

Sport participation effects on adolescent play networks at summer care programs

Introduction

- Despite its many health benefits, adolescents are less likely to participate in physical activity (PA) during summer
- Summer care programs (e.g., Boys & Girls Clubs) can promote PA while providing opportunities for friendships
- Team sport participation is a positive influence on PA levels and social development

Purpose

To examine the role of team sport participation on adolescent friendships at a summer care program

Methods



Adolescents at a summer care program completed researcher-administered surveys at the start (T1) and end (T2) of summer



Adolescents self-reported PA, team sport participation, and names of up to five peers whom they hung around with most while at the program



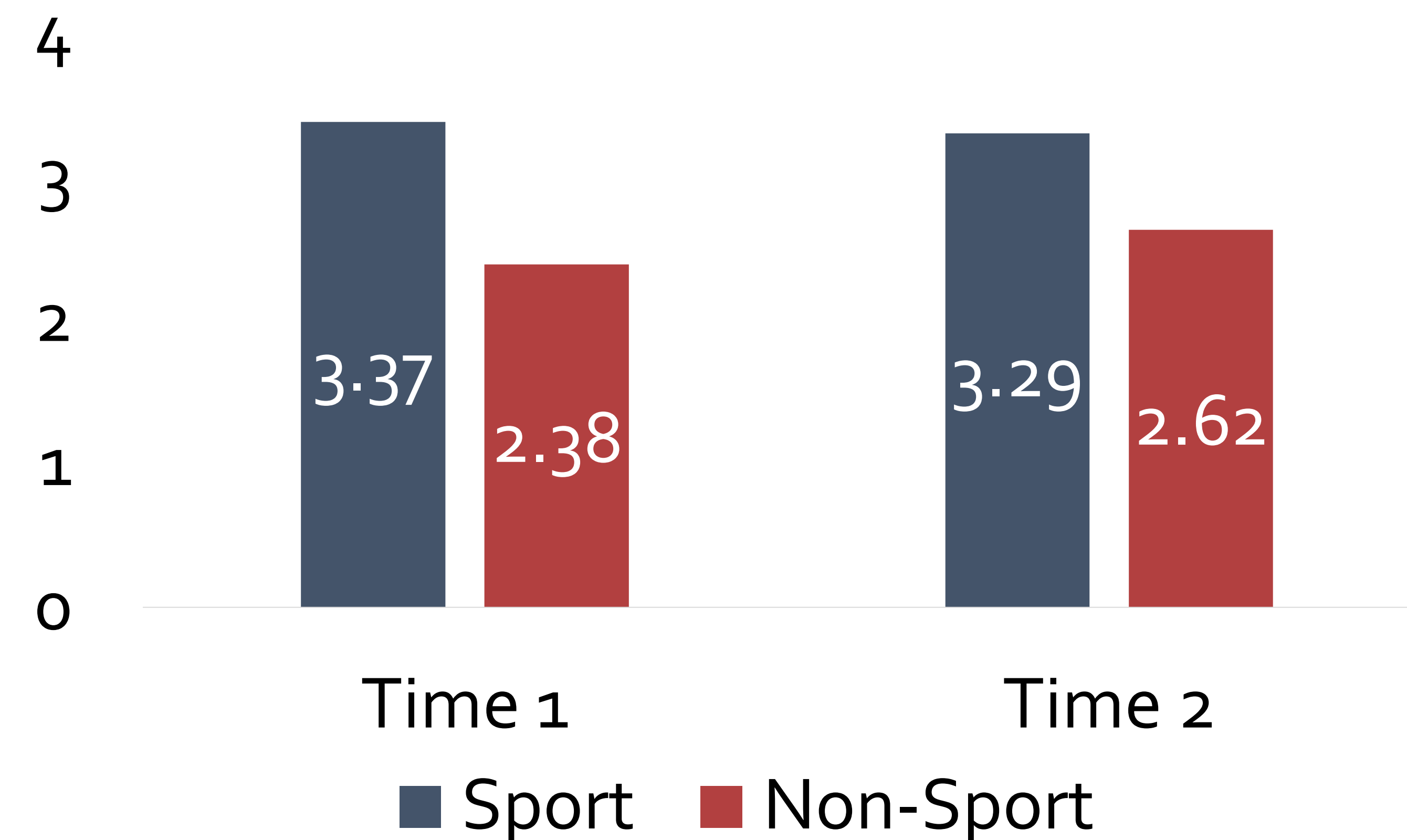
Linear network autocorrelation models determined if adolescent team sport participation was significantly associated with that of their friends

Results

Sample characteristics

	Time 1 (n=100)	Time 2 (n=77)
Age M(SD)	9.94 (1.34)	9.83 (1.46)
Sex % (N)		
Male	47% (47)	50.6% (39)
Female	53% (53)	49.4% (38)
Race %(N)		
Black	55% (55)	49.4% (38)
White	33% (33)	27.3% (21)
Mixed	7% (7)	10.4% (9)
Other	5% (5)	13% (10)
Ethnicity %(N)		
Hispanic	36% (36)	40.3% (31)
Non-Hispanic	64% (64)	59.7% (46)
Team Sport Participation	71% (71)	72.7% (56)

Self-Reported PA by Sport Participation



Team sport participation was significantly clustered in T1 but not T2



PA was significantly associated with team sport participation at T1 but not T2

Conclusions



Adolescents may come to the program with friends based on team sport participation; yet the program allowed adolescents, regardless of participation, to become friends



Summer care programs may provide opportunities for adolescents to be active and facilitate friendships regardless of team sport participation

More info at tprochnow.com



Linear Network Autocorrelation Models

	Time 1		Time 2	
	Estimate	p-value	Estimate	p-value
Age	0.01	.95	-0.01	.64
Sex	-0.16	.06	0.09	.27
Self-reported PA	0.08	<.01*	0.07	.01*
Skill Competency	0.11	.02*	0.15	.01*
Network Effects	0.07	<.01*	0.06	.10

* Denotes a significant effect at $p < .05$