

Scottish Household Survey

Volunteering Cross-sectional Analysis: **Sport, exercise & outdoor activities**

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1. Research Overview

1. Research overview.

- This presentation is one of a series of presentations that builds upon Volunteer Scotland's [time series analysis](#) of [Chapter 11](#) of the Scottish Household Survey (SHS) by cross tabulating a number of SHS fields with volunteering.

Cross-sectional presentation topics
Health and Wellbeing
Sport, exercise & outdoor activities
Culture
Household information
Caring responsibilities
Community engagement & citizenship
Neighbourhood characteristics
Other: Internet, marital status & Health Boards

- This presentation cross-tabulates a number of Sport, exercise & outdoor activity SHS fields with volunteering.

1. Research overview.

- The Scottish Household Survey (SHS) is an annual survey based on a random sample of the Scottish Adult population aged 16+ (9,630 in 2016). This presentation uses data from the 2016 SHS as the full 2017 Dataset was not available at the time the analysis was completed.
- The SHS questions are split into sub-sets of questions asked to either the head of the household, the individual with the highest individual income or a randomly selected adult. The random adult subset of the SHS dataset is used for the analysis undertaken as this section contains the volunteering question.
- This presentation focuses exclusively on **Formal Volunteering** – defined as “..... *Giving up time to help any groups, clubs or organisations in an unpaid capacity*” that individuals have undertaken at least once in the past 12 months.



1. Research overview.

- The Sport, exercise & outdoor activity fields selected for analysis are based on academic literature that shows a link between sports participation and increased community involvement, including volunteering. The UK government commissioned a literature review into the social impacts of Sports participation and culture - [“A review of the Social Impacts of Culture and Sport”](#) . This report found:

“In terms of the social capital impacts from sport, there is evidence that sport is a type of 'social glue', particularly for bonding capital. Positive outcomes in studies include reduced social and ethnic tensions, and more collective action and community involvement through sport, particularly volunteering “

- Volunteer Scotland's publication, [“Volunteering, Health and Wellbeing” What does the evidence tell us?](#) provides a specific example of how in some of the most deprived areas of Glasgow the route to successful engagement with disengaged youths was through youth clubs and sports clubs often operating not just in the local community but at the street level where young people ‘hang out’ .
- This presentation analyses relevant SHS Sport, exercise & outdoor activity at a national level and provides a comparison between Scottish Index of Multiple Deprivation Quintiles (SIMD Q). SIMD Q ranks areas in Scotland on a scale of 1- Most deprived 20% of the population to 5 – Least deprived 20% of the population.

1. Research overview.

- Statistical methodology
 - For each of the SHS fields analysed we want to determine if there is a relationship between volunteer participation and the SHS field.
 - For example, the volunteer participation rate for those that participate in sport is above average and those that don't participate in sport is below average. In this case does sports participation affect volunteer participation rates or is this difference due to chance?
 - To test if there is a statistical relationship chi square analysis is used.
 - Chi square analysis is used as the data being analysed are categorical (data in categories), for example sports participation is recorded in two categories, yes and no.
 - Chi square testing allows us to test a hypothesis (a theory or question), e.g. volunteer participation is dependent on sports participation against the alternative hypothesis that volunteer participation is independent of sports participation (there is no relationship).
 - This tests whether a relationship exists between the two categorical variables analysed, for example volunteering participation and sports participation, but does not tell us whether the difference between the Scottish average participation rate and the volunteer participation rates for each individual category is statistically significant. At this stage we are identifying whether questions have a relationship between volunteering and the overall trend between categories (above or below the Scottish average). It is important for Volunteer Scotland to identify relationships with volunteering at an overall level to understand variables such as general health that have a relationship with volunteering, before undertaking more detailed thematic analysis which examines the relationships further.
 - Finally, a relationship (correlation) between the fields analysed and volunteering does not imply causation. Where we see a relationship between the variables this does not necessarily mean that one causes the other. For example a correlation between sports participation and volunteering does not mean that volunteering causes sports participation. Instead, it may be that those that participate in sport are attracted into volunteering. We just don't know.

2. Scottish Household Survey (SHS) Fields for Sport, exercise & outdoor activity

2. Scottish Household Survey (SHS) fields.

The SHS fields selected for analysis of ‘Sport, exercise & outdoor activities’ are:

SHS Question	Definition	Response Categories	Sample Size
anysport - Any sporting participation (including walking)	anysport including walking is an SHS field derived from a multi response question which asks the interviewee to confirm if they have participated in a list of sporting activities in the past 4 weeks or to specify any other sports they have taken part in. The list of sports activities is included in the SHS questionnaire documentation .	Responses are derived into Yes and No responses.	9,630
Anysportnow walk - Any sporting participation (excluding walking)	Anysportnowwalk is derived from the same SHS question as anysport detailed above and excludes responses where the interviewee confirmed their sports participation as walking (for recreational purposes).	Responses are derived into Yes and No responses.	9,630
SPRT3B - On how MANY DAYS in the LAST FOUR WEEKS did you do AT LEAST ONE of these activities?	SPRT3B builds on anysport and asks the interviewee to confirm the number of days they participated in the sporting activities detailed in response to anysport.	Responses range from 1 to 28 and included responses of 'I don't know'. For the analysis undertaken, 'don't know' responses are excluded and the responses split into 4 categories (1-7 days, 8-14 days, 15-21 days and 22-28 days).	7,596

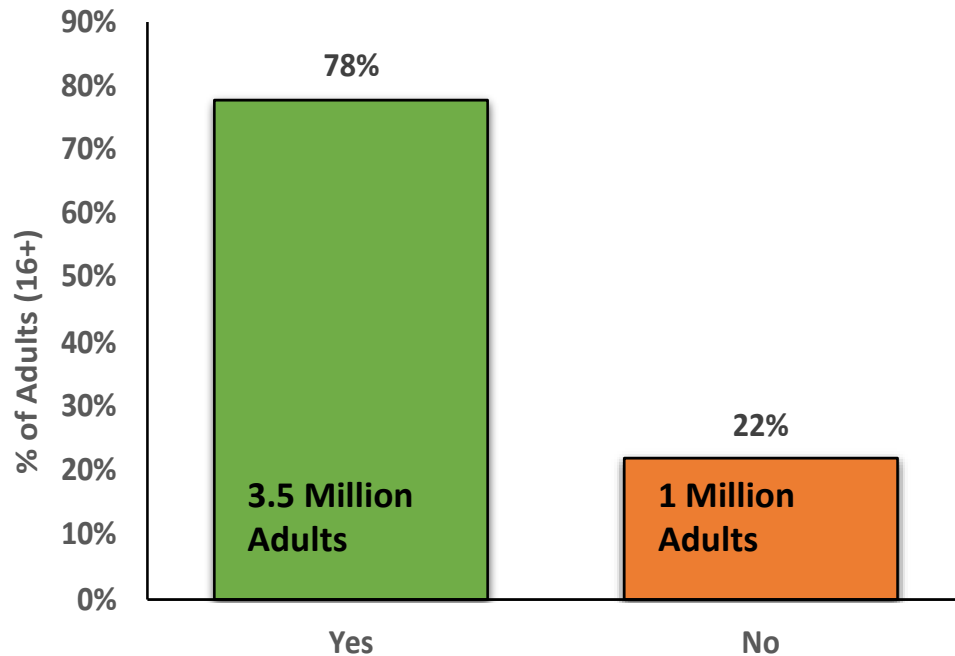
2. Scottish Household Survey (SHS) fields.

SHS Question	Definition	Response Categories	Sample Size
OUTDOORS - How, often, on average, have you taken visits to the outdoors for leisure and recreation in Scotland in the last 12 months?	The full SHS question read to interviewees : “ I’d like to ask you some questions about things you might do in your leisure time starting with visits to the outdoors. by outdoors, I mean open spaces in the countryside as well as in towns and cities, such as woodland, parks, farmland, paths, beaches etc. these leisure trips could either have been taken from home or while you were away from home on holiday, provided the holiday was in Scotland. they might include everyday activities like walking the dog as well as other activities like mountain biking or kayaking”.	<p>Responses are coded as:</p> <ul style="list-style-type: none"> More than once per day Every day Several times a week Once a week Once or twice a month Once every 2-3 months Once or twice a year Not at all <p>For analysis responses are recoded into:</p> <ul style="list-style-type: none"> Daily Weekly Monthly Less frequently Not at all 	9,630

3. Sports participation including walking

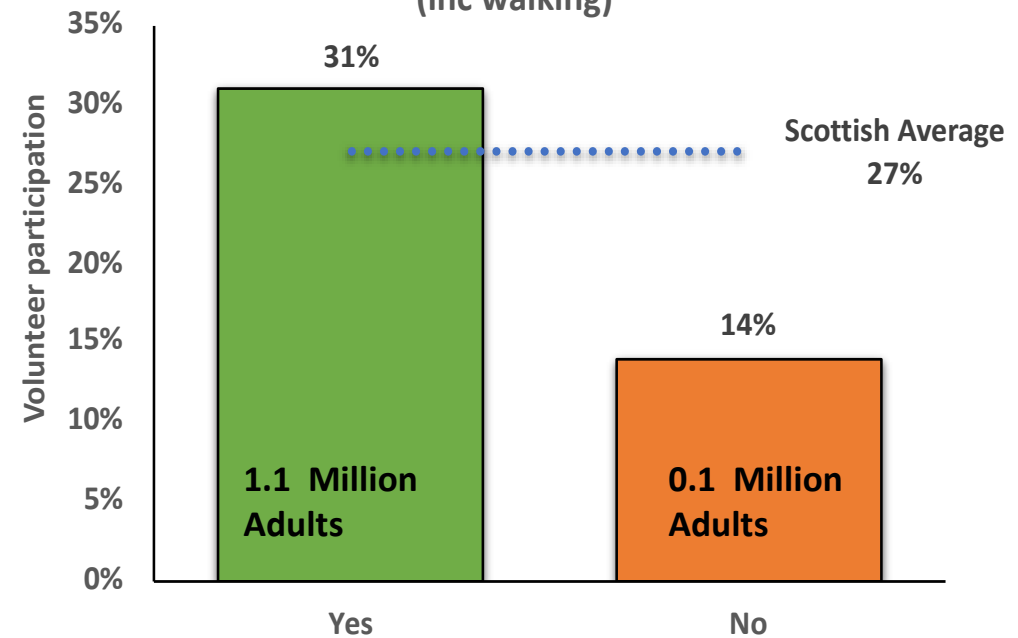
Any Sport Including Walking – Scottish population

Sports Participation (inc walking)



Over three quarters of Scottish adults (78%) have participated in sports activities including walking in the past four weeks.

Volunteer Participation and Sports Participation (inc walking)

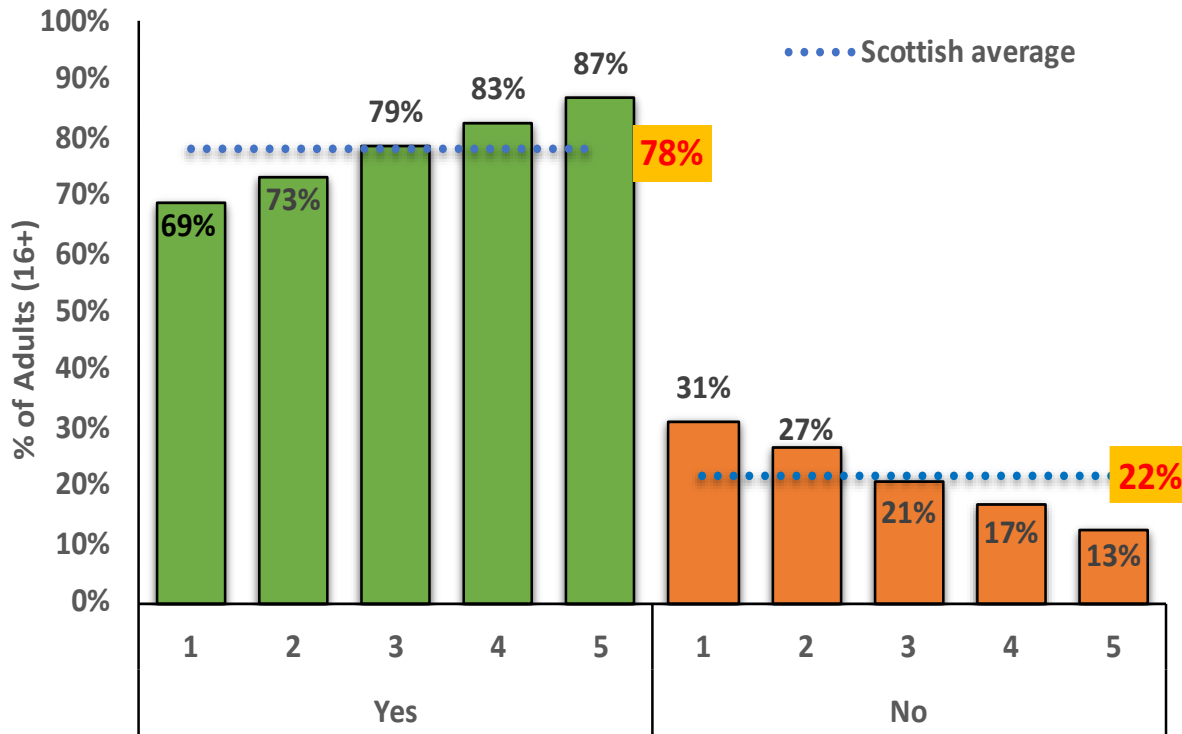


Participation rates are:

- 4% higher than the Scottish average for adults participating in Sport activities including walking in the past four weeks.
- 13% lower than the Scottish average for adults who have not participated in any sporting activities including walking in the past four weeks.

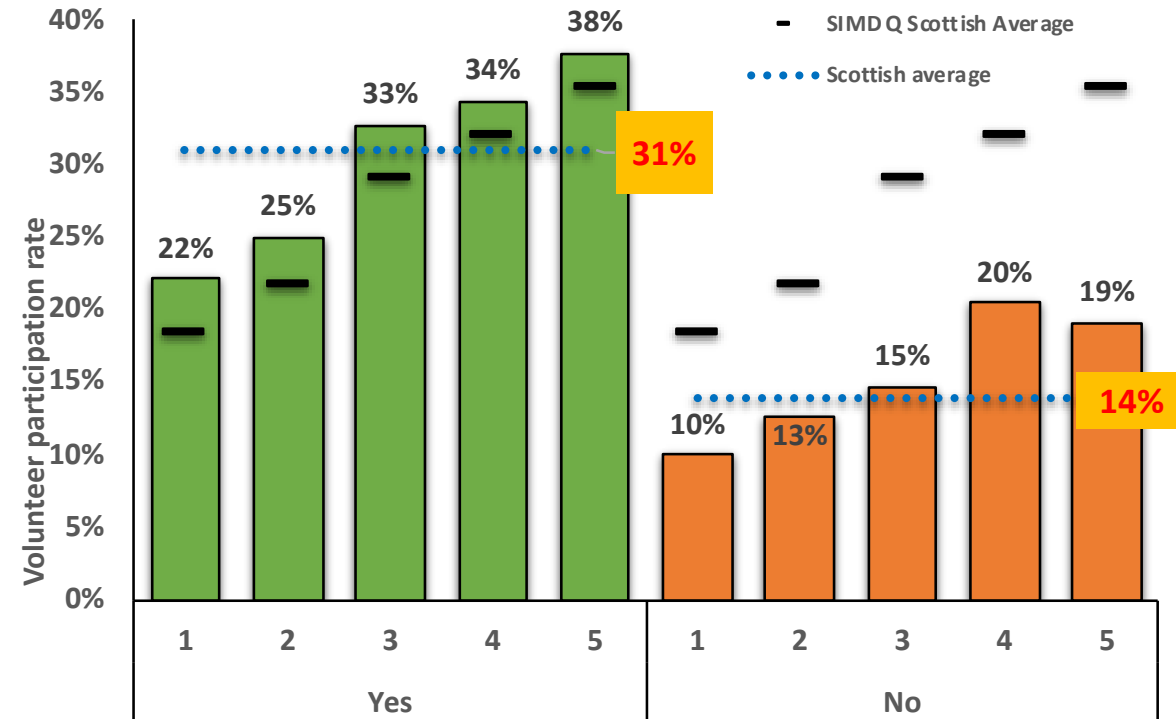
Any Sport Including Walking – SIMD Q

Sports Participation Inc Walking- SIMD Q



Sports participation including walking is lower than the national average in SIMD Q1 and SIMD Q2, 9% and 5% lower respectively.

Volunteer participation and Sports Participation Inc Walking- SIMD Q



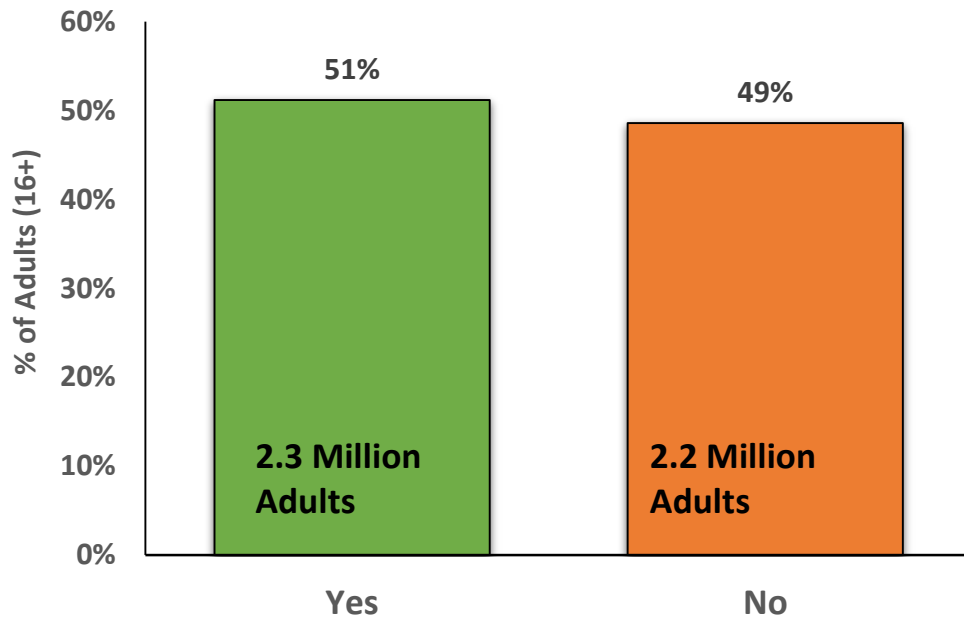
The participation rates for SIMD Q1 and Q2 are below the average Scottish participation rates for adults participating in sports including walking, however the rates are above their overall quintile average (18% and 22%).

Participation rates for all quintiles is lower than their overall Scottish quintile participation rate for adults not participating in sports activities including walking.

4. Sports participation excluding walking

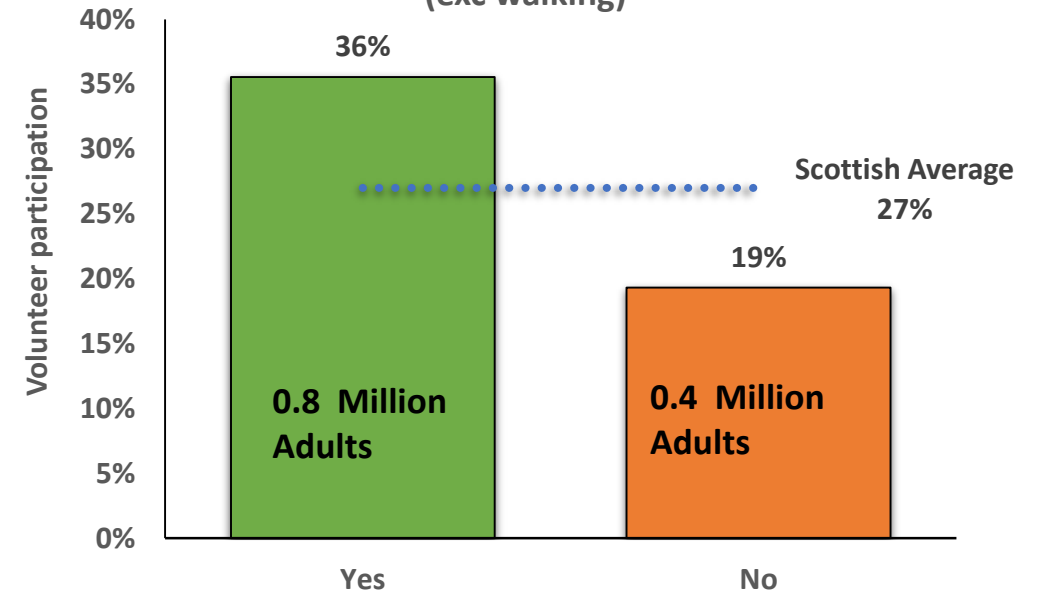
Any Sport Excluding Walking – Scottish Population

Sports Participation (exc walking)



When walking is excluded from sports participation, just over half of Scottish adults (51%) have undertaken sporting activities in the past four weeks.

Volunteer Participation and Sports Participation (exc walking)

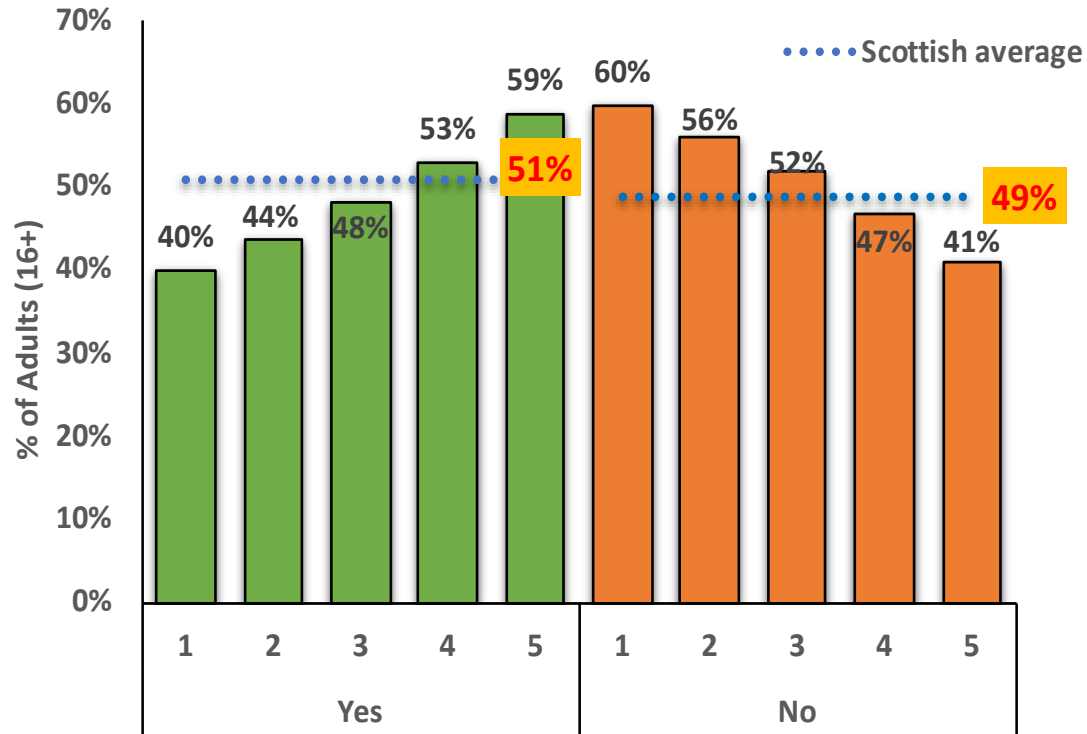


Participation rates are:

- 9% higher for adults undertaking sporting activities excluding walking in the past four weeks.
- 8% lower for adults who have not undertaken any sporting activities excluding walking in the past four weeks.

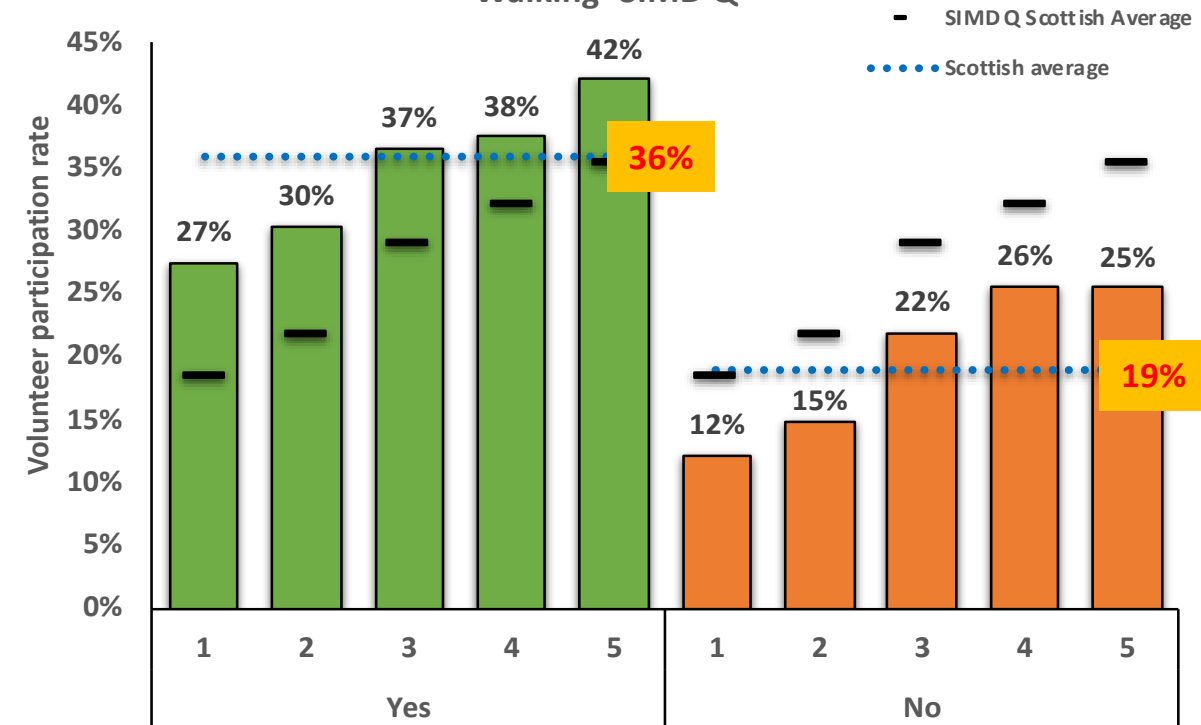
Any Sport Excluding Walking – SIMD Q

Sports Participation exc Walking- SIMD Q



SIMD Q1, Q2 and Q3 have a lower % of adults participating in sports activities excluding walking than the Scottish average.

Volunteer participation and Sports Participation exc Walking- SIMD Q

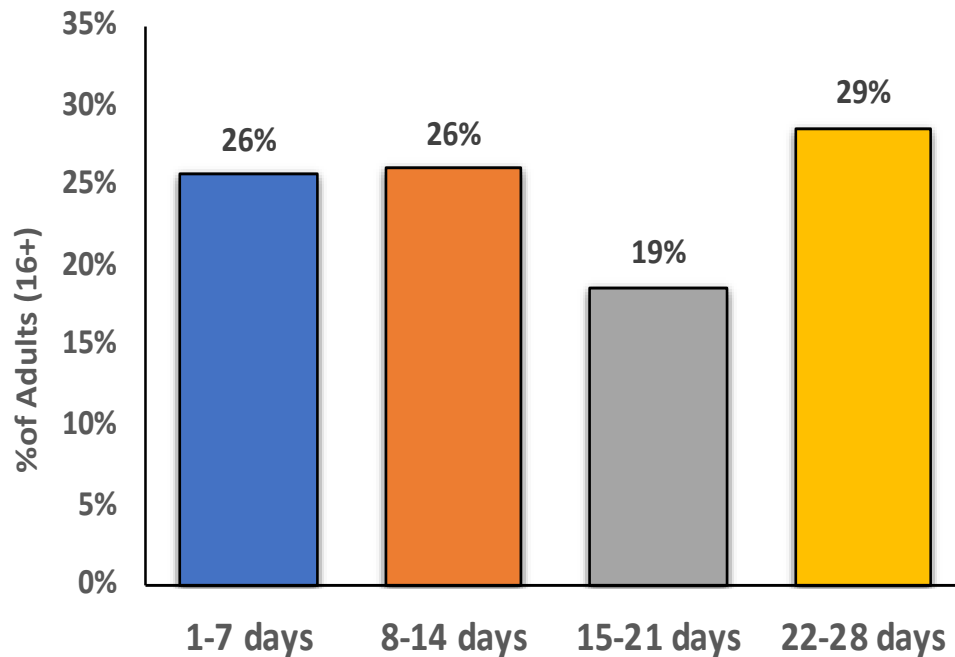


Participation rates for all quintiles are lower than their quintile average participation rate for adults who have not undertaken sporting activities excluding walking in the past four weeks and higher than their quintile average where sports participation excluding walking has taken place in the past four weeks.

5. Frequency of Sports Participation

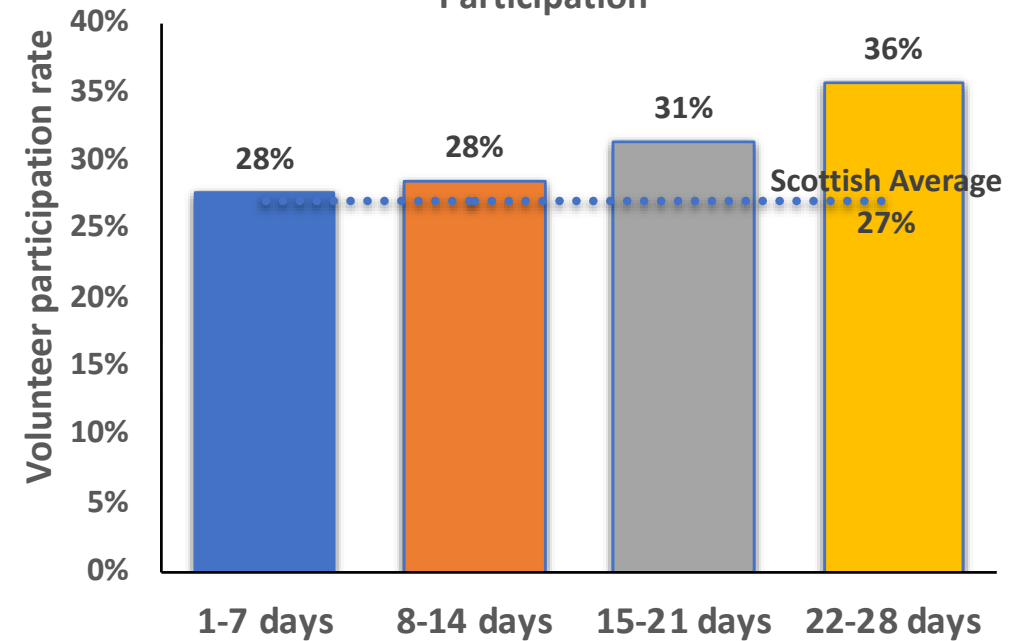
Frequency of Sports Participation – Scottish Population

Frequency of Sports Participation



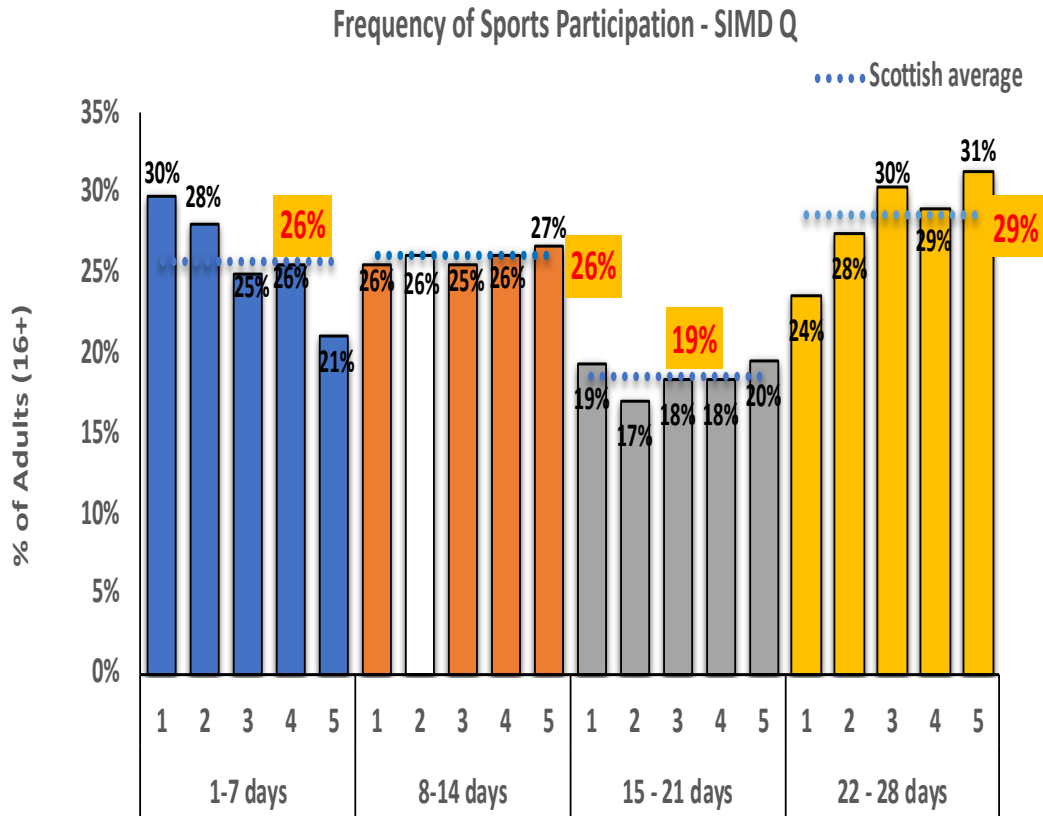
Almost 30% of Scottish adults have participated in sports on 22-28 days in the past four weeks.

Volunteer Participation and Frequency of Sports Participation



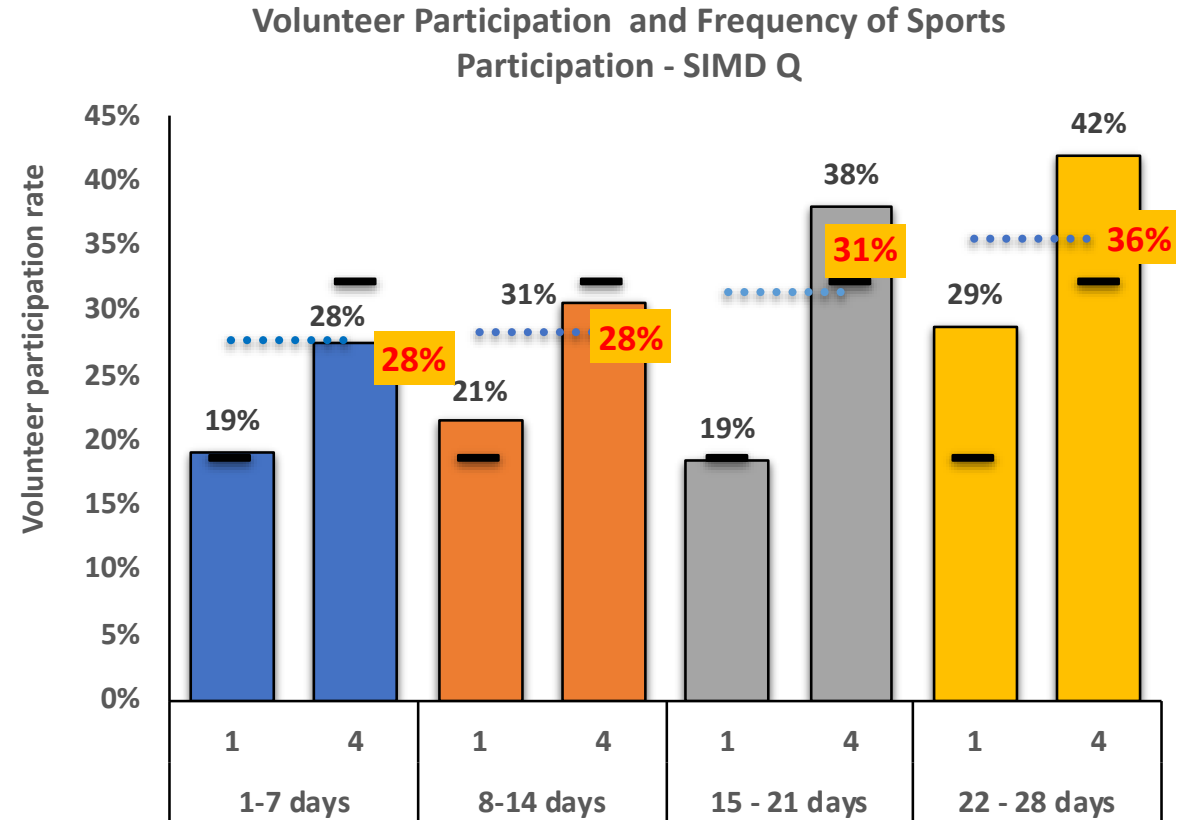
Participation rates are higher than the Scottish average for all frequencies of sports participation, with an increasingly positive percentage difference the more often sports participation is undertaken.

Frequency of Sports Participation – SIMD Q



Scottish adults in SIMD Q1 and Q2 have a higher % participating in sports on 1-7 days of the previous month and a lower % participating in sport on 22-28 days of the previous month than the Scottish average.

Source: Scottish Household Survey (SHS) 2016



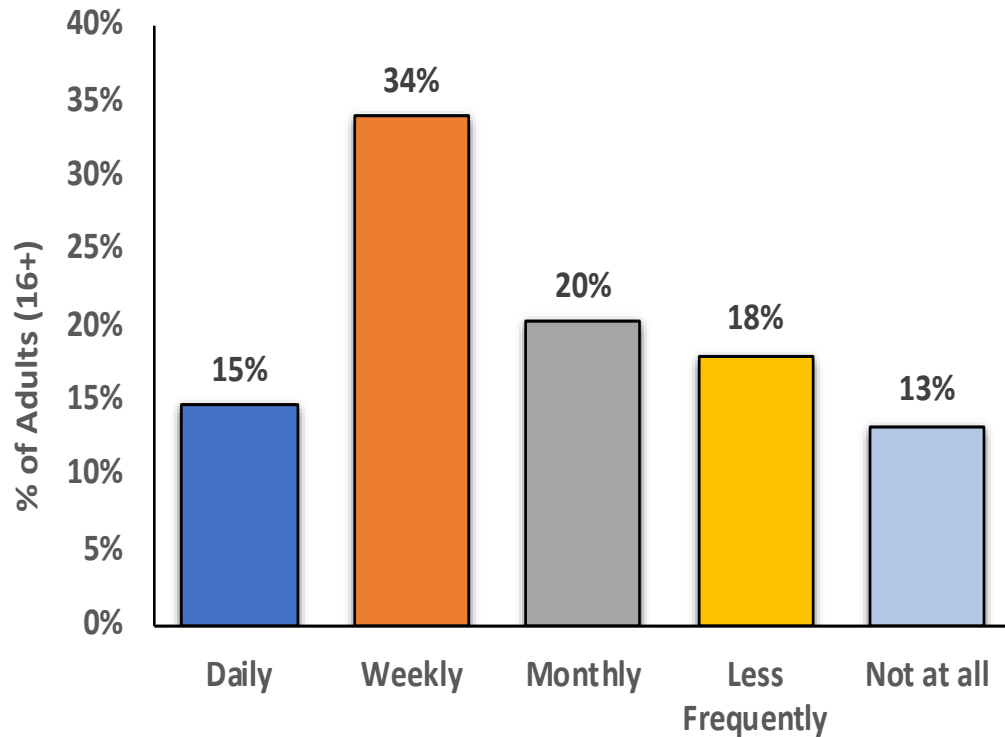
The relationship between the frequency of sports participation and volunteer participation is only statistically significant for SIMD Q1 and Q4 .

Participation rates for both quintiles are above their average quintile participation rates where adults have participated in sporting activities 15 or more days in the previous month.

6. Outdoor Visits

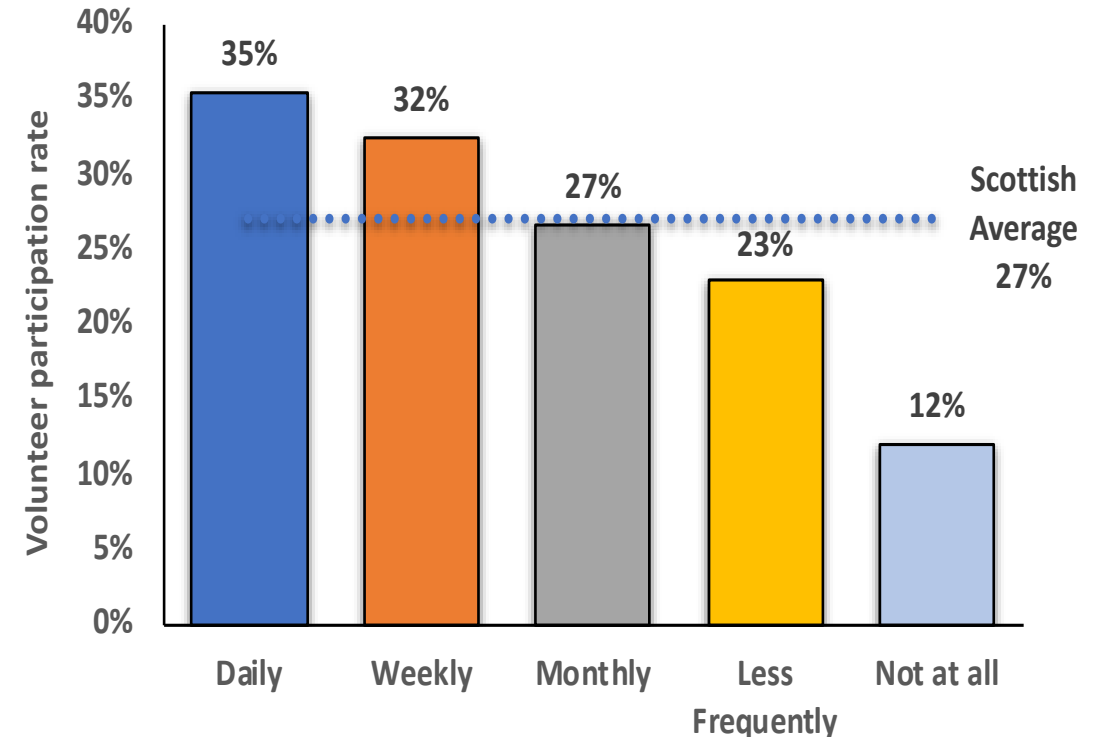
Outdoor Visits – Scottish Population

Frequency of outdoor visits



More than one third of Scottish adults (34%) have visited the outdoors on a weekly basis in the past 12 months.

Volunteer Participation and Frequency of outdoor visits

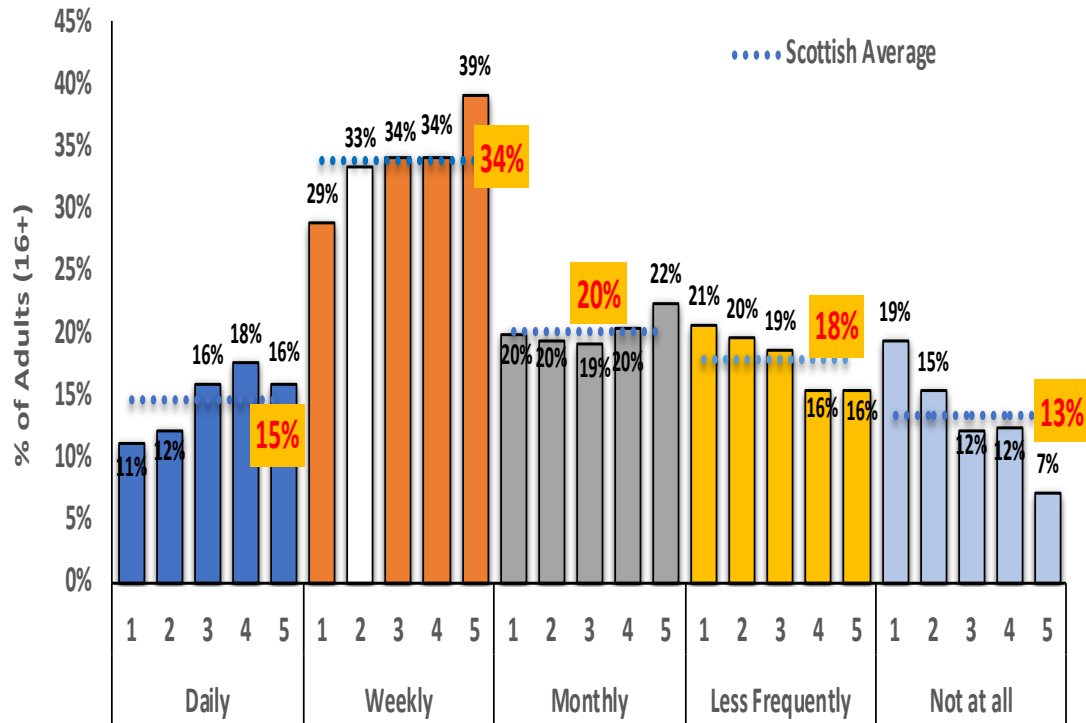


Participation rates increase with the frequency of outdoor visits.

Those visiting the outdoors daily have a participation rate 8% higher than the Scottish average, while adults who do not visit the outdoors have a participation rate 15% below the Scottish average.

Outdoor Visits – SIMD Q

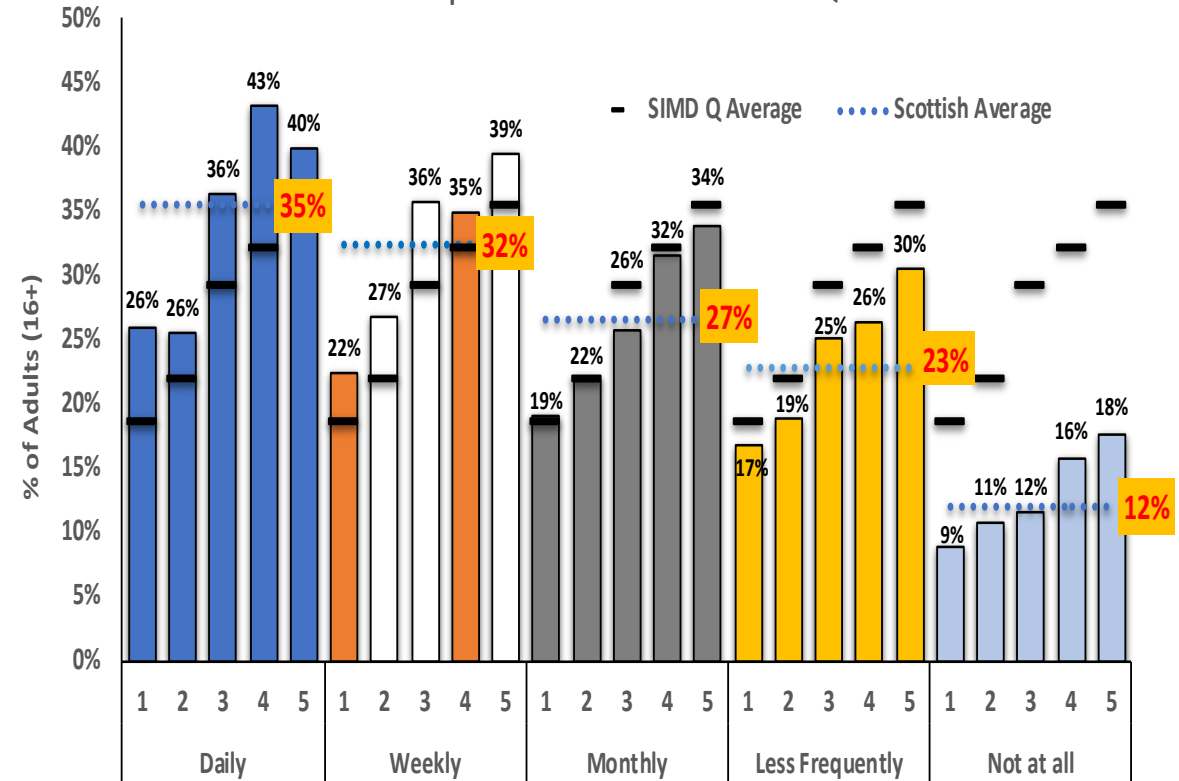
Outdoor Visits - SIMD Q



SIMD Q1 and Q2 have a higher percentage of adults who do not visit the outdoors than the Scottish average, 6% and 2% higher respectively.

Source: Scottish Household Survey (SHS) 2016

Volunteer Participation and Outdoor Visits - SIMD Q



Participation rates in all quintiles are lower than their overall Scottish quintile average for those who visit the outdoors infrequently or not at all.

The participation rates for SIMD Q1 and Q2 are below the average Scottish participation rates for those visiting the outdoors daily. However the participation rates in these quintiles is higher than the overall Scottish quintile average (18% and 22% respectively).²²

7. Summary Highlights

Summary highlights – Scottish Level

Volunteer participation rates are higher than the Scottish average (27%) for adults who:

- Participate in sports activities including walking (4% higher).
- Participate in sports activities excluding walking (9% higher).
- Participate in sports activities more frequently (1% higher when sports activities are undertaken 1-7 days in the previous month to 9% higher when sports activities are undertaken 22-28 days in the previous month).
- Visit the outdoors frequently (8% higher for Scottish adults who visit the outdoors daily to 15% lower for Scottish adults who do not visit the outdoors).

Overall this tells us that more Scottish adults volunteer when they participate in sporting activities, participate more frequently in sporting activities and visit the outdoors. From this data we cannot confirm if volunteering causes increased sports and outdoor participation in volunteers, but we do see a strong relationship between sports and outdoor participation and volunteering.

Summary highlights – SIMDQ Level

The relationship between sports, outdoor participation and volunteering at an SIMD Q level follows the overall Scottish trends with higher volunteer participation rates for adults in each SIMD Q who participate in sports and outdoor activities.

When considering SIMD Q1 and Q2 (the 40% most deprived areas in Scotland), these quintiles have:

- A lower percent of adults participating in sports activities including walking than the Scottish average.
- A lower percent of adults participating in sports activities excluding walking than the Scottish average.
- Adults participating less frequently in sports activities, a higher percent than the Scottish average participating 1-7 days in the past four weeks and a lower percentage participating 22-28 days in the last four weeks.
- A higher percentage of adults not visiting the outdoors than the Scottish average and a lower percentage visiting the outdoors daily than the Scottish average.

For each of the sports fields analysed, SIMD Q1 and Q2 have participation rates below the Scottish average.

However, for adults who participate in sports both including and excluding walking, participate frequently in sports (22-28 days) and visit the outdoors frequently (daily or weekly), the participation rates are all higher than their SIMD Q average.