

Family and Sport

Juanita Kit Mui Ho, Eric Wing Hong Chui
The University of Hong Kong

April 1996



香港康體發展局
HONG KONG
SPORTS DEVELOPMENT BOARD

Research Project on "Family and Sport"

Phase I: Telephone Survey

Social Sciences Research Centre,
The University of Hong Kong

Phase II: Case/ Focus Group Interview

Researcher: Juanita Kit Mui HO

Research Assistant: Eric Wing Hong CHUI

Interviewers: Shirley Shuet Lai WONG
Pui Chi CHOW
Anita Man Yee TANG

CONTENTS

PART I INTRODUCTION

CHAPTER ONE INTRODUCTION

- 1.1 Background / 2
- 1.2 Objectives of the Study / 3
- 1.3 Structure of the Report / 4

CHAPTER TWO LITERATURE REVIEW

- 2.1 Local Studies / 5
- 2.2 Overseas Studies / 6
- 2.3 Summary / 7

CHAPTER THREE METHODOLOGY

- 3.1 Phase 1: Quantitative Survey / 9
- 3.2 Phase 2: Case/ Focus Group Interview / 11

PART II QUANTITATIVE SURVEY

CHAPTER FOUR GENERAL PROFILE OF RESPONDENTS

- 4.1 Demographic Profile / 16
- 4.2 Health Habit and Physical Health / 23
- 4.3 Perceptions of Sport / 26

CHAPTER FIVE SPORT PARTICIPATION

- 5.1 Types of Sport Participation / 27
- 5.2 Variables Affecting Sport Participation / 44
- 5.3 Employer and Sport / 49

PART III CASE/ FOCUS GROUP INTERVIEW

CHAPTER SIX FAMILY AND SPORT

- 6.1 Perception of "Sport" / 54
- 6.2 Differences between "Individual Participation in Sport" and "Family Participation in Sport" / 61
- 6.3 Advantages and Disadvantages of Family Participation in Sport / 68

CHAPTER SEVEN EXPERIENCES IN FAMILY PARTICIPATION

- 7.1 Recent Experiences / 77
- 7.2 Roles in the Experiences / 83
- 7.3 Summary / 87

PART IV CONCLUSION

CHAPTER EIGHT CONCLUSION AND RECOMMENDATIONS

- 8.1 Conclusion / 89
- 8.2 Recommendations / 90

REFERENCES

- APPENDIX I QUESTIONNAIRE (ENGLISH VERSION)*
- APPENDIX II QUESTIONNAIRE (CHINESE VERSION)*
- APPENDIX III CASE/ FOCUS GROUP INTERVIEW GUIDELINE*

PART I

INTRODUCTION

CHAPTER ONE

INTRODUCTION

1.1 Background

The Hong Kong Sports Development Board (SDB), which was set up on 1st April 1990, is a statutory body created to promote and develop sport and physical recreation in Hong Kong. It is commonly believed that participation in sport or physical recreation is beneficial to the public. There are numerous reasons for investing in sport, and they are:

- to raise health levels and reduce health care costs;
- to provide meaningful organized activities for young people;
- to reduce the tendency to adopt unhealthy practices such as smoking and drug abuse;
- to cultivate a physically strong and developed population;
- to produce role models for young people;
- to raise community pride through international sporting success;
- to identify and nurture talent;
- to raise the self esteem of individuals;
- to enable the whole family to get involved in sports activities;
- to teach the principles of fair play and sportsmanship; and
- to enhance the quality of life.

In particular to one of the objectives of SDB to foster maximum family involvement in sports activities, a widespread appeal among parents in their support for greater participation by the young would be necessary. Notwithstanding the fact that research related to family participation in sport in the local context is actually very limited. Related topics including the leisure and sport pattern of young people in Hong Kong (Ng, 1984, 1988; Chow, 1985; Ng & Man, 1988) provide some basic background on the leisure behaviour pattern of young people. A review of these literature or research will be provided in the following chapter. Yet, bearing in mind that those studies merely focus on the pattern among young people but not the general public. Nor do they pay great emphasis on exploring how the family can be involved in sport activities.

Besides, in response to the "Family and Sport" campaign in the year 1996/97, a study on the current situation of family participation in sport in Hong Kong seems to be of great significance. This is because it will certainly enhance our understanding of family participation in sport in Hong Kong, and facilitate the programme planning in the long run.

1.2 Objectives of the Study

The objectives of the study are as follows:

(1) to investigate the profile of sport participation by the public, and the contemporary patterns of family participation in sport such as frequency of participation, types of sports activities involved, companions and in relation to their socio-economic background;

(2) to identify the motives and incentives for family participation in sport, and also to assess the reasons for non-participation or withdrawals;

(3) to identify their levels of knowledge and awareness of service delivery for family participation in sport;

(4) to elicit their attitudinal perceptions of "Family and Sport" among different generations and their understanding of its benefits; and

(5) to recommend strategies to encourage as well as enhance greater family involvement in sport.

1.3 Structure of the Report

In order to carry out a comprehensive study on "Family and Sport", a rigorous research design seems to be a pre-requisite. A mixed use of the quantitative and qualitative research methodology has been adopted, and the details of the research methodology including its advantages and its disadvantages would be highlighted in Chapter 3. Whilst findings of telephone interviews and case/group interviews would be presented after making thoughtful analysis in Part II and Part III respectively. Finally, the concluding chapter would not only bring about some interesting discussion, but also arrive at some recommendations for policy implication. The questionnaire used in the telephone interview, and the interview guidelines for the case or focus group interviews would be included in the Appendix.

CHAPTER TWO

LITERATURE REVIEW

Before going into the details of the research design, it is first necessary to review some of research studies that relate to family participation in sport. These would provide some background on the leisure and sport pattern of young people in Hong Kong and overseas.

2.1 Local Studies

2.1.1 *Leisure time*

In Ng and Man's study (1988), leisure time was reported on average about three hours on weekdays and eight hours on Sundays among the youths in Eastern District.

2.1.2 *Leisure activities*

Among adolescents in Hong Kong, the usual leisure activities were reported in the order of watching television, socializing such as going out and visiting tea-houses, ball games, listening to radio or records, book reading and outdoor pleasures (Ng, 1984). In another study by Ng (1988) physical activities such as ball games, outdoor activities and other sports were reported by about 19% of youths as the most frequent leisure activity. Generally speaking, boys were much more drawn towards various physical activities, especially ball games. Besides, increasing age was associated with less television watching and less frequent pursuit of interest activities and physical activities (Ng, 1984). What is more, swimming and other sports were observed to be more common in summer than in winter (Ng & Man, 1988).

2.1.3 *Leisure companions*

On Sundays, younger youths were more likely to have parents and other family members as leisure companions; whereas older youths tended to have schoolmates, work colleagues, and other friends as companions in their leisure pursuits (Ng & Man, 1988).

2.1.4 *Participation in organized activities*

Further to Ng and Man's study (1988), over 90% of the respondents did not participate in activities organized by the Government bodies, and the three main reasons for non-participation were: (1) lack of knowledge of what organized activities are offered; (2) lack of leisure time; and (3) lack of interest in such activities.

2.1.5 *Parental influence*

In a study on the effects of peer orientation as compared to parent orientation on the leisure behaviour of young people in Hong Kong (Ng, 1988), it was found that for older adolescents, high peer orientation was significantly associated with actually engaging in social or physical leisure activities. It was also noticeable that in families in which children attached little importance to parents, peers were likely to occupy a substantial place in their leisure life.

2.2 **Overseas Studies**

Inquiry into the familial or parental influence on the leisure pattern or more specifically, sport participation of young people was not obvious in previous research in Hong Kong. A review of overseas studies, nevertheless, may shed some insights on the ways in which the family or the parents influence youth's participation in sport activities.

2.2.1 *Parental encouragement*

A survey, conducted by Wankel and Kreisel in 1985, of 11- to 18-year-olds in Michigan found that 32% of sports participants listed parents' encouragement as a primary reason for joining a youth sports programme (cited in Browne & Francis, 1993).

2.2.2 *Athletic prowess*

Chandler and Goldberg (1990), in a study of over 600 teenagers, found that nearly 40% of boys believed that athletic prowess contributed to making their parents proud of them.

2.2.3 *Parental pressure*

Hines and Groves (1989) found that the family or parent component of the Coopersmith Self-esteem scale was negatively related to competitive sports motives, i.e. eagerness to win. Family or parents might be exerting pressures on youngsters to perform in those competitive situation. It was noted in studies that parental pressure was one of the common reasons given for dropping out of sport by young people (Hendry, 1992).

2.3 **Summary**

By reviewing some of local and overseas studies, this chapter aims at providing some ideas regarding the pattern of individual or family participation in sport. Besides, some of their findings may be useful to substantiate the findings of this study in Part II and Part III. Nevertheless, bearing in mind that most of these solely focus on the youth as the target population. It explains why the knowledge, regarding how a family gets involved in sport, and the pattern of sport participation among other age groups, is rather inadequate.

Therefore, this study serves as a pioneer to investigate the profile of sport participation by the public, thus filling the gap to yield more knowledge in this respect.

CHAPTER THREE

METHODOLOGY

This study has been conducted in two phases, namely the quantitative survey and the case or focus group interviews. In other words, it employs both quantitative and qualitative research methods. The aim of this chapter is to outline the details of the methodology, and the project schedule for easy reference. Also, the strengths and the limitations of these methods would be highlighted.

3.1 Phase 1: Quantitative Survey

A quantitative survey had been conducted through telephone interviews, stratified across the whole of the territory. This telephone survey would explore the general profile of family involvement in sport or physical recreation in Hong Kong.

According to Lavrakas (1987: 10), "telephone surveying had become commonplace, and in many instances it is the most preferred approach to surveying. It is a methodology that has achieved a respected status as a valid means of gathering information ..." Besides, telephone interview surveys are convenient, and "have the additional advantage of greater speed" (Hakim, 1987: 59). Further, response rates are expected to be high as people might be less concerned about talking to someone on the phone, rather than opening a door to them (May, 1993: 75). Owing to the above advantages, the questionnaire in both Chinese and English versions, as shown in Appendix I and II, was first designed and then the telephone interview was conducted by the Social Sciences Research Centre at the University of Hong Kong from 8 to 10 of January.

3.1.1 Telephone Interview Survey

The target population of this telephone interview survey was all Hong Kong residents aged over 12. To obtain the target of 1,000 respondents over a short period of time, telephone survey using randomly selected telephone numbers was used. A total of 1,078 respondents was successfully interviewed, with an acceptable response rate of 58.7%, which is more or less the same with other POP surveys, and a standard error less than 1.5%, slightly better than normal standard due to the large sample size. The following table summarizes the contact information of the entire telephone interview survey that had been conducted.

Contact Information	
Date of Survey	: 8-10 January 1996
Target population	: Hong Kong population over 12 year-old
Survey Method	: Standard Public Opinion Programme (POP) telephone sampling method (i.e. telephone numbers selected randomly from telephone directories + additional numbers generated from the computer)
Subject Selection	: if more than one subject being available, select the one who will have his/her birthday next
Sample size	: 1,078 successful cases
Success rate	: 58.7%
Standard error	: Less than 1.5%

3.1.2 Sampling Procedure

3.1.2.1 Telephone Sampling

Telephone numbers were first drawn randomly from the residential telephone directories as “seed numbers”, from which another set of numbers were generated using the “plus/ minus digit” method, in order to capture the unlisted numbers. All numbers were then mixed in random order to produce the final telephone sample. It, therefore, aims at arriving a representative sample across the territory. Nonetheless, it is not without problems. This is because it is difficult to access those people who do not have telephones on their own.

3.1.2.2 Selection of Respondents

When telephone contact was successfully established with a target household, one person aged 12 or above was selected from all those present using the “next birthday” rule. Referring to the above table, the overall response rate can be calculated as:

$$\frac{\text{(success)}}{\text{(success + immediate refusals + refusals by target respondents)}}$$

$$= 1,078 / (1,078 + 95 + 664) = 58.7\%$$

The demographic profile of the respondents successfully interviewed in this survey had been illustrated in Chapter 4. As the sex distribution was fairly evenly distributed, no weighting had been done to the data reported.

3.2 Phase 2: Case/ Focus Group Interviews

To supplement the findings from the telephone interview survey, case or focus group interviews were held to collect qualitative data regarding respondents’ opinions,

concerns and perceptions over the issue of family participation in sport. Most importantly, the main objective of the interview is to investigate in-depth the people's experiences in family participation in sport, thus identifying the trend or common pattern of sport participation in Hong Kong. Referring to Appendix III, three main areas were specifically covered in these interviews, namely, respondents' experiences towards family participation in sport, respondents' experiences towards family participation in sport activities organized by their employers or their school personnel, and their comment on the existing sport or physical recreation organized for family participation.

3.2.1 Qualitative Research Method

The reason for carrying out in-depth interviews is to substantiate findings in Phase 1, and to provide more qualitative support. However, this type of interview is rather demanding, and much depends on the skill of the interviewer. Therefore, a comprehensive training session and close supervision with the interviewers were provided so as to ensure the best quality of the work. Besides, employing interviewers of high calibre was guaranteed as three of them were actually social work trained. The original plan was to form different focus groups according to different types of respondents' occupation. Group interaction would be allowed when focused on a series of topic areas introduced by the interviewer. Each participant in a group of four to six is encouraged to express views on each area, or react to the views of the other participants. In a group situation, it not only offers more stimulation to the participants but also provoke spontaneity and candor among participants. Accordingly, various focus group interviews were successfully carried out with the help of those chairmen or committee members of different sports clubs. However, difficulties were encountered in forming focus groups for certain target population such as housewives, individual in-depth interviews were used as an alternative measure.

3.2.2 Sampling

Altogether 25 focus group interviews and 16 individual interviews had been arranged between 1st March and 10th April, covering nine types of professions, namely managers and administrators, professionals, clerks, junior form students, senior form students, university students, housewives, service workers and shop sales workers, and others. The total number of target sample was 116. The following table shows the distribution of participants according to their occupation, their age range and the sources of obtaining them.

Occupation	Age Range	Number of Participants	Source
Managers and Administrators	20-54	24	Sports Clubs, Players in the tennis Court
Professionals	20-59	17	Sports Clubs, 2 Agencies
Clerks	15-49	8	Sports Clubs, 2 Companies
Junior Form Students	12-14	10	Sports Teams, Sports Clubs, 1 School
Senior Form Students	15-19	16	Sports Teams, Sports Clubs, 1 School
University Students	20-24	10	2 Universities
Housewives	25-64	19	Sports Teams, Sports Clubs, Housewives in the park & in the commercial centres
Service Workers and Shop Sales Workers	25 - 49	7	Sport Clubs, 1 Company
Others	above 20	5	Sport Clubs
Total		116	

Nonetheless, bearing in mind, the above sampling is not necessarily representative of what would be found in the general population and hence are not projectible. In view of this pitfall, the in-depth interviews should be used strictly for insights into the reality of the participants' perspective. More specifically, the qualitative research methods are "less structured and more intensive than standardised questionnaire-based interviews. There is a longer, and more flexible relationship with the respondent, so the resulting data have more depth and richness of context - which also means a greater potential for new insights and perspectives" (Lehmann, 1989). Besides, the second phase of the research was designed to cover people from various profession in the hope of investigating in-depth their experiences in family participation in sport.

PART II

**QUANTITATIVE
SURVEY**

CHAPTER FOUR

GENERAL PROFILE OF RESPONDENTS

A total of 1,078 respondents were interviewed in the telephone survey. An overview of the general characteristics of these respondents would be presented in this chapter.

4.1 Demographic Profile

4.1.1 Home District

Table 4.1 shows the distribution of respondents in 18 districts. On the whole, the respondents were spread throughout the territory in Hong Kong.

Table 4.1 : Home District

		<u>Frequency</u>	<u>Percentage(%)</u>
<u>Hong Kong Island</u>	Eastern	102	9.6
	Southern	56	5.3
	Central & Western	37	3.5
	Wanchai	20	1.9
<u>Kowloon</u>	Wong Tai Sin	86	8.1
	Kwun Tong	80	7.5
	Sham Shui Po	75	7.1
	Kowloon City	54	5.1
	Yau Tsim Mong	47	4.4
	<u>New Territories</u>	Sha Tin	128
Tuen Mun		79	7.5
Tai Po		70	6.6
Yuen Long		54	5.1
North		50	4.7
Kwai Tsing		39	3.7
Sai Kung		25	2.4
Islands		4	0.4
	Total	1060	100.0

No. of missing cases: 18

4.1.2 Age of Respondents

Table 4.2 shows the age distribution of the respondents with the minimum age at 12. The eldest respondent is 88 years old. By having this wide age range from 12 to 88, this study included opinions and perspectives among different generations. The distribution of respondents in terms of their age range was, on the whole, evenly distributed. The mean age of the respondents was 32 years old.

Table 4.2 : Age

	<u>Frequency</u>	<u>Percentage (%)</u>
12-19	246	23.1
20-29	246	23.1
30-39	266	25.0
40-49	162	15.0
50-59	71	6.7
60 or above	73	6.9
Total	1064	100.0

No. of missing cases: 14

4.1.3 Sex of Respondents

Table 4.3 shows the even distribution of respondents in terms of sex. The male represents 50.4% whereas the female represents 49.6 %.

Table 4.3 : Sex

	<u>Frequency</u>	<u>Percentage (%)</u>
Male	543	50.4
Female	535	49.6
Total	1078	100.0

No. of missing cases: 0

4.1.4 Occupational Status of Respondents

Table 4.4 shows the occupational status of the respondents. It is found that 55.0% of respondents were working, and they belonged to various professions as shown in the table. Whilst 25.1% of respondents were students, 13.7% were housewives, and 6.1% included those retired and unemployed.

Table 4.4 : Occupational Status

<u>Occupational status</u>	<u>Frequency</u>	<u>Percentage (%)</u>
Employed	589	55.0
Clerks	160	15.0
Service workers and shop sales workers	121	11.3
Professionals	89	8.3
Managers and administrators	62	5.8
Elementary occupation	40	3.7
Plant and machine operators and assemblers	40	3.7
Craft and related workers	36	3.4
Associate Professionals	26	2.4
Skilled agriculture and fishery workers	5	0.5
Not classifiable	10	0.9
Housewives	147	13.7
Students	269	25.1
Others	65	6.1
Total	1070	100.0

No. of missing cases: 8

4.1.5 Educational Attainment

Table 4.5 indicates the education attainment of the respondents. More than half of them (51.4%) did receive formal education up to Form 5 level, and only 2.8% were illiterate or merely had their highest education qualification in the kindergarten.

Table 4.5 : Education Attainment

	<u>Frequency</u>	<u>Percentage (%)</u>
No schooling/ Kindergarten	30	2.8
Primary	165	15.4
Form 1	45	4.2
Form 2	54	5.0
Form 3	162	15.1
Form 4	58	5.4
Form 5	294	27.5
Post-secondary/Matriculation	91	8.5
Tertiary	154	14.4
Technical Institute	11	1.0
Others	7	0.7
Total	1071	100.0

No. of missing cases: 7

4.1.6 Household Income

Table 4.6 shows the distribution of the monthly household income of the respondents. The mean monthly household income was HK\$23,230. Nonetheless, nearly 43% of the respondents had no idea of their household income.

Table 4.6 : Household Income per Month

	<u>Frequency</u>	<u>Percentage (%)</u>
Under 2,000	15	1.4
2,000 - 3,999	7	0.6
4,000 - 5,999	12	1.1
6,000 - 7,999	28	2.6
8,000 - 9,999	36	3.3
10,000 - 14,999	134	12.4
15,000 - 19,999	83	7.7
20,000 - 29,999	131	12.2
30,000 - 39,999	70	6.5
40,000 - 49,999	37	3.4
50,000 and over	64	5.9
Don't Know	461	42.8
Total	1078	100.0

No. of missing cases: 0

4.1.7 Household Size

Table 4.7 shows the total number of family members, including the respondent, living together. The mean household size was around 4.

Table 4.7 : Household Size

	<u>Frequency</u>	<u>Percentage (%)</u>
One	29	2.7
Two	104	9.8
Three	188	17.8
Four	340	32.2
Five	233	22.0
Six	108	10.2
Seven	31	2.9
Eight	13	1.2
Nine	5	0.5
Ten	3	0.3
Eleven	3	0.3
Total	1057	100.0

No. of missing cases: 21

4.2 Health Habit and Physical Health

4.2.1 Smoking Habit of Respondents

As shown in Table 4.8, most of the respondents were non-smokers, and they represented 86.3% of the whole sample interviewed, while 13.7% of the respondents were smokers.

Table 4.8 : Smoking Habit

	<u>Frequency</u>	<u>Percentage (%)</u>
Yes	148	13.7
No	929	86.3
Total	1077	100.0

No. of missing cases: 1

4.2.2 Drinking Habit of Respondents

Similar to the findings on smoking habit, Table 4.9 reveals that the majority (85.3%) of the respondents did not drink heavily while 14.7% of them were drinkers.

Table 4.9 : Drinking Habit

	<u>Frequency</u>	<u>Percentage (%)</u>
Yes	158	14.7
No	919	85.3
Total	1077	100.0

No. of missing cases: 1

4.2.3 Health Condition

When respondents were asked to rate their health condition, over half of the respondents (51.4%) tended to rate themselves as "Average". A total of 39.9% of the respondents regarded their health condition as either good or very good; while 8.7% regarded their health as poor or very poor.

Table 4.10 : Health Condition

	<u>Frequency</u>	<u>Percentage (%)</u>
Very Good	38	3.6
Good	382	36.3
Average	541	51.4
Poor	81	7.7
Very Poor	10	1.0
Total	1052	100.0

No. of missing cases: 26

4.2.4 Physical Level

Table 4.11 shows how the respondents commented on themselves in terms of their physical level as they compared with people of their age and sex at present. More than half (58.3%) of respondents found their physical health as “average”. As similar to their self-ratings of health condition, about 25.7% of them thought they had good physical condition and 3.3% very good condition as compared to others; on the contrary, 11.5% thought they had poor physical level and 1.2% very poor.

Table 4.11 : Physical Level

	<u>Frequency</u>	<u>Percentage (%)</u>
Very Good	34	3.3
Good	268	25.7
Average	609	58.3
Poor	120	11.5
Very Poor	13	1.2
Total	1044	100.0

No. of missing cases: 34

4.3 Perceptions of Sport

When respondents were asked about their perception on sport, more than half (59.2%) of the respondents perceived sport as "Healthy". Other common perceptions quoted by the respondents included: "An interest", "Physical Training", "Relaxing" and so on. Generally speaking, respondents reported relatively positive perceptions over sports. Only 20 respondents (1.9%) perceived sport as "Time consuming". Nonetheless, a total of 310 respondents (28.8%) could not quote their perception about sports.

Table 4.12 : Perceptions of Sport

	<u>Frequency</u>	<u>Percentage (%)</u>
Healthy	637	59.2%
An interest	301	28.0%
Physical training	258	24.0%
Relaxing	220	20.4%
Obtaining a sense of achievement	56	5.2%
Consumption of energy	50	4.6%
Time consuming	20	1.9%
Others	68	6.3%
Don't know	310	28.8%

No. of missing cases: 1

CHAPTER FIVE

SPORT PARTICIPATION

The main purpose of this chapter is to present the data collected from the telephone survey, in the hope of identifying different types of participation in sport in Hong Kong. In particular, the relationship between family and sport; as well as the relationship between employer and sport would be explored. Various types or pattern of participation in sport would also be differentiated. SPSS for MS Windows Release 6.0 was employed for the sake of making in-depth analysis.

5.1 Types of Sport Participation

As shown in Table 5.1, less than half of the respondents (46.3%) participated in sports or physical recreation during last six months.

Table 5.1 : Participation in Sport or Physical Recreation during last 6 Months

	<u>Frequency</u>	<u>Percentage (%)</u>
Yes	497	46.3
No	577	53.7
Total	1074	100.0

No. of missing cases: 4

It is shown in Table 5.2 that among those 497 sport participants, 182 respondents (36.6%) engaged in sports with their family. This group of respondents constituted 17.0% of the total sample interviewed.

Table 5.2 : Family Participation in Sport or Physical Recreation during last 6 Months

	<u>Frequency</u>	<u>Percentage (%)</u>
Yes	182	36.6
No	315	63.4
Total	497	100.0

No. of missing cases: 0

For the purpose of presentation and analysis, three general categories of participation in sports were classified, namely (1) Sport participation with the Family; (2) Individual Sport participation; and (3) No participation in sport, as illustrated in Table 5.3.

Table 5.3 : Three Types of Participation in Sport

Classification	Individual Participation in Sport	Family Participation in Sport
Sport participation with the Family	√	√
Individual sport participation	√	X
No Participation in sport	X	X

Table 5.4 shows the overall distribution of respondents with regard to this classification in sport participation. Generally speaking, about 17.0% of the respondents were involved in sport participation with the family; 29.3% were engaged in sport activities individually; whereas over half of the respondents (53.7%) were found to have no sport participation.

Table 5.4 : Distribution of Types of Sport Participation

	<u>Frequency</u>	<u>Percentage (%)</u>
Sport participation with the Family	182	17.0
Individual Sport participation	315	29.3
No sport participation	577	53.7
Total	1074	100.0

No. of missing cases: 4

5.1.1 Sport Participation with the Family

In the survey, 182 respondents were reported to have sport participation with the family. Among these respondents, playing badminton (38.9%) and swimming (34.4%) were considered to be the most popular types of sports for family participation. Table 5.5 shows the kinds of sports being engaged by families in the past 6 months. Other than badminton and swimming, various kinds of ball games such as basketball, squash, table tennis and soccer were found to be common among participants. In addition, hiking was one of the favourite activities reported for family participation. Besides, about half of the respondents (49.4%) indicated more than 1 kind of activities that they participated with the family.

Table 5.5 : Kinds of Sport or Physical Recreation for Family Participation

	<u>Frequency</u>	<u>%</u>		<u>Frequency</u>	<u>%</u>
Badminton	70	38.9	Yachting	2	1.1
Swimming	62	34.4	Dance	2	1.1
Basketball	29	16.1	Handball	1	0.6
Tennis	26	14.4	Netball	1	0.6
Hiking	23	12.8	Snooker/ Billiard	1	0.6
Soccer	21	11.7	Tenpin Bowling	1	0.6
Squash	16	8.9	Golf	1	0.6
Table Tennis	14	7.8	Softball	1	0.6
Walking	12	6.7	Athletics	1	0.6
Cycling	11	6.1	Rowing	1	0.6
Jogging	8	4.4	Gymnastics	1	0.6
Mountaineering	8	4.4	Judo	1	0.6
Volleyball	3	1.7	Others	5	2.8
Ice Hockey	2	1.1			

No. of valid cases: 180

Table 5.6 shows the frequency of family participation in sports by the respondents. About 34% of the respondents engaged in sports with the family by chance or occasionally; while 8% once every 2 months. About 26% of the respondents participated in sports with the family at least once a month; while about 30% at least once a week.

Table 5.6 : Frequency of Family Participation in Sport

	<u>Frequency</u>	<u>Percentage (%)</u>
By chance/ Occasionally	60	33.9
Once per every 2 months	14	7.9
Once every month	34	19.2
2 or 3 times per month	18	7.2
1 or 2 times per week	43	24.3
3 or 4 times per week	8	4.5
Total	177	100.0

No. of missing cases: 5

Similar to Ng and Man's (1988) study, family members such as parents, siblings, spouse and so on were considered as one of the leisure companions. In Table 5.7, siblings were the most popular sport companions whereas children were found to be the favourites among these parents.

Table 5.7 : Family Members as Sport Companions

	<u>Frequency</u>	<u>Percentage (%)</u>
Siblings	71	39.9
Children	49	27.5
Spouse	28	15.7
Father	15	8.4
Mother	6	3.4
Cousins	3	1.7
Aunts	1	0.6
Uncles	1	0.6
Others	4	2.2
Total	178	100.0

No. of missing cases: 4

When considering the advantages of family participation in sport, as shown in Table 5.8, a large number of respondents felt that it would help improving relationship (39.6%) and was regarded as a kind of family gathering, being close with their family members (27.5%). Echoed with the idea of family members as leisure companions, 22.5% of the respondents would perceive this as one of the advantages of family participation in sport.

Table 5.8 : Advantages of Family Participation in Sport

	<u>Frequency</u>	<u>Percentage (%)</u>
Improving family relationship	72	39.6
Family gathering	50	27.5
Leisure companion	41	22.5
Entertainment	35	19.2
Physical Training	16	8.8
Developing interests together	9	5.0
Relaxation	6	2.8
Financial support	5	2.8
Help choosing leisure activities	4	2.2
Others	14	7.7
Don't know	18	9.9

No. of valid cases: 182

As indicated in Table 5.9, among the respondents who had the experience of family participation in sports, 95.6% expressed that they would continue to do sport with their families, thereby indicating their positive attitude towards family participation. Only 3 respondents expressed to discontinue sport participation with their families, with the reasons of (1) the age difference; (2) no time being available; and (3) having other activities with the family, as shown in Table 5.10.

Table 5.9 : Family Participation in Sport in the Future

	<u>Frequency</u>	<u>Percentage (%)</u>
Yes	174	95.6
No	3	1.7
Don't Know	5	2.7
Total	182	100.0

No. of missing cases: 0

Table 5.10 : Reasons for the Discontinuation of Sport Participation in Family

	<u>Frequency</u>	<u>Percentage (%)</u>
Age difference	1	33.3
No time	1	33.3
Having other leisure activities with the family	1	33.3
Total	3	100.0

No. of missing cases: 0

On the one hand, less than half (45.1%) indicated that there were enough sport or physical recreation for family participation in Hong Kong. On the other hand, similar percentage (42.3%) of respondents expressed their feelings of the inadequacy of sport or physical recreation being available for them. Table 5.11 reveals the conflicting views among the respondents when being asked about the adequacy of the provision of activities for family participation. A total of 12.6% of respondents indicated that they had no idea on this issue.

Table 5.11 : Are there enough sport or physical recreation organized for family participation ?

	<u>Frequency</u>	<u>Percentage (%)</u>
Yes	82	45.1
No	77	42.3
Don't Know	23	12.6
Total	182	100.0

No. of missing cases: 0

5.1.2 Individual Sport Participation

As illustrated in Table 5.3, individual sport participation is defined as the respondent engaging in sports or physical recreation by themselves, without the involvement of family members. In the telephone survey, 315 respondents were classified into this type of participation (see Table 5.4). The respondents quoted a variety of reasons for their not participating in sports with their families. Table 5.12 shows that half of the respondents (50%) expressed that "no time" was one of the major reasons for non-participation in sports with their families. Apart from this, "no common interest" was another to explain their non-participation by 26.4% of the respondents, followed by "age difference". On the contrary, no respondents attributed to the inadequacy of available sport activities, and only one or two respondents indicated that there were insufficient sport facilities and insufficient information for family participation.

Table 5.12 : Reasons for Participation in Sport without the Family

	<u>Frequency</u>	<u>Percentage</u> (%)
No time	157	50.0
No common interest	83	26.4
Age difference	41	13.1
Prefer playing with others such as peers	17	5.4
Having other activities with the family	14	4.5
Get away from the family	9	2.9
Want to be independent	3	1.0
Insufficient information	2	0.6
Insufficient sport facilities for family participation	1	0.3
Insufficient sport activities for family participation	-	-
Others	26	8.3
Don't know	9	2.9

No. of valid cases: 314

Although this group of respondents did not have the actual experience of family participation in sports in the last 6 months, a majority of them (63.9%) showed positive attitudes towards family participation in sport when being asked whether they would take part with their families provided opportunities were coming. Also, in Table 5.13, around 20.8% of the respondents did not favour family involvement in sport and 15.3% of them were uncertain or had no idea.

Table 5.13 : Family Participation in Sport in Future

	<u>Frequency</u>	<u>Percentage (%)</u>
Yes	200	63.9
No	65	20.8
Don't Know	48	15.3
Total	313	100.0

No. of missing cases: 2

5.1.3 No Participation in Sport

A total of 577 respondents in the telephone survey did not participate in any sport or physical recreation in the last six months, constituting 53.7% of the sample. They neither participated in sport on their own, nor did they take part in sport with their families. Reasons for their non-participation were shown in Table 5.14. Among them, it is remarkable that "no time" was the major justification for their non-participation. Other common reasons being quoted included "no interest at all", "no companion", "no information", and "having other leisure activities".

Table 5.14 : Reasons for No Participation in Sport

	<u>Frequency</u>	<u>Percentage (%)</u>
No time	384	66.6
No interest at all	79	13.7
No information	23	4.0
No companion	13	2.3
No or insufficient sport facilities	9	1.6
Having other leisure activities	8	1.4
No equipment	2	0.3
No encouragement from the family	1	0.2
Others	87	15.1
Don't know	18	3.1

No. of valid cases: 577

As shown in Table 5.15, about 41.4% of this group of respondents would consider to take part in sport or physical recreation in the future. A slightly higher percentage (42.5%) of respondents would not consider taking part in sports in future; while 16.1% of respondents were ambivalent about participating in sports.

Table 5.15 : Individual Participation in Sport in Future

	<u>Frequency</u>	<u>Percentage (%)</u>
Yes	239	41.4
No	245	42.5
Don't Know	93	16.1
	<hr/>	
Total	577	100.0
No. of missing cases: 0		

Table 5.16 indicates various kinds of sport or physical recreation that respondents wished to participate individually in future. The five most popular sport were badminton, swimming, basketball, soccer and hiking.

Table 5.16 : Kinds of Sport or Physical Recreation for Individual Participation

	<u>Frequency</u>	<u>%</u>		<u>Frequency</u>	<u>%</u>
Badminton	60	33.8	Exercise	4	1.9
Swimming	47	22.7	Mountaineering	3	1.5
Basketball	38	18.4	Athletics	2	1.0
Soccer	27	13.0	Cycling	2	1.0
Hiking	23	11.1	Dance	2	1.0
Tennis	19	9.2	Weight Training	2	1.0
Walking	18	8.7	Wushu	2	1.0
Squash	13	6.3	Tenpin Bowling	1	0.5
Table Tennis	10	4.8	Horse Riding	1	0.5
Jogging	7	6.3	Ice Skating	1	0.5
Orienteering	7	6.3	Canoeing	1	0.5
Volleyball	6	2.9	Water Skiing	1	0.5
Aerobics	4	1.9	Kendo	1	0.5
Gymnastics	4	1.9	Others	10	4.8

No. of valid cases: 207

Regardless of respondents' tendency to participate in sport in future, most of them (66.6%) tended to encourage their family members to do sport or physical recreation, as shown in Table 5.17. That might reflect that they had positive attitudes towards sport participation. Whilst 21% would not encourage other family members to participate in sport, 7.1% were not sure.

5.17 : Encouragement other Family Members to Participate in Sport

	<u>Frequency</u>	<u>Percentage (%)</u>
Yes	382	66.6
No	151	26.3
Don't Know	41	7.1
Total	574	100.0

No. of missing cases: 3

Among those who would encourage other family members to participate in sport and those who were not sure, over half (53.7%) thought that they would like to have sport participation with the family. The sport or physical recreation that they would like to have were listed in Table 5.19. Similar to the findings in Table 5.3 (for those who participated sport with their family), five most popular activities were badminton, swimming, hiking, basketball and soccer.

Table 5.18 : Family Participation in Sport in Future

	<u>Frequency</u>	<u>Percentage (%)</u>
Yes	227	53.7
No	146	34.5
Don't Know	50	11.8
Total	423	100.0

No. of missing cases: 0

Comparing the findings in Table 5.16 and Table 5.19, it was noticeable that respondents who did not participate in sport in the last six months and those who would like to do so in future chose similar kinds of activities for individual participation and for family participation. The major reasons for choosing family participation in future were mainly in the hope of having more family gathering, having fun with family members and having leisure companions, as listed in Table 5.20.

Table 5.19 : Kinds of Sport or Physical Recreation for Family Participation

	<u>Frequency</u>	<u>%</u>		<u>Frequency</u>	<u>%</u>
Badminton	62	32.3	Squash	6	3.1
Swimming	48	25.0	Cycling	5	2.6
Hiking	32	16.7	Tenpin	2	1.0
			Bowling		
Basketball	25	13.0	Volleyball	2	1.0
Soccer	17	8.9	Gymnastics	2	1.0
Tennis	16	8.3	Horse Riding	1	0.5
Walking	16	8.3	Weight	1	0.5
			Training		
Jogging	14	7.3	Orienteering	1	0.5
Table Tennis	12	6.3	Others	13	6.8
Mountaineering	7	3.7			

No. of valid cases: 192

5.20 : Reasons for their Preference of Sport Participation with the Family

	<u>Frequency</u>	<u>Percentage (%)</u>
Family gathering	88	38.8
Having fun with family members	50	22.0
Leisure companion	46	20.3
Physical Training	35	15.4
Developing interests together	24	10.6
Relaxation	11	4.8
Help choosing leisure activities	7	3.1
Financial support	2	0.9
Others	21	9.3
Don't know	13	5.7

No. of valid cases: 227

5.2 Variables Affecting Sport Participation

As presented above, three main types of sport participation in relation to family, namely sport participation with the family; individual sport participation and no participation in sport were identified. To follow this line of discussion, an attempt to examine the relationship between some demographic factors and family participation in sport would be made. Demographic factors included age, sex and health habits.

5.2.1 Age

Table 5.21 shows the cross-tabulation between age range and types of participation in sport. From the distribution, it can be seen that higher percentages of respondents belonged to the group of "No participation in sport" as the age increased. These findings were consistent with those in Ng's (1984) study, and it showed that increasing age was associated with less frequent pursuit of interest activities and physical activities.

Table 5.21 : Cross-tabulation between Age Range and Types of Participation in Sport

	AGE RANGE						Average
	12-19	20-29	30-39	40-49	50-59	60 or above	
Sport Participation with the Family	19.5%	18.9%	20.8%	14.2%	9.9%	2.7%	17.1%
Individual Sport Participation	48.8%	38.9%	21.5%	13.6%	8.5%	16.4%	29.4%
No Participation in Sport	31.7%	42.2%	57.7%	72.2%	81.7%	80.8%	53.5%
Average	23.2%	23.0%	25.0%	15.3%	6.7%	6.9%	100.0%

It can be seen that most consumers in sport or physical recreation were actually of younger generation, and they were children, adolescents and young adults. Despite its relatively high degree of sport participation among 12-19 and 20-29 age groups, most of them tended not to participate sport with the family in this study. Similar to a study conducted by Ng (1988), higher peer orientation or affiliation was significantly associated with actually engaging in social or physical leisure activities. One of the explanations was offered by Ng and Man (1988), and they found that older youths tended to have schoolmates, colleagues and other friends as companions in their leisure pursuits.

5.2.2 Sex

Table 5.22 shows the cross-tabulation of the sex of the respondents and their corresponding types of sport participation. From the sex distribution along the three types of sport participation, it can be seen that there was a higher percentage of female respondents (58.3%) in the "No participation" group than their male counterparts (49.3%). Although there were no great differences in the percentages of male and female respondents in sport participation with the family, higher percentages of male respondents (34.3%) were found to belong to the group of individual sport participation than the females (24.2%). These observed differences reached a statistically significant level (Sig. $p = 0.001$).

Table 5.22 : Cross-tabulation between Sex and Types of Participation in Sport

	SEX		
	Male	Female	Average
Sport Participation with the Family	16.4%	17.5%	17.0%
Individual Sport Participation	34.3%	24.2%	29.3%
No Participation in Sport	49.3%	58.3%	53.7%
Average	50.5%	49.5%	100.0%

5.2.3 Smoking Habit

Table 5.23 shows the cross-tabulation of the respondents' smoking habit and types of participation in sport. From the statistics, it can be seen that the distribution of non-smokers along the three types of sport participation did not differ greatly from the sample mean. For smokers, the percentages of smokers in the "No participation" group (62.2%) was higher than the overall mean in the sample; whereas the percentage (23.6%) in the individual sport participation group was relatively lower. However, such observed differences did not reach a statistically significant level.

Table 5.23 : Cross-tabulation between Smoking Habit and Types of Participation in Sport

	SMOKING HABIT		
	Yes	No	Average
Sport Participation with the Family	14.2%	17.4%	17.0%
Individual Sport Participation	23.6%	30.3%	29.3%
No Participation in Sport	62.2%	52.3%	53.7%
Average	13.8%	86.2%	100.0%

5.2.4 Drinking Habit

Table 5.24 shows the cross-tabulation of the drinking habits of the respondents and their type of sport participation. From the statistics, no significant differences in the distribution of drinkers and non-drinkers along the various types of sport participation could be identified.

Table 5.24 : Cross-tabulation between Drinking Habit and Types of Participation in Sport

	DRINKING HABIT		
	Yes	No	Average
Sport Participation with the Family	15.2%	17.3%	17.0%
Individual Sport Participation	33.5%	28.6%	29.3%
No Participation in Sport	51.3%	54.1%	53.7%
Average	14.7%	85.3%	100.0%

5.3 Employer and Sport

This section aims to understand the situation of employers organizing sport or physical recreation for their employees, and whether those activities involved family participation.

Table 5.25 shows the employment status of the respondents interviewed. More than half (54.9%) of the respondents were employed. From among these respondents, less than half (31.7%) reported that their employers had organized sport activities for them, as shown in Table 5.26.

Table 5.25 : Employment Status of respondents

	<u>Frequency</u>	<u>Percentage (%)</u>
Employed	589	54.9
Not employed	483	45.1
Total	1072	100.0

No. of missing cases: 6

Table 5.26 : Sport Organized by Employers

	<u>Frequency</u>	<u>Percentage (%)</u>
Yes	185	31.7
No	399	68.3
Total	584	100.0

No. of missing cases: 5

Table 5.27 shows that for those respondents (184 valid cases) whose employers had organized sport activities, half of them (51.6%) actually participated in these activities, and on the contrary, 48.4% did not join even though they had the opportunities to take part.

Table 5.27 : Participation in Sport

	<u>Frequency</u>	<u>Percentage (%)</u>
Yes	95	51.6
No	89	48.4
Total	184	100.0

No. of missing cases: 1

Among those respondents (91 valid cases) who had joined the sport activities organized by their employers, 44.0% reported that these activities involved family participation (Table 5.28), and among them, 62.5% actually participated them with their families (Table 5.29). Thus, it appears that most employees would involve their family in case opportunities for family involvement were available.

Table 5.28 : Family Involvement

	<u>Frequency</u>	<u>Percentage (%)</u>
Yes	40	44.0
No	51	56.0
Total	91	100.0

No. of missing cases: 4

Table 5.29 : Family Participation

	<u>Frequency</u>	<u>Percentage (%)</u>
Yes	25	62.5
No	15	37.5
Total	40	100.0

No. of missing cases: 0

5.4 Summary

In brief, the relationship between family and sport, and the relationship between employer and sport were complex. Different types of sport participation were discussed by citing empirical evidence and findings. Yet, it was sure that individual participation in sport was still not very common in Hong Kong. Family participation in sport was not an exception. Nevertheless, most respondents tended to believe that sport participation does more good than harm. No or insufficient time was the major justification for not doing sport. Despite the fact that some respondents would definitely not participate in sport in future, a relatively higher number of respondents wished to participate individually or with the family.

Besides, reflected in Section 5.2, sport activities organized by the employer were not popular in Hong Kong. Nonetheless, respondents in our sample were inclined to involve family members if opportunities for family participation in sport were offered.

PART III

**CASE/ FOCUS GROUP
INTERVIEW**

CHAPTER SIX

FAMILY AND SPORT

To substantiate the findings in the quantitative survey, in-depth case or focus group interviews, regarded as Phase II of the research, were carried out. The prime objective of the interview was to investigate the people's experiences in family participation in sport. Each interview was divided into three sections, namely (1) Family and Sport; (2) Employer, School and Sport; and (3) Overall Comment on the existing sport or physical recreation organized for family participation. For easy reference, the case or focus group interview guideline was included in Appendix III.

A total number of 16 case and 25 focus group interviews were conducted. Permission was obtained from the interviewees to tape-record the whole process of interviews. Nonetheless, in case of refusals, note-taking was made during the interview with the purpose of collecting their ideas as accurate as possible. All interviews were then transcribed.

The aim of this chapter was to analyse the perceptions of "Sport" among the interviewees; the differences between "participation in sport with the family" and "individual sport participation"; and the disadvantages and advantages of family participation in sport as perceived by the interviewees. Quotations, served as illustrations, would be cited among those detailed transcriptions according to these main themes. This data presentation would gain insight into the behaviour and thinking of the interviewees; as such, the goal was an accumulation of valid depth information.

6.1 Perceptions of "Sport"

Similar to the findings in the quantitative survey, perceptions of "sport" such as "healthy", "as a kind of interest", "physical training", "relaxing" "a sense of satisfaction", and "time consuming" were highlighted in the interviews. Other than these, perceptions of "sport" also included "different kinds of sport"; "keep fit"; "widening the social circle", and "co-operation and team spirit".

6.1.1 Healthy

Consistent with the empirical finding in Phase 1: Quantitative survey, most interviewees of different professions commonly perceived sport as "healthy". Sport was actually perceived not only as good for physical health but also beneficial to mental health among interviewees. Examples were:

"It is for leisure and a healthy activity." (M/24, a university student)

"Sport is healthy and is a kind of happy game." (F/38, a professional)

"It is healthy physically." (F/36, a housewife)

"I was quite weak, and my health was poor. After participating in sport, I have become healthier than before." (M/24, an administrator)

"Less chance to get ill. If we don't participate in sport, we'd look like a drug addict and be thin." (M/14, a student)

Even though some interviewees did not participate in sport, they still believed sport as healthy and conducive to their academic abilities and their character building.

"I think sport as healthy, but I am not interested in it." (F/15, a student)

"It is best for children, and they can be more active. And it is good for mental health. For example, those swimmers are more likely to have better academic results." (F/36, a staff in a car park)

“Sport activities can facilitate the development of an open and a positive character.” (M/54, an administrator)

6.1.2 As a Kind of Interest

Sport was also perceived as a kind of interest or a leisure activity.

“Sport can help spending time.” (M/18, a student)

“It is a kind of leisure activity and is my interest.” (M/28, a professional)

“I can develop my interest in doing sport ... I’d like to spend my weekend to do my favourite since I like sport so much.” (F/27, a clerk)

“To me, sport is a habit. I used to playing sport since I was young.” (M/15, a student)

Apart from perceiving it as a kind of interest, some interviewees might perceive doing sport as one of the best options for their pastime.

“Doing sport is better than Karaoke.” (M/24, a salesman)

“If the children don’t do sport, they’d stay at home and play video games. I think these are not good to them. Instead, sport is healthy.” (F/43, a housewife)

What is more, doing sport was regarded as important and necessary for human well-beings.

“It is more important than studying ... I don’t like studying but likes playing ball games.” (M/15, a student)

“It is a normal activity.” (F/43, a housewife)

“Both adults and children need to do sports. Adult should do morning exercises whereas children can play in the garden.” (F/35, a housewife)

6.1.3 Different Kinds of Training

In relation to the perception of sport as "keep fit", participation in sport was closely related to a kind of physical training.

"Though it is vague to define sport, I think sport is a kind of physical training." (M/47, an administrator)

At the same time, sport could train people, especially amongst children to communicate with others. It would also train and develop their strong will, and abilities to bear the pressure.

"For example, in playing softball, one need to make decisions and should have a quick response ... They have to learn how to bear pressure. Also, playing softball burnt lots of energy." (M/39, a professional)

"Different kinds of sports may demand for critical thinking abilities. Baseball is one of examples." (M/45, an administrator)

6.1.4 Relaxing

Participating in sport helped people feel relaxed. In general, it can release the pressure from their profession, and it can balance their routine daily lives.

"Sport helps to balance the boring life. We used to sitting all the time. But in sport activities, we have movement, and this makes a balance." (F/21, a university student)

"Doing sport reduces the pressure for both parents and children. Studying is boring for children. Therefore, doing sport is better than watching. TV as a means to get relaxed." (M/39, a manager)

"Children can release pressure from the homework." (M/39, a professional)

"I feel comfortable after doing some exercises and taking a bath. I enjoy this kind of refreshment before going back to work. Therefore, I'd play table-tennis no matter how busy I am." (M/49, an administrator)

Sometimes, I feel very relaxed being in the court. Sport can release the tension from work or school. Even if you don't participate and just watch others play, you'll still feel delighted and relaxed." (F/38, a professional)

6.1.5 A Sense of Satisfaction

Some of interviewees perceived sports as a means to obtain a sense of satisfaction. It was understandable that the skills they manipulated could be considered their own achievement.

"I get satisfied from sport participation. Sport can prove someone's strength. For example, someone is a school failure but he/she is good at sport. This would make him feel better." (F/17, a student)

"I gain satisfaction and am relaxed through joining sport activities." (M/27, a professional)

"If I win the game, I can achieve something ... Happy." (M/45, an administrator)

6.1.6 Time Consuming

In general, most interviewees perceived sport in a relatively positive way. Nonetheless, for some people, sport was regarded as something luxurious or quite time-consuming.

“Someone will do if he has time, but won’t do if he doesn’t.” (F/29, a clerk)

“Doing sport ... you don’t have to work.” (M/27, an administrator)

6.1.7 Different Kinds of Activities

It was found that a remarkable number of interviewees at first equated the word “sport” to various kinds of sport activities such as “basketball”, “football”, “badminton”, “volleyball”, “swimming” and so on.

Despite this, some might equate sport other than sport activities, but social activities.

“Sport means outdoor activities. However, in my opinion, it refers to activities such as going to Chinese restaurant, and shopping.” (F/45, a housewife)

“The definition of sport could be very broad. Sport can include playing chess, and bridge. Even playing mahjong.” (M/29, a professional)

6.1.8 Keep Fit

Keeping oneself fit was associated with "sport", and at the same time, it was "healthy".

"Sport can keep our physical body fit, and is healthy." (F/25, a university student)

"Sport can help the children to train the body fit ..." (M/43, a manager)

Besides, one of the interviewees shared similar ideas on behalf of a female perspective.

"To females, sport can keep us fit. It is the major purpose to do sport." (F/25, a clerk)

6.1.9 Widening the Social Circle

Regardless of different age range and profession, "sport" was perceived as making friends and widening the social circle. Yet, it has appeared that males were more likely to have this kind of connection.

"Sport enhances friendship between team members of our softball team." (M/16, a student)

"I agree that doing sport or recreational activities can facilitate someone to know more friends." (M/42, a skilled worker)

"Sport can enlarge my social network and scope of life." (M/48, a professional)

"I can definitely build up relationship with players." (M/25, a salesman)

"I think that sport can enhance human interaction, and narrow the gap among people." (M/45, an administrator)

6.1.10 Co-operation and Team Spirit

Another two abstract concepts, i.e. "team spirit" and "co-operation" were connected with sport.

"I think sport requires co-operation. The most important thing is to know how to communicate with team members, and how to relate with them. For instance, we gather together every weekend, not only to play, but also co-operate to do something." (F/37, a clerk)

"Sport can build up co-operation and team spirit." (M/24, a salesman)

"That's team work. Ours [the softball team] are nine people with the same heart." (M/18, a student)

"But in team sport, it needs team work. Team spirit is very important." (M/41, an administrator)

6.1.11 Summary

All in all, the above highlighted some of the common perceptions of sport among the interviewees. Besides, bearing in mind that all these were not mutually exclusive and exhaustive. It has appeared that most interviewees could associate sport with at least one of the above. An example was:

"Sport activities can provide an opportunity for the young to participate in group life and activities. It can develop personal interest and physical strength. The family can develop a common interest as most activities require parents' supports. Therefore, sport activities are good and healthy." (F/38, a housewife)

6.2 Differences between “Individual Participation in Sport” and “Family Participation in Sport”

In order to explore their attitudes towards different types of participation, the interviewees were asked about the differences between individual participation and family participation in sport. The following table summarized the major differences they had pointed out during the interviews.

	Individual Participation in Sport	Family Participation in Sport
Purposes	individual-based	family-based
Roles	players	players, coaches, trainers, caretakers
Types of Sport	wide range	limited
Companions	peers	family members
Rules	fewer	more
feeling	free	being controlled

6.2.1 Purposes

In the first place, the purposes varied according to two types of sport participation. Apparently, individual participation in sport might serve the purpose of improving skills, physical fitness and so on. On the contrary, family participation in sport might serve other purposes such as improving family relationship and understanding the next generation.

"Individual participation serves the interest and purpose of individual, but family participation may serve other purposes." (F/25, a promotion staff)

"If I participate in sport with my son, I'll give chances to my son, try to stimulate him, and help him to maximize his potentials ... But I'll perform better if I play with my friends." (M/39, a manager)

"For individual, the desire for achievement is greater ... for family, we would not expect them to achieve my own goal. For example, I want to represent Hong Kong to participate in international sport competition, it'd never done in family participation." (M/39, an administrator)

"Family participation aims at entertaining the family members rather than myself." (M/29, a professional)

"I would develop myself in "individual participation" whereas improving family relationship is the main aim to have family involvement in sport." (M/27, an administrator)

Drawing some interviewees' experience as references, they claimed that family participation in sport could enhance family interaction whereas individual participation could not.

"In family participation, communication will be enhanced." (M/32, a professional)

"For example, I join the baseball team with my son. I am in the adult team. I can understand my son more. Being an audience, parents would expect a lot from their children. They would ask why they don't run faster or why they fail to hit the ball. After joining the team, I can understand the difficulties they encounter ... become more understanding." (F/44, an administrator)

6.2.2 Roles

It was found that those who involved in family participation in sport would have to play multiple roles. Unlike individual participation, they merely thought themselves as

players. Instead of being players, they might act as a coach, trainer, observer, supporter, caretaker and so on. Examples were:

"I'll teach the children how to play ball games, and give them chances to win." (F/25, a clerk)

"I'll act as a trainer when I go swimming with my son. I will take the role as a playmate when my son is playing softball." ((M/43, a manager)

"I am aware of their safety and am watchful when they play." ((F/38, a professional)

"Parents play the role as observers and were not players." (M/45, a professional)

6.2.3 Types of Sport

It was generally agreed that individual participation in sport would allow more flexibility in terms of choices of sport activities and would be more easy to find activities that he/she liked. On the contrary, it would be very difficult to find a common activity that fit the interests of all family members, and abilities.

"We would consider more on what types of sport to be played. It is time-consuming. For example, kids are not tall enough to play table-tennis. Adults, therefore, have to give up playing their favourites. Or, my father likes hiking but others don't. It is difficult to compromise." (M/38, an administrator)
compromise.

"There are options for individual participation. However, people should compromise in family participation." (F/29, a clerk)

"I feel free and have more options ... I can choose whatever I want to participate." (F/21, a university student)

"I have more ideas and choices when I play with my friends. There are limited varieties on the activities that can involve the family." (M/15, a student)

"I'll compete with my friends in the games. Whereas in family participation, it's a part of family life and we'll participate in simple activities such as hiking or joining local tour." (M/46, a professional)

"Sport activities for family should not demand too much energy because the adult may feel very tired to look after their children."
(M/27, a professional)

6.2.4 Companions

The choices of companions were different according to different types of sport participation. It was common for adolescents to find their peers as appropriate candidates for playing sports. In fact, this finding was consistent to that in the quantitative survey. Youths appeared to have a closer affiliation with peers instead of the family.

"I find it easier to communicate with friends." (M/15, a student)

"It's happier to play with classmates. We are co-operative to each other, ... more chance to practise together." (M/16, a student)

"Family members are not suitable. It's not possible for them to run even 400 metres." (M/17, a student)

6.2.5 Rules

Another difference was that more constraints or rules were imposed implicitly in family participation in sport. Most adolescents, in particular to the students in the secondary schools, thought they were not free with the presence of other family members.

"If I play with my family, I dare not meet with girls. My family will ask me even when girls phone me. So, it is very boring." (M/15, a student)

"In individual participation, I am totally involved and enjoy myself. However, I'll behave myself in front of my family." (F/17, a student)

"I can't speak foul language in front of parents." (M/16, a student)

"Not free. I have to take care other family members." (M/24, a university student)

"I have some reservation towards family participation in sport. Because I am afraid of being scolded, I can play freely on my own." (M/13, a student)

The above views were shared by the adults as well.

"The children prefer playing with their friends. They may not be happy if the parents follow them. They can't talk freely with the presence of other family members." (F/36, a staff in the car park)

Nonetheless, in this respect, some adults might not necessarily think that they lost their freedom when having sport participation with the family. Instead, they were "happy" in these experiences.

"Though I can't go shopping, I'm happy to watch my son play ... and feel excited." (F/45, a housewife)

6.2.6 Feeling

These two types of sport participation might bring about different kinds of feelings among interviewees. Some might find individual participation in sport more interesting than family participation. Whereas some were delighted to have more family participation in sport. It was inconclusive to find out whether individual participation in sport was better than family participation in sport. In view of this controversy, some agreed that the former was better than the latter, and vice versa.

"There is more fun in individual participation. Family participation is boring because there is a difference in our skills. No competition is involved. No improvement in my skills." (M/24, a university student)

"It's better to play alone than with family members." (M/16, a student)

"Family sport was happier than individual sport." (F/36, a housewife)

"It is boring to participate sports individually. For instance, no one would look after me in case of accident during swimming." (M/13, a student)

Yet, individual participation in sport would describe as "independent" and "challenging" as follows.

"I feel myself independent. For example, if I went hiking with family members, I'll tell my father or other family members that I am very tired and ask them to wait for me. However, if I do it with my friends, I won't do that." (F/19, a university student)

"Individual participation would be more challenging, and we have something in mind to achieve." (M/41, an administrator)

Besides, sharing of the success and joy in the sports would be possible in family participation whilst individual participation failed to do so.

"The feeling of happiness could not be shared with family members if I participate alone ... Although parents were observers, they could still share the children's happiness. That's great." (F/43, a housewife)

"Individual participation is boring like being locked in a room. If the family plays together, the joys and sorrows could be shared among family members." (M/47, a manager)

6.2.7 No Difference

Despite these, few interviewees did not perceive there were differences between the two types of sport participation. Instead, they justified that no remarkable difference was found.

“No big difference. It depends whether one is involved in sport. If yes, you can take the family members as your partners.” (M/39, a professional)

“I was totally involved in football games no matter whom I play with.” (M/43, a manager)

“I think there is no big difference. The aim of sport participation is ... not money ... just a simple leisure. I feel the same if I go swimming on my own or with my son.” (M/33, an administrator)

6.2.8 Not mutually exclusive

For some instances, these two types of sport participation were actually not mutually exclusive to each other.

“Both are necessary. Family can't look after them all the time, and kids should learn to be independent. Sometimes, it is appropriate to play with their friends. However, family activities such as swimming and playing ball games together are necessary as a balance to their own activities.” (F/45, a housewife)

“I'd allow my son to choose something he wants to do such as Judo. I might not be able to join them as this sport fit youngsters ... I allow my children to have freedom in choosing sport activities ... It is important for parents to understand their interests and potentials through observation. Meanwhile, I try my best to join with them.” (F/38, a housewife)

6.3 Advantages and Disadvantages of Family Participation in Sport

6.3.1 Advantages

6.3.1.1 *Improving Family Relationship*

First and foremost, better family relationship was quoted as one common outcome of family participation in sport.

“Sport can help the family become more harmonious.” (M/15, a student)

“I accompany my father and make him happy.” (F/21, a university student)

“At home, he is my father, but in the court, we become friends. It’s good to play together.” (M/33, a skilled worker)

“Through participation, the family might have a sense of unity.” (M/27, a professional)

“I purposefully get involved with my family to play badminton. We become more intimate as we share the common interest.” (M/46, a wholesaler)

A pre-requisite for improving family relationship was the improvement of communication pattern among family. This was because more common topics were generated through their participation.

“During the course of participation, there will be more communication among family members.” (M/16, a student)

“... a way for better communication among family members ... They could share the happiness together.” (F/19, a university student)

“Our relationship is harmonious, as we have common topics to discuss. For instance, children are eager to share what they have learnt if the family is involved. The atmosphere is good. Parents can understand their children ... Communication improves.” (M/45, an administrator)

"It may improve family relationship ... because family members can understand more each other through non-verbal and verbal communication. It enhances their understanding, and indirectly improves their relationship." (M/26, a salesman)

"As a housewife, I don't have much time communicating with my husband. Even though I'm indifferent to sport, I play with him so that we can interact with each other during the process. This would improve the communication." (F/40, a housewife)

6.3.1.2 *Bridging the Generation Gap*

Another advantage of family participation in sport was that this provided more opportunities to bridge the generation gap between the aged and the youth.

"The generation gap between children and parents is big in Hong Kong at present. Through family participation in sport, more communication would be expected, thus narrowing the gap." ((M/39, a manager)

"Sport participation may involve practising ... watching ball games ... family participation can help family members to get together and do something in common." (M/38, an administrator)

"Nowadays, all people are very busy. If family members can participate together, they'll have more common topics for discussion or communication. Also, parents can give encouragement and advice to their children." (M/43, a manager)

6.3.1.3 *More Trust in the Family*

Since the family participated together, this would act as a barrier against undesirable influences such as bad peers or bad habits. More importantly, the trust was built upon with better understanding.

"At least, parents would know where we are." (M/18, a student)

“Since my wife or I usually accompany my children to play softball, I can make sure that they won’t meet undesirable peers.” (M/39, a manager)

“Family participation in sport would minimize the chance to gambling.” (M/27, a professional)

“I know what my children are doing. My worries towards them reduce, and there is no need keep on asking what they do.” (M/45, a professional)

6.3.1.4 *Physical Training for the Family*

It was understandable that doing sport was perceived as a healthy leisure activity so as to keep fit. On the whole, sport was associated with adjectives such as “good”, “healthy”, “important”, and “training”.

“It can train the physical fitness among the family.” (F/29, a clerk)

6.3.1.5 *No Advantage*

Despite these advantages quoted above, there were few exceptions. Some interviewees, in particular to those adolescents or students, they took a rather negative response towards family participation in sport.

“There is no advantage. If the family members are not there, I’ll be easily involved in ball games.” (M/15, a student)

6.3.2 Disadvantages

6.3.2.1 *No Disadvantage*

It has appeared that a considerable number of interviewees were not aware of the disadvantages of family participation in sport. It was, again, consistent with their perceptions of "sport" in a way that they were likely to hold favourable attitudes towards sport participation.

"I can't think of even a disadvantage." (M/15, a student)

"No disadvantage." (F/37, a housewife)

Nonetheless, it did not mean that it was not without limitations.

6.3.2.2 *Difficulties to Find Something in Common*

Differences in age, skills, competence and so on were generally regarded as the disadvantages of family participation. Some of them found it difficult to do a sport activity which fit all family members, not to mention the time they were all available.

"It's difficult to fit all people's interests and abilities." (F/25, a promotion staff)

"... it is the age difference ... a problem... family members may not have similar skills and abilities to play together," (M/29, a professional)

"It is a waste of time if I have to comprise a time slot that fit all persons. One family member may be free while others don't." (M/14, a student)

In this respect, an interviewee expressed:

"I regard it [the above disadvantage] as a difficulty rather than a disadvantage." (M/40, a clerk)

6.3.2.3 *A Kind of Sacrifice*

Family participation in sport would certainly reduce their time for their own daily activities.

“... less time left for my friends and relatives ... fewer contacts.”
(F/38, a professional)

“... less time left to play with friends.” (M/15, a student)

“... less time to do housework.” (M/48, an administrator)

Besides, some family members had to take concessions eventually even if they did not want to.

“I have to take care of my family ... I am an instructor to them. Thus, I regard family participation in sport as a sacrifice since I am interested in participating in sport. I don't enjoy playing with family members.” (M/44, a professional)

“I can't choose the activity that I want. Usually, my children and my wife decide what they want. If my wife says “yes”, I can't say “No”.”
(M/42, a skilled worker)

On the other hand, an interviewee expressed his willingness to sacrifice on behalf of the benefits to their family and found it worth doing so :

“There's something we should sacrifice, ... for the sake of children ... you should put this on higher priority.” (M/40, an administrator)

6.3.2.4 *Being Controlled*

Amongst those students, some of them felt discontented being controlled by parents if they participated in sport with the family.

“Too much control from the family already.” (M/13, a student)

“My family members are too nagging and long-winded ... even it is trivial and is a small thing ... This makes me feel even worse.” (M/15, a student)

“I need to behave properly and obey the rules if I play with family members.” (M/14, a student)

6.3.2.5 *Others*

Other disadvantages of family participation in sport would include the risk of being hurt, and the negative effects on schooling.

“The risk of being hurt among family is inevitable.” (M/43, a manager)

“Participation in sport consumes a lot of energy. Children might not be attentive in school due to their heavy involvement.” (M/43, a manager)

6.3.3 Summary

The following table summarised the advantages and disadvantages of family participation in sport.

Advantages	Disadvantages
1. <i>Improving family relationship</i>	1. <i>Difficult to find something in common</i>
2. <i>Bridging the generation gap</i>	2. <i>A kind of sacrifice</i>
3. <i>More trust in the family</i>	3. <i>Being controlled</i>
4. <i>Physical training for the family</i>	4. <i>Others</i> - <i>Risk of being hurt</i> - <i>Affecting schooling</i>

CHAPTER SEVEN

EXPERIENCES IN FAMILY PARTICIPATION

In this chapter, general patterns of family participation would be depicted by analyzing the recent experiences of the interviewees in their participation in sport. In light of their various recent experiences, five broad types could be identified, namely the self-organized experiences, the sport club experiences, the local organization experiences, the employer sport experiences and the school sport experiences. This classification was made according to how the interviewees organized their family involvement in sport. For instance, the self-organized experiences denoted that their recent experiences were actually initiated by the interviewees themselves or by their family members. Whilst the sport club ones might mean that their participation were initiated by the sport club.

It was found that 100 out of 116 interviewees could describe at least one recent experience of family participation in sport. In this respect, it has appeared that higher percentage of interviewees fell into the category as "Sport Participation with the Family" when compared to the result in the quantitative survey (Phase 1). Nonetheless, this comparison was not reliable and valid in a way that the definition of "recent" experiences of the in-depth interviews and the quantitative survey were different. In particular to the quantitative survey, respondents were asked whether they participated in sport with their family during the last six months. Whereas in those interviews, interviewees were free to depict their experiences so long as these were the most recent ones.

On one hand, it was certain that most interviewees did participate sport with their family once for a while in their lives, especially during their childhood. No wonder

why some interviewees could not remember the exact period of having that experiences.

Examples were:

"I forgot when I played with my family. Maybe in Form 5." (F/22, a university student)

"I can't remember ..." (M/38, a professional)

On the other hand, though some interviewees could still remember quite clearly what happened in their experiences, those experiences indeed had taken place more than 5 years. Examples were:

"More than 10 years ago, I brought my youngest sisters to ride bicycles ..." (F/38, a housewife)

"My parents and I went hiking about ... six ... or seven years ago." (M/25, a salesman)

"The last experience was going for hiking with family members few years ago." (F/19, a university student)

All in all, it was common to have experiences in family participation in sport among the interviewees. Each of these experiences was unique in terms of the composition, venues, types of programmes and so on. Hence, those experiences cited were by no means representative, but they would certainly provide some insights towards the current trend of family participation in sport. For the purpose of this chapter, those experiences which had taken place not more than a year would be included in the following discussion. It is hoped that this chapter would provide up-to-date information regarding the general trend of family participation in Hong Kong. Moreover, by making further analysis, it was interesting that various roles among family members within these experiences would be identified.

7.1 Recent Experiences

7.1.1 Self-organized

Having family participation in sport due to the initiation of the interviewees and their family members could be defined as "self-organized" experiences. Yet, they were by no means identical to each other. Not only did they vary in the types of sport activities but also their frequency of family participation in sport.

7.1.1.1 *Organized by Interviewees*

"I went cycling with all family members and relatives in Fairview Garden two days ago. They brought three bicycles there, and my parents watched them playing. This activity was not arranged beforehand ... Sometimes, we go for cycling. My children were happy." (M/41, an administrator)

"The most recent one is doing some exercises in a country park ... BBQ and flying kite. It took place at last Christmas. We went to Tai Tong Country Park, together with my husband, my sons, my elder sister's whole family. All of them were active for they were interested in the activity ... They played ball games themselves." (F/40, a housewife)

"Last Saturday, I brought my daughter to the playground in Fung Zu Street to play football. I won't bring her there regularly. I just follow my daughter ... to kick the ball." (F/31, a housewife)

"I brought my younger brother to play basketball last Saturday. The court is ... near where I live. I suggested to play basketball and forced my younger brother to play with me at first, he was very active eventually. I sometimes play football with him in the primary school nearby ... Though I feel bored playing with my brother, I can improve my skills." (M/14, a student)

"A month ago, my wife, my sons and I went for cycling in Shatin bicycle track. Since it's difficult to match each time table, we do it by chance." (M/33, an administrator)

"By chance ... when we had time .. my parents, my sibling and I went for jogging. Last month, I organized that and they were happy."
(M/25, a salesman)

7.1.1.2 *Organized by Parents*

"2 or 3 months ago, my father brought us [my mother, my younger brother, my uncles and I] to Kai Lok Trail ... on a Sunday morning ... My father loved sport and forced us to participate since I was young ... Usually, when I am free, I am willing to participate. If not, I turn him down." (F/19 a university student)

"I played table tennis with my parents and my younger brother last week. Usually, my father was the organizer ... We'll participate in sport bi-weekly. I am happy." (M/14, a student)

"My mother suggested playing table-tennis ... 3 or 4 months ago ... in Yau Kwong Road Indoor Sport Court." (M/14, a student)

7.1.1.3 *Organized by Spouse*

"In the last Chinese Lunar New Year, my husband suggested to swim in Kowloon Park public swimming pool ... We ... always play ball games and swim. We love sport." (F/36, a staff in the car park)

"My wife requested me to accompany her to go hiking. We went to Pa Sin Range last week. We go there twice a month ... we enjoy very much as we take photos in the country side." (M/44, a professional)

7.1.1.4 *Organized by Cousins*

"I play badminton with my cousin once a week ... usually on Saturday ... in Wong Chuk Hang Indoor Sport Court ... Quite good."
(M14, a student)

"My cousin suggested me to play badminton in the park near where I live ... around Chinese Lunar New Year ... Finally, his father joined us." (M/13, a student)

7.1.2 Sport Club

Opportunities for family participation in sport were available in various sport clubs such as the softball club, table-tennis club, badminton club, baseball club, and swimming club. Examples were:

“The softball club required the parents to participate in children’s activities.” (M/43 , a manager)

“My wife and I come to play table-tennis once a week. We go to Sai Wan Ho Sport Complex where our table-tennis club books the premises in advance.” (M/32, a professional)

“My wife and my children [2 sons] joined to play badminton in our badminton team. We have regular practice in Yu Kwong Road Indoor Sport court ... Today, we play badminton together.” (M/46, a wholesaler)

“I participate with my children ... because the swimming club of my children encourages parents to do some warm up exercises such as jogging.” (F/36, a staff in a car park)

“My children joined the training course first, and then joined the club. The club required parents to accompany their children.” (M/45, a professional)

7.1.3 Local Organization

Apart from joining sport clubs, various local organization, including the Regional Council, the Urban Council, the Mutual Aid Committee and various club houses, actually provided chances for the interviewees to have sport participation with their family.

"My son and I joined the table tennis competition organized by the Regional Council ... in the indoor sport and recreation centre in Sheung Wan. It was two to three months ago. We paired up to join the mixed competition." (M/28, an administrator)

"Though I like grass bowling, my wife likes aerobics. I go dancing with my wife which is organized by women's club or the Urban Council." (M/42, a skilled worker)

"My mother suggested to join the mass programme run by the Mutual Aid Committee last December. It was a hiking activity in Tap Mun." (M/13, a student)

7.1.4 Employer

Consistent with the finding in the quantitative survey, only a small number of interviewees participated in sport activities, organized by their employers, with the family.

"We go for picnics, hiking or BBQ which were organized by my company." (M/29, a professional)

"My family joined the annual sport day which was organized by my employer ... Jockey Club ... It involved more than a thousand people. Family games were organized ... The recent one was in late February." (F/25, a clerk)

"My employer organized family sports day, hiking and BBQ for the employees. The sport day will be held every year ... quite a large scale. My family members and I join if we are available." (M/44, an administrator)

"A special committee [of my company] is set up to organize this kind of activities ... They run the sports day for the staff and their family." (M/55, an executive)

"My family members and I joined the football matches and athletics meet organized by my husband's employer last Sunday ..." (F/32, a saleswoman)

"I played canoe whilst my family members watched me. The activity was organized annually by my employer." (M/45, a professional)

In some of the experiences quoted by the interviewees, employers were likely to organize social activities such as barbecue, boat trip and the annual dinner. Normally, sport activities were included in one of these occasions. Examples were:

"My husband's employer did organize a BBQ in Tai Tong Country Park. His colleagues joined ... I brought the ball for my children that day, and they played." (F/40, a housewife)

"I joined a boat trip run by my mother's employer we swam and did some fishing." (M/16, a student)

"My employer held an annual dinner in a club ... Clearwater Bay. Sport facilities are available. We play tennis. It is run once a year for the families of the staff." (M/47, a manager)

When compared to their own self-organized family participation in sport, most of them found the number of participants would be greater in those activities organized by the employers. Even though some interviewees did not have this experience, they could still imagine the benefits of joining the employers' activities. First, employees did not have to organize the activities and they could enjoy the programmes. Second, these sport activities might be free of charge or at least had some sponsorship from their employers. Third, these activities would not only promote family participation but would enable their family members to meet and know their colleagues. Henceforth, it would widen their social circle. Besides, an interviewee concluded that

"To join this programme largely depends on one's sense of belonging to the employer. Some are not willing to spend their time with colleagues, after their office hour ... I don't mind." (M/38, an administrative)

Nevertheless, some interviewees might have some reservation towards joining the sport organized by the employers. They doubted whether they should beat their senior or their boss in the competition. Also, they anticipated that their family members might not

be interested or might feel very insecure to play with some people they were not familiar with. Last but not the least, since these activities had to cater for a large number of staff, the programmes might not be able to fit their family's interest.

7.1.5 School

Even a smaller number of interviewees reported that they joined sport activities organized by their schools or the schools of their family members. It seemed that most schools did organize social activities such as BBQ and picnics for family involvement. However, only few sport items were available.

“Together with my son, I joined the walk for million ... fund raising ... it was actually organized by my son's school.” (M/40, an administrator)

“I found this experience happy and enjoyable. My elder daughter had a school picnic in Shatin and participated some activities such as fishing and doing physical exercises. I also brought my youngest son to join them.” (F/35, a housewife)

“I joined the camping activity which was run by my parent's school ... a graduate association.” (M/16, a student)

“My kid's school begins to run a parent-child sports day. I am supportive ... can know my children better in the school.” (M/47, an administrator)

In particular those who did not have this experience, most of them, especially those interviewees had their children, were eager to participate with their family members in future. This was because it would provide a channel for them to communicate with the school personnel, and would enhance deeper understanding with their children. On the contrary, the student sample held opposite attitudes in the way they were against the family participation in sport in the school. Some students believed that the school activities were usually boring, and yet one of them said:

"Parents give financial support, but pay less attention to them if they join school activities." (M/15 a student)

7.2 Roles in the Experiences

In each of the experiences in family participation in sport, different roles were actually played by different family members. Duties or responsibilities were assigned according to different roles. For instance, an organizer might not only co-ordinate family members to participate but arrange the premises for the activities. However, the roles were not mutually exclusive to each other, and some people would take up different roles at the same time. In this section, supplemented with quotations, the function of various roles, namely organizers, players, caretakers, observers, trainers, etc. would be discussed.

7.2.1 Organizers

In the first place, an organizer would usually take the initiation to invite other family members to join together. To be more specific, as illustrated above, organizers of these activities were found among the interviewees, their parents, their spouse and so on.

One of the major duties was to arrange a premise for the activities beforehand.

"Most likely, I am the organizer, and I am responsible to book the court in advance." (M/38, an administrator)

Besides, an organizer not only initiated for the activities but invited other family members to join.

"Mostly, my husband makes suggestion ... I am supportive ... My son is passive. However, my daughter is active ... Yet, all participate."
(F/37, a housewife)

It was commonly found that the organizers would determine what activities they were going to participate. Nonetheless, this responsibility could be shared among family members:

"Everyone in the family should have a say ... the right to voice their opinions, to follow the decision made by the family." (M/39, a manager)

7.2.2 Companion

To be regarded as the "companion", family members might belong to the same sport clubs or participated together at the same time. Examples were:

"I went to Guangzhou with my children so as to join a softball competition during the last Chinese Lunar New Year ..." (M/38, a manager)

"My parents and I joined walk for million on Sunday. Nothing special ... it was a celebration event of my school ... It was the time when I studied Form 6." (M/21, a university student)

Notably, the degree in terms of the activeness of participation varied according to each experience. It was remarkable that some housewives in the sample appeared to be inactive, and their participation was considered to be minimal.

"The role of parents is mainly accompanying the children." (M/46, a professional)

"Although I am not interested in sport activities, I enjoy accompanying my son to join the baseball activities." (M/55, an administrator)

7.2.3 Observers

Apart from being a spectator, one of the interviewees reported that he could obtain the support from other family members :

“While I was playing football in the field, my family members would become the cheering team. On the contrary, if my son played football, I would be one of the cheering team members.” (M/43, a manager)

7.2.4 Caretakers

It is generally believed that the eldest should look after the youngest. This carries much truth as it applies to the experiences of some interviewees.

“I play softball with my youngest brother every week [because they join the softball club]. I don't like taking care of him in the field, but I have to ... and he is a 'burden' to me.” (M/18, a student)

“I bring my children to play baseball only ...” (F/39, a housewife)

“The club requires parents to accompany their children when they have the practice. Since my children are young, I need to take care of them ... My children are active but I am passive.” (M/45, a professional)

7.2.5 Trainers

Family involvement in sport could be in the trainer-trainee relationship.

“My nephews asked me to teach them to play badminton 2 weeks ago. I am the coach and teach them some basic skills in my club house. My wife went there as well.” (M/33, a supervisor)

“In family participation, ... I'll teach my children how to play various ball games, and also give them chances to win.” (F/25, a clerk)

"I am the instructor of the junior baseball team I can play with my son whenever he joins my team. My wife would accompany him to the Hong Kong Sport Institute." (M/41, an administrator)

7.2.6 Special Roles

In some experiences, special roles, including the referee, the team manager and the marker could be identified.

"Last time, I played the role as a referee in my children's softball competition." (M/43, a manager)

"During the ball games, children played ... Parents took the role as markers or team managers." (M/39 an administrator)

7.2.7 Blurred or Unclear Roles

Nonetheless, some of interviewees might not be able to differentiate a clear-cut boundary among the roles played by their family members.

"It's a custom for us to play together. I can't differentiate." (M/38, a professional)

"It's a habit to play basketball ... with my father , usually after the breakfast. I forget who suggests playing it first. All are active." (M/16, a student)

"No one is responsible for making suggestions or planning. It is somehow spontaneous." (M/40, a clerk)

7.3 Summary

The following tables summarised the recent experiences being quoted by the interviewees; and the roles identified among family members in family participation in sport.

Types of Recent Experiences in Family Participation in Sport

1. Self-organized Experiences

- *by Interviewees*
- *by Parents*
- *by Spouse*
- *by Cousins*

2. Sport Club Experiences

- *Softball Club*
- *Table-tennis Club*
- *Badminton Club*
- *Baseball Club*
- *Swimming Club*

3. Local Organization Experiences

- *Regional Council*
- *Women's Club*
- *Urban Council*
- *Mutual Aid Committee*

4. Employer Sport Experiences

5. School Sport Experiences

Roles among Family Members in the Experiences

1. *Organisers*

2. *Companion*

3. *Observers*

4. *Caretakers*

5. *Trainers*

6. *Special Roles*

- *Referees*
- *Markers*
- *Team Managers*

7. *Blurred and Unclear Roles*

PART IV

CONCLUSION

CHAPTER EIGHT

CONCLUSION AND RECOMMENDATIONS

8.1 Conclusion

The main objective of this research is to promote a general understanding of the current trend of family participation in sport in Hong Kong. In the first phase of the research method, a telephone questionnaire survey had been conducted with the objective to explore the general profile of family participation in sport or physical recreation in Hong Kong. The sample population was meant to be representative across the territory, and three types of sport participation were identified, namely Sport Participation with the Family; Individual Sport Participation; and No Participation in Sport. These three types constituted 17.0%, 29.3% and 53.7% of respondents respectively. The major advantages of family participation in sport were reported as "improving family relationship", "family gathering", "leisure companion", and "Having fun with family members" by those who had these experiences during last six months. Whilst the reasons for non-participation with the family were "No time", "No common interest", "Age difference" and "Prefer playing with peers" among those who had individual participation in sport.

To substantiate the findings in the quantitative survey, in-depth case or focus group interviews were conducted to elicit people's experiences and opinions. It has appeared that most of the interviewees could depict one piece of experience in sport participation with the family. Nonetheless, some of them took place many years ago, whilst others were their recent experiences that occurred not more than a year. Five broad types of their experiences could be classified according to how they organized their activities, namely the self-organized, the sport club, the local organization, the

employer sport and the school sport experiences. Various roles or actors in these experiences were generalized. Besides, interviewees were invited to give opinions and recommendations on how to promote family participation in sport in Hong Kong.

8.2 Recommendations

8.2.1 Facilities

8.2.1.1 *Building more Facilities*

It has appeared a divergence towards the adequacy of facilities for sport participation in Hong Kong. Some commented that there were enough facilities being available in Hong Kong while some disagreed.

“Country parks are generally sufficient for family participation.”
(M/18, a student)

“Facilities are sufficient ... But nobody knows, they can't use them.” (F/20, a university student)

“Limited baseball courts ...for family participation” (M/45, an administrator)

“Not enough facilities for softball practice in Hong Kong. A formal ... standard court for soft ball should be built.” (M/15, a student)

“I play basketball with my daughter when she wants. However, the basketball court near my house is always occupied.” (M/44, a professional)

“... No swimming pool in Island East.” (F/25, a clerk)

8.2.1.2 *Better Maintenance*

Maintenance was found to be of great significance in encouraging more sport participation.

“New courts are good. Nobody cares about the old court. Little maintenance ...” (M/15, a student)

“The water ... [in the swimming pool] is dirty. I stop going to swim with my children.” (F/42, a housewife)

8.2.1.3 *Improving the Advance Booking System*

Some interviewees complained about the difficulties in booking the premises such as too many people on the queue.

“It is always difficult to book the facilities in advance.” (F/25, a promotion sales)

Yet, one of the interviewees was happy about the recent improvement of the advance booking system.

“Telephone booking is more convenient.” (F/29, a clerk)

8.2.1.4 *Improving the Quality of Facilities*

The qualities of facilities should not be neglected in affecting the frequency of family participation in sport:

“The badminton court is very hot in summer, and that’s why I don’t go with my family.” (F/29, a clerk)

8.2.1.5 *More Subsidy*

More subsidy might encourage family participation in sport. Or, it could symbolize the whole-hearted support of the Government to promote family and sport.

“The charge is too expensive. I may use the facilities more frequently if the price is lowered. \$20-\$25 per hour is acceptable for using a badminton court. The present ... is \$40 per hour.”
(F/42, a housewife)

“...discount on family participation.” (M/13, a student)

8.2.2 Programmes

8.2.2.1 *More Suitable Programmes*

Some interviewees were ignorant of the programmes for family participation. An example was:

“Seldom do I see programmes for family participation in sport.”
(M/17, a student)

Although most of them were aware of these activities, they found them not suitable for the whole family to participate, and these programmes are piecemeal in nature.

“The activities ... not suitable for us ... It only suits those who are 7-year-old kids and their family to join.” (M/16, a student)

“No long term training programme for family participation at present.” (M/39, a manager)

Similar to the findings on the quantitative survey, swimming, ball games such as golf, bowling, badminton and so on were highly recommended for family participation.

“The Government can organize more sport competitions, such as swimming gala for the whole family to participate.” (M/39, a manager)

“Swimming is suitable for people of different ages.” (M/44, an administrator)

8.2.2.2 *Importance of Quality of the Programme*

To make sure the good quality of the programmes would ensure more family participation in sport.

“Pay more attention on the quality. Good quality would facilitate more people to participate.” (M/38, an administrator)

“Bowling is desirable for family participation. If the quality does not improve, it is the waste of resources.” (M/41, an administrator)

8.2.2.3 *Setting up More Quotas*

Flexibility in the number of quotas should be allowed.

“The programmes for family participation is very limited. The quotas are easily filled up.” (M/39, a professional)

“The quota ... only 16 people can join the competition. It's not enough. No quota should be set.” (M/28, an administrator)

8.2.3 Accessibility of Information

8.2.3.1 *Improving Promotion Strategies*

Since the accessibility of information was found to be inadequate, the first step for the Government to take was to have more promotion and publicity.

“If one does not take an active role in getting the information of the programmes, he won't get the message. Even though a banner is displayed, not many people would pay attention to it.” (M/39, a professional)

It was generally agreed that the information regarding the programmes, the location of facilities should reach out to the public. Different strategies were suggested as follows:

“Put the advertisements on TV.” (M/17, a student)

“Promotion can be done through different Mutual Aid Committees. They can pass messages to the public.” (M/32, a professional)

“Housewives are good promotion means.” (M/44, an administrator)

“promoting sport should begin in primary school.” (M/28, a professional)

“The Government should distribute more booklets to primary school kids. Since the primary students usually maintain closer relationship with their parents, it's an effective means.” (M/39, a professional)

8.2.4 Others

8.2.4.1 *Education to the Public*

The importance of family participation in sport should be made known to the general public. Thus, they would be more ready to participate actively with their family.

“Educate the public and make them aware of the importance of family and sport.” (F/29, a clerk)

“Parents are not aware of the significance of family involvement in sport ... it is very important to educate the public that their participation can improve family relationship.” (F/32, a saleswoman)

“It can be compulsory. It can be a part of education ... educating the mothers and they would bring their children to join these activities.” (M/13, a student)

8.2.4.2 *A Family Day for Sport*

A family day for sport participation was welcomed particularly to those students in the sample.

“Holidays should be set for family participation in sport. People don't have enough time to do sport with the family ... People prefer to spend their weekends to take a rest rather than to play sports.” (F/21, a university student)

“Family day on sport participation ... Just like the non-smoking day.” (M/16, a student)

8.2.4.3 *Don't just Focus on Sport Elite*

An interviewee believed that the Government should invest more on the general public instead of the sport elite.

"I think the Government has spent too much money on sport elite. They should identify more sport activities that fit family participation, ... put resources to promote them." (M/39, a professional)

8.2.4.4 *Promoting Employer and School Sport Activities*

Since only few interviewees had their experiences in employer and school sport activities, as shown in both the quantitative survey and the in-depth interviews, further promotion on these sport activities was necessary.

8.2.4.5 *More Research/ Consumer Studies*

Research or consumer studies enabled the Government to understand the interests of the public such as their favourable sport activities for family involvement.

"The Government should gain the feedback from the public regarding their interests on sport activities." (F/38, a professional)

"It would be quite good to have this kind of survey. Hong Kong people are quite passive to give their opinion on a particular issue. Survey can help discover and reflect their situation." (F/40, a housewife)

8.2.5 Importance of Family Relationship

Likewise, an interviewee claimed that before encouraging more family participation in sport, the Government should enhance better family relationship.

“I think family participation in sport does not rely on the adequacy of facilities, but rather on the family relationship. If the family relationship is very poor, they won't do sport together. So ... it's not merely due to the matter of facilities or promotion.” (M/21, a university student)

Nonetheless, in Section 7.3, it was reflected that improving family relationship would be one of the advantages or outcomes for family participation in sport. In a word, experiences demonstrated the interactive effect between family participation in sport and improvement in the family relationship. Hence, further promotion and encouragement of this kind of sport participation should be made beyond doubt.



REFERENCES

REFERENCES

- Browne, B.A. & Francis, S.K. (1993). Participation in school-sponsored and independent sports: Perceptions of self and family. *Adolescence*, 28 (110), 383-391.
- Chandler, T.L.J. & Goldberg, A.D. (1990) Building character through sports: myth or possibility?. *Counseling and values*, 34 (3), 169-176.
- Chow, N.W.S. (1985). *Values, leisure, behaviour and anti-social behaviour of young people in Tsuen Wan and Kwai Chung*. Hong Kong: Tsuen Wan District Board. (in Chinese)
- Hakim, C. (1987). *Research design*. London: George Allen & Unwin.
- Hendry, L. (1992). Sport and leisure: The not-so-hidden curriculum? in J.C. Coleman and C. Warren-Adamson (Eds.), *Youth policy in the 1990s: The way forward* (pp.62-87). London: Routledge.
- Hines, S. & Groves, D.L. (1989). Sports competition and its influence on self-esteem development. *Adolescence*, 24 (96), 861-869.
- Lavrakas, P. (1987). *Telephone survey methods: Sampling, selection and supervision*. London: Sage.
- Lehmann, D.R. (1989) *Market research and analysis*. Homewood, IL.: Irwin.
- May, T. (1993). *Social research: Issues, methods and process*. Open University Press.
- Ng, P.K. (1984). *Socio-demographic patterns of leisure behaviour of adolescents in Hong Kong*. Hong Kong: Centre for Hong Kong Studies, CUHK.
- Ng, P.K. (1988). *The effects of peer orientation, parent orientation and schooling subculture on leisure behaviour and life satisfaction of youths in Hong Kong*. Hong Kong: Centre for Hong Kong Studies, CUHK.
- Ng, P.K. & Man, J.L. (1988). *Leisure behaviour and life satisfaction of youths in Eastern District*. Hong Kong: Centre for Hong Kong Studies, CUHK.

APPENDIX I

**QUESTIONNAIRE
(ENGLISH VERSION)**

Survey on Family Participation in Sport

Questionnaire

Section I: Family and Sport

1. Have you ever taken part in any sports or physical recreation in the past ?

1. Yes 2. No (Go to Question 11)

2. Did you participate in any sports or physical recreation with your family in the last six months ?

1. Yes 2. No (Go to Question 9)

3. What kind(s) of sport and physical recreation did you usually participate with you family ? (Can tick more than 1 box)

- | | | | |
|--|---|--|---|
| <input type="checkbox"/> 1. Badminton | <input type="checkbox"/> 15. Lawn Bowls | <input type="checkbox"/> 29. Archery | <input type="checkbox"/> 43. Hiking |
| <input type="checkbox"/> 2. Basketball | <input type="checkbox"/> 16. Rugby | <input type="checkbox"/> 30. Darts | <input type="checkbox"/> 44. Jogging |
| <input type="checkbox"/> 3. Handball | <input type="checkbox"/> 17. Soccer | <input type="checkbox"/> 31. Canoeing | <input type="checkbox"/> 45. Mountaineering |
| <input type="checkbox"/> 4. Ice Hockey | <input type="checkbox"/> 18. Softball | <input type="checkbox"/> 32. Scuba Diving | <input type="checkbox"/> 46. Orienteering |
| <input type="checkbox"/> 5. Netball | <input type="checkbox"/> 19. Tennis | <input type="checkbox"/> 33. Rowing | <input type="checkbox"/> 47. Walking |
| <input type="checkbox"/> 6. Snooker/Billiard | <input type="checkbox"/> 20. Athletics | <input type="checkbox"/> 34. Sailing/ Yachting | <input type="checkbox"/> 48. Boxing |
| <input type="checkbox"/> 7. Squash | <input type="checkbox"/> 21. Cycling | <input type="checkbox"/> 35. Swimming | <input type="checkbox"/> 49. Chinese Marital Arts/Wushu |
| <input type="checkbox"/> 8. Table Tennis | <input type="checkbox"/> 22. Fencing | <input type="checkbox"/> 36. Windsurfing | <input type="checkbox"/> 50. Judo |
| <input type="checkbox"/> 9. Tenpin Bowling | <input type="checkbox"/> 23. Horse-riding | <input type="checkbox"/> 37. Water Skiing | <input type="checkbox"/> 51. Karate |
| <input type="checkbox"/> 10. Volleyball | <input type="checkbox"/> 24. Ice Skating | <input type="checkbox"/> 38. Aerobics | <input type="checkbox"/> 52. Kendo |
| <input type="checkbox"/> 11. Baseball | <input type="checkbox"/> 25. Karting | <input type="checkbox"/> 39. Gymnastics | <input type="checkbox"/> 53. Qikong |
| <input type="checkbox"/> 12. Cricket | <input type="checkbox"/> 26. Roller Skating | <input type="checkbox"/> 40. Dancing | <input type="checkbox"/> 54. Taewondo |
| <input type="checkbox"/> 13. Golf | <input type="checkbox"/> 27. Parachuting | <input type="checkbox"/> 41. Exercise | <input type="checkbox"/> 55. Others (Please specify): _____ |
| <input type="checkbox"/> 14. Hockey | <input type="checkbox"/> 28. Shooting | <input type="checkbox"/> 42. Weight Training | |

4. In the past six months, how many time(s) did you participate in sports or physical recreation with your family ?

1. Occasionally 4. Twice or three times every month
 2. Once every 2 months 5. Once or twice every week
 3. Once every month 6. Three or four times every week

5. Whom did you usually play with ? (Can tick more than 1 box)

- | | |
|---|---|
| <input type="checkbox"/> 1. Father | <input type="checkbox"/> 8. Grandchildren |
| <input type="checkbox"/> 2. Mother | <input type="checkbox"/> 9. Brother-in-law |
| <input type="checkbox"/> 3. Siblings | <input type="checkbox"/> 10. Sister-in-law |
| <input type="checkbox"/> 4. Spouse | <input type="checkbox"/> 11. Cousins |
| <input type="checkbox"/> 5. Children | <input type="checkbox"/> 12. Aunt |
| <input type="checkbox"/> 6. Grandfather | <input type="checkbox"/> 13. Uncle |
| <input type="checkbox"/> 7. Grandmother | <input type="checkbox"/> 14. Others (Please specify): _____ |

6. What benefit(s) do you think you have gained from family participation in sport ? (Can tick more than 1 box)

- 1. Financial support
- 2. Leisure companion
- 3. Help choosing leisure activities
- 4. Family gathering
- 5. Having fun with family members
- 6. Physical training
- 7. Relaxation
- 8. Developing interests together
- 9. Improving family relationship
- 10. Others (Please specify): _____

7a. Will you continue to do sport with your family ?

1. Yes (Go to Question 8) 2. No

7b. What is/are the reason(s) for not continuing to do sport with your family ?

- 1. Age difference
- 2. No common interest
- 3. Get away from the family
- 4. Want to be independent
- 5. Prefer playing with others such as peers
- 6. No time
- 7. Participating in other leisure activities instead of sports with the family
- 8. Insufficient sport facilities for family participation
- 9. Insufficient sport activities
- 10. Insufficient information
- 11. Others (Please specify): _____

8. Do you think there are enough sport and physical recreation organized for family participation ?

1. Yes

2. No

(Please go to Question 19)

No Participation in Sports or Physical Recreation with the Family

9. What is/are the reason(s) for not participating in any sport and physical recreation with your family ? (Can tick more than 1 box)

1. Age difference

2. No common interest

3. Get away from the family

4. Want to be independent

5. Prefer playing with others such as peers

6. No time

7. Participating in other leisure activities instead of sports with the family

8. Insufficient sport facilities for family participation

9. Insufficient sport activities

10. Insufficient information

11. Others (Please specify): _____

10. If there are opportunities for family's participation in sport, do you think you will take part with your family ?

1. Yes

2. No

(Please go to Question 19)

No Participation in Sports Activities

11. What is/are the reason(s) for not participating in any sports activities ? (Can tick more than 1 box)

- 1. No interest at all
- 2. Lack of companion
- 3. No encouragement from family members
- 4. No equipment
- 5. No or insufficient sport facilities
- 6. No information
- 7. No time
- 8. Having other leisure activities
- 9. Others (Please specify): _____

12. Will you consider to take part in any sports or physical recreation in future ?

- 1. Yes
- 2. No (Go to Question 14)

13. Which sport(s) do you think you will participate ? (Can tick more than 1 box)

- | | | | |
|--|---|--|---|
| <input type="checkbox"/> 1. Badminton | <input type="checkbox"/> 15. Lawn Bowls | <input type="checkbox"/> 29. Archery | <input type="checkbox"/> 43. Hiking |
| <input type="checkbox"/> 2. Basketball | <input type="checkbox"/> 16. Rugby | <input type="checkbox"/> 30. Darts | <input type="checkbox"/> 44. Jogging |
| <input type="checkbox"/> 3. Handball | <input type="checkbox"/> 17. Soccer | <input type="checkbox"/> 31. Canoeing | <input type="checkbox"/> 45. Mountaineering |
| <input type="checkbox"/> 4. Ice Hockey | <input type="checkbox"/> 18. Softball | <input type="checkbox"/> 32. Scuba Diving | <input type="checkbox"/> 46. Orienteering |
| <input type="checkbox"/> 5. Netball | <input type="checkbox"/> 19. Tennis | <input type="checkbox"/> 33. Rowing | <input type="checkbox"/> 47. Walking |
| <input type="checkbox"/> 6. Snooker/Billiard | <input type="checkbox"/> 20. Athletics | <input type="checkbox"/> 34. Sailing/ Yachting | <input type="checkbox"/> 48. Boxing |
| <input type="checkbox"/> 7. Squash | <input type="checkbox"/> 21. Cycling | <input type="checkbox"/> 35. Swimming | <input type="checkbox"/> 49. Chinese Marital Arts/Wushu |
| <input type="checkbox"/> 8. Table Tennis | <input type="checkbox"/> 22. Fencing | <input type="checkbox"/> 36. Windsurfing | <input type="checkbox"/> 50. Judo |
| <input type="checkbox"/> 9. Tenpin Bowling | <input type="checkbox"/> 23. Horse-riding | <input type="checkbox"/> 37. Water Skiing | <input type="checkbox"/> 51. Karate |
| <input type="checkbox"/> 10. Volleyball | <input type="checkbox"/> 24. Ice Skating | <input type="checkbox"/> 38. Aerobics | <input type="checkbox"/> 52. Kendo |
| <input type="checkbox"/> 11. Baseball | <input type="checkbox"/> 25. Karting | <input type="checkbox"/> 39. Gymnastics | <input type="checkbox"/> 53. Qikong |
| <input type="checkbox"/> 12. Cricket | <input type="checkbox"/> 26. Roller Skating | <input type="checkbox"/> 40. Dancing | <input type="checkbox"/> 54. Taewondo |
| <input type="checkbox"/> 13. Golf | <input type="checkbox"/> 27. Parachuting | <input type="checkbox"/> 41. Exercise | <input type="checkbox"/> 55. Others (Please specify): _____ |
| <input type="checkbox"/> 14. Hockey | <input type="checkbox"/> 28. Shooting | <input type="checkbox"/> 42. Weight Training | |

14. Will you encourage your family members to participate in sports and physical recreation ?

- 1. Yes
- 2. No (Go to Question 19)

15. Will you take part with your family ?

1. Yes

2. No (Go to Question 19)

16. What kind(s) of sports or physical recreation do you prefer to do with your family ?
(Can tick more than 1 box)

- | | | | |
|--|---|--|---|
| <input type="checkbox"/> 1. Badminton | <input type="checkbox"/> 15. Lawn Bowls | <input type="checkbox"/> 29. Archery | <input type="checkbox"/> 43. Hiking |
| <input type="checkbox"/> 2. Basketball | <input type="checkbox"/> 16. Rugby | <input type="checkbox"/> 30. Darts | <input type="checkbox"/> 44. Jogging |
| <input type="checkbox"/> 3. Handball | <input type="checkbox"/> 17. Soccer | <input type="checkbox"/> 31. Canoeing | <input type="checkbox"/> 45. Mountaineering |
| <input type="checkbox"/> 4. Ice Hockey | <input type="checkbox"/> 18. Softball | <input type="checkbox"/> 32. Scuba Diving | <input type="checkbox"/> 46. Orienteering |
| <input type="checkbox"/> 5. Netball | <input type="checkbox"/> 19. Tennis | <input type="checkbox"/> 33. Rowing | <input type="checkbox"/> 47. Walking |
| <input type="checkbox"/> 6. Snooker/Billiard | <input type="checkbox"/> 20. Athletics | <input type="checkbox"/> 34. Sailing/ Yachting | <input type="checkbox"/> 48. Boxing |
| <input type="checkbox"/> 7. Squash | <input type="checkbox"/> 21. Cycling | <input type="checkbox"/> 35. Swimming | <input type="checkbox"/> 49. Chinese Marital Arts/Wushu |
| <input type="checkbox"/> 8. Table Tennis | <input type="checkbox"/> 22. Fencing | <input type="checkbox"/> 36. Windsurfing | <input type="checkbox"/> 50. Judo |
| <input type="checkbox"/> 9. Tenpin Bowling | <input type="checkbox"/> 23. Horse-riding | <input type="checkbox"/> 37. Water Skiing | <input type="checkbox"/> 51. Karate |
| <input type="checkbox"/> 10. Volleyball | <input type="checkbox"/> 24. Ice Skating | <input type="checkbox"/> 38. Aerobics | <input type="checkbox"/> 52. Kendo |
| <input type="checkbox"/> 11. Baseball | <input type="checkbox"/> 25. Karting | <input type="checkbox"/> 39. Gymnastics | <input type="checkbox"/> 53. Qikong |
| <input type="checkbox"/> 12. Cricket | <input type="checkbox"/> 26. Roller Skating | <input type="checkbox"/> 40. Dancing | <input type="checkbox"/> 54. Taewondo |
| <input type="checkbox"/> 13. Golf | <input type="checkbox"/> 27. Parachuting | <input type="checkbox"/> 41. Exercise | <input type="checkbox"/> 55. Others (Please specify): _____ |
| <input type="checkbox"/> 14. Hockey | <input type="checkbox"/> 28. Shooting | <input type="checkbox"/> 42. Weight Training | |

17. What is/are the reason(s) for your preference as shown in the above question ? (Can tick more than 1 box)

- 1. Financial support
- 2. Leisure companion
- 3. Help choosing leisure activities
- 4. Family gathering
- 5. Having fun with family members
- 6. Physical training
- 7. Relaxation
- 8. Developing interests together
- 9. Others (Please specify): _____

18. To what extent do your family support family participation in sport ?

- 1. Very supportive
- 2. Supportive
- 3. No opinion
- 4. Not supportive
- 5. Not very supportive
- 6. Don't know

Section II: Employer and Sport

19. Are you employed at present ?

1. Yes

2. No (Go to Question 24)

20. Are there any sports activities organized by employers by your working corporation/ organization ?

1. Yes

2. No (Go to Question 24)

21. Have you ever participated in one of the activities organized by employers by your working corporation/ organization ?

1. Yes

2. No (Go to Question 24)

22. Do these activities involve family participation ?

1. Yes

2. No (Go to Question 24)

23. Have you ever participated these activities with your family ?

1. Yes

2. No

Section III: Health Habit

24. Do you ever smoke ?

1. Yes

2. No

25. Do you drink heavily ?

1. Yes

2. No

26. Compared with other people of your age and sex, how good do you think your physical level is at present ?

- 1. Very Poor
- 2. Poor
- 3. Average
- 4. Good
- 5. Very Good

27. Compared with other people of your age and sex, how good do you think your health condition is at present ?

- 1. Very Poor
- 2. Poor
- 3. Average
- 4. Good
- 5. Very Good

28. What is your perception of "Sport" ?

- 1. Time-consuming
- 2. Healthy
- 3. An interest
- 4. Physical training
- 5. Obtaining a sense of achievement
- 6. Relaxing
- 7. Consumption of energy
- 8. Others (Please specify): _____

Section IV: Socio-economic Profile of Respondent

29. Age:

30. Sex: 1. Male 2. Female

31. Occupation:

- 1. Managers and administrators
- 2. Professionals
- 3. Associate Professionals
- 4. Clerks
- 5. Service workers and shop sales workers
- 6. Skilled agriculture and fishery workers
- 7. Craft and related workers
- 8. Plant and machine operators and assemblers
- 9. Elementary occupation
- 10. Student
- 11. Housewife
- 12. Retired
- 13. Unemployed
- 14. Others (Please specify): _____

32. Education Attainment:

- 1. No schooling/Kindergarten
- 2. Primary
- 3. Form 1
- 4. Form 2
- 5. Form 3
- 6. Form 4
- 7. Form 5
- 8. Post-secondary
- 9. Tertiary
- 10. Technical Institute
- 11. Others (Please specify): _____

33. Household Income per Month:

- 1. Under 2,000
- 2. 2,000 - 3,999
- 3. 4,000 - 5,999
- 4. 6,000 - 7,999
- 5. 8,000 - 9,999
- 6. 10,000 - 14,999
- 7. 15,000 - 19,999
- 8. 20,000 - 29,999
- 9. 30,000 - 39,999
- 10. 40,000 - 49,999
- 11. 50,000 and over
- 12. Don't Know

34. Home District:

- 1. Central and Western
- 2. Wan Chai
- 3. Eastern
- 4. Southern
- 5. Yau Tsim Mong
- 6. Sham Shui Po
- 7. Kowloon City
- 8. Wong Tai Sin
- 9. Kwun Tong
- 10. Kwai Tsing
- 11. Tsuen Wan
- 12. Tuen Mun
- 13. Yuen Long
- 14. North
- 15. Tai Po
- 16. Sha Tin
- 17. Sai Kung
- 18. Islands

35. Total Number of Family Members (including yourself) Living together: □□,
including :

- | | |
|--|--|
| <input type="checkbox"/> 1. Father | <input type="checkbox"/> 7. Siblings (including yourself),
Total Number: __
Age Range: (From __ to __) |
| <input type="checkbox"/> 2. Mother | <input type="checkbox"/> 8. Grandchildren, Total Number: __ |
| <input type="checkbox"/> 3. Spouse (Husband or Wife) | <input type="checkbox"/> 9. Maid, Total Number: __ |
| <input type="checkbox"/> 4. Children, Total Number: __
Age Range (From __ to __) | <input type="checkbox"/> 10. Others, Total Number: __ |
| <input type="checkbox"/> 5. Grandfather, Total Number: __ | |
| <input type="checkbox"/> 6. Grandmother, Total Number: __ | |

- Thank you for your co-operation -

APPENDIX II

**QUESTIONNAIRE
(CHINESE VERSION)**

家庭參與體育活動調查 問卷

第一部份：家庭與體育活動

1. 在過去六個月內，你會否參與任何體育活動？

1. 有
2. 無 (跳答問題 11)

2. 在過去六個月內，你有無同埋其他家庭成員一齊參與任何體育活動？

1. 有
2. 無 (跳答問題 9)

3. 你同埋其他家庭成員一齊參與過邊的嘞體育活動？(可答多項)

- | | | | |
|------------|----------|------------|--------------|
| 1. 羽毛球 | 15. 草地滾球 | 29. 射箭 | 43. 遠足 |
| 2. 籃球 | 16. 欖球 | 30. 飛鏢 | 44. 緩步跑 |
| 3. 手球 | 17. 足球 | 31. 獨木舟 | 45. 攀山 |
| 4. 冰上曲棍球 | 18. 壘球 | 32. 潛水 | 46. 野外定向 |
| 5. 投球 | 19. 網球 | 33. 划艇 | 47. 步行 |
| 6. 英式/美式桌球 | 20. 田徑 | 34. 帆船/風帆 | 48. 拳擊 |
| 7. 壁球 | 21. 單車 | 35. 游泳 | 49. 國術/武術 |
| 8. 乒乓球 | 22. 劍擊 | 36. 滑浪風帆 | 50. 柔道 |
| 9. 保齡球 | 23. 騎馬 | 37. 滑水 | 51. 空手道 |
| 10. 排球 | 24. 溜冰 | 38. 健康舞 | 52. 劍道 |
| 11. 棒球 | 25. 小型賽車 | 39. 器械操/體操 | 53. 氣功 |
| 12. 木球 | 26. 滾軸溜冰 | 40. 跳舞 | 54. 跆拳道 |
| 13. 哥爾夫球 | 27. 跳傘 | 41. 柔軟體操 | 55. 其他 |
| 14. 曲棍球 | 28. 射擊 | 42. 健身 | (請註明: _____) |

4. 在過去六個月裡面，你平均幾耐同屋企人一齊參與體育活動？

1. 偶然
2. 每兩個月一次
3. 每個月一次
4. 每個月二至三次
5. 每星期一至二次
6. 每星期三至四次

5. 你通常同邊啲家庭成員一齊參與體育活動?

- | | |
|---------|---------------------|
| 1. 父親 | 8. 孫仔/孫女 |
| 2. 母親 | 9. 姊夫/妹夫 |
| 3. 兄弟姊妹 | 10. 阿嫂/弟婦 |
| 4. 配偶 | 11. 表兄弟姊妹 |
| 5. 子女 | 12. 姨媽/阿姨/姑媽/姑姐 |
| 6. 祖父 | 13. 阿叔/舅父/大伯 |
| 7. 祖母 | 14. 其他 (請註明): _____ |

6. 你覺得同埋家庭成員一齊參與體育活動有什麼好處? (可答多項)

- | | |
|-------------|---------------------|
| 1. 給予經濟上支持 | 6. 體能鍛練 |
| 2. 有人陪伴 | 7. 鬆弛肌肉、神經等 |
| 3. 協助選擇消閒活動 | 8. 建立共同興趣 |
| 4. 與家人一起團聚 | 9. 改善關係, 相處更融洽 |
| 5. 消遣、娛樂 | 10. 其他 (請註明): _____ |

7a. 在未來日子、你會唔會繼續同埋其他家庭成員參與任何體育活動?

1. 會
2. 不會 ----> 7b. 點解呢?

- | | |
|--------------|---------------------|
| 1. 年齡差別 | 7. 與家人有其他活動 |
| 2. 沒有共同興趣 | 8. 沒有足夠的體育設施可供家庭參與 |
| 3. 不喜歡同埋家人一齊 | 9. 沒有足夠的活動 |
| 4. 可以獨立些 | 10. 沒有足夠資料 |
| 5. 選擇其他人作同伴 | 11. 其他 (請註明): _____ |
| 6. 沒有時間 | |

8. 你覺得現時是否有足夠提供家庭參與的體育活動呢?

1. 是
2. 否

(請跳答問題 18)

沒有同埋其他家庭成員參與任何體育活動

9. 你點解沒有同埋其他家庭成員參與任何體育活動? (可答多項)

- | | |
|--------------|---------------------|
| 1. 年齡差別 | 7. 與家人有其他活動 |
| 2. 沒有共同興趣 | 8. 沒有足夠的體育設施可供家庭參與 |
| 3. 不喜歡同埋家人一齊 | 9. 沒有足夠的活動 |
| 4. 可以獨立些 | 10. 沒有足夠資料 |
| 5. 選擇其他人作同伴 | 11. 其他 (請註明): _____ |
| 6. 沒有時間 | |

10. 如果有一些體育活動可以讓家庭參加, 你會唔會考慮同埋家庭成員一齊參與?

1. 會
2. 不會

(請跳答問題 18)

沒有參與任何體育活動

11. 你為什麼沒有參與任何體育活動? (可答多項)

- | | |
|------------|-------------------|
| 1. 沒有興趣 | 6. 沒有資料 |
| 2. 沒有同伴 | 7. 沒有時間 |
| 3. 家庭不給予鼓勵 | 8. 有其他興趣 |
| 4. 沒有體育用品 | 9. 其他 (請註明) _____ |
| 5. 沒有或不足設施 | |

12. 在將來, 你會唔會考慮參與任何體育活動?

1. 會
2. 不會 (跳答問題 14)

13. 你將會參與邊啲體育活動? (可答多項)

- | | | | |
|------------|----------|------------|--------------|
| 1. 羽毛球 | 15. 草地滾球 | 29. 射箭 | 43. 遠足 |
| 2. 籃球 | 16. 欖球 | 30. 飛鏢 | 44. 緩步跑 |
| 3. 手球 | 17. 足球 | 31. 獨木舟 | 45. 攀山 |
| 4. 冰上曲棍球 | 18. 壘球 | 32. 潛水 | 46. 野外定向 |
| 5. 投球 | 19. 網球 | 33. 划艇 | 47. 步行 |
| 6. 英式/美式桌球 | 20. 田徑 | 34. 帆船/風帆 | 48. 拳擊 |
| 7. 壁球 | 21. 單車 | 35. 游泳 | 49. 國術/武術 |
| 8. 乒乓球 | 22. 劍擊 | 36. 滑浪風帆 | 50. 柔道 |
| 9. 保齡球 | 23. 騎馬 | 37. 滑水 | 51. 空手道 |
| 10. 排球 | 24. 溜冰 | 38. 健康舞 | 52. 劍道 |
| 11. 棒球 | 25. 小型賽車 | 39. 器械操/體操 | 53. 氣功 |
| 12. 木球 | 26. 滾軸溜冰 | 40. 跳舞 | 54. 跆拳道 |
| 13. 哥爾夫球 | 27. 跳傘 | 41. 柔軟體操 | 55. 其他 |
| 14. 曲棍球 | 28. 射擊 | 42. 健身 | (請註明: _____) |

14. 你會唔會鼓勵其他家庭成員參與體育活動?

1. 會
2. 不會 (跳答問題 18)

15. 你會唔會同埋其他家庭成員一齊參與體育活動?

1. 會
2. 不會 (跳答問題 18)

16. 你希望同埋其他家庭成員參與邊啲體育活動? (可答多項)

- | | | | |
|------------|----------|------------|--------------|
| 1. 羽毛球 | 15. 草地滾球 | 29. 射箭 | 43. 遠足 |
| 2. 籃球 | 16. 欖球 | 30. 飛鏢 | 44. 緩步跑 |
| 3. 手球 | 17. 足球 | 31. 獨木舟 | 45. 攀山 |
| 4. 冰上曲棍球 | 18. 壘球 | 32. 潛水 | 46. 野外定向 |
| 5. 投球 | 19. 網球 | 33. 划艇 | 47. 步行 |
| 6. 英式/美式桌球 | 20. 田徑 | 34. 帆船/風帆 | 48. 拳擊 |
| 7. 壁球 | 21. 單車 | 35. 游泳 | 49. 國術/武術 |
| 8. 乒乓球 | 22. 劍擊 | 36. 滑浪風帆 | 50. 柔道 |
| 9. 保齡球 | 23. 騎馬 | 37. 滑水 | 51. 空手道 |
| 10. 排球 | 24. 溜冰 | 38. 健康舞 | 52. 劍道 |
| 11. 棒球 | 25. 小型賽車 | 39. 器械操/體操 | 53. 氣功 |
| 12. 木球 | 26. 滾軸溜冰 | 40. 跳舞 | 54. 跆拳道 |
| 13. 哥爾夫球 | 27. 跳傘 | 41. 柔軟體操 | 55. 其他 |
| 14. 曲棍球 | 28. 射擊 | 42. 健身 | (請註明: _____) |

17. 點解呢? (可答多項)

- | | |
|-------------|--------------------|
| 1. 給予經濟上支持 | 6. 體能鍛練 |
| 2. 有人作伴 | 7. 鬆弛肌肉、神經等 |
| 3. 協助選擇消閒活動 | 8. 建立共同興趣 |
| 4. 與家人一起團聚 | 9. 其他 (請註明): _____ |
| 5. 消遣、娛樂 | |

18. 你嘅屋企人對「家庭參與體育」是否支持?

- | | |
|--------|----------|
| 1. 很支持 | 4. 不支持 |
| 2. 支持 | 5. 非常不支持 |
| 3. 無意見 | 6. 唔知道 |

第二部份: 僱主與體育活動

19. 你現時是否受僱?

1. 是
2. 否 (跳答問題 24)

20. 你的僱主或工作機構有無舉辦一些體育活動?

1. 是
2. 否 ((跳答問題 24)

21. 你有無曾經參與過由你的僱主或工作機構所舉辦的任何體育活動?

1. 有
2. 無 (跳答問題 24)

22. 呢啲活動是否接受家庭成員的參與?

1. 是
2. 否 (跳答問題 24)

23. 你有冇試過和家庭成員一齊參加呢啲活動呢?

1. 有
2. 無

第三部份: 健康習慣

24. 你有無吸煙?

1. 有
2. 無

25. 你有無飲酒?

1. 有
2. 無

26. 與同年紀及性別的人比較, 你覺得你現時體能怎樣?

1. 非常差
2. 差
3. 普通
4. 好
5. 非常好

27. 與同年紀及性別的人比較, 你覺得你現時的健康情況如何?

1. 非常差
2. 差
3. 普通
4. 好
5. 非常好

28. 你對「體育運動」有什麼觀感? (可答多項)

- | | |
|----------|--------------------|
| 1. 浪費時間 | 6. 鬆弛 |
| 2. 健康 | 7. 消耗體能 |
| 3. 一種興趣 | 8. 其他 (請註明): _____ |
| 4. 體能鍛練 | |
| 5. 能得滿足感 | |

第四部份: 個人資料

29. 年齡: _____

30. 性別: 1. 男 2. 女

31. 職業:

- | | |
|-----------------|---------------------|
| 1. 行政及管理人員 | 8. 機台及機器操作人員及裝配員 |
| 2. 專業人員 | 9. 初級文員 |
| 3. 輔助專業人員 | 10. 學生 |
| 4. 文員 | 11. 家庭主婦 |
| 5. 服務業工作及商店銷售人員 | 12. 退休 |
| 6. 技術農業及漁場人員 | 13. 沒有受僱 |
| 7. 手工藝及有關人員 | 14. 其他 (請註明): _____ |

32. 教育程度:

- | | |
|--------------|---------------------|
| 1. 沒有受教育/幼稚園 | 7. 中五 |
| 2. 小學 | 8. 預科 |
| 3. 中一 | 9. 大專或大學 |
| 4. 中二 | 10. 工業學院 |
| 5. 中三 | 11. 其他 (請註明): _____ |
| 6. 中四 | |

33. 家庭平均每月總收入:

- | | |
|------------------------|-------------------------|
| 1. 2,000 元以下 | 7. 15,000 元 - 19,999 元 |
| 2. 2,000 元 - 3,999 元 | 8. 20,000 元 - 29,999 元 |
| 3. 4,000 元 - 5,999 元 | 9. 30,000 元 - 39,999 元 |
| 4. 6,000 元 - 7,999 元 | 10. 40,000 元 - 49,999 元 |
| 5. 8,000 元 - 9,999 元 | 11. 50,000 元或以上 |
| 6. 10,000 元 - 14,999 元 | 12. 不知道 |

34. 你居住的地區:

- | | |
|---------|---------|
| 1. 中西區 | 11. 葵青區 |
| 2. 灣仔區 | 12. 荃灣區 |
| 3. 東區 | 13. 屯門區 |
| 4. 西區 | 14. 元朗區 |
| 5. 油尖區 | 15. 北區 |
| 6. 旺角區 | 16. 大埔區 |
| 7. 深水埗區 | 17. 沙田區 |
| 8. 九龍城區 | 18. 西貢區 |
| 9. 黃大仙區 | 19. 離島區 |
| 10. 觀塘區 | |

35. 計算你自己在內，與你同住共有多少人？ _____ 人
包括以下那些成員：

1. 父親
2. 母親
3. 夫婦 (丈夫/妻子)
4. 子女, 共有 _____ 人
年齡(由 _____ 歲至 _____ 歲)
5. 祖父, 共 _____ 人
6. 祖母, 共 _____ 人
7. 兄弟姊妹 (包括你自己在內), 共 _____ 人
年齡(由 _____ 歲至 _____ 歲)
8. 孫仔、孫女, 共 _____ 人
9. 工人, 共 _____ 人
10. 其他, 共 _____ 人

-完畢, 多謝合作-

APPENDIX III

CASE/ FOCUS GROUP

INTERVIEW

GUIDELINE

Case/ Focus Group Interview Guideline

The main objective of the interview is to investigate in-depth the people's experiences in family participation in sport. The interview would last for not more than 30 minutes. Your information provided will be kept strictly confidential. Please kindly co-operate.

Personal Data

Sex:

Age:

Occupation:

Name of Interviewer:

Date of Interview:

Duration of Interview: minutes

Place of Interview:

Remarks :

Interview Guideline on Family Participation in Sport

Section I : Family and Sport

1. How would you perceive "Sports" ? Please elaborate.
2. What are the advantages and the disadvantages of family participation in sport ?
3. In your opinion, is there any difference between "individual participation in sport" and "family participation in sport" ?
4. Have you ever participated sport with your family ?

Yes

- 4.1 If Yes, quote the most recent experience that you participated sport or physical recreation with your family. Please give a detailed description of the experience.
 - 4.1.1 When ?
 - 4.1.2 Where ?
 - 4.1.3 How often ? (e.g. by chance, once every week and so on)
 - 4.1.4 What kinds of sports ?
 - 4.1.5 Whom did you play with ?
 - 4.1.6 What was the role of each family member in the sport activity ? Who was/were the organizer(s) ? Who was/were the active member(s) ? Who was/were the passive one(s) (if any)? Who prepared the sport activity such as bringing the sport equipment (if any) ?
 - 4.1.7 In general, how is this activity organized ? (e.g. By chance, Arranged beforehand and so on)

4.1.8 What are the resources that you and your family used in this experience ?

4.1.9 How do you find this experience ? (e.g. enjoyable, happy, bad and so on).....

No

4.2 If No, can you imagine ?

4.2.1 Why don't you participate sport with your family ? What are the difficulties you encounter ?

4.2.2 Do you want to participate sport with your family in the future ? Suggest some ways to enhance your family participation in sport.

Section II: Employer, School and Sport

5. Have you and your family ever participated in (a) sport activity/ activities organized by your employer (school personnel) or by employers (school personnel) of other members in your family ?

Yes

5.1. If yes, please quote an experience. Give a detailed description (as in Question 4).

5.1.1 Do you think that is there any difference between "family participation cited in Question 4" and this experience ?

No

5.2 If No, please imagine what is the difference between "family participation cited in Question 4" and "family participation organized by your employer/ your school" ?

Section III: Overall

6. Comments on the existing sports or physical recreation organized for family participation.

6.1 facilities

6.2 types of programmes

6.3 accessibility of information

6.4 others

7. If the Government has the commitment to encourage more family participation in sport, what suggestions would you like to give ?

Section IV: Other Comments

8. Do you have other comments or opinions ?

- Thank you for your co-operation -