Findings

This study found that as the participants aged, the time spent participating in sport decreased, this is shown in figure 1. Although participation in sport decreased with age, only 3% of participants claimed to not like sport at all, with 41% claiming to like sport ‘very much’.

![Figure 1: Time spent participating in sport by age](image)

The most common reason participants believed they dropped out of sport was due to competing commitments, such as school, work and family. This study found that the main priorities for both the participants and their parents were schooling/studies, with no-one having sport as a prioriƟty individually. When asked about factors that may have encouraged their participation, the most common response was to have more parental support, whether it be financial, encouragement or transport, these responses are shown in figure 2.

![Figure 2: Aspects that would have encouraged sporting participation](image)

Discussion

• The lack of confidence in sporting ability identified in this study is supported by Crane and Temple (2015) who found that perception of confidence to be one of the five major attrition areas identified; lack of enjoyment, perceptions of competence, social pressures, physical factors and competing priorities.

• A lack of confidence is consistent with the findings of Crane and Temple (2015) who concluded that key intra-personal constraints for sport attrition included fear of failure and poor self-confidence.

• Participants believed the main reason for attrition of sport was that they had other commitments. Both the participants and their parents prioritised studies and schooling as well as work and family commitments, which took priority over sport participation. This supported the findings of Crane and Temple (2015) who identified competing priorities to be another of the five major sport attrition areas.

Conclusions

The key findings of this study were that the main reason for attrition from sport in 15-17 year-old females were; ability perception, lack of confidence and fear of making mistakes, family support and competing priorities such as studies and work. This study had both similarities and differences to previous literature on surrounding topics, hence a need for further research in the area. This study was useful in providing information on key reasons for attrition of sport in 15-17 year-old females which can be used to prevent attrition in the future.

References


The purpose of this study was to identify the key reasons for attrition of regular sport participation in adolescent New Zealand females to provide evidence which can be used to prevent attrition in future.