Can we play too? The role of perceived welcomedness in sport participation

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Introduction

Obesity epidemic worldwide (WHO, 2018)

Need to develop active communities (CDC, 2016)

Decrease in sport participation as we age (Aicher & Newland, 2018)
Racial disparities in participation and health
Racial differences in perceived welcomeness and self-efficacy to participate in sports
Welcome is a feeling of where one belongs.  
(Philipp, 1999)
<table>
<thead>
<tr>
<th>Study</th>
<th>African Americans</th>
<th>Whites</th>
<th>Hispanics</th>
</tr>
</thead>
<tbody>
<tr>
<td>Philipp (1998)</td>
<td>Basketball, Going to the Mall, Singing in Choir, and Dancing</td>
<td>Soccer, Horseback Riding, Water Skiing, Camping, Fishing, and Golf</td>
<td>N/A</td>
</tr>
<tr>
<td>Philipp (1999) Welcomeness</td>
<td>None</td>
<td>Soccer, Boating, Fishing, Jogging, Tennis, Bowling, Martial Arts, etc.</td>
<td>N/A</td>
</tr>
<tr>
<td>Philipp (1999) Importance</td>
<td>Basketball, Martial Arts, Karate (ns)</td>
<td>Soccer, Tennis, Going to the beach, museum, festival, or symphony</td>
<td>N/A</td>
</tr>
<tr>
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<tr>
<td>Cordell, Betz, &amp; Green (2002)</td>
<td>Outdoor Team Sports</td>
<td>Motor Boating</td>
<td>Hiking</td>
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<tr>
<td>Philipp &amp; Brezina (2003)</td>
<td>Did not feel more welcome in any of the nontraditional sports</td>
<td>Mountain Biking, Scuba, Kayaking, Rock Climbing, Surfing, Wake Boarding</td>
<td>N/A</td>
</tr>
<tr>
<td>Shinew, Floyd, &amp; Parry (2004)</td>
<td>Baseball/Softball, Shopping, Church Activities</td>
<td>Swimming, Camping, Running, Walking, Hiking</td>
<td>N/A</td>
</tr>
</tbody>
</table>
Self-efficacy

individuals’ belief in their capacity to execute behaviors necessary to produce specific performance attainments

(Bandura, 1977)
• Two points of data collection (five years apart)
• four universities across the U.S. used each time
• Measures – 14 sports included in the data collection
  • Perceived welcomeness
  • Self-efficacy
  • Demographics
Sample (N = 569)

Southeast = 102
Midwest = 147
Northeast = 139
Southwest = 182

Male = 363
Female = 205

Played Sport = 531
Did no play = 38

White = 426
Hispanic/Latino = 60
Asian = 36
African American = 31
Perceived Welcomeness in Sport

- Whites
- African Americans
- Latinos
Perceptions of welcomeness and self-efficacy are present. Sport selection and development are important for CSOs. Developing positive and welcoming experiences are key.
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