



DROP OUT

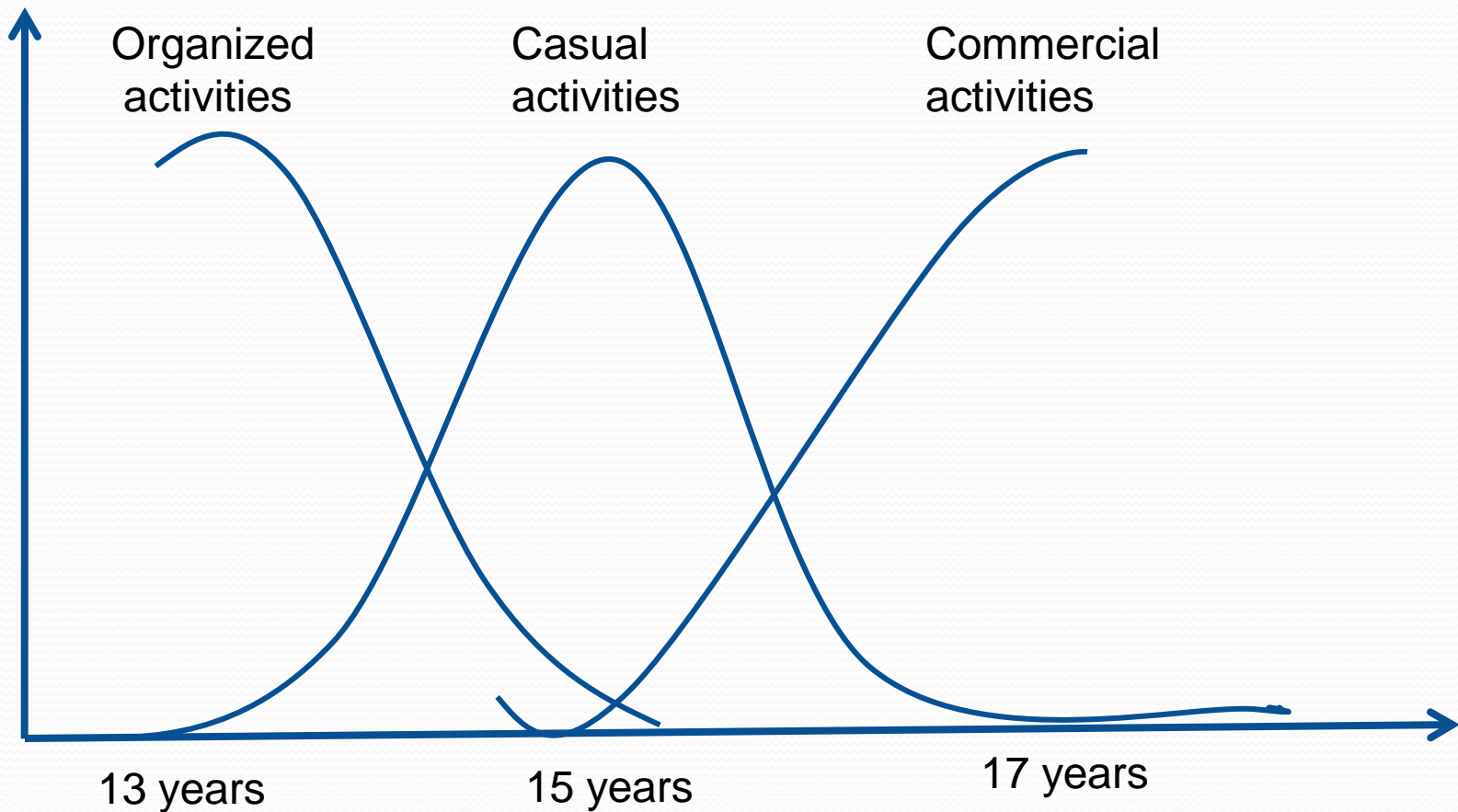
A problem or a sign of a development?

Lämsä, Jari & Antonie, Andrei
Research institute for Olympic Sports, Jyväskylä Finland
jari.lamsa@kihu.fi

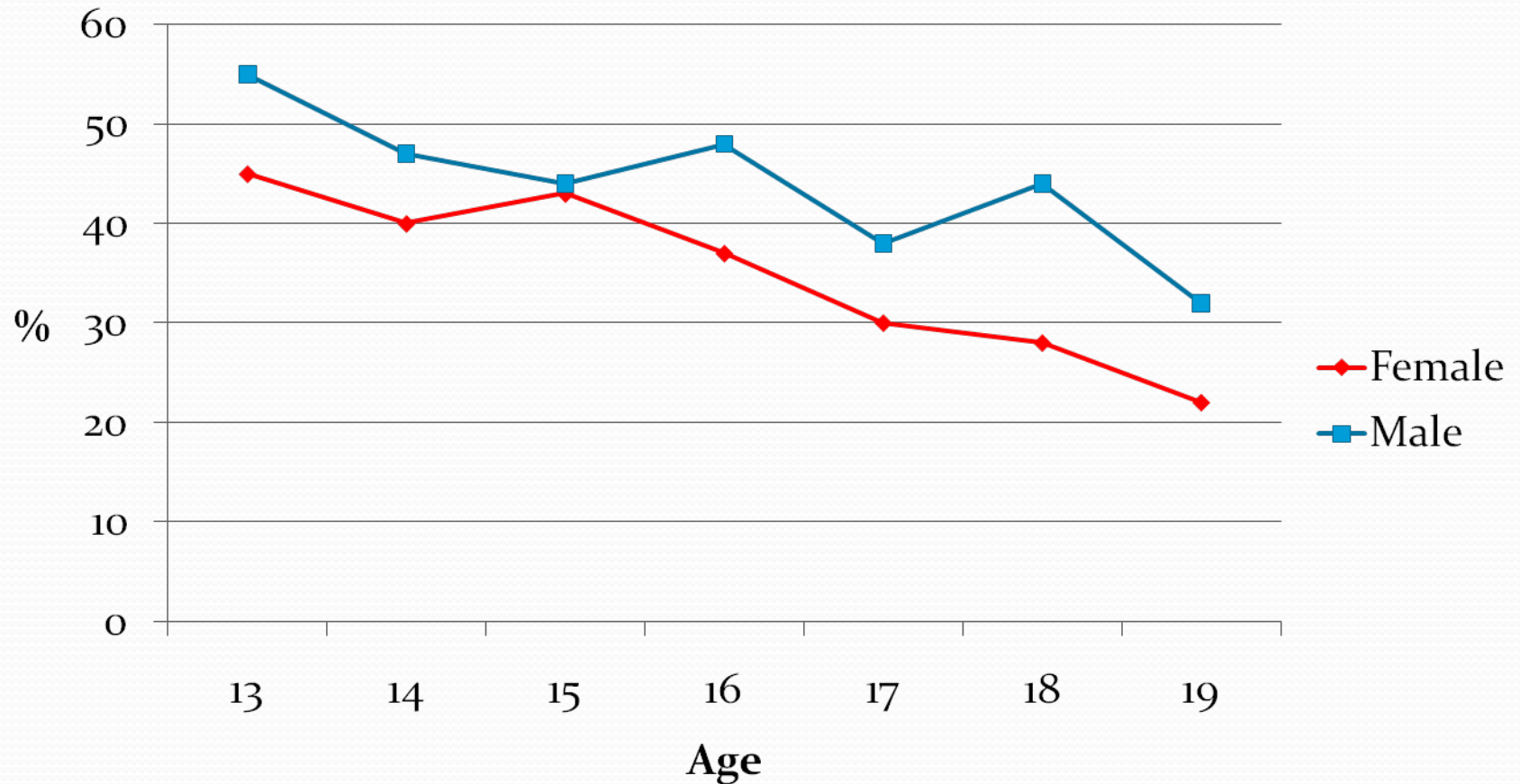
The Youth

- The youth – transit period between childhood and adulthood
- The puberty phase (11-15 year) is a time of constant testing and searching – so it is somehow natural to stop doing something and start something else. (Franzén & Peterson 2004, 8).
- Leisure time is the period when different lifestyles can be tried and exchanged. Adolescence is a peak time of leisure needs.

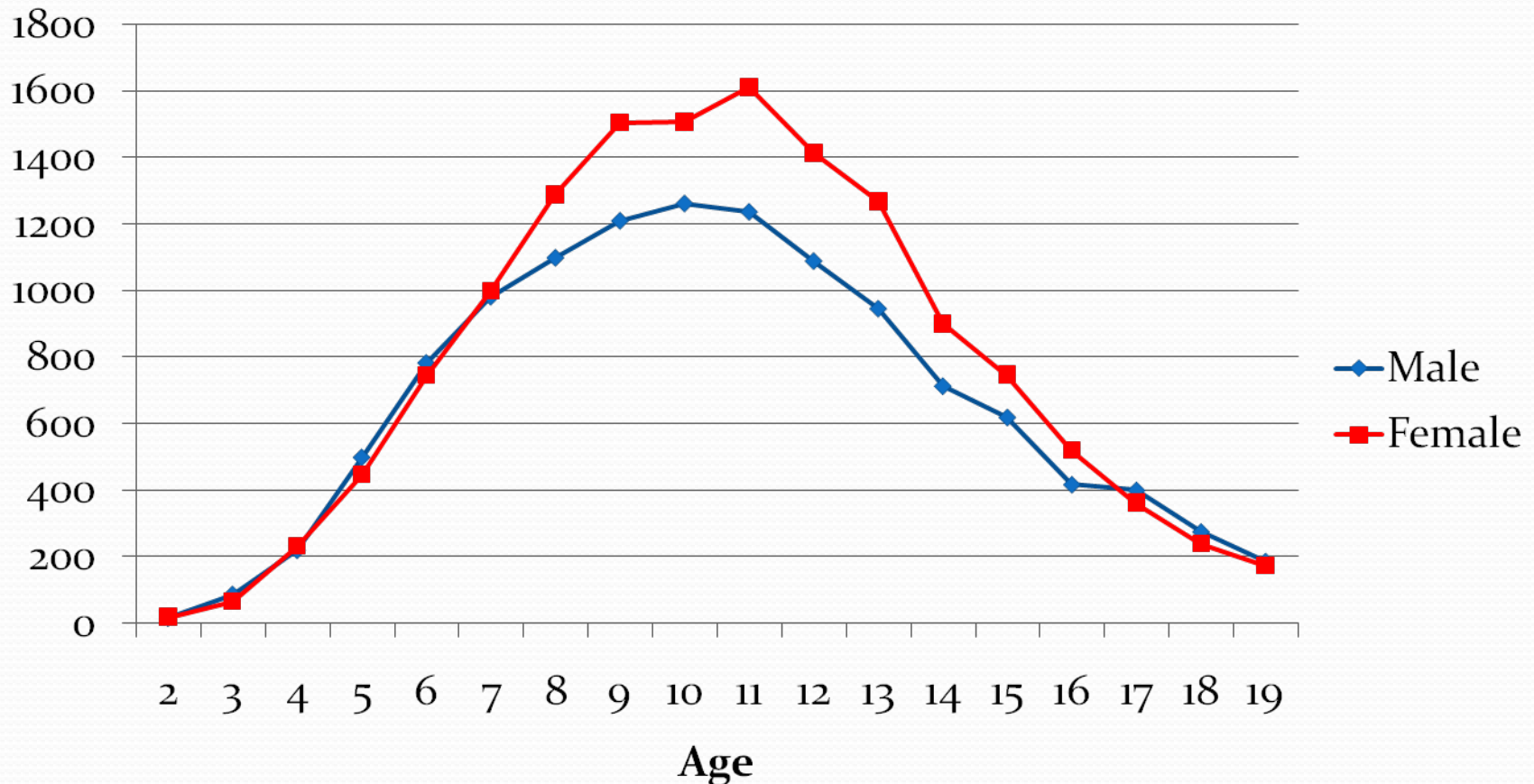
Changes in the adolescents leisure preferences (hendry et al. 1993)



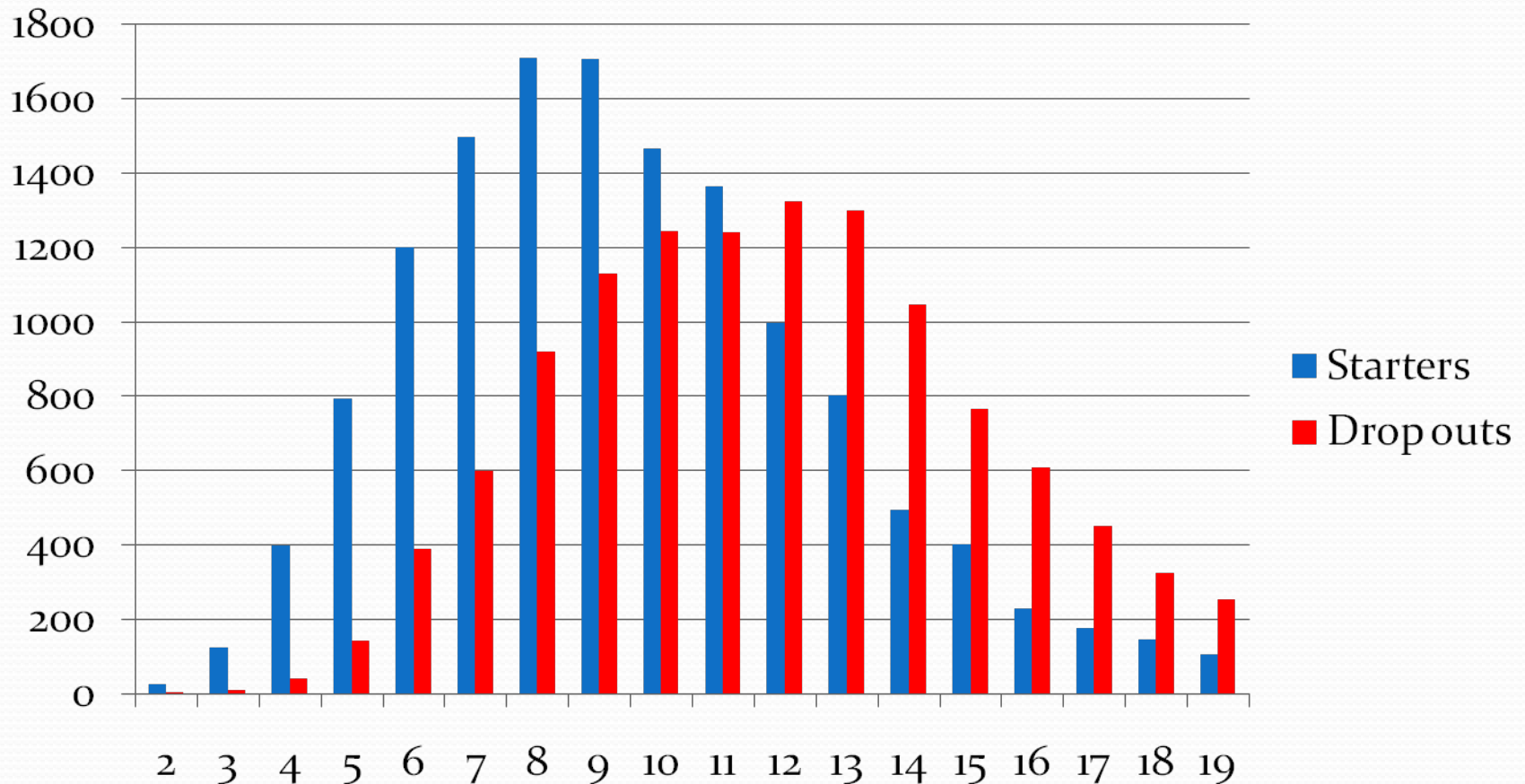
Youth participation in organized sport – Norway 2002



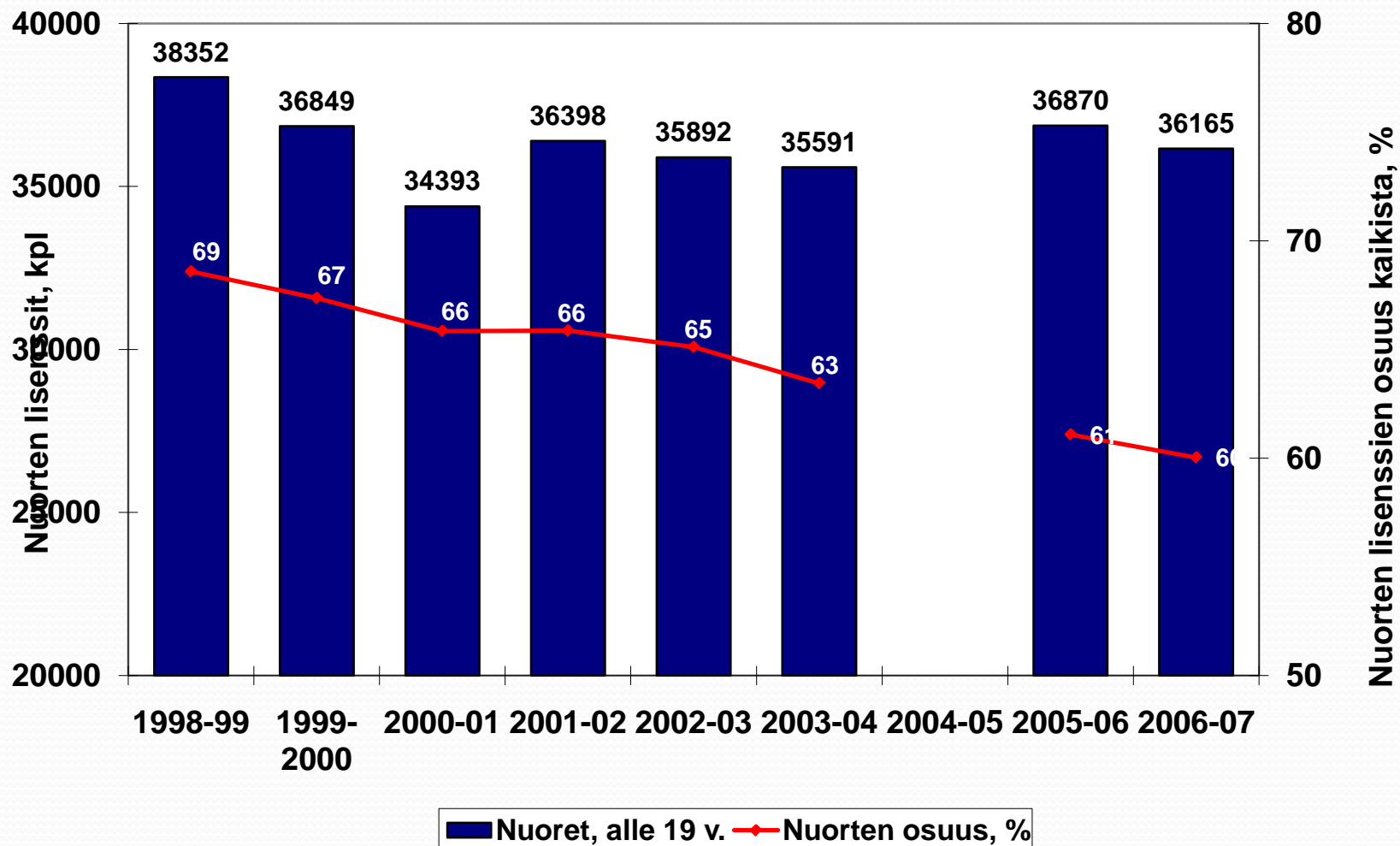
Registered Youths in athletics - Finland 2007



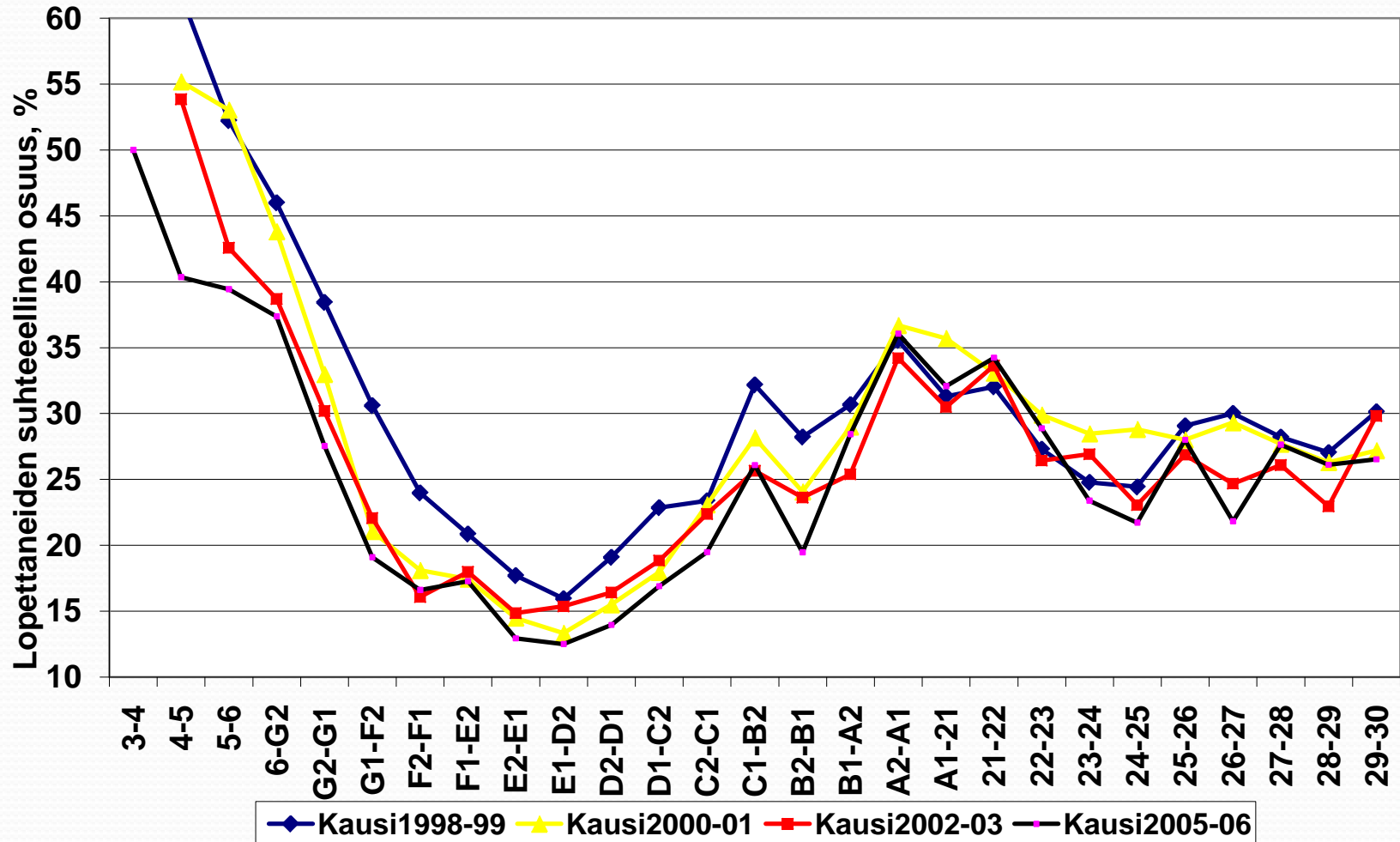
Starters and drop outs in athletics – Finland 2006/07



Ice hockey



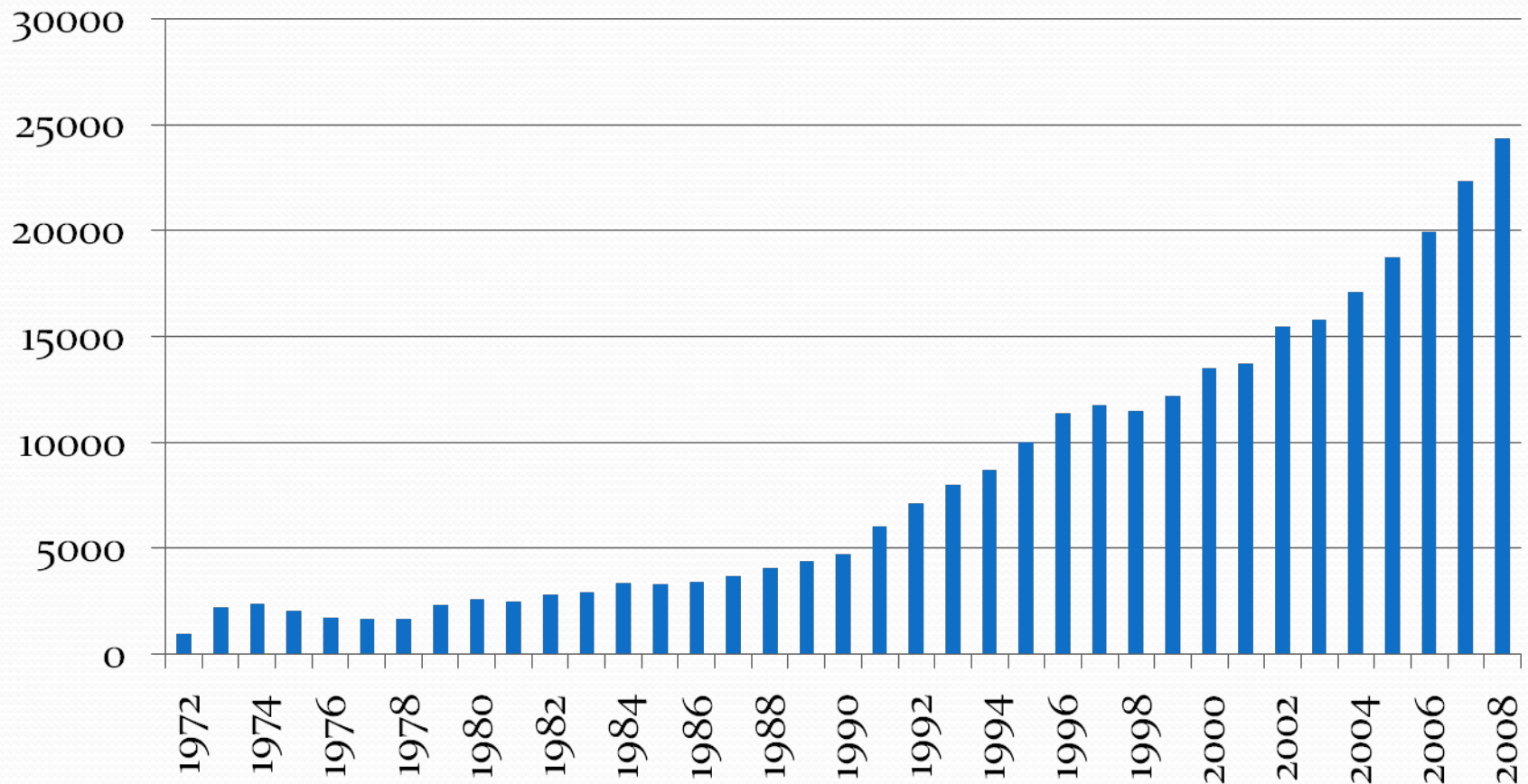
Drop out rates – ice hockey



Worldwide trends in youth sport

- Increasing opportunities for participating in sport
- The institutionalization process of youth sport
- Increasing opportunities to do sport outside the traditional club structure?
 - Lifestyle/extreme sport, sports related to youth culture, street sports, consumer culture, fitness clubs...
- The extent and intensity of physical activity have become more varied
- The narrowing of the gender gap, mainly because of the fitness-related activity and because of the girl's sport habits have come to resemble the boys.

Registered female football players in Finland 1972 -



Drop out studies

- Pioneers in the 1970's and 1980's:
 - The controversies about the effects of youth sport:
 - Early specialization
 - Too many competitions for too young children
 - Too much emphasis on winning
 - Stress and adult dominance

657 young athletes
From 5 sport clubs

18 months

Active in sport 87 %

Drop outs 13 %

```
graph LR; A[657 young athletes  
From 5 sport clubs] -- 18 months --> B[Active in sport 87 %]; A -- 18 months --> C[Drop outs 13 %];
```

Patriksson 1988

The concept of drop out:

- Athletes quit sport prematurely, that is, before athletic performance declines because of age or injury forces them to stop.

(Völk & Keil 1987)

- Sport -leavers = those discontinuing participation in one particular sport
- drop outs = those withdrawing from sport altogether
- Sport -transfers = those taking up a new sport after leaving another sport.

(Gordon 1990)

If you describe someone as a drop-out, you disapprove of the fact that they have rejected the accepted ways of society, e.g. not having a job

(Collins Cobuild English dictionary)



Who is dropping out?

- Age
- Gender
- The level of competition
- The level of investment
- The involvement in other sports



"the majority of the youth sport attrition studies conducted to date have been descriptive in nature. These studies have helped to identify important trends and variables influencing the attrition process. However, descriptive studies alone will not further advance knowledge in the area" (Gould 1987)

Dropout reason	Sampler	Low	High	Elite
Did not enjoy	1	1	1	6
I was not good enough	2	4	6	12
Wanted more time for non-sport activities	3	2	2	5
Too much pressure to perform well	4	5	5	1
Other sports took too much time	5	3	3	8
Needed time for studying	6	6	4	3
There was no longer a opportunity	7	7	9	9
Coach was the reason	8	8	8	4
Injury played a role	9	9	7	2
My parents discouraged me	10	10	12	11
Took a job, giving me less time	11	11	10	10
It was too expensive	12	12	11	7

Lindner et al 1991

Drop out

- The different studies indicate drop out rates between 5-90 % depending of the used methodology and definition of the problem
 - Individual level
 - Sports club level
 - Sport-specific withdrawal (Sport federation level)
 - Domain-specific withdrawal (National sport system)
- There are is no single reason for dropout. Instead each case is raised by a combination of different factors (Bußmann 1999)
- Those, who drop out from organized sport, doesn't automatically leave all sport or physical activities
 - The drop out rate from sport clubs in Norway was 35 % (4 year follow-up study), but only 13 % were physically inactive (Seippel 2005)

● Burn out:

- Burnout comprises three dimensions: 1) emotional exhaustion, 2) depersonalization, 3) reduced performance accomplishment

(Maslach & Jackson 1984)

- the results of chronic stress which leads to the point where athletes feel that the demands on them exceed their capacities to meet those demands.

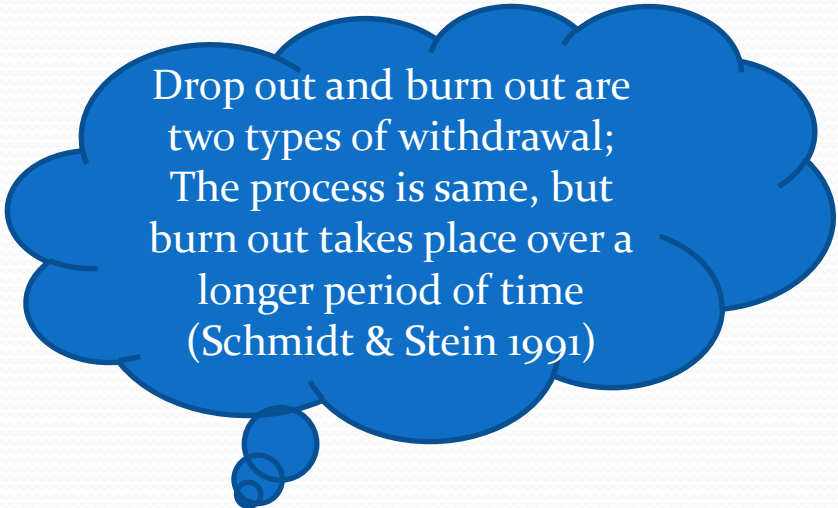
(Smith 1986)

- Young athletes in sport organizations experience identity foreclosure, which results in a one-dimensional identity a feeling of loss of autonomy

(Coakley 1992)

- Burnout is more than simple reaction to stress. Athletes who experience burn out are typically involved in their sports because they “have to be” rather than “want to be”
- Burn out is the final stage of a continuum of overtraining and staleness and the result of a negative response or maladaptation to training

(Silva 1990)



Drop out and burn out are two types of withdrawal; The process is same, but burn out takes place over a longer period of time (Schmidt & Stein 1991)

Enhancing youth sport participation

- Participation in sport or any other ways of physical activity is a complex behaviour determined by many factors.
 - If we want significant behavioral change, interventions should involve radical changes.
- In youth sport research, two contextual factors have consistently emerged as contributing to positive and negative outcomes and experiences in youth sport:
 - program design (e.g. early diversification versus early specialization)
 - adult influence (parents and coaches)

Deliberate play versus deliberate practice



Models of Youth sport

6- 11 year	12-14 year	15-17 year	Outcome
Sampling years •Deliberate play + several sports	Recreational years Deliberate play		<i>Recreational participation</i>
	Specializing years •Deliberate play and practice, fewer sports	Investment years •Deliberate practice + focus on one sport	<i>Elite performance</i>
Elite performance through early specialization •Deliberate practice, focus on one sport, early specialization and investment			<i>Elite performance</i>



Drop out

Finally

- The youth themselves see and interpret drop out phenomenon differently than the adults. The adults see mostly two options; the organized form of activity and non-activity. So dropping out from sport means doing nothing.

