



The three most prominent withdrawal reasons were 'time needed for studying', 'time needed for other fun things' and 'time needed to do other things with friends' which were in first, second or third highest rated position for most (78%) of the sports and activities, for both males and females. They were in the above order of importance for 17 of the 28 sports, i.e., 60%. 'No opportunity to continue' was the third most important withdrawal reason for five sports (athletics, hiking and ice skating for the males, and dancing and soccer for the females, while 'no opportunity to co-operate with others' was rated third most important in squash.

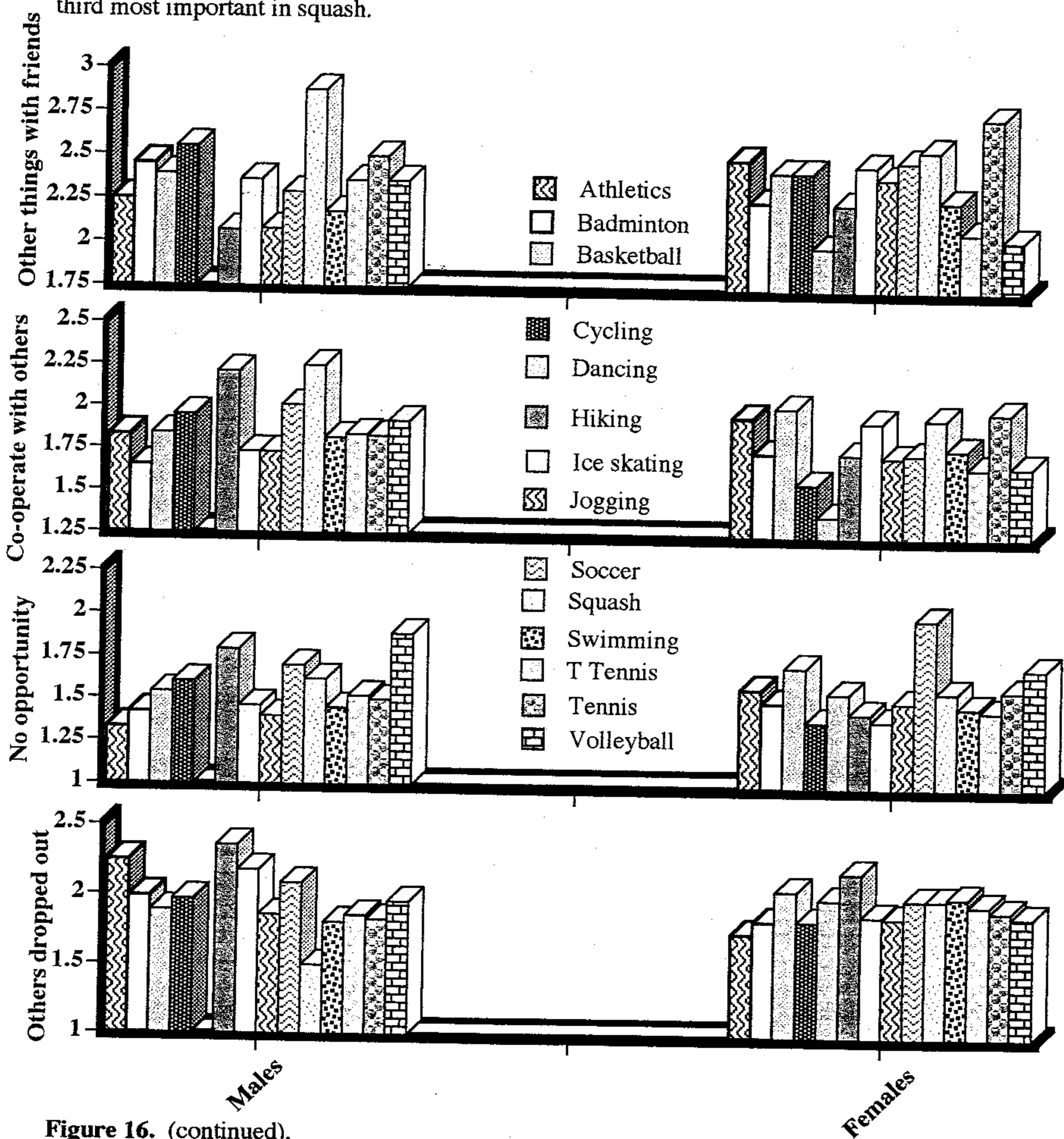


Figure 16. (continued).



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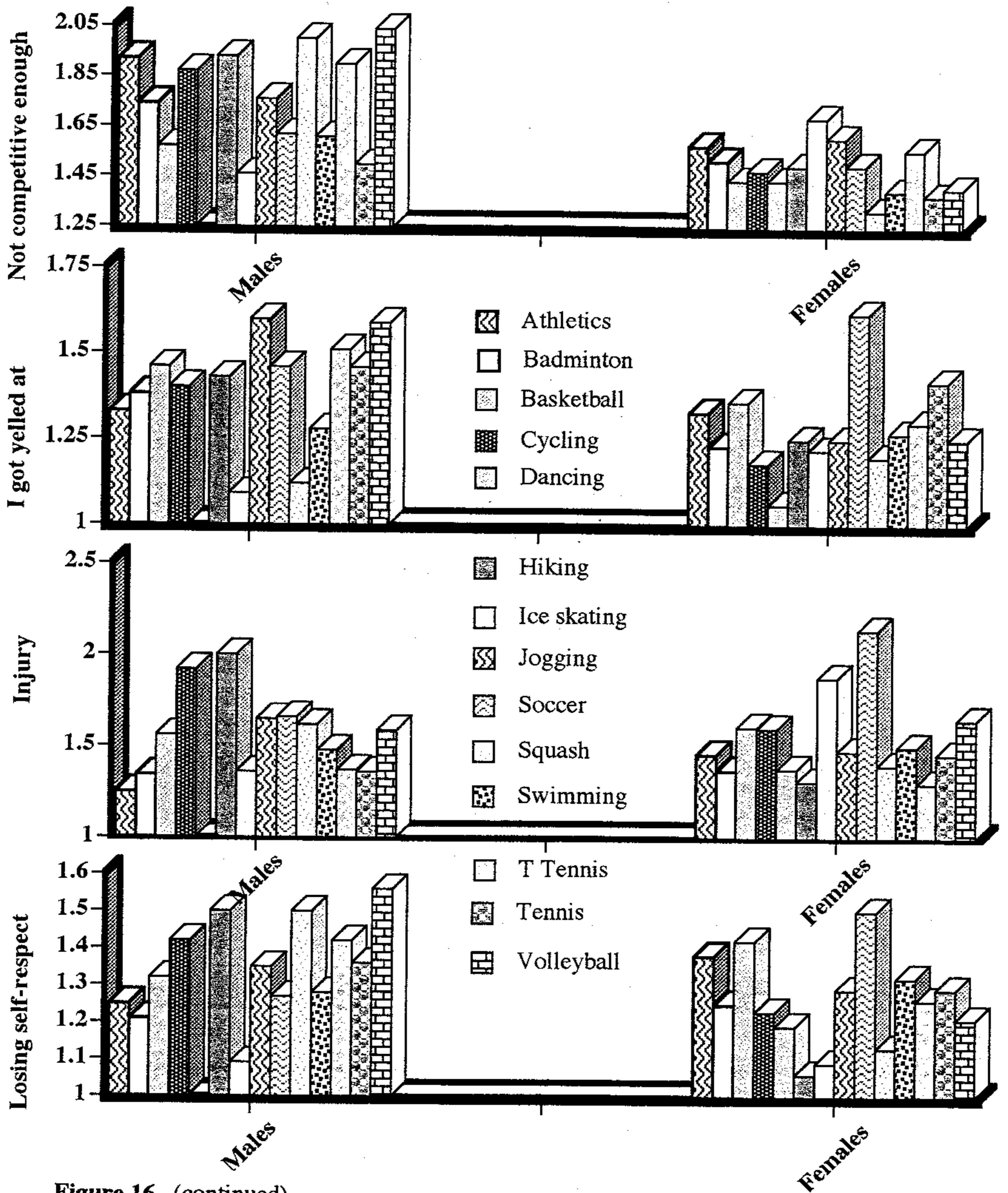


Figure 16. (continued)

## ***7. Desired and undesired sports and physical activities***

### **A. Desirable Sports and Activities**

#### ***a. Frequencies of selections of specific sports and activities***

A large majority of the respondents (4293; 92%) indicated one or more (up to three) sports or activities they would like to participate in if they could freely choose. The fifteen most frequently selected activities are listed in Table 10 arranged according to the number of first choices each sport/activity received. However, the order of preference for the sports varied considerably between males and females, over age groups, and to a lesser extent over home locations.

Basketball, soccer, table tennis and golf were far more popular with the males than the females, while the girls preferred badminton, swimming, volleyball, tennis, ice skating and squash more than the boys did. Across age levels, most sports declined in popularity (soccer, ice skating, table tennis, cycling, camping and athletics), but other became more attractive with increasing age (tennis, squash, and baseball). Swimming, jogging and golf showed a U pattern, and basketball, badminton and volleyball an inverted-U pattern in which the middle age groups were relatively low and high, respectively.

The source for most of the differences between home locations was Hong Kong Island, which had relatively lower numbers of choices for basketball, soccer, table tennis and jogging, but higher numbers for volleyball, camping, tennis and ice skating than the other two locations (the 'Other' location category was too low in number of respondents to make valid comparisons). Kowloon residents selected Golf in fewer numbers than HKI and NT residents, while NT respondents selected tennis less often than their counterparts in HKI and KWL.

**Table 10.**  
Fifteen sports or activities most desired by gender, age groups and home location

Sport	#	ALL		MALES		FEMALES		AGE GROUPS (%)					HOME LOCATION (%)			
		#	%	#	%	#	%	7-10	11-12	13-14	15-16	17-20	HKI	KWL	NT	Other
Basketball	646	1023	23.8	636	33.3	385	16.2	20.7	27.4	28.7	20.7	16.2	20.8	23.8	24.0	13.3
Badminton	465	878	20.5	253	13.3	624	26.2	18.5	23.6	20.9	19.9	17.3	20.3	21.4	19.9	6.7
Soccer	351	593	13.8	539	28.2	53	2.2	16.7	17.8	12.9	9.6	9.5	5.6	12.3	15.4	20.0
Swimming	350	690	16.1	203	10.6	487	20.4	18.2	13.3	13.3	18.5	20.2	16.9	16.8	15.6	13.3
Volleyball	257	505	11.8	114	6.0	390	16.4	8.9	14.4	12.0	12.2	10.0	18.6	12.4	10.80	0.0
Tennis	247	535	12.5	169	8.9	366	15.4	8.3	8.2	12.1	18.0	23.9	19.9	15.2	10.9	6.7
Ice Skating	203	712	16.6	100	5.2	612	25.7	17.3	12.5	11.1	10.2	5.5	19.5	12.5	10.8	13.3
Table T.	164	414	9.6	239	12.5	175	7.3	14.0	11.5	8.3	6.4	6.7	5.6	9.7	10.0	0.0
Cycling	138	399	9.3	171	9.0	228	9.6	10.1	9.6	9.2	8.6	7.3	7.4	9.0	9.6	6.7
Camping	137	307	7.2	95	5.0	212	8.9	8.3	8.7	6.4	6.4	4.7	12.6	7.2	6.7	6.7
Athletics	111	228	5.3	92	4.8	136	5.7	8.9	6.1	4.0	3.5	3.5	6.5	5.6	5.0	20.0
Squash	107	284	6.6	68	3.6	216	9.1	3.6	4.2	6.3	9.9	13.3	5.6	7.3	6.3	6.7
Jogging	78	157	3.7	56	2.9	101	4.2	5.6	2.9	2.7	3.5	4.2	1.7	3.8	3.7	20.0
Baseball	74	178	4.1	87	4.6	91	3.8	3.1	4.5	4.6	4.4	5.5	5.6	4.1	4.0	0.0
Golf	68	162	3.8	100	5.2	62	2.6	4.3	2.9	3.1	4.0	6.7	4.3	2.7	4.4	6.7



*b. Desired frequency and venue for selected sports*

As is evident from Table 11, some sports (tennis, ice skating, cycling and camping) are preferably engaged in on a monthly rather than a weekly basis, while others have about equal percentages of respondents who wish monthly or weekly participation (badminton, swimming, table tennis). Soccer and volleyball were preferred on a weekly basis, while basketball reached 30% in the category for daily participation:

There were sex differences in desired frequencies of participation for basketball, table tennis and tennis for which the girls indicated substantially lower desired frequencies than the boys. Nearly 40% of all male respondents wanted to play basketball on a nearly daily basis.

Seven of the ten most wanted sports were preferable played in a setting other than school, club or formal lesson, most pronouncedly for cycling and camping for obvious reasons. Only volleyball had its main wanted base in the schools, while table tennis and tennis had about equal preferences between school and 'other', and club and 'other', respectively. The club setting received considerable preference in swimming, badminton and ice skating, and the school setting for basketball and badminton. Preference for the lesson context was over 10% only for tennis and ice skating.

The female respondents preferred to play basketball in the school setting, while the males gave preference to the 'other', presumably public playground, venue. Girls indicated more preference for the club setting than the boys did for badminton, soccer, volleyball and tennis, while the boys much less frequently opted for the lesson setting for volleyball, tennis and particularly ice skating.

Table 11.  
Desired frequency and location of ten most wanted sports by gender

	ALL						MALES						FEMALES								
	Frequency			Location			Frequency			Location			Frequency			Location					
	1-2 mo	1-2 wk	± daily	Sch	Clb	Less	Oth	1-2 mo	1-2 wk	± daily	Sch	Clb	Less	Oth	1-2 mo	1-2 wk	± daily	Sch	Clb	Less	Oth
<b>B.Ball</b>	19.1	50.5	30.4	38.0	8.6	5.5	47.9	12.7	47.8	39.5	34.4	7.8	6.1	51.8	31.9	56.3	11.7	45.5	9.9	4.2	40.4
<b>Badm</b>	42.9	49.4	7.8	28.1	17.9	3.9	50.1	30.7	57.9	11.4	38.1	10.6	2.7	48.7	46.8	46.6	6.6	24.9	20.3	4.3	50.4
<b>Socce</b>	19.7	56.3	24.0	21.1	9.4	2.6	66.9	19.6	55.6	24.8	21.1	8.1	2.7	68.1	21.1	68.4	10.5	21.1	31.6	0.0	47.4
<b>Swim</b>	44.2	46.2	9.5	8.6	70.2	9.8	61.3	46.2	45.0	8.8	8.6	16.0	9.9	65.4	43.6	46.6	9.8	8.7	21.5	9.8	60.0
<b>Voll</b>	27.1	56.5	16.5	58.0	9.3	4.7	28.0	24.4	51.2	24.4	69.0	2.4	2.4	26.2	27.6	57.5	15.0	55.8	10.7	5.1	28.4
<b>Tenn</b>	57.6	37.1	5.3	14.3	32.4	16.8	36.5	48.1	42.0	9.9	15.2	25.3	12.7	46.8	62.2	34.8	3.0	13.9	34.8	18.8	31.5
<b>Ice Sk</b>	59.6	33.3	7.1	5.0	24.6	13.6	56.8	57.7	30.8	11.5	7.4	29.6	0.0	63.0	59.9	33.7	6.4	4.7	23.8	15.7	55.8
<b>T.Ten</b>	35.6	44.2	70.2	38.0	15.3	6.7	39.9	24.0	51.0	25.0	32.3	16.7	6.2	44.8	52.2	34.3	13.4	46.3	13.4	7.5	32.8
<b>Cycl</b>	51.9	37.0	11.1	5.2	8.1	8.1	78.5	45.9	36.1	18.0	4.9	9.8	8.2	77.0	56.8	37.8	5.4	5.4	6.8	8.1	79.7
<b>Camp</b>	87.1	10.6	2.3	11.8	11.0	6.6	70.6	82.9	14.6	2.4	14.3	14.3	11.9	59.5	89.0	8.8	2.2	10.6	9.6	4.3	75.5

B. Undesirable Sports and Activities

Nearly 80% of the respondents listed one to three sports and activities they would definitely not like to participate in. The fifteen most often selected sports and activities on the unwanted list are presented in Table 12, again ordered according to the number of respondents who entered these as their least wanted sport. Surprisingly, the most disliked sport overall was soccer, which was listed by 17% of the sample as undesirable.

There were substantial sex, age and home location differences in the activities that were disliked. The females listed combative sports ( boxing, wrestling, judo and karate) much more often than the males, while the latter showed a much stronger dislike for aerobic dance and dancing.

An increase in dislike over age levels was noted for jogging, gymnastics, boxing and wrestling, while a decreasing trend was found for dancing, soccer, basketball, table tennis, aerobic dance, judo and karate. No clear pattern were discernible for volleyball, athletics and swimming.

Hong Kong Island residents showed much more dislike for the combative sports of boxing, wrestling and karate than the other home locations, as well as for cross-country running, while NT respondents expressed greater dislike for soccer and aerobic dance. Substantially fewer HKI residents listed volleyball and basketball as unwanted, and fewer KWL subjects disliked dancing.



Table 12. Fifteen sports or activities least desired by gender, age group and school types

Sport	#	ALL		MALES		FEMALES		AGE GROUPS (%)					HOME LOCATION (%)			
		#	%	#	%	#	%	7-10	11-12	13-14	15-16	17-20	HKI	KWL	NT	Other
Aerobic D.	419	589	16.3	404	26.6	185	8.9	18.2	15.7	19.1	14.6	10.0	10.5	14.1	18.2	15.4
Soccer	364	616	17.1	141	9.3	475	22.7	21.0	18.9	14.8	15.4	13.4	9.0	15.6	18.8	7.7
Athletics	253	467	12.9	155	10.2	312	14.9	9.0	13.4	11.1	12.9	8.9	12.5	13.7	12.5	15.4
Boxing	251	505	14.0	109	7.2	396	19.0	8.9	13.2	14.0	16.4	22.0	22.5	17.1	11.3	15.4
Dancing	242	557	15.4	369	24.3	188	9.0	24.8	15.1	14.8	10.6	7.7	17.5	11.5	17.5	15.4
Jogging	216	376	10.4	119	7.8	257	12.3	5.9	7.8	12.1	12.9	17.1	6.0	10.6	10.8	0.0
Swimming	212	321	8.9	161	10.6	160	7.7	6.3	8.7	9.6	7.4	11.7	7.5	9.2	8.9	7.7
Wrestling	191	599	16.6	138	9.1	461	22.1	5.5	15.7	16.7	22.1	22.6	32.5	20.1	13.1	0.0
Volleyball	172	368	10.2	189	12.4	179	8.6	7.5	11.9	13.1	8.2	8.6	6.0	9.3	11.1	7.7
Gymnast.	157	394	10.9	196	12.9	198	9.5	4.3	12.3	13.1	11.7	14.6	7.0	11.8	10.8	7.7
Basketball	154	309	8.6	100	6.6	209	10.0	10.2	9.3	7.7	6.7	6.9	4.0	8.6	8.9	15.4
T. Tennis	79	172	4.8	98	6.5	74	3.5	5.1	6.1	5.1	3.5	2.3	3.0	5.5	4.6	0.0
Cross-C.	62	171	4.7	47	3.1	124	5.9	1.2	3.5	4.5	7.2	8.0	10.5	5.0	4.1	0.0
Judo	59	182	5.5	50	3.3	132	6.3	7.7	7.0	3.0	3.5	3.1	6.0	4.8	5.1	0.0
Karate	50	192	5.3	57	3.6	135	6.5	7.2	7.5	3.2	4.4	2.6	8.0	5.0	5.2	7.7

C. Summary of Desired and Undesired Sports

Table 13 lists the most and least wanted sports and activities for the various groupings of the sample. Remarkable is the position ice skating takes in as one of the more desired activities in this Hong Kong sample. Only the oldest age group did not rank this activity among the top ten, and it was not among the unwanted sports for any group. In contrast, there were very controversial sports and activities that ranked high both as wanted and as unwanted. The strongest example is soccer, ranked as fifth most desired and the number one unwanted sport overall and was on both lists in all of the subgroupings. Other such controversial sports were swimming which was on the wanted and unwanted list in all groups but the females', volleyball which was controversial in all groups, basketball which was liked and disliked in the female group and the two youngest age groups, and athletics which was on both lists in the 7-10 year group.

Table 13. Summary of most and least wanted sports by gender and age group

Rank	SEX							
	All	Males	Females	7-10	11-12	13-14	15-16	17-20
<b>MOST WANTED SPORTS</b>								
1	Basketball 23.8	Basketball 33.3	Badminton 26.2	Basketball 20.7	Basketball 27.4	Basketball 28.7	Basketball 20.7	Tennis 23.9
2	Badminton 20.5	Soccer 28.2	Ice Skating 25.7	Badminton 18.5	Badminton 23.6	Badminton 20.9	Badminton 19.9	Swimming 20.2
3	Ice Skating 16.6	Badminton 13.3	Swimming 20.4	Swimming 18.2	Soccer 17.8	Swimming 13.3	Swimming 18.5	Badminton 17.3
4	Swimming 16.1	T. Tennis 12.5	Volleyball 16.4	Ice Skating 17.3	Volleyball 14.4	Soccer 12.9	Tennis 18.0	Basketball 16.2
5	Soccer 13.8	Swimming 10.6	Basketball 16.2	Soccer 16.7	Swimming 13.3	Tennis 12.1	Volleyball 12.2	Squash 13.3
6	Tennis 12.5	Cycling 9.0	Tennis 15.4	T. Tennis 14.0	Ice Skating 12.5	Volleyball 12.0	Ice Skating 10.2	Volleyball 10.0
7	Volleyball 11.8	Tennis 8.9	Cycling 9.6	Cycling 10.1	T. Tennis 11.5	Ice Skating 11.1	Squash 9.9	Soccer 9.5
8	T. Tennis 9.6	Volleyball 6.0	Squash 9.1	Volleyball 8.9	Cycling 9.6	Cycling 9.2	Soccer 9.6	Cycling 7.3
9	Cycling 9.3	Ice Skating 5.2	Camping 8.9	Athletics 8.9	Camping 8.7	T. Tennis 8.3	Cycling 8.6	T. Tennis 6.7
10	Camping 7.2	Golf 5.2	T. Tennis 7.3	Tennis 8.3	Tennis 8.2	Camping 6.4	Camping 6.4	Golf 6.7
<b>LEAST WANTED SPORTS</b>								
1	Soccer 17.1	Aerobic D. 26.6	Soccer 22.7	Dancing 24.8	Soccer 18.9	Aerobic D. 19.1	Wrestling 22.1	Wrestling 22.6
2	Wrestling 16.6	Dancing 24.3	Wrestling 22.1	Soccer 21.0	Aerobic D. 15.7	Wrestling 16.7	Boxing 16.4	Boxing 22.0
3	Aerobic D. 16.3	Gymnastics 12.9	Boxing 19.0	Aerobic D. 18.2	Wrestling 15.7	Soccer 14.8	Soccer 15.4	Jogging 17.1
4	Dancing 16.3	Volleyball 12.4	Athletics 14.9	Basketball 10.2	Dancing 15.1	Dancing 14.8	Aerobic D. 14.6	Gymnastics 14.6
5	Boxing 14.0	Swimming 10.6	Jogging 12.3	Athletics 9.0	Athletics 13.4	Boxing 14.0	Athletics 12.9	Soccer 13.4
6	Athletics 12.9	Athletics 10.2	Basketball 10.0	Boxing 8.9	Boxing 13.2	Gymnastics 13.1	Jogging 12.9	Swimming 11.7
7	Gymnastics 10.9	Soccer 9.3	Gymnastics 9.5	Judo 7.7	Gymnastics 12.3	Volleyball 13.1	Gymnastics 11.7	Aerobic D. 10.0
8	Jogging 10.4	Wrestling 9.1	Dancing 9.0	Volleyball 7.5	Volleyball 11.9	Jogging 12.1	Dancing 10.6	Athletics 8.9
9	Volleyball 10.2	Jogging 7.8	Aerobic D. 8.9	Karate 7.2	Basketball 9.3	Athletics 11.1	Volleyball 8.2	Volleyball 8.2
10	Swimming 8.9	Boxing 7.2	Volleyball 8.6	Swimming 6.3	Swimming 8.7	Swimming 9.6	Swimming 7.4	Cross-ctry 8.0



## **Conclusions and Recommendations**

The findings of this survey project on sport participation in Hong Kong school children and youth give rise to the following conclusions and recommendations.

### **A. Frequency and extent of participation.**

1. Responses to the question on frequency of participation in sport and physical activities over the past year indicated that the boys were close to figures from western countries and showed little decline in participation frequency over age levels, whereas the girls had quite low participation frequencies and a sharp decline with age. Over 30% of the female respondents had seldom or never participated in physical activities outside of the compulsory physical education classes., compared to 17% of the males. Ninety percent of the school children and youth had engaged in at least one sport or activity in the past year, compared to 40% of the Hong Kong adult population (Hong Kong Sports Development Board, 1997). The extent of participation based on frequency, duration and number of months per year was again comparable to western norms for the boys, but the girls were far below western girls in participation extent.

---

#### **Recommendation 1.**

*Sport participation promotion should target specifically the female population of school children and youth in Hong Kong.*

---

2. Kowloon children and youth between the ages of 11 and 16 years participated significantly less frequently in sport and physical activities than the New Territories residents in these age groups. Respondents who have their home in Kowloon also participated in fewer sports, but their overall extent of participation in these was higher than that of Hong Kong Island residents and about the same as New Territories residents.

---

#### **Recommendation 2.**

*Encouragement and facilitation of sport participation by 11-16 year olds in the Kowloon area should be a priority in sports participation promotion.*

---

B. Membership in sports clubs and venues of participation.

The data show that an overwhelming proportion of sport participation takes place in informal settings. Less than 3% of the sample indicated that they belonged to a sport club or similar activity organisation, and two-thirds of all participation occurred in a setting other than the school, a club or in the form of formal lessons.

---

**Recommendation 3.**

*The finding that most participation is in informal settings such as parks and playgrounds, appears to warrant the assumption that much sport participation is recreational play with little or no coaching or instruction. While much participation is not principally for the purpose of developing skills, it would appear that there are opportunities for improving the general level of sport performance if some form of coaching or instruction could be provided in a direct or indirect manner. The Sport Captain concept of the Go!Sport programme may be an approach that could be applied more broadly. However, this should be done cautiously as is explained in Recommendation 4 below.*

---

C. Sport popularity.

The sports most often participated in were basketball, soccer and badminton for the males, and badminton, swimming and basketball for the females, but there were substantial age and regional differences in the popularity of sports. The most time respondents spent on an activity was in dance, followed by basketball, soccer, and fitness-related activities

D. Motives for participation.

The strongest reasons for sport participation were *having fun*, for *health and fitness*, to *be with friends*, and to *become good*, which were about equal in strength for the males, but in that order for the females. The fun reason increased in importance while the skill achievement reason declined significantly over age levels, most so in the girls' higher age groups.

---

**Recommendation 4.**

*The about equal strength of the top four participation reasons confirm the notion that many children, perhaps a majority, do not participate out of a burning desire to become good at the activity (Lindner, 1995). For many just having a good time, or to feel good about being active, or socialising with peers are sufficient reasons. Therefore, for many an emphasis on skill improvement or performance success is a turn-off rather than a motivator. Sport promoters must bear this important fact in mind and perhaps concentrate more on motivating youngsters to become and stay involved in sport, rather than on trying to make top performers out of them. The desire to become better skilled probably arises more often naturally from pleasant participation experiences and less often from strong attempts to make the participant skilful and successful.*

---

**E. Motives for non participation**

The finding that doing 'my own thing' was the most subscribed to reason for non participation may be regarded as supportive of the above recommendation. Many youngsters, particularly from 13 year of age onward, are not attracted by the regularity, commitments and expectations that being involved in a sport typically carries. On the other hand, not participating because of lack of skill was a consideration agreed to more strongly by 13-16 year olds, especially by females.

**F. Withdrawal from participation.**

More than 25% of the respondents had dropped out of an activity in which they had been involved the previous year. While this figure is below that for western countries, it is quite high considering that western data are generally for competitive sports. The main reason for withdrawal was time needed for studying, followed by time needed for doing other fun things, and being with friends. Sport withdrawal in Hong Kong is clearly precipitated by a strong emphasis on academic performance, and in support of the above conclusion, by a feeling that sport, as it is perceived today by these respondents, does not offer a preferred medium for having fun and socialising.



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**Recommendation 5.**

*The notion that academic success and sport participation are conflicting pursuits seems deeply ingrained in Hong Kong society. There is very little evidence that supports this idea; in fact the data point more in the direction of a positive relationship: the two seem to go together quite well as the academically successful appear as a group to have higher sport and exercise participation. Convincing research evidence may be required to dispel the widely held misconception that one cannot be involved in sport and expect to do well academically.*

---

G. Desired and undesired sport activities.

Hong Kong youngsters, if given a free choice, would give preference to familiar sports and physical activities, such as basketball, badminton, soccer (boys), and swimming (girls), but also show a remarkable interest in ice skating (girls). There were very few wishes for more exotic sports such as parachuting, bungi jumping, car racing, sumo wrestling and ice hockey. Dislikes for sport were different for males and females, the former avoiding dance, the latter mainly soccer and combative sports.

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**Recommendation 6.**

*It appears that the encouragement of sport participation would not be particularly helped through the introduction and development of new or unusual sports. The respondents generally indicated a wish to get involved in familiar and well-established sports, with the exception of ice skating for which there appears to be a considerable potential for development. The key to the promotion of sport participation thus seems to lie in the modification of existing sports, increasing their accessibility and their capability for retaining participants.*

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**APPENDIX A**

**List of Co-operating Schools**

**PRIMARY SCHOOLS**

<b>Name of School</b>	<b>Principal</b>	<b>Responsible Teacher</b>
Tsing Yi Public School	Mr. Hui Siu Lee	Mr Wong Moon Fong
SKH Wing Chun Primary School	Mr Wong Chi Kin	Mr Leung Shiu Man
Fuk Wing St Govt Primary PM School	Mrs Choy Lam Mok	Mr Fan Chung Ping
LKWFSL Lau Tak Yung Mem School	Mr Chung Kwong Kei	Mr Au Hung Kong
Chan Sui Ki Primary School	Ms Yuen Kuen On	Mr. Wong
Catholic Primary School YL	Ms Lau Sing Nam	Ms Chow Yuen Fan
FMB Chun Lei School AM	Mr Lau Ying Kit	Mr Lam
SKH Yuen Chen Maun Chen School	Mr Law Tak Yee	Mr Kwong Fa Chow
Shatin Tsung Tsin School	Mr Tse Sun Fong	Mr Wong
Ma On Shan Ling Liang Primary Sch.	Mr Wong Kwok K.	Mr Chan Kin Chor
Bok Man School	Mr Lai Kwok On	Mr Wong/Miss Leung
GCEPSA Tseung Kwan O Primary Sch.	Mr Pun Tin Chi	Ms. Kwok Oi Ling
Lee Chi Tat Memorial School	Mr Hui Shun Ngai	Mr Cheung Yuk Lun
CCC Mong Wong Far Yok Mem School	Ms Ho Wing Man	Miss Tam Oi Yuk
Carmel Leung Sing Tak School AM	Ms Yau Shui Ho	Mr Cheung Yuk Ming

**SECONDARY SCHOOLS**

<b>Name of School</b>	<b>Principal</b>	<b>Responsible Teacher</b>
Leung Shek Gee School	Mr Yuk Wai Yuen	Ms Ko Lai Shan, Lisa
AD & FD Poh Leung Sing Tak School	Mr Lo Kwok Ming	Miss Siu
SKH Chan Young Sec School	Mr Tang Hing Ling	Miss Cheung Yue F.
Cotton Spinners Assn Prevocational Sch.	Mr Wan Hing Yuen	Mr. Chan
Mong Man Wai College	Mr Ip Shun Tak	Mr Kwong Wing C.
PLK Tang Yuk Tien College	Mrs Yau Ho Oi King	Mr Law Wing Fai
HK Red Swastika Soc Tai Po School	Ms Poon Kam Yee	Miss Chan Wai Yee
FDBWA Szeto Ho Sec School	Mr Law Yu Chi	Mr Tseung Tak Yiu
Bud Chi Hong Chi Lam Mem School	Mr Chau Hin Cheong	Mr Siu Siu Pui
St Paul's Convent School	Sr Wong Kam Lin	Mrs Y. Fung
Wa Ying College	Mr Mak Chiu	Mr. Wan Kam Suk
New Asia Middle School	Ms Lau Woon Ying	Mr Wong Wa Tsim
Kei Long College	Ms Chan Kit Ching	Mr Lai Hung
HKTA Ching Chung Sec School	Mr Hong Yit Kiu	Mr Lam Wei Keung
Carmel Alison Lam Found Sec School	Mr Tang Siu Hin	Mrs But/Mr Law

**THE UNIVERSITY OF HONG KONG**  
**PHYSICAL EDUCATION AND SPORT SCIENCE UNIT**  
**SPORT AND PHYSICAL ACTIVITY PARTICIPATION 1995-1996**

We are research assistants of the Physical Education and Sport Science Unit of the Hong Kong University. We are now conducting a survey and the purpose is to understand your participation in sport and other physical activities in the 1995-1996 school year. We believe this information is important for the planning and promotion of sport and exercise participation in Hong Kong. Please answer the questions truthfully and to the best of your recollection. You can be assured that your individual response to this questionnaire will be kept confidential so that you can freely answer the questions. Your name and other personal information will not be used in any publication of the results. Thank you for taking time to fill out this questionnaire.

Please choose and tick the most suitable answers in the space provided. Work quickly and don't think too long about the questions.

**A. YOUR PHYSICAL ACTIVITIES IN THE 1995-1996 SCHOOL YEAR**

a. Were you an active member of one or more sport clubs or other organizations for physical activity in 1995-1996?

- No
- Yes 1

\*If you tick YES, please write down their names:

- 1. \_\_\_\_\_ 2
- 2. \_\_\_\_\_ 3
- 3. \_\_\_\_\_ 4

b. How often did you participate in sports or in other physical activities in the past year? (Do not include compulsory physical education lessons)

- never or hardly ever
- a few times a year
- 1-2 times per month
- 1-2 times per week
- 3-4 times per week
- almost every day 5

c. When you participated in sport or exercise, why did you do it?

	not at all a reason	not a very important reason	part of the reason	an important reason
6. Because participating in physical activity is fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Because I want to be fit and healthy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Because my friends or parents praise me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Because I wanted to become good at sports and skills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Because I could take part with my friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Because I was told I had to participate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Because I was good at sports	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Because no-one of my family members or friends were participating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Because: _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



d. If you did not often participate in sports and/or physical activities, why not?

	not at all a reason	not a very important reason	part of the reason	an important reason
15. Because I prefer to succeed in other important things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. Because I prefer other leisure activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. Because I prefer doing "my own thing"	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. Because I prefer to watch other people participate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. Because I am not very good at physical skills and participating won't make me better	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. Because none of my friends or family members participated	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. Because I don't like letting other people down	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. Because I don't like feeling obligated to participate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23. Because: _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

e. What sports or other physical activities (not counting regular P.E. classes) did you participate in 1995-1996? You should write down up to a maximum of five sports/activities and tick the suitable answers. Appendix A contains a list of common sports and activities for your reference.

Sport/ Activity	HOW OFTEN?			HOW LONG EACH TIME?				HOW MANY MONTHS IN A YEAR?				WHERE?				ARE YOU STILL ACTIVE?	
	1-2 times a month	1-2 times a week	almost every day	< 10 min.	10- 30 min.	30- 60 min.	> 60 min.	1-3	4-6	7-9	10- 12	School	Club	Private lessons	Other	Yes	No
1.																	
2.																	
3.																	
4.																	
5.																	

f. If you are not going to participate this year in one or more sports or physical activities you listed in Part e, what are your reasons? (If you dropped out of more than one activity, just answer for the most important one).

Your Dropped Sport is : \_\_\_\_\_ 54

	not at all a reason	not a very important reason	part of the reason	an important reason
55. Because I needed my time for studying	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
56. Because I needed my time for other fun things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
57. Because I needed time to do other things with my friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
58. Because there was no opportunity to cooperate with others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
59. Because there was no opportunity to continue in this sport or activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
60. Because most of the others in my group dropped out	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
61. Because the activities were not really competitive enough	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
62. Because I got yelled at by the coach or other players	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
63. Because I was injured/afraid to get injured	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
64. Because I was losing my self-respect	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
65. Because: _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**B. DESIRED SPORT AND ACTIVITY PARTICIPATION**

If you could freely choose, what sports or physical activities would you like to participate in? You should write down up to a maximum of three sports/activities and tick the suitable answers. Name first the activities or sports you would like to do most.

Desired Sport/ Activity	HOW OFTEN?			WHERE?			
	1-2 times a month	1-2 times a week	almost every day	School	Club	Private lessons	Other
1.							
2.							
3.							

### C. UNDESIREO SPORT AND ACTIVITY PARTICIPATION

Are there any sports or activities you definitely would not like to participate in?  
List up to 3 sports or activities with the most undesired sport first.

Undesired Sport/Activity 1 :	75
Undesired Sport/Activity 2 :	76
Undesired Sport/Activity 3 :	77

### D. PERSONAL INFORMATION

78. Age :

- 8-9 years old
- 10-11 years old
- 12-13 years old
- 14-15 years old
- 16-17 years old
- 18-19 years old
- 20-21 years old
- 22 years old or above

79. Sex :

- Male
- Female

80. Home :

- Hong Kong
- Kowloon
- New Territories
- Others



81. Type of school :

- Government
- Subsidized
- Private
- Other

82. How do you rate your own academic performance in school?

- Good
- Average
- Below average
- Poor

83. Compared to others of your age and sex, how do you rate your own abilities in sports and physical activities?

- Above average
- About average
- Below average
- I don't know

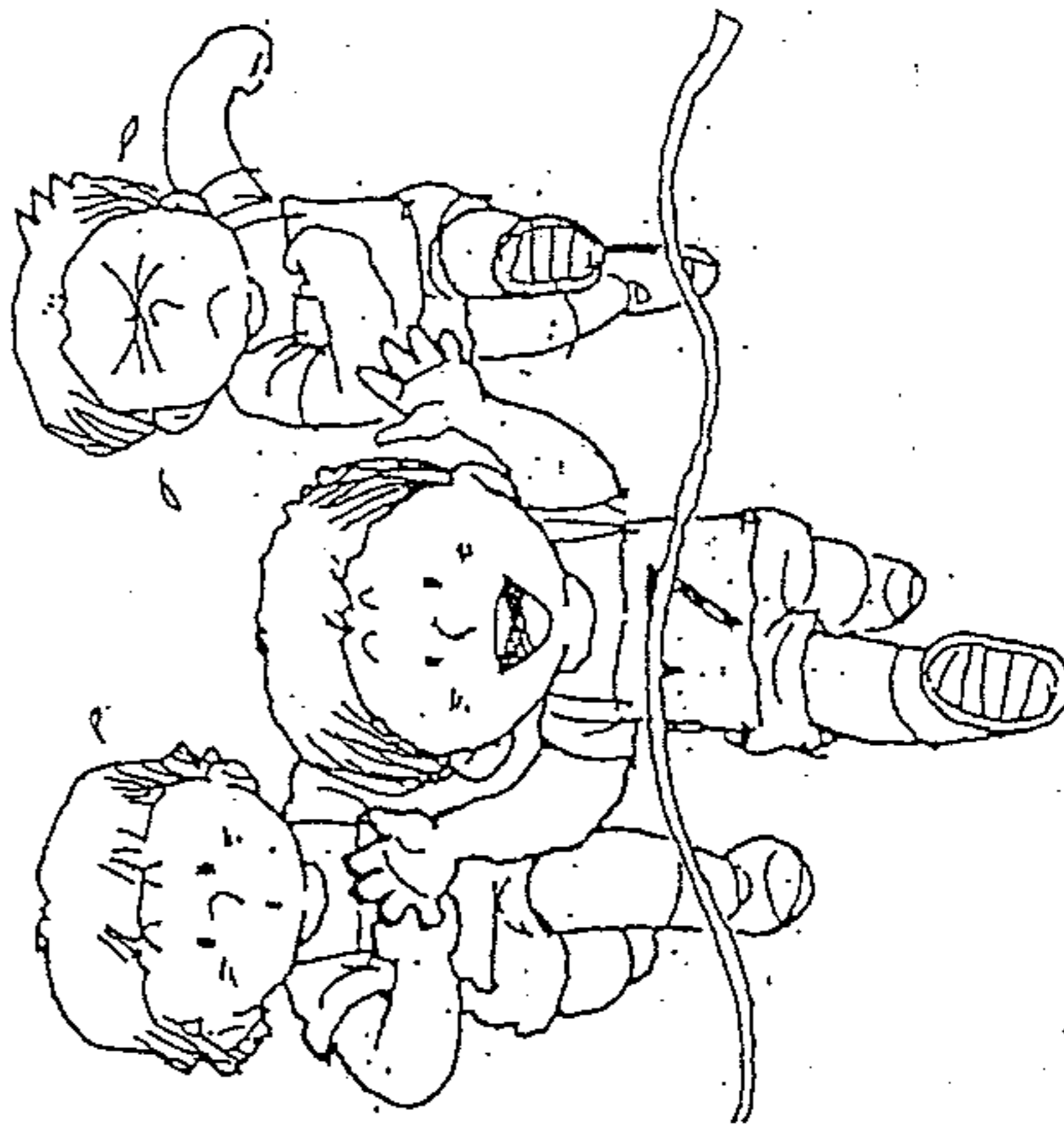
84. Compared to others of your age and sex, how good do you think your own physical fitness level is at present?

- Above average
- About average
- Below average
- I don't know

**End of questionnaire**

**Thank you for filling out this questionnaire**

我們是來自香港大學體育及運動科學部的研究人員，現正進行一項研究，目的是了解你在一九九五至一九九六年度參與運動及其他體育活動的情況。我們深信這些資料對計劃和推廣香港運動起着重要的作用。各同學請盡量回想和誠實作答。我們保證你所回答的問題將會保密，因此你可坦白地回答問題。你的姓名和其他個人資料只作分析結果用途，絕不公開。多謝你能付出一些時間完成這份問卷。



姓名：\_\_\_\_\_ 班別：\_\_\_\_\_

學校名稱：\_\_\_\_\_

### APPENDIX C

甲. 你在一九五至一九九六年度的體育活動情況

一. 在一九九五至一九九六內，你是否一名積極的成員在一個或多個運動屬會或其他機構呢？

- 是  
 不是

\*若選擇「是」的，請寫上這些運動屬會或機構名稱：

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

二. 你在去年參與運動或其他體育活動的次數是什麼(不包括指定的校內體育課)？

- 從不或很少  
 一年內數次  
 一月內一至二次  
 一星期內一至二次  
 一星期內三至四次  
 幾乎每天

三. 當你參與運動或體育活動時，那是什麼原因呢？

	不是原因	不是十分重要的原因	是其中原因	是重要的原因
6. 因為體育活動的參與帶來樂趣	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. 因為我想強健和健康	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. 因為我的朋友或父母讚賞我	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. 因為我想達到良好的運動和技巧	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. 因為我能夠和我的朋友一同參與	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. 因為我被吩咐要去參與	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. 因為我精於運動	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. 因為我的家庭成員或朋友沒有參與中	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. 因為：	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

六. 假如今年你不曾參與你在(五)題目裡所列出一項或以上的運動或其他體育活動，那是什麼原因呢？（若你放棄多過一項活動，只須回答最重要的活動）

你放棄參加的運動是：\_\_\_\_\_ 54

	不是原因	不是十分重要的原因	是其中原因	是重要的原因
55. 因為我需要時間溫習課本	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
56. 因為我需要我的時間放在其他有趣的事情上	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
57. 因為我需要時間和我的朋友去做其他的事情	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
58. 因為沒有和其他別人合作的機會	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
59. 因為沒有繼續參與這項運動或活動的機會	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
60. 因為我的組員很大部分已放棄參與	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
61. 因為這些活動並沒有真正足夠的競爭性	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
62. 因為我常常被教練或隊友叫喊	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
63. 因為我曾受傷/害怕受傷	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
64. 因為我失去了自己的自尊	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
65. 因為：_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

四. 假如你沒有常常參與運動或其他體育活動，那是什麼原因呢？

	不是原因	不是十分重要的原因	是其中原因	是重要的原因
15. 因為我寧願成功地完成其他重要的事情	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. 因為我寧願參與其他的餘閑活動	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. 因為我寧願做一些「自己想做的事情」	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. 因為我寧願觀看別人參與活動	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. 因為我不擅長體能技巧和這些參與不能使我在這方面有所改善	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. 因為我的朋友或家庭成員沒有參與	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. 因為我不喜歡令他人失望	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. 因為我不喜歡感到有責任地去參與	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23. 因為：_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

五. 在一九九五至一九九六年裡你參與了什麼運動或其他體育活動(不計算定期校內體育課)? 你應要填上最多不超過五項的運動/活動，並 ✓ 上適當的答案。附錄甲包含了一個普通的運動和活動列表來作為你的參考。

運動/活動	多久一次?				每次多少時間?				每年多少個月?				何處?		你是否仍然活躍?			
	每月 1-2次	每星期 1-2次	幾乎 每天	幾乎 每天	< 10 分鐘	10-30 分鐘	30-60 分鐘	> 60 分鐘	1-3 個月	4-6 個月	7-9 個月	10-12 個月	學校	會所	私人 課堂	其他	是	不是
1.																		
2.																		
3.																		
4.																		
5.																		

乙. 希望參與的運動和活動

假如你可自由選擇的話，你會喜歡參與什麼運動或體育活動呢？你應要填上最多不超過三項的運動/活動，並 ✓ 上適當的答案。請將你最想參與的活動或運動寫上最優先的位置。

希望參與的運動/活動	多久一次?				何處?			
	每月 1-2次	每星期 1-2次	幾乎 每天	幾乎 每天	學校	會所	私人 課堂	其他
1.								
2.								
3.								



丙. 不希望參與的運動和活動

你有沒有任何的運動或活動是一定不想參與的呢？請列舉最多三項，並將你最不希望參與的運動或活動寫上最先的位置。

不希望參與的運動/活動 1:	75
不希望參與的運動/活動 2:	76
不希望參與的運動/活動 3:	77

丁. 個人資料

78. 年齡:

- 8-9歲
- 10-11歲
- 12-13歲
- 14-15歲
- 16-17歲
- 18-19歲
- 20-21歲
- 22歲或以上

79. 性別:

- 男
- 女

80. 住所:

- 香港
- 九龍
- 新界
- 其他

81. 學校類別:

- 政府
- 資助
- 私校
- 其他

82. 你怎樣評定你在校內的學術表現？

- 良好
- 一般
- 低於一般水準
- 差

83. 當你比較其他與你同年紀和同性別的人時，你怎樣評定你在運動和體育活動的能力？

- 高於一般水準
- 一般
- 低於一般水準
- 不知道

84. 當你比較其他與你同年紀和同性別的人時，你認為自己現時的體能水平如何？

- 高於一般水準
- 一般
- 低於一般水準
- 不知道

全問卷完  
多謝你填寫好這份問卷