



A health promoting leisure time for young teenage girls

Results from a focusgroup study in Sweden

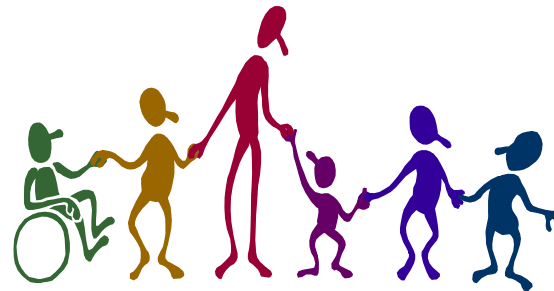
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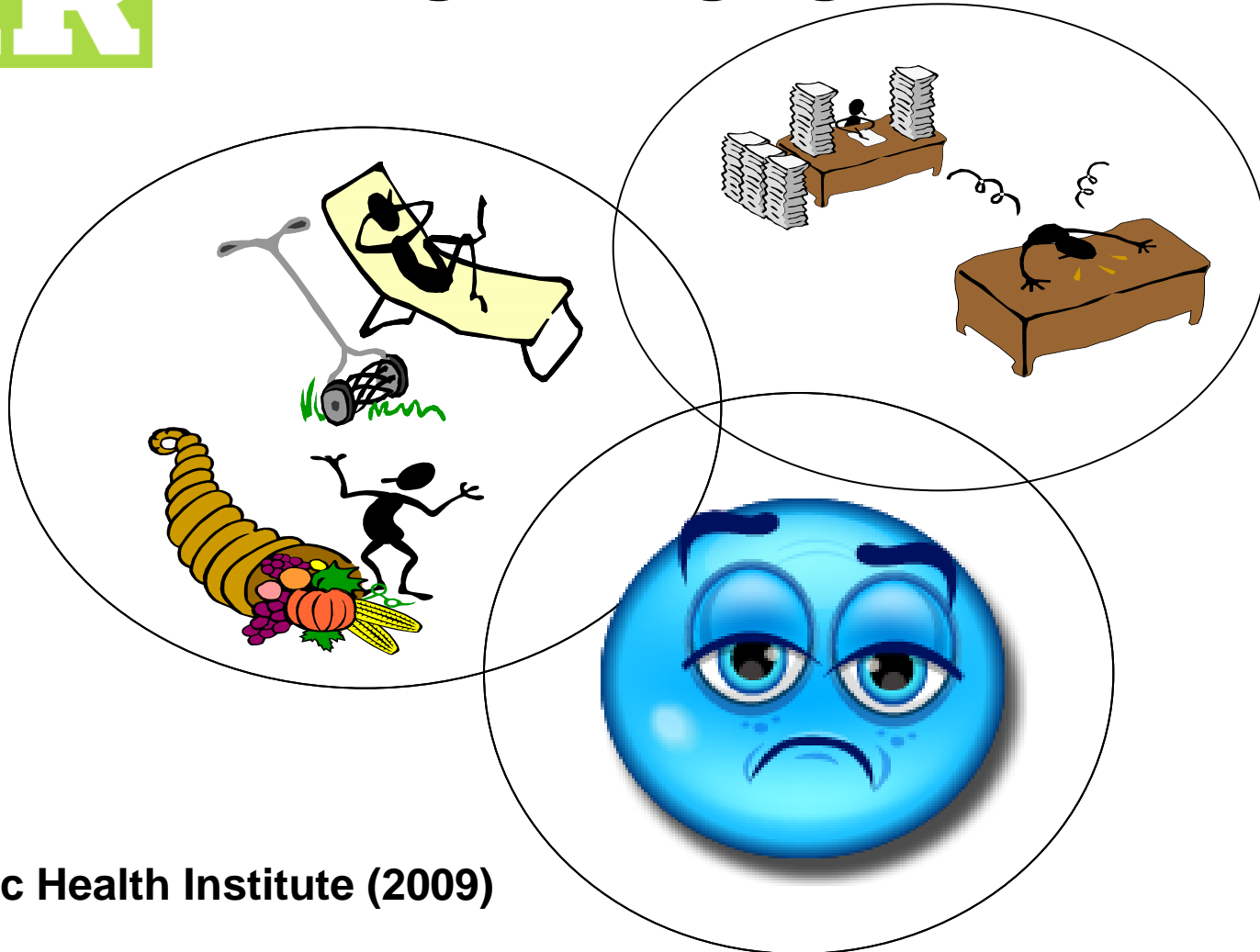
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Young teenage girls and health





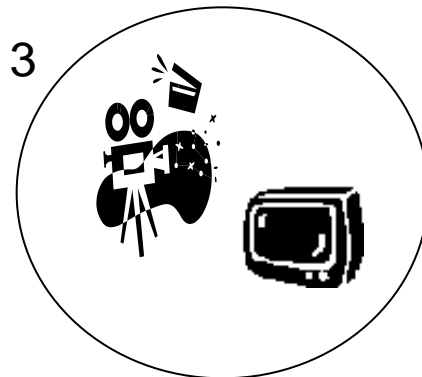
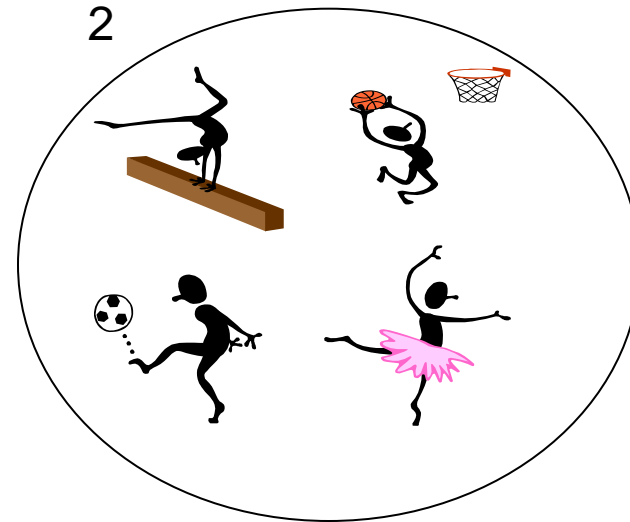
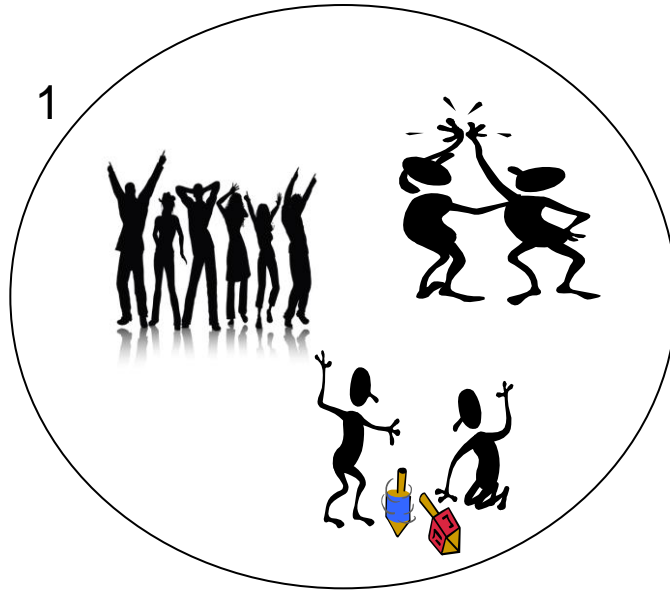
Kristianstad University

Young teenage girls and QoL



Sweden Sport Confederation
(2004)

Popular leisure activities among children and adolescents



Sweden Sport Confederation
(2004)



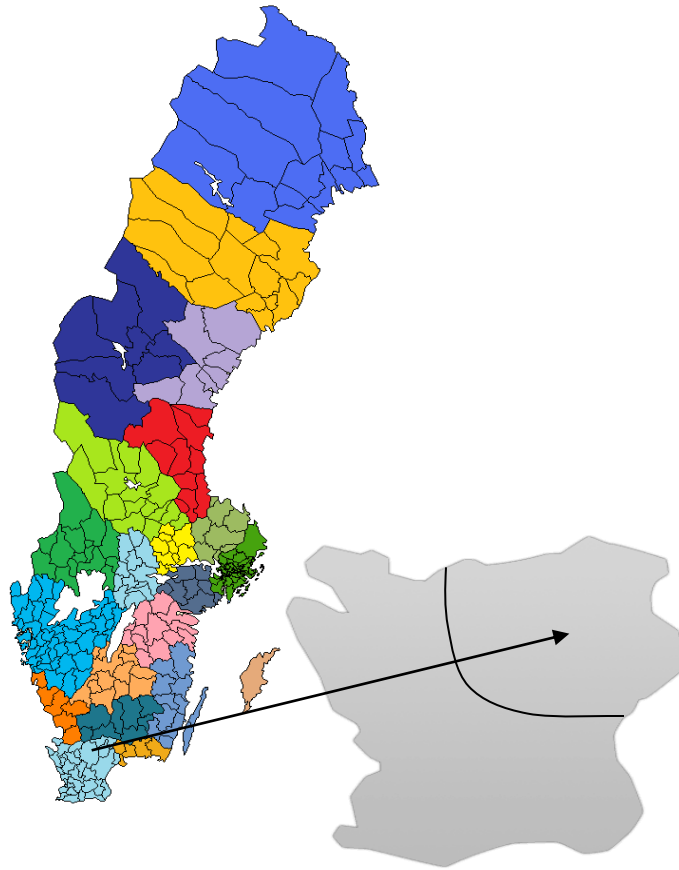
Teenage girls and organized sports



Sweden Sport Confederation
(2004)



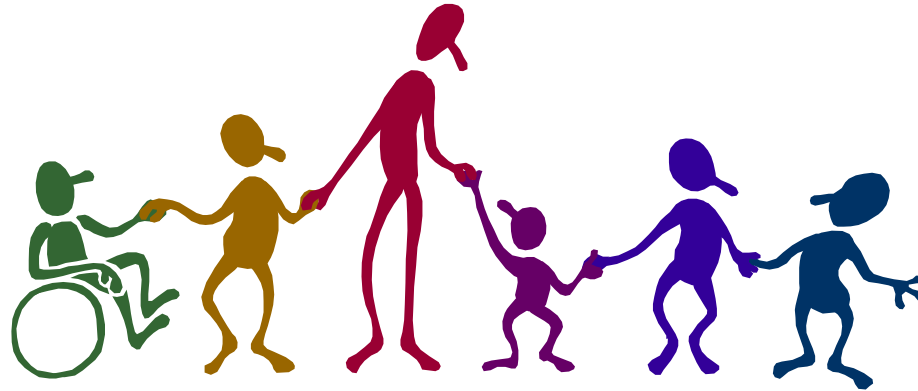
Location and collaboration



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



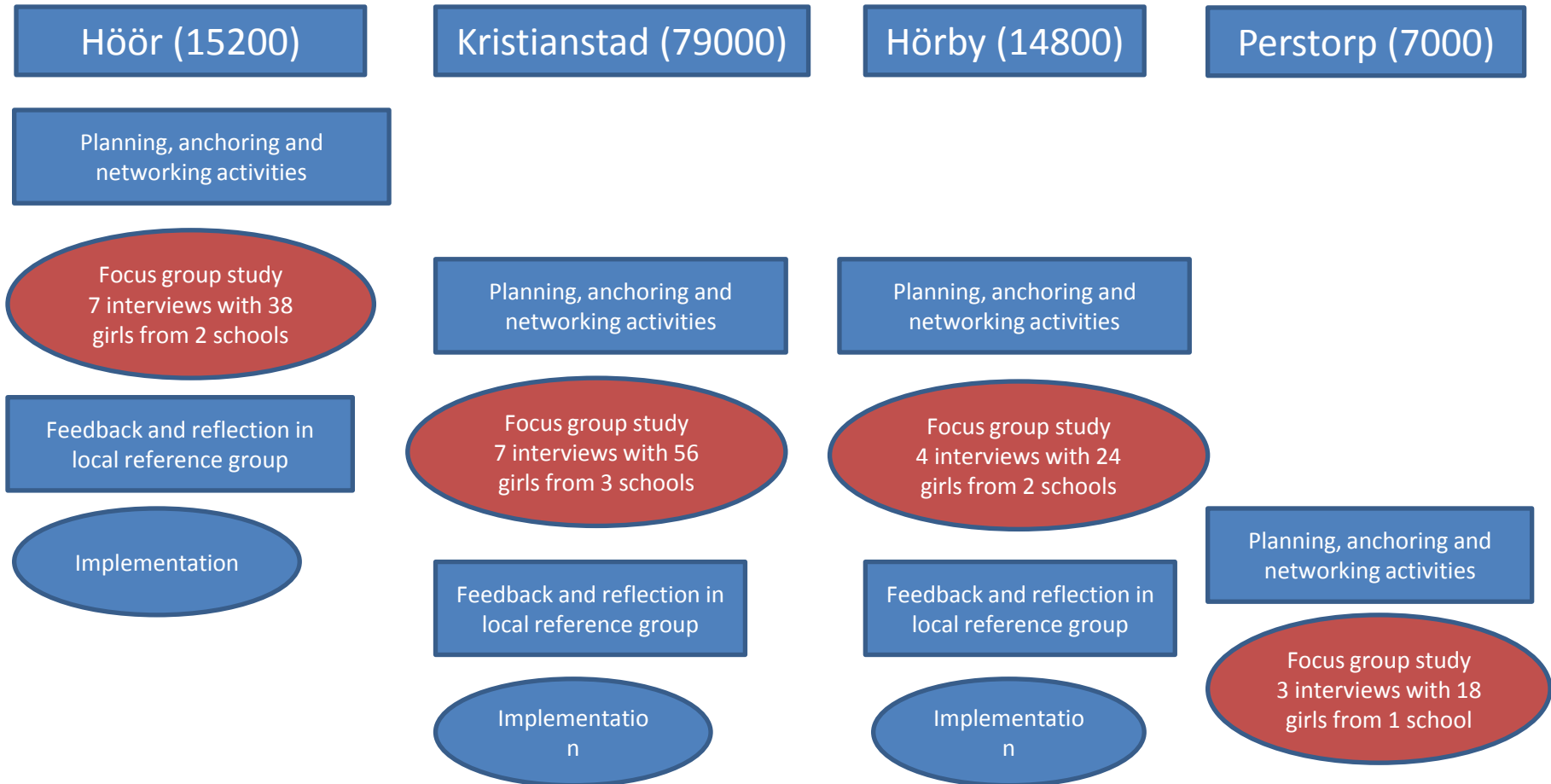
Project



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

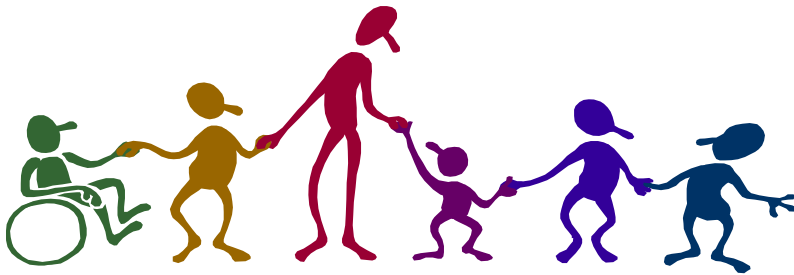


Research and development process

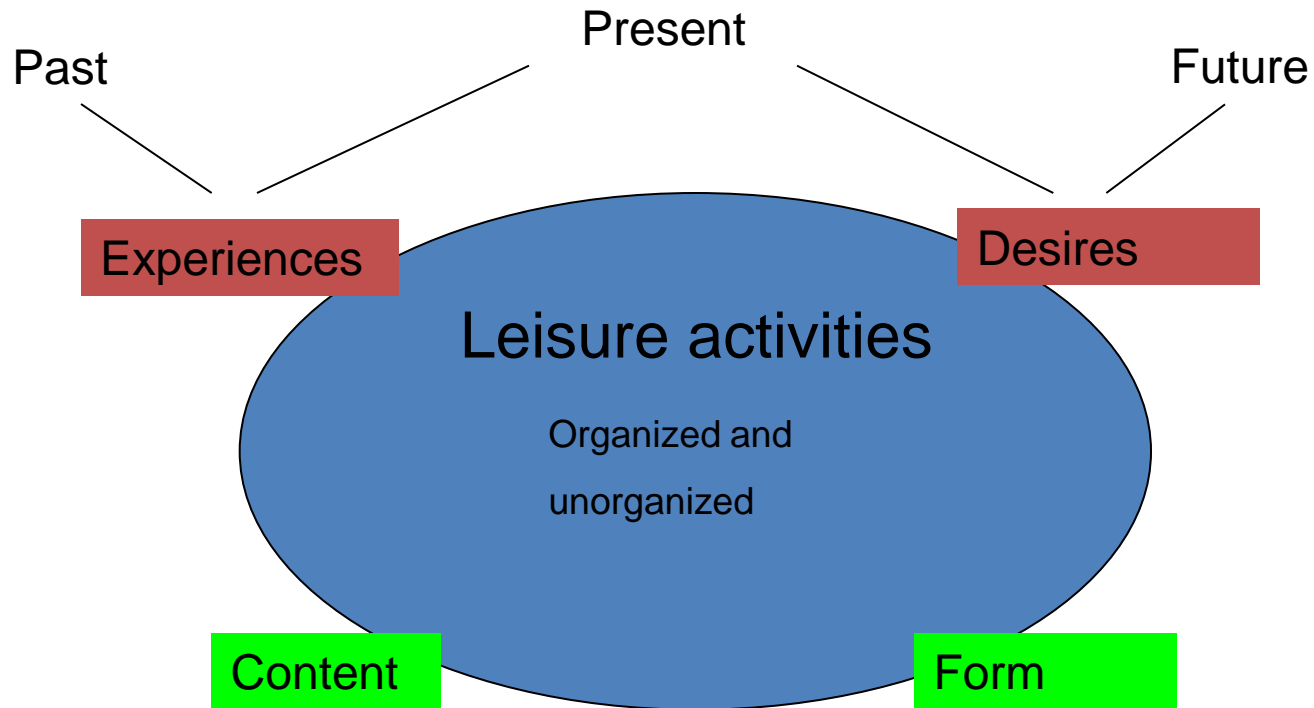


Focus group study

- 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)

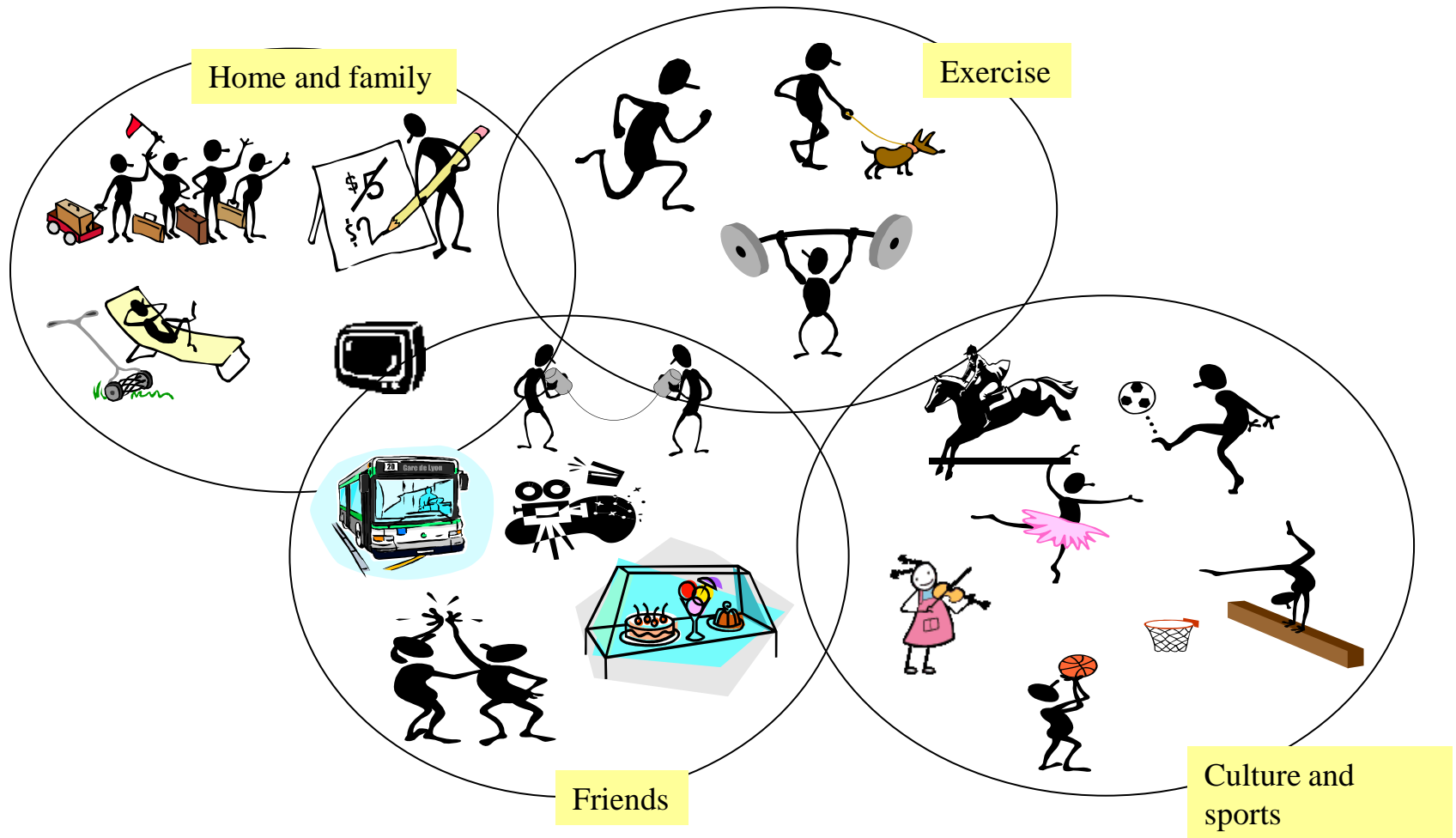


Focus of the interviews



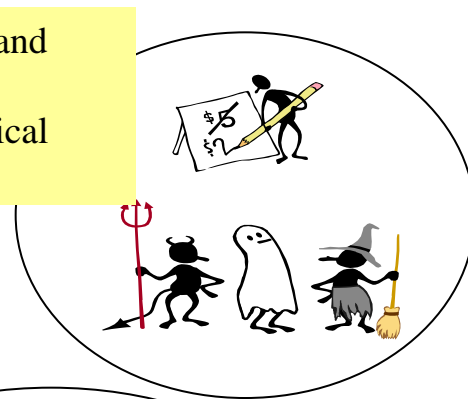
Create opportunities for health promoting leisure time and activities

Leisure activities - experiences

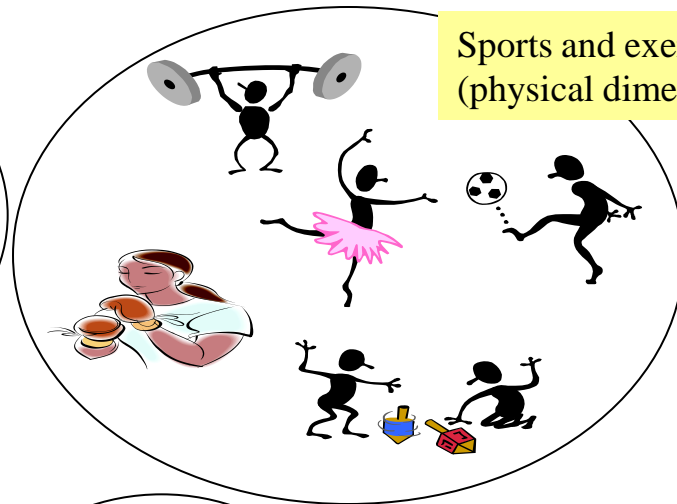


Leisure activities - desires

Reflection and learning
(psychological dimension)



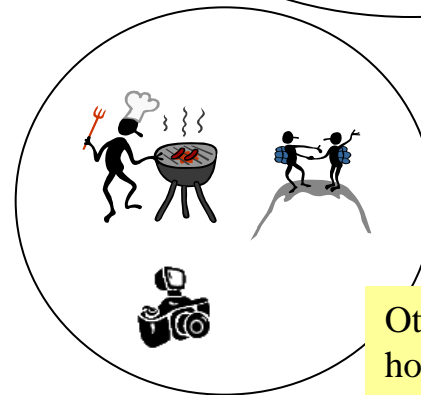
Sports and exercise
(physical dimension)



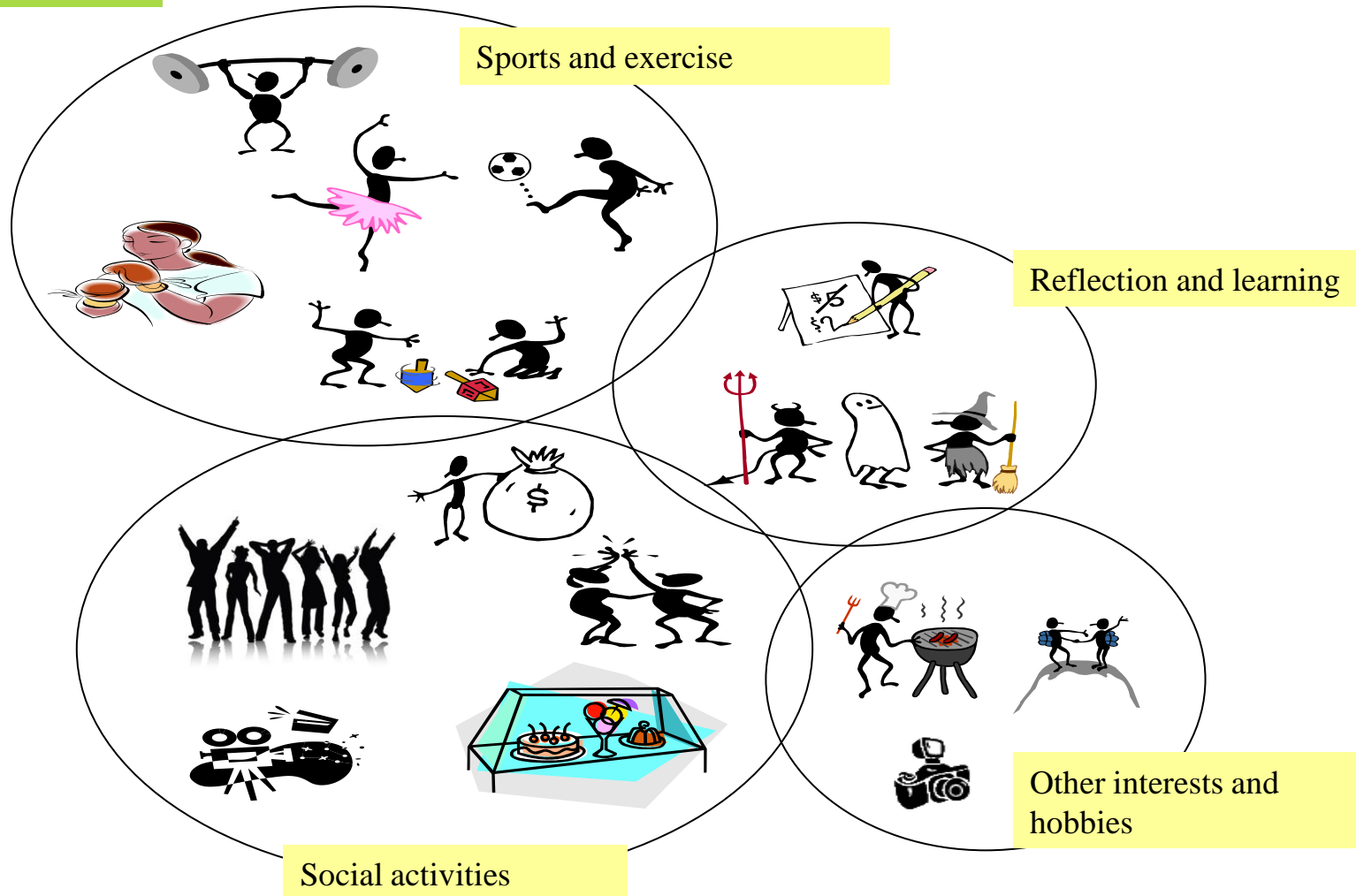
Social activities
(social dimension)



Other interests and hobbies



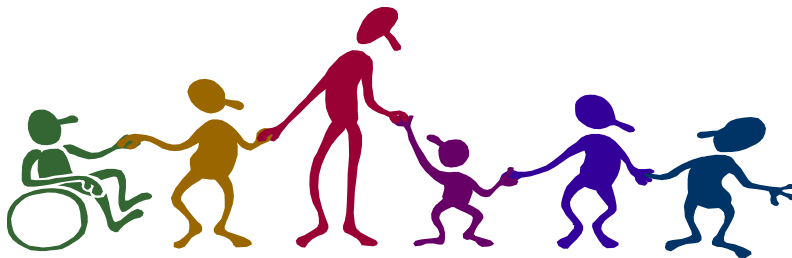
Leisure activities - interacting





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!!

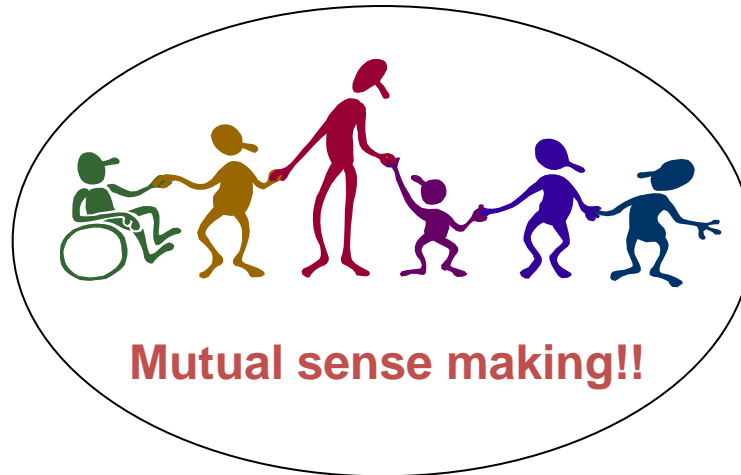
Implementation

Networking and collaboration activities

Activity groups for girls

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

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

Development of local sports associations

- Together, fun and for everyone
- Local adjustments



Thank you for your attention!

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