



Motivators and Constraints to Participation in Sports and Physical Recreation

National Centre for Culture and
Recreation Statistics

Report prepared for the
Standing Committee on Recreation and Sport
Research Group

December 2007

PREFACE

This report was prepared for the Standing Committee on Recreation and Sport, and the Recreation and Sport Industry Statistics Group. It provides a more detailed analysis of motivators and constraints to participation in sports and physical recreation than that contained in the Australian Bureau of Statistics (ABS) publication based on the Multi-Purpose Household Survey (*Participation in Sports and Physical Recreation, 2005-06*, cat. no. 4177.0).

This report was prepared by the National Centre for Culture and Recreation Statistics. For further information about the data contained in this report please contact Peter Sifkus on (08) 8237 7438, or email to <nccrs@abs.gov.au>.

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SUMMARY OF MAIN FINDINGS

- Non-participants and occasional participants in sports and physical recreation reported a variety of constraints to participation, with the most common reasons for non-participation being: 'age/too old'; 'injury/illness'; 'not interested'; 'insufficient time due to work/study'; and 'insufficient time due to family'.
- Participants reported just two main motives for their participation: 'health/fitness' and 'enjoyment'.
- There were differences in the distribution of constraints on participation reported by the different demographic groups. In particular, age and sex were associated with different reasons for participation or non-participation. For example, age/too old was a common main reason reported by those not in the labour force or living alone. All population groups reported similar motives to participation, with health/fitness being the most common.
- The incidence of age/too old and injury/illness as a constraint increased with age while insufficient time due to work/study and not being interested decreased with increasing age. Insufficient time due to family reasons was also a constraint for women aged 25-44 years, whereas males in the same age range were more likely to report insufficient time due to work/study as a constraint to participation.
- For the motivators, health/fitness was more commonly indicated as the main motive by those who participated more than twice a week (60% of more than twice a week participants) compared to less regular participants (44% of infrequent part-year participants). Conversely, enjoyment as the main motivator was more commonly reported by infrequent part-year participants (28%) than those who participated twice a week (18%).
- There was an association between age and the two main motives of health/fitness and enjoyment, whereby the incidence of health/fitness cited as a motive increased with age and enjoyment as a motive correspondingly decreased.

SECTION **1** INTRODUCTION

This report presents information on constraints and motives to participation in sports and physical recreation collected in the 2005-06 Multi-Purpose Household Survey (MPHS). This survey included questions about participation in organised and non-organised sports and physical recreation, the types of sport and activities, the frequency of participation and constraints and motives to participation.

When asked about the reasons for participating or not participating in sport or physical recreation, individuals provided some common responses. Constraints broadly included being too busy or lack of time; age or health related reasons; and 'not interested'. Motives broadly included health reasons and enjoyment.

Surveys of participation in sports and physical recreation show that some population groups have different rates of participation and that some characteristics of the general population are associated with different levels of participation. These characteristics include age, sex, birthplace, family characteristics, employment, and socio-economic status. Given the diversity within the population it might then be postulated that different groups have different reasons for their level of participation. The data from the MPHS was examined to address the question of whether individual population groups indicated different or similar motives or constraints for participation. In addition to this broad question some specific questions were also considered in the analysis:

- Is cost a barrier to participation for people in low socio-economic areas?
- Is manual work a reason for non-participation for those employed in manual labour-related occupations, who may feel that they are already sufficiently active?
- Are the demands of work seen as a constraint for employed people?
- Are the demands of family life seen as a constraint by parents?

SECTION 2 METHODOLOGY

The Multi-Purpose Household Survey was conducted each month during 2005-06 as a supplement to the ABS Labour Force Survey. The survey collected information on a number of topics including participation in sports and physical recreation from persons aged 15 years and over. It was conducted in urban and rural areas of all states and territories but excluded persons living in very remote parts of Australia. This is unlikely to impact on state and territory estimates, with the exception of the Northern Territory. The effective size of the sample, after sample loss due to vacant dwellings and with an 88% response rate, was 14,200 households.

The core question on participation asked about participation in sports and physical recreation in the previous 12 months and, where the respondent was a participant, the activities in which they participated. Information on up to six individual sports or activities was recorded.

Information on the frequency of participation was collected by asking respondents how many times they participated in each activity during the year; and the frequency of participation in each individual activity and in all activities over the same period. This was recorded in ranges of 1-6, 7-12, 13-26, 27-52 times per year and more than 52 times per year for up to six individual activities. Additional ranges of 53-104 and more than 105 times were added for the question on frequency of participation in all activities.

As well as information on overall frequency of participation, the survey included a question about the months of participation in all activities. Information from this question was used together with information on the frequency of participation in all activities to derive a measure of the regularity of participation over the twelve month period. The output items were defined as follows:

- Occasional participation – participated between 1 to 12 times during the 12 month period and participated for 1 to 12 months.
- Infrequent – part-year participation – participated 13 to 52 times and participated for one to eleven months.
- Infrequent – full-year participation – participated 13 to 52 times and participated each month.
- Frequent – part-year participation – participated 53 times or more and participated for one to eleven months.
- Once or twice a week participation – participated 53 to 104 times and participated each month.
- More than twice a week participation – participated 105 times or more and participated each month.

The survey also sought information on the reasons why people participated (motivators) and why they did not participate (their perceived constraints to participation). The question on motivators was asked of all participants who participated 13 times or more in all activities in the previous 12 months. Information concerning constraints on participation was sought from those who did not participate at all and from those who participated in all activities 12 times or less.

The questions were asked as 'open' questions, with respondents able to provide as many answers as they wished. These were coded during the interview to a number of defined categories after the response was received. An option of "other, write-in" was also provided. Responses in this category were examined and re-coded where appropriate and possible. Where more than one motivator or constraint was provided, the respondent was asked to indicate the main motive or constraint.

The constraints were coded as follows:

- Age/too old
- Ongoing injury/illness
- Temporary injury/illness
- Injury/illness (not further defined)
- Already active
- Not interested
- Cost
- Insufficient time due to work/study
- Insufficient time due to family
- Insufficient time, other
- Other

The motivators were coded as follows:

- Health/fitness
- Well-being
- Enjoyment
- Social/family
- Weight loss
- Competition / challenge
- Transport
- Walk the dog
- Other

As the questions in the MPHS are open, respondents could give any reason they wanted for their participation or non-participation. An interesting finding in itself is that many people gave very similar reasons and with minimal variation. This is in contrast to the findings from other surveys where respondents are given a list of responses to choose from and so may be assisted in thinking about their reasons for participation or non-participation. In designing the questions for this component of the MPHS, it was decided not to provide prompts with a list of possible reasons as this could bias the responses.

It should also be noted that the reasons given for participation or non-participation are the subjective perceptions of the respondent about why they do or do not participate in sport or physical recreation. In the context of this survey, these responses are likely to be somewhat simplistic and general in nature. In a qualitative research process, the interviewer may seek further information to better understand a person's decision to undertake sports and physical recreation, whereas in the MPHS all responses were accepted at face value. The only exception to this was where the respondent indicated that they did not have enough time to participate in which case the interviewer asked about the reasons for not having enough time.

A range of standard demographic items, common to most ABS surveys, were collected in the MPHS. These include:

- Age and sex
- Area of residence (capital city/state)
- Birthplace (Australia, overseas English speaking and overseas non-English speaking countries)
- Employment status
- Family and household composition

Socio-economic indexes derived from the population census and based on geographic areas were also allocated to each household selected in the survey. The index numbers were expressed as quintiles.

The survey sought information about all forms of participation in sport, including non-playing roles such as coaches, umpires, referees and club administrators or officials. The term 'participant' used in this report is defined as a player, competitor or person who physically undertakes the activity. Involvement by people who participated solely as coaches, umpires or club officials is excluded from the data.

Further information on this survey, including a summary of the results, may be found in *Participation in Sports and Physical Recreation*, ABS catalogue no. 4177.0.

SECTION 3 RESULTS

The survey found that there were 10.5 million persons aged 15 years and over who had participated in sport or physical recreation during the previous 12 months. This represented a participation rate of 66%.

The frequency of participation varies from occasional to very frequent. Regular and frequent participants, that is, those who participated more than twice a week throughout the year, numbered 4.7 million persons or 29% of the population. This group also represented almost half (45%) of all participants. In addition, there were 1.3 million people (8% of the population) who participated once or twice a week throughout the year.

The balance was made up by 3.7 million occasional and infrequent participants (23% of the population or 35% of participants). The summary data on regularity of participation are shown in table 1.

Table 1: Regularity of Participation in Sports and physical recreation

	Number (’000)	Participation rate (%)	Proportion of participants (%)
Regularity of participation			
Non participants	5,466.6	34.1	na
Occasional participation	1,014.6	6.3	9.6
Infrequent - part year participation	1,359.3	8.5	12.9
Infrequent-full year participation	1,343.7	8.4	12.7
Frequent-part year participation	851.5	5.3	8.1
Once or twice a week participation	1,265.7	7.9	12.0
More than twice a week participation	4707.3	29.4	44.7
Total	16,008.7	100.0	100.0

Source: ABS, Multi-Purpose Household Survey, 2005-06 (data available on request).

SECTION 4 CONSTRAINTS

A total of 6.5 million Australians aged 15 years and over did not participate or were occasional participants. Of these, 5.5 million reported no participation and 1 million were occasional participants (participated for less than 12 times over the previous 12 months).

The most commonly reported reasons for non-participation were insufficient time due to work/study, not interested and age/too old (all reported by just under a quarter of non-participants). However, for the occasional participants, insufficient time due to work/study (45%) was the main reason for non-participation, with the reasons of not interested and insufficient time due to family reasons accounting for 18% each.

There were similar reasons provided when respondents were asked about their main constraint to participation. Not interested, insufficient time due to work/study and age/too old (19%) were each reported by about one-fifth of non-participants. Insufficient time due to work/study, however, was clearly the main reason reported by 38% of those who participated on an occasional basis. This was followed by not being interested and insufficient time due to family reasons as the main constraints (both 12%).

A sizeable proportion of the occasional participants and non-participants (7%) also considered that they were already sufficiently active and that this was their main reason for not participating or participating more regularly.

Cost as a specific constraint was indicated by just 1% of respondents, both as any stated reason and as the main constraint on participation.

Information on the constraints for non-participants and occasional participants are summarised in table 2.

Table 2 – Constraints to participation in sports and physical recreation by non participants and occasional participants

	non- participants	occasional participants
	(%)	
All constraints		
Age/too old	21.8	8.2
Injury/illness	21.5	14.9
Not interested	23.0	18.0
Insufficient time due to work/study	23.5	44.8
Insufficient time due to family	12.6	17.1
Other	12.0	17.9
Main constraint		
Age/too old	18.7	6.4
Injury/illness	19.4	13.3
Not interested	19.7	12.1
Insufficient time due to work/study	19.5	38.0
Cost	13.6	18.3
Total	100.0	100.0

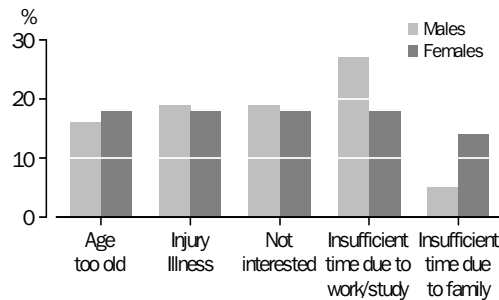
Source: ABS, Multi-Purpose Household Survey, 2005-06 (data available on request).

The demographic characteristics of participants and non-participants were examined to see if the reasons for participation were particular to different population groups.

4.1 SEX

Similar proportions of males and females reported the constraints of age/too old, injury/illness and not interested as the main reason (all about 19%). However, insufficient time due to work/study was the main constraint reported by a significantly higher proportion of males (27%) compared to females (18%). Correspondingly, a greater percentage of females mentioned insufficient time due to family as the main constraint compared to males (14% and 5% respectively). This is shown in figure 1.

FIGURE 1: MAIN CONSTRAINT BY SEX



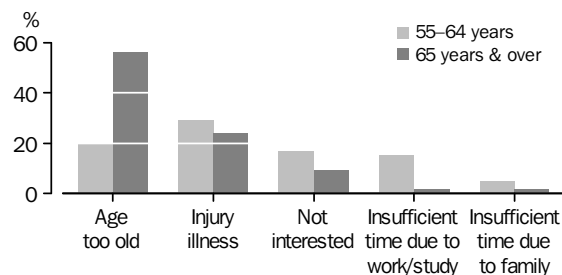
Source: ABS, Multi-Purpose Household Survey, 2005-06 (data available on request).

4.2 AGE

There was an association between age and participation in sports and physical recreation – the participation rate decreased with age. The participation rate for those aged under 35 years was 74% while this figure decreased to 63% for those aged 55-64 and to 49% for those aged 65 years and over. However, older age groups were more likely to participate in walking, with 35% of those aged 55-64 and 29% of those aged 65 years and over participating in walking for exercise compared to persons aged 15-24 years (10%) and 25-34 years (21%).

For those aged 55-64 years, injury/illness (29%) was the most commonly reported constraint, followed by age/too old (20%), not interested (17%) and insufficient time due to work/study (15%). Age/too old (56%) replaced injury/illness (24%) as the main constraint reported by those aged over 65. This is shown in figure 2.

FIGURE 2: MAIN CONSTRAINT BY PERSONS AGED 55 YEARS AND OVER

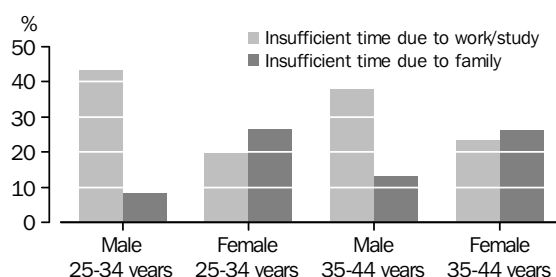


Source: ABS, Multi-Purpose Household Survey, 2005-06 (data available on request).

For the rest of the population (those aged 15-54 years), insufficient time due to work/study was the most common constraint reported. This constraint was prevalent for persons aged 15-24 years (37%) and then declined for persons aged 25-34 and 35-44 years (both 31%) and persons aged 45-54 years (27%).

Insufficient time due to family was a prevailing constraint for those aged 25-34 and 35-44 years and this was particularly noticeable for females, where 26% indicated this as being the main constraint of participation. For these age groups, many are parents with dependent children (44% of persons aged 25-34 and 71% of those aged 35-44). However, in contrast to females of this age group, fewer males reported insufficient time due to family as a constraint (8% of males aged 25-34 and 13% of males aged 35-44). This data can be seen in figure 3.

FIGURE 3: MAIN CONSTRAINT BY PERSONS AGED 25-44 YEARS



Source: ABS, Multi-Purpose Household Survey, 2005-06 (data available on request).

4.3 FAMILY AND HOUSEHOLD COMPOSITION

People in a couple only household reported age/too old (28%) and injury/illness (23%) as the most common constraints on participation whereas couple families with children reported insufficient time due to work/study (31%), insufficient time due to family (20%) and not interested (19%) as the most common constraints. Those in one parent family households reported insufficient time due to work/study (25%) and not interested (24%) as main constraints to participation. For those living alone (one person households), age/too old (35%) was the main constraint followed by injury/illness (25%).

Overall, parents with dependent children are more likely to indicate insufficient time either due to work/study or family reasons. However, this does not necessarily indicate that parents with dependant children are less likely to participate in sports and physical recreation, as the survey found that 70% of persons living in couple families with dependent children and 66% of persons living in one-parent families with dependent children participated in sports and physical recreation.

Information on the constraints for non-participants and occasional participants are summarised in table 3.

Table 3 – Main constraint to participation in sports and physical recreation by Household Type

Household type	Main constraint						Total
	Age/ Too old	Injury/ illness	Not interested	Insufficient time due to work/study	Insufficient time due to family	Other	
	(%)						
Couple only	27.7	22.7	15.1	17.5	3.9	13.1	100.0
Couple family with children	3.9	10.3	18.6	30.5	19.8	16.9	100.0
One parent family	3.3	15.3	24.0	25.0	17.3	15.1	100.0
Lone person households	35.2	24.8	14.9	11.4	1.6	12.1	100.0
Other households	14.6	21.2	22.6	22.9	5.3	13.4	100.0

Source: ABS, Multi-Purpose Household Survey, 2005-06 (data available on request).

4.4 COUNTRY OF BIRTH

The most common constraints to participation by persons born in Australia and overseas English speaking countries were insufficient time due to work/study (22%), injury/illness (20%) and not interested (19%). For persons born in other than main English speaking countries, the most common constraints to participation were insufficient time due to work/study (23%), age/too old (22%) and not interested (19%).

Persons born in Australia had a participation rate of 68% while persons born in main English-speaking countries had a participation rate of 72%. At 52%, persons born in other than main English speaking countries had the lowest participation rate. A higher proportion of persons born in Australia and main English speaking countries identified injury/illness (20%) as a constraint to participation compared with those born in other than English speaking countries (14%).

4.5 LABOUR FORCE

Employed people had a higher rate of participation (72%) compared to those who were unemployed (66%) or not in the labour force (55%). Sixty-eight percent of employed persons also participated occasionally in sports and physical recreation while 51% of employed persons did not participate at all. Employed non-participants and occasional participants were more likely to report insufficient time due to work/study as a constraint (37%) which was almost double the proportion who indicated not interested (20%) as the main constraint. Other main reasons associated with this demographic included insufficient time due to family (10%), injury/illness (9%) and age/too old (7%).

For those who were unemployed, not interested was the most common constraint (38%), followed by injury/illness (18%), insufficient time due to work/study (14%) and insufficient time due to family (11%). Age/too old and injury/illness (both 31%) were the constraints most commonly reported by those not in the labour force.

4.6 OCCUPATION

Insufficient time due to work/study was the main constraint reported by all occupations. The exception is advanced clerical and service workers where not interested (31%) was the main constraint.

This data, shown in Table 4, also shows that people who are employed as labourers or related workers have a lower rate of participation (58%) than the population as a whole and much lower than the participation rates of managers and administrators (76%) and professionals (84%). One hypothesis for this is employed persons in manual labour related occupations are already physically active at work and may be less inclined to participate in sports and physical recreation. The data show that 12% of labourers and related workers reported that being 'already active' was a reason for their lower levels of participation when compared to other occupations. However, this was not significantly different to the proportion of other occupation groups reporting this as a reason.

Table 4 – Participation in sports and physical recreation by occupation

	Participation rate (%)
Managers and Administrators	75.5
Professionals	84.3
Associate Professionals	73.6
Tradespersons and Related Workers	65.8
Advanced Clerical and Service Workers	81.2
Intermediate Clerical, Sales and Service Workers	73.1
Intermediate Production and Transport Workers	57.4
Elementary Clerical, Sales and Service Workers	66.6
Labourers and Related Workers	57.8
Total	72.0

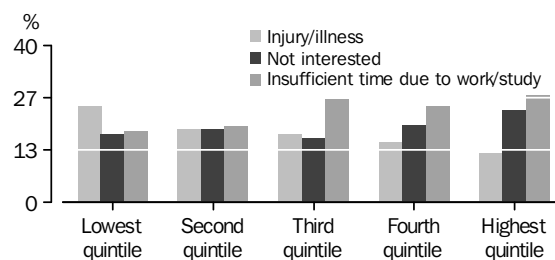
Source: ABS, Multi-Purpose Household Survey, 2005-06 (data available on request).

4.7 SOCIO-ECONOMIC INDEX FOR AREAS (SEIFA)

Data from the survey shows that people who are in the lowest SEIFA quintile have the lowest rate of participation in sports and physical recreation (55%). This is followed by those in the second quintile (62%), third quintile (66%), fourth quintile (71%) and fifth quintile (78%). These findings are similar to a previous study undertaken by the ABS that found a direct relationship between participation and the SEIFA¹. It could be hypothesised that one reason for this is that cost is a constraint on participation for those living in low socio-economic areas. However, cost was reported as a constraint by a relatively small number of people (54,000 or 1%) and there was no significant difference in the incidence of this being reported in each SEIFA quintile. Cost, however, was more likely to be reported as a constraint by unemployed persons – 8% reported this as a constraint.

Insufficient time due to work/study was the most reported constraint for persons in the higher three quintiles (all around 26%), whereas injury/illness (25%) was noticeable as the most common constraint for persons in the lowest quintile. Not interested was also a common reason offered by 23% of those in the highest quintile. The three main reasons for those in each SEIFA quintile are shown in figure 4.

FIGURE 4: MAIN CONSTRAINT BY SEIFA



Third quintile includes SEIFA could not be determined

Source: ABS, Multi-Purpose Household Survey, 2005-06 (data available on request).

¹ Sport and Related Recreational Physical Activity - The Social Correlates of Participation and Non-Participation by Adults, National Centre for Culture and Recreation Statistics, ABS, 2005.

4.8 SUMMARY

The demographics associated with the main constraints to participation in sports and physical recreation are summarised in table 5.

Table 5 – Summary of the main constraints to participation in sports and physical recreation

	Main constraint						
	Age/Too old	Injury/illness	Not interested	Insufficient time due to work/study	Insufficient time due to family	Other	Total
	(%)						
Males	15.8	19.3	18.9	27.3	5.4	13.3	100.0
Females	17.8	17.6	18.2	17.6	13.5	15.3	100.0
15–24	0.4	10.6	30.9	36.6	5.7	15.8	100.0
25–34	0.8	9.8	22.5	31.2	17.7	18.0	100.0
35–44	1.9	13.9	18.8	30.9	19.4	15.1	100.0
45–54	7.9	20.7	18.1	26.5	9.4	17.4	100.0
55–64	20.2	28.5	17.2	15.2	5.2	13.8	100.0
65 & over	55.7	24.4	8.6	1.6	1.6	8.0	100.0
Born in Australia/overseas English speaking country	15.2	19.7	18.7	22.2	8.8	15.5	100.0
Born in other than main English-speaking countries	22.1	14.4	18.0	23.1	12.0	10.5	100.0
Employed	6.7	8.6	19.7	37.4	10.0	17.6	100.0
Unemployed	3.0	18.3	38.4	13.7	10.9	15.7	100.0
Not in the labour force	30.5	30.6	15.6	4.5	8.7	10.1	100.0
Managers and Administrators	9.2	6.1	10.2	39.8	10.5	24.1	100.0
Professionals	4.5	6.6	18.5	40.5	12.7	17.2	100.0
Associate Professionals	6.9	8.8	12.9	50.1	8.8	12.5	100.0
Tradespersons and Related Workers	9.6	8.2	22.0	37.0	7.3	16.0	100.0
Advanced Clerical and Service Workers	9.7	3.7	30.6	22.1	9.7	24.4	100.0
Intermediate Clerical, Sales and Service Workers	6.2	11.0	20.4	33.3	11.8	17.4	100.0
Intermediate Production and Transport Workers	5.7	8.1	21.6	38.3	7.8	18.5	100.0
Elementary Clerical, Sales and Service Workers	1.7	9.3	22.3	38.1	10.4	18.2	100.0
Labourers and Related Workers	9.6	11.0	23.5	26.8	11.8	17.3	100.0
Couple only	27.7	22.7	15.1	17.5	3.9	13.1	100.0
Couple family with children	3.9	10.3	18.6	30.5	19.8	16.9	100.0
One parent family	3.3	15.3	24.0	25.0	17.3	15.1	100.0
Lone person households	35.2	24.8	14.9	11.4	1.6	12.1	100.0
Other households	14.6	21.2	22.6	22.9	5.3	13.4	100.0
Lowest quintile	17.4	24.5	17.1	18.1	9.7	13.2	100.0
Second quintile	19.2	18.6	18.6	19.3	7.7	16.5	100.0
Third quintile (incl quintile could not be determined)	15.8	17.3	16.2	26.0	10.8	13.9	100.0
Fourth quintile	17.1	15.3	19.5	24.3	12.0	11.7	100.0
Highest quintile	13.1	12.6	23.4	27.3	6.8	16.7	100.0
Total	16.8	18.4	18.5	22.4	9.5	14.3	100.0

Source: ABS, Multi-Purpose Household Survey, 2005-06 (data available on request).

SECTION 5 MOTIVATORS

Health/fitness was the most common motivator for all participants and the incidence of this being reported increased for those who participated on a more regular basis – from about 72% by infrequent participants to 87% for those who participated more than twice a week. Enjoyment followed as the next most common motivator with over half of participants reporting this as a motive.

These were also the two main reasons offered by all participants, regardless of their level of participation. The remaining reasons were reported on a similar proportional basis for all levels of participation.

The motives for participation are summarised in table 6.

Table 6 – Motivators to participation in sports and physical recreation by frequency of participation

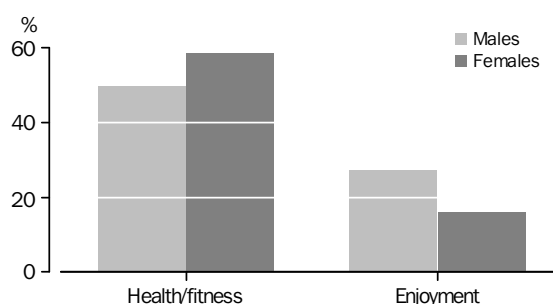
	Infrequent- part year participation	Infrequent- full year participation	Frequent- part year participation	Once or twice a week participation	More than twice a week participation	Total
All motives	(%)					
Health/fitness	71.9	72.6	83.2	82.8	87.2	82.0
Well-being	34.0	33.9	43.7	39.2	45.2	41.1
Enjoyment	53.1	51.8	55.3	53.6	54.9	54.1
Social/family	40.6	32.9	41.0	36.1	30.5	34.0
Other	29.9	20.2	39.4	28.2	38.0	33.2
Main motive						
Health/fitness	43.8	48.2	49.1	53.3	60.2	54.2
Well-being	6.3	8.2	7.7	8.2	7.4	7.5
Enjoyment	28.2	27.9	21.8	22.4	17.6	21.6
Social/family	12.1	8.9	8.0	8.8	4.2	6.9
Other	9.6	6.8	13.4	7.3	10.7	9.8
Total	100.0	100.0	100.0	100.0	100.0	100.0

Source: ABS, Multi-Purpose Household Survey, 2005-06 (data available on request).

There was little difference in the motives offered by each demographic group. Two main motives of health/fitness and enjoyment dominated the reasons for participation (over three-quarters of all participants). There were, however, some differences associated with age and sex.

The proportion of female participants that reported health/fitness as the main motivator to participation (59%) was higher than the corresponding figure for males (50%). Whereas a higher percentage of males (27%) reported enjoyment as a motivator than females (16%), (Figure 5).

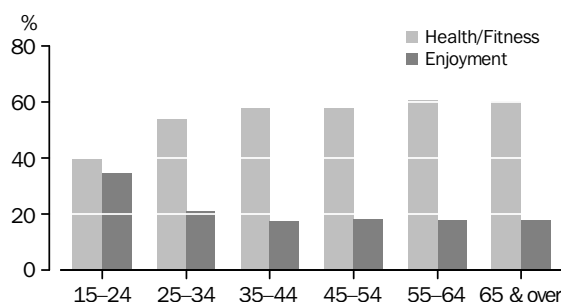
FIGURE 5: MAIN MOTIVE BY SEX



Source: ABS, Multi-Purpose Household Survey, 2005-06 (data available on request).

Health/fitness as a motivator for participants also increased with age, from 40% of those aged 15-24 years to 54% of those aged 25-34 and approaching 60% of those in each age group from 35-44 to 65 years and over. However, enjoyment, whilst being the second most common motivator overall, declined from 34% of younger people aged 15-24 to under 20% for most other age groups. See figure 6.

FIGURE 6: MAIN MOTIVE BY AGE



Source: ABS, Multi-Purpose Household Survey, 2005-06 (data available on request).

Overall, the main motives reported by the different demographic groups are similar. However, some differences include:

- A higher proportion of participants born in overseas non-English speaking countries (62%) were mainly motivated by health/fitness compared to those who were born in Australia or overseas main English speaking countries (53%). However, the opposite was the case for enjoyment where 22% of those born in Australia or an English speaking country indicated this as the main motivator, compared to 18% of those born elsewhere.
- Those living in couple only households (60%) were more motivated by health/fitness than participants in couple families where there were dependent children (52%). Those in a couple only household had a higher percentage of persons aged 55 years and over (58%) compared to participants in couple families where there were dependent children (4%).
- About half of participants in the lowest SEIFA quintile reported health/fitness (51%) as the main motivator and this increased to 57% for those in the highest quintile. At 25%, enjoyment was reported as the main motivator for participants in the lowest quintile while this figure decreased to 20% for those in the highest quintile.

The demographic characteristics and main motives of participants are shown in table 7.

Table 7 – Summary of the main motivators to participation in sports and physical recreation

	Main motive					Total
	Health/ fitness	Well- being	Enjoyment	Social/ family	Other	
	(%)					
Males	49.6	6.0	27.3	8.4	8.6	100.0
Females	58.5	8.8	16.1	5.5	11.0	100.0
15–24	39.5	4.1	34.4	10.3	11.7	100.0
25–34	53.9	6.9	20.9	8.2	10.1	100.0
35–44	57.6	7.6	17.6	6.4	10.9	100.0
45–54	57.9	10.1	18.2	3.5	10.3	100.0
55–64	60.5	8.6	17.8	5.1	8.0	100.0
65 & over	60.2	8.4	17.9	7.4	6.1	100.0
Born in Australia/overseas English speaking country	53.1	7.5	22.2	7.2	10.0	100.0
Born in other than main English-speaking countries	61.5	6.9	17.8	4.9	8.8	100.0
Employed	53.0	7.5	22.7	7.2	9.6	100.0
Unemployed	47.2	5.1	28.5	5.1	14.0	100.0
Not in the labour force	57.8	7.7	18.1	6.4	10.0	100.0
Couple only	59.5	8.1	19.0	6.0	7.4	100.0
Couple family with children	52.0	7.0	22.5	7.8	10.7	100.0
One parent family	46.5	7.8	23.0	6.5	16.2	100.0
Lone person households	55.8	8.1	19.1	7.0	10.1	100.0
Other households	52.3	7.0	24.5	6.7	9.6	100.0
Lowest quintile	51.3	6.9	25.2	6.7	9.8	100.0
Second quintile	52.5	7.2	21.8	7.8	10.6	100.0
Third quintile (incl SEIFA could not be determined)	54.4	6.9	20.8	7.6	10.3	100.0
Fourth quintile	54.7	7.3	21.2	7.0	9.7	100.0
Highest quintile	56.7	8.6	20.0	5.7	9.0	100.0
Total	54.2	7.4	21.6	6.9	9.8	100.0

Source: ABS, Multi-Purpose Household Survey, 2005-06 (data available on request).

APPENDICES

Table 1A: All Constraints on participation - non-participants and low level participants

	All constraints					
	Age/too old	Injury/illness	Not interested	Insufficient time due to work/study	Insufficient time due to family	Other
Male	('000)					
15-24	**4.2	71.4	168.8	183.3	*13.8	69.3
25-34	8.4	55.9	119.8	211.8	61.6	52.3
35-44	25.8	93.4	123.7	264.5	117.9	71.5
45-54	66.9	123.8	106.6	220.7	55.5	76.3
55-64	132.1	142.3	97.1	118.3	23.6	79.2
65-74	150.8	107.1	60.4	15.4	**4.3	24.6
75 & over	212.0	84.2	25.5	**0.2	**4.8	19.1
Total	600.2	678.2	701.8	1014.2	281.5	392.3
Female						
15-24	-	36.5	181.6	205.6	52.9	67.4
25-34	**0.3	43.8	127.3	117.7	148.6	94.9
35-44	*11.0	72.1	136.4	165.5	195.4	74.2
45-54	45.6	128.1	131.9	141.9	102.6	88.9
55-64	110.6	148.1	86.1	51.9	45.9	54.4
65-74	151.9	96.4	38.1	14.1	19.1	31.5
75 & over	339.1	106.0	18.2	**1.4	**4.9	20.0
Total	658.7	631.1	719.4	698.2	569.6	431.3
Persons						
15-24	**4.2	107.9	350.4	388.9	66.8	136.7
25-34	*8.8	99.8	247.1	329.5	210.3	147.3
35-44	36.9	165.6	260.1	430.0	313.3	145.7
45-54	112.5	251.8	238.5	362.6	158.2	165.1
55-64	242.7	290.4	183.1	170.4	69.6	133.7
65-74	302.7	203.7	98.5	29.5	23.3	56.2
75 & over	551.2	190.3	43.7	**1.6	9.7	39.0
Total	1258.9	1309.3	1421.3	1712.4	851.1	823.6

* relative standard error of 25-50%

** relative standard error of greater than 50%

Table 1B: All constraints on participation - non-participants and low level participants

	All constraints					
	Age/too old	Injury/illness	Not interested	Insufficient time due to work/study	Insufficient time due to family	Other
Male			%			
15-24	**0.9	15.8	37.4	40.6	*3.1	15.3
25-34	1.9	12.8	27.5	48.6	14.1	12.0
35-44	4.4	16.1	21.3	45.6	20.3	12.3
45-54	11.6	21.5	18.5	38.3	9.6	13.2
55-64	26.1	28.1	19.2	23.4	4.7	15.6
65-74	46.8	33.2	18.7	4.8	1.3	7.6
75 & over	70.7	28.1	8.5	0.1	1.6	6.4
Total	18.9	21.4	22.1	32.0	8.9	12.4
Female						
15-24	-	7.5	37.5	42.5	10.9	13.9
25-34	**0.1	9.5	27.5	25.4	32.1	20.5
35-44	*2.0	13.3	25.2	30.5	36.0	13.7
45-54	8.5	23.8	24.5	26.4	19.1	16.5
55-64	25.0	33.4	19.4	11.7	10.4	12.3
65-74	48.6	30.9	12.2	4.5	6.1	10.1
75 & over	78.5	24.5	4.2	0.3	1.1	4.6
Total	20.5	19.6	22.4	21.7	17.7	13.4
Persons						
15-24	**0.4	11.5	37.4	41.6	7.1	14.6
25-34	*1.0	11.1	27.5	36.7	23.4	16.4
35-44	3.3	14.8	23.2	38.3	27.9	13.0
45-54	10.1	22.6	21.4	32.6	14.2	14.8
55-64	25.6	30.6	19.3	17.9	7.3	14.1
65-74	47.7	32.1	15.5	4.6	3.7	8.9
75 & over	75.4	26.0	6.0	0.2	1.3	5.3
Total	19.7	20.5	22.3	26.8	13.3	12.9

* relative standard error of 25-50%

** relative standard error of greater than 50%

Table 1C: Main constraints on participation - non-participants and low level participants

	Main constraint						Total
	Age/too old	Injury/illness	Not interested	Insufficient time due to work/study	Insufficient time due to family	Other	
Male	('000)						
15-24	**4.2	65.2	143.3	158.6	*9.1	71.6	451.9
25-34	*7.3	48.4	99.6	189.3	36.9	54.4	435.8
35-44	*14.1	85.2	103.1	219.5	76.5	82.1	580.5
45-54	56.6	114.7	94.8	183.5	33.2	93.1	576.0
55-64	100.2	133.6	87.4	100.8	13.3	71.2	506.5
65-74	129.9	98.6	52.8	13.5	**1.4	26.3	322.5
75 & over	190.2	67.2	18.6	**0.2	**0.9	22.5	299.7
Total	502.6	612.9	599.6	865.6	171.2	421.1	3172.8
Female							
15-24	-	33.7	145.7	184.4	44.2	75.9	483.9
25-34	-	39.4	102.8	90.9	122.5	107.1	462.7
35-44	*7.3	71.1	107.5	127.5	141.5	87.1	542.1
45-54	31.5	116.0	107.0	111.2	71.3	100.3	537.3
55-64	91.3	137.0	75.5	43.3	35.8	60.3	443.0
65-74	133.3	85.2	29.6	*7.3	17.1	39.9	312.4
75 & over	308.2	82.3	16.3	**0.7	**3.2	21.2	431.8
Total	571.7	564.7	584.4	565.3	435.4	491.8	3213.4
Persons							
15-24	**4.2	98.9	289.0	342.9	53.4	147.5	935.9
25-34	*7.3	87.8	202.5	280.2	159.2	161.6	898.6
35-44	*21.5	156.3	210.5	347.2	217.9	169.2	1122.6
45-54	88.1	230.6	201.9	294.8	104.6	193.3	1113.2
55-64	191.5	270.6	162.9	144.1	49.0	131.4	949.5
65-74	263.3	183.8	82.3	20.9	18.4	66.1	634.9
75 & over	498.4	149.6	34.9	**0.9	**4.0	43.7	731.5
Total	1074.2	1177.6	1184.0	1430.8	606.7	912.9	6386.2

* relative standard error of 25-50%

** relative standard error of greater than 50%

Table 1D: Main constraints on participation - non-participants and low level participants

	Main constraint						
	Age/too old	Injury/illness	Not interested	Insufficient time due to work/study	Insufficient time due to family	Other	Total
Male				%			
15-24	**0.9	14.4	31.7	35.1	*2.0	15.8	100.0
25-34	*1.7	11.1	22.9	43.4	8.5	12.5	100.0
35-44	*2.4	14.7	17.8	37.8	13.2	14.1	100.0
45-54	9.8	19.9	16.5	31.9	5.8	16.2	100.0
55-64	19.8	26.4	17.3	19.9	2.6	14.1	100.0
65-74	40.3	30.6	16.4	4.2	0.4	8.2	100.0
75 & over	63.5	22.4	6.2	0.1	0.3	7.5	100.0
Total	15.8	19.3	18.9	27.3	5.4	13.3	100.0
Female							
15-24	-	7.0	30.1	38.1	9.1	15.7	100.0
25-34	-	8.5	22.2	19.6	26.5	23.1	100.0
35-44	*1.3	13.1	19.8	23.5	26.1	16.1	100.0
45-54	5.9	21.6	19.9	20.7	13.3	18.7	100.0
55-64	20.6	30.9	17.0	9.8	8.1	13.6	100.0
65-74	42.7	27.3	9.5	2.3	5.5	12.8	100.0
75 & over	71.4	19.1	3.8	0.2	0.7	4.9	100.0
Total	17.8	17.6	18.2	17.6	13.5	15.3	100.0
Persons							
15-24	**0.4	10.6	30.9	36.6	5.7	15.8	100.0
25-34	*0.8	9.8	22.5	31.2	17.7	18.0	100.0
35-44	*1.9	13.9	18.8	30.9	19.4	15.1	100.0
45-54	7.9	20.7	18.1	26.5	9.4	17.4	100.0
55-64	20.2	28.5	17.2	15.2	5.2	13.8	100.0
65-74	41.5	28.9	13.0	3.3	2.9	10.4	100.0
75 & over	68.1	20.5	4.8	0.1	0.5	6.0	100.0
Total	16.8	18.4	18.5	22.4	9.5	14.3	100.0

* relative standard error of 25-50%

** relative standard error of greater than 50%

Table 2A: All motivators on participation – persons participating more than 12 times a year

	All motivators						
	Health/ fitness	Well- being	Enjoyment	Social/ family	Weight loss	Competition/ challenge	Other
Male	('000)						
15-24	686.2	321.1	663.9	452.0	63.8	244.0	83.3
25-34	729.1	358.7	548.5	400.8	120.2	158.7	67.1
35-44	685.5	343.5	470.5	300.3	124.7	120.0	88.1
45-54	641.7	362.4	435.7	243.7	149.4	106.2	81.9
55-64	466.5	220.7	331.0	188.0	67.7	64.6	69.5
65-74	283.5	122.9	175.5	100.1	35.1	36.7	36.2
75 & over	149.0	70.6	88.2	60.1	**2.1	16.6	13.1
Total	3641.4	1799.9	2713.1	1745.0	562.9	746.9	439.2
Female							
15-24	688.2	310.6	542.5	377.6	167.4	155.4	82.4
25-34	810.1	389.7	444.9	283.5	244.7	68.1	126.8
35-44	833.1	447.2	462.9	290.1	242.6	60.5	124.0
45-54	749.6	391.4	379.4	201.3	191.5	30.4	146.6
55-64	586.8	318.7	309.5	150.7	150.1	38.6	110.2
65-74	338.6	172.3	194.2	128.2	43.3	17.0	54.1
75 & over	168.2	83.6	104.8	58.7	12.0	*7.1	26.1
Total	4173.8	2113.6	2438.1	1490.1	1051.4	376.3	670.2
Persons							
15-24	1374.5	631.6	1206.3	829.6	231.1	399.4	165.7
25-34	1539.2	748.4	993.4	684.4	364.8	226.7	193.9
35-44	1518.6	790.7	933.4	590.4	367.3	180.5	212.1
45-54	1391.3	753.8	815.1	445.0	340.9	136.7	228.5
55-64	1053.3	539.5	640.5	338.7	217.7	103.3	179.7
65-74	622.1	295.2	369.6	228.3	78.3	53.8	90.2
75 & over	317.2	154.3	193.0	118.8	14.2	23.7	39.2
Total	7815.2	3913.5	5151.3	3235.2	1614.3	1123.2	1109.4

* relative standard error of 25-50%

** relative standard error of greater than 50%

Table 2B: All motivators on participation – persons participating more than 12 times a year

	All motivators						
	Health/ fitness	Well- being	Enjoyment	Social/ family	Weight loss	Competition/ challenge	Other
Male							
15-24	72.8	34.1	70.5	48.0	6.8	25.9	8.8
25-34	78.4	38.6	59.0	43.1	12.9	17.1	7.2
35-44	79.8	40.0	54.8	35.0	14.5	14.0	10.3
45-54	82.4	46.6	56.0	31.3	19.2	13.6	10.5
55-64	78.3	37.1	55.6	31.6	11.4	10.8	11.7
65-74	80.0	34.7	49.5	28.3	9.9	10.4	10.2
75 & over	80.2	38.0	47.5	32.4	*1.1	8.9	7.1
Total	78.4	38.8	58.4	37.6	12.1	16.1	9.5
Female							
15-24	79.1	35.7	62.3	43.4	19.2	17.9	9.5
25-34	87.4	42.0	48.0	30.6	26.4	7.3	13.7
35-44	87.6	47.0	48.7	30.5	25.5	6.4	13.0
45-54	87.1	45.5	44.1	23.4	22.3	3.5	17.0
55-64	88.2	47.9	46.5	22.7	22.6	5.8	16.6
65-74	85.4	43.4	49.0	32.3	10.9	4.3	13.6
75 & over	78.9	39.2	49.2	27.5	5.6	*3.3	12.2
Total	85.5	43.3	49.9	30.5	21.5	7.7	13.7
Persons							
15-24	75.8	34.8	66.5	45.8	12.7	22.0	9.1
25-34	82.9	40.3	53.5	36.9	19.6	12.2	10.4
35-44	83.9	43.7	51.6	32.6	20.3	10.0	11.7
45-54	84.9	46.0	49.7	27.2	20.8	8.3	13.9
55-64	83.5	42.8	50.8	26.9	17.3	8.2	14.3
65-74	82.9	39.3	49.2	30.4	10.4	7.2	12.0
75 & over	79.5	38.7	48.4	29.8	3.6	5.9	9.8
Total	82.0	41.1	54.1	34.0	16.9	11.8	11.6

* relative standard error of 25-50%

** relative standard error of greater than 50%

Table 2C: Main motivators on participation – persons participating more than 12 times a year

	Main motivator					Total
	Health/ fitness	Enjoyment	Well-being	Social/ family	Other	
Male	('000)					
15-24	332.1	370.9	28.5	101.0	109.9	942.3
25-34	439.9	272.2	48.8	104.3	65.0	930.2
35-44	461.0	198.6	49.5	67.8	81.5	858.5
45-54	414.1	182.3	73.5	32.7	75.7	778.3
55-64	338.9	38.8	139.4	43.0	35.3	595.5
65-74	208.5	26.0	70.0	28.5	21.1	354.2
75 & over	111.4	14.1	39.1	14.0	*7.1	185.7
Total	2305.9	1272.4	279.2	391.4	395.6	4644.6
Female						
15-24	382.5	254.4	45.8	86.9	100.8	870.4
25-34	564.9	115.0	79.5	46.7	120.9	927.0
35-44	581.7	118.8	88.4	48.1	114.0	951.0
45-54	537.3	114.2	92.0	23.6	93.2	860.2
55-64	423.9	69.6	85.0	21.5	65.3	665.2
65-74	253.7	35.4	59.5	19.0	28.9	396.6
75 & over	118.9	20.9	36.9	22.9	13.5	213.2
Total	2862.1	783.9	431.5	268.7	536.6	4882.8
Persons						
15-24	714.6	625.3	74.3	187.9	210.7	1812.7
25-34	1004.8	387.2	128.3	151.0	185.9	1857.2
35-44	1042.8	317.3	137.9	115.9	195.6	1809.5
45-54	951.4	296.5	165.5	56.3	168.9	1638.5
55-64	762.8	108.4	224.5	64.5	100.6	1260.7
65-74	462.2	61.4	129.5	47.6	50.1	750.8
75 & over	230.3	35.1	76.0	36.9	20.5	398.8
Total	5168.0	2056.3	710.8	660.1	932.2	9527.4

* relative standard error of 25-50%

Table 2D: Main motivators on participation – persons participating more than 12 times a year

	Main Motivator					Total
	Health/ fitness	Enjoyment	Well-being	Social/ family	Other	
Male			%			
15-24	35.2	39.4	3.0	10.7	11.7	100.0
25-34	47.3	29.3	5.2	11.2	7.0	100.0
35-44	53.7	23.1	5.8	7.9	9.5	100.0
45-54	53.2	23.4	9.4	4.2	9.7	100.0
55-64	56.9	6.5	23.4	7.2	5.9	100.0
65-74	58.9	7.3	19.8	8.0	6.0	100.0
75 & over	60.0	7.6	21.1	7.5	*3.8	100.0
Total	49.6	27.4	6.0	8.4	8.5	100.0
Female						
15-24	43.9	29.2	5.3	10.0	11.6	100.0
25-34	60.9	12.4	8.6	5.0	13.0	100.0
35-44	61.2	12.5	9.3	5.1	12.0	100.0
45-54	62.5	13.3	10.7	2.7	10.8	100.0
55-64	63.7	10.5	12.8	3.2	9.8	100.0
65-74	64.0	8.9	15.0	4.8	7.3	100.0
75 & over	55.8	9.8	17.3	10.7	6.3	100.0
Total	58.6	16.1	8.8	5.5	11.0	100.0
Persons						
15-24	39.4	34.5	4.1	10.4	11.6	100.0
25-34	54.1	20.8	6.9	8.1	10.0	100.0
35-44	57.6	17.5	7.6	6.4	10.8	100.0
45-54	58.1	18.1	10.1	3.4	10.3	100.0
55-64	60.5	8.6	17.8	5.1	8.0	100.0
65-74	61.6	8.2	17.2	6.3	6.7	100.0
75 & over	57.7	8.8	19.1	9.3	5.1	100.0
Total	54.2	21.6	7.5	6.9	9.8	100.0

* relative standard error of 25-50%

TECHNICAL NOTE: SAMPLING VARIABILITY

Reliability of Estimates

1 Since the estimates in this publication are based on information obtained from a sample of persons, they are subject to sampling variability. That is, they may differ from those that would have been produced had all persons been included in the survey. One measure of the likely difference is given by the standard error (SE), which indicates the extent to which an estimate might have varied by chance because only a sample of persons was included. There are about 2 chances in 3 that the sample estimate will differ by less than one SE from the number that would have been obtained if all persons had been surveyed, and about 19 chances in 20 that the difference will be less than two SE's.

2 Another measure of the likely difference is the relative standard error (RSE), which is obtained by expressing the SE as a percentage of the estimate.

$$\text{RSE}\% = \frac{(\text{SE})}{(\text{estimate})} * 100$$

3 In the tables in this publication, only estimates (numbers or percentages) with RSE's less than 25% are considered sufficiently reliable for most purposes. However, estimates with larger RSE's have been included and are preceded by an asterisk (e.g. *3.4) to indicate they are subject to high SE's and should be used with caution. Estimates with a RSE greater than 50% are preceded by a double asterisk (e.g. **2.1) to indicate that they are considered too unreliable for general use.

4 Space does not allow for the separate indication of the SE's and/or RSE's of all the estimates in this publication.

5 To assist users of this publication to ascertain the approximate levels of reliability of estimates throughout this publication, a table of SE's and RSE's for certain estimates of population counts appears at the end of this Technical Note. These values do not give a precise measure of the SE's or RSE's for a particular estimate but will provide an indication of their magnitude.

Calculating Standard Errors for Population Estimates

6 An example of the calculation and use of SE's in relation to estimates of numbers of persons is as follows. Consider the estimate of the number of persons (aged 15 years or more) who participated in Basketball in the 12 months before interview, which is 331,500 (table 6). Since this estimate is between 300,000 and 500,000, the SE will be between 20,700 and 25,600 (as shown in the SE table), and can be approximated by interpolation using the following formula:

$$\text{SE} = \text{lower SE} + \left(\frac{\text{size of estimate} - \text{lower size}}{\text{upper size} - \text{lower size}} \right) \times (\text{upper SE} - \text{lower SE})$$

i.e. SE = 20,700 + ((331,500 - 300,000) / (500,000 - 300,000)) x (25,600 - 20,700)

i.e. SE = (approximately) 21,500

7 Therefore, there are about 2 chances in 3 that the value that would have been produced if all persons had been included in the survey would have fallen within the range 310,000 to 353,000 and about 19 chances in 20 that the value would have fallen within the range 288,500 to 374,500.

Published estimate				
('000)				
288	310	331	353	375

2 chances in 3 that the true value is in this range

19 chances in 20 that the true value is in this range

Calculating Standard Errors for Proportions and Percentages

8 Proportions and percentages formed from the ratio of two estimates are also subject to sampling errors. The size of the error depends on the accuracy of both the numerator and the denominator. The formula to approximate the RSE of a proportion is given below:

$$RSE(x/y) = [RSE(x)]^2 - [RSE(y)]^2$$

9 Consider the example given above of the number of persons who participated in Basketball (331,500). Of these, 28.5% (or approximately 94,600) participated in this sport as a non-organised activity (table 9). As already noted, the SE of 331,500 is approximately 21,500, which equates to an RSE of about 6%. The SE and RSE of 94,600 are approximately 12,200 and 13% respectively. Applying the formula above, the estimate of 28.5% will have an RSE of:

$$RSE(x/y) = [RSE(94,600)]^2 - [RSE(331,500)]^2$$

$$RSE(x/y) = (13)^2 - (6)^2$$

$$RSE(x/y) = 12$$

10 This gives a SE for the proportion (28.5%) of approximately 3.4 percentage points. Therefore, if all persons had been included in the survey, there are 2 chances in 3 that the proportion that would have been obtained is between 25.1% to 31.9% and about 19 chances in 20 that the proportion is within the range 21.7% to 35.3%.

11 The difference between two survey estimates (numbers or percentages) is also subject to sampling error. The sampling error of the difference between two estimates depends on their SE's and the relationship (correlation) between them. An approximate SE of the difference between two estimates (x-y) may be calculated by the formula:

$$SE(x - y) = [SE(x)]^2 + [SE(y)]^2$$

12 While this formula will only be exact for differences between separate and uncorrelated (unrelated) characteristics of sub-populations, it is expected to provide a good approximation for all differences likely to be of interest in this publication.

GLOSSARY

Age This is the person's age on their last birthday.

Constraints on participation

Reasons for non-participation or infrequent participation sought from persons who participated 12 times or less in the 12 months prior to interview

Couple Two people in a registered or de facto marriage, who usually live in the same household.

Dependent children

These are all people aged less than 15 years; and people aged 15–24 years who are full-time students, have a parent in the household and do not have a partner or child of their own in the household.

Employed All persons aged 15 years and over who, during the reference week:

- worked for one hour or more for pay, profit, commission or payment in kind in a job or business, or on a farm (comprising employees, employers and own account workers); or
- worked for one hour or more without pay in a family business or on a farm (i.e. contributing family workers); or
- were employees who had a job but were not at work and were:
 - away from work for less than four weeks up to the end of the reference week; or
 - away from work for more than four weeks up to the end of the reference week and received pay for some or all of the four week period to the end of the reference week; or
 - away from work as a standard work or shift arrangement; or
 - on strike or locked out; or
 - on workers' compensation and expected to return to their job; or
 - were employers or own account workers, who had a job, business or farm, but were not at work.

Family This comprises two or more people, one of whom is at least 15 years of age, who are related by blood, marriage (registered or de facto), adoption, step or fostering, and who usually live in the same household. A separate family is formed for each married couple, or for each set of parent-child relationships where only one parent is present.

Full-time workers

Employed persons who usually worked 35 hours or more a week (in all jobs) and those who, although usually working less than 35 hours a week, worked 35 hours or more during the reference week.

Household A household is defined as a group of two or more related or unrelated people who usually reside in the same dwelling, who regard themselves as a household, and who make common provision for food or other essentials for living; or a person living in a dwelling who makes provision for his/her own food and other essentials for living, without combining with any other person.

Household composition

Descriptions of the different types of household composition are provided below:

Couple only, one family household. A household consisting of a couple with no other related or unrelated persons usually resident.

One family household with dependent children – couple family. A household consisting of a couple and at least one dependent child usually resident in the household. Related non-dependent children may also be present in the household. Households which also have other related or unrelated residents are not included.

One family household with dependent children – one-parent family. A household consisting of a lone parent and at least one dependent child usually resident in the household. Non-dependent children may also be present in the household.

Households which also have other related or unrelated usual residents are not included.

Lone person household. A household consisting of a person living alone.

Other households. Comprises all other households, including multiple family households, and households consisting of unrelated adults.

Labour force status

A classification of the civilian population aged 15 years and over into employed, unemployed, or not in the labour force, as defined. The definitions conform closely to the international standard definitions adopted by the International Conferences of Labour Statisticians.

Main English-speaking countries

Refers to the main countries from which Australia receives, or has received, significant numbers of overseas settlers who are likely to speak English. These countries comprise the United Kingdom and Ireland, New Zealand, Canada, the United States of America and South Africa.

Motivators to participation

Reasons given for participating, sought from persons who participated 13 times or more in the 12 month period prior to interview.

Non-dependent children

All persons aged 15 years or over (except those aged 15–24 years who are full-time students) who have a parent in the household and do not have a partner or child of their own in the household.

Not in labour force

Persons who were not in the categories employed or unemployed as defined.

Participant

Those playing a sport or physically undertaking an activity. Persons involved solely as a coach, teacher, instructor, referee, umpire, administrator, club committee member are excluded from the data.

Participation rate

For any group, this is calculated by expressing the number of people who participated in an activity at least once during the year as a percentage of the population aged 15 years and over.

Part-time workers

Employed persons who usually worked less than 35 hours a week (in all jobs) and either did so during the reference week, or were not at work in the reference week.

Regularity of participation

This is derived from data on the frequency of participation in all activities and the months of participation in all activities. The regularity items are subdivided into:

Occasional participation – participated from 1–12 times and participated in from one to twelve months.

Infrequent – part year participation – participated from 13 – 52 times and participated in from one to eleven months.

Infrequent – full year participation – participated from 13 – 52 times and participated in each month.

Frequent – part year participation – participated 53 times or more and participated in from one to eleven months.

Once or twice a week participation – participated from 53 – 104 times and participated in each month.

More than twice-a-week participation – participated from 105 times or more and participated in each month.

Sports and physical recreation

The question on sports and physical recreation participation did not prompt for particular activities and whether an activity was regarded as a sport or physical recreation was left to the opinion of the respondent. However, activities such as gardening, housework, manual labouring and other forms of occupational physical activity were excluded from the data.

Unemployed

Persons aged 15 years and over who were not employed during the reference week, and:

- had actively looked for full-time or part-time work at any time in the four weeks up to the end of the reference week and were available for work in the reference week; or
- were waiting to start a new job within four weeks from the end of the reference week and could have started in the reference week if the job had been available then.