



# 2015

## The 2015 SSF National Sports-Life Survey of Young People Executive Summary December 2015, Japan



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In 2001, the Sasakawa Sports Foundation (SSF) carried out a nationwide survey, believing that understanding the current status of participation in sports among boys and girls was urgently necessary for the promotion of “Sport for Everyone” program in Japan. The survey revealed bipolarization in the status of participation in sports and physical activities. Since then, the survey has been conducted every four years until 2009 in 2005 and 2009, and from 2011 every two years, which makes the 2015 survey sixth one.

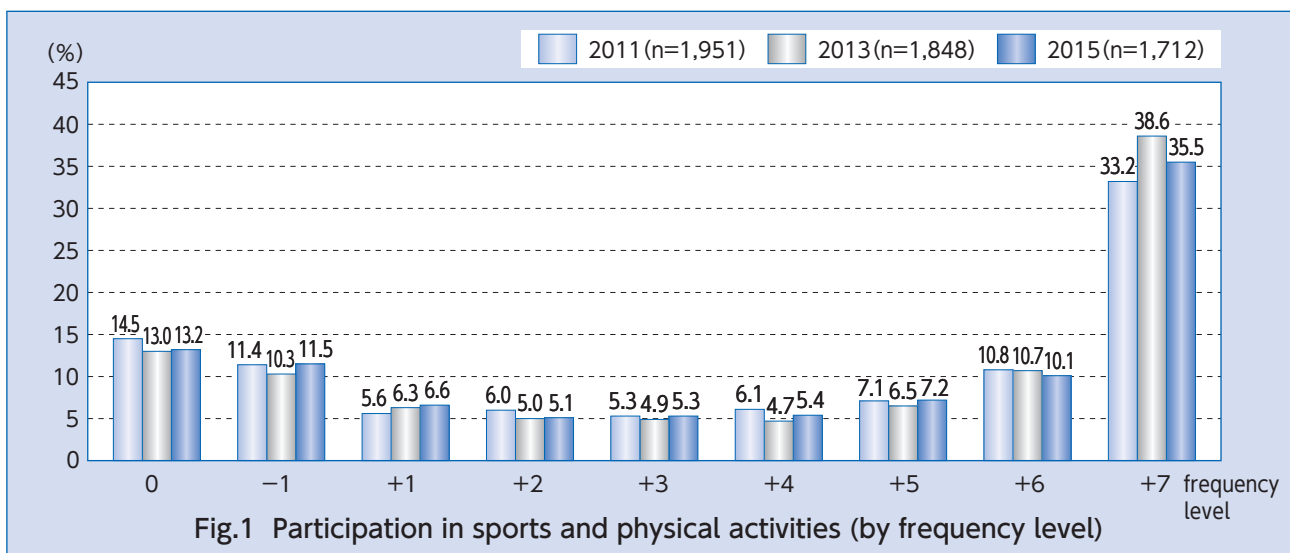
The survey was conducted from June 27 to July 31, 2015, using household drop-off survey method with a questionnaire. The subjects were 3,000 randomly selected boys and girls aged from 10 to 19 years throughout the country. The survey questions included the current situation about sports and physical activities (such as frequency, time, and intensity), available sports facilities, sports clubs, sports spectating, sports volunteering, and lifestyle habits (such as breakfast and sleeping). The number of valid responses was 1,712 (a response rate of 57.1%). The following is a summary of the main survey results.

## 1 Participation in sports and physical activities by frequency

Concerning the question on the frequency of participation in sports and physical activities among respondents aged between 10 and 19 years, 13.2 % answered that they had not participated in any sports and physical activities at all in the previous one year (**Figure 1**). Although the frequency had maintained an upward trend, with 12.5% in 2001, 11.7% in 2005, 14.4% in 2009, and 14.5% in 2011, the percentage dropped to 13.0% in 2013, and remained at the same level in the survey this time. The proportion of respondents who did sports and physical activities less than once a week was 11.5%, which was a 1.2 percentage point increase from 10.3% in the 2013 survey. In contrast, the proportion of respondents who did sports and physical activities seven times or more was 35.5%, a 3.1 percentage point decline from 38.6% in the 2013 survey. Including the 7.2% of respondents who did sports and physical activities at least five times a week but less than six times a week, and the 10.1% of respondents who did sports and physical activities at least six times a week but less than seven times a week, almost half the teens were found to have done sports and physical activities at least five times a week.

**Table 1 Definition of frequency level**

Frequency level	Participation in sports and physical activities
0	None over the last twelve months (0 times/year)
-1	Less than once a week (1 to 51 times/year)
+1	1 to 2 times a week (52 to 103 times/year)
+2	2 to 3 times a week (104 to 155 times/year)
+3	3 to 4 times a week (156 to 207 times/year)
+4	4 to 5 times a week (208 to 259 times/year)
+5	5 to 6 times a week (260 to 311 times/year)
+6	6 to 7 times a week (312 to 363 times/year)
+7	7 or more times a week (more than 364 times/year)



## 2 Types of sports and physical activities

In the frequency survey on sports and physical activities that were performed over the last one year, soccer had the highest participation rate at 25.6%, basketball was second at 23.4%, playing tag was third at 19.7%, badminton came fourth at 18.2%, and, then, jogging/running came fifth at 17.6% (**Table 2**).

In terms of gender, soccer at 44.0%, basketball at 27.3%, and baseball at 23.0% were popular with boys, and badminton at 24.5%, playing tag at 23.5%, and volleyball at 20.8% were popular with girls (**Table 3**).

**Table 2 Participation rates by sports and physical activities (multiple answers permitted)**

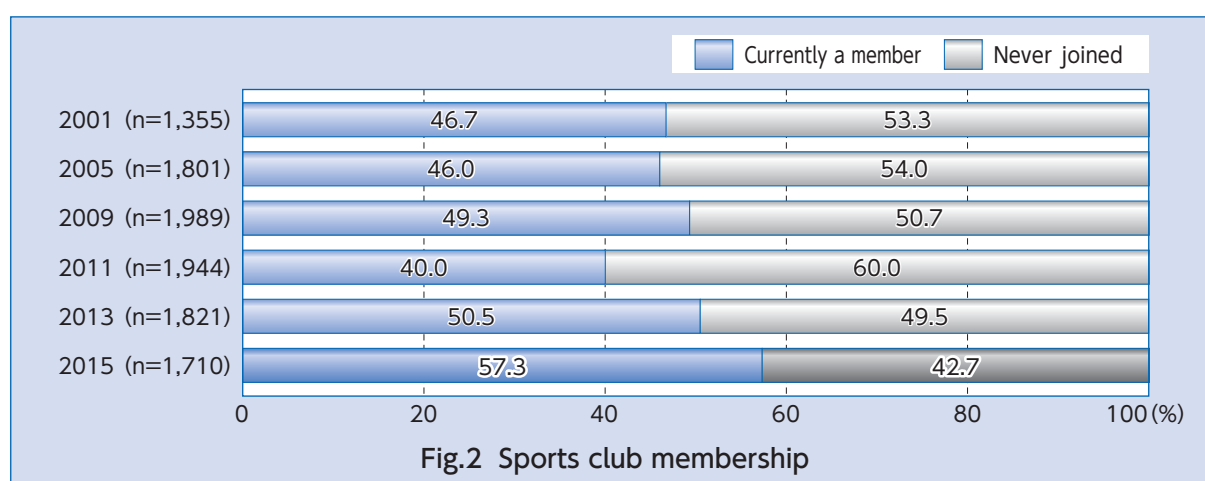
Rank	2011 (n=1,668)	%	Rank	2013 (n=1,608)	%	Rank	2015 (n=1,486)	%
1	Soccer	23.7	1	Soccer	28.2	1	Soccer	25.6
2	Basketball	21.2	2	Basketball	21.5	2	Basketball	23.4
3	Jogging/running	17.0	3	Playing tag	21.3	3	Playing tag	19.7
4	Swimming	16.1	4	Jogging/running	19.3	4	Badminton	18.2
5	Baseball	15.3	5	Dodgeball	17.1	5	Jogging / Running	17.6
6	Badminton	13.7		Swimming	17.1	6	Dodgeball	17.2
7	Muscle building	13.4	7	Badminton	16.7	7	Swimming	14.5
8	Playing tag	13.2	8	Muscle building	15.1		Volleyball	14.5
9	Volleyball	11.2	9	Baseball	15.0	9	Muscle building	14.1
10	Dodgeball	10.4	10	Volleyball	12.4	10	Table tennis	13.7

**Table 3 Participation rates by sports and physical activities (by gender:multiple answers permitted)**

Rank	Boys (n=779)	%	Rank	Girls (n=707)	%
1	Soccer	44.0	1	Badminton	24.5
2	Basketball	27.3	2	Playing tag	23.5
3	Baseball	23.0	3	Volleyball	20.8
4	Dodgeball	17.7	4	Basketball	19.1
	Jogging / Running	17.7	5	Jogging / Running	17.4
6	Playing tag	16.3	6	Skipping rope (including long rope)	17.0
7	Table tennis	15.5	7	Dodgeball	16.5
8	Muscle building	15.4	8	Swimming	14.7
9	Swimming	14.4	9	Muscle building	12.7
10	Badminton	12.6	10	Walking	12.6

## 3 Membership of sports clubs

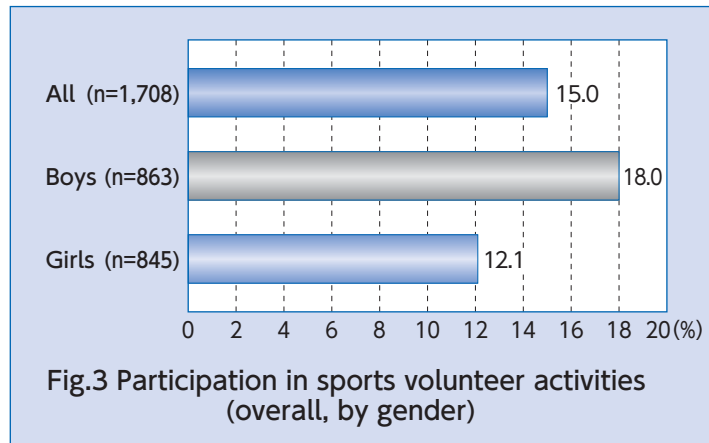
According to the finding of membership status to sports clubs at schools, private-sector sports clubs, and sports clubs in local communities among respondents, 57.3% of them were current members of sports clubs, and 42.7% of them had never joined any sports clubs (**Figure 2**). The percentage of current members of sports clubs rose by 6.8 percentage points from 50.5% in the 2013 survey.



## 4 Sports volunteer

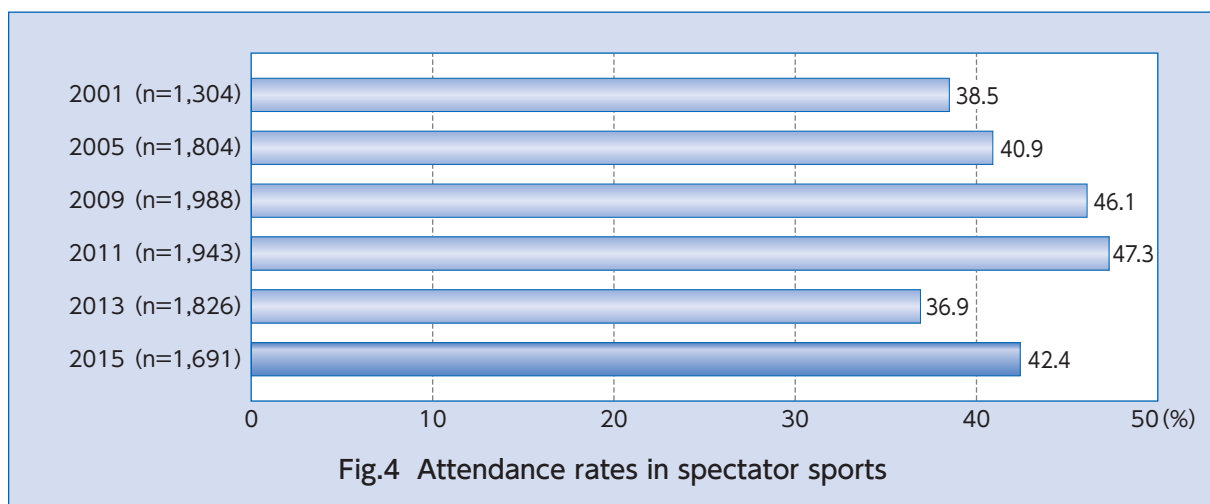
In the previous one year, 15.0% of respondents had volunteered to assist with sports (Figure 3). Watching the transition of volunteer rates in the previous surveys, there had not been any change at around 13%, in the past 10 years, with 13.3% in 2005, 12.7% in 2009, 13.9% in 2011, and 12.8% in 2013. In the survey this time, the percentage reached an all-time high of 15.0%. Looking at the volunteer rates by gender, 18.0% of boys and 12.1% of girls had been involved in sports volunteer work. The percentage of boys was higher than the girls'.

The volunteer work that attracted most volunteers was refereeing or helping referees, which was at 49.4%, followed by helping out at sports events at 41.6%, and coaching or helping coaches at 33.9%. When respondents were asked whether they wanted to try or continue sports-related volunteer work in the future, 8.4% of them answered absolutely, 29.9% replied maybe, 29.1% answered maybe not, 14.0% responded absolutely not, and 18.6% answered not sure.



## 5 Attendance of spectator sports

The percentage of the respondents who watched sports at gymnasiums or stadiums in the last one year was 42.4%, which was 5.5 percentage points higher than 36.9% in 2013 (Figure 4). The most popular sport was professional baseball (NPB) at 15.6%, the second-most popular sport was high school baseball at 11.4%, J.League (J1, J2, and J3) soccer came third at 7.1%, followed by amateur soccer (high school, university, Japan Football League (JFL)) at 5.1%, and coming in fifth was basketball (high school, university, National Basketball League (NBL)) at 5.0%.



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Established: March 1991  
Purpose: To promote Sport for Everyone

### Programs and Services:

1. Research and Surveys
2. Research grants and human resource development
3. Collaboration with local governments
4. Public relations