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Active in Sport Again!

SURVEY ANALYSIS – CROATIA, BULGARIA, SLOVENIA



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I. INTRODUCTION

The Erasmus + sport project **“Active in Sport Again!”** aims to encourage social inclusion of former elite athletes by organizing non formal workshops and recreational sport activities in order to increase their capacity and support their reactivation in sport and everyday life.

The specific objectives of the action are:

- raising awareness on the status and importance of social inclusion of former elite athletes
- raising awareness on the importance of organizing recreational sport activities for former athletes in order to increase and/or improve their psychophysical condition that will benefit to their physical and mental health and quality of life
- building the capacity of former elite athletes on how to face their post-sport career challenges
- systematically collecting and recording the best practice cases and experts recommendations, programs in the field of mobilizing and motivating the former elite athletes to recreational sport activities, in order to develop **“Active in Sport Again Manual”**

The project duration is 18 months

Start: 01-01-2020 - End: 30-06-2021

Project Reference: 613379-EPP-1-2019-1-HR-SPO-SSCP

EU Grant: 53 250 EUR

Programme: Erasmus+

Key Action: Sport

Action Type: Collaborative Partnerships

PROJECT COORDINATOR:

DRUŠTVO SPORTAŠA VETERANA I REKREATIVACA

PROJECT PARTNERS:

SPORTS FEDERATION OF AJDOVŠČINA (SFoA)

BULGARIAN SPORTS DEVELOPMENT ASSOCIATION (BSDA)

- **In the scope of WP1 all project partners conducted a survey for former athletes regarding their formal education, their current activity in sport, physical and mental condition, their ability and opportunities of social inclusion after the end of sport career.**

II. "AS-A" QUESTIONNAIRE

1. Age _____

2. Gender: a) Female
b) Male
c) Prefer not to say

3. Which sports did you practice during your sports career?
 - a. National
 - b. International
 - c. Olympic

4. Are you employed?
 - a. No, I'm still at school
 - b. No, I'm registered with the employment service
 - c. Yes, as a fixed-term contract employee
 - d. Yes, I'm permanently employed
 - e. I have been retired since _____

5. Your highest educational level achieved
 - a. Elementary
 - b. Secondary
 - c. Tertiary
 - d. Bacc.
 - e. MDA
 - f. PhD

6. Did you ever took part in an non-formal education activities?

- a. Yes
- b. No

If YES, please elaborate: _____

7. How long did your sport career last (years):

- a. 0-5
- b. 5-10
- c. 10-20

8. Reason of termination of your professional sport career?

(rank from 1-most important reason to 9-least important reason)

- age _____
- strong competition _____
- injury _____
- disease _____
- family circumstances (e.g. separation from family, desire to spend more time with the family etc.) _____
- mental fatigue (e.g. sports became more of a burden than pleasure to you) _____
- financial reasons (e.g. better income or prospects elsewhere) _____
- continuation of schooling _____
- other reasons (e.g. bad human relations within the club) _____

9. Was the termination of your professional athlete career self-initiated?

- a. Yes
- b. No

10. Your level of satisfaction with the results achieved during your professional athlete career ?

- a. Very dissatisfied
- b. Moderately dissatisfied
- c. Neither satisfied nor dissatisfied
- d. Moderately satisfied
- e. Very satisfied

11. Level of satisfaction with your own standard of living in comparison with the general standard of living in your country?

- a. Very dissatisfied
- b. Moderately dissatisfied
- c. Neither satisfied nor dissatisfied
- d. Moderately satisfied
- e. Very satisfied

12. Level of satisfaction with your economic status during your professional athlete career?

- a. Very dissatisfied
- b. Moderately dissatisfied
- c. Neither satisfied nor dissatisfied
- d. Moderately satisfied
- e. Very satisfied

III. SURVEY ANALYSIS – CROATIA, BULGARIA, SLOVENIA

CROATIA – 37 respondents participated in the questionnaire

SLOVENIA - 15 respondents participated in the questionnaire

BULGARIA - 28 respondents participated in the questionnaire

The textual analysis of the answers to the 12 questions follows below, all with the aim of obtaining an analysis of the situation regarding the observation of the personal socio-economic status of former elite athletes from three European countries.



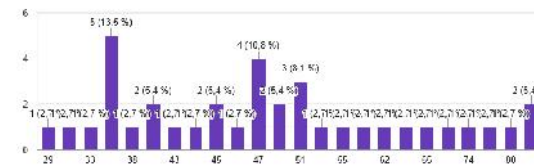
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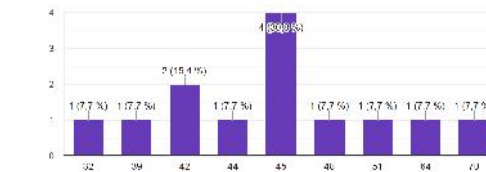
1. AGE?

CROATIA		SLOVENIA		BULGARIA	
20 – 39	9	20 – 39	2	20 – 39	19
40-59	19	40-59	9	40-59	9
60-79	6	60-79	4	60-79	0
80 +	3	80 +	0	80 +	0

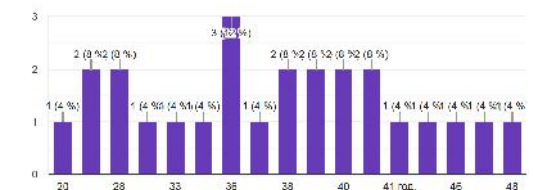
1. Godina života
37 odgovora



Stanost
10 odgovora



1. Буџаџи
20 одговора



Conclusion:

The answer shows for three countries, participants in the AS-A project, that former elite athletes aged 20 to 81 are interested in the subject, from which it can be concluded that respondents have different life, sports, economic and social experience which may contribute to this study.

As the age difference scale of the respondents is almost 60 years, it is commendable that all respondents filled in the questionnaire electronically and showed equal interest in completing the questionnaire.

2. GENDER?

CROATIA		SLOVENIA		BULGARIA	
M	F	M	F	M	F
31 - 83,8 %	6 - 16,2 %	9 - 60 %	6 - 40 %	19 - 66,7 %	9 - 33,3 %
2. Spol 37 odgovora 		Spol 13 odgovora 		2. Пол 28 odgovora 	

Conclusion:

The results show that in all three countries there was higher interest from the male population. For Croatia, this difference in percentage is more pronounced compared to Slovenia and Bulgaria, which are almost the same in the presentation of results.

The results are realistic since ultimately, there are more male elite athletes than female.

3. Which sports did you practice during your sports career?

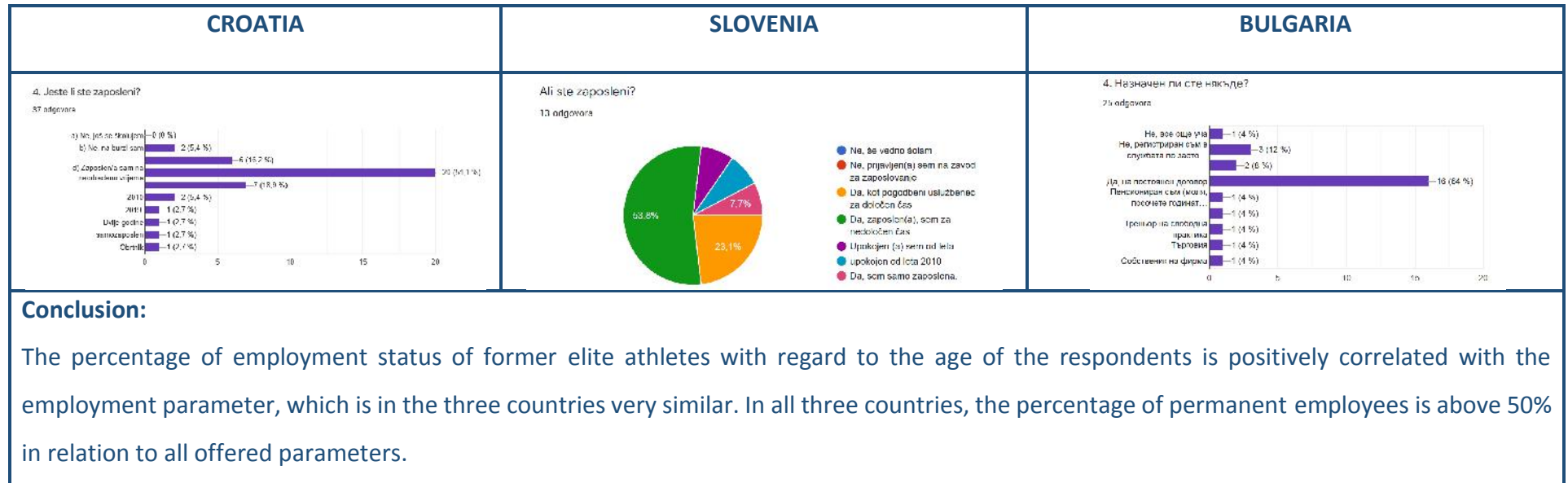
CROATIA		SLOVENIA		BULGARIA	
National	32,4 %	National	38,5 %	National	48 %
International	45,9 %	International	61,5 %	International	52 %
Olympic	43,2 %	Olympic	0 %	Olympic	0 %

<p>3. Kojim sportom ste se bavili u Vašoj sportskoj karijeri?</p> <p>17 odgovora</p> <table border="1"> <caption>Croatia Sports Career Levels</caption> <thead> <tr> <th>Level</th> <th>Count</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Nacionalni</td> <td>12</td> <td>69.4 %</td> </tr> <tr> <td>Medunarodni</td> <td>17</td> <td>100 %</td> </tr> <tr> <td>Olimpijski</td> <td>16</td> <td>94.1 %</td> </tr> </tbody> </table>	Level	Count	Percentage	Nacionalni	12	69.4 %	Medunarodni	17	100 %	Olimpijski	16	94.1 %	<p>Nivo takmovanja katere ste se udeleževali v svoji športni karieri?</p> <p>10 odgovora</p> <table border="1"> <caption>Slovenia Competition Levels</caption> <thead> <tr> <th>Level</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Državni</td> <td>38.5 %</td> </tr> <tr> <td>Mednarodni</td> <td>61.5 %</td> </tr> </tbody> </table>	Level	Percentage	Državni	38.5 %	Mednarodni	61.5 %	<p>3. С какъвъ спорт се занимавахте по време на вашата спортна кариера?</p> <p>25 отговора</p> <table border="1"> <caption>Bulgaria Competition Levels</caption> <thead> <tr> <th>Level</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Национално ниво</td> <td>48 %</td> </tr> <tr> <td>Международно ниво</td> <td>52 %</td> </tr> </tbody> </table>	Level	Percentage	Национално ниво	48 %	Международно ниво	52 %
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Conclusion:

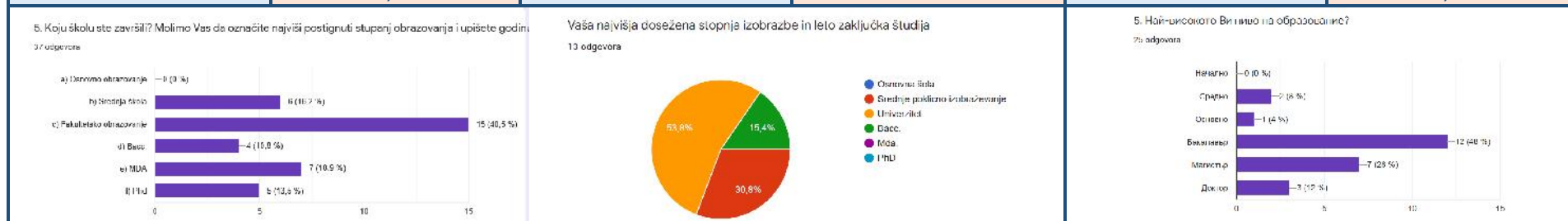
The results with a large percentage show that only the respondents from Croatia - former elite athletes were engaged in the Olympic Games - 43.2%. Most of the respondents from 3 EU states were engaged in International competitions (European or World championships).

4. Are you employed?



5. Your highest educational level achieved

CROATIA 		SLOVENIA		BULGARIA 	
Elementary	0%	Elementary	0%	Elementary	0%
Secondary	16,2%	Secondary	40%	Secondary	7,1%
Tertiary	40,5%	Tertiary	46,7%	Tertiary	3,6%
Bacc.	10,8%	Bacc.	13,3%	Bacc.	10,8%
MDA	18,9%	MDA	0%	MDA	18,9%
PhD	13,5%	PhD	0%	PhD	10,7%





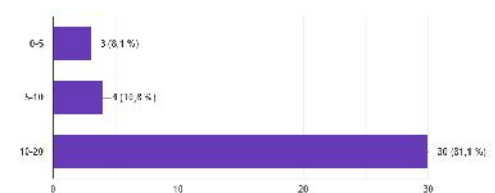
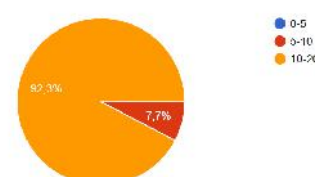
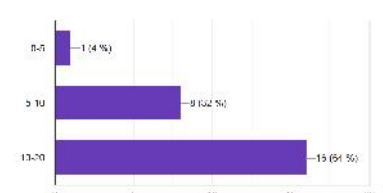
Conclusion:

The results show that a large number of respondents have completed higher (above 50% in all three countries), which is extremely commendable given the long sports career, sacrifice and aggravating circumstances such as training processes, preparations, travel and competitions, which could lead to aggravating schooling or not completing it.

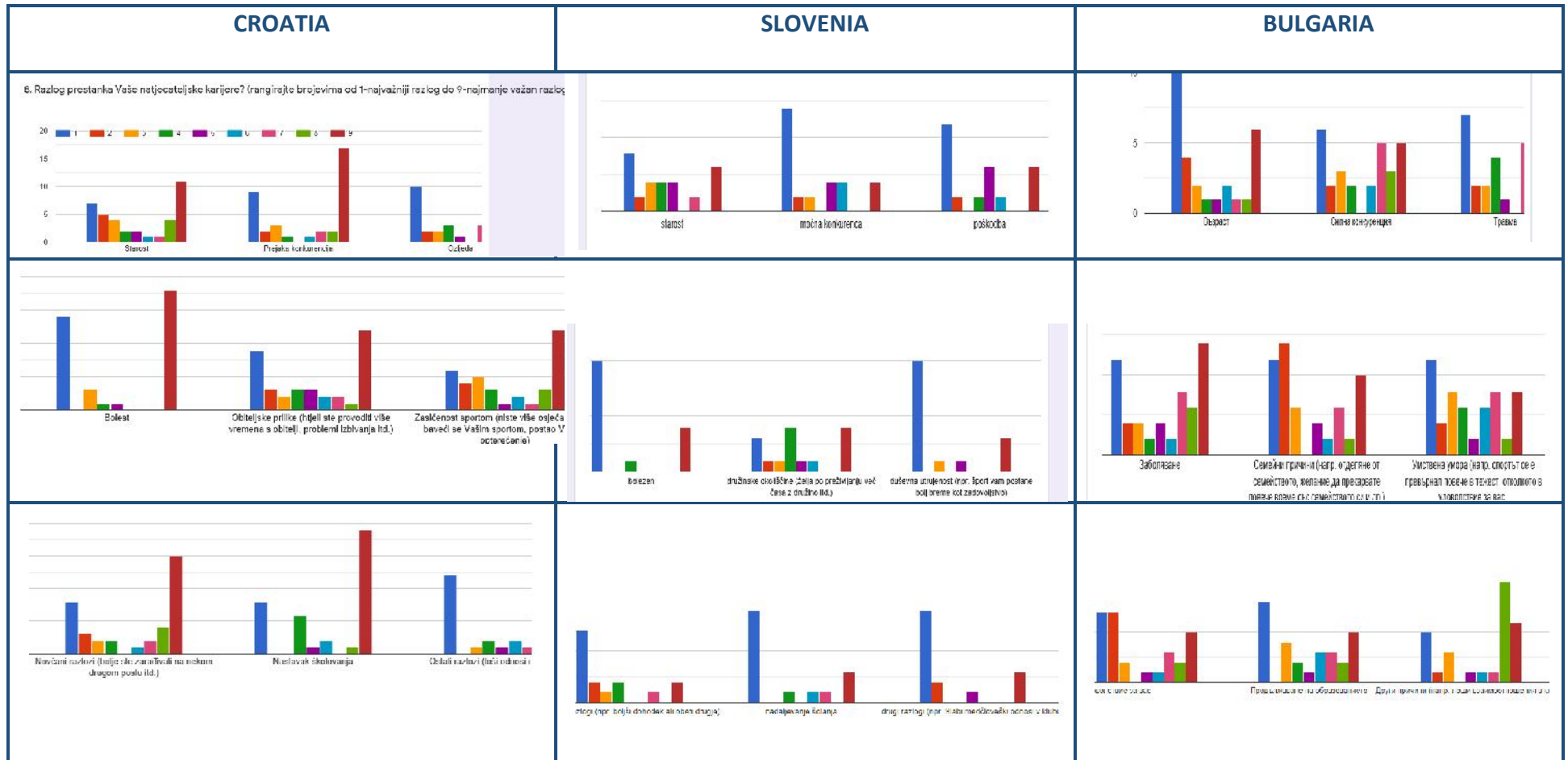
6. Did you ever took part in non-formal education activities?

CROATIA		SLOVENIA		BULGARIA	
YES	73 %	YES	20 %	YES	32 %
NO	27 %	NO	60 %	NO	50 %
IF YES, ELABORATE	0 %	IF YES, ELABORATE	20 %	IF YES, ELABORATE	18 %
<p>6. Jeste li ikada sudjelovali u neformalnim edukacijama?</p> <p>37 odgovora</p>		<p>Imate kakšno neformalno izobrazbo?</p> <p>13 odgovora</p>		<p>6. Някога участвали ли сте в дейности, включващи неформално образование?</p> <p>25 отговора</p>	
<p>Conclusion:</p> <p>Education is important in further business and life career after sports career as a form of training for the business segment, which can later contribute to life and personal realization and affirmation. The results show that in Croatia 73% of respondents received additional training, and in Slovenia and Bulgaria only 20-30% of respondents.</p>					

7. How long did your sport career last (years):

CROATIA 		SLOVENIA 		BULGARIA	
0 – 5	8,1 %	0 – 5	0 %	0 – 5	7,1 %
5 – 10	10,8 %	5 – 10	7,7 %	5 – 10	28,6 %
10 – 20	81,1 %	10 – 20	92,3 %	10 – 20	64,3 %
<p>7. Koliko dugo je trajala vaša sportska karijera (u godinama): 37 odgovora</p> 		<p>Kako dolgo je trajala vaša športna kariera (let): 13 odgovora</p> 		<p>7. Колко продължи спортната Ви кариера (в години)? 25 отговора</p> 	
<p>Conclusion:</p> <p>The sports career of former elite athletes - respondents in all project countries, mostly lasted between 10 and 20 years. As these are former elite athletes, it is clear that the development of a elite athlete and elite results takes many years, and the results are positively correlated with the elite sports achievements of former elite athletes.</p>					

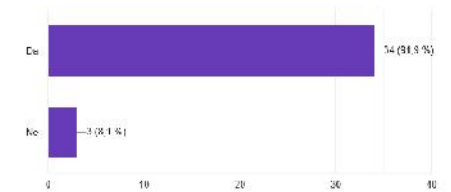
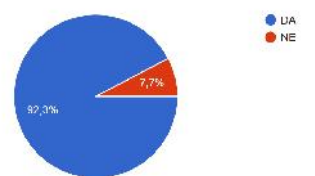
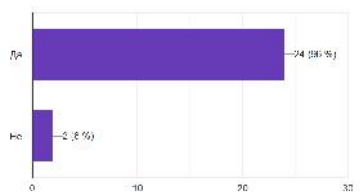
8. Reason of termination of your professional sport career?



Conclusion:

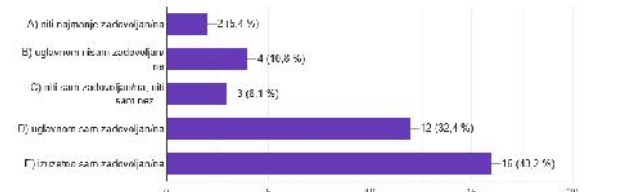
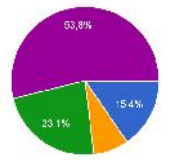
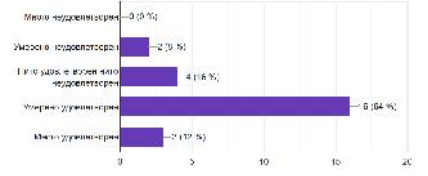
9 answers were offered to the subject question, and the importance of the offered answers could be ranked from no. 1 to no. 9 given the importance of the reasons for the termination of a sports career with the proviso that no. 1 meant the most important reason, and no. 9 meant the least important reason. The results are presented for the offered parameters (age, strong competition, injury, illness, family circumstances, job saturation, financial reasons, continuing education, other reasons). The parameter or reason that most affected the termination of a sports career was illness, and the least affected was the continuation of schooling.

9. Was the termination of your professional athlete career self-initiated?

CROATIA		SLOVENIA		BULGARIA																												
YES	91,9 %	YES	92,3 %	YES	96 %																											
NO	8,1 %	NO	7,7 %	NO	4 %																											
<p>9. Jeste li svojevremeno završili svoju najbogatiju karijeru?</p> <p>37 odgovora</p>  <table border="1"> <caption>Croatia Data</caption> <thead> <tr> <th>Response</th> <th>Count</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Da</td> <td>34</td> <td>91.9 %</td> </tr> <tr> <td>Ne</td> <td>3</td> <td>8.1 %</td> </tr> </tbody> </table>		Response	Count	Percentage	Da	34	91.9 %	Ne	3	8.1 %	<p>Ali je bila prekinitev vaše športne kariere samoiniciativna?</p> <p>18 odgovorov</p>  <table border="1"> <caption>Slovenia Data</caption> <thead> <tr> <th>Response</th> <th>Count</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>DA</td> <td>17</td> <td>94.4 %</td> </tr> <tr> <td>NE</td> <td>1</td> <td>5.6 %</td> </tr> </tbody> </table>		Response	Count	Percentage	DA	17	94.4 %	NE	1	5.6 %	<p>9. Прекратването на спортната Ви кариера било инициативно беше?</p> <p>24 отговора</p>  <table border="1"> <caption>Bulgaria Data</caption> <thead> <tr> <th>Response</th> <th>Count</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>ДА</td> <td>23</td> <td>95.8 %</td> </tr> <tr> <td>Не</td> <td>1</td> <td>4.2 %</td> </tr> </tbody> </table>		Response	Count	Percentage	ДА	23	95.8 %	Не	1	4.2 %
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<p>Conclusion:</p> <p>The results show a high percentage of 92% to 96% of how respondents in the three countries decided to end their sports careers voluntarily.</p>																																

10. Your level of satisfaction with the results achieved during your professional athlete career?

CROATIA		SLOVENIA		BULGARIA	
Very satisfied	43,2 %	Very satisfied	53,3 %	Very satisfied	10,7 %
Moderately satisfied	32,4 %	Moderately satisfied	26,7 %	Moderately satisfied	67,9 %
Neither satisfied nor dissatisfied	8,1 %	Neither satisfied nor dissatisfied	6,7 %	Neither satisfied nor dissatisfied	14,3 %
Moderately dissatisfied	10,8 %	Moderately dissatisfied	0 %	Moderately dissatisfied	7,1 %
Very dissatisfied	5,4 %	Very dissatisfied	13,3 %	Very dissatisfied	0 %

<p>10. Koliko ste zadovoljni svojim postignutim sportskim rezultatima tijekom natjecateljske karijere? 37 odgovora</p> 	<p>Vaša raven zadovoljstva z rezultati, doseženimi v času trajanja športne karijere? 13 odgovora</p>  <ul style="list-style-type: none"> ● zelo nezadovoljen ● zmerno nezadovoljen ● nič zadovoljen ali nezadovoljen ● zmerno zadovoljen ● zelo zadovoljen 	<p>10. Ниво на удовлетвореност от постигнатите резултати по време на професионалната Ви спортна кариера е? 25 отговора</p> 
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Conclusion:

The results of the respondents in all three countries show that they are satisfied with the results achieved during the competitive career, and the overall percentage for answers is extremely satisfied and is generally satisfied with 75% to 80%.

11. Level of satisfaction with your own standard of living in comparison with the general standard of living in your country?



CROATIA		SLOVENIA		BULGARIA	
Very satisfied	27 %	Very satisfied	20 %	Very satisfied	14,3 %
Moderately satisfied	48,6 %	Moderately satisfied	46,7 %	Moderately satisfied	64,3 %
Neither satisfied nor dissatisfied	13,5 %	Neither satisfied nor dissatisfied	13,3 %	Neither satisfied nor dissatisfied	14,3 %
Moderately dissatisfied	8,1 %	Moderately dissatisfied	13,3 %	Moderately dissatisfied	7,1 %
Very dissatisfied	2,7 %	Very dissatisfied	6,7 %	Very dissatisfied	0 %

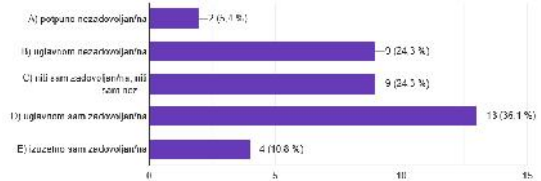
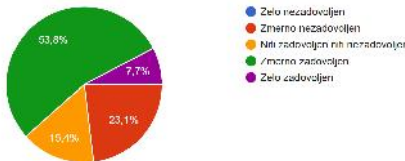
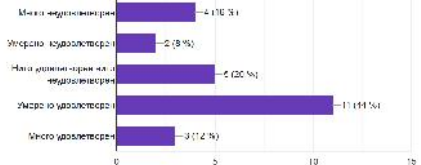


Conclusion:

The results of respondents in the three countries show that they are satisfied with their own standard of living compared to the general living conditions in their countries, and the overall percentage for responses who are extremely or generally satisfied is from 70% to 80%.

12. Level of satisfaction with your economic status during your professional athlete career?

CROATIA		SLOVENIA 		BULGARIA 	
Very satisfied	10,8 %	Very satisfied	13,3 %	Very satisfied	10,7 %
Moderately satisfied	35,1 %	Moderately satisfied	53,3 %	Moderately satisfied	39,3 %
Neither satisfied nor dissatisfied	24,3 %	Neither satisfied nor dissatisfied	13,3 %	Neither satisfied nor dissatisfied	21,4 %
Moderately dissatisfied	24,3 %	Moderately dissatisfied	20 %	Moderately dissatisfied	10,7 %
Very dissatisfied	5,4 %	Very dissatisfied	0 %	Very dissatisfied	17,9 %

<p>12. Jeste li ste za vrijeme natjecateljske karijere bili zadovoljni vlastitom ekonomskom situacijom? 87 odgovora</p> 	<p>Raven zadovoljstva s svojim ekonomskim statusom med trajanjem vaše športne karijere? 13 odgovora</p> 	<p>12. Ниво на удовлетвореност от икономическия Ви статус по време на професионална Ви спортна кариера? 25 отвора</p> 
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Conclusion:

The results of all respondents show that approximately 45% to 67% were satisfied with their own economic situation during a competitive career, approximately 13% to 24% neither satisfied nor dissatisfied, and 20% to 30% mostly dissatisfied or completely dissatisfied. It should be noted that Slovenian athletes were the most dissatisfied with the economic situation during their competitive careers, and Bulgarian athletes the most dissatisfied.

IV. CONCLUSION

The subject of the research is the overall satisfaction with the socio-economic status of former elite athletes from Croatia, Slovenia and Bulgaria for the needs of the EU project "Active in Sport Again".

The questionnaire included 12 questions in a Google form.

The research was conducted on a sample of the population of former elite athletes from Croatia, Slovenia and Bulgaria. The sample includes 37 former elite athletes from Croatia, 15 former elite athletes from Slovenia and 28 former elite athletes from Bulgaria.

It includes former elite athletes of both gender from individual and team sports aged 20 to 81, and as the age difference scale of respondents is almost 60 years, it is commendable that all respondents responded electronically and filled out a questionnaire - Google form and showed in equal measures the interest in completing the questionnaire in question.

The aim of the research was to determine whether there is a difference in the satisfaction of former elite athletes related to the socio-economic situation after playing elite sports, ie the end of competitive career, and what is the difference in results between DSVR project coordinator and SFoA and BSDA project partners.

The results show that Croatian athletes - members of the DSVR participated in the highest rank of the competition - the Olympic Games, and Slovenian and Bulgarian athletes did not. All three countries participated in a high percentage of international competitions up to the rank of WC and EC, which is positively correlated with their satisfaction with their competitive careers.

In all three countries, 75% to 80% of respondents said they were satisfied or mostly satisfied with the sports results achieved during a competitive career.

The sports career of former elite athletes mostly lasted between 10 and 20 years. As these are former elite athletes, it is clear that the development of elite athlete and elite results takes many years, and the results are positively correlated with the elite sports achievements of former elite athletes.

For the termination of the sports career of former top athletes in all three countries, the greatest influence was exerted by the disease factor, and the least by continuing education. It is certainly

worth noting that respondents in all three countries in a high percentage of 92% to 96% voluntarily decided to end their sports careers.

The results show that a large number of respondents have completed higher education (above 50% in all three countries), which is extremely commendable given the long sports career, sacrifice and aggravating circumstances such as training processes, preparations, travel and competitions, which could lead to aggravating schooling or not completing it.

Education is important in further business and life career after sports career as a form of training for the business segment, which can later contribute to life and personal realization and affirmation. The results show that in Croatia 73% of respondents received additional training, and in Slovenia and Bulgaria only 20-30% of respondents.

Almost 80% of respondents said they are now extremely or mostly satisfied with their own standard of living compared to the general living conditions in their countries.

The results that show that:

- 45% to 67% of the respondents from all three countries were satisfied with their own economic situation during their competitive career,
- 13% to 24% of the respondents from all three countries are neither satisfied nor dissatisfied,
- 20% to 30% of the respondents from all three countries are mostly dissatisfied or completely dissatisfied.

It should be noted that Slovenian athletes were the most satisfied with the economic situation during their competitive careers (66.6%), and Bulgarian athletes the most dissatisfied (28.6%).

DSVR, November 2020.