

RESEARCH SUMMARY

THE IMPACT OF COVID-19 RESTRICTIONS ON PERCEIVED HEALTH AND WELLBEING OF YOUNG AUSTRALIAN SPORT AND PHYSICAL ACTIVITY PARTICIPANTS



IN COLLABORATION WITH

SHAPE

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Youth & Society. Aug 2022

<https://doi.org/10.1177/0044118X221122878>





The results indicate that participation in more diverse sport settings was associated with better health outcomes.

Background

Due to COVID-19 restrictions, opportunities to participate in sport and group-based physical activity were very limited or cancelled all together across many communities in Australia.

Aim

This study investigated the impact of COVID-19 restrictions on the perceived health and wellbeing of **young Australian** sport and physical activity participants.

Methods

A survey was distributed by national and state sporting organizations during the first COVID-19 lockdown in Australia May-June 2020. The survey collected information about participant demographics, sport and physical activity patterns and health and wellbeing outcomes during COVID-19 compared to pre-COVID-19.

Key results and discussion

Male youth were significantly more likely to report better physical, general and mental health compared to female youth.

Individuals involved in both team and individual sport reported significantly better general and physical health compared to those involved in individual-only sports or physical activity.

In terms of sport and physical activity modes, significantly greater life satisfaction was reported by youth involved in team-only or team and individual sport participation as distinct from individual-only sport and physical activity.

HEALTH OF ACTIVE YOUTH DURING COVID-19 (2020) COMPARED TO THE YEAR BEFORE (PRE-COVID-19)

Female participants reported worse/much worse general health (female 41.7%, male 25.9%), physical health (female 30.7%, male 19%) and mental health (female 39.6%, male 24.1%) compared to male youth during lockdowns

Individual-only sports and physical activity participants reported worse/much worse general and physical health in contrast to team-only or team and individual sports and physical activity.



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