

What health resources do older adults find meaningful for participation in organized sport? - a study on Swedish sports clubs

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Conclusions

Sports clubs play a great role in the striving of health for older adults. The majority of older adults assesses positive energy, the habit of exercising, social relations and the embodied satisfaction as most important health resources. These participants contribute to a wider understanding of meaningfulness in organized sport.

Introduction

Physical activity (PA) represents one of the most beneficial strategies for people of all ages to retain an overall health. Regardless of the numerous benefits of regular physical activity older adults represent one of the least active groups in society. Although there are groups of older adults that meet the PA recommendations, still there remains a great deal of room for improvement, not the least within organized sports.

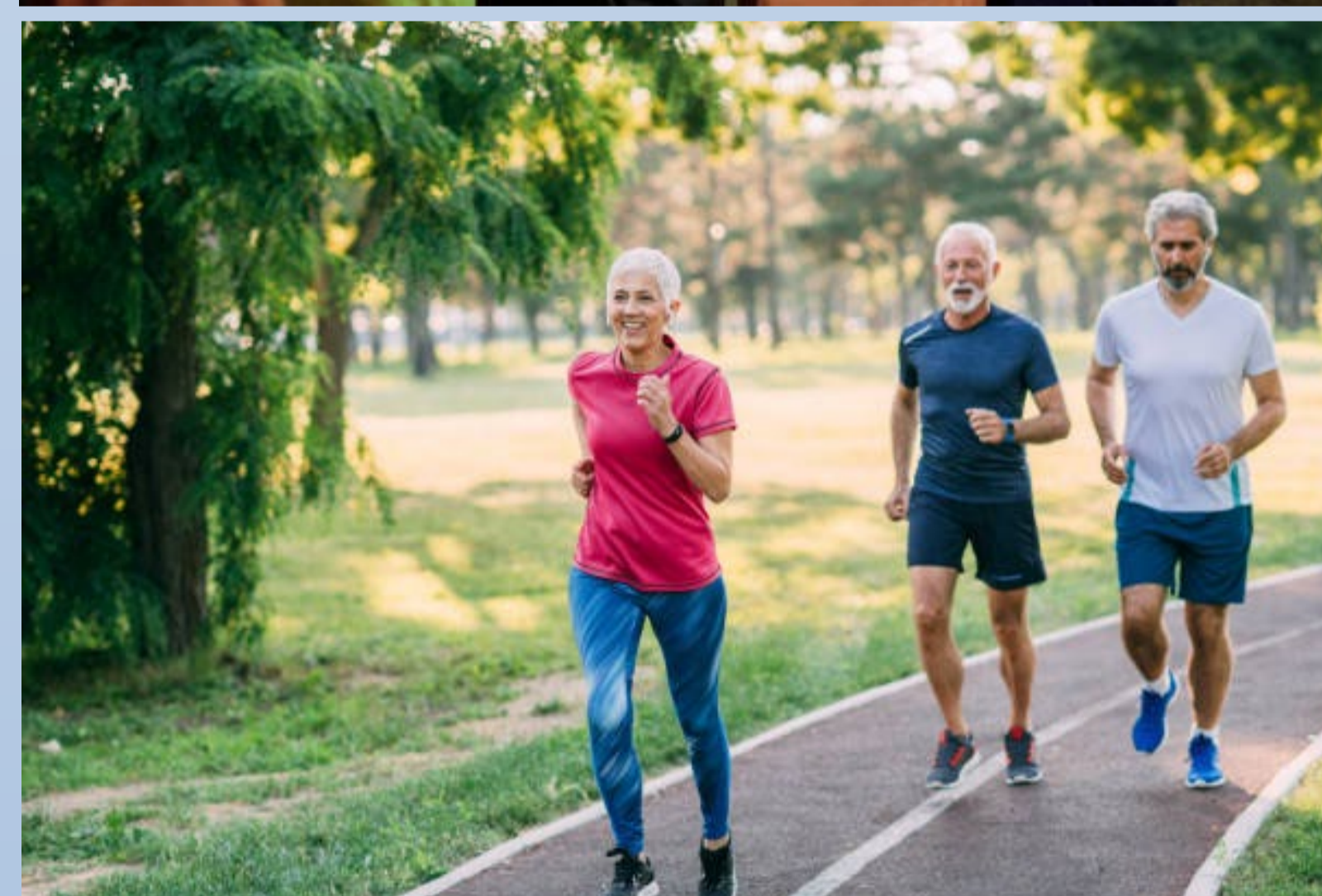
The **purpose** of this project is to explore older adults' experiences of participation in organized sports. In the project we use a health-promoting perspective focusing on sports clubs as a setting.

The research questions that this project address are:

1. What is experienced as meaningful in older adults' sport participation?
2. What characterizes older adults' participation in organized sports?

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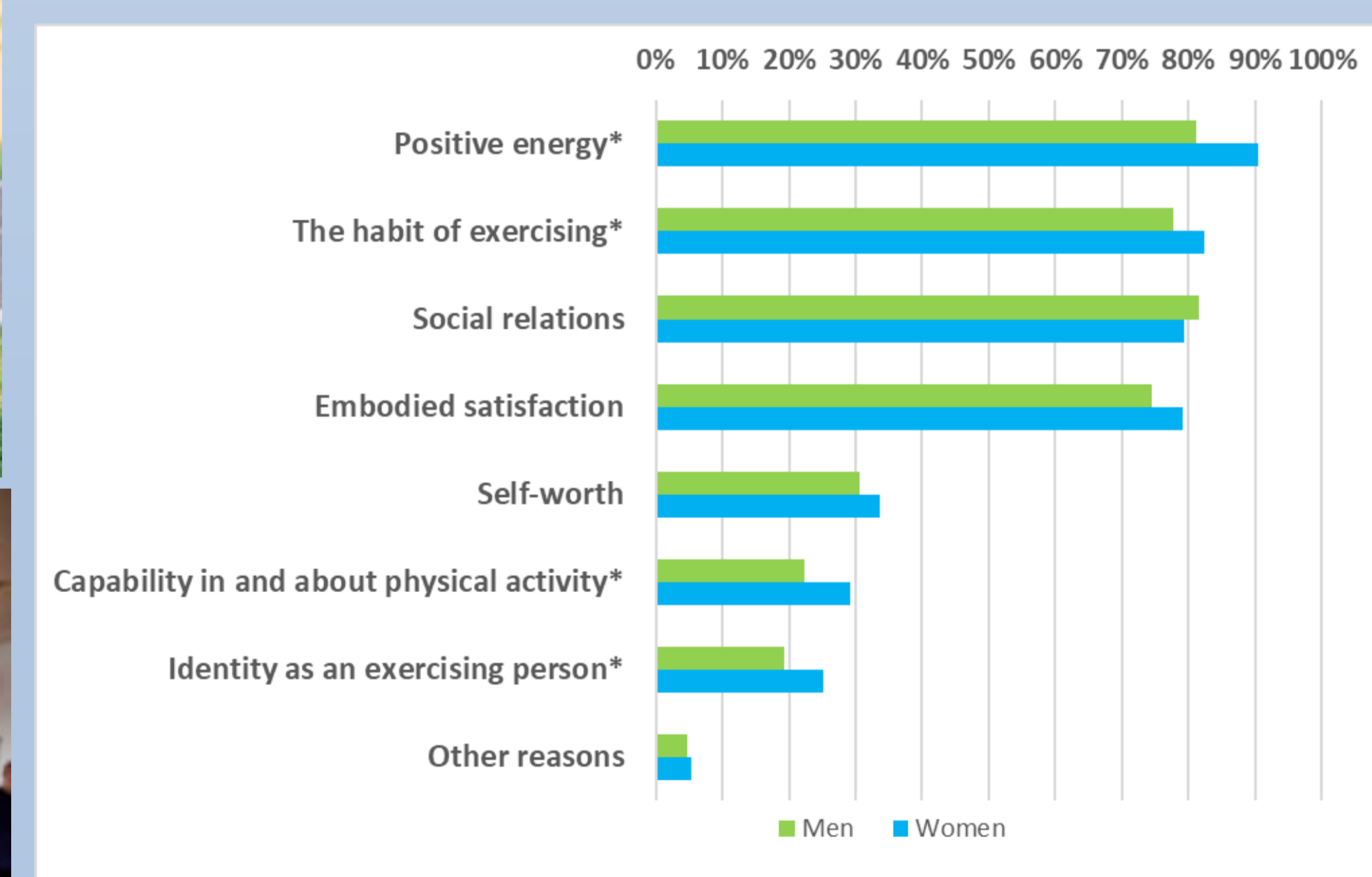


Methods

A questionnaire was used in this study to serve as a compiled 'ageing well' survey: the Salutogenic Physical Activity Health Resources Questionnaire (SPAHRQ). Participants were active in ongoing, organized sports. Eligibility criteria for inclusion were being 60 years or more, and active in an organized sport that takes place regularly. An extensive data material of 4 837 older adults over 60 years old participating in Swedish sports clubs (64 % men). The sample included more than 1000 sports clubs with a large variation.

Results

The majority of participants assesses positive energy, the habit of exercising, social relations and the embodied satisfaction as most important health resources.



What older adults assesses as meaningful in the sport they participate in (n=4641).