



WP2 report - Sport diagnostic center Sabac | SDCS

WP2 - State of the art, will be presented briefly, here you can find more details about transition to WP3 and research proposal.

Note: In the further text term *youth* will be considered as national formulation for *youth*: males and females from age of 15 till age of 30, till there is clarification about European Union *youth* definition. It is important to know exact age range for youth even that we agree that project will cover children age (national formulation for children: boys and girls from age of 6 till age of 14).

Sport dropout definition

Definition from KYI (Keep Youngsters Involved) > The prolonged absence of systematic practice and competition, either in one sport (sport-specific dropout) or all sports (sport-general dropout).

Short version > Absence in organized training and competition in sport.

Why youth dropout from sport? - Dropout age rate

Recent studies in United states shows that children mostly dropout from sport at the age of 12 or 13 and often earlier (O'Sullivan, 2015; Wallace, 2016). Studies of youth sports participation and dropout rates in other countries show similar trends (Carlman, Wagnsson, & Patriksson, 2013). When comparing domain-general and sport-specific dropouts in relation to the dropout age categories, results showed that domain-general dropouts increased with the dropout age (37% at <11 years; 50% at 11-13 years and 65% for >13 years), while sport-specific dropouts decreased accordingly with agee (63% at <11 years; 50% at 11-13 years and 35% for >13 years) (Carlman, Wagnsson, & Patriksson, 2013). 35% of children and adolescents drop out of sport annually in North America (Patriksson, 1988)

Reasons for sport dropout

Using leisure constraints theory and three types of constraints are typically examined in leisure constraints research: intrapersonal, interpersonal and structural constraints (Crawford and Godbey, 1987; Ommundsen and Vaglum, 1997 and Crane & Temple, 2015).

A) Intrapersonal constraints: Lack of enjoyment (not having fun, being bored); low perceptions of physical competence; intrinsic pressures (e.g. stress) and perceptions of negative team dynamics (negative feelings towards team or coach).

1. Conflict of interests
2. Not having fun
3. Low perception of ability

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4. Perceptions of physical competence
5. Intrinsic pressures (stress)
6. Excessive demands of competition
7. Lack of motivation
8. Negative experience
9. Coach conflict
10. Anxiety and nervousness due to excessive criticism
11. Pressure from the coaches or not getting along with coaches
12. Maturation
13. Gender differentiation
14. Maturity offset

B) Interpersonal constraints: pressure (family, coach, peers); other social priorities; having other things to do; and pursuit of an alternative sport

15. Parental pressures and loss of ownership
16. Not having enough time to participate in other age appropriate activities
17. Not being given playing time
18. Pursuit of alternative sport

C) Structural constraints: time (for training and travel); injuries; cost; and inadequate facilities

19. Sports related injuries
20. Overuse/Burn out
21. Financial constraints
22. Inadequate facilities

General suggestion for sport dropout prevention

- Sport goal setting at youth age from competitive to have more fun
- Sport participation should begin at an appropriate age
- Balance parental involvement
- Encourage multiple sport participation at children age
- Promote rules that give every child a chance to play

Reference literature

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1. Crane, J., & Temple, V. (2015). A systematic review of dropout from organized sport among children and youth. *European physical education review*, 21(1), 114-131.
2. Temple, V. A., & Crane, J. R. (2016). A systematic review of drop out from organized soccer among children and adolescents. *Soccer & Society*, 17(6), 856-88
3. Julie C.S. Boiché and Philippe G. Sarrazin (2009). Proximal and distal factors associated with dropout versus maintained participation in organized sport
4. Peter Carlman, Stefan Wagnsson & Göran Patriksson (2013). Causes and consequences of dropping out from organized youth sports
5. Eduardo M. Cervelló, Amparo Escartí and José F. Guzmán. Youth sport dropout from the achievement goal theory
6. Balish, S. M., McLaren, C., Rainham, D., & Blanchard, C. (2014). Correlates of youth sport attrition: A review and future directions.

Literature reading conclusion

Mentioned above is the most useful up to date literature about sport dropout. Our conclusion is that sport dropout research intent is to identify factors that lead to dropout.

Our research approach

On the one side we have children at the age of 12-13 that is critical for sport dropout and on the other side we have various dropout factors, we believe that we have to go one step backward, especially in psychological profile of the person, our approach is about identification of children with high possibility to dropout through their psychological profile, in terms of children problem solving. That means that children has different seeing of problems that occur in their sport carrier, they see it as challenge or as an obstacle. From this point we are rather to identify psychological characteristics of the children and youth in relation of problem solving as: personality traits, mental strength (hardiness), perseverance, self-confidence, perceived efficiency, perfectionism and resilience.

Research limitations

Due critical age for dropout we have to find instruments to measure psychological characteristics even before critical age (at 10 or 11) in order to have prevention action. In this way we have to use instruments specially designed for children which is hard to find to be open source and free, most of them are commercial questionnaires and scales.

Research proposal

Our research proposal will go from suggestions for sport dropout prevention.

Factors that lead youth sport dropout are known and well systematized in KYI project.

Recent researches are done through several theoretic frames: self-determination theory, achievement goal theory, self-efficacy theory, basic needs theory i leisure constraints theory.

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We are more interested for the facts, from where they differentiate perception of occasion/factor which will lead to sport dropout, respectively whether the difficulties will be experienced as a challenge or as an obstacle. We have been based on the aspects that predominantly related to the psychological characteristics, such as personality traits, mental strength (hardiness), perseverance, self-confidence, perceived efficiency, perfectionism, which often leads to a burnout of athletes and a permanent or temporary abandonment of sports.

Young athletes, as a frequent reason for abandoning sports, state the lack of enjoyment in sports, the lack of competence...and various other factors, we think that it would be useful to examine why children do not enjoy sports and have a low perception of competencies, not only to establish these facts as factors. Such data, as well as the insight into more concrete factors together with findings from the psychological characteristics would give us the material to focus on the prevention of young people from dissatisfaction in the sporting contexte, respectively sport dropout.

Beside identification of personality spectrum we believe that identification of physical abilities as injury predisposition, sport burnout and maturity offset will give us more detailed connection of personality and physical abilities that lead to sport dropout.

Some social skills as time management and sport goal settings are in connection to sport dropout. These social skills will be evaluated as additional component to personal and physical abilities in research study.

If we decide to have final product as useful tool for sport dropout prevention our research has to be based on our own instruments because of authoring rights, so in the same time research has to verify our instruments and give us detailed connections between sport dropout and personalty, physic and social environment. Research results will design guides for youth, parents, coaches and clubs.

EU based projects about sport dropout

- 1) Blockout dropout - web page <https://www.blockoutdropout.com>

Started at January 2019 - will be finished at 31.12.2019.

Budget: 60.000 EUR

Number of partners: 4

Deliverables: Development of the prevention model through mental training and Kemi personal training

Comment: at the web site of project there are no precise information about results and project deliverables, but it can be found that dropout prevention will based on mental training and Kemi (City in Finland), there is no research in this project.

- 2) Keep youngster involved - web page <http://www.keepyoungstersinvolved.eu/>

Started at September 2017 - finished at March 2019

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PYSYD | Preventing Youth Sport Dropouts

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Co-funded by the
Erasmus+ Programme
of the European Union



Budget: 357.000,00 EUR from EU and total budget is 440.000 EUR

Number of partners: 8

Deliverables: Development of toolkit (cards and instructions) for professionals to prevent dropout

Comment: Project is just finished, there was no research in this project. Prevention of dropout is based on development of coach skills, for this purpose coach can use cards and instructions in order to determine and choose appropriate action for single person.

3) PAPA - Promoting Adolescent health through an intervention aimed at improving the quality of their participation in Physical Activity - web page <http://www.projectpapa.org/>

Started at 2009 - finished at 2013

Budget: 400.000 EUR

Number of partners: 7

Deliverables: Workshop for sport trainers, Empowering coaches - education program for coaches to create motivation environment for children.

Comment: This project consisted of two main parts, research that is based on believe that motivation is important for dropout prevention and education program for coaches in order to learn and get knowledge and skills how to motivate athletes and create motivation environment during trainings. This project has research activities in it.

4) PYDOS - Prevention of Youth Drop-Outs in Sport - [information link](#)

Started at 2012 - finished at 2013

Budget: 228.000 EUR from EU and total budget is 286.000 EUR

Number of partners: 5

Deliverables: best practises handbook

Comment: I was not able to find any other deliverable than book of best practises, I assume that they made interviews with many coaches, sport clubs and other participants in sport in order to collect their experiences in dropout prevention and than they published this handbook of best practices. There was no research in this project

5) Move healthy - [information link](#)

Started at - finished - unknown data

Budget: 400.000 EUR

Number of partners: 12

Deliverables: Development open access education material sport injury prevention Sport & PE and Motor learning principles

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Comment: I was not able to find official web site of the project, I collected data from various meetings and presentations. There was no research in this project but project is developed on the base of previous research and assumption that sport injury and motor learning is important for sport dropout. There was writing that they will make free and open data and learning documentation for coaches about sport injury prevention and motor learning principles.

Indicators and outputs

We was not able to find project indicators for mentioned project. We see there only output products (tools, models, instructions and similar). Indicators are inside of their project plans we can not approach them, also nobody stated how many preventions has been done with their outputs, how many youth identified with potential to be dropped out or similar. So there is no quantitative indicator public available. Also there was not chance to find which research methodology they used.

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