

Teen Sport Participation in Single Parent Families

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BACKGROUND & PURPOSE

- Many physical and psychological benefits associated with youth sport participation^{1,3}
- Sport participation rates are drastically lower in children from single parent families^{2,4}
- More than 1 in 4 families in U.S. with children under the age of 18 are headed by a single parent²
- Majority of research conducted on teen sport participation has involved two parent families
- Leisure involvement found to play a greater role among single parent families than it does in two parent families²

RESEARCH QUESTION

- How are teens from single parent families able to transform sport participation into a meaningful occupation?

METHODS

- **Design:** Single Case Study
- **Participants:** The Franklins: Kristen, Ashley, & Mike
- **Data Collection:** Interviews & Observation
- **Data Analysis:** Thematic Analysis

FINDINGS

Benefits Outweigh the Burdens

Outside Support

“You are going to play something”

Basketball as Family Occupation

DISCUSSION

- Integration of sport into multiple areas of life
- Importance of occupational engagement in sport for teens and their families during transitions
- Sport participation can have positive impact on adolescent girls’ body image and health
- Underlying supports needed for teens from single parent families to transform sport into meaningful occupation

IMPLICATIONS FOR OS/OT

- Occupational engagement in sport and the childhood obesity epidemic
- Feasibility of sport participation for teens from single parent families
- Importance of family occupation
- Future Research → Sport and transitions; Impact on other family members

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