

## Summary

We want to do this project to find out why many teenagers and children drop out of sport. We also hope that this project will encourage athletes to stay in and enjoy their sports.

In our project, we first looked at a study done by Doctor Orlagh Farmer and Sport Ireland in 2018 as well as a different study done in 2021 by Sport Ireland. Then we researched on why teenagers would stay in sports and drop out of sports. We did case studies and interviews with athletes from the sport of athletics, hurling and rugby. We did a survey and assembled the results into graphs. Toward the end we did athletics data research as well as gathering the data of how many members our local camogie, soccer and GAA clubs had to see if there was a drop off of members as the ages increased. We assembled this data into graphs. We also looked at studies by sport Ireland, and adolescent girls get active which is a study that showed that as the ages went up the recommended physical activity was less likely to be met.

## Hypothesis / Research Questions

Our hypothesis was that there is a bigger drop out in teenagers and with girls compared to children. We guessed that this was because the athletes did not find their sport fun anymore.

## Experimental Methods

For the experimental methods we did 6 interviews and 1 case study on high profile athletes to see what caused some of them to drop out and what helped some of them to stay in their sport. We thought we might be able to see a pattern of their answers. The athletes we did these on were Lilly Ann O Hora, Olivia Sculley, John Hayes, Ursula Faye, Sharlene Mawdsley, Gaeroid Hegarty, Georgie Clarke.

We then made up a survey on survey monkey and sent it out to our local schools. After that some of the data we got back was not accurate so we collected data from the Munster Indoors 2020 athletics competition and from our local Camogie club, GAA club and soccer club to see how many entries/members they had in each age group and in each gender.



# Why Do Teenagers Drop Out Of Sport?

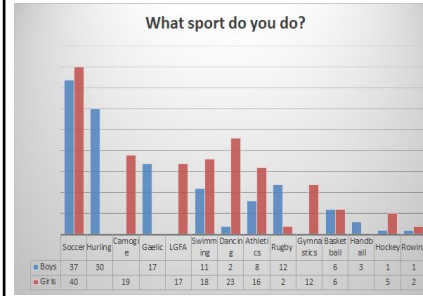


Figure 1: Bar chart representing how many boys and girls play different sports. We can see that the most popular sport amongst athletes in our local area is soccer and the least popular is rowing. We can also see that rugby is played by mostly boys which may be because it is not known for girls to play rugby which is also evident on the TV so girls may think they cannot play rugby and vice versa with dancing.

Figure 2: Line graph representing the average amount of training each age group does. We can see that the age group that trains the most is under 13s and under 14s and under 17s. Although these age groups are the ones that drop out of sport the most they may train more because these age groups start to focus on one sport more.

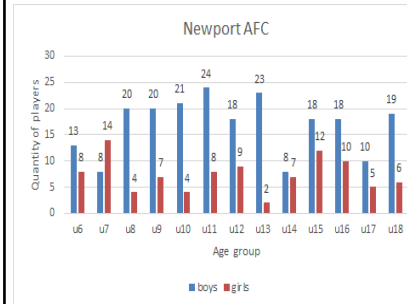
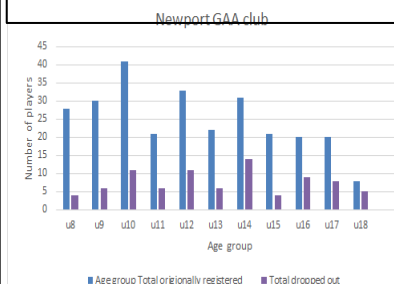


Figure 3: Bar chart representing how many members the soccer club has of different age groups and genders. In this bar chart we can see a much higher number of boys playing soccer than girls. This bar chart also shows that there is a big drop out in under 14s. We think that one of the reasons that there are less girls playing soccer than boys is because they don't see any girls on television playing soccer, but boys do, so they may not be encouraged to do soccer.

Figure 4: Bar chart representing how many members the GAA club has of different age groups and genders. The blue line shows the total of players that were originally registered and the purple line shows the number of players and have dropped out. As we can see there is a high number of players that have dropped out, especially in under 14s where 14 people have dropped out compared to 4 players in under 8s.



## Conclusions

- ✓ Teenagers do drop out of sport more than children and girls drop out of sport more than boys.
- ✓ The most common reasons that children drop out of sport is because they do not find the sport fun anymore and the most common reason that teenagers drop out of sport is because they are too busy.
- ✓ As age increases the amount of training gets higher, possibly because older athletes start to focus more on one sport.
- ✓ Soccer is the most popular sport with boys and girls followed by hurling/camogie.
- ✓ The common thing that kept high profile athletes in their sports was support from family and coaches and fun with their team/friends.

## Further Research / Implications

The next step we would take is to find solutions to help keep teenagers in sport. We have thought of two solutions that might help this to happen. Solution 1: We would let coaches, who are struggling to keep their athletes in their clubs, look at our project to see all the reasons that athletes drop out of sport and to see the other data of our project so they can be more informed and understand this topic more. For example, this way coaches might play more games with younger children as they would see that the most common reason that young children drop out of sport is because they do not find it fun anymore.

Solution 2: We could make an app that would help teenagers to know if they are doing too much and will tell them to cut it back or do more if they are doing too little, this will help stop dropouts of teenagers in sport. In this app you would fill out 3 questions that relate to the F.I.T.T. principal. There would then be a speedometer which tells you if you are in danger from dropping out or if you are more likely to stay in your sport by showing you if you are in the red, yellow or green zone. We think that the idea of an app would be good as teenagers are on their phones a lot so it would be easy for them to fill it out while they are on them, also because many teenagers may not have an exercise tracking device so it would be easy to download on their phones.

## Students' Names

Sophie Walker, Clodagh Donohoe and Ava Palmer