



CENTRAL BALTIC  
INTERREG IV A  
PROGRAMME  
2007-2013

**SPORTSOCIETY**

Project No: CB67



EUROPEAN UNION  
EUROPEAN REGIONAL DEVELOPMENT FUND  
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# **Athletes' Dual Career Survey 2012**

## **Results compared by country**

- Finland**
- Estonia**
- Latvia**

**27.2.2013**

**Suomen  
OnlineTutkimus Oy**



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# **Respondents' background information**



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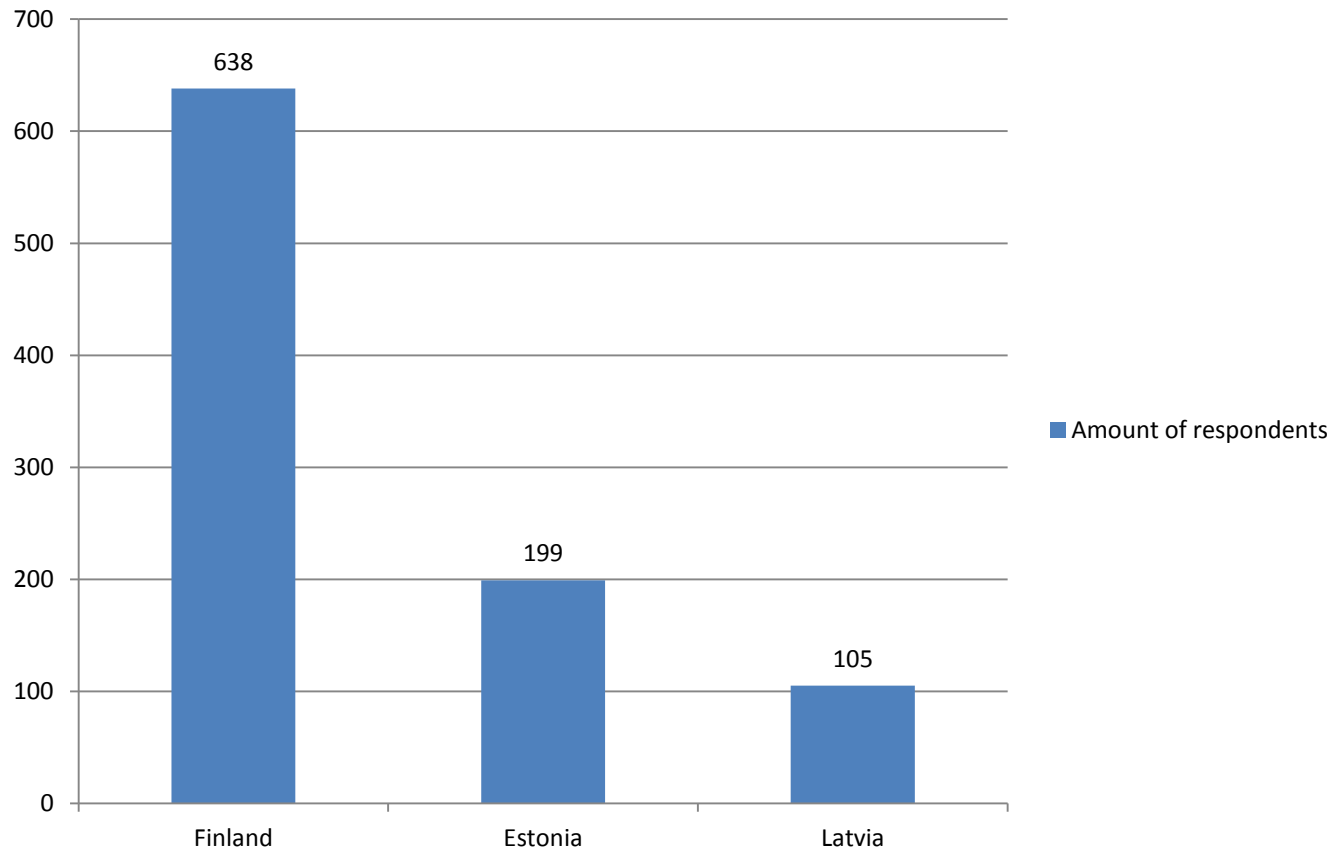
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## Amount of respondents



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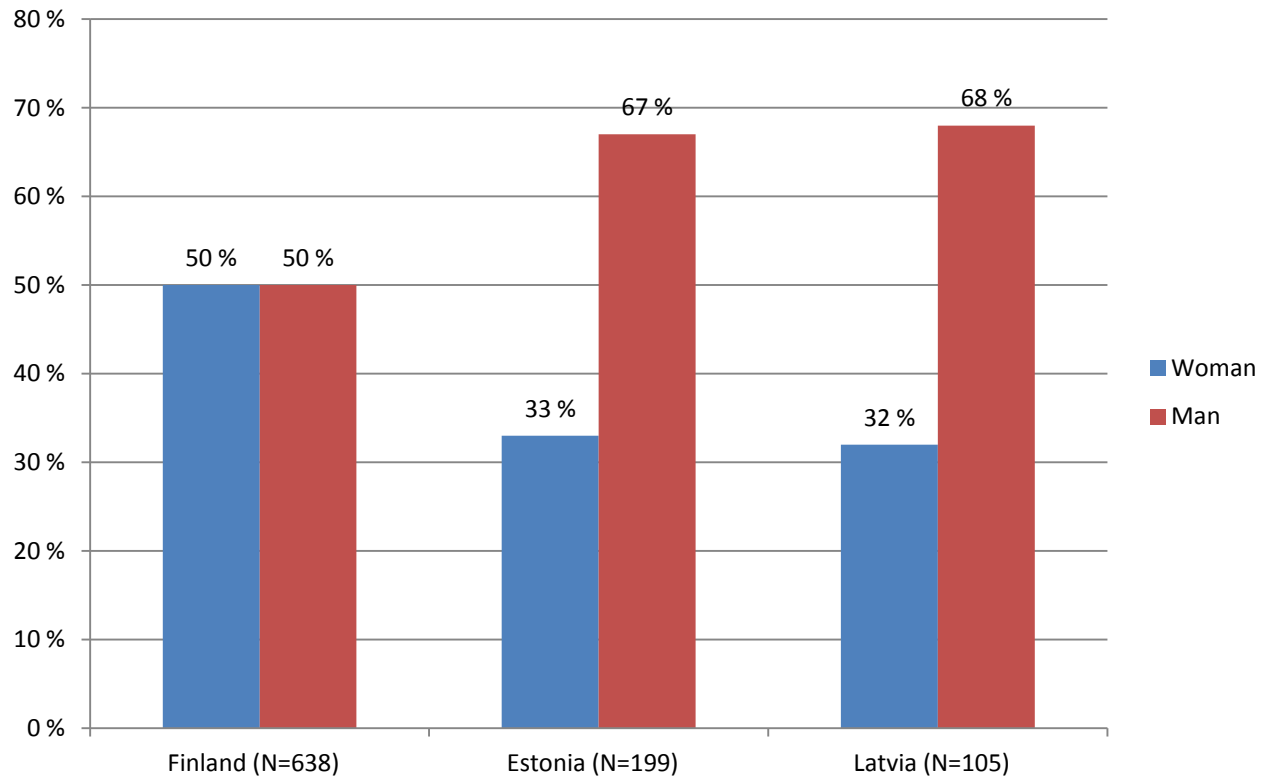
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## Gender





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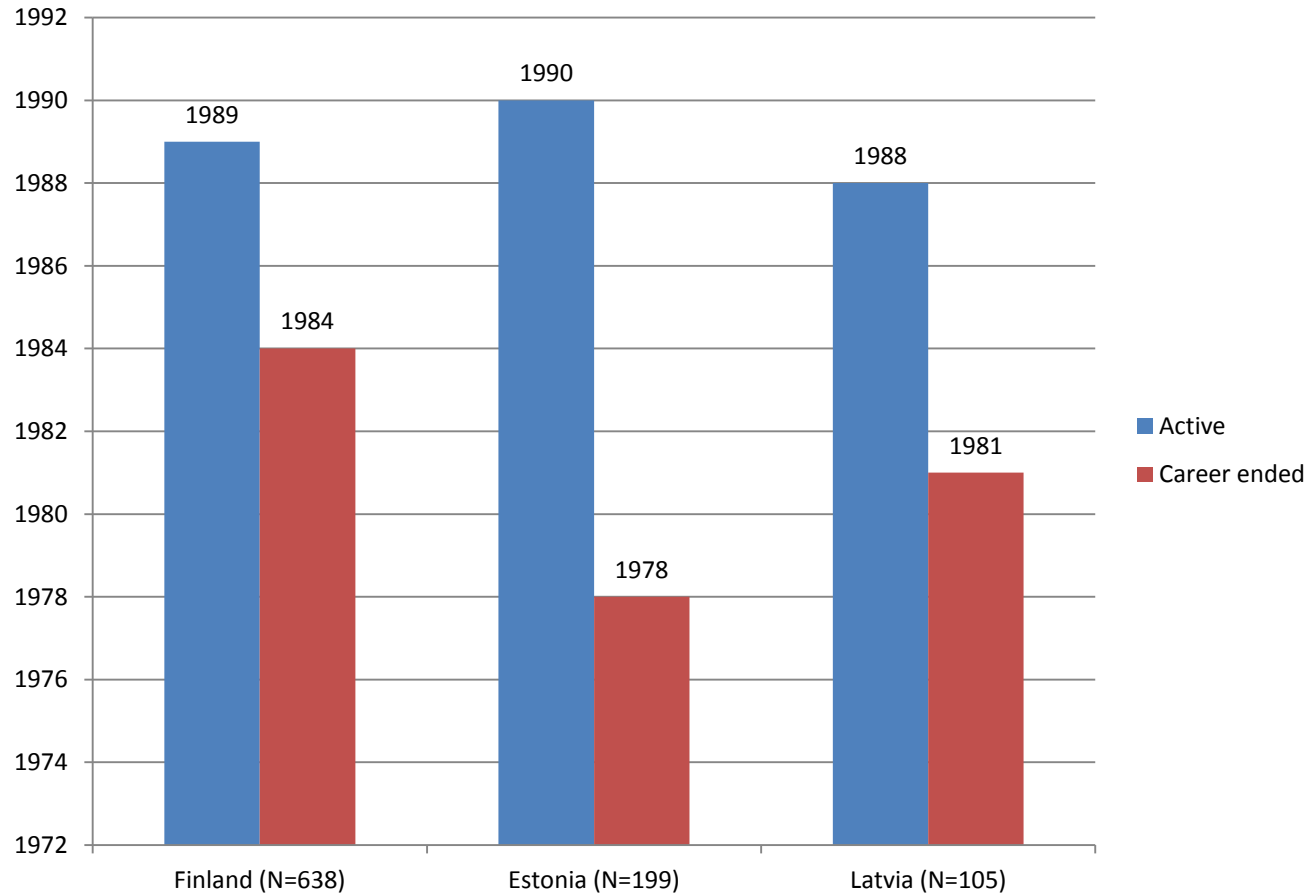
	Finland (N=638)	Estonia (N=199)	Latvia (N=105)
1999	0 %	0 %	0 %
1998	0 %	0 %	0 %
1997	0 %	0 %	1 %
1996	2 %	0 %	5 %
1995	7 %	2 %	1 %
1994	10 %	6 %	4 %
1993	8 %	8 %	5 %
1992	8 %	10 %	8 %
1991	10 %	11 %	9 %
1990	9 %	10 %	5 %
1989	8 %	6 %	13 %
1988	6 %	3 %	7 %
1987	6 %	5 %	8 %
1986	3 %	4 %	7 %
1985	2 %	5 %	5 %
1984	4 %	2 %	3 %
1983	3 %	5 %	4 %
1982	3 %	4 %	3 %
1981	2 %	0 %	2 %
1980	2 %	3 %	2 %
1979	1 %	2 %	1 %
1978	1 %	1 %	1 %
1977	1 %	2 %	1 %
1976	1 %	3 %	4 %
1975	1 %	1 %	0 %
1974	0 %	1 %	0 %
1973	0 %	2 %	0 %
1972	0 %	0 %	0 %
1971	0 %	1 %	0 %
1970	0 %	1 %	0 %
1969	0 %	1 %	0 %
1968	0 %	1 %	0 %
1967	0 %	1 %	0 %
1966	0 %	0 %	0 %
1965	1 %	0 %	0 %
1964	0 %	1 %	1 %
1963	0 %	0 %	1 %
1962	0 %	1 %	0 %
1961	0 %	1 %	0 %
1960	0 %	1 %	0 %
1959	0 %	1 %	1 %
1958	0 %	0 %	1 %
1957	0 %	1 %	1 %
1956	0 %	0 %	0 %
1955	0 %	0 %	0 %
1954	0 %	0 %	0 %
1953	0 %	0 %	0 %
1952	0 %	0 %	0 %
1951	0 %	0 %	0 %
1950	0 %	0 %	0 %
1949	0 %	0 %	0 %
1948	0 %	1 %	0 %

Birth year

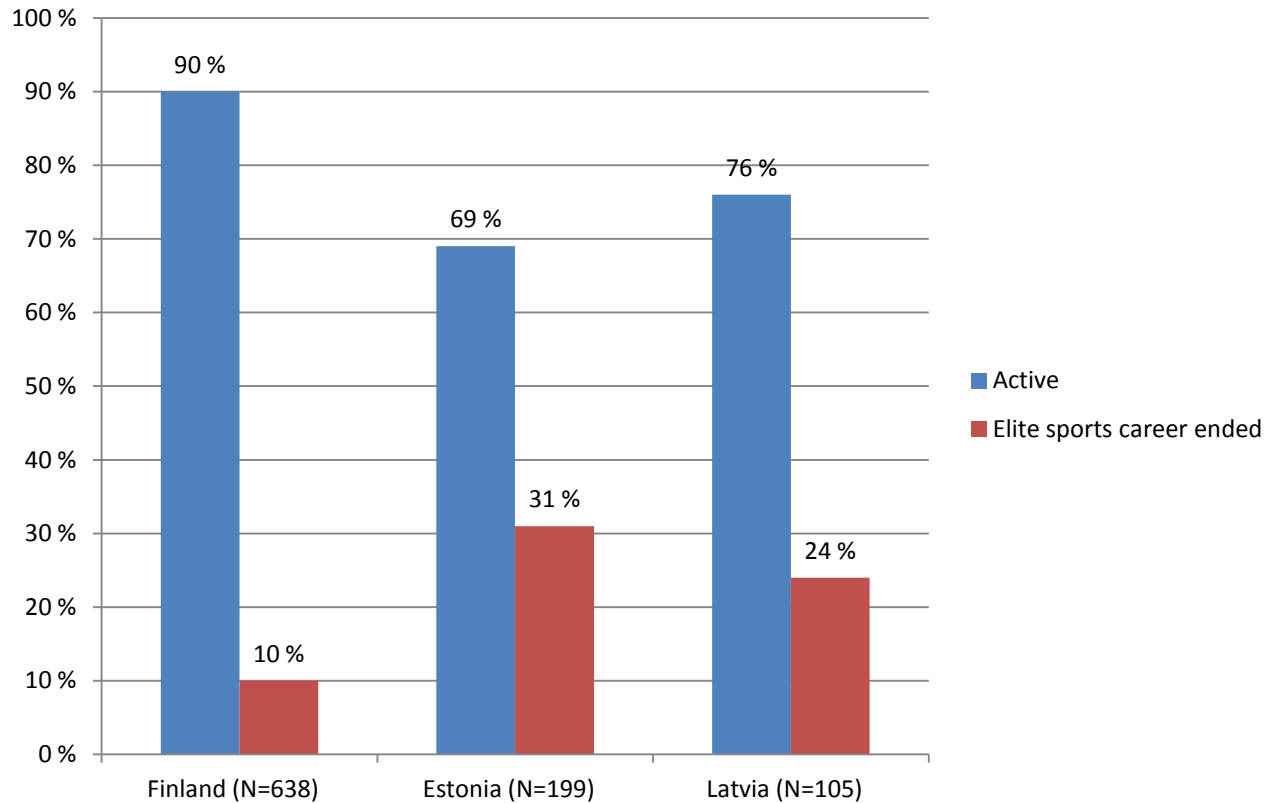
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## Average birth year

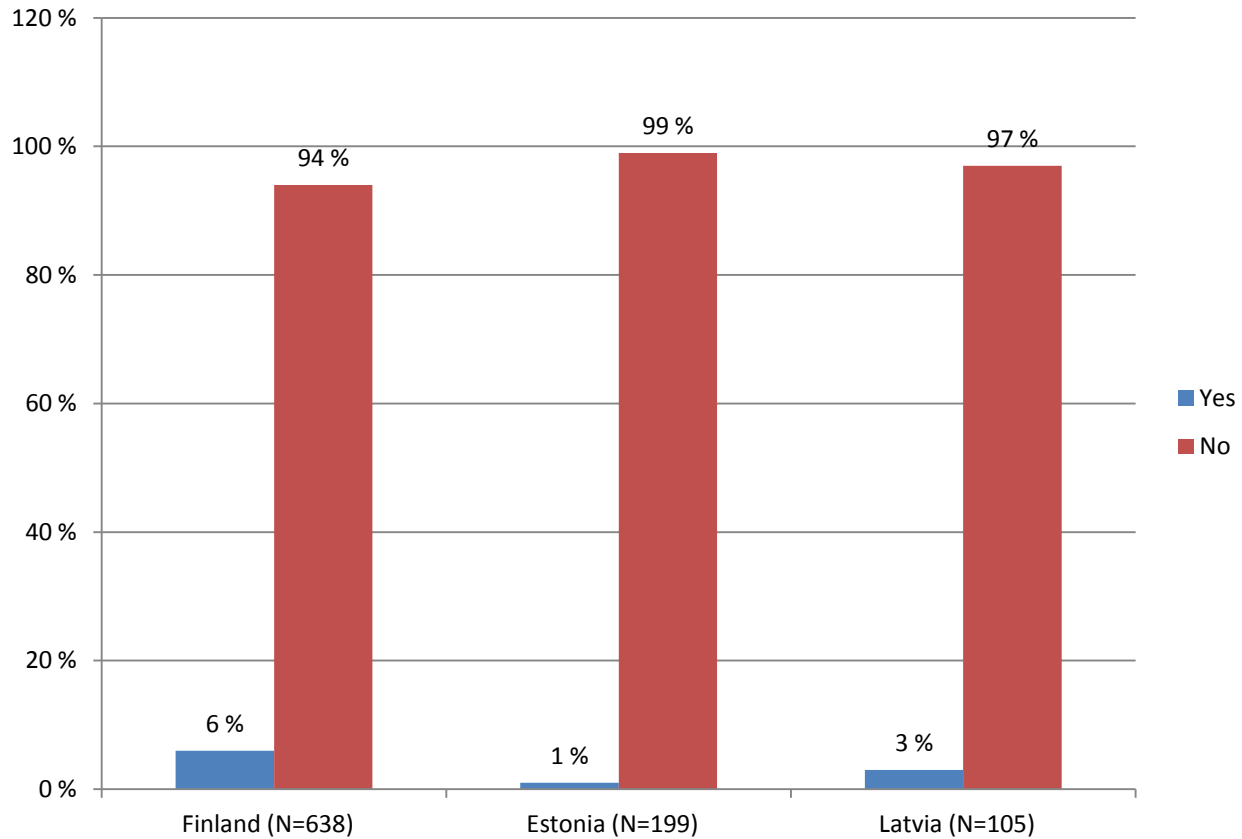


## Sports career situation





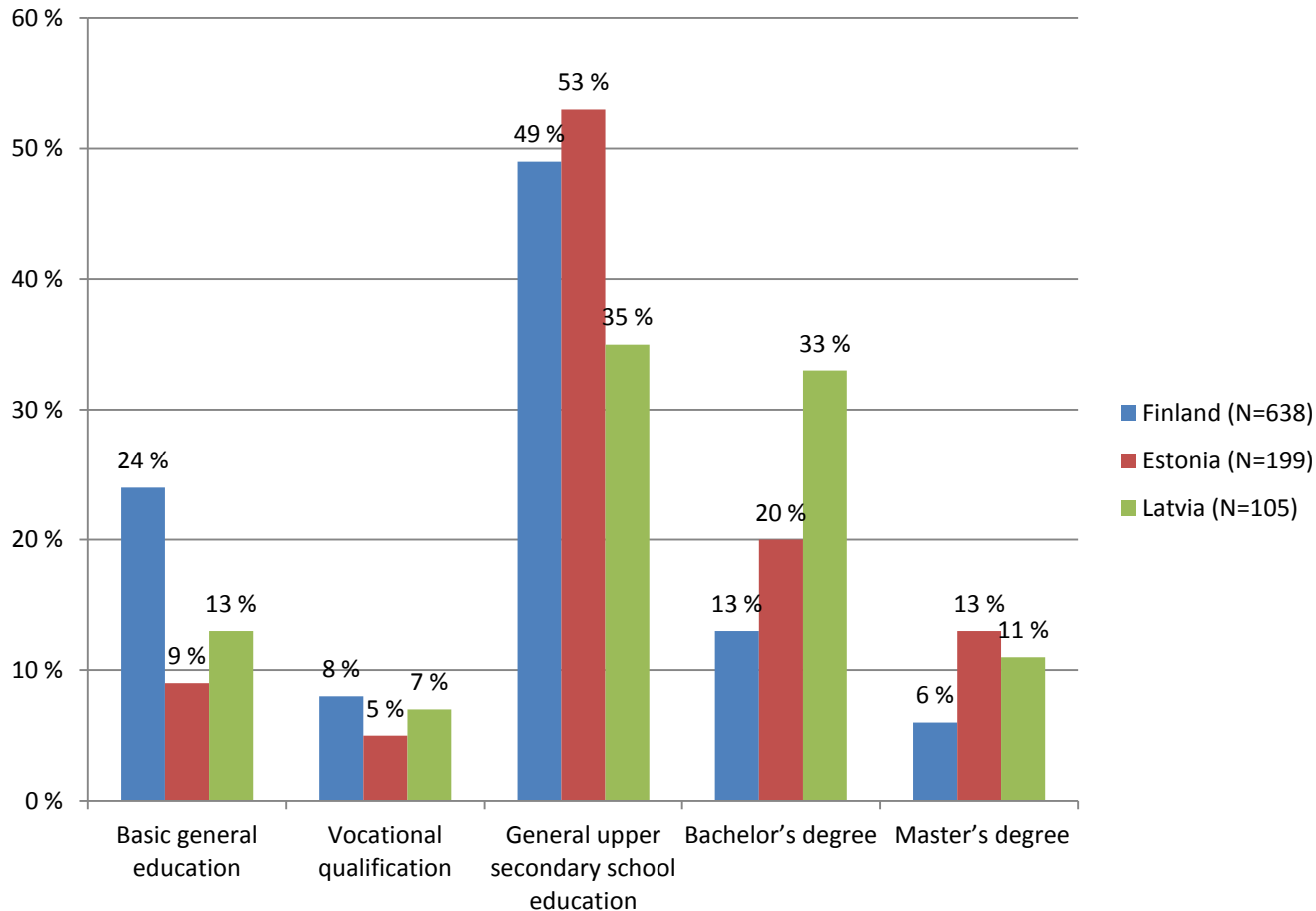
## I am a disabled athlete







## Highest level of education or training





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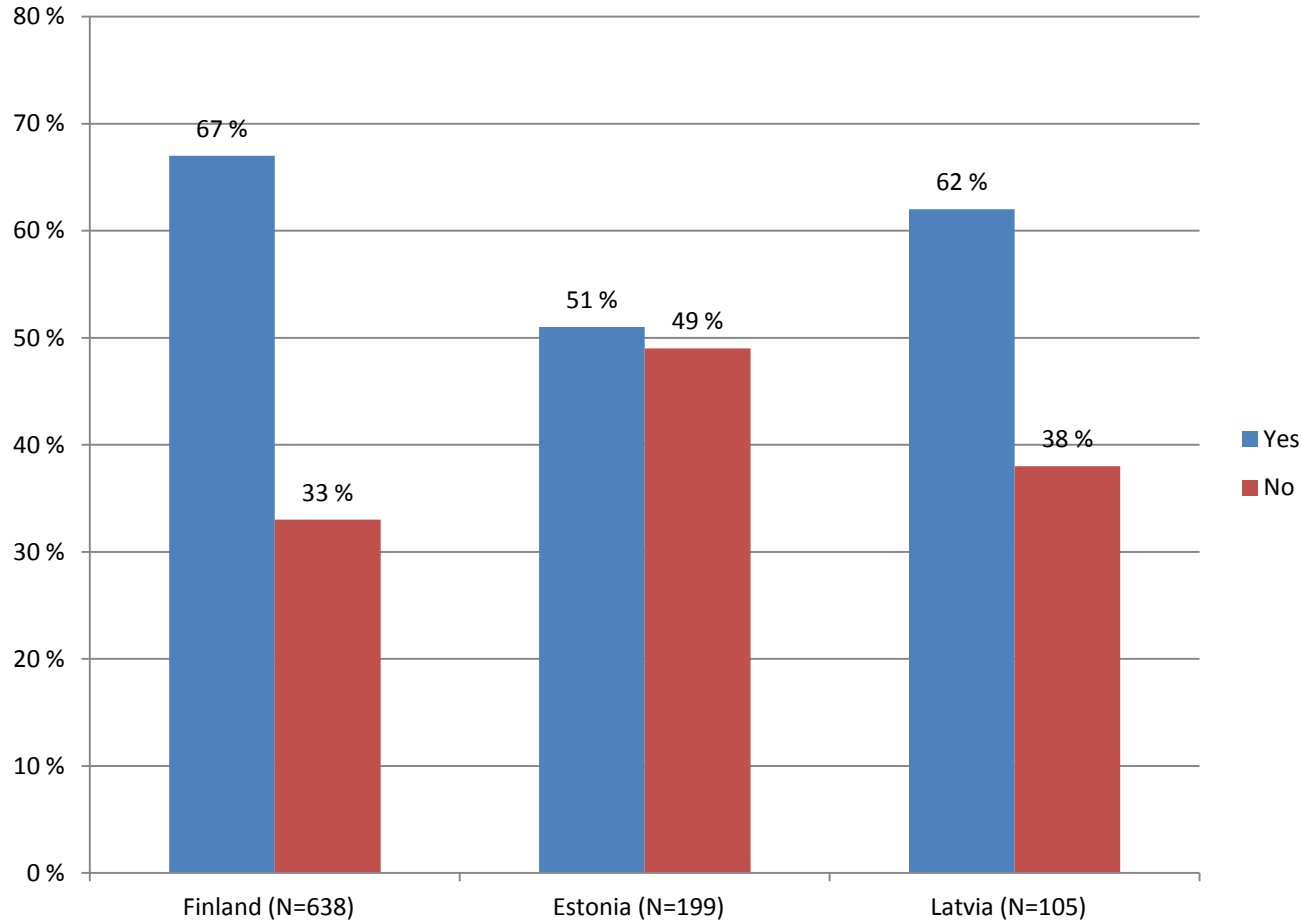
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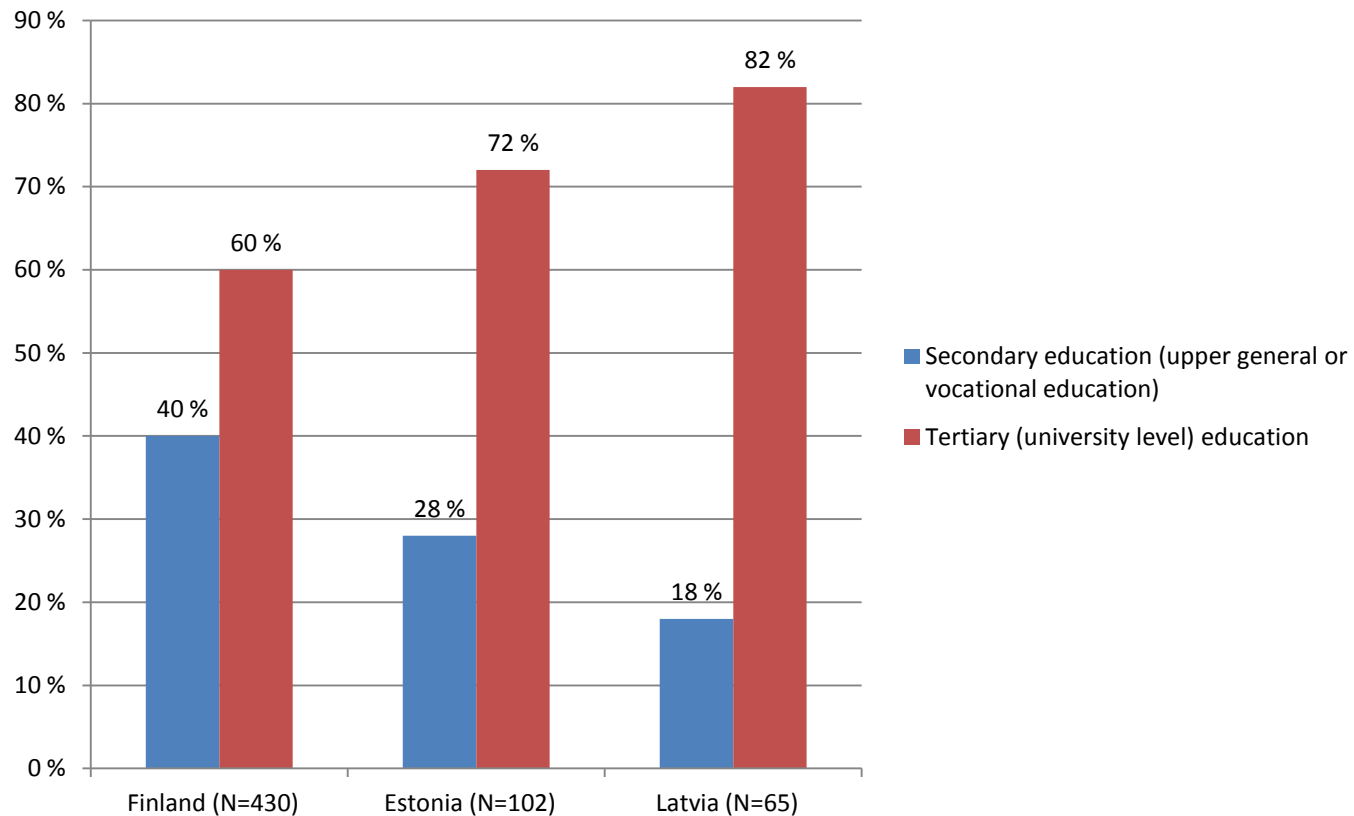
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## Are you enrolled as a student at the moment?



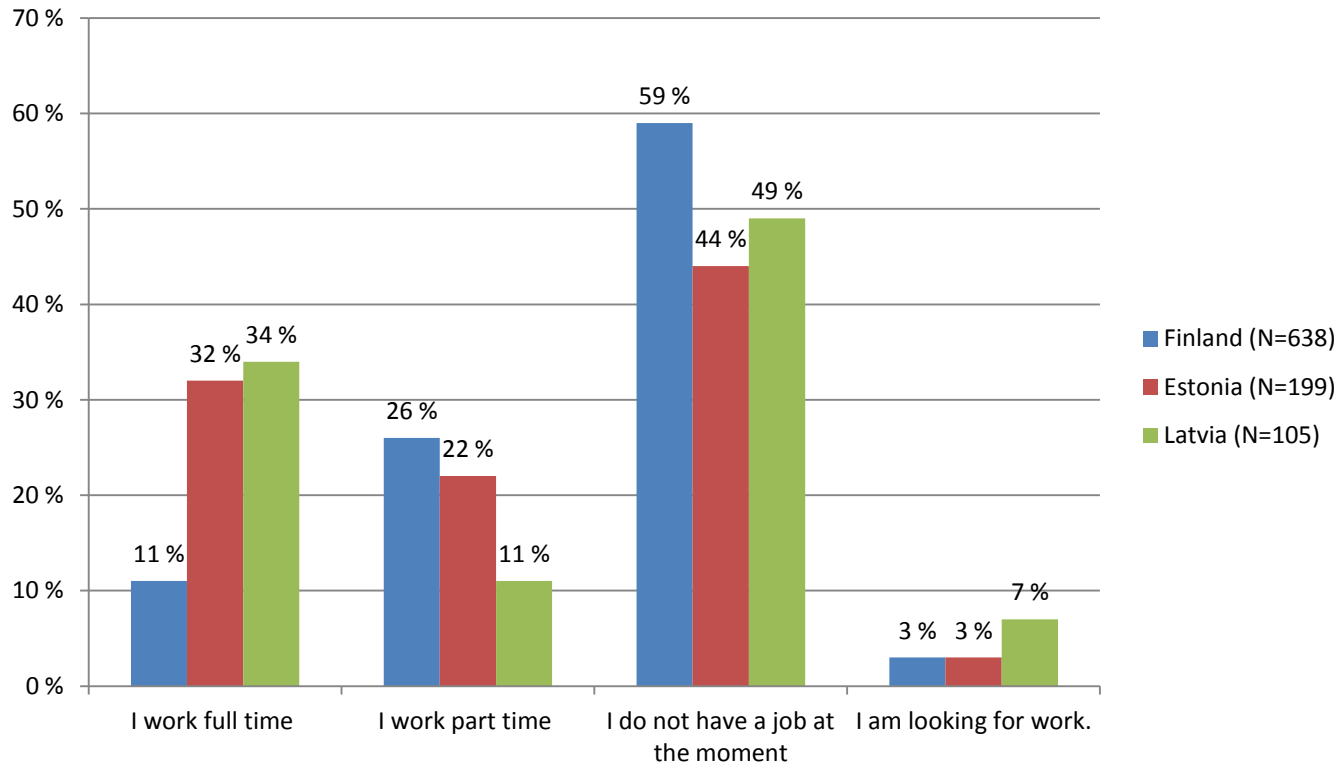


## If you answered "Yes" to the previous question, what is the level of your studies?



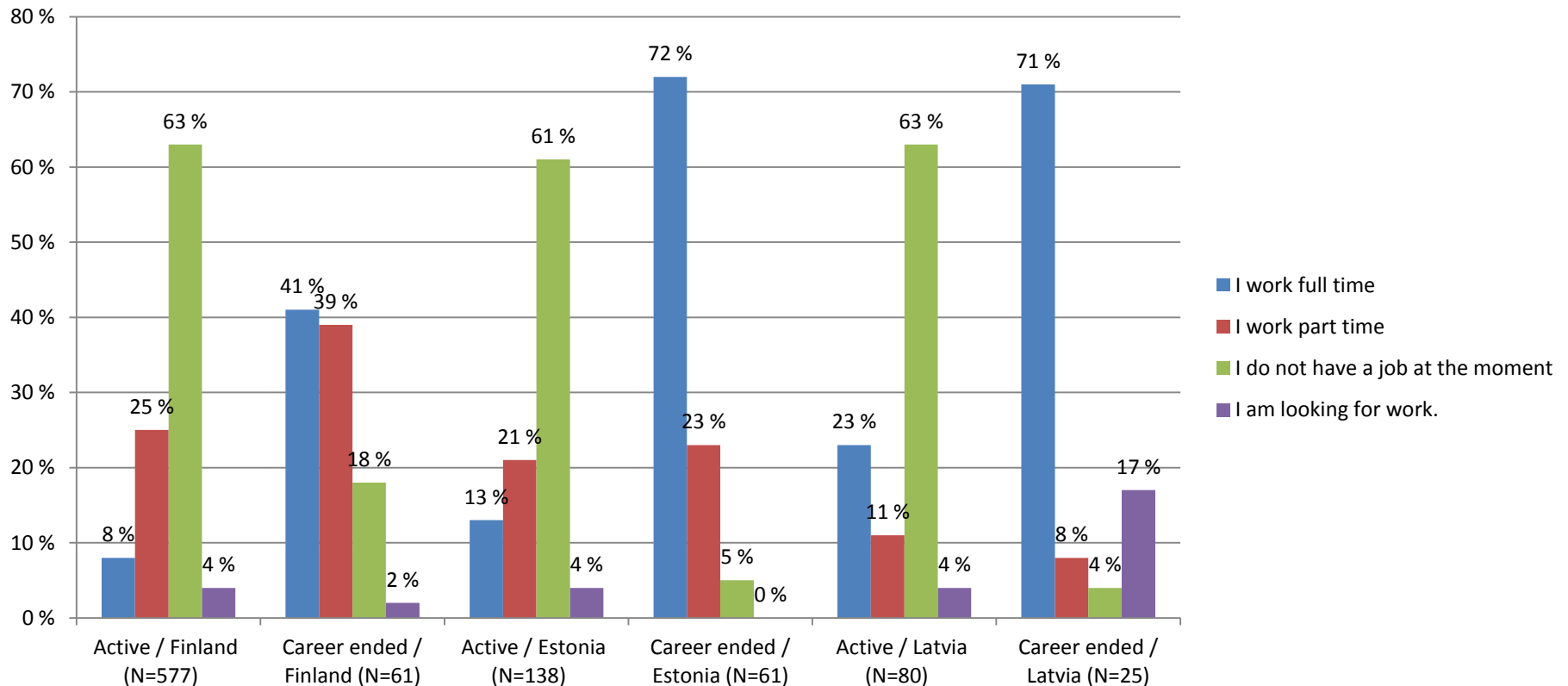


## Do you have a paid job at the moment? (Please note that this question does not concern your pay from sports)



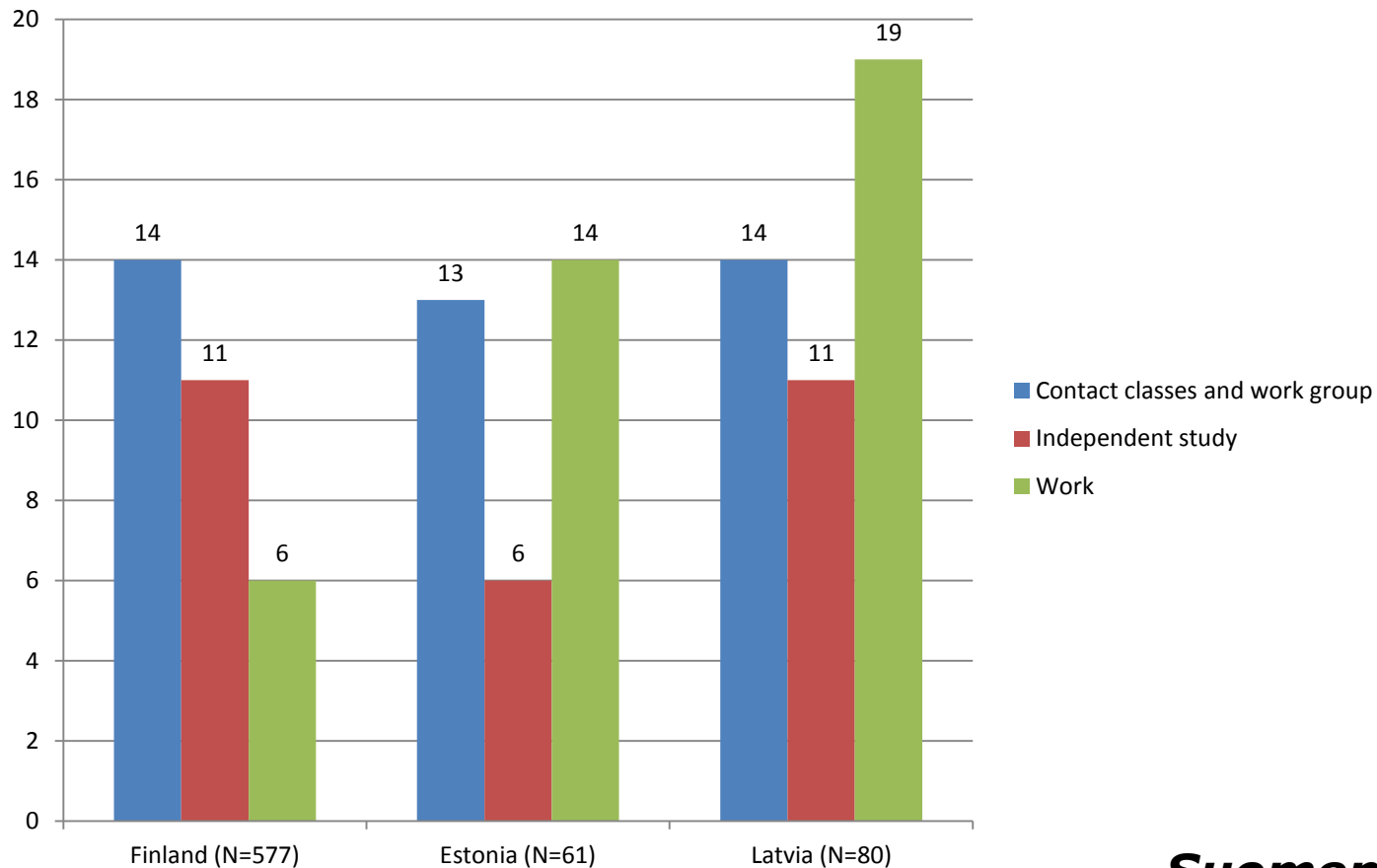


## Do you have a paid job at the moment? (Please note that this question does not concern your pay from sports)



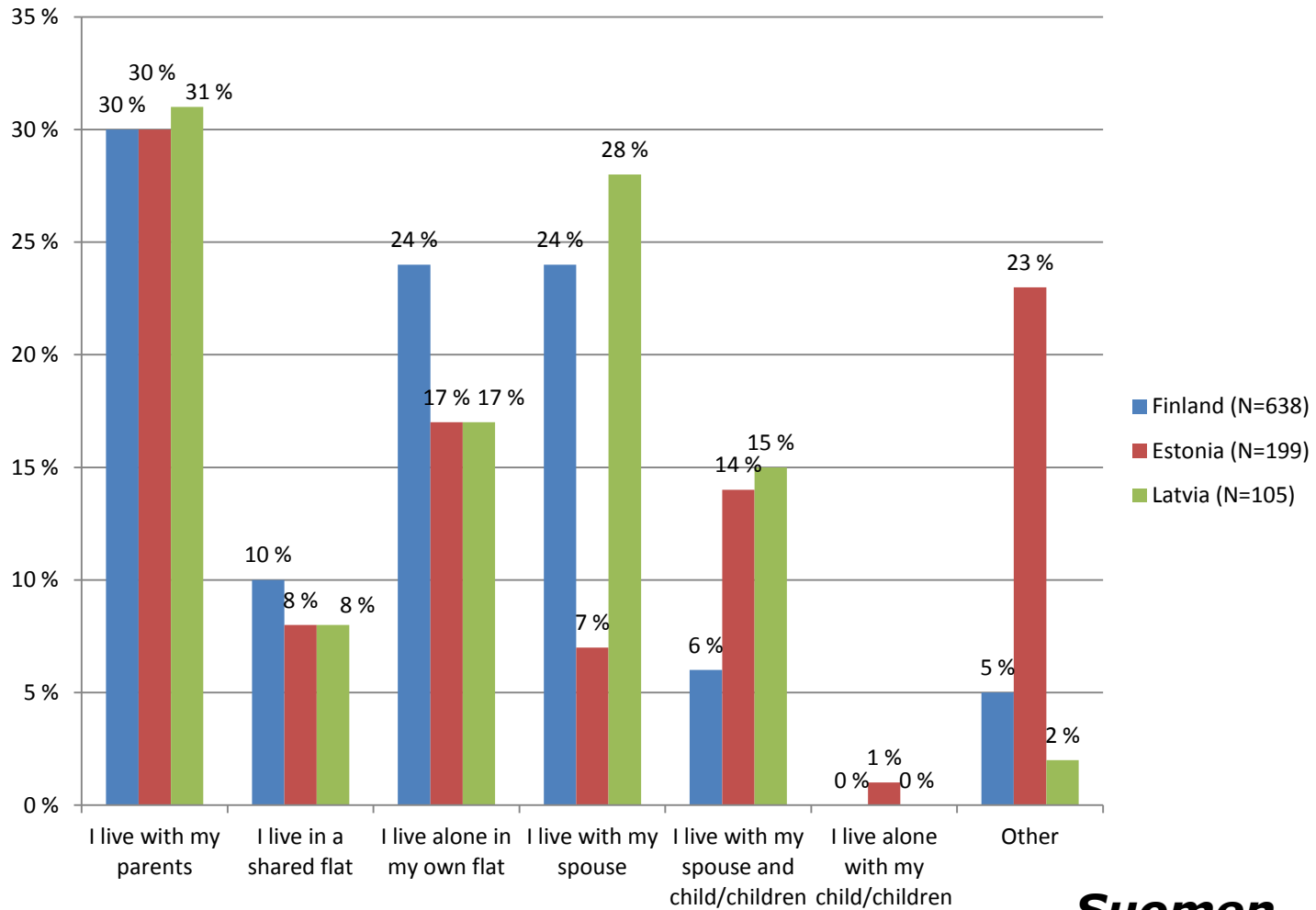


## On average, how much time (hours) do you spend on study/work related tasks in a week? (active athletes)

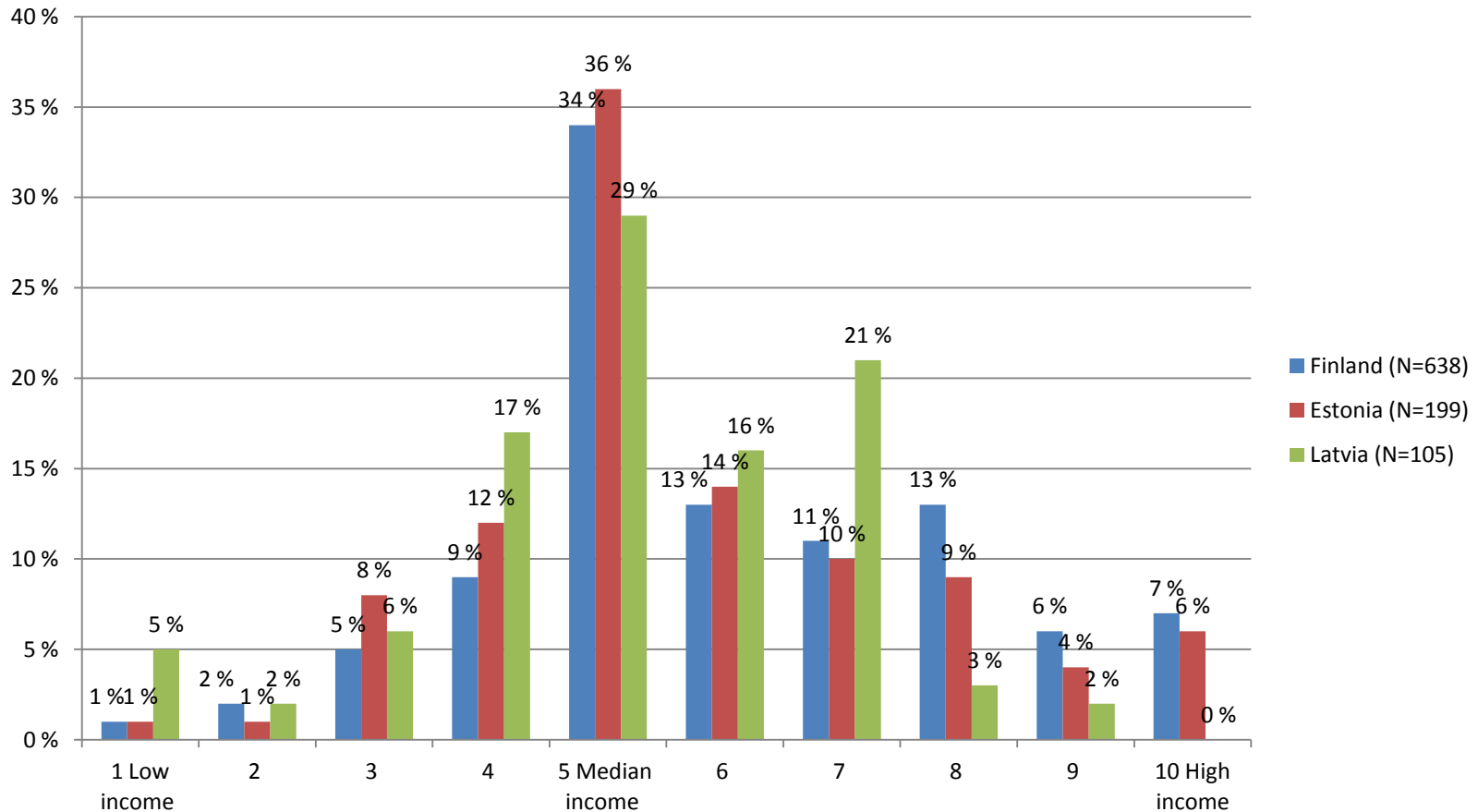




## What is your family/housing situation at the moment?



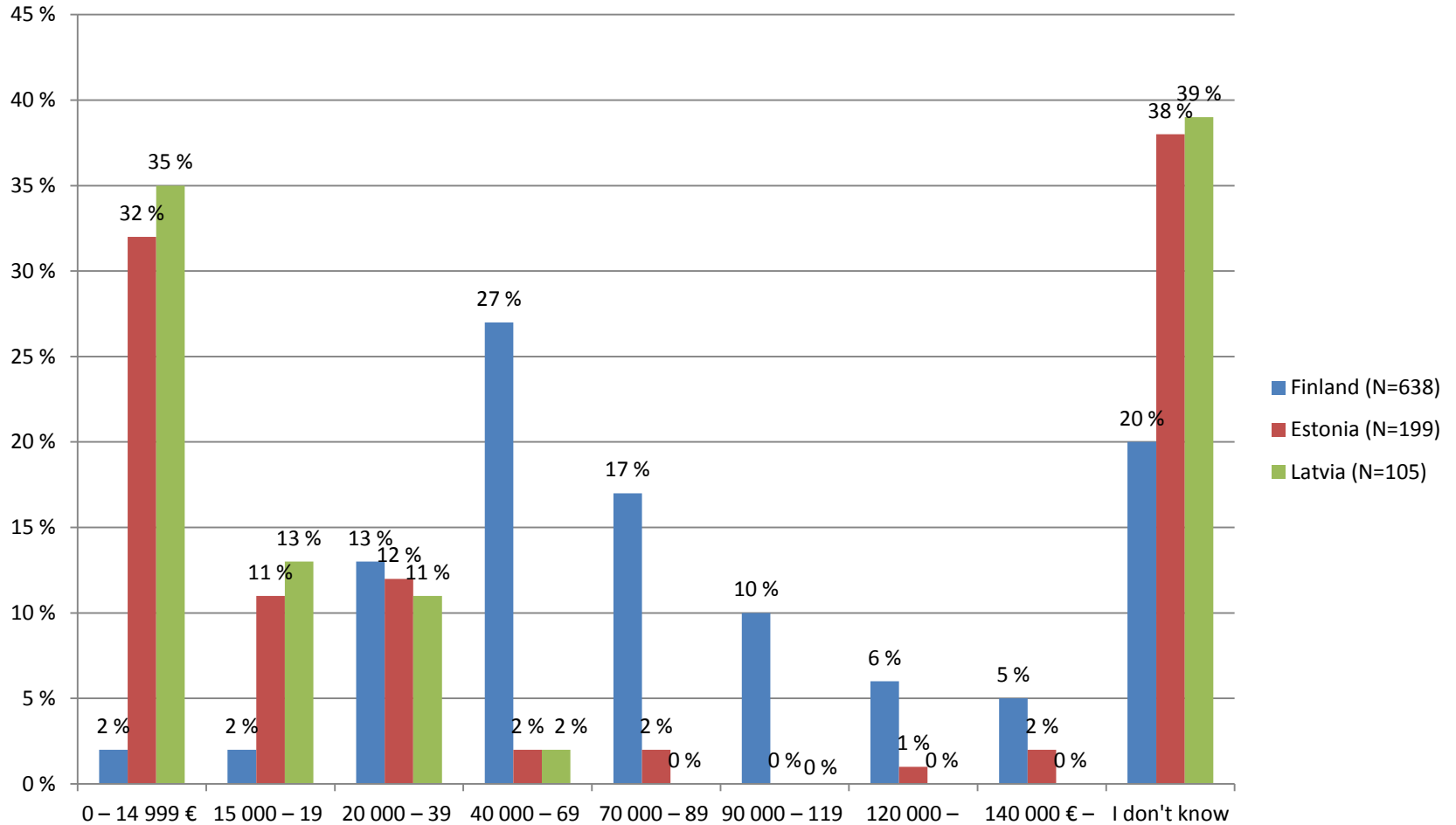
## What was the financial status of your parents at the time you were 16 or under?







## Estimate your parents' total annual gross (income before taxes) at the moment (Latvian currency converted into Euro)





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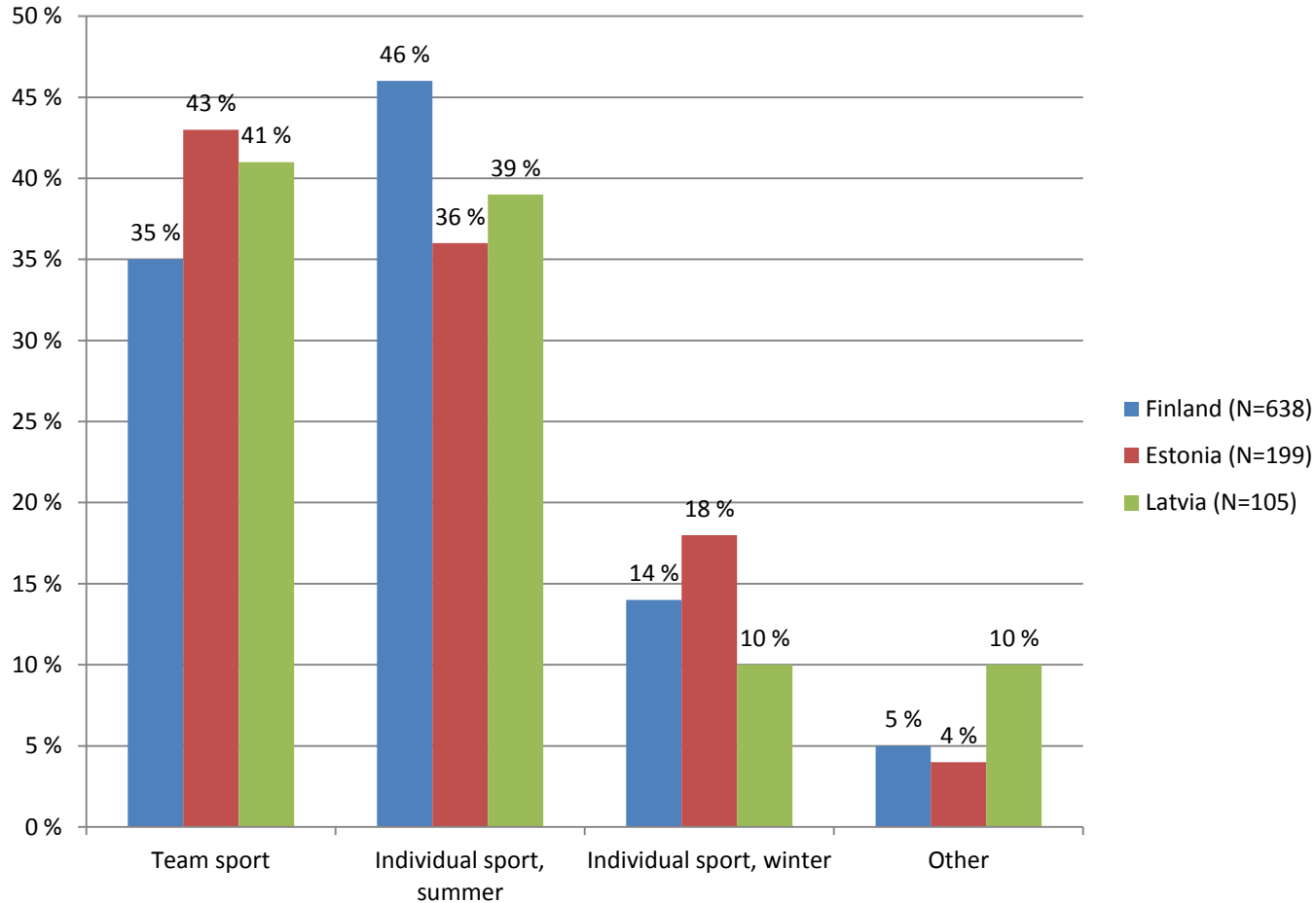


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# **Sports related questions**

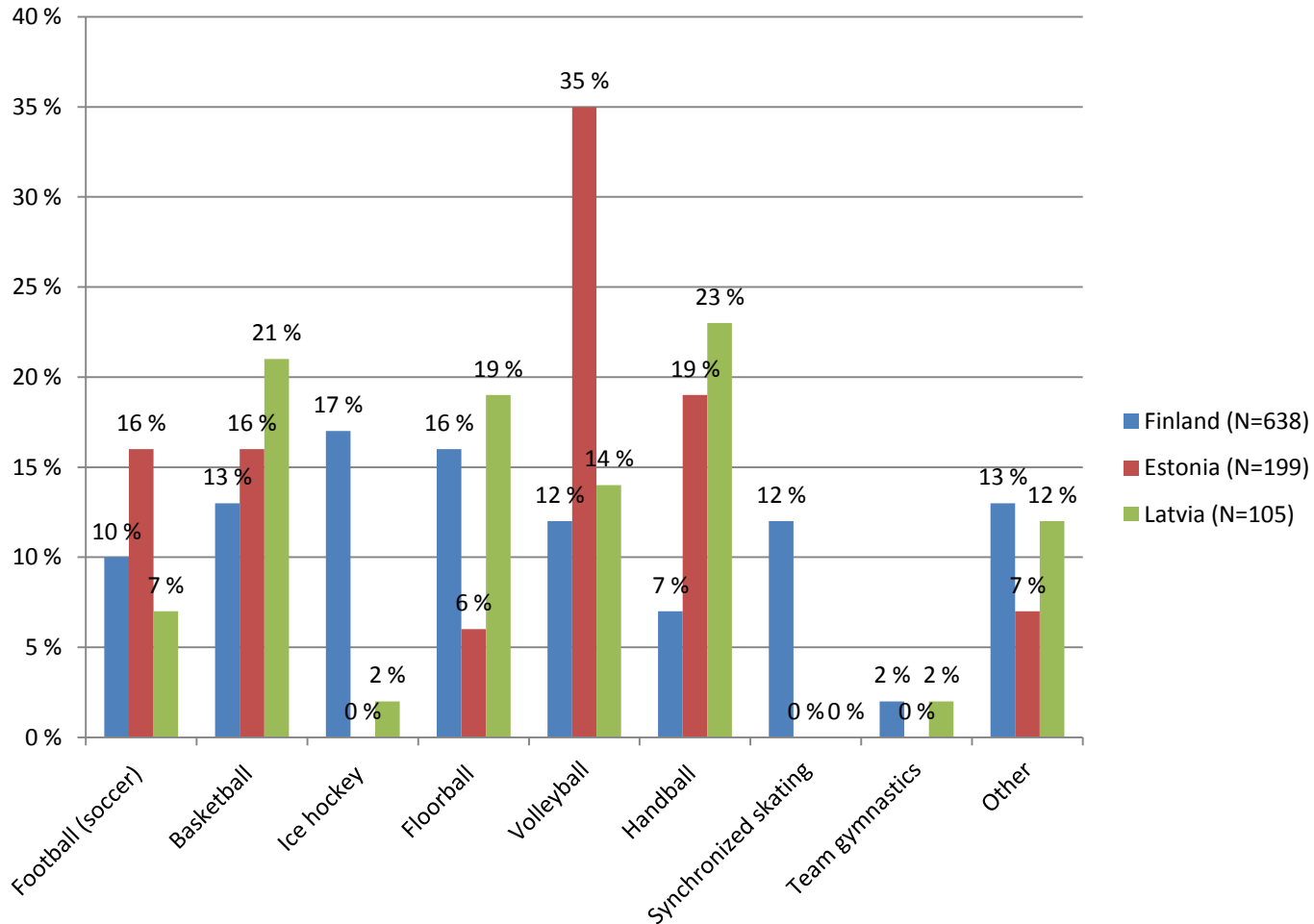


## What is your sport?





## Team sport



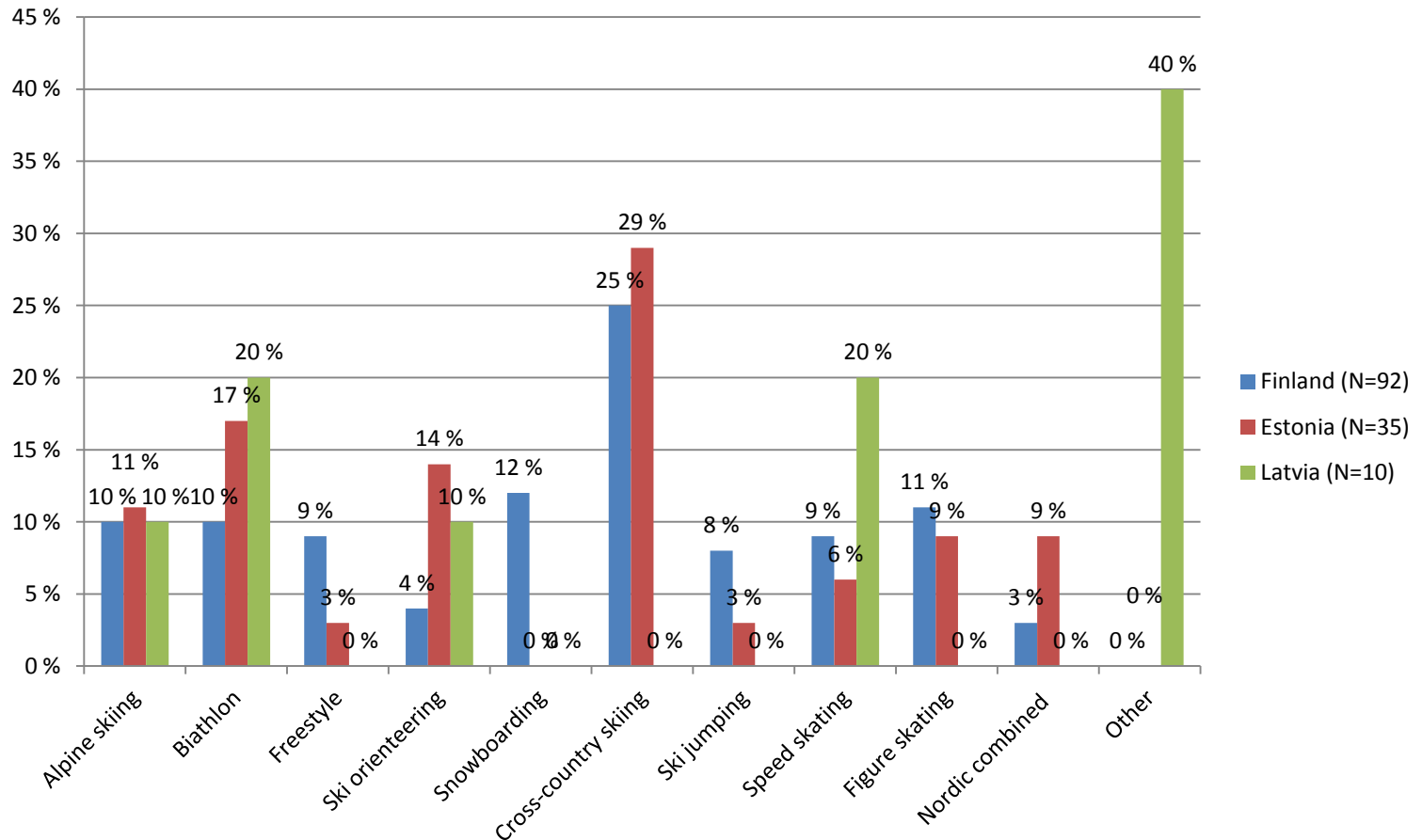


	Finland (N=224)	Estonia (N=71)	Latvia (N=41)
Shooting	4 %	3 %	0 %
Golf	1 %	0 %	0 %
Archery	1 %	0 %	0 %
Judo	5 %	6 %	0 %
10-pin bowling	0 %	0 %	0 %
Canoeing	2 %	4 %	5 %
Fencing	0 %	0 %	2 %
Boxing	1 %	1 %	0 %
Sailing	7 %	8 %	0 %
Wrestling	6 %	4 %	7 %
Weightlifting	1 %	1 %	2 %
Cycling	2 %	6 %	24 %
Table tennis	0 %	1 %	0 %
Riding	1 %	0 %	0 %
Rhythmic gymnastics	2 %	0 %	2 %
Badminton	3 %	20 %	0 %
Orienteering	5 %	18 %	2 %
Squash	0 %	0 %	0 %
Taekwondo	1 %	1 %	5 %
Dancesport	0 %	1 %	0 %
Apparatus gymnastics	3 %	0 %	2 %
Powerlifting	0 %	0 %	0 %
Tennis	1 %	0 %	0 %
Swimming	7 %	8 %	2 %
Diving	1 %	0 %	0 %
Track and field	40 %	3 %	32 %
Other	6 %	13 %	12 %

## Individual sport, Summer

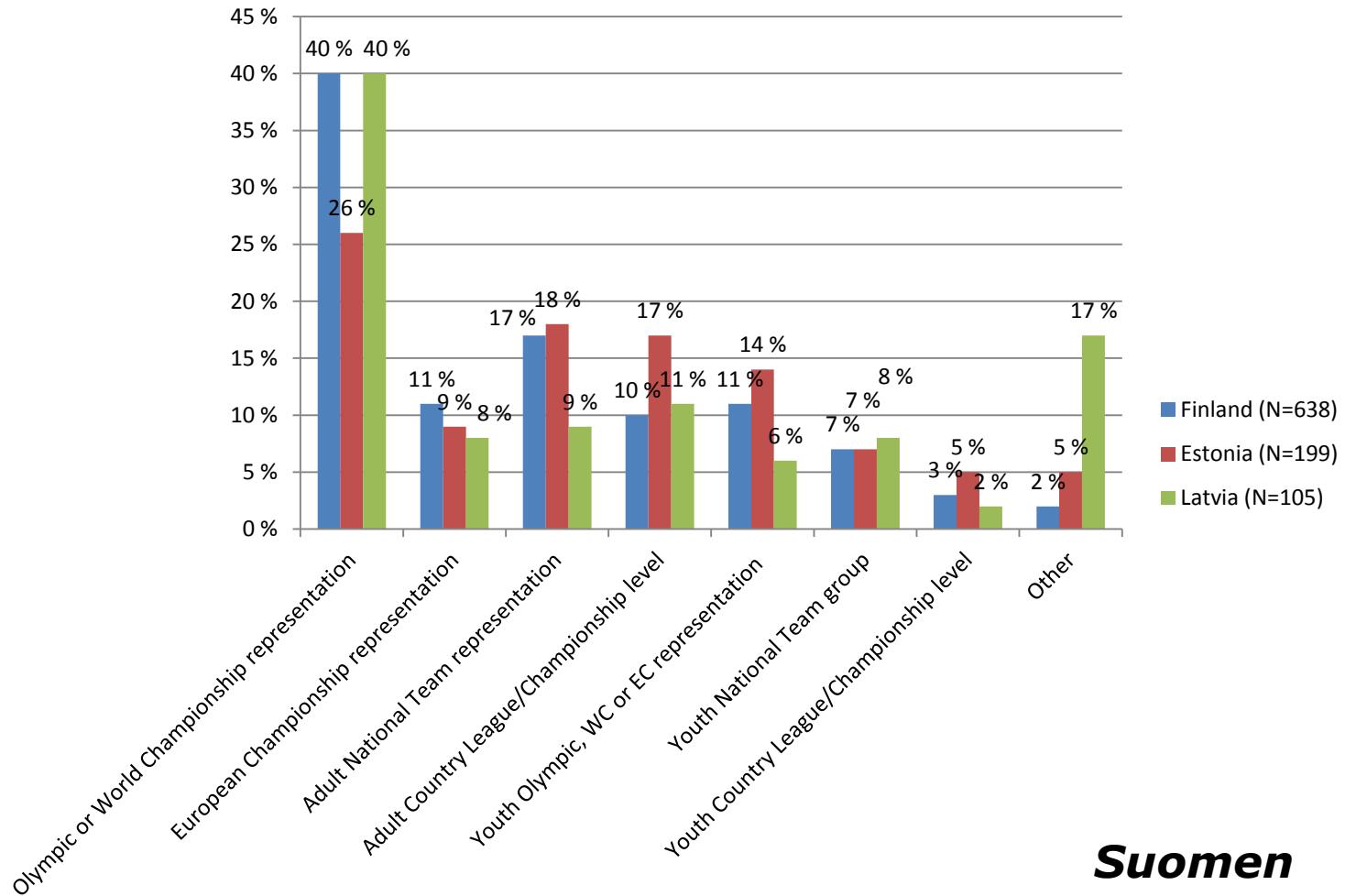


## Individual sport, Winter



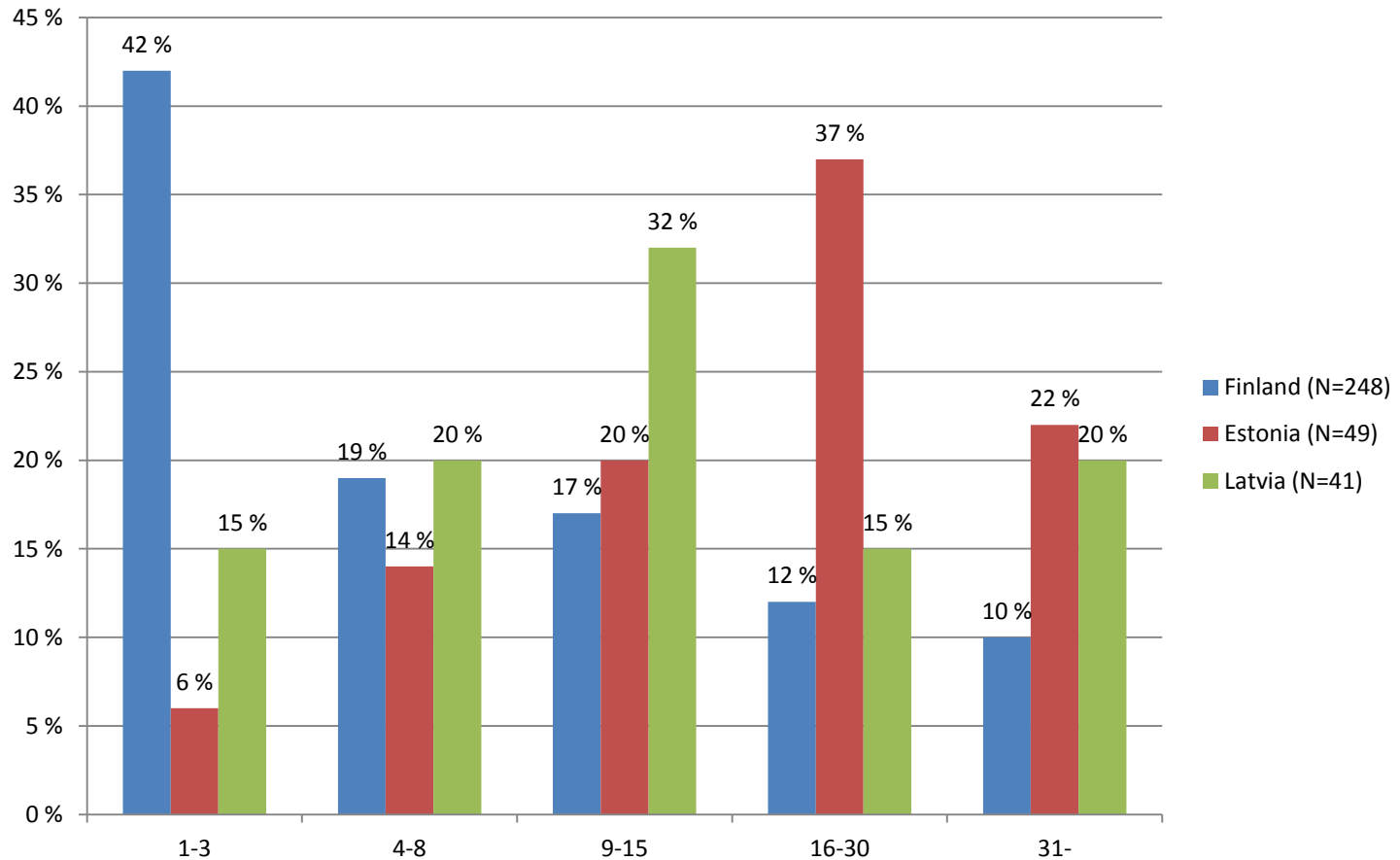


## What is the highest level that you have achieved in your sport?





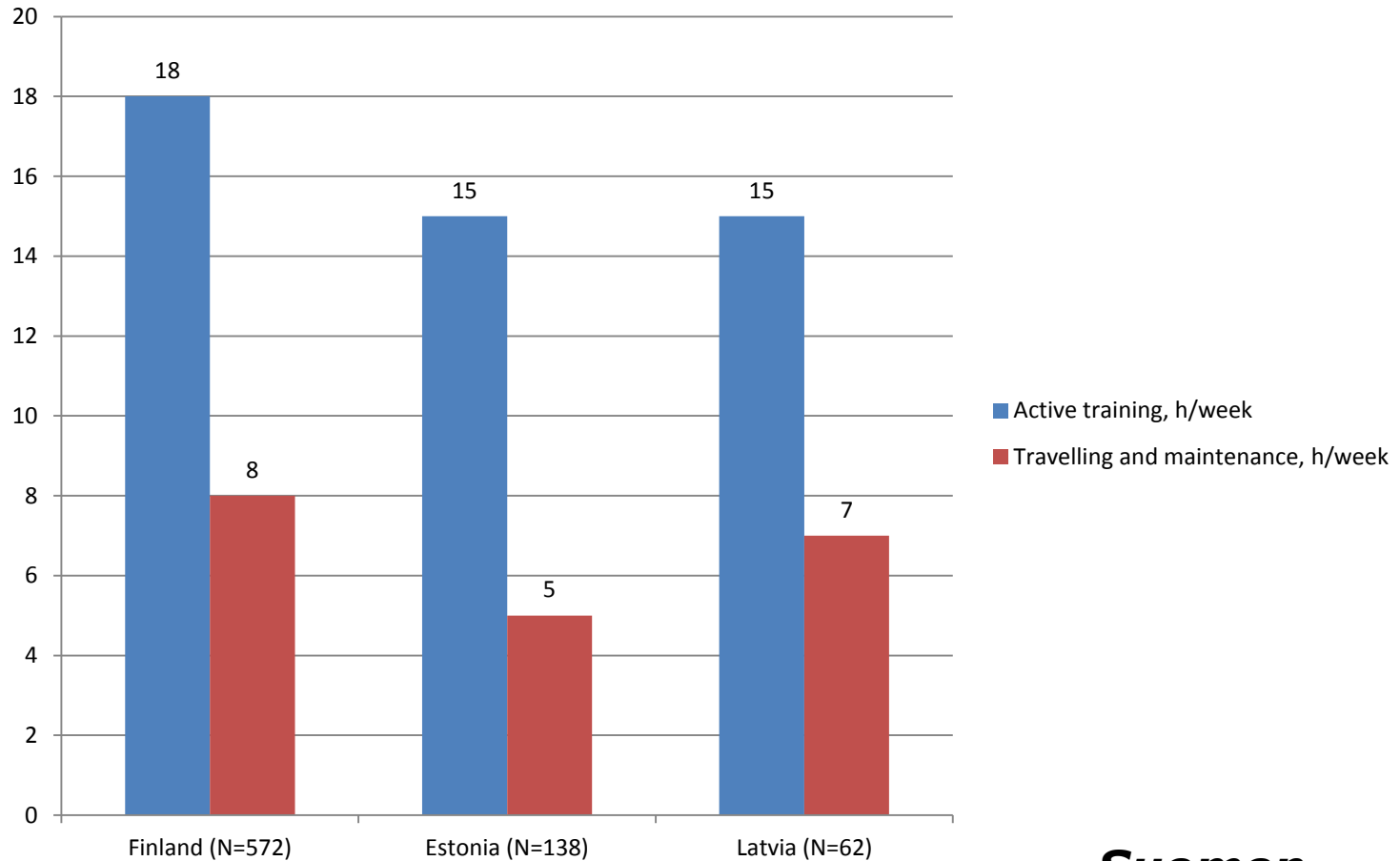
## Olympic or World Championship representation; highest placing?





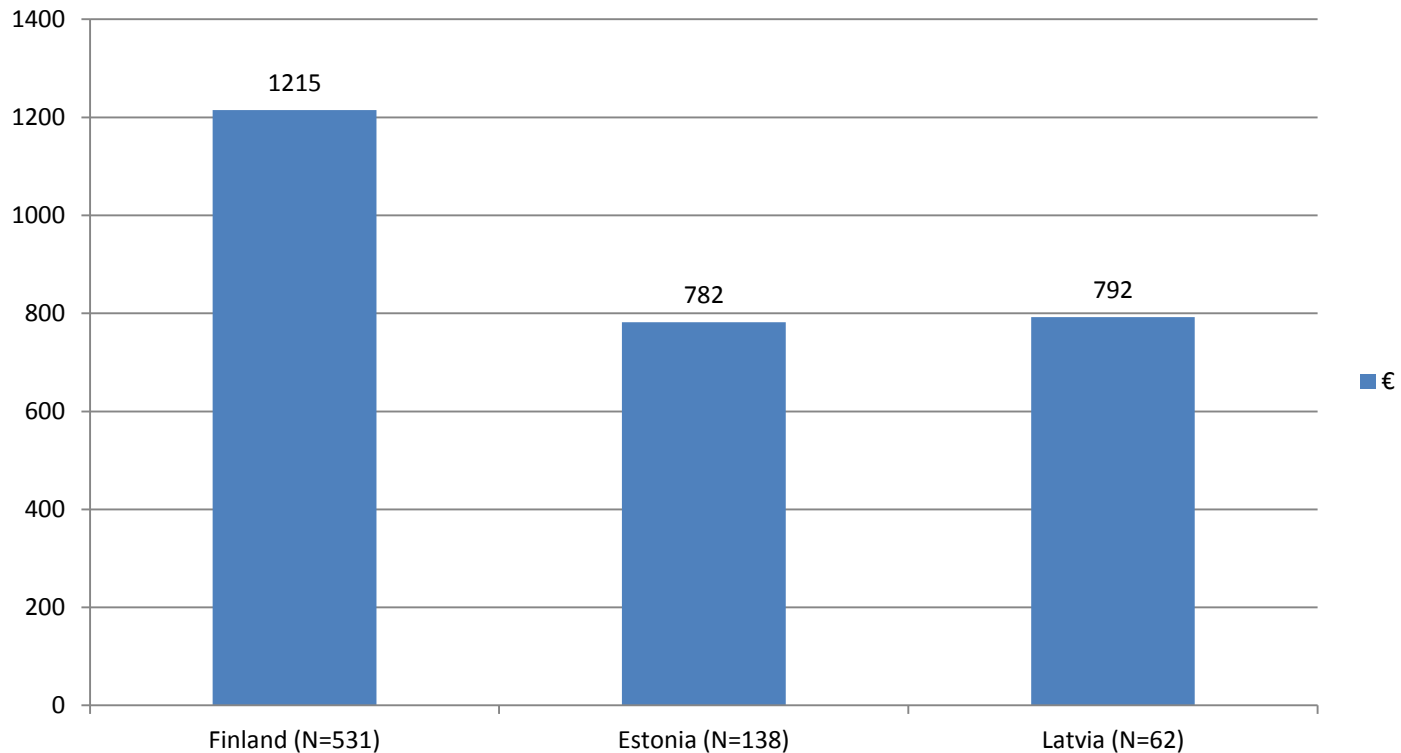


## On average, how much time do you spend on sports in a week?





**In your opinion, what is the smallest amount of money that you need to cover your monthly expenses, such as sports, studies, housing and other living expenses, at the moment? (Latvian currency converted into Euro)**



Finland	Estonia	Latvia
N=638	N=199	N=105

**Evaluate the following statements related to sports and civilian life on a scale of 1-5 as follows: 1= I completely disagree, 5= I completely agree**

1) My goals in sports are high and I am extremely motivated to reach them	4,54	4,39	4,39
2) The quality of my coaching is sufficiently high	3,93	3,49	3,86
3) In terms of quantity and quality, my training is at the level that makes it possible for me to reach the world top level	3,71	3,28	3,26
4) I have sufficient resources to cover the training, training camp and competition expenses caused by sports	2,97	2,63	2,64
5) My nutrition meets the requirements of elite sports	3,73	3,04	3,06
6) I sleep sufficiently and regularly in order to develop in an optimal manner as an athlete	3,83	3,64	3,56
7) My daily routine is balanced and supports my development as an athlete	3,12	3,46	3,39
8) The requirements of my civilian career do not prevent me from achieving my goals in sports	3,48	3,51	3,37
9) My parents, relatives and friends support me in my sports career	4,57	4,46	4,54
10) The financial support that I receive from the Olympic Committee, my sport federation, club and sponsors for the purpose of training and competitions is sufficient to cover the expenses caused by sports	2,39	2,36	2,71
11) I have succeeded in integrating my sports and civilian careers	3,61	3,12	3,06
12) I have sufficient means to cover my everyday expenses	3,26	3	2,71
13) My coaches take my civilian career into account when they plan my training	3,83	3,45	3,41
14) The requirements of my sports career do not prevent me from achieving the goals of my civilian career	3,33	3,18	2,96
15) I have sought help for the integration of my sports and civilian careers	2,24	2,15	2,38
16) I have received help for the integration of my sports and civilian careers	2,42	1,98	2,52
17) I have utilised the skills I have learnt in sports in my studies/work	4,07	3,88	3,73

	<b>Finland</b>	<b>Estonia</b>	<b>Latvia</b>
	<b>N=638</b>	<b>N=199</b>	<b>N=105</b>

**Estimate how important the following people have been as enablers of the integration of your sports and civilian careers on a scale of 1-5 as follows: 1 = Not at all important, 5 = Extremely important**

<b>Family</b>	<b>4,76</b>	<b>4,58</b>	<b>4,53</b>
<b>Coach</b>	<b>4,17</b>	<b>4,19</b>	<b>4,37</b>
<b>Study Counsellor</b>	<b>2,37</b>	<b>3,02</b>	<b>2,25</b>
<b>Career Counsellor</b>	<b>1,91</b>	<b>2,28</b>	<b>2,08</b>
<b>Manager</b>	<b>2,31</b>	<b>3,18</b>	<b>2,35</b>
<b>Teacher</b>	<b>2,54</b>	<b>2,69</b>	<b>2,68</b>
<b>Employer</b>	<b>2,72</b>	<b>3,34</b>	<b>2,87</b>
<b>Other</b>	<b>4,28</b>	<b>4</b>	<b>3,5</b>

Finland	Estonia	Latvia
N=638	N=199	N=105

**Evaluate the following statements related to sports and civilian life on a scale of 1-5 as follows:  
1= I completely disagree, 5= I completely agree.**

<b>I am able to adjust my studies to the requirements of sports in a flexible way</b>	3,39	3,5	3,76
<b>I am studying in a field that really interests me</b>	3,95	3,89	3,74
<b>I would prefer starting studies after my sports career</b>	2,46	2,23	1,7
<b>My parents encourage me to study alongside my sports career</b>	4,42	4,47	4,2
<b>My coaches encourage me to study alongside my sports career</b>	3,77	3,63	3,85



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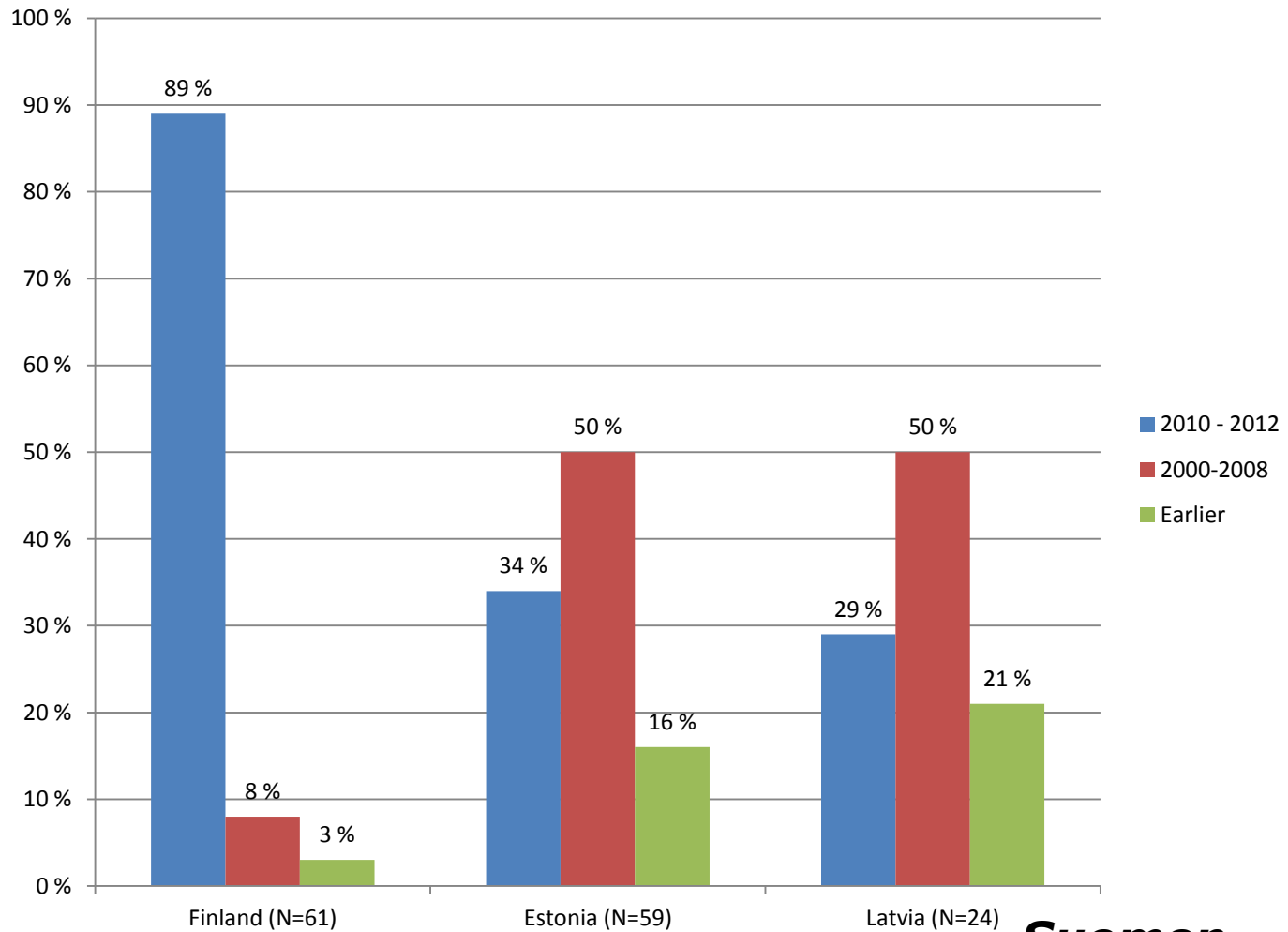
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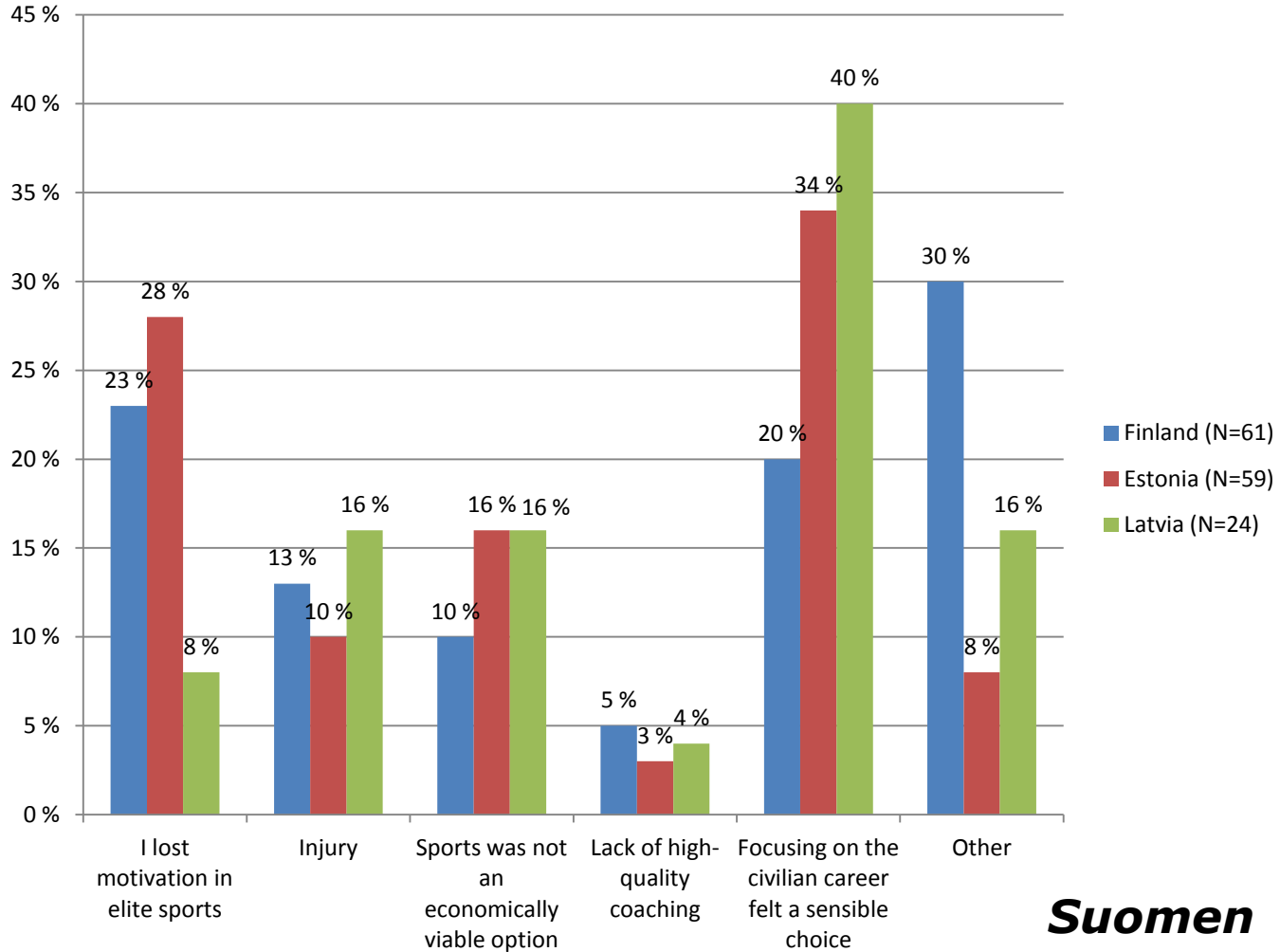
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# **Athletes who have ended their sports careers**

## When did you end you sports career (year)?



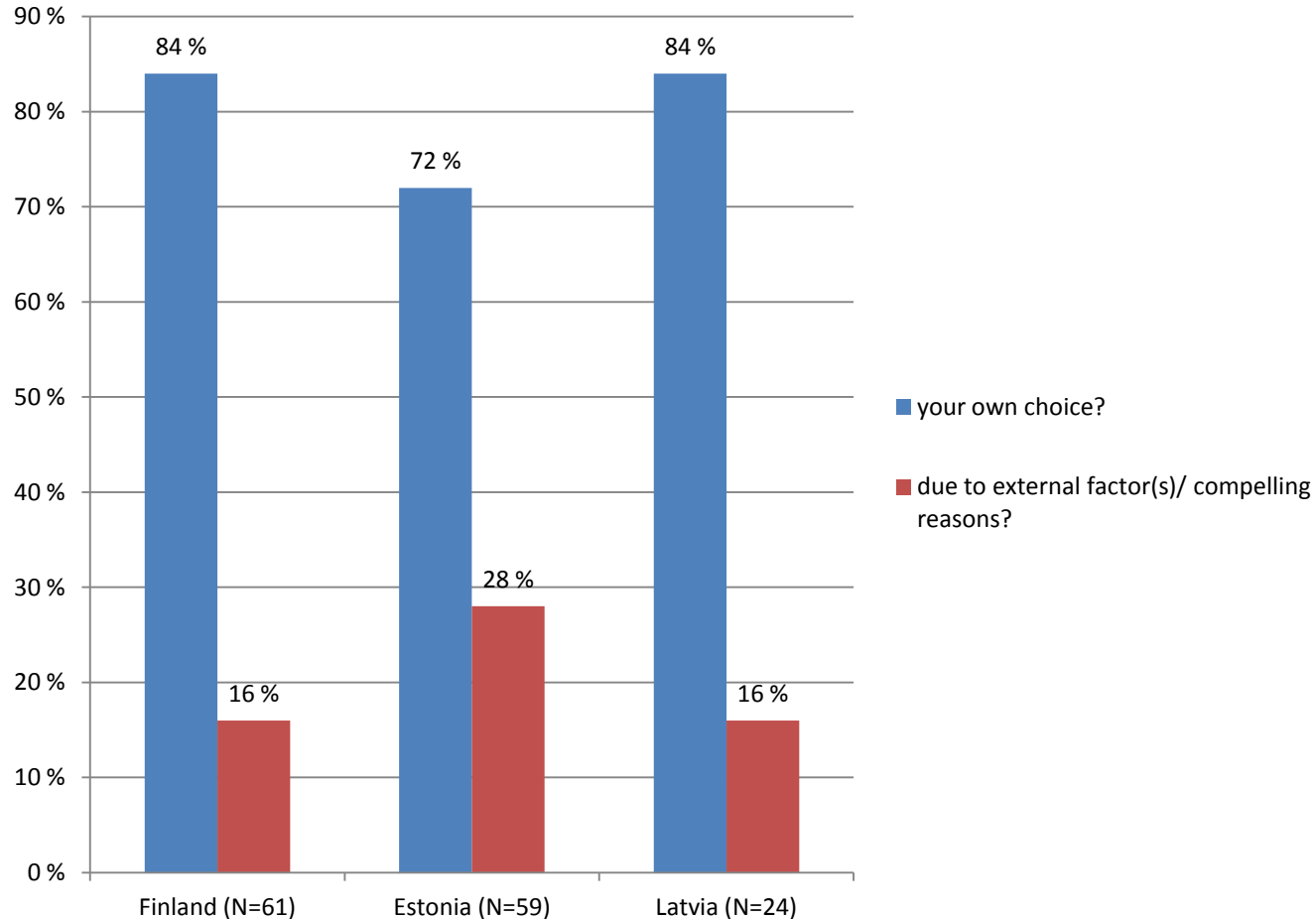
## Why did you end your sports career?





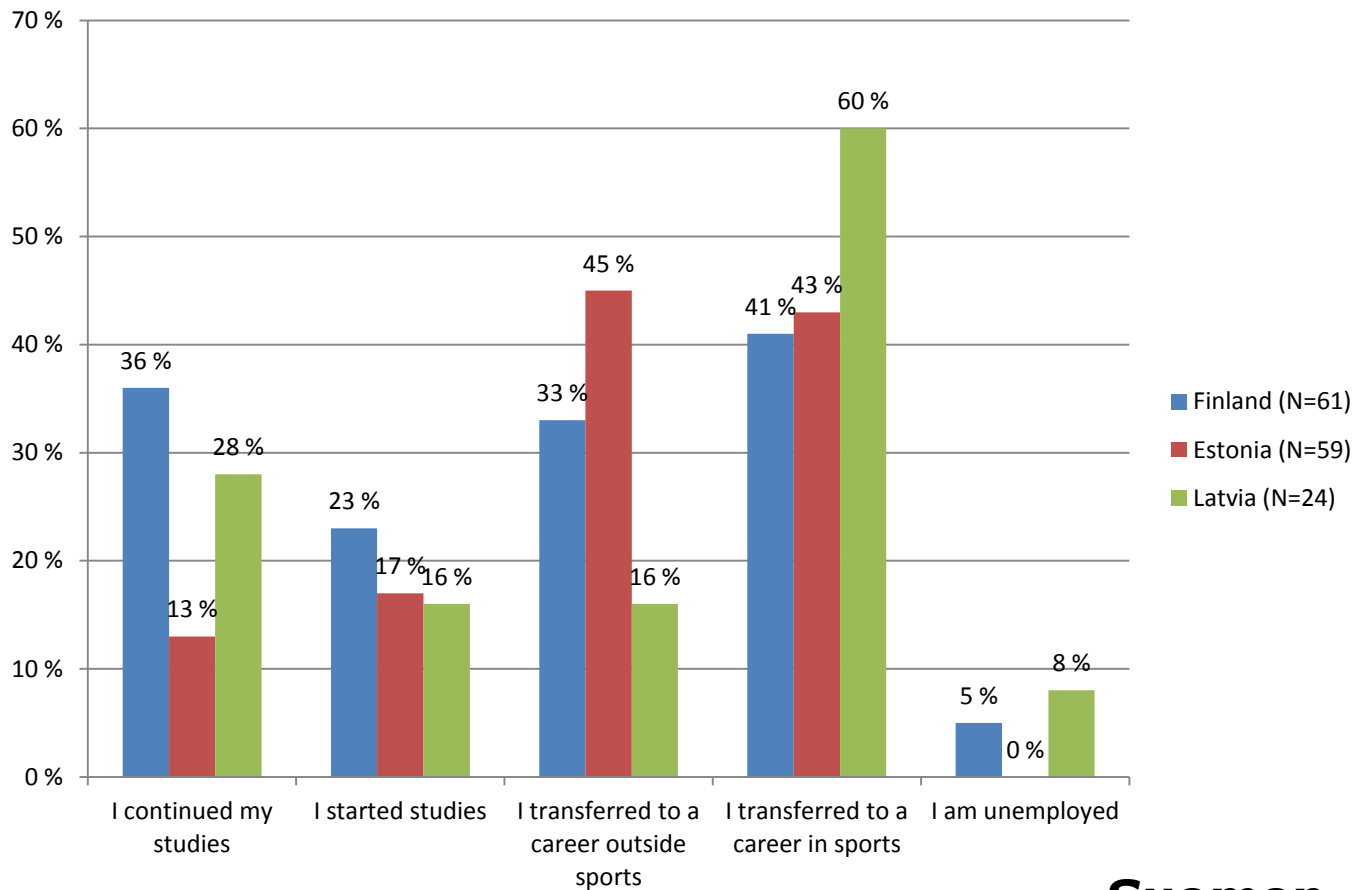


## Was the decision to end your sports career...



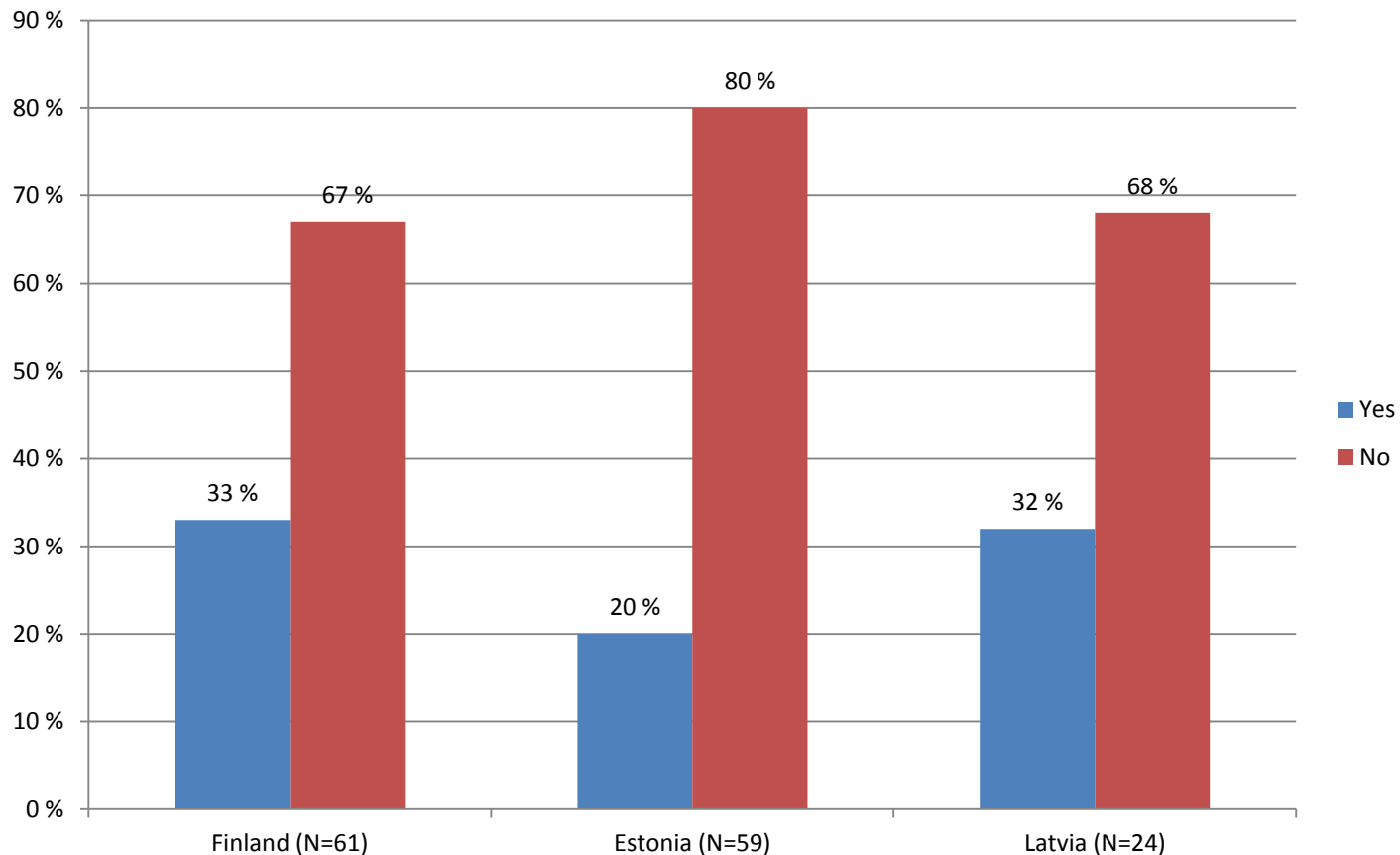


## After my sports career, I... (You can tick more than one choice)





## After your decision to end your sports career, have you felt that you need support for career planning and life management?





	<b>Finland</b>	<b>Estonia</b>	<b>Latvia</b>
	<b>N=61</b>	<b>N=59</b>	<b>N=24</b>

**How much help have you received from the following? 1-5 None / A lot**

<b>Family</b>	<b>4,6</b>	<b>3,75</b>	<b>3,5</b>
<b>Coach</b>	<b>3,45</b>	<b>2,83</b>	<b>2,63</b>
<b>Other athletes</b>	<b>3,15</b>	<b>2,33</b>	<b>2,25</b>
<b>My sport federation</b>	<b>1,55</b>	<b>2,17</b>	<b>2</b>
<b>Olympic Committee</b>	<b>1,8</b>	<b>1,18</b>	<b>1,67</b>
<b>Other</b>	<b>3,6</b>	<b>2,25</b>	<b>1,5</b>



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## Have you known how to ask for help if you have needed it?

