

**Sports Participation Survey  
1998**

**Social Sciences Research Centre  
The University of Hong Kong**

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## EXECUTIVE SUMMARY

The results of the survey 1998 are summarised below:

### 1. Sports Participation

- About 54% of all respondents had participated in at least one sports activity during last three months before the interview.
- More men (57.3%) had played sports than women (51.3%).
- Young people and those with higher educational level were the most active participants.

### 2. Sports Activities

- The top ten sports and physical recreation that the respondents had taken part in were listed in descending order: basketball (17.8%), swimming (17.1%), badminton (15.9%), walking (13.7%), exercise (12.9%), jogging (12.5%), soccer (12.3%), squash (6.5%), weight training (6.2%) and hiking (5.6%).
- Men were most active in basketball and soccer whereas women were in exercise, badminton and walking.

### 3. Patterns of Participation

- Almost half of the respondents played 1-2 times per week and nearly 80% of the respondents played more than one hour for each session.
- Women participated more frequently than men.
- Physical recreation, like Chinese martial arts/wushu, walking and exercise that was less rigorous and required no specific equipment and facilities, had greater frequency.
- The duration of most sports activities usually lasted for more than one hour per session except exercise, Chinese martial arts/wushu, aerobics, dance and gymnastics.
- Most people played sports with their friends especially the younger respondents.
- Most sports activities took place in the facilities managed by two municipal councils.

**4. Non-Participation and Future Intention**

- Among those non-participants, about 48% of them said that they would consider doing some sports in future.
- The five sports they would consider participating in were listed in descending order: badminton (32.9%), swimming (28.4%), basketball (16.0%), jogging (11.9%) and squash (11.0%).
- Young people and respondents with higher educational level were more inclined to participate in sports in future.
- About 75% of all respondents reckoned sports would do good to health whereas 48% of them had no participation at all. Moreover, about 50% of them said they would not consider to participate in sports in future even they realised the benefits of it.

**5. Self Assessment of Health and Physical Fitness**

- About 54% of the respondents considered their physical fitness level as “average” and over one-third of them in “excellent” and “quite good” condition.
- Respondents without sport participation were relatively more inclined to consider they having poor physical fitness than sport participants and vice versa. The situation was the same when evaluating their health condition.
- Men were relatively more confident of their physical fitness and health than women.

**6. Spending on Sports**

- Over half of the respondents (51.6%) had spent some money on sport-related activities and goods in the previous year.
- Respondents with higher educational level and those of younger age were more willing to spend on sports.
- Respondents usually spent on equipment and sport clothing.
- Most of them spent less than \$100 per month.

## INTRODUCTION

It is of the view that Hong Kong lacks a systematic research revealing the up-to-date sports participation pattern of its citizens. In this regard, the Hong Kong Sports Development Board has initiated a sports participation survey since 1996. The research findings shall provide useful baseline data to sports administrators over-viewing the local sporting phenomenon as well as setting a benchmark for sponsors and marketers in assessing the possible returns from their investment in sports.

In order to monitor the seasonal variations of the sports participation pattern, the survey was administered by four quarters on 3 & 6 April, 6 & 8 July, 28-30 September, 28 & 29 December in 1998 respectively. Computer assisted telephone interview method was used and the survey sample comprised respondents aged 15 and above stratified across the whole of the territory. Totally, 2652 Hong Kong citizens had been interviewed. The average response rate was 51% with a standard error within 2.

## FINDINGS HIGHLIGHTS

### PROFILE OF RESPONDENTS

Table 1: Profile of respondents

Sex	Pct of Cases
Male	49.8%
Female	50.2%

Age	Pct of Cases
15 – 24	29.8%
25 – 34	22.2%
35 – 44	22.8%
45 – 54	12.1%
55 – 64	6.1%
65 or above	7.0%

Education	Pct of Cases
No education / kindergarten	4.2%
Primary	13.7%
Lower Secondary	16.3%
Upper Secondary	37.2%
Matriculation	9.2%
Post Secondary	19.4%

Occupation	Pct of Cases
Professionals & Semi-professionals	16.3%
Clerical & service workers	26.6%
Production workers	13.0%
Students	20.3%
Housewives	13.9%
Others (unemployed, retired, etc.)	10.0%

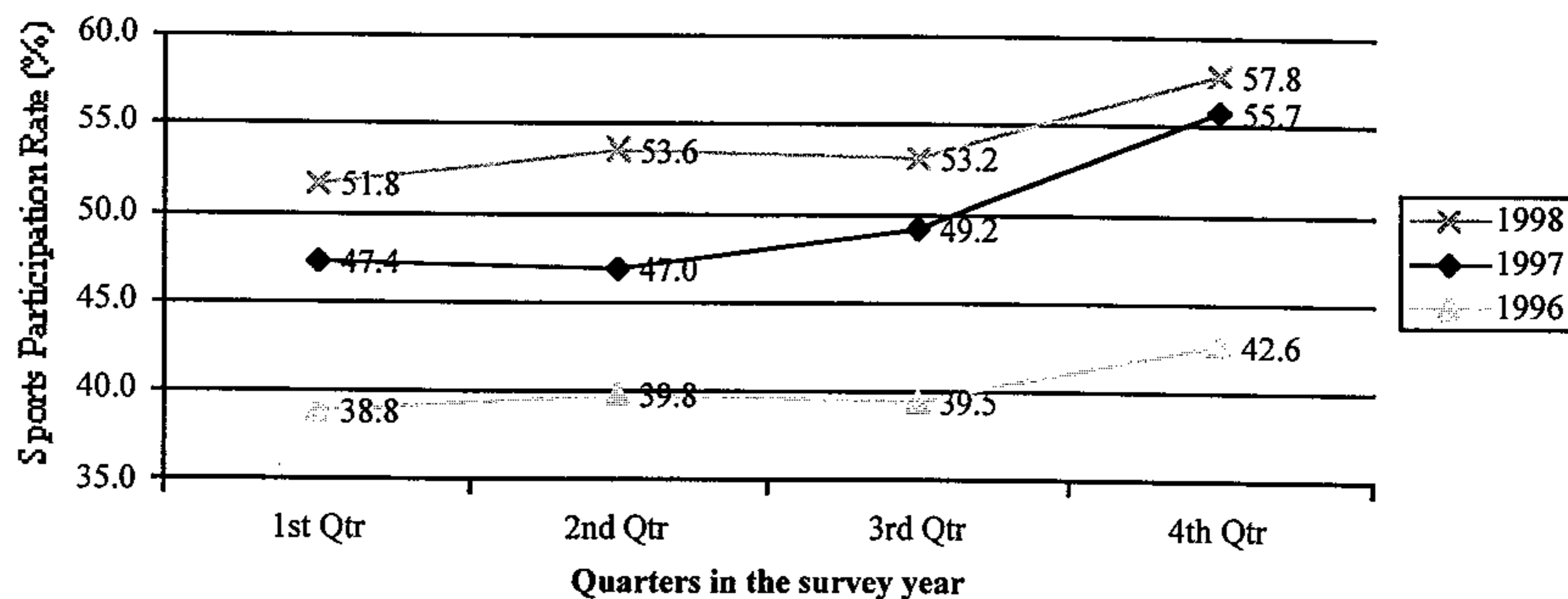
Income	Pct of Cases
Below \$5,000	49.7%
\$5,001 - \$10,000	20.9%
\$10,001 - \$15,000	11.9%
\$15,001 - \$20,000	8.7%
\$20,001 - \$30,000	4.4%
\$30,001 & above	4.4%

Area	Pct of Cases
Hong Kong	19.7%
Kowloon	30.6%
New Territories	49.7%

## GENERAL PARTICIPATION

Comparatively higher than the results in 1996 (40%) and 1997 (49.8%), an average of 54.3% of Hong Kong people had participated in at least one sports activity during the year of 1998. However, the pattern of quarterly participation rates in 1998 was similar to that of in 1996 and 1997. The rates were somewhat the same in the first three quarters but it reached the climax in the last quarter.

Figure 1: Quarterly participation rates in 1996 -1998



**Gender** As shown in Figure 2b, more men (57.3%) took part in sports than women (51.3%) in 1998. The gap was 6%. This characteristic was consistent with that of in 1996 and 1997 though the gap was enlarged by around 2% in comparison with the previous year. The quarterly participation rates of men were higher than those of women (see Figure 2a). This pattern was similar to that of 1997 except the second quarter in which the participation rate of men was lower than that of women.

Figure 2a: Quarterly participation rates by Gender in 1998

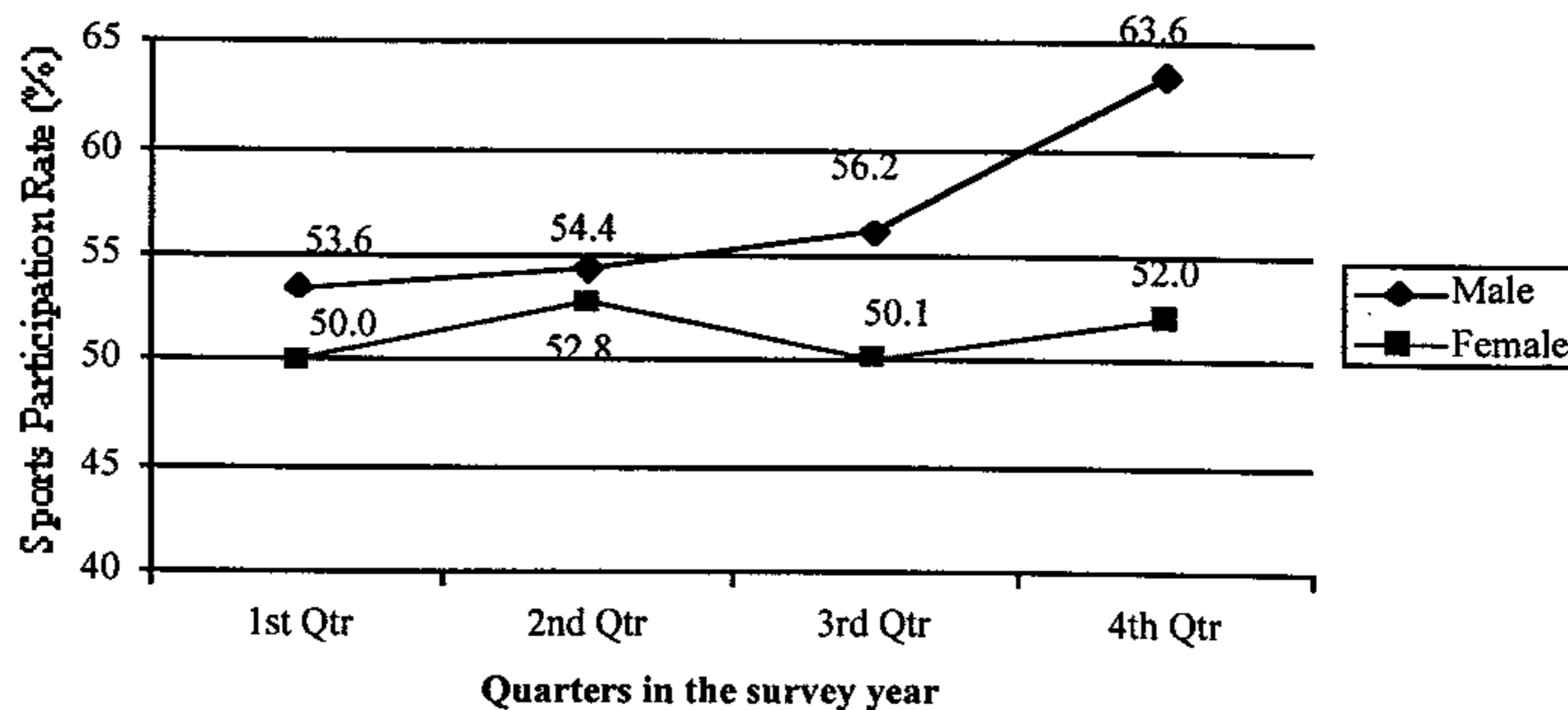
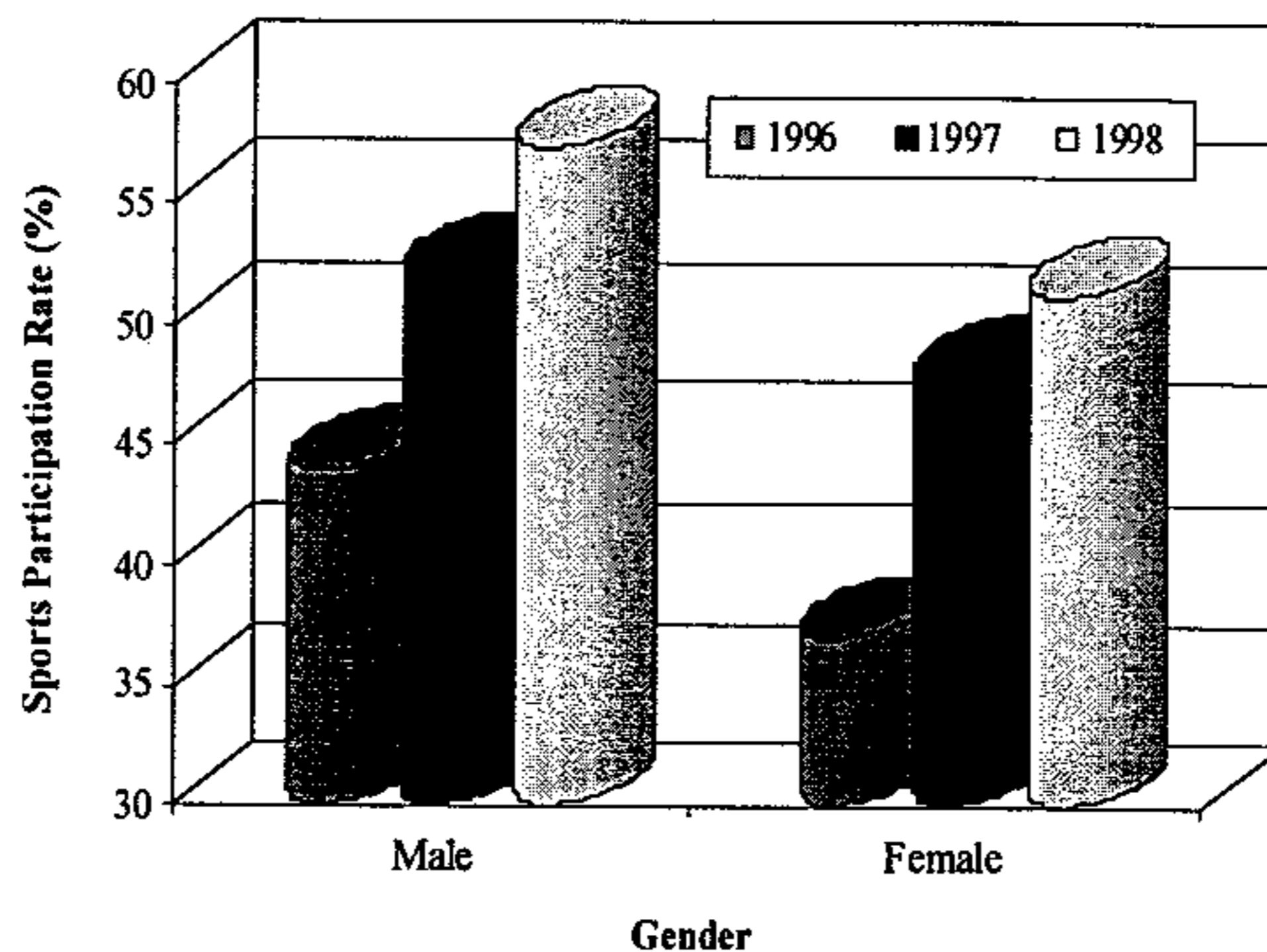
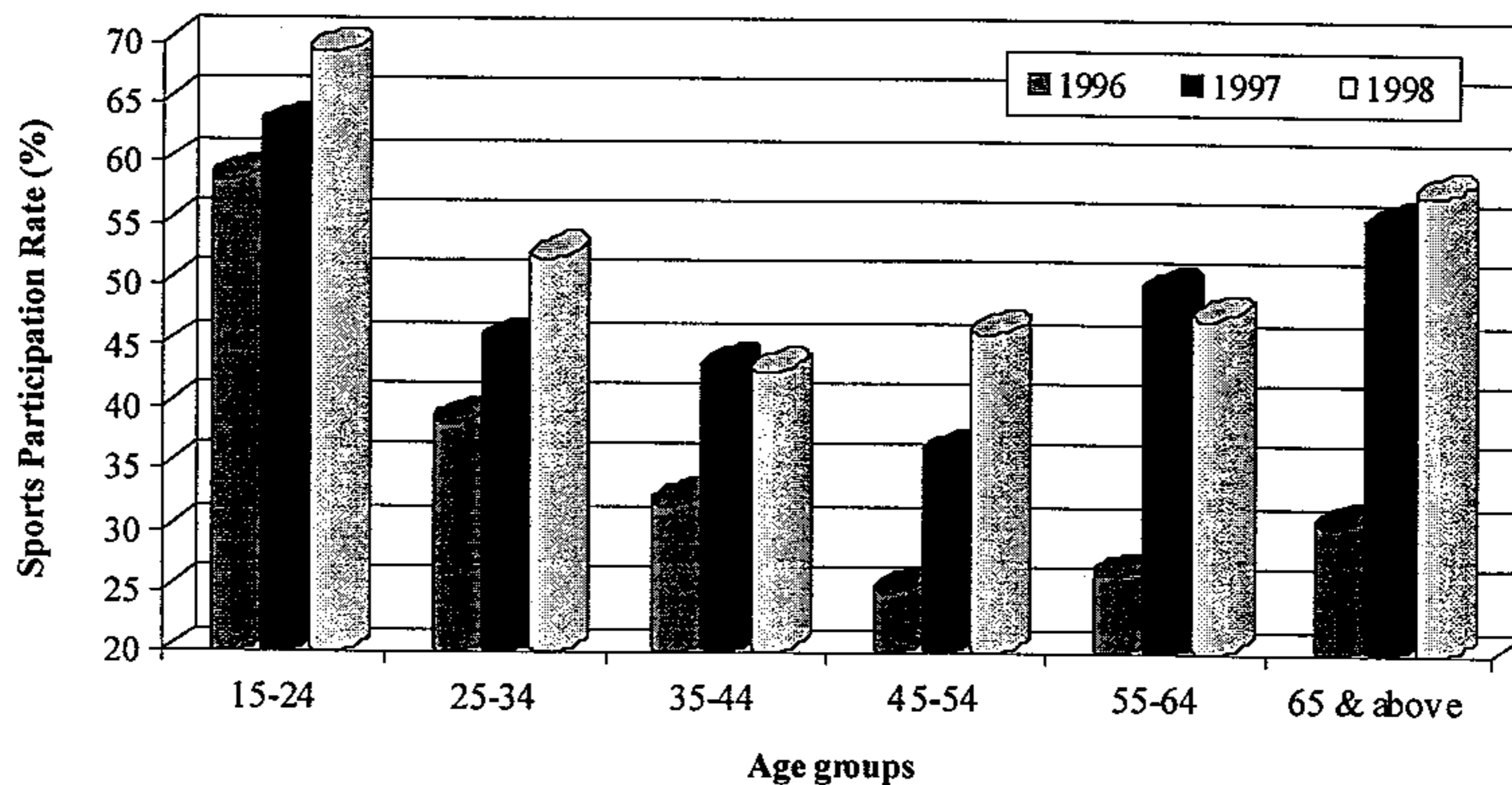


Figure 2b: Participation rates by Gender in 1996 – 1998



**Age** It was consistent with the findings in 1996 and 1997 that participation rates in sport declined from the young generation (15 – 34) to the middle-aged ranges (35 – 54) but it reverted to upward trend from middle-aged ranges to old age ranges (55 or above). Its pattern was like an “U” shape. Across all age groups, those respondents in the age range of 15-24 were the most active group in sport participation with an overall rate of 69.1% while those aged 35-44 was the most inactive group.

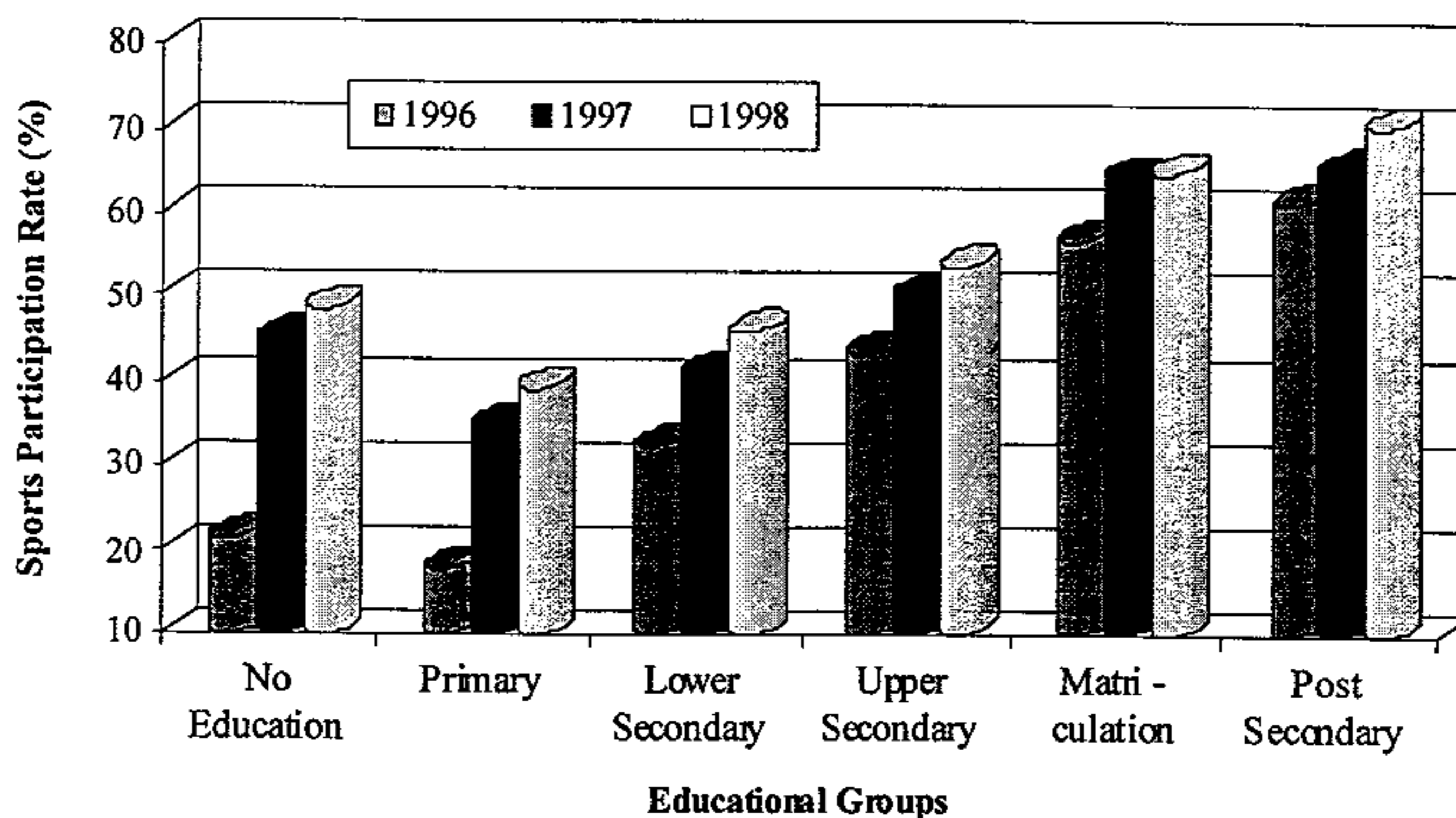
Figure 3: Participation rates by Age in 1996 - 1998





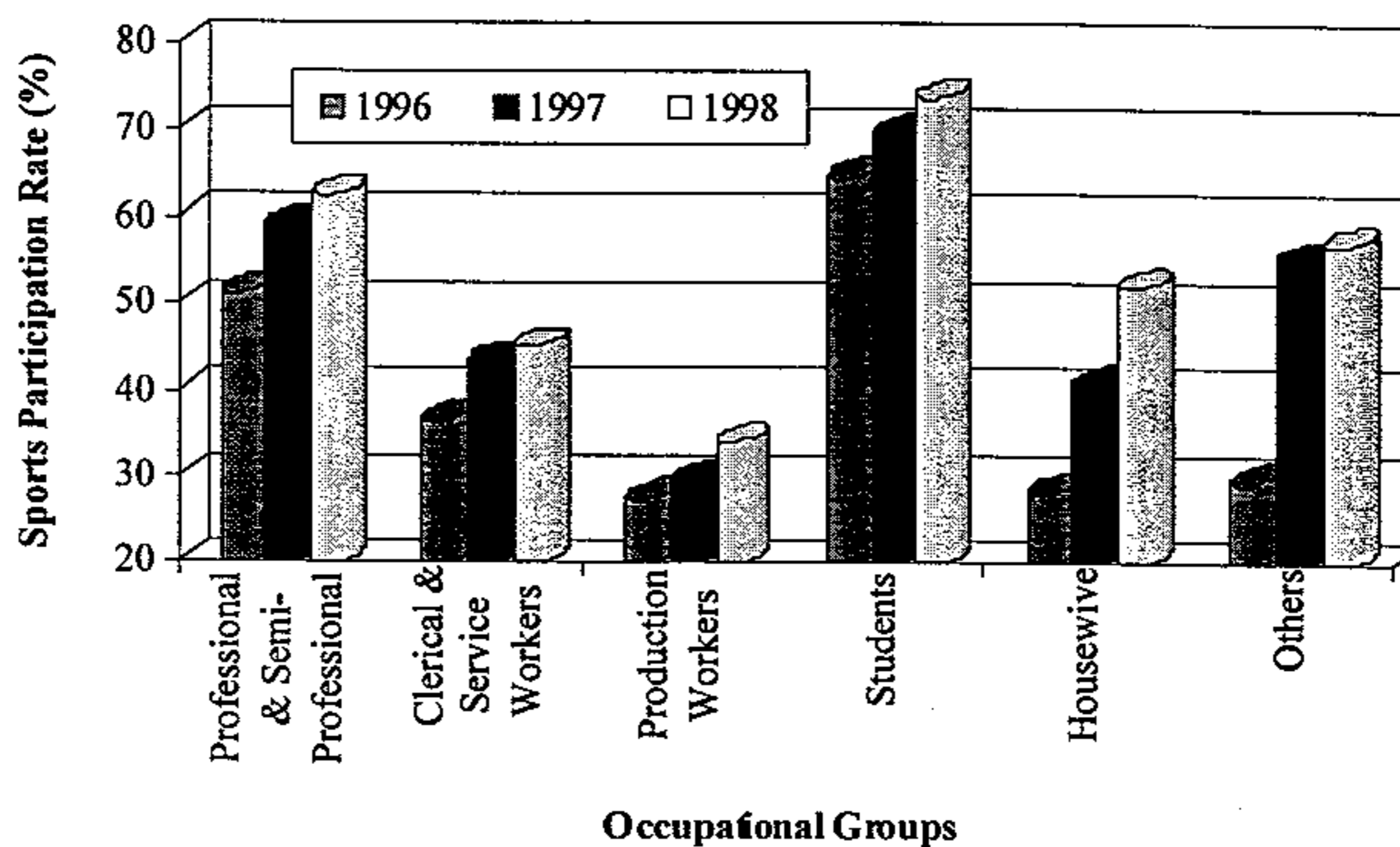
**Education** Echoed with the findings in 1996 and 1997, the participation rate was strongly influenced by the educational level. The more educated the respondents were, the higher the participation level. Those with no education (48.6%) and Primary level (39.2%) were the most inactive in sport participation while those respondents with post secondary level (70.2%) had the highest participation rate.

Figure 4: Participation rates by Education in 1996 - 1998



**Occupation** Like the results in 1996 and 1997, among those being employed, the professionals had the highest participation rate (62.4%) whereas production workers had the least (33.9%). The clerical and service workers came in between these two categories. Students remained as the most active players in sport activities throughout the whole year. Those unemployed and retired respondents had higher participation rate than housewives.

Figure 5: Participation Rates by Occupation in 1996 - 1998



**Income** Similar to that of previous year, the participation rates increased with personal income level from \$5,001 onwards. The income group earning over \$30,000 was most active in sports whereas respondents with personal income \$5,001-\$10,000 were most inactive.

In general, the pattern of participation rate by household income was also following the situation in previous survey year. The higher the household income level was, the higher the participation rate would be. This pattern was quite similar to the personal income factor.

Figure 6: Participation rates by Personal income in 1996 - 1998

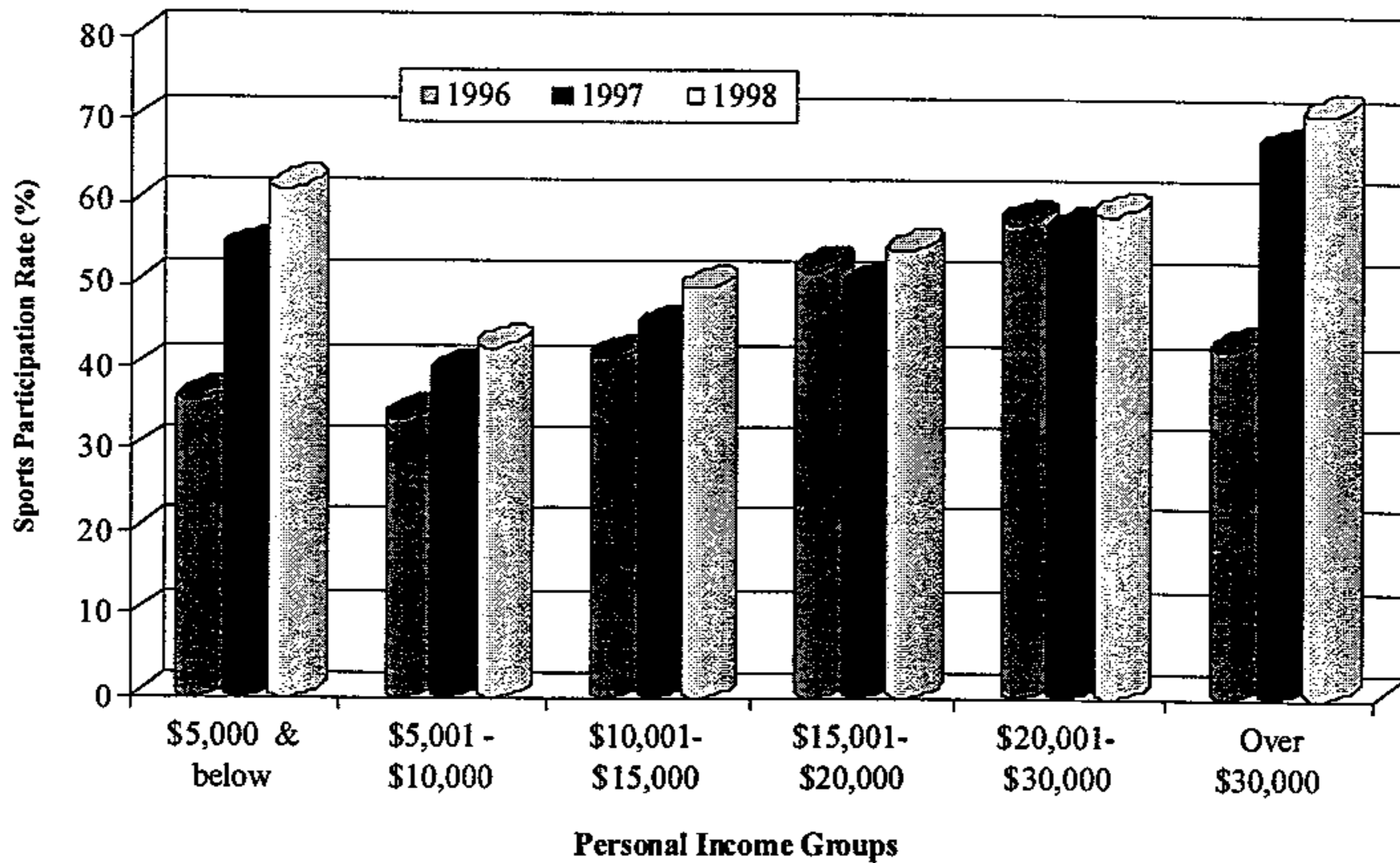
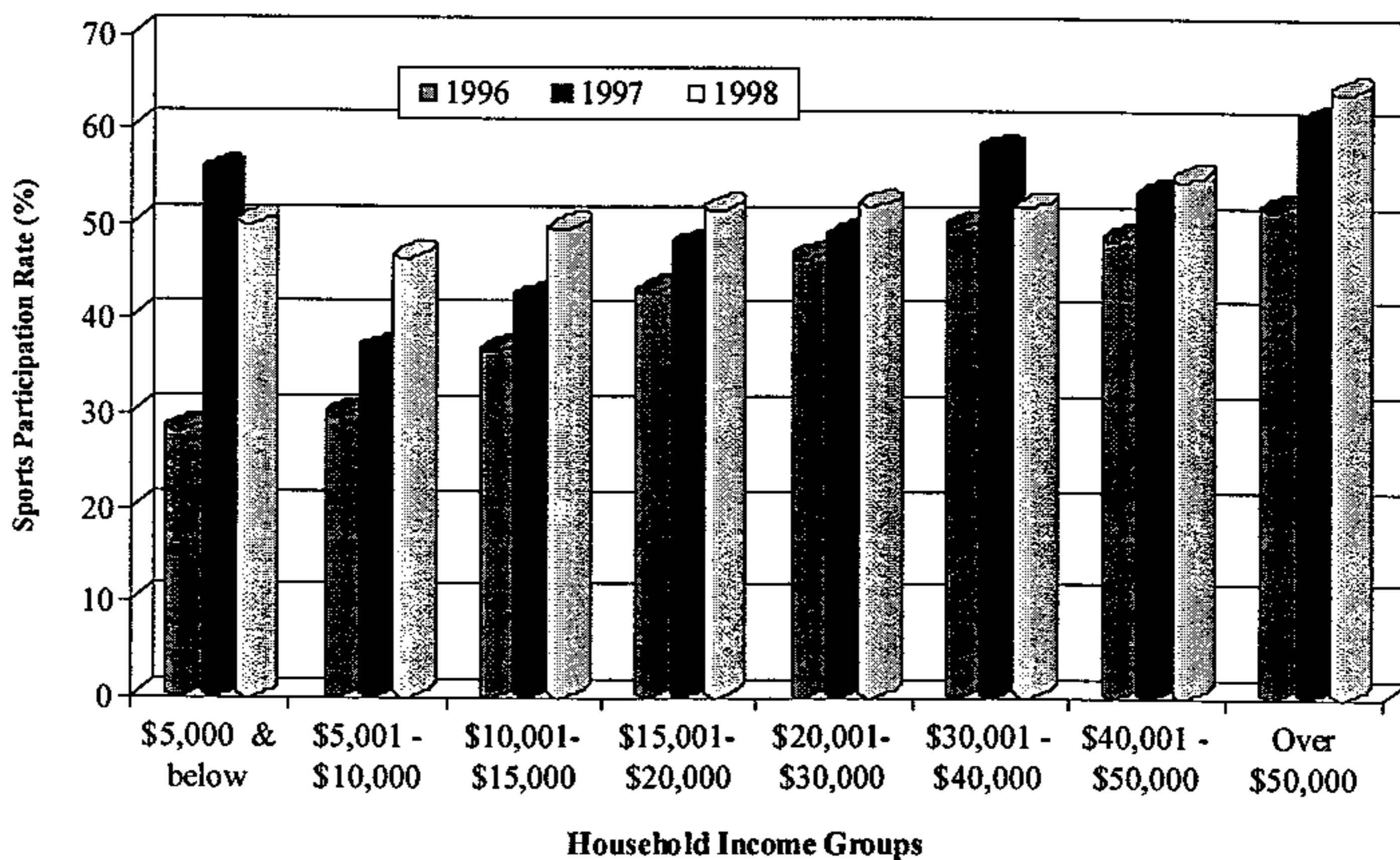


Figure 7: Participation rates by Household income in 1996 - 1998



**Area** As indicated in Figure 8b, respondents resided on Hong Kong side had the highest participation rate (58.2%) than those resided in the New Territories (53.8%) and Kowloon (52.9%). This pattern slightly differed from that of previous year in that those in the New Territories had slightly higher participation rate than those in Kowloon.

Regional variations in sports participation persisted. People living in the New Territories had more or less the same participation rates with those in Kowloon though they were still less active than those resided on Hong Kong Island. However, it was noted that the participation rate in the New Territories increased gradually during the year and finally replaced Hong Kong as the highest rate in the last quarter. Most importantly, the discrepancies among these three regions were even narrowed down by the end of the survey year.

Figure 8a: Quarterly participation rates by Area in 1998

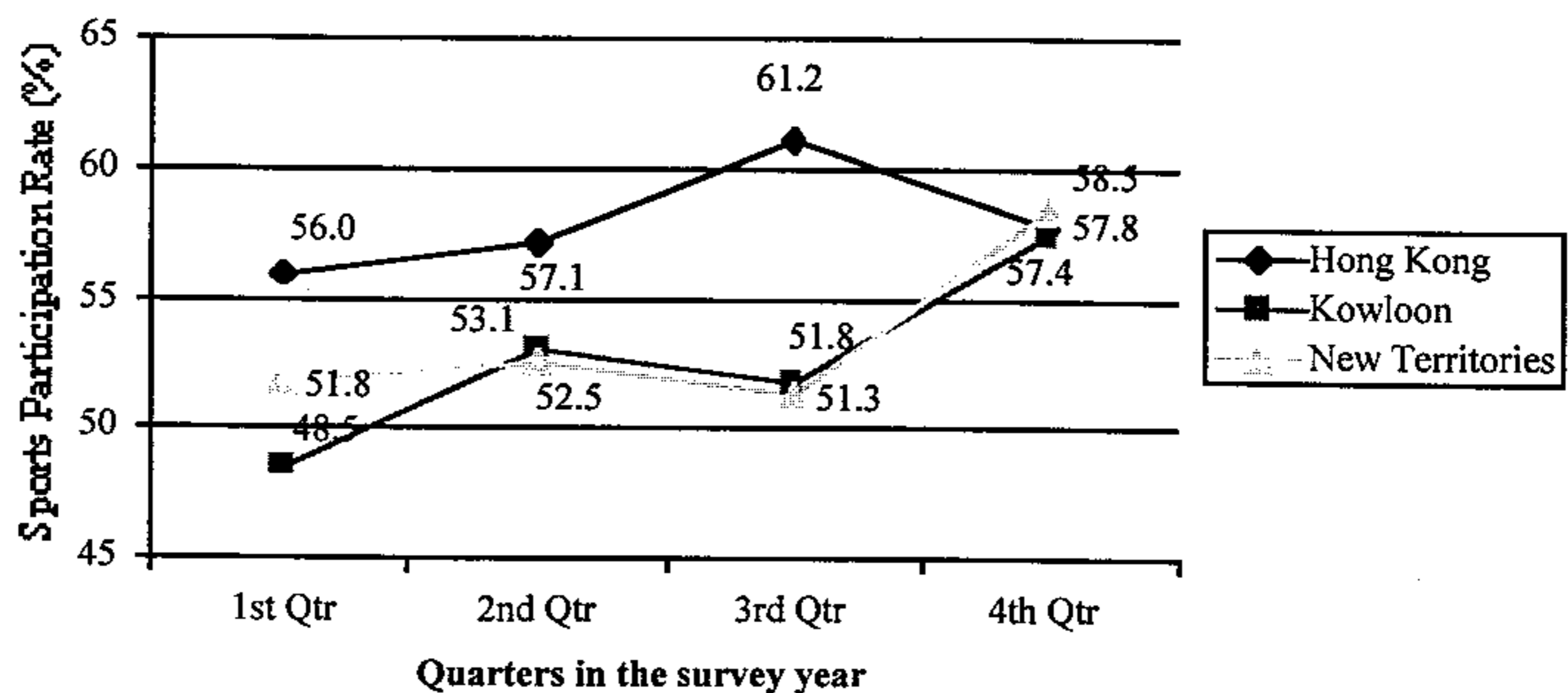
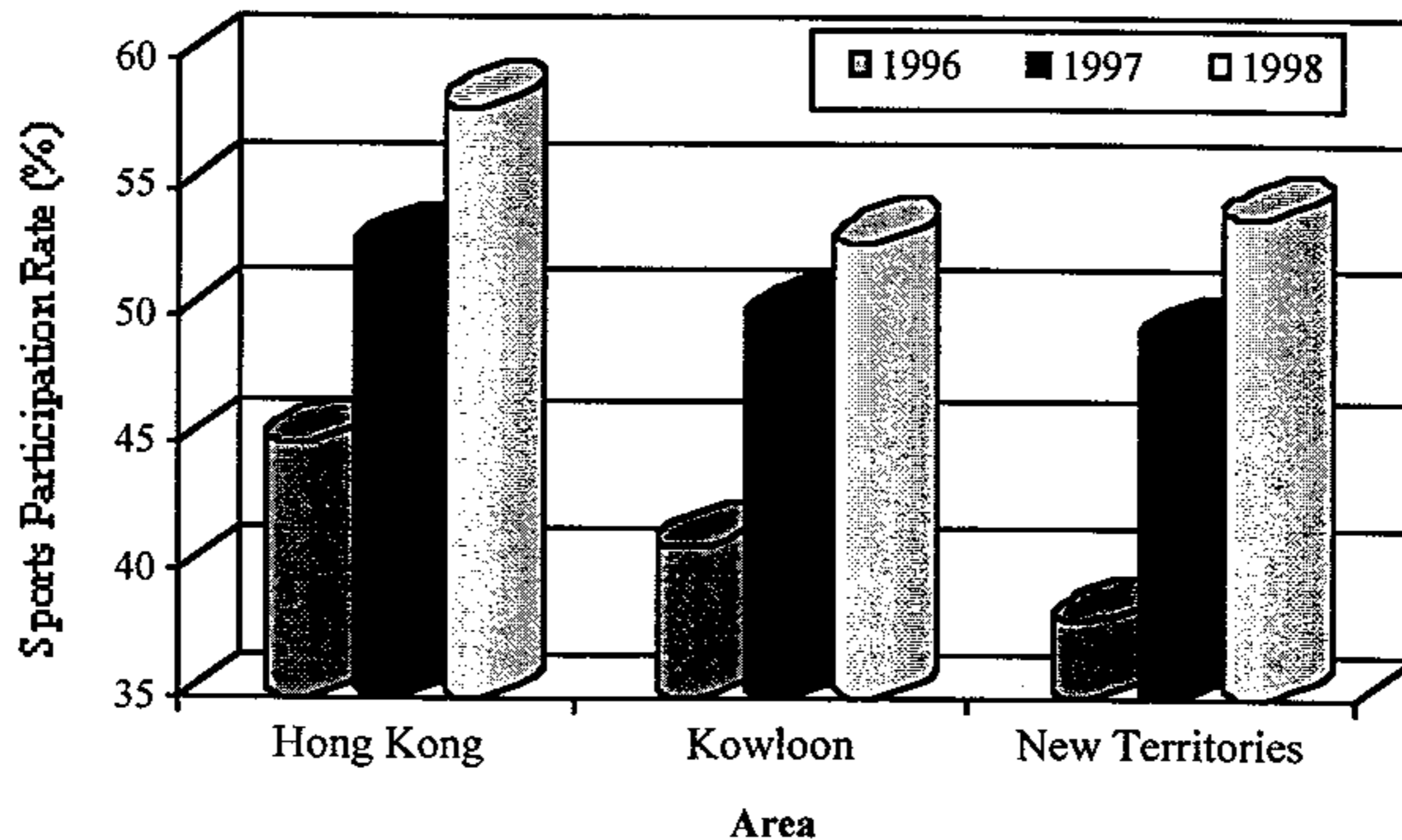


Figure 8b: Participation rates by Area in 1996 - 1998

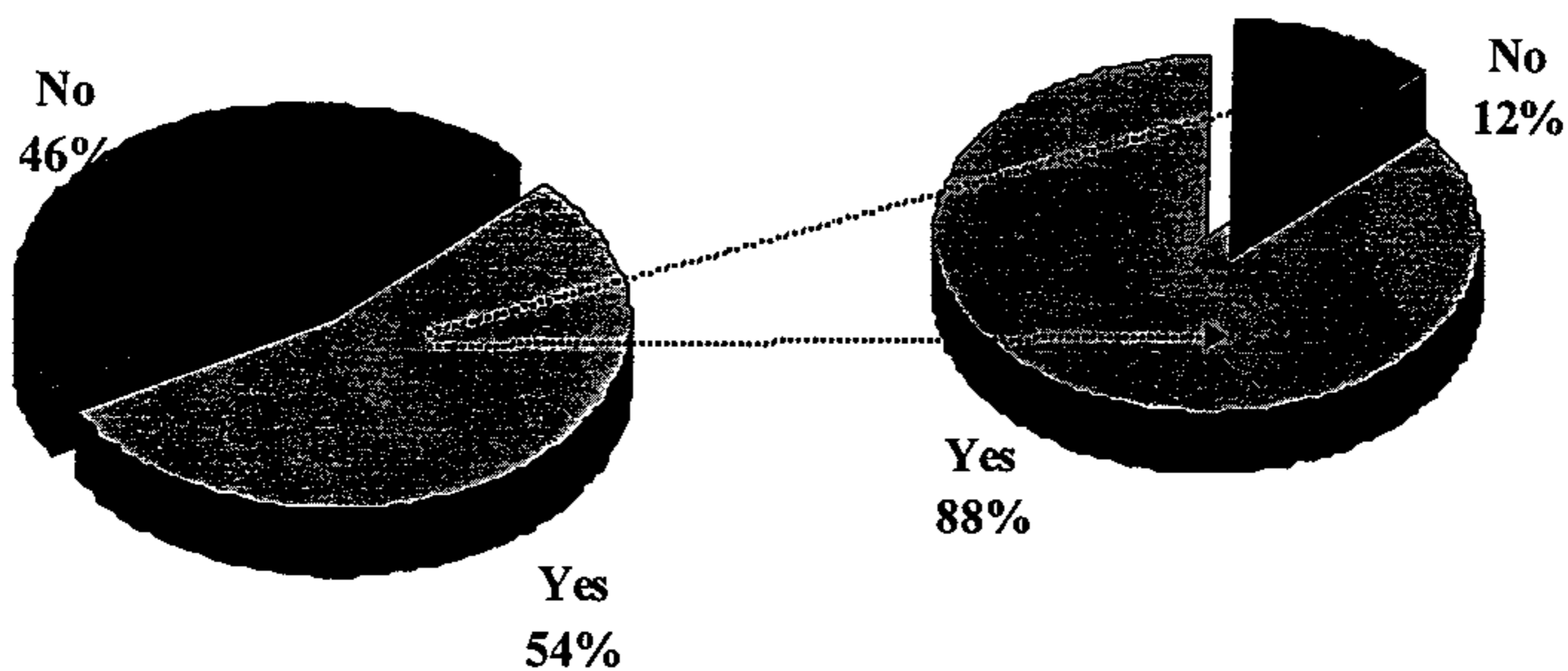


## FOUR-WEEK PARTICIPATION

Of those (54.3%) who had participated in at least one sports activity, about 88% of them, 0.7% lower than that of in the previous survey year, had also participated in some sports during the past four weeks before the interview.

Figure 9a: Participation during last 3 months

Figure 9b: Participation during last 4 weeks



**Sports Activity** As shown in Table 2, basketball was the most popular sports activity in that Hong Kong people took part during the survey year 1998. It ranked in the third places in the first and second quarters but rose to second place in the third quarter and first place in the fourth quarter. Due to winter season, swimming ranked very low in the fourth quarter but was still able to secure the second place in the overall ranking. Badminton ranked in the third place and followed by walking, exercise, jogging, soccer, squash, weight training and hiking. In previous survey 1997, the ranking was topped by badminton, swimming, basketball, walking, exercise, jogging, soccer, tennis, hiking and Chinese martial arts / wushu. That meant the top ten sports were similar in both survey years except tennis and Chinese martial arts / wushu replaced by squash and weight training respectively.

Table 2: Sports participated

Sports (Ranked by accumulated results)		Participation Rate	Ranking			
			1st	2nd	3rd	4th
Basketball	1	17.8%	3	3	2	1
Swimming	2	17.1%	7	1	1	9
Badminton	3	15.9%	1	4	3	3
Walking	4	13.7%	8	2	7	2
Exercise	5	12.9%	2	7	6	4
Jogging	6	12.5%	5	5	5	5
Soccer	7	12.3%	4	6	4	6
Squash	8	6.5%	6	8	8	10
Weight training	9	6.2%	9	9	10	8
Hiking	10	5.6%	10	12	11	7
Tennis	11	4.6%	11	14	9	11
Cycling	12	4.6%	-	11	14	12
Chinese martial arts / wushu	13	3.8%	12	10	15	13
Volleyball	14	3.3%	13	18	12	14
Table tennis	15	3.2%	16	13	13	15
Athletics	16	1.9%	17	16	16	17
Aerobics	17	1.3%	14	17	19	23
Dance	18	1.1%	18	20	17	22
Gymnastics	19	1.1%	15	19	18	-
Golf	20	1.0%	19	15	20	-
Snooker / Billiard	21	0.9%	-	-	21	16
Qikong	22	0.7%	-	21	-	18
Tenpin bowling	23	0.6%	-	-	-	19

*Those sports with no more than 0.5% participation rate are not listed.*

**Gender difference** The types of sports done by men and women differed a lot. Similar to last year, male respondents inevitably most frequently played basketball and soccer whereas women were more likely to play exercise and badminton. Squash, tennis and Chinese martial arts / wushu did not appear in the men's top ten while soccer and cycling could not be seen in the women's top ten.

**Table 3: Top ten sports for men and women**

	Men	Women
Basketball	1	8
Soccer	2	-
Swimming	3	3
Jogging	4	5
Badminton	5	2
Walking	6	4
Weight training	7	9
Exercise	8	1
Hiking	9	9
Cycling	10	-
Squash	-	6
Tennis	-	10
Chinese martial arts / wushu	-	7

**Other Socio-economic Factors** The results of sports participation by socio-economic factors was similar to those of last year. Elderly people usually engaged in less rigorous activities such as walking and exercise. On the other hand, badminton and swimming were well played by the respondents of age 15-44. Basketball was the most popular sports for the youth.

The main physical activities for those with lower education level was walking and exercise. Respondents with higher education level favoured badminton, swimming and basketball.

Among those being employed, the most frequently participated sports were badminton and swimming. For those retired and unemployed respondents, walking was the most common physical activities. Students were most active in basketball.

**Table 4: Sports participated by Socio-economic factors**

	Bbl	Swm	Bad	Wlk	Exe	Jog	Soc	Sqh	Wtr	Hik
	%	%	%	%	%	%	%	%	%	%
<b>Age</b>										
15-24	40.7	18.8	20.1	1.5	5.8	15.0	23.9	9.5	7.7	2.7
25-34	8.1	21.3	22.1	6.0	11.1	11.5	11.1	11.1	7.2	4.3
35-44	4.9	22.8	20.1	13.4	17.0	12.5	5.4	3.1	5.8	6.7
45-54	2.2	10.4	3.0	30.6	20.9	17.9	3.7	1.5	3.7	9.7
55-64	2.9	5.8	1.4	39.1	20.3	4.3	-	-	4.3	14.5
65 & above	1.0	3.1	-	50.5	24.7	3.1	1.0	-	1.0	6.2
<b>Education</b>										
No education	-	4.0	-	56.0	24.0	2.0	-	-	2.0	2.0
Primary	1.5	6.1	1.5	38.2	22.9	10.7	2.3	0.8	-	7.6
Lower Secondary	14.2	10.6	14.1	7.6	14.7	15.3	13.5	1.2	4.1	5.9
Upper Secondary	18.2	21.3	18.2	9.8	13.1	12.6	16.0	6.4	6.0	4.7
Matriculation	22.0	22.0	22.0	8.3	9.1	15.9	17.4	7.6	9.1	4.5
Post Secondary	20.2	19.5	20.2	7.8	7.8	11.1	10.7	12.7	9.4	6.5
<b>Occupation</b>										
Professional	8.4	19.6	19.1	8.9	8.0	14.2	10.7	12.0	12.4	6.2
Clerical/Service	7.3	21.0	20.2	8.8	15.6	10.3	9.2	9.5	7.6	7.3
Production	12.8	17.0	13.8	17.0	16.0	8.5	14.9	1.1	3.2	4.3
Students	46.6	18.1	18.4	1.5	6.1	15.2	24.5	7.6	5.2	2.6
Housewives	2.9	11.5	11.5	27.6	27.6	12.1	-	0.6	1.7	5.7
Others	4.9	11.8	3.5	40.3	13.2	9.7	5.6	0.7	2.8	8.3

*Bad=Badminton Swm=Swimming Bbl=Basketball Wlk=Walking Exe=Exercise Jog=Jogging Soc=Soccer Sqh=Squash Wtr=Weight training Hik=Hiking*

## PATTERN OF PARTICIPATION

**Frequency and Duration** There was slight difference from the pattern in last-year findings, about one-third of the respondents (32%) practised some sports once to twice a week. Once to three times a month occupied another 30.5% only. Female respondents participated more frequently than male. Chinese martial arts / wushu, exercise and walking were the top three physical activities that the respondents did more frequently than other sports.

Regarding the duration, over half of the respondents (52.2%) spent more than one hour for each session.

Figure 10: Frequency of participation

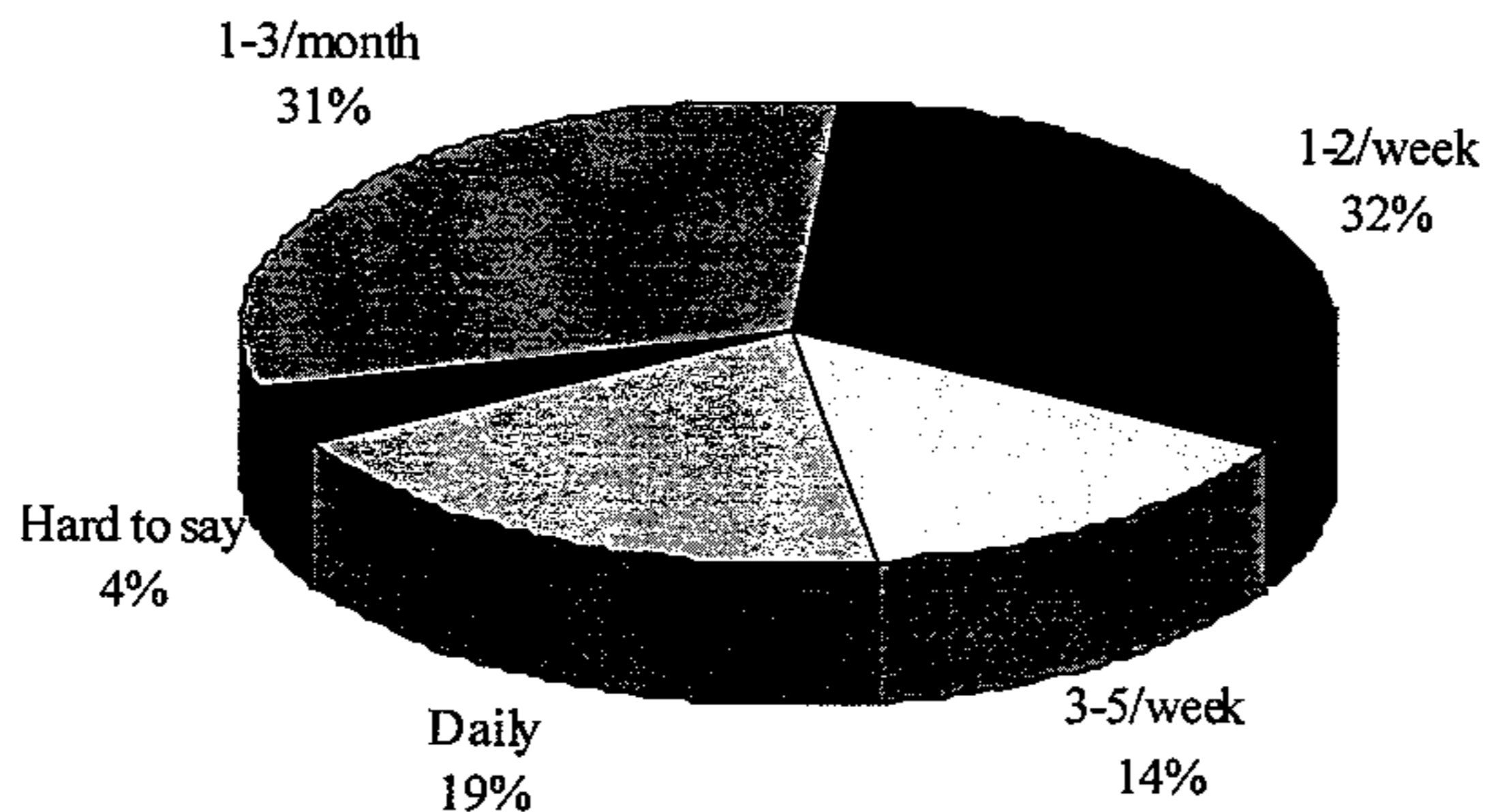
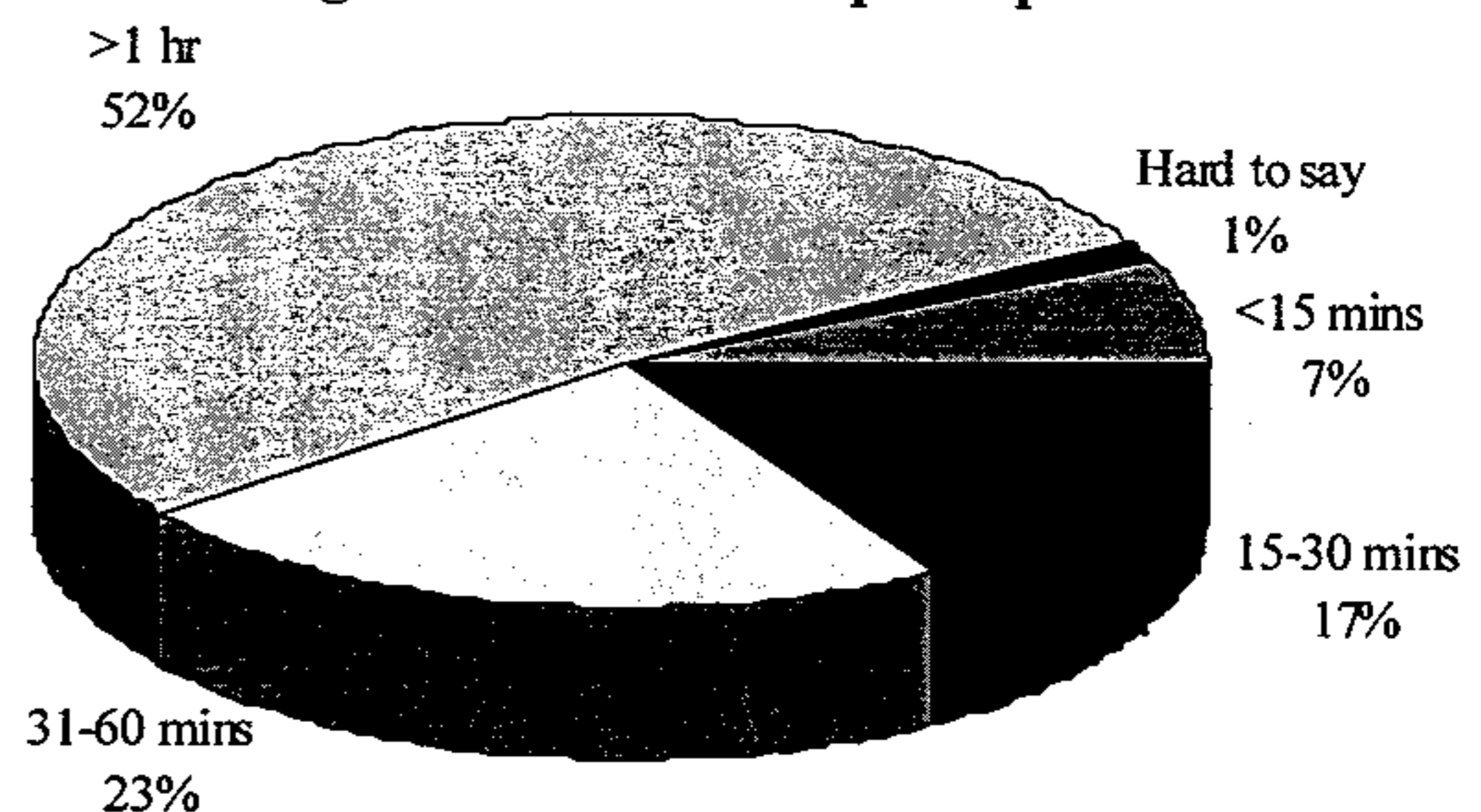


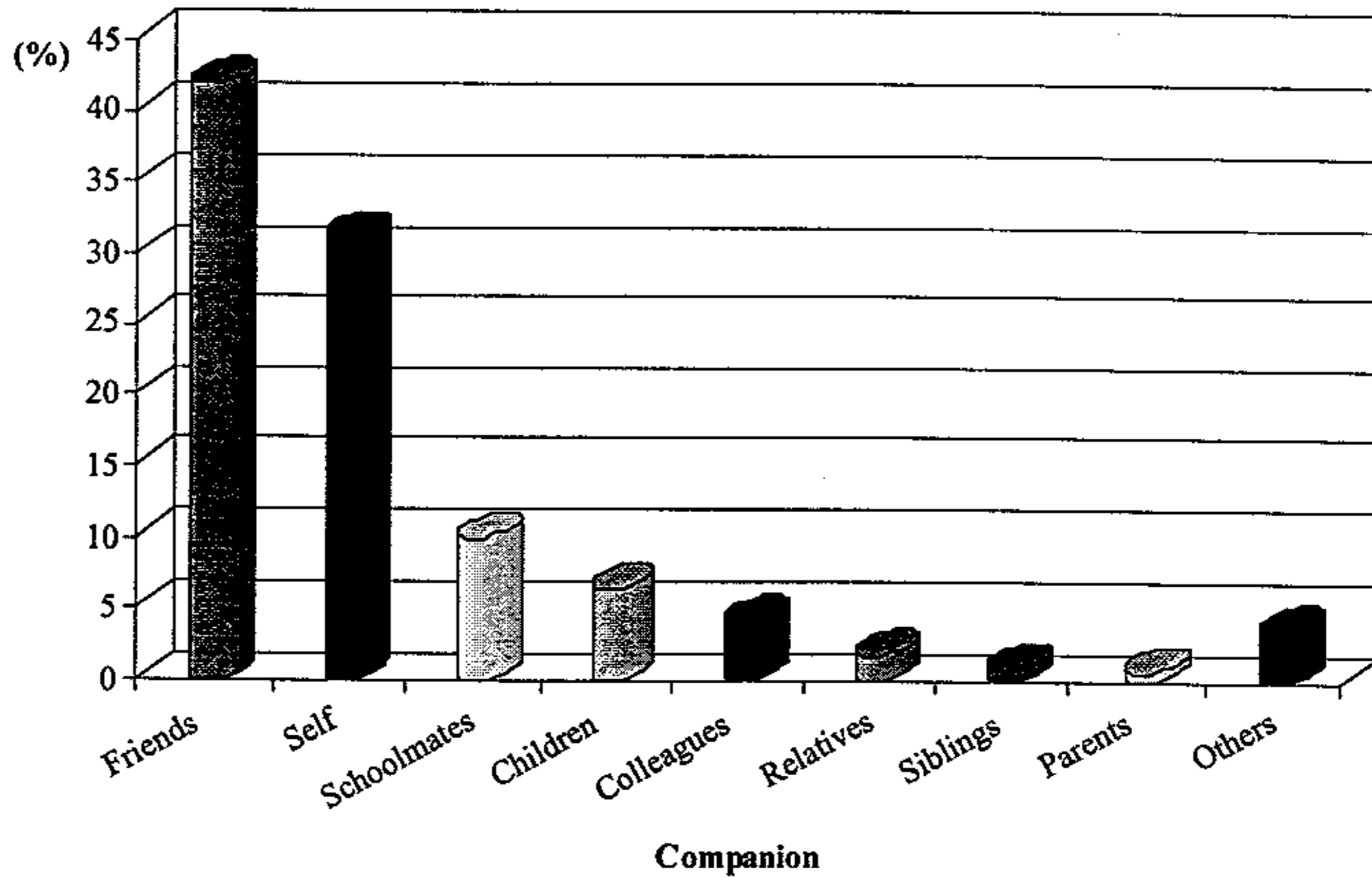
Figure 11: Duration of participation





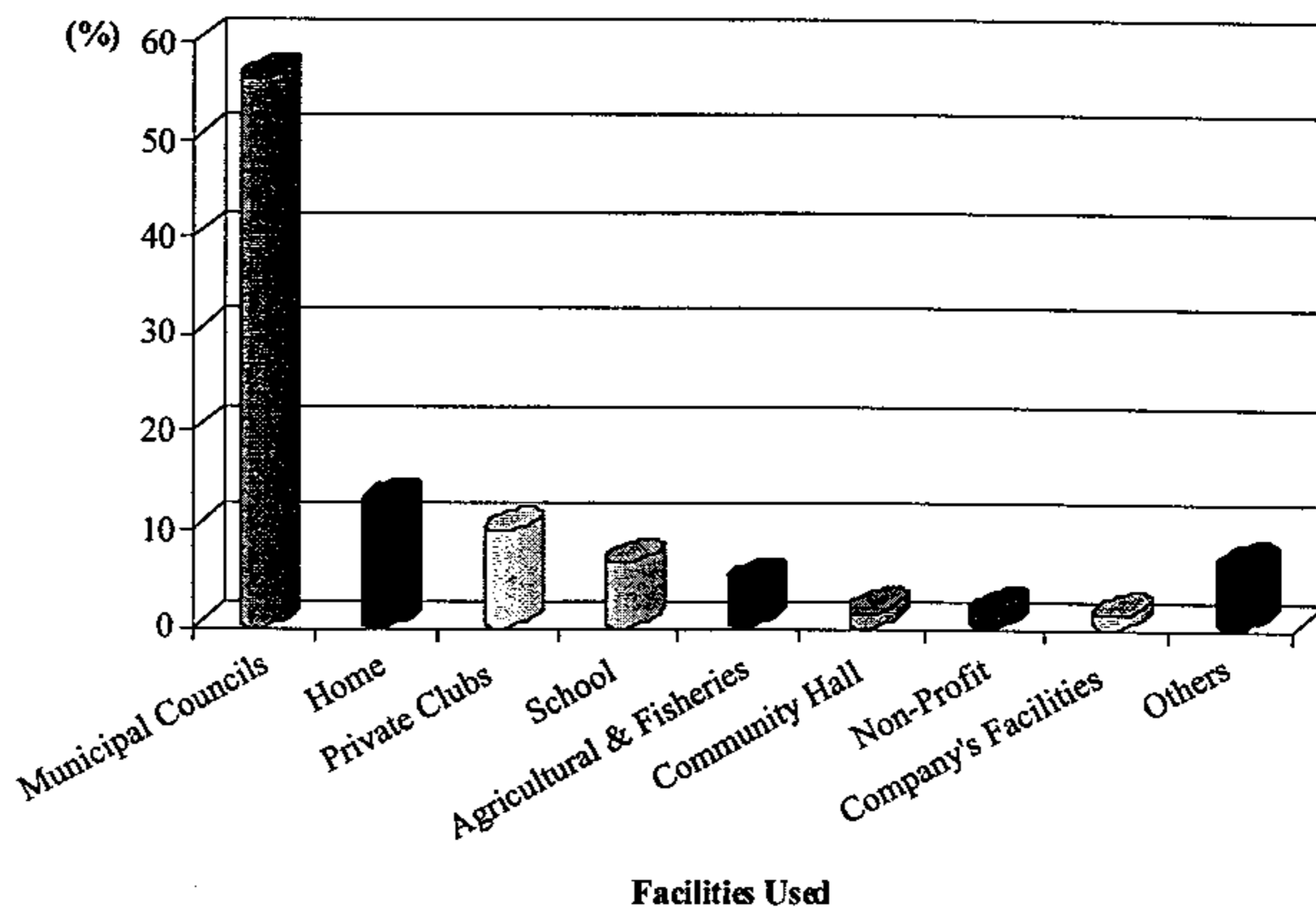
**Companion** Over 40% of the respondents played sports with their friends especially the young generation. Another 31.1% of the respondents did sports alone. Schoolmates constituted another 9.9%. These three types of companion were the same as that of 1996 and 1997.

Figure 12: Companion for sports participation



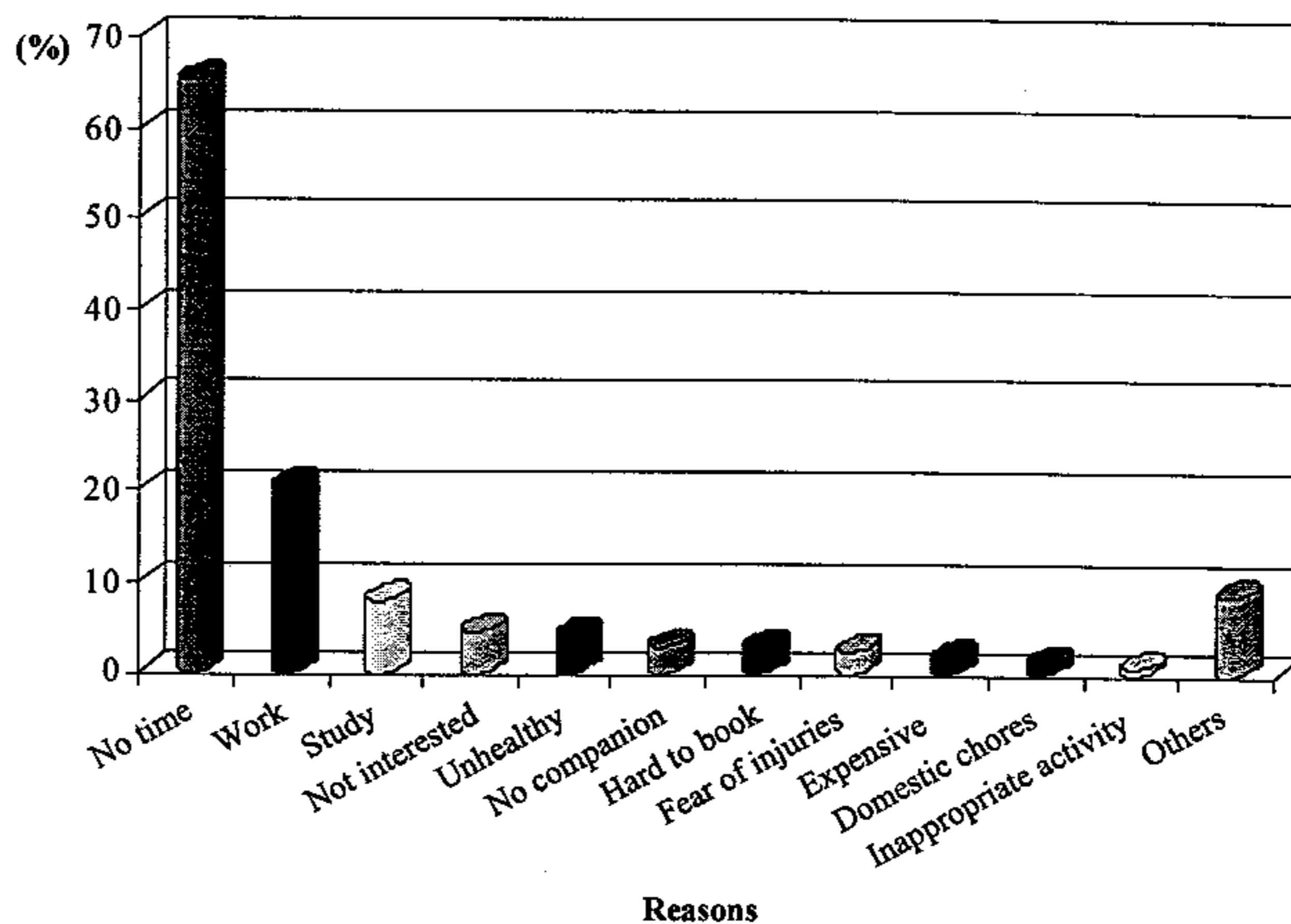
**Facilities used** The vast majority of the respondents (56.3%) played sports in the facilities managed by the two municipal councils. About 13% of the respondents played sports at home while about 10% of the respondents used the facilities at private clubs.

Figure 13: Facilities in use



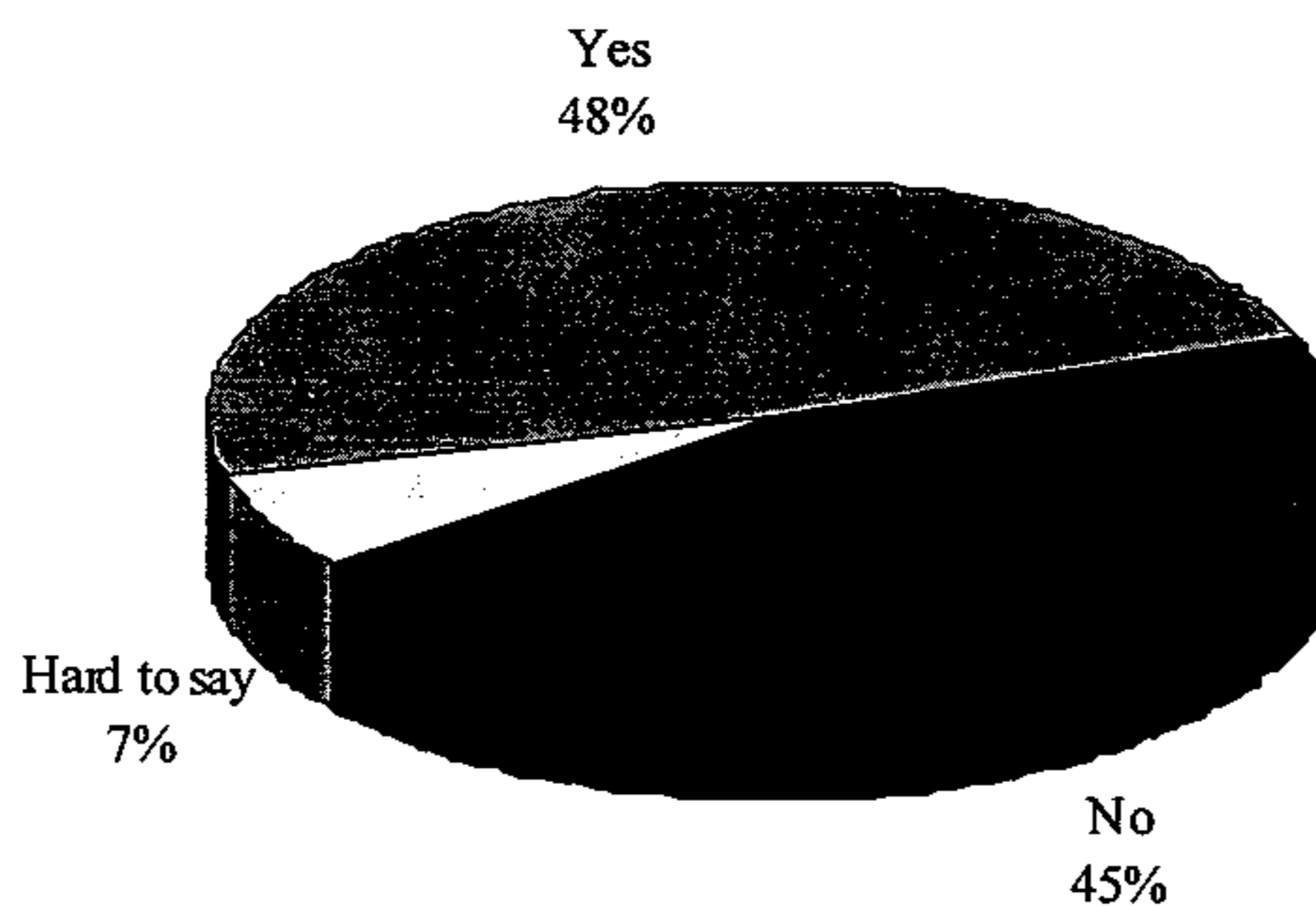
**Non-Participation** Like the results of all four quarterly surveys, the predominant reason of non-participation in sports was “lack of time” and this reason was also consistent with last year.

**Figure 14: Reasons for non-participation**



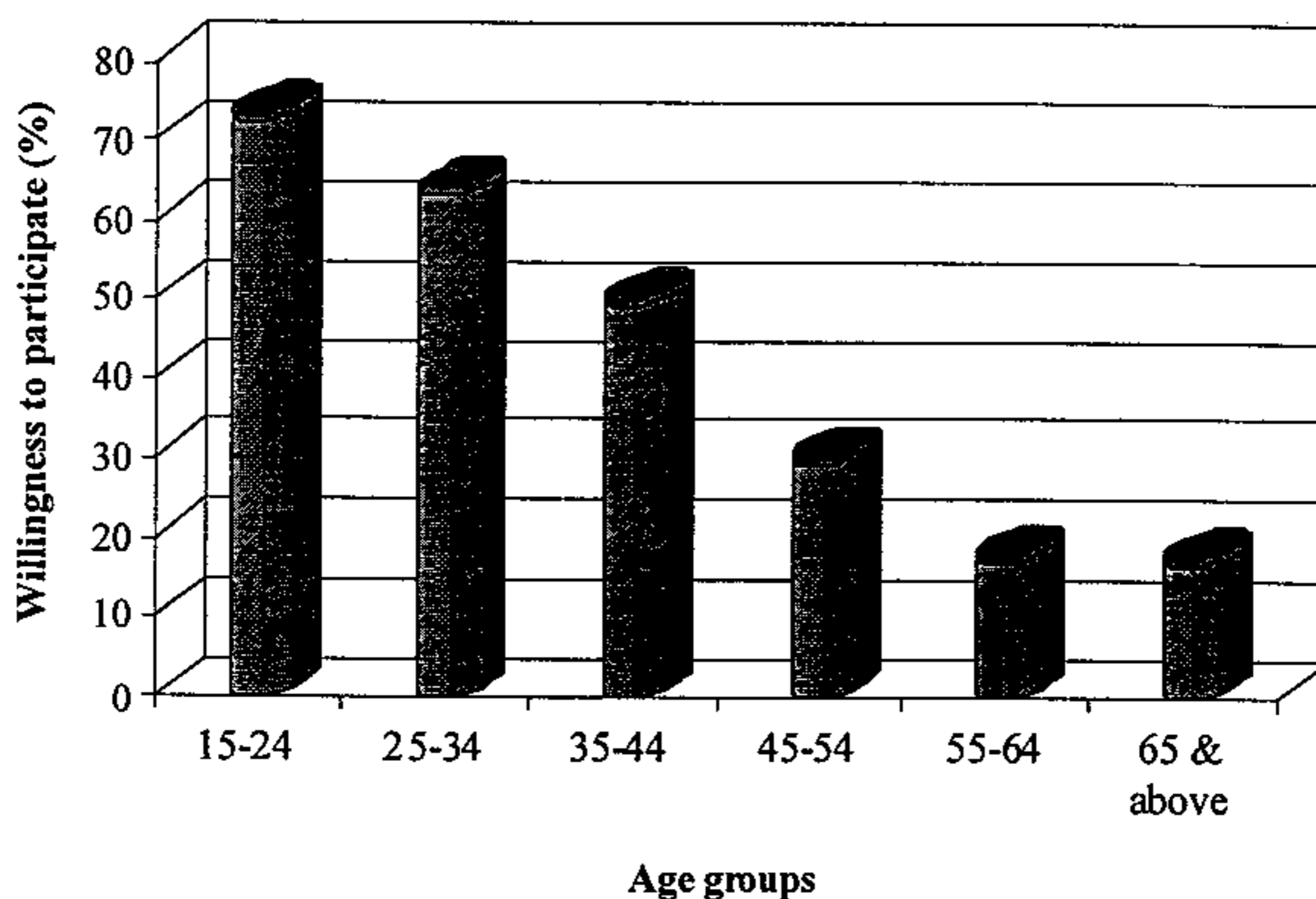
**Future Inclination** Of those respondents who had not participated in any sports activities or who had stopped participating recently, about 48% of them, 1% higher than that of last year, indicated possibility of taking part in sports in future.

**Figure 15: Future Inclination**



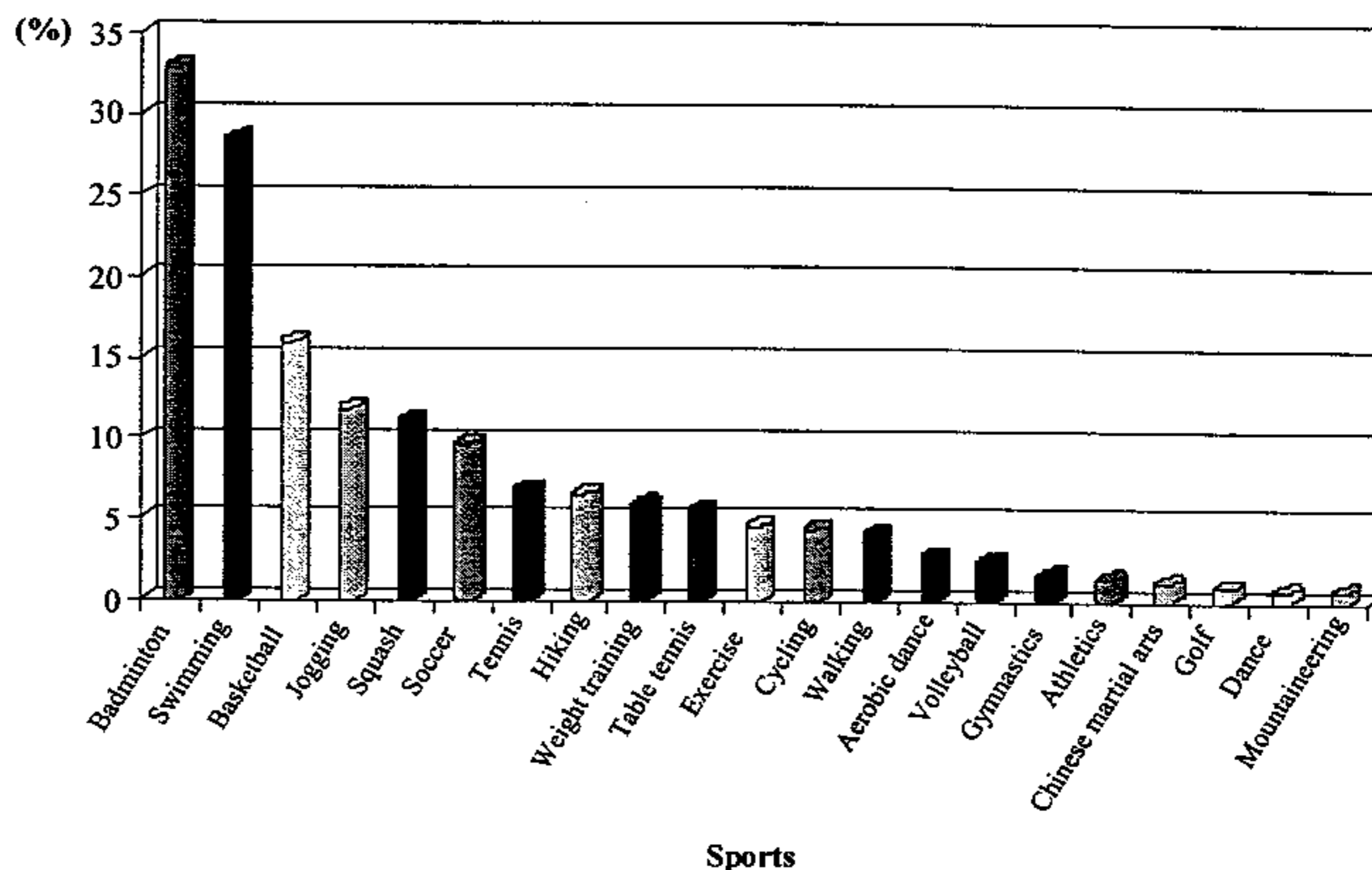
Willingness to participate in sports in future decreased when age of respondents increased. Elder respondents were more reluctant to take up sports. On the other hand, respondents with higher educational level were more inclined to participate in sports in the future. This relationship was the same as that of last year.

Figure 16: Future inclination by Age



The sport activity that most of the respondents would consider to participate was still badminton. Swimming ranked second on the list. They were also the top two sport activities on the list of last year.

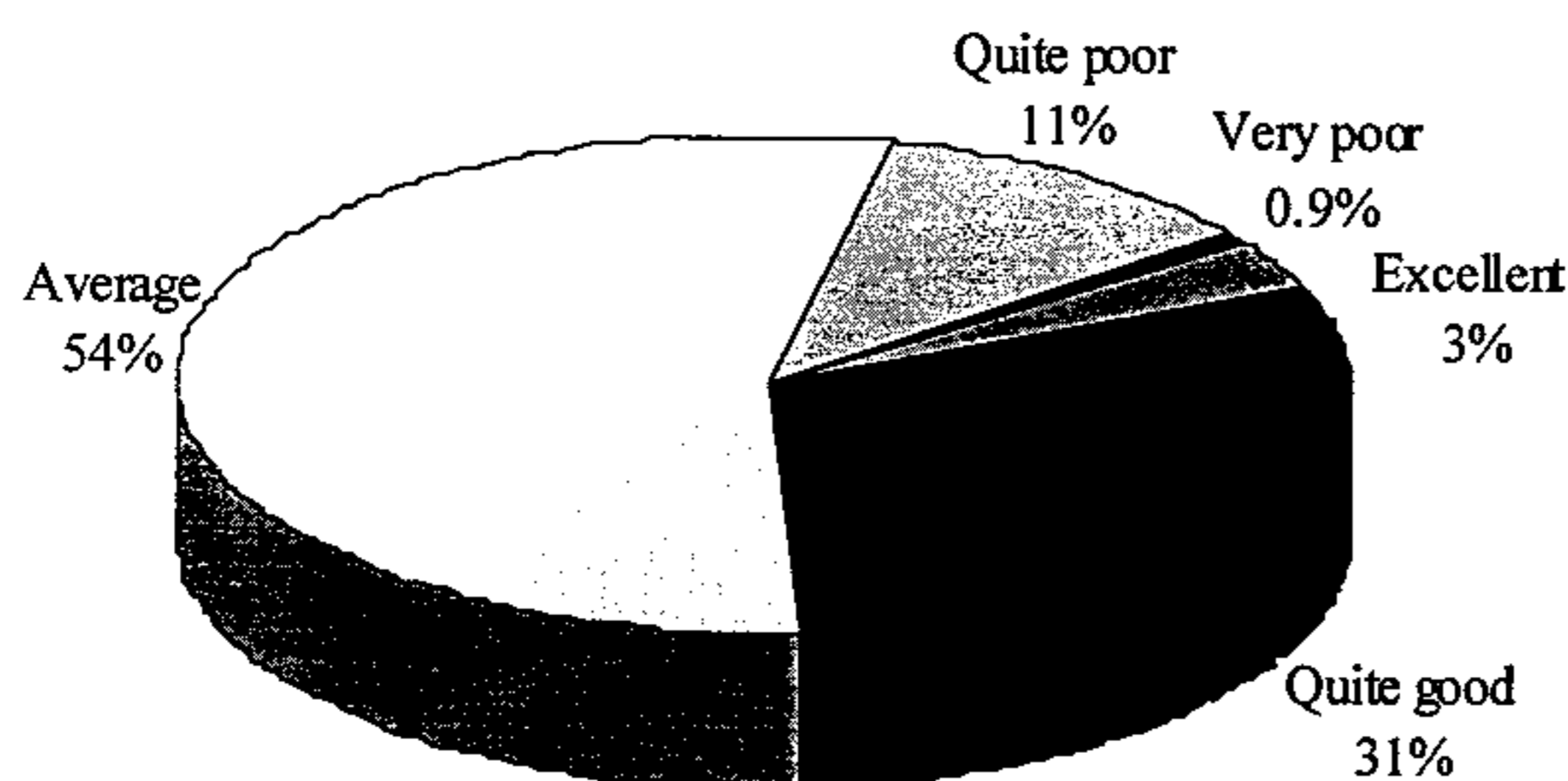
Figure 17: Sports desired to be participated



## SELF ASSESSMENT

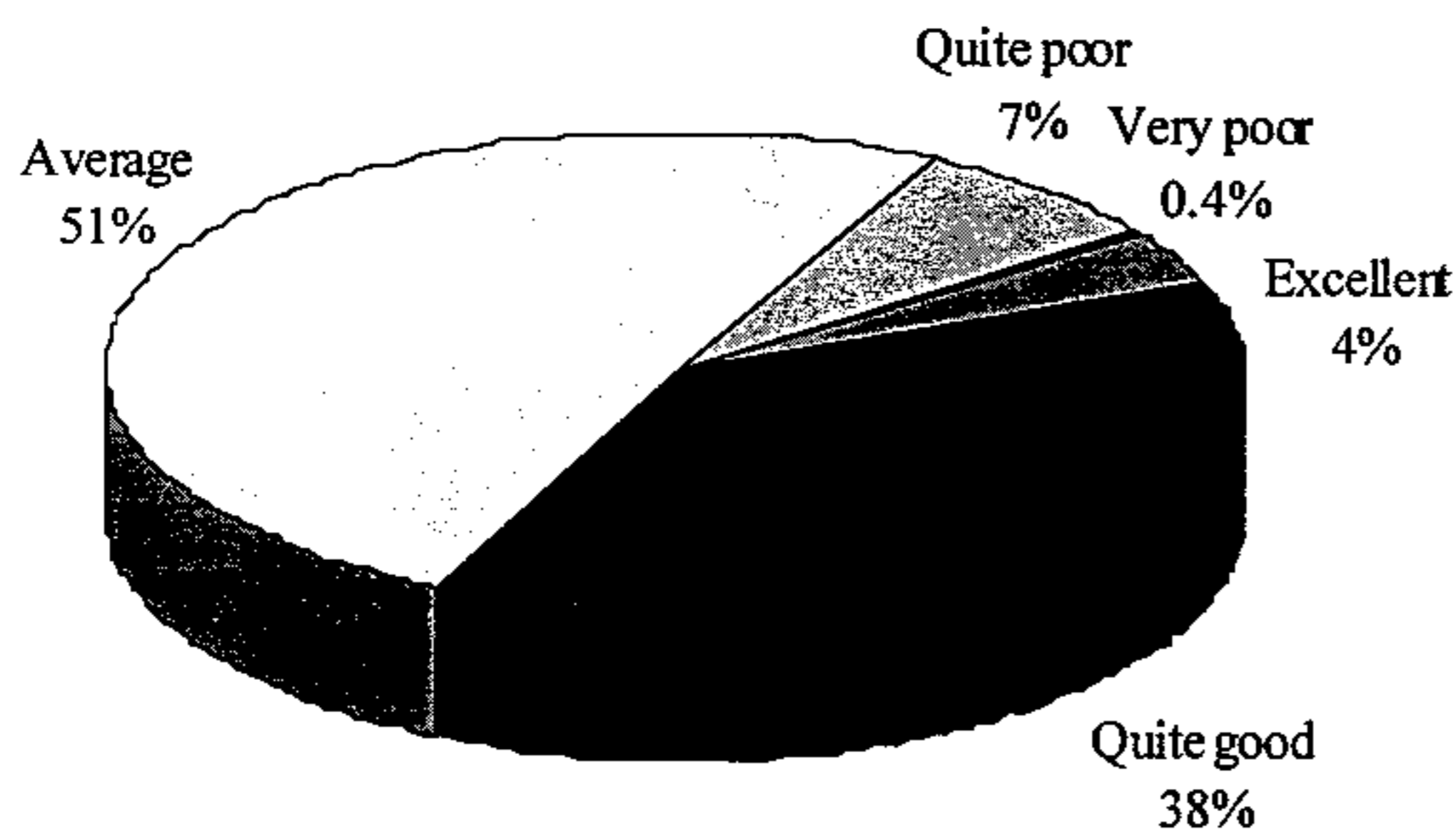
**Physical Fitness** When the respondents were asked to assess their own physical fitness level compared with others of same age level and sex, a large majority of them rated themselves as average (54.1%) to quite good and excellent (33.8%). On the other hand, about 12% thought that their physical fitness was quite poor or even very poor. The percentage share was echoed with last year.

Figure 18: Physical fitness



**Health condition** Over half of the respondents (50.6%) considered themselves having average health as compared to people of same age and sex. About 42% of them claimed that they had quite good or excellent health. Likewise, its percentage share was like that of last year.

Figure 19: Health condition

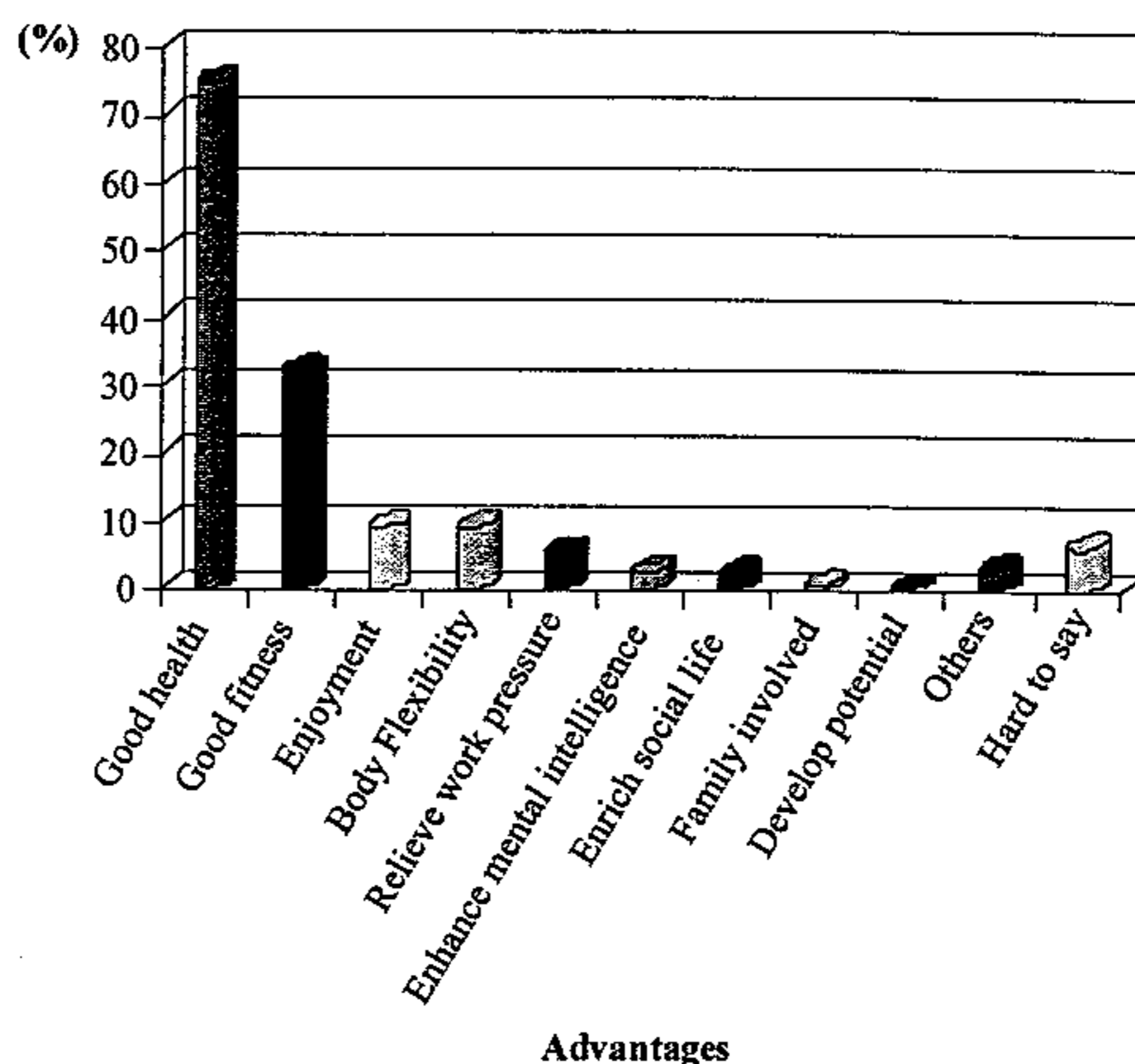


Relatively speaking, more respondents rated their health condition favourably than their physical fitness. Men considered their health and physical fitness relatively more favourably than the women did.

## BENEFITS OF SPORT

About 75% of all respondents reckoned sports would do good to health where 47.7% of them had no sport participation at all. Furthermore, about 50% of them said they would not consider participating in sports even that they realized the benefits of it. Other frequently quoted benefits were enhancing physical fitness, enjoyment and body flexibility.

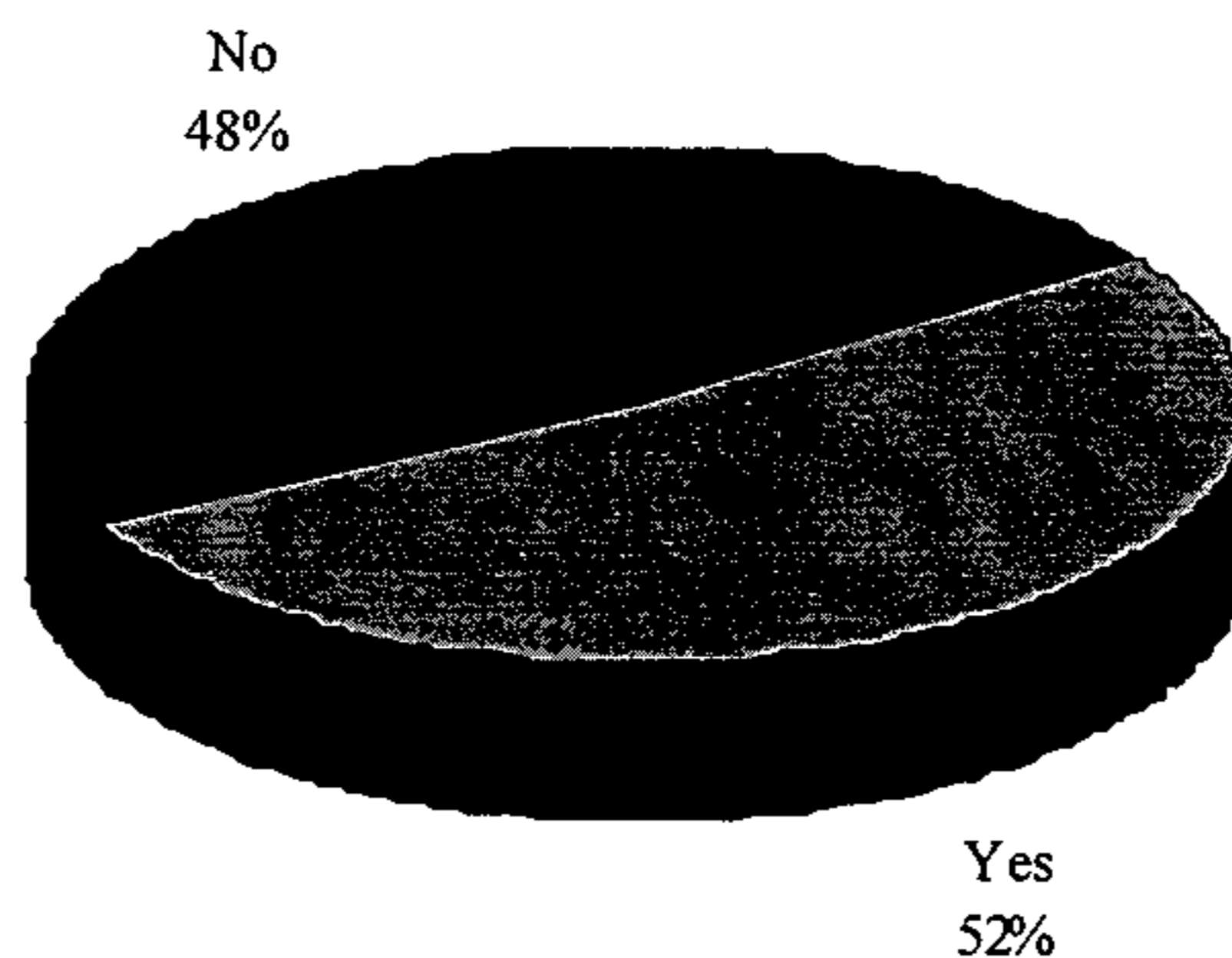
Figure 20: Benefits of sport



## SPENDING ON SPORTS

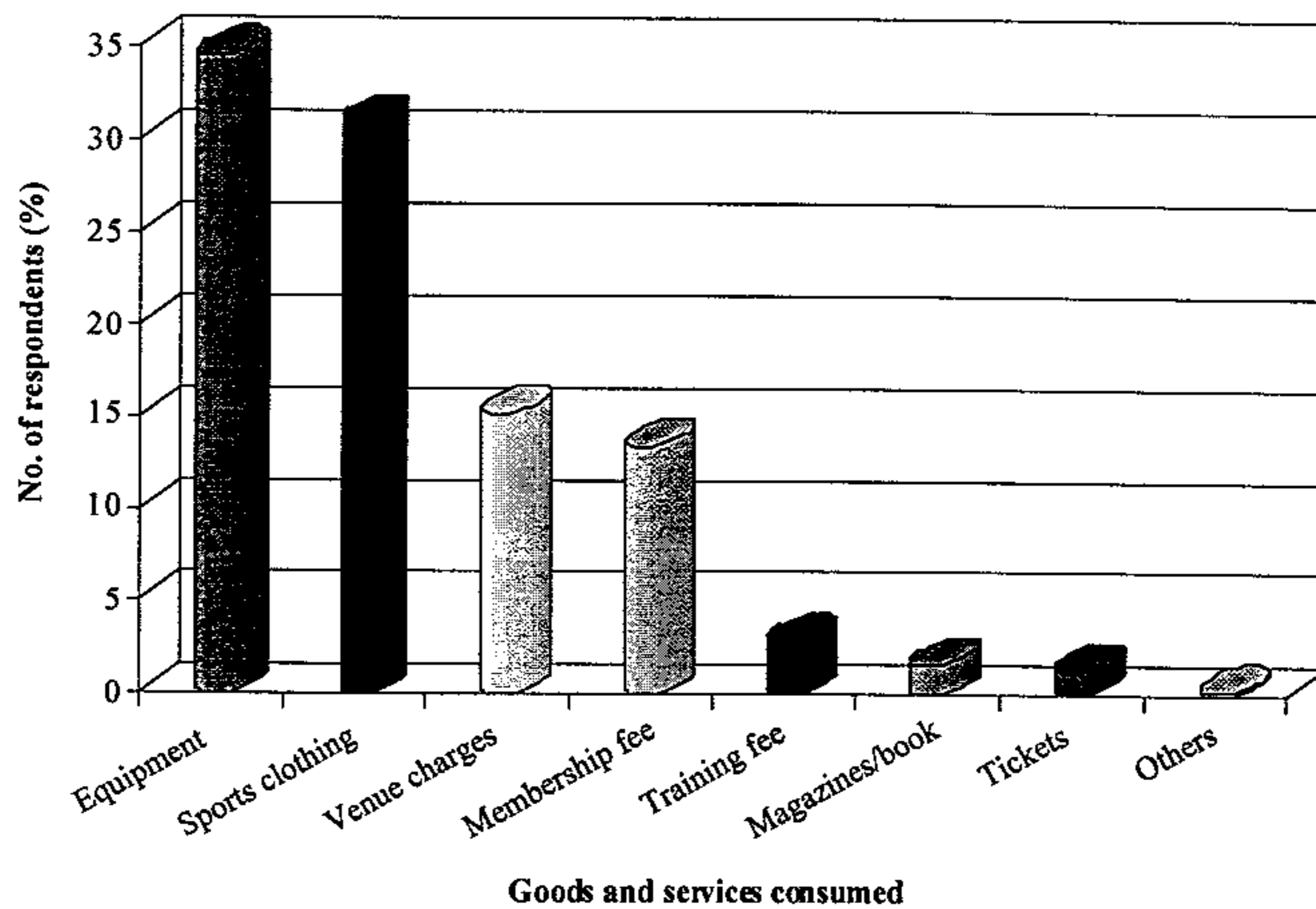
Over half of the respondents (51.6%) had spent some money on sport-related activities and goods in the previous year. People with higher education level and those of younger age were more willing to spend on sport. This relationship was the same as that of last year.

Figure 21: Ever spent on sports



The items the respondents usually spent on were predominantly equipment (34.6%) and sports clothing (30.9%). Venue charges accounted for another 15.2%. These top three items also appeared on the list of last year.

Figure 22: Goods and services consumed



Moreover, about 43% of the respondents spent less than \$100 per month and another 24.7% spent between \$101 - \$250.

From the calculation of the total average monthly spending on sport, the average yearly spending of an individual respondent was about \$3,574, higher than that of last year by \$209.

## SURVEY RESULTS

### 1. PROFILE OF RESPONDENTS

**Table 1.1 Sex of respondents**

Sex	(N)	Pct of Cases
Male	(1322)	49.8%
Female	(1330)	50.2%

- 1.1 The numbers of male and female respondents were almost the same in the survey year 1998.

**Table 1.2 Age of respondents**

Age Group	(N)	Pct of Cases
15 - 24	(758)	29.8%
25 - 34	(564)	22.2%
35 - 44	(580)	22.8%
45 - 54	(308)	12.1%
55 - 64	(156)	6.1%
65 or above	(177)	7.0%

- 1.2 Of the people surveyed, more than one-fourth of them were in the age group of 15-24 and about half of them (45.0%) were in the age range of 25-44. Elder citizens of age 45 and above constituted the remaining 25.2%.

Table 1.3 Occupation of respondents

Occupation Group	(N)	Pct of Cases
Professional & Semi-professional	(426)	16.3%
Clerical & service workers	(696)	26.6%
Production workers	(339)	13.0%
Students	(530)	20.3%
Housewives	(363)	13.9%
Others (unemployed, retired, etc.)	(263)	10.0%

- 1.3 Most of the respondents were clerical and service workers (26.6%) while students occupied another 20.3%.

Table 1.4 Education level of respondents

Education level	(N)	Pct of Cases
No education / kindergarten	(109)	4.2%
Primary	(357)	13.7%
Lower Secondary	(425)	16.3%
Upper Secondary	(972)	37.2%
Matriculation	(241)	9.2%
Post Secondary	(506)	19.4%

- 1.4 A majority of the respondents (65.8%) had attained upper secondary and above level of education.



Table 1.5 Personal monthly income of respondents

Income Group	(N)	Pct of Cases
Below \$5,000	(1121)	49.7%
\$5,001 - \$10,000	(471)	20.9%
\$10,001 - \$15,000	(268)	11.9%
\$15,001 - \$20,000	(197)	8.7%
\$20,001 - \$30,000	(99)	4.4%
\$30,001 & above	(99)	4.4%

- 1.5 Most of the respondents (70.6%) received a monthly personal income of \$10,000 and below. The mean personal income was around \$9,068.

Table 1.6a District of residence of respondents

District	(N)	Pct of Cases
Wanchai	(30)	1.1%
Eastern District	(279)	10.6%
Central & Western District	(94)	3.6%
Southern District	(114)	4.3%
Kwun Tong	(264)	10.0%
Kowloon City	(146)	5.6%
Wong Tai Sin	(162)	6.2%
Mongkok	(64)	2.4%
Sham Shui Po	(133)	5.1%
Yau Tsim	(35)	1.3%
Sai Kung	(78)	3.0%
Shatin	(301)	11.5%
Islands	(18)	0.7%
Tsuen Wan	(123)	4.7%
Kwai Tsing	(176)	6.7%
Tuen Mun	(222)	8.5%
Yuen Long	(139)	5.3%
Northern District	(121)	4.6%
Taipo	(128)	4.9%

Table 1.6b Area of residence of respondents

Area	(N)	Pct of Cases
Hong Kong	(517)	19.7%
Kowloon	(804)	30.6%
New Territories	(1306)	49.7%

- 1.6 The districts of residence of the respondents were recorded in accordance to the District Board districts and the distribution was listed in Table 1.6a. The geographical distribution of respondents was further regrouped into three areas (Table 1.6b). Almost half of the respondents (49.7%) resided in the New Territories.

**2. QUARTERLY PARTICIPATION RATES****Table 2.1 Participation during last 3 months**

Participation	(N)	Pct of Cases
Yes	(1438)	54.3%
No	(1212)	45.7%

- 2.1 Over half of the respondents (54.3%) had participated in at least one sports / activity during last three months before the interview.

**Table 2.2 Participation during last 3 months by Sex**

	Male	Female
Yes	57.3%	51.3%
No	42.7%	48.7%

- 2.2 Of those who had participated in sports during last three months, the number of male respondents (57.3%) was more than that of female (51.3%).

**Table 2.3 Participation during last 3 months by Age**

	15-24	25-34	35-44	45-54	55-64	65 or above
Yes	69.1%	52.3%	42.9%	46.1%	47.4%	57.6%
No	30.9%	47.7%	57.1%	53.9%	52.6%	42.4%

- 2.3 The participation rate of those respondents aged between 35 and 64 was the lowest while the young generation (15-24) tended to have the highest participation rate (69.1%).

**Table 2.4 Participation during last 3 months by Education**

	No education	Primary	Lower Secondary	Upper Secondary	Matric	Post Secondary
Yes	48.6%	39.2%	45.9%	53.6%	64.7%	70.2%
No	51.4%	60.8%	54.1%	46.4%	35.3%	29.8%

2.4 Among those respondents who had participated in at least one sports / activity during last three months, a majority of the respondents with upper secondary level and above tended to have the higher participation rates.

**Table 2.5 Participation during last 3 months by Occupation**

	<b>Professionals &amp; Semi-Professionals</b>	<b>Clerical &amp; Service Workers</b>	<b>Production Workers</b>	<b>Students</b>	<b>Housewives</b>	<b>Others</b>
<b>Yes</b>	62.4%	44.9%	33.9%	73.6%	51.8%	56.7%
<b>No</b>	37.6%	55.1%	66.1%	26.4%	48.2%	43.3%

2.5 Of those employed, the professional and semi-professional group had higher participation rate (62.4%) than the clerical and service workers (44.9%) and production workers (33.9%). Students (73.6%) were still the most active players.

**Table 2.6 Participation during last 3 months by Income**

	<b>\$5,000 and below</b>	<b>\$5,001 - \$10,000</b>	<b>\$10,001 - \$15,000</b>	<b>\$15,001 - \$20,000</b>	<b>\$20,001 - \$30,000</b>	<b>More than \$30,000</b>
<b>Yes</b>	61.6%	42.5%	49.6%	54.3%	58.6%	70.7%
<b>No</b>	38.4%	57.5%	50.4%	45.7%	41.4%	29.3%

2.6 The personal income group earning more than \$30,000 was the most active in sports while those receiving between \$5,001 and \$15,000 were less active.

**Table 2.7 Participation during last 3 months by Area**

	<b>Hong Kong</b>	<b>Kowloon</b>	<b>New Territories</b>
<b>Yes</b>	58.2%	52.9%	53.8%
<b>No</b>	41.8%	47.1%	46.2%

2.7 Respondents living on Hong Kong Island had higher participation rate (58.2%) than those in New Territories (53.8%) and Kowloon (52.9%).

Table 2.8 Sports Participation during last 3 months

Sports	Pct	Sports	Pct
Swimming	20.1%	Table tennis	4.3%
Badminton	20.0%	Volleyball	3.4%
Basketball	19.0%	Chinese martial arts / wushu	3.4%
Jogging	13.8%	Athletics	2.0%
Walking	13.3%	Aerobics	1.5%
Soccer	12.9%	Golf	1.3%
Exercise	12.2%	Gymnastics	1.3%
Squash	7.0%	Dance	1.2%
Weight training	6.6%	Snooker / Billiard	0.8%
Tennis	6.4%	Tenpin bowling	0.6%
Hiking	5.8%	Others	1.1%
Cycling	4.5%		

*\*Those sports with no more than 0.5% participation rate are not listed.*

- 2.8 The top ten sports and physical recreation that the respondents had taken part in during last three months were listed in descending order: swimming, badminton, basketball, jogging, walking, soccer, exercise, squash, weight training and tennis. Swimming was the most popular sport.

Table 2.9 Sports participated by Sex

	Male	Female
Swimming	19.8%	20.5%
Badminton	16.7%	23.6%
Basketball	29.1%	7.8%
Jogging	14.7%	12.7%
Walking	10.4%	16.5%
Soccer	24.2%	0.3%
Exercise	6.1%	18.9%
Squash	6.0%	8.1%
Weight training	8.0%	5.2%
Tennis	7.8%	4.9%
Hiking	6.5%	5.0%
Cycling	5.2%	3.7%
Table tennis	4.6%	4.0%
Volleyball	3.1%	3.8%
Chinese martial arts / wushu	1.2%	5.8%
Athletics	2.3%	1.8%
Aerobics	0.3%	2.8%
Golf	1.7%	0.9%
Gymnastics	0.8%	1.8%
Dance	0.3%	2.2%
Snooker / Billiard	1.5%	-
Tenpin bowling	0.5%	0.6%
Others	0.9%	1.3%

2.9 Popular sports for men were basketball and soccer while women's favourite sports were badminton, walking and exercise.

Table 2.10 Sports participated by Education

	No Education	Primary	Lower Secondary	Upper Secondary	Matric	Post Secondary
Swimming	5.8%	7.2%	13.0%	22.5%	26.8%	24.9%
Badminton	-	2.2%	17.1%	22.3%	27.5%	25.4%
Basketball	-	2.9%	21.8%	22.3%	24.8%	19.8%
Jogging	1.9%	11.5%	17.6%	13.4%	18.3%	12.4%
Walking	59.6%	38.8%	6.7%	9.8%	8.5%	7.1%
Soccer	-	2.9%	13.5%	16.5%	17.0%	11.6%
Exercise	23.1%	23.0%	14.5%	11.5%	9.2%	7.6%
Squash	-	0.7%	2.1%	7.5%	6.5%	13.0%
Weight training	1.9%	-	5.7%	6.1%	9.8%	9.6%
Tennis	-	-	3.6%	4.8%	5.9%	13.8%
Hiking	-	8.6%	4.7%	5.0%	5.2%	7.3%
Cycling	-	2.9%	4.7%	5.4%	3.9%	4.8%
Table tennis	-	0.7%	4.7%	3.5%	7.8%	5.9%
Volleyball	-	-	7.3%	3.6%	3.9%	2.8%
Chinese martial arts / wushu	17.3%	10.8%	3.6%	1.7%	1.3%	1.7%
Athletics	-	-	3.1%	2.1%	2.6%	2.3%
Aerobics	-	3.6%	1.6%	1.3%	0.7%	1.4%
Golf	-	-	1.0%	1.3%	2.0%	2.0%
Gymnastics	-	-	0.5%	0.6%	2.6%	2.8%
Dance	-	1.4%	1.0%	1.0%	2.0%	1.4%
Snooker / Billiard	-	-	0.5%	1.0%	-	1.4%
Tenpin bowling	-	-	-	0.8%	0.7%	0.8%
Others	-	3.6%	1.6%	1.0%	0.7%	0.6%

2.10 Badminton, swimming and basketball had attracted most respondents with higher education level. For those respondents with lower education level, variety of sports activities was limited. Walking, exercise and jogging were common physical recreation for them.

Table 2.11 Sports participated by Occupation

	Professionals & Semi- Professionals	Clerical & Service Workers	Production Workers	Students	Housewives	Others
Swimming	25.7%	23.1%	17.7%	20.6%	14.0%	13.5%
Badminton	22.3%	24.7%	19.5%	25.0%	11.8%	2.7%
Basketball	11.3%	9.0%	15.9%	46.4%	2.7%	5.4%
Jogging	14.7%	11.5%	8.8%	18.8%	11.3%	10.1%
Walking	7.9%	8.7%	15.9%	1.3%	28.5%	41.9%
Soccer	12.1%	9.6%	15.9%	24.2%	-	6.1%
Exercise	7.5%	13.8%	14.2%	6.4%	25.8%	14.2%
Squash	12.1%	10.6%	2.7%	7.2%	1.1%	1.4%
Weight training	13.2%	7.4%	4.4%	5.4%	2.7%	2.0%
Tennis	13.2%	9.6%	5.3%	3.3%	2.2%	0.7%
Hiking	6.4%	7.4%	5.3%	2.6%	7.5%	7.4%
Cycling	3.4%	6.4%	8.8%	4.9%	1.6%	2.0%
Table tennis	5.3%	3.5%	5.3%	6.2%	2.7%	1.4%
Volleyball	2.3%	1.0%	0.9%	10.1%	-	-
Chinese martial arts / wushu	1.5%	1.0%	0.9%	0.5%	9.7%	13.5%
Athletics	2.6%	2.2%	0.9%	3.6%	-	-
Aerobics	1.9%	2.2%	-	0.3%	3.8%	0.7%
Golf	4.2%	1.3%	0.9%	-	1.6%	-
Gymnastics	3.4%	1.3%	-	1.3%	-	-
Dance	1.5%	1.6%	-	1.0%	2.2%	-
Snooker / Billiard	0.8%	0.6%	2.7%	0.8%	-	0.7%
Tenpin bowling	0.8%	0.6%	-	0.8%	0.5%	-
Others	0.8%	1.6%	1.8%	0.3%	0.5%	3.4%

2.11 Of those employed, the professional and semi-professional group was most active in swimming while clerical & service and production workers were keener on badminton. Students usually engaged in basketball. The most popular sports activity for housewives was walking.



**3. NON-PARTICIPATION****Table 3.1 Reasons for non-participation during last 3 months**

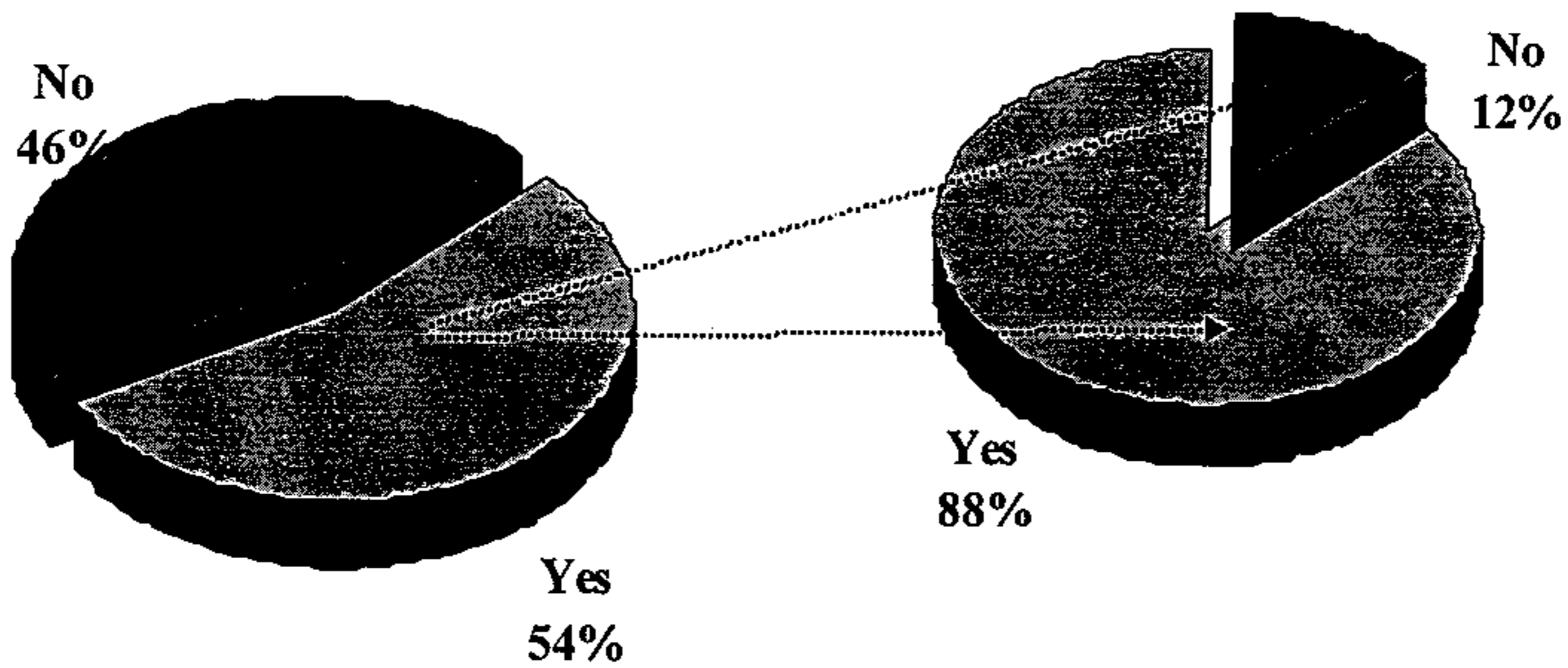
<b>Reasons</b>	<b>(N)</b>	<b>Pct of Responses</b>	<b>Pct of Cases</b>
<b>Lack of time</b>	<b>(773)</b>	<b>53.3%</b>	<b>65.3%</b>
<b>Work</b>	<b>(236)</b>	<b>16.3%</b>	<b>19.9%</b>
<b>No interest in sports</b>	<b>(155)</b>	<b>10.7%</b>	<b>13.1%</b>
<b>Poor health</b>	<b>(63)</b>	<b>4.3%</b>	<b>5.3%</b>
<b>Domestic chores</b>	<b>(60)</b>	<b>4.1%</b>	<b>5.1%</b>
<b>No companion</b>	<b>(20)</b>	<b>1.4%</b>	<b>1.7%</b>
<b>Lack of appropriate activity</b>	<b>(20)</b>	<b>1.4%</b>	<b>1.7%</b>
<b>Fear of injuries</b>	<b>(17)</b>	<b>1.2%</b>	<b>1.4%</b>
<b>Hard to book</b>	<b>(17)</b>	<b>1.2%</b>	<b>1.4%</b>
<b>Study</b>	<b>(14)</b>	<b>1.0%</b>	<b>1.2%</b>
<b>Expensive</b>	<b>(4)</b>	<b>0.3%</b>	<b>0.3%</b>
<b>Poor skill</b>	<b>(1)</b>	<b>0.1%</b>	<b>0.1%</b>
<b>Others</b>	<b>(70)</b>	<b>4.8%</b>	<b>5.9%</b>

- 3.1 About 46% of the respondents in this survey did not participate in any sports activities during last three months. Their most frequently mentioned reason was lack of time. Other significant factors were work and no interest in sports.

**4. FOUR-WEEK PARTICIPATION RATE**

**Figure 4.1a: Participation during last 3 months**

**Figure 4.1b: Participation during last 4 weeks**



Among those (54.3%) who had participated in at least one sports activity (Figure 4.1a), about 88% of them had also participated in sports during last four weeks before the interview (Figure 4.1b).

Table 4.1 Sports Participation during last 4 weeks

Sports	Pct	Sports	Pct
Basketball	17.8%	Cycling	4.6%
Swimming	17.1%	Chinese martial arts /wushu	3.8%
Badminton	15.9%	Volleyball	3.3%
Walking	13.7%	Table tennis	3.2%
Exercise	12.9%	Athletics	1.9%
Jogging	12.5%	Aerobics	1.3%
Soccer	12.3%	Dance	1.1%
Squash	6.5%	Gymnastics	1.1%
Weight training	6.2%	Golf	1.0%
Hiking	5.6%	Snooker / Billiard	0.9%
Tennis	4.6%	Qikong	0.7%
		Tenpin bowling	0.6%

*\*Those sports with no more than 0.5% participation rate are not listed.*

- 4.1 Basketball (17.8%) dominated the top list of sports and was followed by swimming (17.1%) and badminton (15.9%). Walking, exercise and jogging that required no specific facilities and equipment were also among the top ten list.

Table 4.2 Sports participated during last 4 weeks by Sex

	Male		Female	
	Last 4 weeks	Last 3 months	Last 4 weeks	Last 3 months
Basketball	27.9%	29.1%	6.4%	7.8%
Swimming	16.8%	19.8%	17.4%	20.5%
Badminton	13.2%	16.7%	18.9%	23.6%
Walking	10.7%	10.4%	17.2%	16.5%
Exercise	6.5%	6.1%	20.2%	18.9%
Jogging	14.6%	14.7%	10.1%	12.7%
Soccer	23.0%	24.2%	0.3%	0.3%
Squash	5.4%	6.0%	7.8%	8.1%
Weight training	7.5%	8.0%	4.7%	5.2%
Hiking	6.3%	6.5%	4.7%	5.0%
Tennis	5.4%	7.8%	3.7%	4.9%
Cycling	5.6%	5.2%	3.5%	3.7%
Chinese martial arts /wushu	1.2%	1.2%	6.7%	5.8%
Volleyball	3.3%	3.1%	3.2%	3.8%
Table tennis	2.9%	4.6%	3.5%	4.0%
Athletics	2.3%	2.3%	1.5%	1.8%
Aerobics	0.2%	0.3%	2.5%	2.8%
Dance	-	0.3%	2.4%	2.2%
Gymnastics	0.6%	0.8%	1.7%	1.8%
Golf	1.2%	1.7%	0.8%	0.9%
Snooker / Billiard	1.7%	1.5%	-	-
Qikong	0.2%		1.3%	
Tenpin bowling	0.8%	0.5%	0.3%	0.6%

4.2 Men were most active in basketball and soccer whereas women were most active in exercise, badminton and walking.

Table 4.3 Sports participated during last 4 weeks by Education

	No Education	Primary	Lower Secondary	Upper Secondary	Matric	Post Secondary
Basketball	-	3.1%	20.6%	23.3%	22.7%	15.6%
Swimming	4.0%	6.1%	10.6%	21.3%	22.0%	19.5%
Badminton	-	1.5%	14.1%	18.2%	22.0%	20.2%
Walking	56.0%	38.2%	7.6%	9.8%	8.3%	7.8%
Exercise	24.0%	22.9%	14.7%	13.1%	9.1%	7.8%
Jogging	2.0%	10.7%	15.3%	12.6%	15.9%	11.1%
Soccer	-	2.3%	13.5%	16.0%	17.4%	10.7%
Squash	-	0.8%	1.2%	6.4%	7.6%	12.7%
Weight training	2.0%	-	4.1%	6.0%	9.1%	9.4%
Hiking	2.0%	7.6%	5.9%	4.7%	4.5%	6.5%
Tennis	-	-	3.5%	2.7%	3.8%	10.7%
Cycling	-	2.3%	4.7%	5.8%	3.0%	5.5%
Chinese martial arts /wushu	18.0%	12.2%	4.1%	1.8%	2.3%	1.6%
Volleyball	-	-	5.9%	3.5%	4.5%	2.9%
Table tennis	-	0.8%	3.5%	2.7%	4.5%	4.6%
Athletics	-	-	2.9%	2.2%	3.0%	1.6%
Aerobics	-	3.1%	1.2%	1.3%	0.8%	1.0%
Dance	-	1.5%	1.2%	1.3%	1.5%	0.7%
Gymnastics	-	-	0.6%	0.7%	1.5%	2.6%
Golf	-	-	0.6%	1.3%	2.3%	1.0%
Snooker / Billiard	-	-	0.6%	1.3%	-	1.3%
Qikong	-	0.8%	0.6%	1.1%	-	0.3%
Tenpin bowling	-	-	-	0.4%	-	1.6%

4.3 Respondents with lower educational level tended to take part in less variety of sports and usually involved in those physical activities like walking, exercise and Chinese martial arts / wushu. Those with higher educational level were more likely to play badminton, swimming and basketball.

Table 4.4 Sports participated during last 4 weeks by Age

	15-24	25-34	35-44	45-54	55-64	65 or above
Basketball	40.7%	8.1%	4.9%	2.2%	2.9%	1.0%
Swimming	18.8%	21.3%	22.8%	10.4%	5.8%	3.1%
Badminton	20.1%	22.1%	20.1%	3.0%	1.4%	-
Walking	1.5%	6.0%	13.4%	30.6%	39.1%	50.5%
Exercise	5.8%	11.1%	17.0%	20.9%	20.3%	24.7%
Jogging	15.0%	11.5%	12.5%	17.9%	4.3%	3.1%
Soccer	23.9%	11.1%	5.4%	3.7%	-	1.0%
Squash	9.5%	11.1%	3.1%	1.5%	-	-
Weight training	7.7%	7.2%	5.8%	3.7%	4.3%	1.0%
Hiking	2.7%	4.3%	6.7%	9.7%	14.5%	6.2%
Tennis	3.3%	9.4%	5.4%	3.0%	-	-
Cycling	6.4%	6.4%	3.1%	3.0%	1.4%	2.1%
Chinese martial arts /wushu	0.4%	0.4%	4.5%	6.0%	10.1%	19.6%
Volleyball	7.3%	0.9%	1.3%	-	1.4%	-
Table tennis	4.4%	3.0%	3.1%	1.5%	1.4%	-
Athletics	3.1%	3.0%	-	2.2%	-	-
Aerobics	0.7%	1.7%	1.3%	3.0%	1.4%	-
Dance	0.7%	1.3%	0.9%	2.2%	1.4%	-
Gymnastics	0.9%	1.7%	1.3%	0.7%	-	-
Golf	0.4%	1.3%	1.8%	2.2%	1.4%	-
Snooker / Billiard	1.3%	2.1%	-	-	-	-
Qikong	0.2%	0.4%	1.8%	1.5%	-	1.0%
Tenpin bowling	0.9%	0.4%	0.9%	-	-	-

4.4 Old people were usually engaged in less energetic sports such as walking, exercise, Chinese martial arts/wushu and the like. Most of the young respondents (15-24) were more likely to play basketball and soccer.

Table 4.5 Reasons for those stopped playing sports during last 4 weeks

Reasons	(N)	Pct of Responses	Pct of Cases
Lack of time	(115)	53.5%	65.3%
Work	(36)	16.7%	20.5%
Study	(14)	6.5%	8.0%
Not interested	(8)	3.7%	4.5%
Unhealthy	(7)	3.3%	4.0%
No companion	(5)	2.3%	2.8%
Hard to book	(5)	2.3%	2.8%
Fear of injuries	(4)	1.9%	2.3%
Expensive	(3)	1.4%	1.7%
Domestic chores	(2)	0.9%	1.1%
Lack of appropriate activity	(1)	0.5%	0.6%
Others	(15)	7.0%	8.5%

- 4.5 For those who had participated in sports during last quarter, about 12% of them had done nothing during last four weeks. Lack of time was still the main reason for the withdrawals.

**5. PATTERNS OF PARTICIPATION**

For each sport mentioned, further questions were asked establishing on how many times and duration it had been done in the four-week period. The computation was based on the overall responses disregarding the types of sports activities the respondents had participated.

**Table 5.1 Frequency of participation during last 4 weeks**

Frequency	(N)	Pct of Cases
1-3 times per month	(586)	46.6%
1-2 times per week	(614)	48.8%
3-5 times per week	(270)	21.5%
Almost daily	(366)	29.1%
Forgotten / hard to say	(83)	6.6%

- 5.1 Almost half of the respondents (48.8%) had taken part in some sports activities at least 1-2 times per week and about 47% of them did for 1-3 times per month.

**Table 5.2 Duration of participation during last 4 weeks**

Duration	(N)	Pct of Cases
Less than 15 mins	(126)	10.0%
About 15-30 mins	(317)	25.2%
About 31-60 mins	(449)	35.7%
More than 1 hour	(1003)	79.7%
Forgotten / hard to say	(25)	2.0%

- 5.2 As regards the duration, a majority of the respondents (79.7%) spent more than one hour for each session.



Table 5.3 Sports participated during last 4 weeks by Frequency

	1-3 times/mth	1-2 times/wk	3-5 times/wk	Almost daily	Hard to say
Basketball	33.5%	39.3%	15.5%	8.9%	2.8%
Swimming	42.6%	32.4%	11.4%	9.0%	4.5%
Badminton	40.6%	39.8%	10.3%	3.0%	6.3%
Walking	9.8%	22.2%	16.2%	48.3%	3.4%
Exercise	12.7%	18.8%	19.6%	41.6%	7.3%
Jogging	29.7%	34.1%	18.9%	14.2%	3.2%
Soccer	38.6%	39.2%	13.5%	6.6%	2.2%
Squash	54.1%	29.8%	9.9%	3.3%	2.8%
Weight training	21.7%	40.1%	22.4%	13.8%	2.0%
Hiking	33.9%	25.2%	14.2%	19.7%	7.1%
Tennis	45.1%	36.3%	11.5%	4.4%	2.7%
Cycling	39.8%	24.1%	15.7%	14.8%	5.6%
Chinese martial arts /wushu	6.8%	19.2%	17.8%	53.4%	2.7%
Volleyball	36.1%	37.1%	17.5%	8.2%	1.0%
Table tennis	39.6%	35.2%	11.0%	6.6%	7.7%
Athletics	47.8%	26.1%	17.4%	8.7%	-
Aerobics	29.6%	25.9%	22.2%	22.2%	-
Dance	27.6%	17.2%	37.9%	13.8%	3.4%
Gymnastics	20.0%	24.0%	24.0%	20.0%	12.0%
Golf	56.5%	26.1%	8.7%	4.3%	4.3%
Snooker / Billiard	45.8%	37.5%	16.7%	-	-
Qikong	10.0%	50.0%	5.0%	20.0%	15.0%
Tenpin bowling	43.8%	43.8%	6.3%	6.3%	-

5.3 Chinese martial arts/wushu, walking and exercise were the three physical activities that the respondents did more frequently than other sports. Most sports being played 1-3 times per month were golf and squash. As for other sports, like qikong, 1-2 times per week was the usual pattern.

Table 5.4 Frequency by Sex

	Male	Female
1-3 times per month	33.1%	27.4%
1-2 times per week	34.7%	28.6%
3-5 times per week	14.8%	13.2%
Almost daily	14.6%	24.7%
Hard to say	2.8%	6.2%

- 5.4 Relatively speaking, female respondents played sports more frequently than men when ignoring the types of sports they had engaged in.

Table 5.5 Sports participated by Duration

	Less than 15 mins	15-30 mins	31-60 mins	More than 1 hr	Hard to say
Basketball	1.3%	9.8%	15.1%	72.6%	1.3%
Swimming	2.1%	11.0%	26.2%	60.5%	0.2%
Badminton	0.8%	12.0%	31.1%	55.1%	1.0%
Walking	12.4%	27.8%	21.8%	35.0%	3.0%
Exercise	31.4%	38.0%	13.9%	13.1%	3.7%
Jogging	7.9%	28.4%	23.0%	39.1%	1.6%
Soccer	1.9%	5.3%	14.4%	78.1%	0.3%
Squash	2.8%	13.3%	39.2%	44.8%	-
Weight training	7.8%	16.3%	27.5%	48.4%	-
Hiking	3.1%	7.9%	20.5%	68.5%	-
Tennis	2.7%	6.2%	34.5%	56.6%	-
Cycling	1.9%	14.8%	15.7%	65.7%	1.9%
Chinese martial arts /wushu	4.1%	27.4%	42.5%	24.7%	1.4%
Volleyball	2.1%	7.2%	10.3%	79.4%	1.0%
Table tennis	4.4%	9.9%	29.7%	56.0%	-
Athletics	6.5%	10.9%	23.9%	56.5%	2.2%
Aerobics	3.7%	29.6%	40.7%	25.9%	-
Dance	6.9%	10.3%	48.3%	34.5%	-
Gymnastics	16.0%	32.0%	40.0%	12.0%	-
Golf	-	4.3%	13.0%	82.6%	-
Snooker / Billiard	-	-	8.3%	91.7%	-
Qikong	-	20.0%	25.0%	55.0%	-
Tenpin bowling	-	18.8%	12.5%	68.8%	-

5.5 The respondents usually spent more than one hour per session in sports activities except exercise, Chinese martial arts / wushu, aerobics, dance and gymnastics.

Table 5.6 Duration by Sex

	Male	Female
Less than 15 mins	5.1%	8.5%
15-30 mins	12.3%	21.7%
31-60 mins	18.6%	29.4%
More than 1 hr	63.4%	38.2%
Hard to say	0.6%	2.2%

- 5.6 By ignoring the types of sports involved, male participants tended to play longer than their counterparts.

Table 5.7 Companion of participation

Companion	(N)	Pct of Cases
Friends	(527)	41.9%
Self	(391)	31.1%
Schoolmates	(125)	9.9%
Children	(81)	6.4%
Colleagues	(51)	4.1%
Relatives	(21)	1.7%
Siblings	(10)	0.8%
Parents	(8)	0.6%
Others	(45)	3.6%

- 5.7 More than 40% of the respondents played sports with their friends. About 31% of the respondents played sports alone.

Table 5.8 Companion by Age

	15-24	25-34	35-44	45-54	55-64	65 or above
Friends	53.6%	47.0%	28.3%	29.3%	28.2%	37.1%
Self	14.8%	29.1%	33.6%	53.4%	59.2%	49.5%
Schoolmates	25.8%	1.3%	0.9%	-	-	-
Children	0.2%	7.3%	21.5%	6.0%	2.8%	-
Colleagues	2.6%	9.0%	5.4%	3.8%	-	-
Relatives	0.7%	2.1%	4.5%	0.8%	2.8%	-
Siblings	0.7%	2.1%	0.4%	-	-	-
Parents	0.7%	0.4%	0.9%	0.8%	1.4%	-
Others	0.9%	1.7%	4.5%	6.0%	5.6%	-

5.8 Young respondents were most likely to play sports with their friends. Respondents in the age of 35 or above were more likely to play on their own.

Table 5.9 Companion by Education

	No Education	Primary	Lower Secondary	Upper Secondary	Matric	Post Secondary
Friends	41.2%	34.6%	36.7%	43.3%	47.8%	42.7%
Self	41.2%	50.8%	32.5%	28.3%	20.1%	28.2%
Schoolmates	-	-	16.0%	10.5%	17.9%	8.7%
Children	-	6.2%	8.9%	7.6%	2.2%	6.5%
Colleagues	-	-	2.4%	4.9%	5.2%	5.8%
Relatives	2.0%	0.8%	0.6%	1.1%	2.2%	3.2%
Siblings	-	-	0.6%	0.7%	1.5%	1.3%
Parents	2.0%	-	0.6%	0.2%	2.2%	0.6%
Others	13.7%	7.7%	1.8%	3.3%	0.7%	2.9%

5.9 Of those who played with their friends, most respondents had at least upper secondary educational level whereas those who played sports alone had lower educational level.

Table 5.10 Companion by Occupation

	Professionals & Semi- Professionals	Clerical & Service Workers	Production Workers	Students	Housewives	Others
Friends	38.5%	43.3%	39.6%	49.7%	32.2%	39.3%
Self	31.4%	35.7%	44.0%	12.8%	40.2%	44.8%
Schoolmates	1.8%	0.8%	-	34.3%	-	-
Children	7.1%	8.4%	8.8%	-	17.8%	2.1%
Colleagues	11.5%	6.8%	3.3%	0.9%	-	-
Relatives	3.1%	1.1%	2.2%	0.3%	3.4%	1.4%
Siblings	2.2%	0.8%	-	0.9%	-	-
Parents	0.9%	0.4%	-	0.9%	-	1.4%
Others	3.5%	2.7%	2.2%	0.3%	6.3%	11.0%

5.10 Friends were the most popular companions for students. Those who were unemployed / retired were more likely to play alone.

Table 5.11 Facilities in use

Facilities	(N)	Pct of Cases
Facilities managed by the two Municipal Councils	(701)	56.3%
Private clubs	(121)	9.7%
Home	(158)	12.7%
Community halls	(18)	1.4%
Schools	(81)	6.5%
Facilities managed by other voluntary organisations	(17)	1.4%
Facilities managed by the Agricultural and Fisheries Department	(56)	4.5%
Facilities provided by company	(14)	1.1%
Others	(80)	6.4%

5.11 Most of the respondents used to play sports in the facilities managed by the two municipal councils (56.3%). About 13% did sports at home while facilities managed by the private clubs occupied another 9.7%.

Table 5.12 Facilities in use by Age

	15-24	25-34	35-44	45-54	55-64	65 or above
Municipal Councils	65.5%	55.0%	48.9%	44.7%	48.6%	53.1%
Private clubs	5.1%	18.6%	16.3%	6.1%	2.9%	2.1%
Home	6.5%	13.4%	16.7%	22.7%	17.1%	14.6%
Community halls	2.2%	0.4%	1.4%	1.5%	1.4%	1.0%
Schools	15.4%	2.2%	1.4%	-	-	-
Agricultural and Fisheries Department	1.6%	1.3%	0.9%	2.3%	1.4%	1.0%
Company's Facilities	0.9%	1.3%	1.4%	2.3%	1.4%	-
Others	1.8%	4.3%	8.6%	9.8%	15.7%	17.7%

5.12 Of those using the municipal councils, most of them were in the age of 15-24 (65.5%).



Table 5.13 Facilities in use by Occupation

	Professionals & Semi- Professionals	Clerical & Service Workers	Production Workers	Students	House- wives	Others
Municipal Councils	50.2%	56.9%	62.8%	61.9%	48.8%	57.2%
Private clubs	21.6%	12.7%	1.2%	4.7%	8.2%	2.1%
Home	10.1%	15.0%	17.4%	6.7%	22.9%	12.4%
Community halls	0.9%	1.9%	-	2.1%	1.2%	0.7%
Schools	2.6%	1.2%	-	20.2%	1.2%	-
Voluntary organisations	1.8%	0.8%	2.3%	1.8%	1.2%	0.7%
Agricultural and Fisheries Department	4.4%	5.0%	3.5%	0.9%	5.9%	11.0%
Company's Facilities	2.6%	1.9%	1.2%	0.3%	0.6%	-
Others	5.7%	4.6%	11.6%	1.5%	10.0%	15.9%

5.13 Production workers were more likely to play sports in the places managed by municipal councils.

**6. ATTITUDES AND FUTURE INTENTIONS****Table 6.1 Benefits of Sports**

<b>Benefits</b>	<b>(N)</b>	<b>Pct of Responses</b>	<b>Pct of Cases</b>
Good health	(1979)	51.0%	74.7%
Good physical fitness	(856)	22.1%	32.3%
Enhance mental intelligence	(69)	1.8%	2.6%
Body flexibility	(243)	6.3%	9.2%
Enrich social life / make more friends	(64)	1.6%	2.4%
Release work pressure	(142)	3.7%	5.4%
Enjoyment	(246)	6.3%	9.3%
Develop potential talent	(10)	0.3%	0.4%
Family members are involved	(21)	0.5%	0.8%
Others	(85)	2.2%	3.2%
Don't know / hard to say	(166)	4.3%	6.3%

- 6.1 About 75% of all respondents reckoned sports would do good to health. Other frequently quoted benefits were enhancing physical fitness, enjoyment and body flexibility. It is noted that, mostly, people associated benefits of sports with the physical health and ability only.

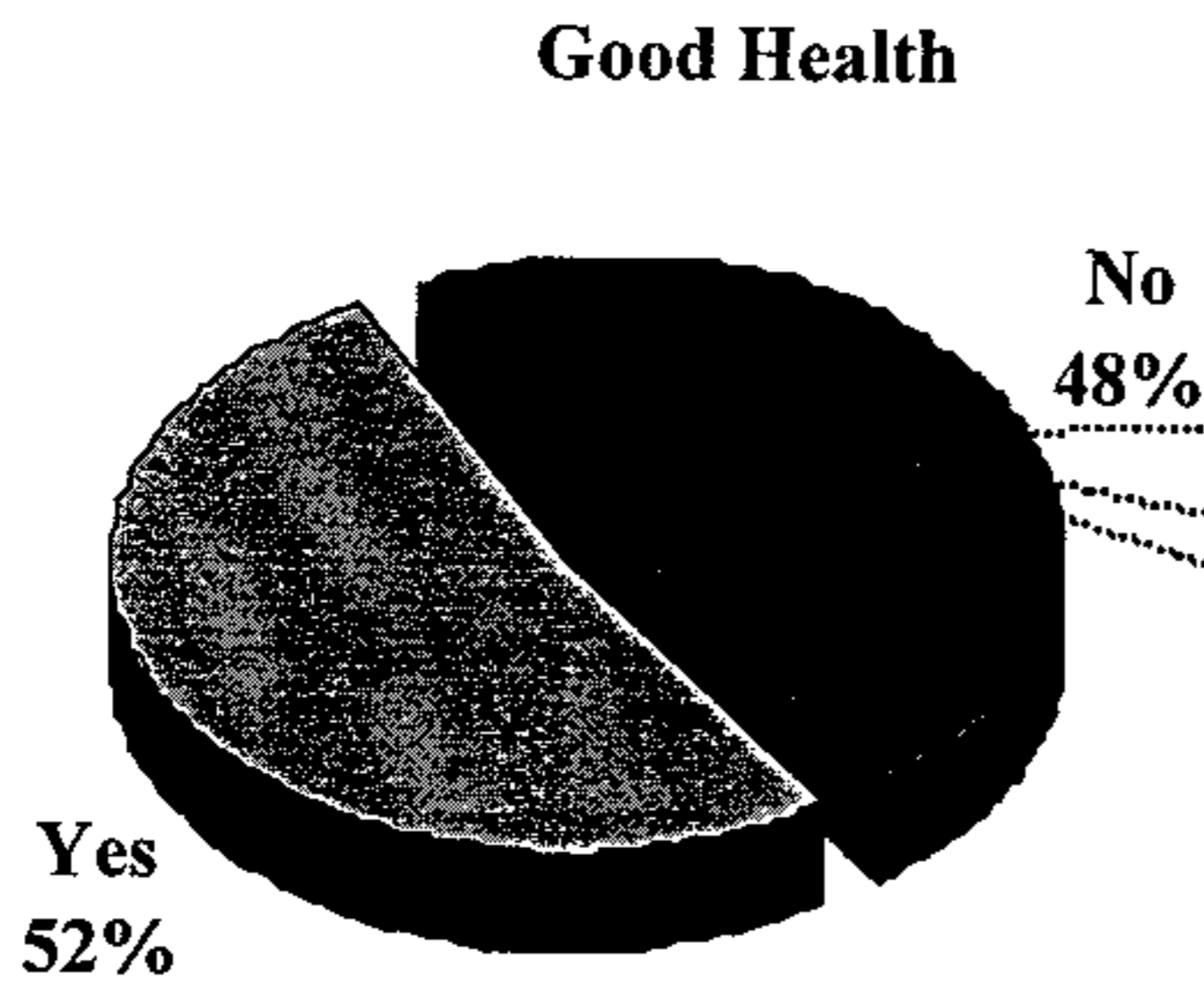
**Table 6.2 Will consider / reconsider participation in the future**

	<b>(N)</b>	<b>Pct of Cases</b>
Yes	(670)	48.2%
No	(626)	45.0%
Don't know / hard to say	(94)	6.8%

- 6.2 Of those respondents who did not participate in any sports activities during the last three months or who had stopped participating recently, about 48% of them indicated possibility of taking part in sports in future.

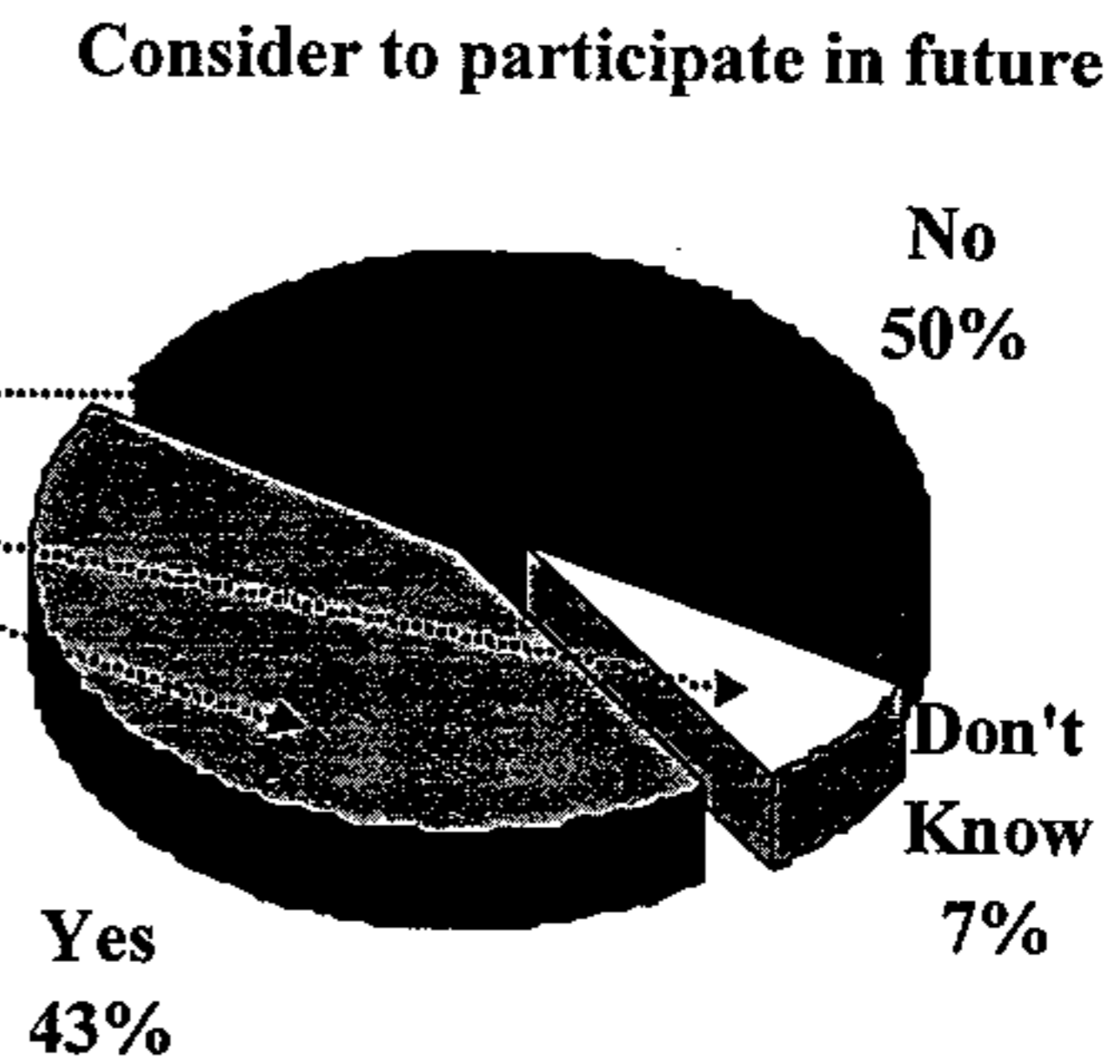
**Figure 6a**

**Attitudes Vs Participation**



**Figure 6b**

**Future intention to participate**



When we picked out those respondents who had mentioned “good health” as one of the benefits of doing sports, it was discovered that about 48% of them had not participated in sports during last quarter. However, about 50% of them even said that they would not consider participating in the future. Most people do recognise the good side of sports but still have no initiative to participate in sports.

**Table 6.3 Consider to participate by Education**

	No Education	Primary	Lower Secondary	Upper Secondary	Matric	Post Secondary
Yes	9.1%	26.3%	44.6%	59.3%	75.0%	72.1%
No	90.9%	73.7%	55.4%	40.7%	25.0%	27.9%

6.3 Willingness to participate in sports in the future increased when educational level of respondents increased.

Table 6.4 Consider to participate by Age

	15-24	25-34	35-44	45-54	55-64	65 or above
Yes	72.5%	63.2%	49.2%	29.4%	17.1%	16.7%
No	27.5%	36.8%	50.8%	70.6%	82.9%	83.3%

- 6.4 Willingness to participate in sports in future decreased when age of respondents increased.

Table 6.5 Sports will be considered to participate

Sports	Pct	Sports	Pct
Badminton	32.9%	Cycling	4.4%
Swimming	28.4%	Walking	4.1%
Basketball	16.0%	Aerobic dance	2.7%
Jogging	11.9%	Volleyball	2.4%
Squash	11.0%	Gymnastics	1.6%
Soccer	9.7%	Athletics	1.4%
Tennis	6.8%	Chinese martial arts / wushu	1.1%
Hiking	6.5%	Golf	0.8%
Weight training	5.9%	Dance	0.6%
Table tennis	5.6%	Mountaineering	0.6%
Exercise	4.6%		

*\*Those sports with no more than 0.5% participation rate are not listed.*

- 6.5 The order of top ten list had slight differences from the actual participation. Badminton was ranked first in the list followed by swimming, basketball, jogging, squash, soccer, tennis, hiking, weight training and table tennis.

**7. SELF-ASSESSMENT****Table 7.1 Physical fitness level**

Condition	(N)	Pct of Cases
Excellent	(82)	3.1%
Quite good	(801)	30.7%
Average	(1414)	54.1%
Quite poor	(291)	11.1%
Very poor	(24)	0.9%

- 7.1 When the respondents were asked to assess their own physical fitness level compared with others of same age level and sex, a majority of them (87.9%) rated themselves as average to excellent. About 12% of the respondents thought that their physical fitness was quite poor or very poor.

**Table 7.2 Physical fitness by Age**

	15-24	25-34	35-44	45-54	55-64	65 or above
Excellent	1.3%	2.0%	4.0%	3.7%	6.5%	7.6%
Quite good	27.4%	29.6%	29.6%	35.0%	34.6%	38.8%
Average	56.0%	59.4%	54.6%	53.0%	45.8%	42.4%
Quite poor	14.6%	8.4%	11.2%	7.3%	11.8%	9.4%
Very poor	0.8%	0.5%	0.5%	1.0%	1.3%	1.8%

- 7.2 Old people tended to be more confident of their physical fitness than the other age groups.

Table 7.3 Physical fitness by Sex

	Male	Female
Excellent	3.8%	2.5%
Quite good	34.3%	27.0%
Average	51.8%	56.5%
Quite poor	9.5%	12.8%
Very poor	0.6%	1.2%

7.3 Men were relatively more confident of their physical fitness than women.

Table 7.4 Physical fitness by participation during last 3 months

	Yes	No
Excellent	4.4%	1.7%
Quite good	36.8%	23.3%
Average	50.3%	58.8%
Quite poor	8.1%	14.7%
Very poor	0.4%	1.4%

7.4 Respondents without sport participation were relatively more inclined to consider themselves having poor physical fitness than sport participants did.

Table 7.5 Health condition

Health Condition	(N)	Pct of Cases
Excellent	(92)	3.5%
Quite good	(1006)	38.2%
Average	(1332)	50.6%
Average	(191)	7.3%
Quite poor	(11)	0.4%

7.5 Referring to the health condition, about 92% of the respondents considered they had average health or above when compared with people of same age and sex.

Table 7.6 Health condition by Sex

	Male	Female
Excellent	4.3%	2.7%
Quite good	42.1%	34.4%
Average	48.7%	52.5%
Quite poor	4.6%	9.9%
Very poor	0.4%	0.5%

7.6 Relatively speaking, men were more confident of their health condition than women.

Table 7.7 Health condition by participation during last 3 months

	Yes	No
Excellent	4.4%	2.4%
Quite good	43.2%	32.4%
Average	46.7%	55.4%
Quite poor	5.4%	9.4%
Very poor	0.3%	0.4%

7.7 Those respondents who had participated in sports during the last quarter considered their health more favourable than those who hadn't.

**8. SPENDING ON SPORTS****Table 8.1 Ever spent on sports**

	(N)	Pct of Cases
Yes	(1365)	51.6%
No	(1278)	48.4%

- 8.1 The number of respondents who had spent some money on sport-related goods or services during last 12 months was more than those hadn't.

**Table 8.2 Ever spent on sports by Sex**

	Male	Female
Yes	56.6%	46.7%
No	43.4%	53.3%

- 8.2 Male respondents had consumed more on sport-related items than their counterparts.

**Table 8.3 Ever spent on sports by Education**

	No Education	Primary	Lower Secondary	Upper Secondary	Matric	Post Secondary
Yes	8.3%	15.5%	41.6%	59.2%	69.5%	73.3%
No	91.7%	84.5%	58.4%	40.8%	30.5%	26.7%

- 8.3 Respondents with higher educational level were more willing to spend on sport-related goods and services.

**Table 8.4 Ever spent on sports by Age**

	15-24	25-34	35-44	45-54	55-64	65 or above
Yes	74.8%	60.9%	48.1%	28.6%	15.5%	6.8%
No	25.2%	39.1%	51.9%	71.4%	84.5%	93.2%

- 8.4 Willingness to spend money on sport-related goods and services decreased when the age of respondents increased.



Table 8.5 Ever spent on sports by Occupation

	Professionals & Semi- Professionals	Clerical & Service Workers	Production Workers	Students	House- wives	Others
Yes	66.7%	55.7%	36.1%	75.2%	26.2%	24.9%
No	33.3%	44.3%	63.9%	24.8%	73.8%	75.1%

8.5 Students were the major consumers for sports. Among those being employed, professionals and semi-professionals were more willing to spend money on sports than the others.

Table 8.6 Types of goods or services spent on

Types of goods /services	(N)	Pct of Responses	Pct of Cases
Equipment	(851)	34.6%	62.8%
Sports clothing	(759)	30.9%	56.0%
Entrance fee / membership fee	(329)	13.4%	24.3%
Training fee	(68)	2.8%	5.0%
Tickets for matches	(32)	1.3%	2.4%
Venue charges	(374)	15.2%	27.6%
Sports magazine / books	(40)	1.6%	2.9%
Others	(6)	0.2%	0.4%

8.6 The items on which respondents had usually spent were predominantly equipment (34.6%) and sport clothing (30.9%).

Table 8.7 Average monthly spending on sports

Amount	(N)	Pct of Cases
Less than \$100	(398)	43.4%
\$101 - \$250	(227)	24.7%
\$251 - \$350	(102)	11.1%
\$351 - \$500	(107)	11.7%
\$501 - \$1,000	(69)	7.5%
More than \$1,000	(15)	1.6%

- 8.7 Respondents were asked to state approximately how much they had spent on sports items per month. About 43% of the respondents spent less than \$100 per month and another 24.7% spent between \$101 - 250.

From the calculation of the total average monthly spending on sports, the average yearly spending of an individual respondent was about \$3,574.