

# Examining and Addressing Constraints to Sport Participation among Ethnically-Diverse Female Adolescents

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## Introduction

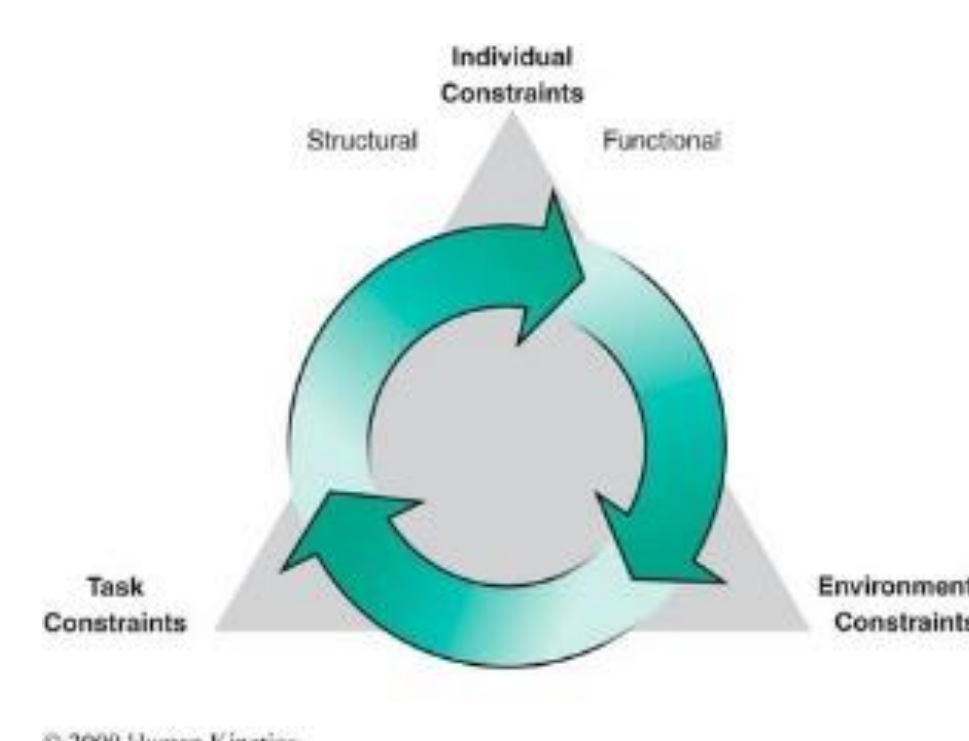
- Sport participation is linked to a range of physical and psychosocial benefits.
- Sport participation remains lower among girls than age-matched boys, particularly among girls who are ethnic minorities.
- Although constraints to sport participation among adolescent girls have been previously identified, little is known about how interactions of these constraints may pose barriers to participation.

## Objectives

1. The study aims to describe beliefs and barriers related to sport participation among adolescent girls
2. To provide preliminary, descriptive findings on adolescent female sport participation in Ontario as a basis for constraint interaction analysis

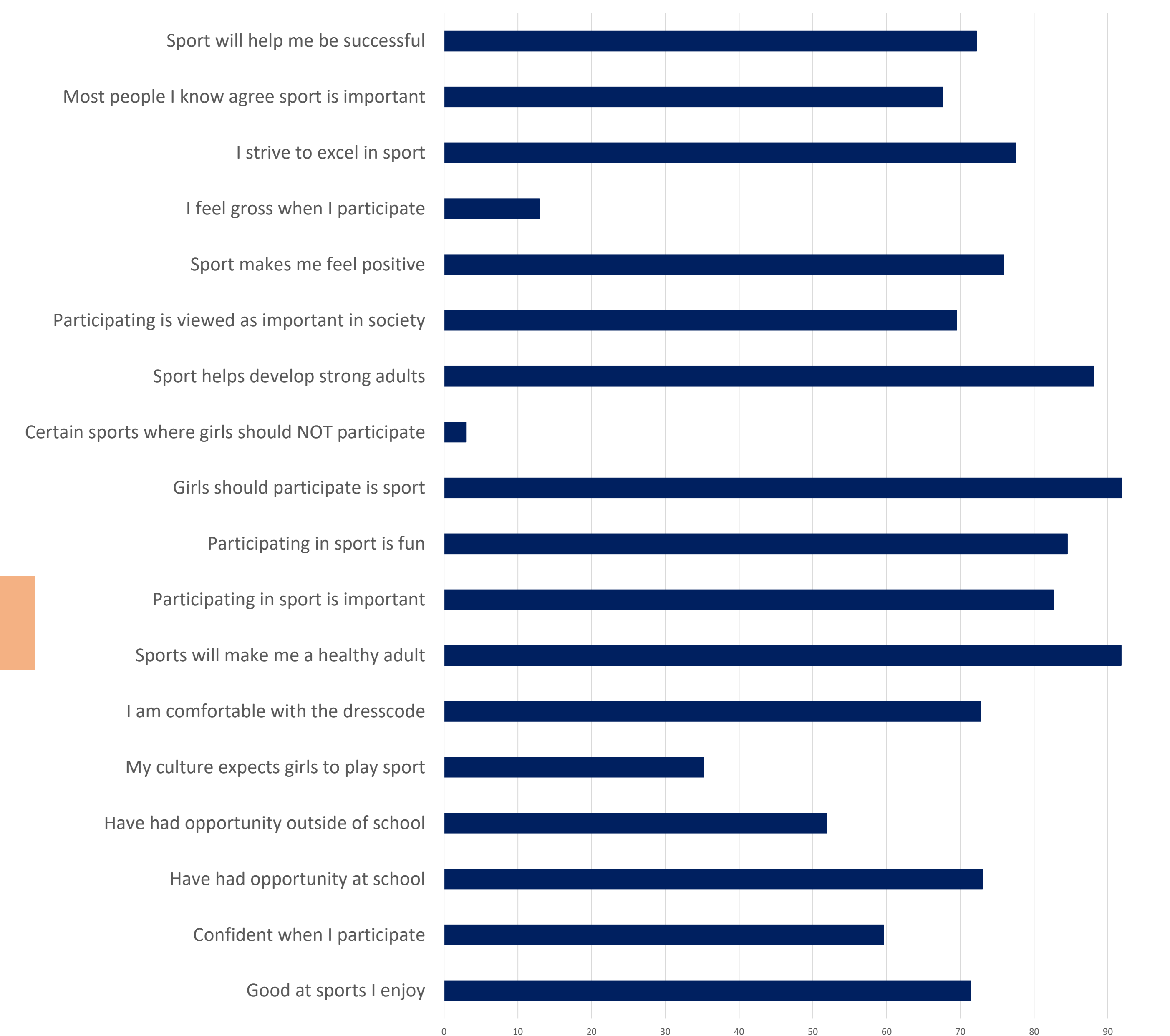
## Methods

- Culturally diverse females aged 13- 18 who lived in Ontario completed a 15-20 minute survey
- Survey helped to determine the constraints that were faced by the adolescent girls
- Using a mixed-methods approach, Newell's' (1986) Model of Constraints and Developmental Assets Framework to help determine the questions used for the survey

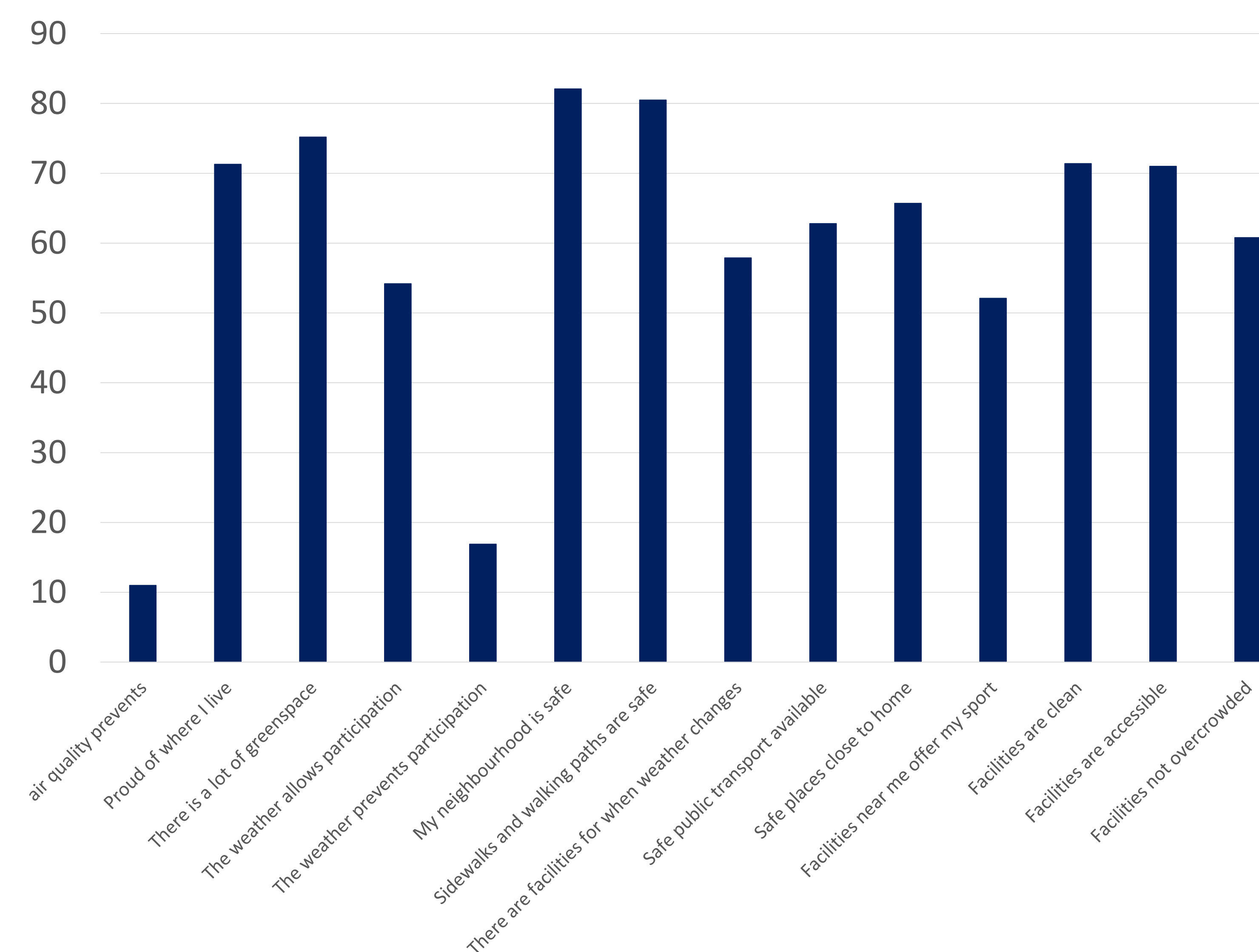


## Results

**Figure 1: Proportion of participants who agree with sport belief statements**



**Figure 2: Proportion of participant responses to environmental constraints to sport participation**



## Results

### Demographic results

- N=834 retained for preliminary analysis
- The mean age of participants was 16.2 (SD 1.2) years old
- Over a third (35.5%) of participants were non-white or multi-ethnic

### Sport Participation

- The majority (70.5%) of participants participated in sport regularly (3x per week) and over three quarters (77.6%) reported that they enjoyed sport

### Beliefs about sport

- Participants generally agreed with positive statements about female sport participation
- The majority believed the girls should participate in sport (91.9%), that sport will make them a healthy adult (91.8%) and that participating in sport is fun (84.5%)

### Natural and built environment

- There were few concerns about outdoor air quality (11%) or weather preventing participation (16.9%)
- Fewer females agreed that there were facilities near them that offered their sport of choice (52.1%) or were available when the weather change (57.9%)
- The proportion of females who felt they had safe transport (62.8%) or safe places to play sport close to home (65.7%) suggests that safety may be a barrier for many

## Conclusion

- Results highlight that although there are generally positive attitudes toward sport participation, there are various environmental constraints that hinder sport participation
- There preliminary findings are a first step in understanding constraints to participation, and investigations of interactions of these constraints is warranted