Department of Tourism, Sport and Racing

Recreation and Sport Survey:

Women and Girls of Queensland

A Darling Downs Investigation

Analysis and Report

by

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Recreation and Sport Report:

A Darling Downs Survey
for
Mr Gerry Wilson
Sport and Recreation Development Officer
Department of Tourism, Sport and Racing

Section A: Outline of the Project

This project was commissioned by the Department of Tourism, Sport and Racing as part of a statewide survey. In the Darling Downs, the Acting Regional Manager of the Department, Mr Gerry Wilson, commissioned a study in this region which was characterised by two features. The first was that the study would have a sample as representative of the region as possible. The second was that the University of Southern Queensland Office of Research would undertake the data analysis and reporting. Associate Professor Jeff Bailey, Head of the Office of Research and Ms Diana du Plessis, Dr Bailey's Research Associate, undertook the commission.

At a preliminary meeting between Mr Wilson, Ms Marilyn Jacobs, Ms du Plessis and Dr Bailey, it was decided that the surveys would be distributed in the following way:

- Ms Jacobs, who lectures in Physical Education and Health in the School of Education at USQ would seek the assistance of her Physical Education students to distribute the survey forms. Ms Jacobs gave five forms to 100 students who were asked to seek out respondents, one from each age group.

- The Dalby and Warwick Area Advisers in sport and recreation distributed the surveys to agencies and groups in their region.

Section B: Administration of the Survey Instrument

Given the timelines, it was essential to get the responses returned as quickly as possible to allow for data entry, analysis and reporting. The forms were distributed in May, returned in June and analysis and reporting was undertaken and completed in July and August of 1992.

The report which follows describes a very interesting picture of the attitudes of women and girls to physical activity. To ensure ease of reading, this report is brief and to the

point. It also uses tables and graphs to highlight the most important data. Appendix A includes all the relevant full tables while the survey instrument used is included as Appendix B . It should be noted that the survey instrument was used by the Department in all Queensland regions. The form was not designed by any of the people involved in the collection and analysis of results in this Darling Downs regional survey of females' attitudes towards physical activity. An important caveat is that the sample is not representative of the general population included in this regional survey. The reason for this is that a multiplicity of methods of collecting the data were used. The aim of the study was to have a very large response. The respondents were self-selecting and, hence, the sample can not be seen as representative.

Section C: Description of the Survey Instrument

The survey instrument was entitled ***Recreation and Sport Survey: Women and Girls of Queensland.*** It consisted of 5 pages and 23 questions. Responses were yes/no, rank order (based on a priority from 1 to 5), a tick response section and an open-ended format for some questions. Many of the possible responses had already been elicited, presumably from a pilot instrument, and this increased the uniformity of lay-out. For example, to the question: "Why did you become involved in physical activity?" there were 18 possible responses. These were:

- **enjoyment/fun**
- **to feel healthy**
- **to increase strength**
- **to lose weight**
- **to meet people**
- **to spend time with family**
- **to compete against self**
- **to reduce stress**
- **to develop skills**
- **doctor's orders**
- **to improve fitness**
- **to increase joint mobility**
- **to improve appearance**
- **to spend time with friends**
- **to compete against others**
- **a challenge**
- **school PE**
- **other, please specify**

Demographic items included:

1	**Postcode**	2	**Town**
3	**Local Authority**	4	**Distance from town**
5	**Age**	6	**Aboriginal or Torres Strait Islander**
7	**Ethnic background**	8	**Disability**
9	**Dependent children**	10	**Dependent relatives**
11	**Employment status**		

Typical items surveyed with regard to physical activity levels, involvement and motivation included the following:

Level and type of participation
Sporting activities played at social or competitive level
Reasons for being involved or not involved in and benefits from physical activity
Views on types of activity for involvement and method of organization
Involvement in sport other than as a player
Involvement in recreational activities

Section D: Demographic and Biographic Characteristics of the Respondents

509 usable responses were analysed. The following table shows the responses by city and town. As can be seen, there was a very good spread of responses from small and large towns. The responses from Toowoomba, Dalby and Warwick accounted for 82% of the total sample. As Oakey is one of the larger towns in this group, it would have been useful to find out whether there are any major attitudinal or activity differences for that community. Of the 29 communities represented in these returns statistics, 20 are very small communities. It would be interesting to compare the availability and use of recreational and sporting facilities by size of community.

Table 1: Responses by City and Town

City/town	Number	City/town	Number
Allora	4	Applethorpe	1
Bell	10	Biddeston	3
Cambooya	1	Dalby	151
Dalveen	9	Goondiwindi	18
Jandowae	4	Jimbour	1
Kingsthorpe	1	Maryvale	1
Meringandan	1	Nobby	1
Oakey	1	Pratten	1
Sladevale	1	Stanthorpe	18
Tannymorel	2	Tara	1
Toowoomba	177	The Summit	1
Thulimba	3	Wallangarra	2
Warwick	90	Withcott	1
Wyaga	1	Wyreema	2
Yelarbon	2		

In order to assess the difficulties of access to sporting and recreation facilities, respondents were asked to identify the distance of their residences from the nearest town. This does not imply, of course, that people use sporting and recreational facilities which are based in towns. There has been a long tradition, perhaps now dying, for smaller rural communities to have their own sporting facilities. As can be seen from the following table, the majority of people surveyed live in towns or cities.

Table 2: Distance from Town

Kilometres	Number	Percentage
0	436	85.7
1-14	37	7.3
15-29	23	4.5
30+	13	2.6

One of the problems with this particular survey was the inclusion of school age girls in the sample. When one uses an age bracket of 12 to 17, the respondents include

school students and some girls who have left school. This created some difficulties when analysing responses on the basis of, for example, organized physical education lessons. It would be more useful to conduct a survey of this type with a sample of school students only. It is interesting to note that there was an almost perfectly equal spread of responses across the five age groups.

Table 3: Distribution by Age

Age	Number	Percentage
12-17	103	20.2
18-24	102	20.0
25-39	117	23.0
40-54	98	19.3
55+	89	17.5

When one accumulates data on lifestyle activities, it is always interesting to note whether minorities differ in their behaviour from the larger population surveyed. Two demographic items which attempted to isolate minority groups focused on ethnicity in relation to being an Aboriginal or Torres Strait Islander and whether respondents had a disability. Both populations were too small to be treated as separate groups for categorical analysis.

Table 4: Distribution by Aboriginal or Torres Strait Islander (ABTSI)

ABTSI?	Number	Percentage
YES	13	2.6
NO	495	97.4

Table 5: Distribution by Disability

Disabled?	Number	Percentage
YES	17	3.3
NO	492	96.7

The issue of having dependent children is an important lifestyle demographic variable. With the large number of women in the workforce, the high costs of child minding and the general unavailability of child minding facilities in most employment, sporting and recreational venues, it is important to know how having dependent children affects participation in physical and recreational activities. As can be seen from Table 6, 76% of respondents do not have dependent children.

Table 6: Distribution by Number of Dependent Children

Children	Number	Percentage
None	387	76.0
One	70	13.8
Two	31	6.1
Three	18	3.5
Four	1	0.2
Five	1	0.2
Six	0	0.0
Seven	1	0.2

Of the remaining 24%, that is, 122 women, the following table shows their employment status. Only 21 of the women with children are employed full-time and 29 are employed part-time. This leaves 72 who are either unemployed, students or are engaged full-time in home duties.

Table 7: Distribution by Employment and Number of Dependent Children

Employed?	1	2	3	4	5+	Totals
Full-time	15	6	0	0	0	21
Part-time	16	10	2	1	0	29
Unemployed	6	0	2	0	1	9
Student	2	1	2	0	0	5
Home	31	14	12	0	1	58
TOTALS:	70	31	18	1	2	122

While the following table does not yield particularly useful information in terms of likely impact on involvement in physical and recreational activity, it is interesting to

note that nine people aged 25 and above live with their parents. One issue not addressed was whether the oldest child living at home was actually disabled. Such conditions usually create enormous pressures on older married couples, particularly where there is a high level of dependency and an incapacity for the disabled 'child' to be able to function independently.

Table 8: Distribution by Oldest Child Living at Home

Age Range	Number	Percentage
0-17	116	22.6
18-24	47	9.1
25-35	6	1.2
36+	3	0.6
None:	341	66.5

One of the continuing problems for women who have young and very dependent children is the demands placed on them by these children. Time and flexibility are dramatically reduced when one has a young dependent and, as the number of young dependents increases, there is a greatly reduced freedom to pursue out-of-home activities. Of course, this depends on the ready availability of extended family resources and assistance. As three quarters of the sample do not have children, it is difficult to extract reliable data about those with dependent children. The population of women with dependent children is deserving of closer scrutiny.

Table 9: Distribution by Youngest Child Living at Home

Age Range	Number	Percentage
0-5	44	8.6
6-10	33	6.5
11-17	35	6.9
18-21	11	2.2
None:	386	75.8

Table 10: Distribution by Dependent Relative

Relative?	Number	Percentage
YES	13	2.6
NO	495	97.4

Table 11: Distribution by Dependent Child

Child?	Number	Percentage
YES	61	12.1
NO	444	87.9

Of the 385 females in this sample who are not students, only 33% are in the work force on a full or part-time basis. This is much lower than the national average of women employed in the Australian workforce. It is possible that the method of distribution caused this skewed sample; it is also possible that the Darling Downs region is not typical of the Australian employment pattern. It is very important that we understand the exact situation of working women who are married and have children. North American studies repeatedly suggest that women in this category tend to work approximately 70 hours per week. If this is true, there are very serious implications for the mental and physical well-being of these women. Obviously, if one works 70 hours per week, there is very little time for other activities. People in these circumstances may well be the group most in need of regular and frequent physical and recreational activity.

Table 12: Distribution by Employment

Employed?	Number	Percentage
Full-time	128	25.6
Part-time	70	14.0
Unemployed	36	7.2
Student	124	24.8
Home	142	28.4

Section E: Descriptive Information

Tables 13 to 23 provide a summary of the frequency distributions of the survey. A careful review of these tables gives a very clear picture of the attitudes and activities of women with regard to their participation in and attitudes towards physical and recreational activities. It should be remembered that one can view both sides of a data collection. This point is well-represented when one reviews Table 13 which shows that nearly three-quarters of the sample does participate in physical activity. The converse of the analysis is that one-quarter of the respondents do not participate in physical activity.

When one surveys responses like participation, one should be particularly careful about the style of question. The question actually asks: "Do you participate in physical activity. Yes or No." It is virtually inconceivable that people would not do so. This question could have been sharpened by asking whether they participate regularly in physical activity. Even this question can be misleading because one might participate once every three months. One should know whether people participate **frequently** in physical activity. In terms of health benefits, for example, improved circulation, increases in muscle tone and cardio-respiratory fitness, it is important to know the type of activity, the frequency, the regularity and also the **extent of exertion** required by the activity. These are issues which could be addressed in a more focused investigation of women's physical activities.

Table 13: Participation in Physical Activity

Participates?	Number	Percentage
YES	368	72.3
NO	141	27.7

The type of sporting activities in which people participated socially included: athletics (3); gymnasium (1); hockey (7); netball (33); swimming (14); tennis (26); touch football (2); volleyball (3); walking (5). For school competitions, the tally was: netball (163); softball (10); swimming (4). For club competitions, cycling had 8 involved, 7 people played hockey, 71 played netball, softball attracted 8 and 16 people played volleyball. At all three levels, netball is the most popular sport.

There were four possible programs to which people were asked to respond. These were: an exercise program; organized sport; recreational activity and PE classes at school. Naturally, many of the respondents would not address the last program as they are not school students. More people participate in recreational and organized sport

activities than they do in exercise programs. This is an important point when one considers the development of policies and programs for physical fitness.

Table 14: Type of Physical Activity

Program Type	Yes	No
Exercise Program	107	264
Organised Sport	212	159
Recreational Activity	230	143
PE Classes at School	75	295

Physical Education Classes at School

Obviously, this question was aimed at those respondents currently attending school. There were 103 respondents in the 12 to 17 year age group. As the legal leaving age is 15 years, there is no guarantee that all of the 103 were attending school. It would have been an improvement on the study if the school age group were treated separately as they are required to participate in regular physical education classes and, usually, in competitive sporting fixtures at their school.

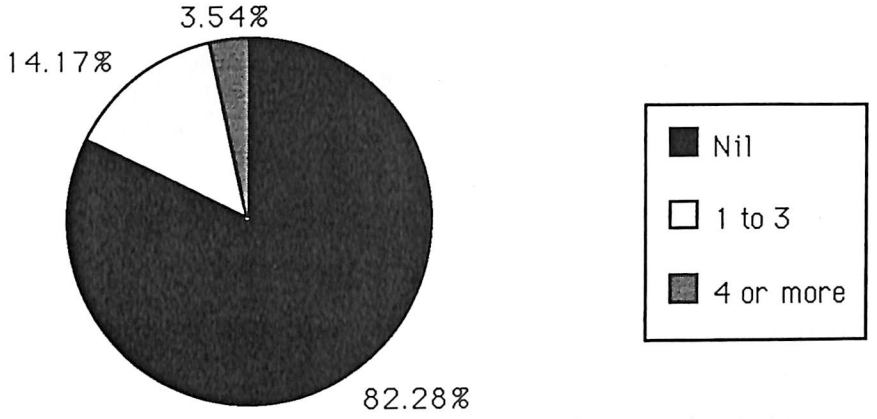
Only 75 of the respondents attended any physical education classes at school. This means that 48 of the 12-17 year olds did not take part in any physical education classes. The distribution of times per week in this response was interesting, 11 students having only one class per week, while 22 had three or more classes per week. There is great variability in regard to physical education classes attended at school.

Table 15: Frequency of Physical Activity per Week (0-8+)

	Exercise Program		Organized Sport		Recreat'l Activity		P.E.Classes-School	
	No.	%	No.	%	No.	%	No.	%
0	418	82.3	342	67.19	335	65.8	440	88.9
1	25	4.9	67	13.2	25	4.9	11	2.2
2	27	5.3	56	11.0	23	4.5	22	4.4
3	20	3.9	28	5.5	39	7.7	11	2.2
4	7	1.4	10	12.0	21	4.1	3	.6
5	6	1.2	4	0.8	32	6.3	8	1.6
6	2	0.4	0	0.0	4	0.8	0	0.0
7	3	0.6	0	0.0	23	4.5	0	0.0
8	0	0.0	2	0.04	4	0.8	0	0.0
>8	0	0.0	0	0.0	7	1.4	0	0.0

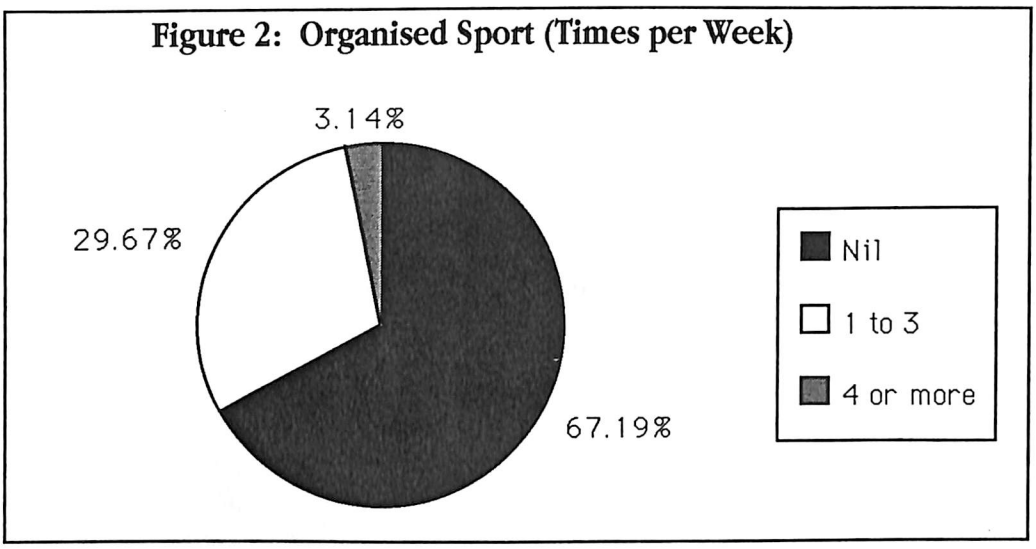
The variability in terms of frequency and type of activity is quite interesting. Figure 1 demonstrates very clearly that the majority of the population surveyed does not involve itself in exercise programs. It is only 3% of the sample which has four or more exercise sessions per week.

Figure 1: Exercise Program (Times per Week)



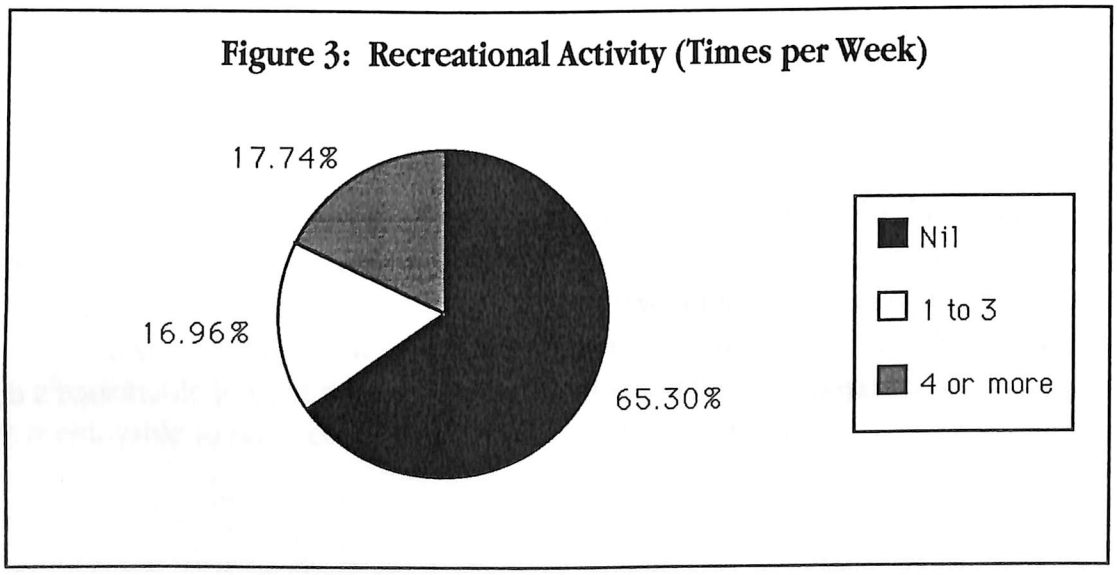
Organized sport is more attractive to people as one-third of the respondents choose this form of activity at least once a week. Some people, just over 3%, manage to have four or more organised involvements per week. This is a very large number of weekly activities. There should be concern, though, about the number of people who do not get involved in organised sport at all. One is impelled to ask whether the sporting sessions are failing to meet the needs of women in this region.

Figure 2: Organised Sport (Times per Week)



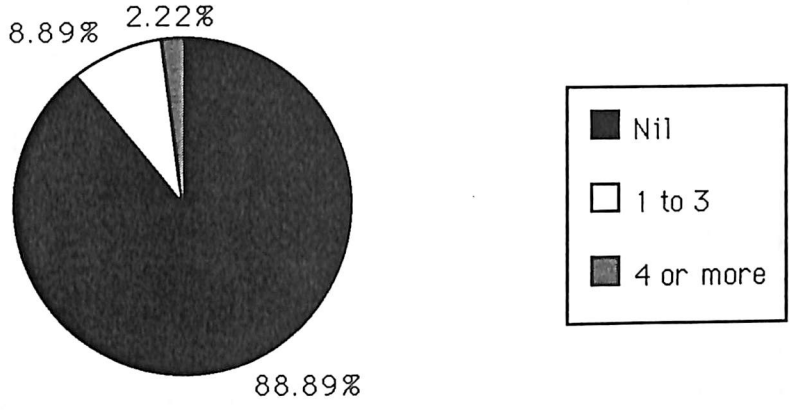
A comparison of figures 2 and 3 shows that while one-third of people participate in organised sport and recreational activities, there is an equal number of people participating between 1 and 3 times per week and 4 or more times per week. The picture for those participating in organised sport is quite different.

Figure 3: Recreational Activity (Times per Week)



As has been pointed out previously, analysis of Figure 4 should be treated carefully as the responses come from a subset of the total sample, that is, school and other students.

Figure 4: P.E. School Classes (Times per Week)



Why Did You Become Involved in Physical Activity?

The following table shows the reasons why people say they get involved in physical activity. As can be seen, the number one priority is so that they can have fun. The second reason is that they want to have a certain level of fitness. If one combines the two, one can see what it is that people need from physical activity: the opportunity to reach a reasonable level of fitness in an environment which is enjoyable. Of course, what is enjoyable to one person may be uninteresting to another.

Table 16: Reasons for Involvement in Physical Activity
(In rank order by First Priority; totals show priorities 1 to 5)

Reason	First Priority	TOTALS
Fun	156	309
Health	48	243
Improve Fitness	40	238
Weight	32	147
Time with Friends	13	131
Challenge	13	74
Meet People	12	127
Other/None	11	15
Reduce Stress	10	85
School P.E.	6	23
Develop Skills	4	83
Doctor's Orders	4	16
Family Time	4	27
Appearance	4	69
Compete with others	4	50
Compete with Self	3	34
Strength	3	47
Increase Mobility	1	29
TOTALS	368	1747

It is useful to compare Tables 16 and 17, reasons for and benefits from involvement in physical activity. The rank order of the first priorities in both datasets is the same, that is, to have fun, to feel healthier, to improve one's fitness and to lose weight. These four rankings account for 53.6% of the total ranking for the reasons for involvement and for 51.5% of the benefits of involvement in physical activity.

Table 17: Benefits of Involvement in Physical Activity
(In rank order by First Priority; totals show priorities 1 to 5)

Benefits	First Priority	TOTALS
Fun	125	292
Health	90	288
Improve Fitness	42	219
Weight	17	116
Time for Me	16	95
Meet People	13	124
Skills	12	66
Competition	10	91
Confidence	8	71
Challenge	7	94
Family Time	6	33
Reduce Stress	6	81
Flexibility	5	40
Appearance	5	60
Strength	4	42
Other/None	1	4
Time with Friends	0	60
TOTALS	367	1776

After we have determined why people want to be involved in physical activity, it is interesting to know what deters people from this form of outlet. Table 18 shows the great variety of deterrents to physical activities. Some people are not at all interested in sport and this ranks as the highest reason. Quite a few people are too tired and this says something about either or both their physical fitness or their workload and/or family commitments. The picture presented by the fifteen categories which attracted fewer than 10 responses is not particularly helpful in terms of policy or program development.

Table 18: Reasons for Not Being Involved in Regular Physical Activity (In rank order by First Priority; totals show priorities 1 to 5)

Reason	First Priority	Totals
Not interested	25	52
No time	18	76
Family Commitments	12	41
Too tired	12	72
Too old	11	33
Too lazy	9	43
Other/no response	7	17
Health	6	33
No child minders	6	13
Too expensive	6	43
Too far away	6	23
Work Commitments	5	42
No transport	4	19
Too embarrassing	3	23
My own disability	2	9
Family/friends uninterested	2	15
Too painful	2	18
Disability of family member	2	2
Language barriers	1	2
No childcare facilities	1	8
No support from partner	0	7
May get injured	0	17
Women shouldn't	0	2
TOTALS	140	610

When one explores the more detailed explanations for people's feelings about physical activities, several interesting insights are yielded. Most people prefer other forms of recreation and probably do not like physical exertion. Some people are not competitive in their outlooks and may prefer to be engaged in cooperative social activities. Several people are obviously concerned about their ability at sport but not very many. It also appears that the range of sports available in the areas surveyed is sufficient to meet people's recreational needs. This is a very important finding. In terms of gender equity concerns, not one of the women or girls surveyed expressed concern about women not being encouraged to participate in sport.

Table 19: Statements which are True Regarding Regular Physical Activity (In rank order by First Priority; totals show priorities 1 to 5)

Reason	First Priority	Totals
I prefer other forms of recreation	48	102
I don't like the physical exertion required	24	77
I don't like the competitive aspects of the sport	22	80
I have other obligations when the sport is available	16	64
I cannot play well enough	10	80
The sport is not available locally	7	30
Women are not encouraged to play the sport I prefer	0	20
TOTAL	127	453

After this question, respondents were asked to indicate the type of physical regular physical activity they would like to be involved in. People have a wide range of sporting and recreational interests.

Table 20: Other Recreations

Aerobics	7	Anything	3
Badminton	3	Baseball	1
Basketball	1	Bowls	2
Bushwalking	3	Contact Bridge	1
Contact Sports	1	Cycling	2
Fencing	1	Gardening	1
Golf	3	Gymnastics	1
Indoor Bowls	2	Indoor Cricket	1
Indoor Netball	1	Jazz Ballet	1
Lawn Bowls	1	Most Types	1
Netball	4	Not Sure	1
Power Walking	2	Scuba Diving	1
Spectator	1	Softball	2
Squash	3	Surfing	1
Swimming	7	Touch Football	1
Tennis	15	Tai Chi	1
Volleyball	2	Walking	16
Water Exercise	1	Water Polo	1
Yoga	1		
TOTAL FOR ALL OTHER RECREATIONS:			97

indicated women as leaders. Little regard can be taken of these responses because of the vagueness of the question. If the respondents thought they could have only one response, then they probably responded to whether their sporting groups should be mixed sexes or women only. This would have lead to the very low response to the different question of the sex of the instructor. It is probably best to ignore this result and, if this is an important issue, consider testing it in a more refined follow-up study.

It is important to know what measures could be taken to improve access to sporting and recreational programs. The table which follows provides important answers to that issue.

Table 21: Making it Easier to Participate in Regular Physical Activity (In rank order by First Priority; totals show priorities 1 to 5)

Improvements	First Priority	Totals
Lower costs	122	316
Other/no response	98	124
Have group sessions with friends	50	262
Have a wider variety of program times	44	257
Provide child care	43	75
Neighbourhood programs	28	140
Improved facilities	27	195
Provision of transport	23	143
Employer supported programs on site	17	38
More information	9	158
Worksite facilities	7	58
Provision of showers and changerooms	6	70
TOTALS	474	1836

The study produces some interesting conclusions about physical activity but it is important to realise that many people are more interested in recreational activities, some of which may have an exercise or activity dimension, others of which are more social than physical. Table 22 shows people's regular participation in recreations other than sport.

Table 22: Regular Participation in Recreations other than Sport (Yes - involved regularly; in rank order by first priority)

Activity	YES	NO
Social outings	280	228
Gardening	208	300
Travelling	180	328
Arts and crafts	157	350
Playing music	156	352
Theatre	115	393
Dancing	106	402
Camping/bushwalking	83	425
Hunting/fishing	48	460
Birdwatching	19	489
Fossicking	9	499
TOTAL	1416	4226
Other	55	

Section F: Statistically Significant Outcomes

Methodological Considerations

A number of independent variables were used for category analysis to determine any statistically significant differences in responses to chosen questions. A one-factor ANOVA statistic was used. The level set for tests of significance was .05. While the questionnaire had certain ambiguities in it, there is no reason why this study should be regarded as unreliable. In terms of internal validity, the distribution and collection of responses, the analysis of data and the reporting all comply with acceptable standards of best research practice. There is a problem with external validity or generalizability because the sample cannot be regarded as representative. This is not a serious problem because the sample size was large and because this type of survey should be regarded as yielded indicative data, that is, information which is useful for further refined studies, to point to certain trends and conclusions and to use for policy analysis and development.

Distance from Town or City

Responses were analysed on the basis of the distance of their residence from the nearest town. Distance groupings used were 0 kilometres, 1 to 14, 15 to 29 and 30 or more. 86% of the group responded in the 0kms group. With regard to participation in sport, the group that showed statistically significant differences in their responses was the category of people living 1- 14 kms from town, those people living between 1-14kms from the nearest town participating MORE in physical activity than those who live in town > However, there are no differences between those who live in town and those who live more than 14kms from town; nor are there any differences between those who live more than 1 km out of town. A comment that needs to be made here is the fact that the size of the sample of those living in town (N= 436) would probably have influenced the statistically significant difference.

The question of distance from nearest sporting facilities is probably more important than how far one lives from town. Many physical activities can be undertaken in rural areas, either because one jogs or there are tennis courts or other facilities nearby. Differences in life-style and economic pursuits reside in the groupings of distance from town. For example, people living on farms may have a life style which is quite different from town people. It would be more interesting to know how means of gaining an income influences women's decisions to be involved in regular physical activity.

Distance by Involvement in Physical Education Classes

People who live 1 - 14 kms from town are more likely to participate in PE than those who live in town. There were no significant differences between those who live in town and those who live more than 15 kilometres from town. This is an odd but relatively unimportant conclusion.

Impact of Age on Attitudes and Involvement in Physical Activity

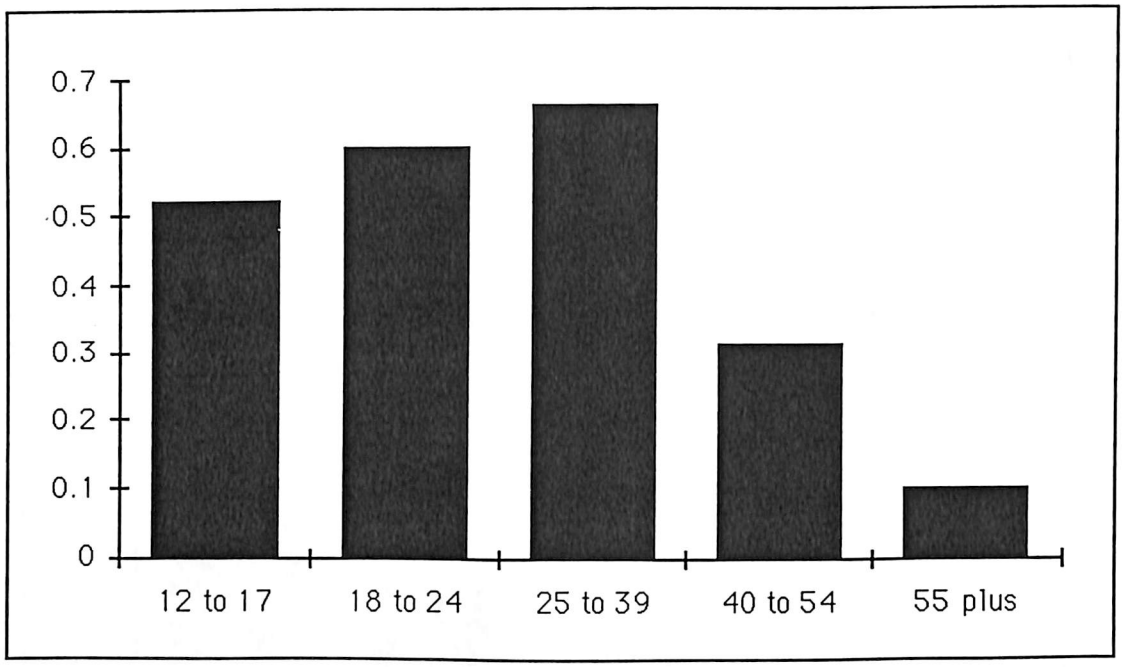
Age by Participation

There were no significant differences in the participation rate in regular physical activity of 12-17 year olds and 18-24 year olds. However the 12-17 year olds do have a significantly higher participation rate than the other categories, namely those aged 25 to 55+. All age categories have higher participation rate than the 55+. No other significant differences between the other age categories (25-39 year olds and 40-55 year olds) were noted. Naturally, if school children are required to take compulsory physical education and sporting classes, there will be a higher level of participation than those for whom physical activity is not compulsory. Again, it is natural to assume that people over 55 years of age take less regular activity than younger people. The issue here is not whether people of 55 years plus participate more regularly in physical activity than younger people. The important question is: "Do people in the 55 years plus age group participate sufficiently to ensure their good health and well-being?"

Age by Type of Exercise Program

All age categories except the 40-54 year olds had a higher involvement in an exercise program than the 55+ age group. There was no significant difference between the 40-54 year olds and the 55+. The only other significant difference was between the 25-39 year olds and the 40-54 year olds where the 25-39 year olds had a higher rate of participation in exercise programs than the 25-39 year olds. Most of these age-related conclusions are predictable. Again, the interesting issues to investigate involve the frequency and type of physical activity and its decline with age.

Figure 5: Average Number of Exercise Program Activities Per Week by Age Group



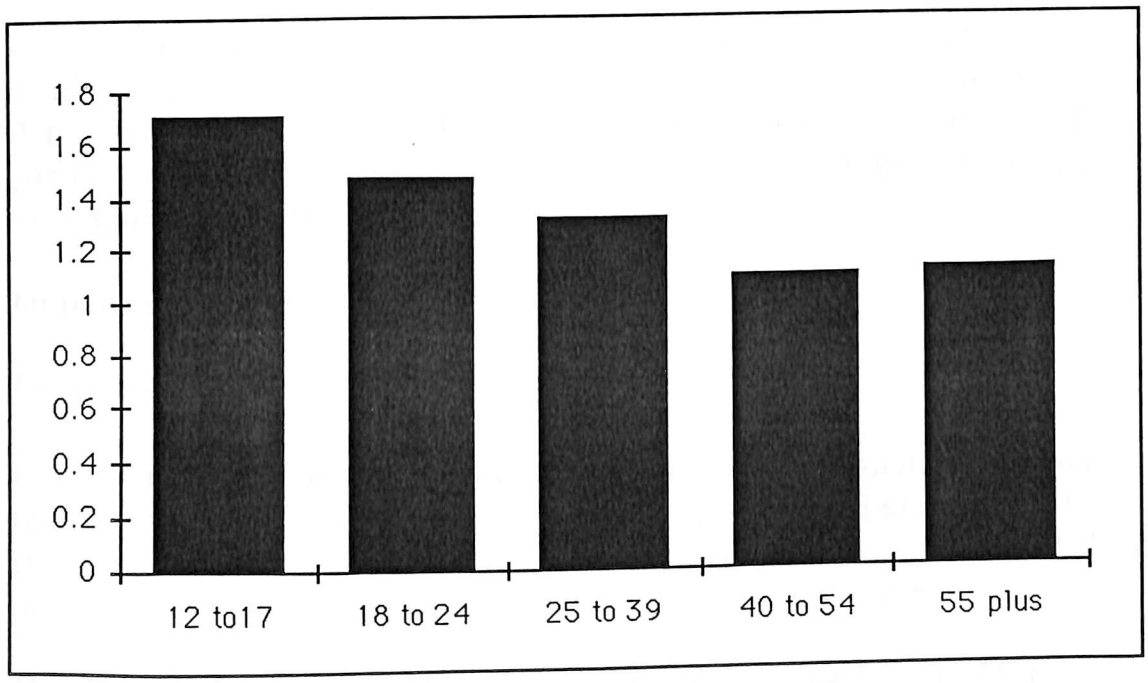
Age by Organized Activity

The 12-17 year olds participated significantly more in organized sport than all the other age categories. No significant differences between the other categories were revealed by the data. Again, the influence of schooling diminished the importance of this issue. It is interesting, though, that after the age of 17 years, different age groups respond in much the same way as each other in being involved in regular organized sport. It is traditional for older people to use organized sporting fixtures for their social as well as physical outlets. The games of lawn bowls and golf are two example which combine social and exercise opportunities. There are major differences, of course, in the benefits of different kinds of organized sports, for example, there is a vast contrast in terms of cardio-respiratory and other physical benefits in being fully involved, say, three times a week in lawn bowls versus athletics or football. The point being made here is that fine-tuned inquiry is needed if one wishes to make judgements about not only the level of involvement but the physical benefits of the program in which one is regularly involved. Putting it another way, there are vast fitness differences between some sports and other sports and recreational activities.

Age by Recreational Activities

There are no statistically significant differences between any of the age groups on the basis of number of recreational activities per week. It is instructive to compare the two bar charts which show the age differences by exercise program and recreational activity. While it is expected that younger people would have a more frequent program of exercise, it is notable that when it comes to recreation, older age groups have a reasonably high level of participation.

Figure 6: Average Number of Recreational Activities Per Week by Age Group



Dependent Children by Organized Activity

There was a significant difference between those who had dependent children and those who did not have dependent children in terms of participation in organized sport. Again we need to note that 333 people did NOT have dependent children whereas only 36 people had dependent children. The enormous discrepancy between the size of these two groups would certainly have influenced the statistically significant difference. Despite this reservation, there is little doubt that the responsibilities of having children diminish both one's energy for organized sport and also one's flexibility in terms of being able to get to sport easily. If one refers to the table which

shows why people do not get involved in regular physical activity, one notes that only six people said that there were problems with child minding, however, when asked to indicate what would assist people to be more involved, 43 said that having child minding facilities would make a difference. Clearly, there are some complex issues for women with dependent children, for example, the age and number of the children together with the current employment of the mother are potent variables. Again, it would be interesting to gain answers to tightly focused questions about the physical activities of young working and non-working mothers.

Dependent Parents

There was a significant difference between those who have dependent parents and those who do not have dependent parents. Those who did NOT have dependent parents were more likely to participate in physical activity. The size of the sample would also have made a difference. Of the population surveyed 495 did not have dependent parents and only 13 had dependent parents. Having to care for aged parents imposes huge burdens on many people, burdens which affect the lifestyle of the responsible adult offspring.

Employment Status and Physical Activity

Employment by Participation

People who were in full time employment participated more than those who were unemployed or on home duties but their participation was still less than that of students. Students participation was significantly higher than the unemployed, those on home duties and those in either full time or part time employment.

The chart which follows provides a simple means of understanding the differences between and among programs based on the type of employment. Clearly, recreational activities feature more prominently than either exercise programs or organized sport. One should feel some concern that the number of weekly exercise programs ranges from the equivalent of only three sessions every two weeks (0.6) to a very low level of one every five weeks. Another area of concern is the low level of activity for those people who are unemployed. This stark difference is very deserving of some urgent investigation and policy development.

Figure 7: Weekly Activities by Type of Employment for Exercise Programs, Organized Sport and Recreation

Employment by Organized Sport

There was a significant difference between those who were in full time employment and those doing home duties with those in full time employment engaging in organized sport more than those doing home duties. Students also had a higher involvement in organized sport than those employed on a part time basis and those doing home duties but not more than those employed on a full time basis or the unemployed.

Employment by Physical Education

Students have a higher participation rate in PE than all the other categories, namely, those engaged in full time employment, part time employment, the unemployed and those doing home duties.

Section G: Recommendations

1 Our first recommendation has to do with the design of the survey instrument used. If there were to be a future study along the lines indicated in this report, the instrument would need to be more tightly focused and piloted.

2 If one wished to know more about the physical behaviour of school-age students, it would be preferable to study them as a discrete population.

3 The sample size for Aboriginal and Torres Strait Islander people and those with disabilities was not sufficient to permit meaningful analysis. It would be very useful to focus on these populations in a separate investigation.

4 There are many policy and program development opportunities implicated in this report. There are groups who require a great deal of attention. These include working mothers and the unemployed, in particular. It would be very useful if senior staff in the Department of Sport, Tourism and Racing , with their level of expertise, were to scrutinise this report carefully to identify priority areas for further investigation , intervention, funding and program development.

APPENDIX A

Full Tables

for

Survey Questions

	From the left MOST Important to LEAST Important						
	REASON	Priority 1	Priority 2	Priority 3	Priority 4	Priority 5	TOTALS
1	Fun	156	37	34	37	45	309
2	Health	48	95	52	24	24	243
3	Strength	3	12	13	10	9	47
4	Weight	32	31	36	21	27	147
5	Meet People	12	17	36	34	28	127
6	Family Time	4	3	5	5	10	27
7	Compete with Self	3	5	3	14	9	34
8	Reduce Stress	10	10	16	20	29	85
9	Develop Skills	4	17	13	27	22	83
10	Doctor's Orders	4	4	1	2	5	16
11	Improve Fitness	40	64	57	44	33	238
12	Increase Mobility	1	2	7	13	6	29
13	Appearance	4	6	16	22	21	69
14	Time with Friends	13	39	34	27	18	131
15	Compete-others	4	8	13	11	14	50
16	Challenge	13	3	12	20	26	74
17	School P.E.	6	3	3	5	6	23
18	Other/None	11	1	1	2	0	15
	TOTALS	368	357	352	338	332	1747

Question 15: **Benefits from physical activity?**

From the left MOST Important to LEAST Important						
REASON	Priority 1	Priority 2	Priority 3	Priority 4	Priority 5	TOTALS
Fun	125	51	38	38	40	292
Health	90	85	42	38	33	288
Strength	4	10	12	7	9	42
Weight	17	24	31	23	21	116
Meet People	13	19	36	33	23	124
Family Time	6	27	0	0	0	33
Competition	10	16	18	28	19	91
Reduce Stress	6	14	25	15	21	81
Time	16	16	27	16	20	95
Confidence	8	11	16	17	19	71
Improve Fitness	42	51	49	48	29	219
Flexibility	5	4	7	13	11	40
Appearance	5	5	12	20	18	60
Time with Friends	0	0	19	23	18	60
Challenge	7	16	14	23	34	94
Skills	12	14	10	8	22	66
Other/None	1	1	0	1	1	4
TOTALS	367	364	356	351	338	1776

Question 16: Why aren't you involved in physical activity?

From the left	MOST	Important to LEAST Important			
Not interested	25	6	4	2	15	52
Women shouldn't	0	1	0	1	0	2
Family-not interested	2	1	3	3	6	15
Too tired	12	14	14	21	11	72
No Transport	4	10	0	2	3	19
No minders	6	1	2	1	3	13
Embarrassing	3	4	13	1	2	23
Health	6	9	5	8	5	33
No childcare	1	1	2	2	2	8
Injury	0	8	2	2	5	17
Disability	2	1	4	1	1	9
Too old	11	9	8	3	2	33
Too expensive	6	6	11	7	13	43
Too far away	6	2	6	4	5	23
Too lazy	9	14	7	7	6	43
No time	18	21	13	17	7	76
Family Commitment	12	13	7	4	5	41
Work Commitment	5	6	13	13	5	42
No support	0	3	1	2	1	7
Language	1	0	1	0	0	2
Pain	2	3	3	6	4	18
Family disability	2	0	0	0	0	2
Other/no response	7	1	2	3	4	17
TOTALS	**140**	**134**	**121**	**110**	**105**	**610**

Question 17: **Which are true for you?**

From the left MOST Important to LEAST Important	PRIOR. 1	PRIOR. 2	PRIOR. 3	PRIOR. 4	PRIOR. 5	
Physical Exertion	24	14	16	8	15	77
Competition	22	20	15	13	10	80
Not Local	7	8	5	5	5	30
Not Good Enough	10	31	16	15	8	80
Obligations	16	10	13	12	13	64
Not for Women	0	4	4	6	6	20
Other Forms	48	14	19	13	8	102
TOTAL	**127**	**101**	**88**	**72**	**65**	**453**

Question 21: **What would make it easier to participate?**

From the left MOST Important to LEAST						
Program on site	17	6	5	3	7	38
Facility on site	7	13	10	10	18	58
Child care	43	10	7	6	9	75
Showers	6	11	14	17	22	70
Neigh Program	28	29	32	25	26	140
Groups	50	62	51	51	48	262
Costs lower	122	59	57	45	33	316
Better facility	27	60	46	38	24	195
Transport	23	37	31	33	19	143
Variety	44	60	62	58	33	257
Information	9	19	24	37	69	158
Other/no response	98	7	5	6	8	124
TOTALS	**474**	**373**	**344**	**329**	**316**	**1836**

Question 23: **What recreational activities other than sport do you participate in?**

	YES	NO	TOTAL
Arts	157	350	507
Theatre	115	393	508
Music	156	352	508
Hunting/fishing	48	460	508
Camping/bushwalking	83	425	508
Dancing	106	402	508
Fossicking	9	499	508
Gardening	208	300	508
Birdwatching	19	489	508
Social Outings	280	228	508
Travelling	180	328	508
Other	55		55
TOTAL	1416	4226	5642

APPENDIX B

Survey Instrument Used

Recreation and Sport Survey:

Women and Girls of Queensland.

RECREATION & SPORT SURVEY
WOMEN & GIRLS OF QUEENSLAND

Please complete the following questions, ticking or numbering the appropriate boxes.
DO NOT WRITE YOUR NAME ON THIS SURVEY

1. Postcode of your present address _____

2. Which town do you live in? _____

3. Which is your Local Authority? _____

4. If you live outside the town how far is it from nearest town ☐☐☐ km

5. In which age bracket are you?

12 to 17	☐
18 to 24	☐
25 to 39	☐
40 to 54	☐
over 55	☐

6. Do you identify as an Aborigine or Torres Strait Islander? ☐ yes ☐ no

7. What is your ethnic background? _____

8. Do you have a disability? ☐ yes ☐ no

9. Do you have children? ☐ yes ☐ no

If yes, how many are living with you? _____
What is the age of the oldest child living with you? _____
What is the age of the youngest child living with you? _____

10. Do you have the main responsibility of care of a dependent relative?
☐ yes ☐ no

If yes, specify: aged parent/s ☐ child ☐ Other _____

11. Employment status: Full time ☐ Unemployed ☐ Student ☐
part time paid worker ☐ Full time unpaid worker at home ☐

12. Do you participate in physical activity? ☐ yes ☐ no → go to Q.16

13. TYPE of physical activity (tick boxes in left hand column)
TIMES A WEEK (put number in box in right hand column)

☐ Exercise program e.g. dance, aerobics, gym	☐
☐ Organised sport e.g. netball, tennis, bowls	☐
☐ Recreational activity e.g. walking, swimming, yoga	☐
☐ Physical education classes at school	☐
☐ Other, please specify _____	

Please indicate which sporting activities you play at a social level, or competitively for a school or club (tick the appropriate box).

Social level _____

Competitive level – ☐ school _____

☐ club/association _____

14. Why did you become involved in physical activity?
Choose five – number 5 (most important) to 1 (least important) in order of priority.

☐ enjoyment/fun	☐ Doctor's orders
☐ to feel healthy	☐ to improve fitness
☐ to increase strength	☐ to increase joint mobility
☐ to lose weight	☐ to improve appearance
☐ to meet people	☐ to spend time with friends
☐ to spend time with family	☐ to compete against others
☐ to compete against self	☐ a challenge
☐ to reduce stress	☐ school PE
☐ to develop skills	
☐ other, please specify _____	

15. *What benefits have you discovered from doing regular physical activity? Choose five – number 5 (most important) to 1 (least important) in order of priority.*

- ☐ enjoyment/fun
- ☐ feel healthier
- ☐ increased strength
- ☐ weight loss
- ☐ meet new people
- ☐ like competition
- ☐ reduction in stress level
- ☐ time for me
- ☐ other, please specify _____
- ☐ increased confidence
- ☐ improved fitness
- ☐ increased flexibility
- ☐ improved appearance
- ☐ spend more time with friends/family
- ☐ enjoy the challenge
- ☐ developed new skills

Now proceed to Q.21

16. *Why are you not involved in regular physical activity? Choose five –number 5 (most important) to 1 (least important) in order of priority.*

- ☐ not interested
- ☐ don't think that women should exercise
- ☐ none of my family/ friends are interested
- ☐ often too tired
- ☐ no transport
- ☐ no-one at home willing to mind children
- ☐ too embarrassing
- ☐ health problems
- ☐ no childcare facilities available
- ☐ may get injured
- ☐ own disability
- ☐ too old
- ☐ other, please specify _____
- ☐ too expensive
- ☐ facilities too far away
- ☐ too lazy
- ☐ not enough time
- ☐ family commitments
- ☐ work commitments
- ☐ partner not supportive
- ☐ inconvenient program times
- ☐ language barriers
- ☐ too painful
- ☐ disability of family member

17. Read the following statements and tick which ones are true for you today.
Choose five – number 5 (most important) to 1 (least important) in order of priority.

I do not like the physical exertion which is typical in sport. ☐
I do not like the competitive aspect of sport. ☐
The sport which I like to play is not available locally. ☐
I cannot play well enough to play in a competitive team. ☐
The sport which I like to play is available but not at a time when I am free of other obligations. ☐
Women are generally not encouraged to play the sport I would like to play. ☐
I prefer to participate in other forms of recreation. ☐

18. What type of regular physical activity would you like to be involved in? Specify one only.

_____

19. How would you like it organised? Social/friendly ☐ Competitive ☐

20. What type of group?

☐ mixed ☐ all women ☐ women instructors/coaches/leaders

Comments _____

_____

_____

21. What would make it easier for you to participate in regular physical activity, or increase your current level of physical activity?
Choose five – number 5 (most important) to 1 (least important) in order of priority.

- ☐ employer supported worksite programs
- ☐ worksite facilities
- ☐ provision of child care
- ☐ provision of changerooms/ showers
- ☐ neighbourhood programs
- ☐ group sessions with friends
- ☐ lower costs
- ☐ improved facilities
- ☐ provision of transport
- ☐ wider variety of program times
- ☐ more information
- ☐ other _____

22. Are you involved in sport other than as a player? ☐ yes ☐ no

If yes, tick appropriate boxes.

- ☐ coach
- ☐ administrator
- ☐ instructor
- ☐ umpire/referee
- ☐ committee member
- ☐ leader
- ☐ other, please specify _____

23. If you regularly participate in recreation activities other than sport, please tick the appropriate categories.

- ☐ arts & crafts
- ☐ theatre/concerts
- ☐ playing music
- ☐ hunting or fishing
- ☐ camping or bushwalking
- ☐ dancing
- ☐ fossicking
- ☐ gardening
- ☐ bird watching
- ☐ social outings
- ☐ travelling
- ☐ other, please specify _____

THANK YOU FOR PARTICIPATING IN THIS SURVEY