



# Young Boxing Women's Project: 2020 Survey Results

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# Introduction

The Young Boxing Women's Project (YBWP) engaged People Point Consulting (PPC) to conduct a survey investigating the current program. Four core areas of the program were identified:

1. **Strong mind** (including well-being and resilience)
2. **Self-belief & self-advocacy**
3. **Strong body** (including physical literacy)
4. **Social support**

## Methodology

- PPC developed an online Qualtrics survey measuring the four areas of interest
- The survey was designed for individuals attending community programs.
- The survey was administered by members of the YBWP
- Participants completed the survey between July and October 2020
- 31 responses were collected



# Program Goals

*“Improving physical literacy and emotional resilience to increase self-efficacy and advocacy”*



## Strong Mind

The program aims to develop participants wellbeing and resilience to help them achieve a Strong Mind. Three factors were measured to assess this area:

- Wellbeing
- Optimism/Resilience
- Body Image



## Self-belief

The program aims to improve individual power and build participants belief in themselves. Four factors were measured to assess this area:

- Competence
- Confidence in Self
- Positive Self-Identity
- Empowerment



## Strong Body

The program aims to improve healthy eating and exercise habits in order to help participants achieve a Strong Body. Two core areas were measured:

- Healthy Eating
- Physical Activity
  - Frequency
  - Physical Literacy



## Social Support

The program aims to improve the social connections of participants in order to help them to establish support structures. Two key areas were assessed to measure:

- Acceptance/Inclusion
- Access to Support /Information.

# Demographics (31 Responses Overall)

In addition to examining the overall results, we also examined differences across different demographic groups:

## Age

- 17 years and younger
- 20 to 24 years
- 25 years and over

## Tenure

- 3 months or less
- 12 months or more

## Age



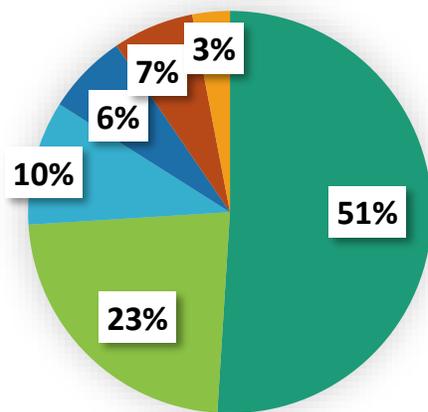
Average:  
21 years



Range:  
16 to 45 years

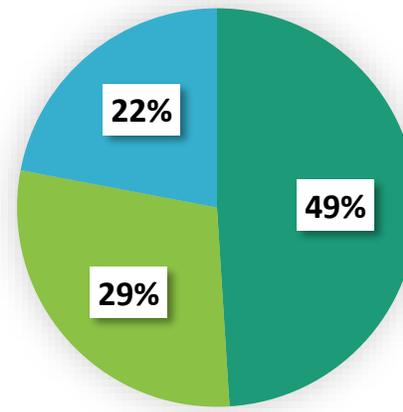
Location was not compared as there were distinct age differences in each location. For example, Cockburn consisted of almost all younger participants (16 and younger), whereas Subiaco consisted of comparatively older participants (ranging from 21 to 45 years). We felt that differences in location may be driven more by age than location.

## Ethnicity



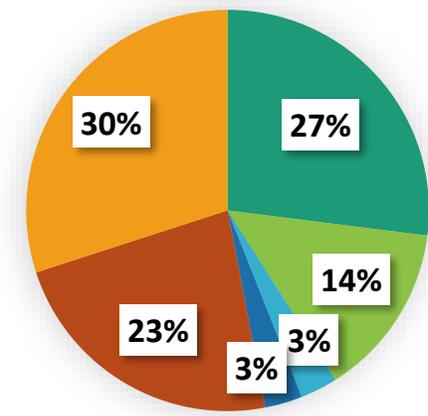
■ Australia   
 ■ Australia + Other   
 ■ European  
■ Asian   
 ■ Other   
 ■ New Zealander

## Location



■ Subiaco   
 ■ Cockburn   
 ■ Joondalup

## Tenure



■ > 1 Month   
 ■ 2 - 3 Months   
 ■ 3 - 6 Months  
■ 6 - 12 Months   
 ■ 1 - 2 Years   
 ■ > 2 Years

## Positive Results

- **Optimism/Resilience:** Generally resilient and optimistic about the future
- **Competence:** Participants felt like they could achieve their goals
- **Healthy Eating:** Participants understood what healthy meals looked like and were generally happy with their diet.
- **Physical Literacy:** Participants understood why exercise was important (understanding) and indicated enjoyment in participating (enjoyment)
- **Acceptance/Inclusion:** Participants generally feel comfortable around others and in group situations
- **Access to Support:** Participants generally indicate good support systems and knowledge on where to access health support.



### Tenure

Respondents who had been participating in the program longer generally showed more positive results across the survey (with a couple areas showing similar results). Exceptions occurred around some healthy eating items. They also participated in less physical activity comparatively.



### Age

Age was linked to results across almost all survey factors with older participants generally showing more positive results than younger participants.

## Potential Focus Areas

- **Body Image:** Only 42% of participants indicated happiness with their appearance
- **Wellbeing:** Average results placed respondents on the borderline of “Poor wellbeing”, primarily driven by items related to vitality
- **Empowerment:** Participants showed hesitation towards speaking up and asking for help, with only 52% of participants responding positively to these items
- **Healthy Eating:** Most respondents (78%) indicated some stress/anxiety around food with about one third indicating high levels of associated stress. Approximately half of participants also indicated purposely skipping meals.
- **Physical Literacy:** Only one third of participants showed confidence in how to get involved in and improve their skills (knowledge) and indicated that they found sport / exercise easy (competence).



# Results in Detail



# Strong Mind

Optimism and Resilience  
Body Image  
Wellbeing



**Optimism and Resilience:** Confidence in their future and ability to manage difficulties.

**Body Image:** Perceptions of their appearance.

The majority of participants (72%) responded positively to items related to Optimism and Resilience. Responses to items in the Body Image factor were considerably less positive (42%) indicating an potential target area for the program



## Tenure

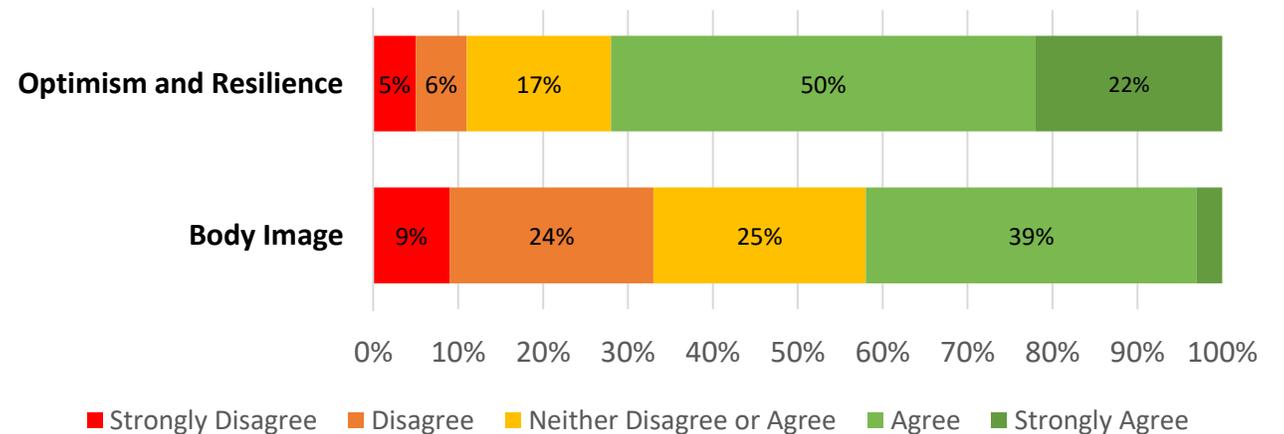
Participants who have been in the program longer indicated ***slightly higher*** responses for items relating to Optimism and Resilience. ***No differences*** were seen in the Body Image factor.



## Age

Younger participants indicated ***lower scores*** across both factors.

## Factor Summaries



# Strong Mind

Optimism and Resilience  
Body Image  
Wellbeing



**Wellbeing:** Quality of life based on positive, vitality, and general interest. Wellbeing was measured using the Who-5 questionnaire.

Overall scores are calculated with possible scores ranging from 0 (worst possible) to 100 (best possible). It is typically stated that scores below 50 indicate poor wellbeing. Participant scores ranged from 8 to 84 with the average being at 50.



## Tenure

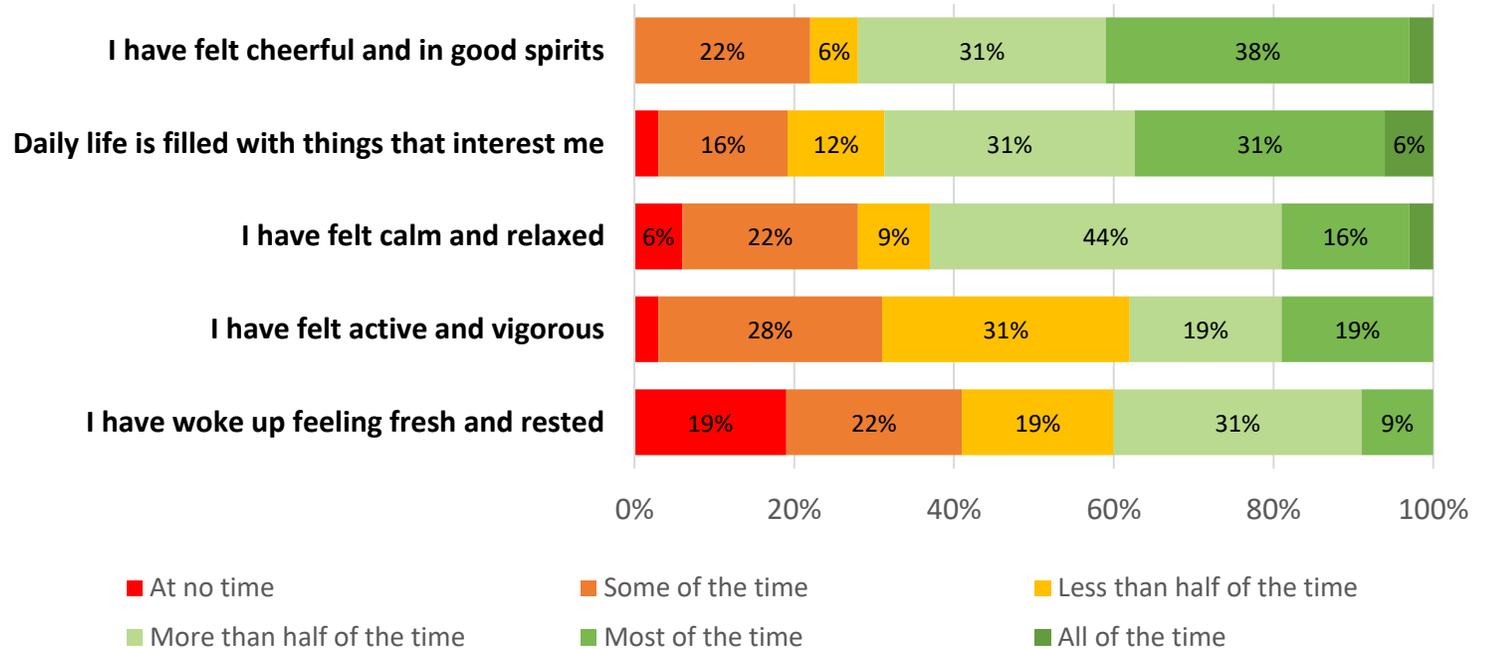
Longer tenure participants obtained **higher** overall scores (53) compared to lower tenure individuals (44)



## Age

Overall wellbeing scores tended to **increase with age** with the youngest group obtaining average score of 41 and the oldest group obtaining an average of 58

## Wellbeing Items



# Self-Belief

- Competence
- Positive Self-Identity
- Confidence in Self
- Empowerment



**Competence:** Belief in achieving goals

**Positive Self-Identity:** Perceptions of personal characteristics

**Confidence in Self:** Belief in own strengths and abilities

**Empowerment:** Self belief around others

The majority of participants responded positively to questions relating to self-belief items (66%). The Empowerment factor showed the lowest overall scores indicating that students may feel less confident when asking questions, or when asking for help.



## Tenure

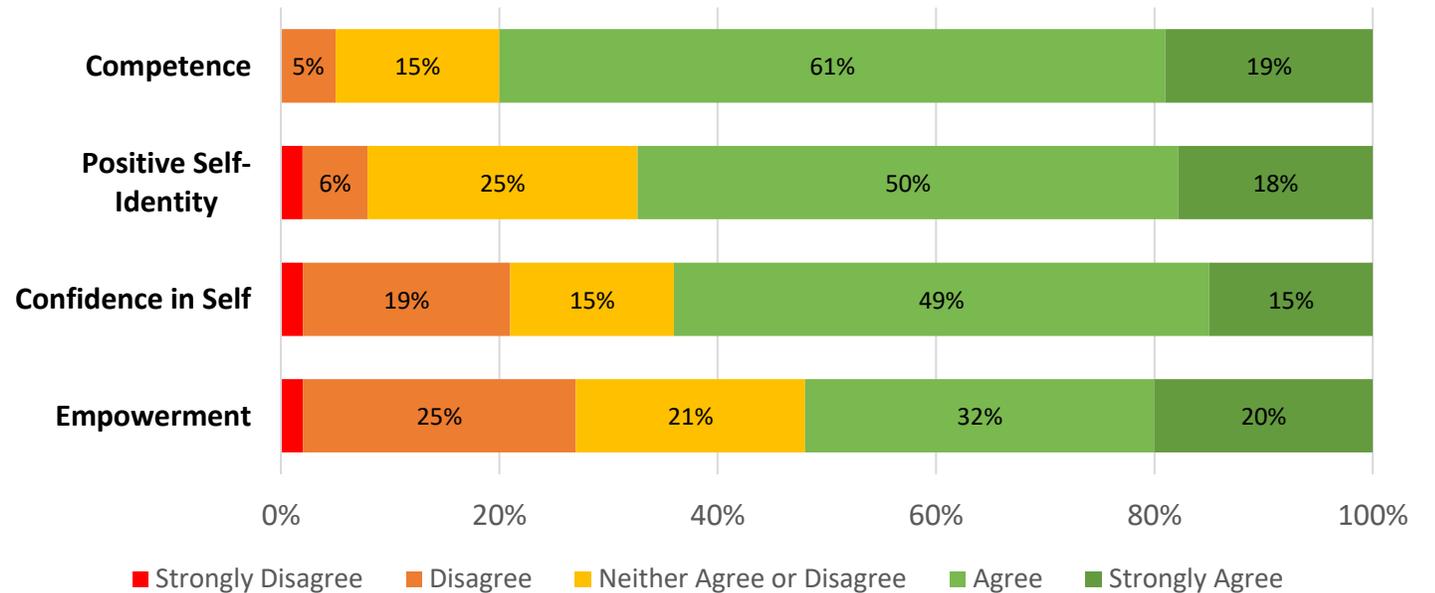
Participants who have been involved in the program for longer indicated **higher scores** across all 4 areas of self-belief.



## Age

Younger participants indicated **lower scores** across all 4 areas of self-belief, especially for items relating to Confidence in Self and Positive Self-Identity.

## Factor Summaries





**Eating:** These items looks at a range of factors related to participants eating behaviours including their confidence around healthy meals, stress related to food, and skipping meals.

Participants were generally confident regarding healthy meals and where to get information. That said, there were lower scores around happiness with their diet, stress around food, and skipping meals



### Tenure

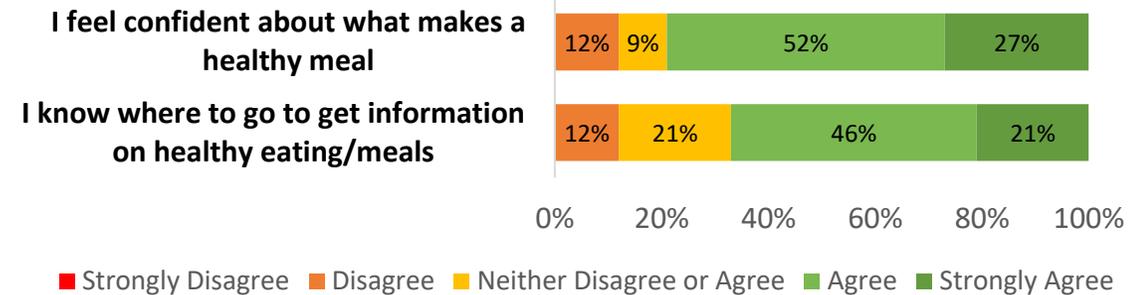
Longer tenure participants showed **less confidence** with healthy meals and where to get information, and greater levels of stress around food. That said, they were **less likely** to skip meals. There was **no difference** in happiness with their diet.



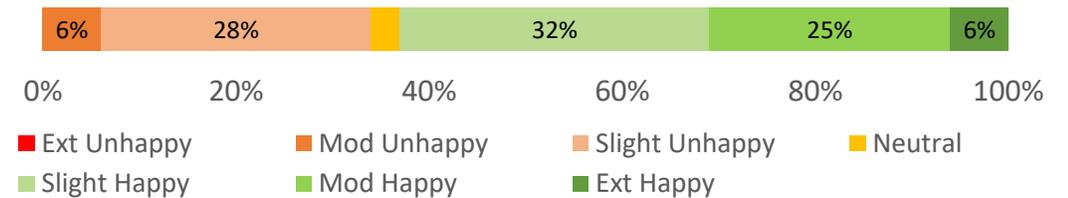
### Age

Older participants reported **greater confidence** with healthy meals, lower stress around food, were happier with their diets, and skipped meals less often.

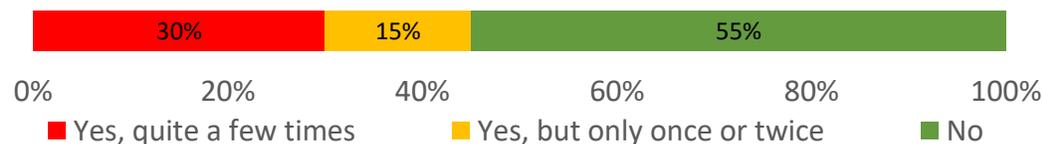
### Healthy Meals



### How happy are you with your diet?



### Have you purposefully skipped a meal?



### Does food cause you stress / anxiety?





**Physical Activity:** Examining physical literacy and frequency of sports and exercise activities

Overall, participants reported good physical literacy, with 60% responding positively to these statements. Most respondents understood why exercise / sport was good for them and reported enjoyment such activities. However, respondents reported less confidence and competence in physical activities and in how to get involved and improve their skills.



Tenure

Higher tenure participants typically showed **lower** frequency of activities (in both hours and times per week). **No difference** was seen across Physical Literacy items.



Age

Older participants typically showed **greater** frequency of activities (in both hours and times per week). **No difference** was seen across Physical Literacy items.

### Frequency of Activities (Average)

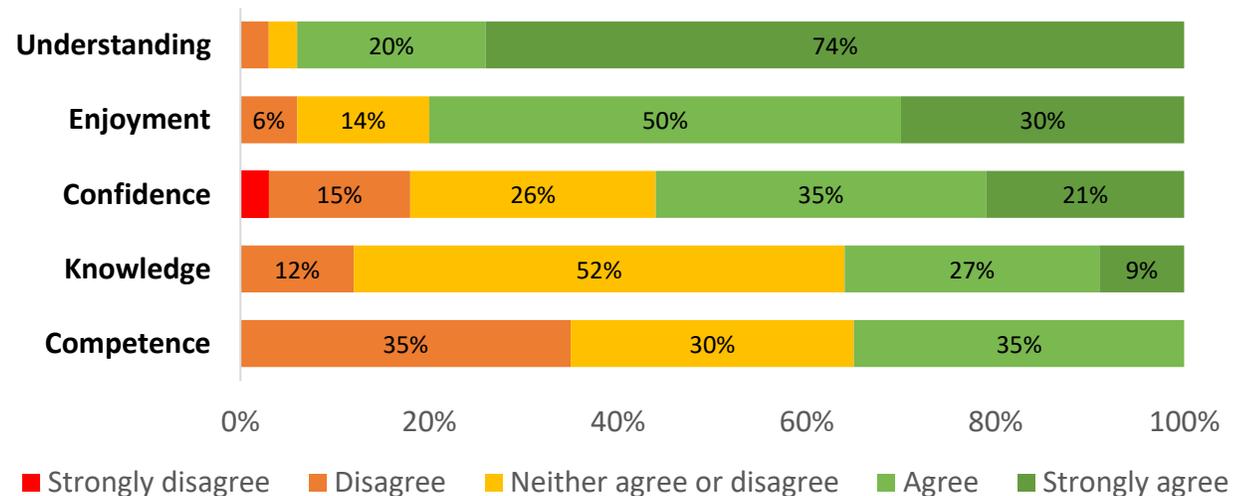


5 hours per week



2-3 times per week

### Physical Literacy\*



\*Items adapted from the Active Lives Survey

# Social Support

Access to Support / Information  
Acceptance / Inclusion



**Acceptance / Inclusion:** Comfort with and around others

Participants generally felt comfortable around others and in group situations. However, there was more concern around other people accepting them for who they are.



## Tenure

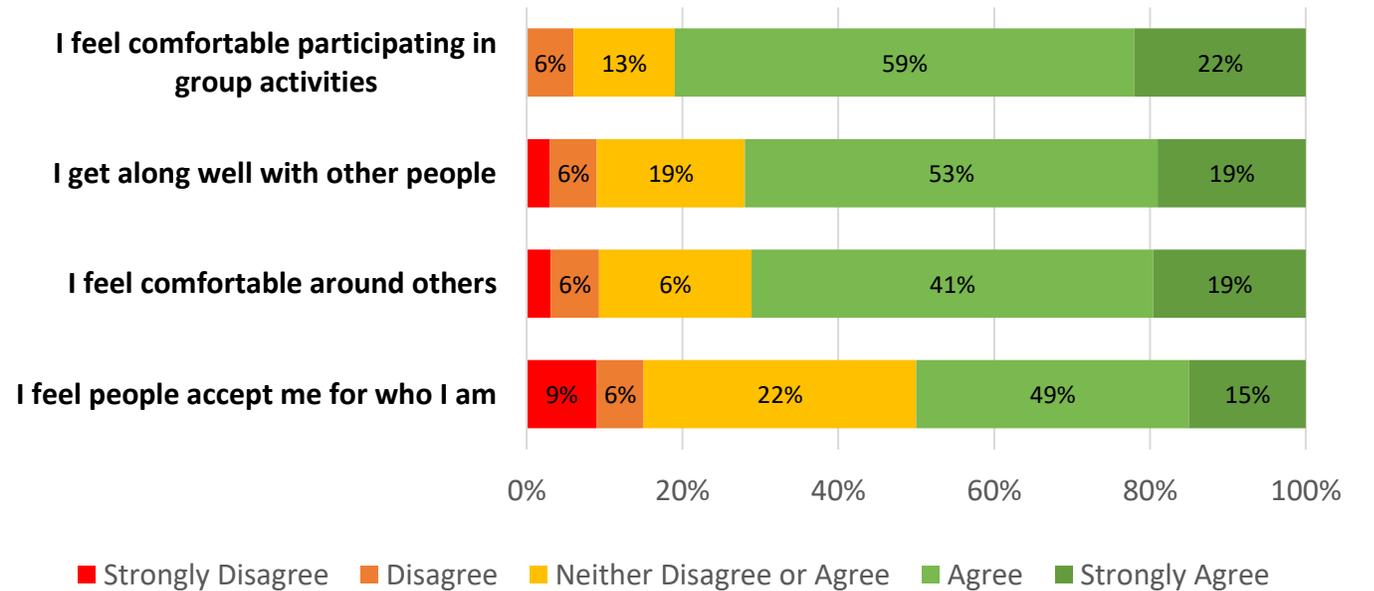
Participants involved in the program longer indicated ***slightly higher*** responses to questions relating to feelings of Acceptance and Inclusion.



## Age

Younger participants indicated ***significantly lower*** scores for feelings of Acceptance and Inclusion.

## Acceptance / Inclusion Items



# Social Support

Access to Support / Information  
Acceptance / Inclusion



**Access to Support:** Existence of support structures and knowledge on where to get health information.

Generally, respondents indicated good support systems and good knowledge on accessing health information. However, there was less confidence around sexual health information comparative to other areas.



## Tenure

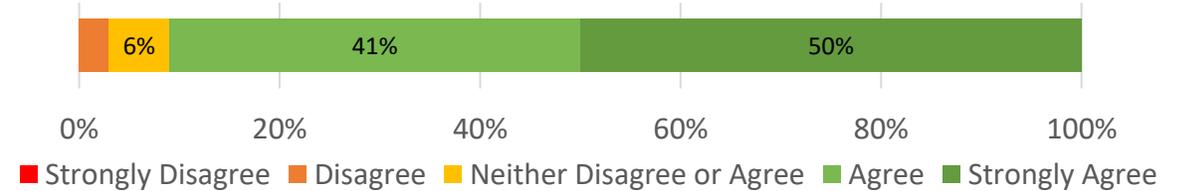
Longer tenured participants reported ***slightly higher*** scores across all items. Furthermore, they reported equal levels of confidence in finding information across the three health areas.



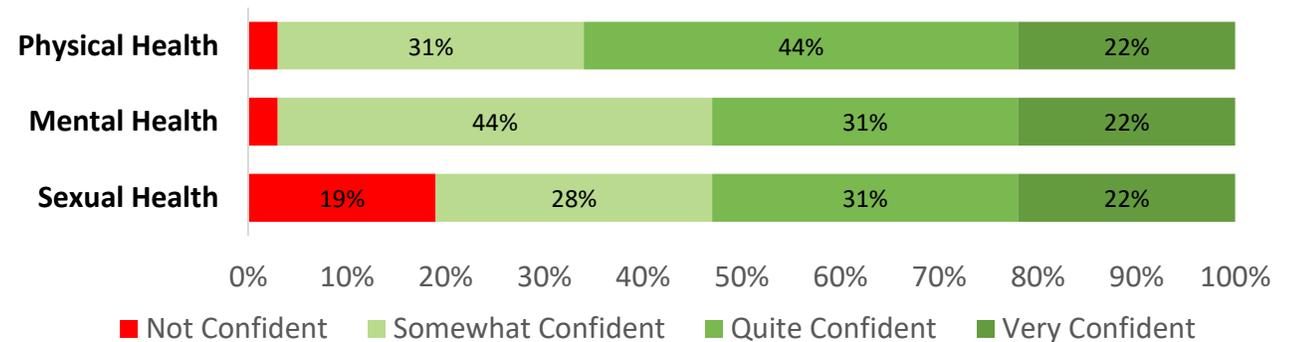
## Age

Younger participants reported ***significantly lower*** scores across all items. They also showed the lowest confidence with accessing information about sexual health. Older participants were equally confident across all 3 areas.

### I have friends and family who encourage and support me.



### Confidence finding information





# Young Boxing Women Project 2020 Survey Results



## Strong Mind

### Wellbeing (WHO-5)

I have felt cheerful and in good spirits

I have felt calm and relaxed

I have felt active and vigorous

I woke up feeling fresh and rested

My daily life has been filled with things that interest me

### Body Image

I like the way my body looks right now

I am pleased with my appearance right now

### Optimism and Resilience

I can handle whatever comes my way

I am optimistic about my future

## Self-Belief

### Confidence in Self

I feel confident about my abilities

I think of myself as a person with many strengths

### Positive Self-Identity

I feel I am a person of worth

On the whole, I am satisfied with myself

I feel good about myself

### Empowerment

I feel I can ask for help when I need it

Before I ask a question I usually say, "I know this is a really stupid question?"

### Competence

I feel I can accomplish my goals.

I feel I can achieve something if I put my mind to it

## Social Support

### Feelings of Acceptance / Inclusion

I feel comfortable around others

I feel people accept me for who I am

I feel comfortable participating in group activities

I get along well with other people

### Access to Support (Friend / Family and Other Resources)

I have friends and family who encourage and support me.

Do you feel confident you could find information on physical health if you needed help or support?

Do you feel confident you could find information on sexual health if you needed help or support?

Do you feel confident you could find information on mental health if you needed help or support?

## Strong Body

### Proactive / Healthy Behaviours (Eating and Exercise)

How often do you currently participate in physical activity?

How many hours do you typically spend on physical activity each week?

In the last week, have you purposefully chosen to skip a meal? (e.g. breakfast, lunch or dinner)

I feel confident about what makes a healthy meal

I know where to go to get good information on healthy eating / meals

How happy are you with your current diet?

Does food cause you stress and/or anxiety?

### Physical Literacy

Competence: I find exercise and sport easy

Understanding: I understand why exercise and sports are good for me

Enjoyment: I enjoy taking part in exercise and sport

Confidence: I feel confident when I exercise and play sport

Knowledge: I know how to get involved and improve my skills when it comes to exercise and sports