A health promoting leisure time for young teenage girls

Results from a focusgroup study in Sweden

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Young teenage girls and health

Public Health Institute (2009)
Young teenage girls and QoL

Sweden Sport Confederation
(2004)
Popular leisure activities among children and adolescents

1. Dancing and singing
2. Gymnastics and basketball
3. Television

Sweden Sport Confederation (2004)
Teenage girls and organized sports

Sweden Sport Confederation (2004)
Location and collaboration

- Reference group
  - Scania Sports Federation
  - Municipalities and schools in Scania northeast
    - Höör
    - Kristianstad
    - Hörby
    - Perstorp
    - Östra Göinge
    - Hässleholm
    - Osby
    - Bromölla
  - Kristianstad University
  - Region Skåne
Project

- Action research aiming at increased opportunities for health promoting leisure time among young teenage girls in Scania northeast
Research and development process

Höör (15200)

Planning, anchoring and networking activities

Focus group study
7 interviews with 38 girls from 2 schools

Feedback and reflection in local reference group

Implementation

Kristianstad (79000)

Planning, anchoring and networking activities

Focus group study
7 interviews with 56 girls from 3 schools

Feedback and reflection in local reference group

Implementation

Hörby (14800)

Planning, anchoring and networking activities

Focus group study
4 interviews with 24 girls from 2 schools

Feedback and reflection in local reference group

Implementation

Perstorp (7000)

Planning, anchoring and networking activities

Focus group study
3 interviews with 18 girls from 1 school
Focus group study

• The aim was to explore leisure time and activities from a health promotion perspective among girls aged 13-16

  – 21 interviews with 136 girls from 8 schools at senior level of the nine year compulsory school
  – 4-10 girls in each interview
  – Tape recorded semi structured interviews
  – Tape based qualitative content analysis
  – Swedish law of research ethics (SFS 2003:460)
Focus of the interviews

Leisure activities

Organized and unorganized

Past
Experiences

Present
Content

Future
Form
Desires

Create opportunities for health promoting leisure time and activities
Leisure activities - experiences
Leisure activities - desires

- Reflection and learning (psychological dimension)
- Social activities (social dimension)
- Sports and exercise (physical dimension)
- Other interests and hobbies
Leisure activities - interacting

- Sports and exercise
- Reflection and learning
- Other interests and hobbies
- Social activities
Resources for participation in organized activities

• Friends
  – Interests, status, trends and group pressure
  – Individual experiences and emotions

• Leader
  – Activity, association, individual factors

  • Content
    – Focus and level

  • Form – Accessibility
    – Suitable or adaptable
    – Parental support
    – Municipality and school

Mutual sense making!!
Implementation

Networking and collaboration activities

Development of social arenas for adolescents

Development of arenas for spontaneous sports and exercise activities

Seminars and dialogue with sport teachers at senior level of the compulsory school

Feedback to and reflection in reference group, participating municipalities and sport associations

Mutual sense making!!

Activity groups for girls

Seminars and dialogue with sport teachers at senior level of the compulsory school

• Together, fun and for everyone
• Local adjustments

Networking and collaboration activities
Thank you for your attention!

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