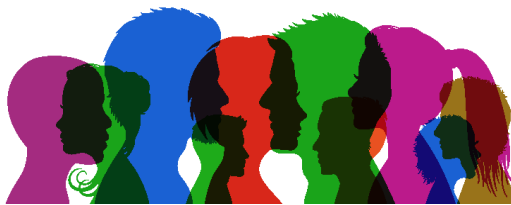




Why do youth disengage from sport?



Youth told us that they disengaged from sport between the ages of 13 and 17 years as the traditional sport opportunities presented to them no longer meet their motivations and availability for playing sport, and instead begin to represent the negative aspects of sport that they do not enjoy. During this life stage, youth change socially, physically, and psychologically as they develop through puberty and mature, and their priorities during leisure time shift to employment, school work, and family and friend commitments. Sport opportunities also change as pressure on youth performance intensifies, team selection becomes more critical, and lack of availability of opportunities becomes more apparent, or the logistics of sport (i.e. transport and cost) become more consuming.

In short, sport becomes everything youth don't like with very little of what they do like. It becomes more stressful at a time when they are beginning to feel stressed in all other aspects of their life as well.

www.latrobe.edu.au/cssi

Here are the reasons youth in Latrobe City told us they wanted to play sport, against those reasons they do not.

Why youth DO want to play sport



Social

- Spend time with friends
- Meet new people
- Be a valued member of a team



Physical / health

- Improve health and fitness
- Improve overall wellbeing
- Improve mental health



Sport structure / environment

- Enjoy social competition
- Teamwork
- Time to socialise with friends doing a *fun* activity



Lifestyle / enjoyment

- Stress relief from school
- Challenge and reward
- An opportunity to try new things

Why youth DON'T want to play sport



Social

- Peer pressure / bullying
- Fear of judgement
- Team selection means that the top players are valued, and others are not



Physical / health

- Lack of fitness and skills (can't keep up)
- Injury (difficult to return)
- Mental stress and pressure



Sport structure / environment

- Team selection
- Parent involvement (i.e. favouritism)
- Time commitment
- Travel / location
- Lack of opportunity (no youth teams)



Lifestyle / enjoyment

- Change in values, priorities and time commitments that now include work, study, family, friends, and new interests
- Decrease in parent support for sport (this could be transport, financial support, and values, i.e. if parents are prioritising work and study over sport)