Using Sports to Decrease Substance Use in Adolescents

MICHELE TOM DO, WINSLOW INDIAN HEALTH SERVICE
ANTHONY DEKKER DO NAVAHCS
ANTHONY.DEKKER@VA.GOV
Disclosure

Anthony Dekker, DO has presented numerous programs on Chronic Pain Management and Addiction Medicine. The opinions of Dr Dekker are not necessarily the opinions of the VA, DoD, Indian Health Service or the USPHS. Dr. Dekker does not represent any federal agency. Dr. Dekker has no conflicts to report.
Rocks with Wings

Shiprock
Challenges
Set backs
College
Health Promotion
OBJECTIVES

- To discuss the use of youth sports programs in Indian Country to improve health.
- To compare the liabilities and the benefits of Native youth sports.
- To appreciate the decision making process in youth regarding sports and substance use.
Youth Sports

- Adult supervised non-school youth sports programs are rapidly growing and cater to some 25 million kids.
- Almost 50% of the children ages 5-16 participate in youth sports.
- 90% of parents encourage their children to engage in sports.
Youth Sports

- 60% of parents are involved in youth sports programs.
- 85% of parents have concerns about youth sports programs.
- Physical education professionals have voiced serious concerns about non-school adult supervised youth sport leagues.
HYPOTHESES

- Over all children, regardless of income or ethnicity, will rank self-regulated items (e.g., “fun,” “learning new skills,” “improving,” and “team work”) ahead of other-controlled items (e.g., “winning,” “trophies,” “be popular,” and “get to a higher level of competition”).

- Overall parents, regardless of income or ethnicity, will closely predict their child’s motivations.

- Children will differ in their motivations to participate in youth sports based on age, gender, length of involvement, and type of activity.
## McElroy and Kirkendal (1980)

**Most Important Reason for Playing Sports**

<table>
<thead>
<tr>
<th>Reason</th>
<th>Males (%)</th>
<th>Females (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Winning</td>
<td>13.5%</td>
<td>04.6%</td>
</tr>
<tr>
<td>Personal Perform.</td>
<td>51.0%</td>
<td>48.3%</td>
</tr>
<tr>
<td>Fair Play</td>
<td>24.4%</td>
<td>37.6%</td>
</tr>
<tr>
<td>Total Participation</td>
<td>11.0%</td>
<td>9.4%</td>
</tr>
</tbody>
</table>
American Youth and Sport Participation Study

Ewing & Seefeldt (1990)

The Athletic Footwear Association commissioned Drs. Martha Ewing and Vern Seefeldt of the Youth Sport Institute at Michigan State University to investigate children’s reasons for participation and/or dropping out from nonschool youth programs.

Boys’ and girls’ (N=10,000) were asked:

- Why they participate?
- Why they quit?
- How they feel about winning?
# Children’s Rank Order Why They Play and Why Stop

<table>
<thead>
<tr>
<th>Reason for Playing</th>
<th>Reason for Dropping Out</th>
</tr>
</thead>
<tbody>
<tr>
<td>01 TO HAVE FUN</td>
<td>01 I LOST INTEREST</td>
</tr>
<tr>
<td>02 TO IMPROVE MY SKILLS</td>
<td>02 I WAS NOT HAVING FUN</td>
</tr>
<tr>
<td>03 TO STAY IN SHAPE</td>
<td>03 IT TOOK TOO MUCH TIME</td>
</tr>
<tr>
<td>04 TO DO SOMETHING</td>
<td>04 COACH WAS A POOR TEACHER</td>
</tr>
<tr>
<td>I’M GOOD AT</td>
<td></td>
</tr>
<tr>
<td>05 FOR THE EXCITEMENT OF COMPETITION</td>
<td>05 TOO MUCH PRESSURE (WORRY)</td>
</tr>
<tr>
<td>06 TO GET EXERCISE</td>
<td>06 WANTED NON-SPORT ACTIVITY</td>
</tr>
<tr>
<td>07 TO PLAY AS PART OF A TEAM</td>
<td>07 I WAS TIRED OF IT</td>
</tr>
<tr>
<td>08 FOR THE CHALLENGE OF COMPETITION</td>
<td></td>
</tr>
<tr>
<td>09 TO LEARN NEW SKILLS</td>
<td>09 COACH PLAYED FAVORITES</td>
</tr>
<tr>
<td>10 TO WIN</td>
<td>10 SPORT WAS BORING</td>
</tr>
<tr>
<td>11 OVER-EMPHASIS ON WINNING</td>
<td></td>
</tr>
</tbody>
</table>

# The 12 Most Important Reasons I Play My Best School Sport

<table>
<thead>
<tr>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>01 TO HAVE FUN</td>
<td>01 TO HAVE FUN</td>
</tr>
<tr>
<td>02 TO IMPROVE SKILLS</td>
<td>02 TO STAY IN SHAPE</td>
</tr>
<tr>
<td>03 FOR THE EXCITEMENT OF COMPETITION</td>
<td>03 TO GET EXERCISE</td>
</tr>
<tr>
<td>04 TO DO SOMETHING I'M GOOD AT</td>
<td>04 TO IMPROVE SKILLS</td>
</tr>
<tr>
<td>05 TO STAY IN SHAPE</td>
<td>05 TO DO SOMETHING I'M GOOD AT</td>
</tr>
<tr>
<td>06 FOR THE CHALLENGE OF COMPETITION</td>
<td>06 TO BE PART OF A TEAM</td>
</tr>
<tr>
<td>07 TO BE PART OF A TEAM</td>
<td>07 FOR THE EXCITEMENT OF COMPETITION</td>
</tr>
<tr>
<td>08 TO WIN</td>
<td>08 TO LEARN NEW SKILLS</td>
</tr>
<tr>
<td>09 TO GO TO A HIGHER LEVEL OF COMPETITION</td>
<td>09 FOR THE TEAM SPIRIT</td>
</tr>
<tr>
<td>10 TO GET EXERCISE</td>
<td>10 FOR THE CHALLENGE OF COMPETITION</td>
</tr>
</tbody>
</table>

Reproduced from Ewing, M. E., & Seefeldt, V. (1990)
THE 6 MOST IMPORTANT CHANGES I WOULD MAKE TO GET INVOLVED AGAIN IN A SPORT I DROPPED

“I would play again if…”

BOYS               GIRLS
01 PRACTICES WERE  01 PRACTICES WERE
       MORE FUN         MORE FUN
02 I COULD PLAY MORE 02 NO CONFLICT WITH STUDIES
03 COACHES UNDERSTOOD 03 COACHES UNDERSTOOD
       PLAYERS BETTER   PLAYERS BETTER
04 NO CONFLICT WITH  04 NO CONFLICT WITH SOCIAL
       STUDIES          LIFE
05 COACHES WERE BETTER 05 I COULD PLAY MORE

Reproduced from Ewing, M. E., & Seefeldt, V. (1990)
List of Reasons for Participation

1. To improve her/his skills
2. To be with her/his friends
3. To win
4. To stay in shape
5. To play as part of a team
6. For the excitement of competition
7. To learn new skills
8. To meet new friends
9. To do something he/she is good at
List of Reasons for Participation

10. For trophies and recognition
11. To get exercise
12. To feel important
13. For the challenge of competition
14. To have fun
15. To get to a higher level of competition
16. He/she likes the coaches
17. To be popular by being a good athlete
18. For the team spirit
Most likely reasons to use alcohol and substances

- Boredom
- Decreased feared harm
- Peer pressure
- Availability
- Family attitudes
Discussion