

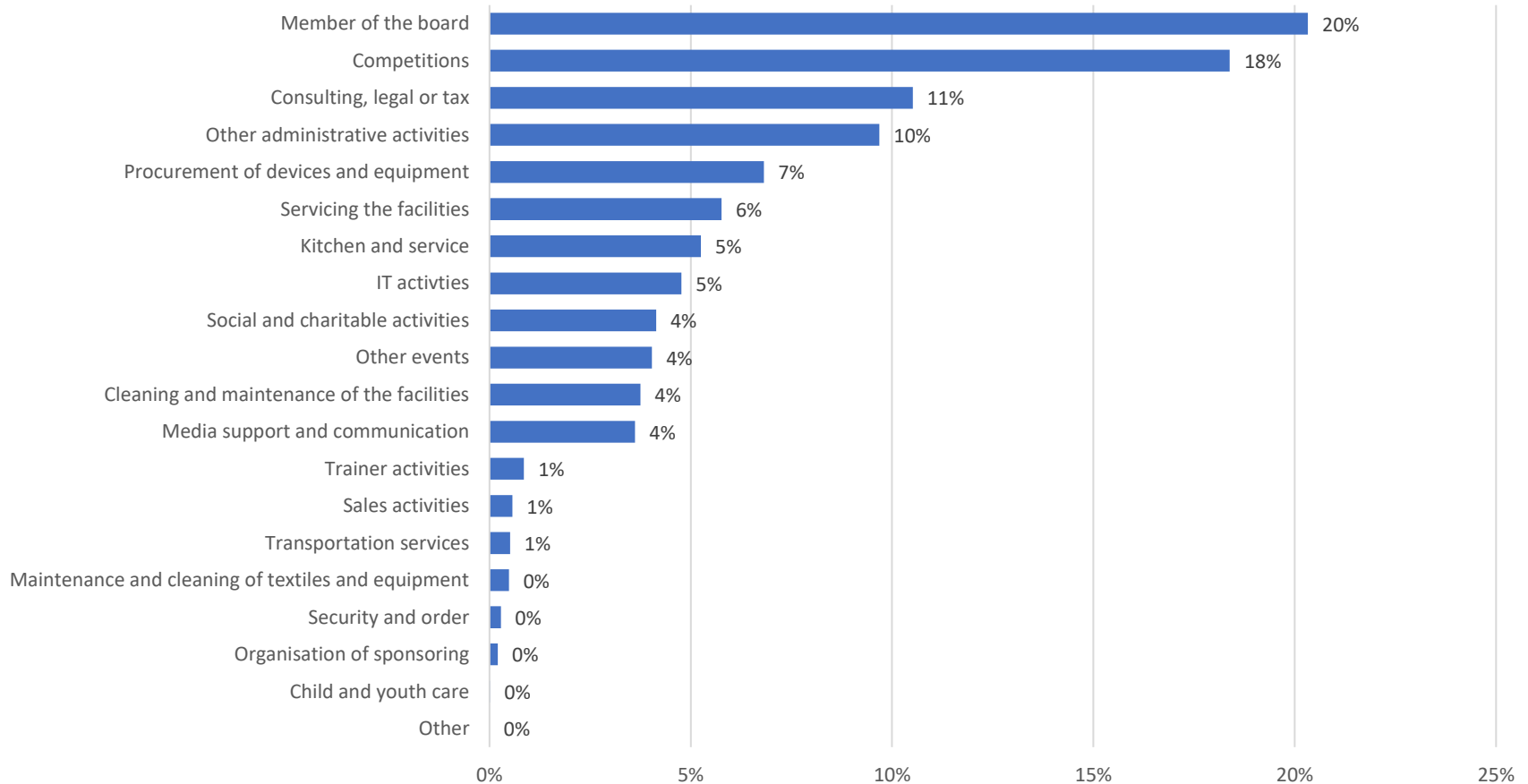
# Effect of sport volunteering on wellbeing and social capital

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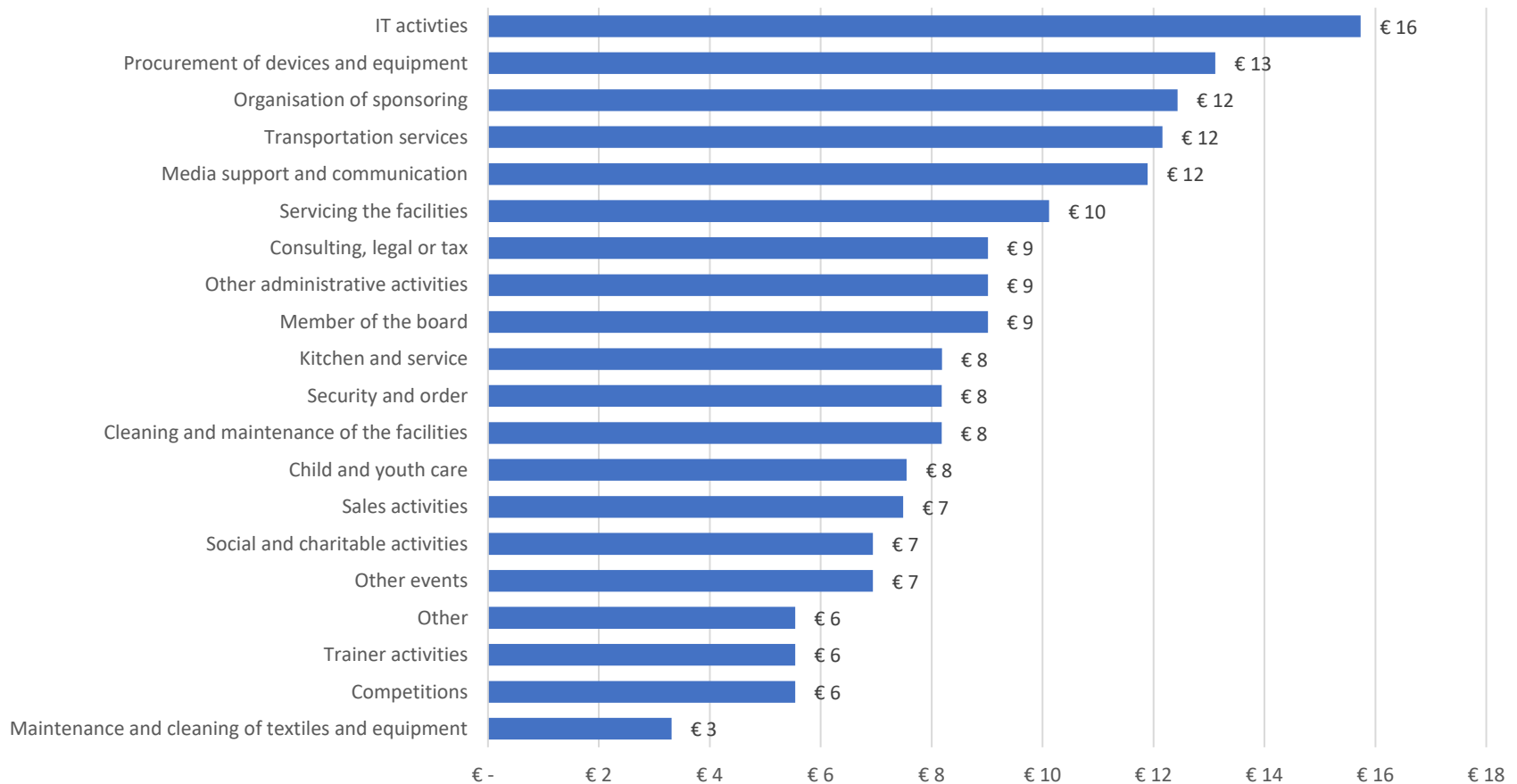
Dr Themis Kokolakis

Sheffield Hallam University

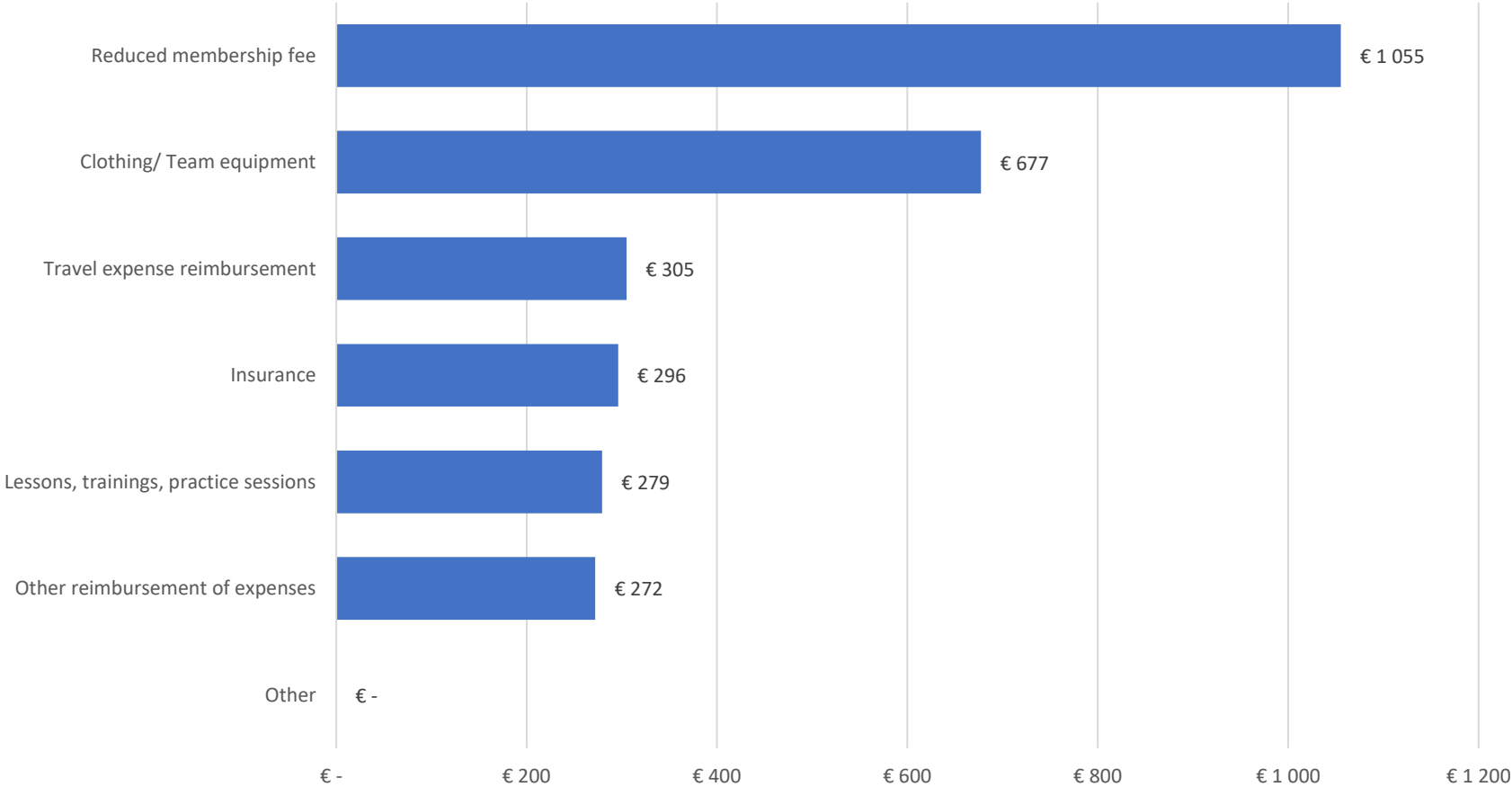
# Distribution of volunteering activities in Lithuania (EVIS survey)



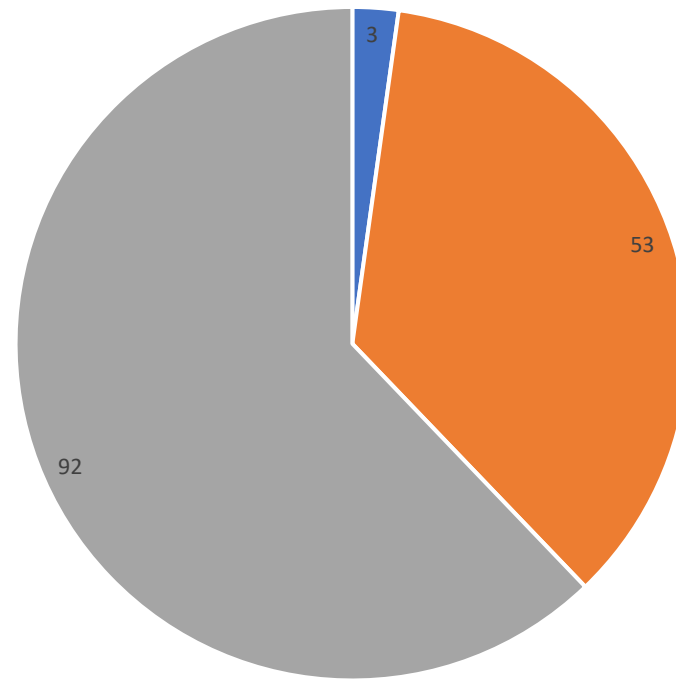
# Hourly costs of volunteering activities in Lithuania



# Compensation of volunteers in clubs in Lithuania, average per club in euros



# Total value of volunteering in Lithuania, effects from compensations, intermediate goods and the uncompensated shadow, in m euros

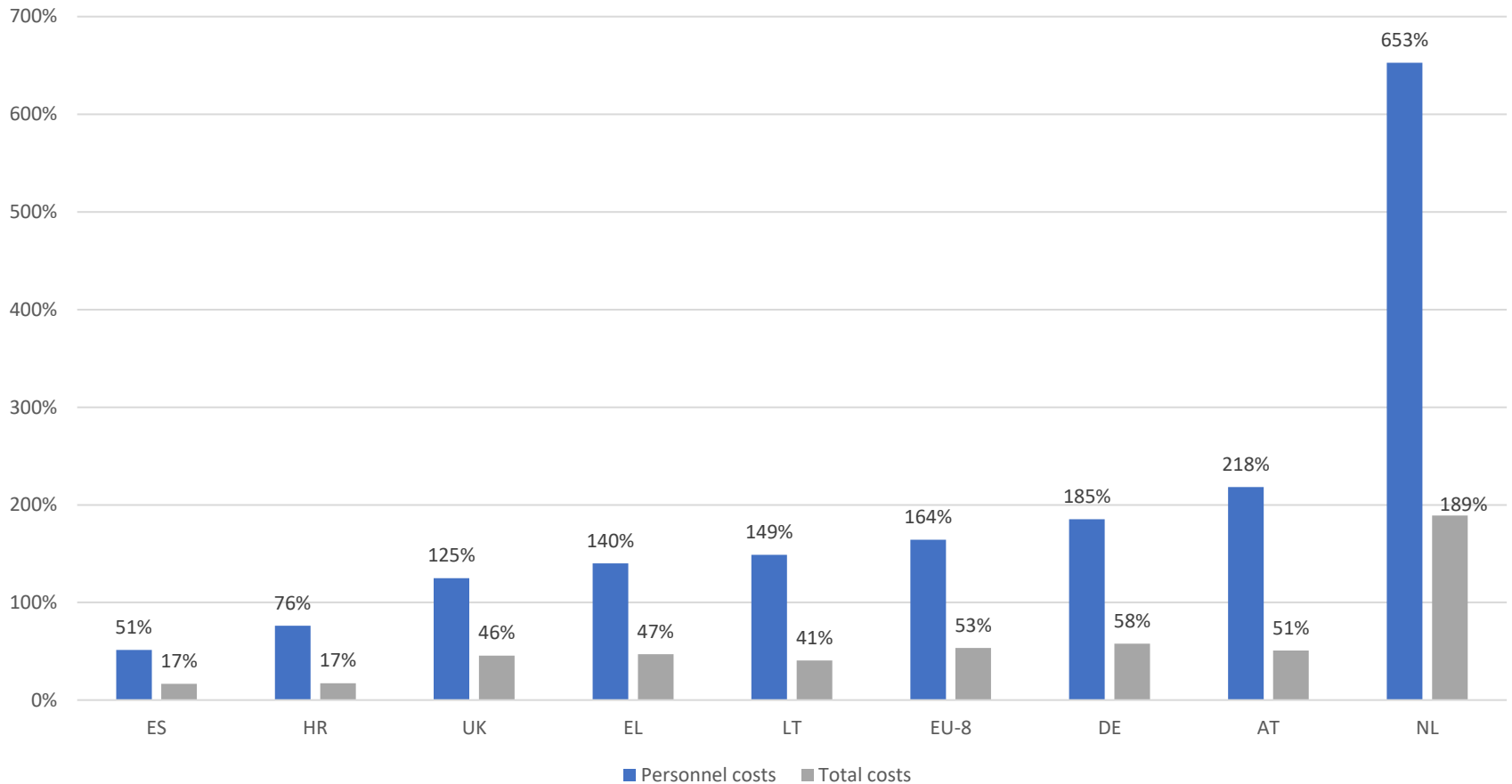


■ Compensation    ■ Intermediate goods    ■ Uncompensated shadow price

# Results for the EU-8

	Volunteers' hours in m	Cost per hour in €	Shadow price in m €	Compensation in m €	Uncompensated shadow price in m €	Indirect effects of intermediate goods, in m €	Total value of volunteering in m €
	Shadow		Shadow	Visible	Shadow	Visible	Partially visible
AT	59.4	21.6	1,284.0	8.1	1,275.9	407.7	1,691.7
DE	527.1	34.5	18,204.1	1,218.6	16,985.6	6,406.8	24,610.9
EL	48.9	10.0	490.9	9.8	481.1	229.5	720.4
ES	198.9	17.3	3,445.7	73.8	3,371.9	2,050.0	5,495.6
HR	12.4	8.9	110.8	7.0	103.8	84.4	195.2
LT	10.8	8.8	95.3	3.3	92.1	52.8	148.1
NL	293.5	38.8	11,382.6	81.4	11,301.3	1,635.6	13,018.3
UK	406.1	24.1	9,774.8	438.6	9,336.1	3,357.5	13,132.3
EU-8	1,557.2	28.8	44,788.3	1,840.5	42,947.8	14,224.2	59,012.5

# Increase of personnel and total costs if volunteers' work is to be substituted by paid employees



# Important social impacts

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- **Subjective Wellbeing (SWB)** is an indication of happiness or contentment based on the personal evaluation of individuals (through questionnaires)
- **Social Capital (SC)** is a measure of social integration of an individual with the community through friendships, family, and associations with organisations:
- SC: an aggregated measure of resources derived from durable networks of ‘more-or-less institutionalized’ relationships and social structures that members can use in the pursuit of their own interests (Bourdieu, 1985)
- the resources that are accessed by individuals as a result of their membership of a network or group (Kawachi et al., 2000)
- SC and SWB relate to outcomes such as mental health, individual development and social integration/ development.
- Both Subjective Wellbeing and Social Capital can be practically defined and monetised.



# Sample

Sport Volunteers	Frequency	Percentage
Yes	618	56.6%
No	473	43.4%
Total	1,091	100.0%

Figure caption text

# Basis of index of subjective wellbeing (SWB)

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- 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.
- Numerical scale up to 100.

Figure caption text

# Average score of SWB per country

Country	Average SWB score
Austria	56.9
Croatia	63.4
Germany	65.6
Greece	54.2
Lithuania	57.6
Netherlands	66.1
Spain	65.9
UK	59.0
Total (Average)	61.1

Figure caption text

# SWB and sport volunteers (20% happier)

	Average SWB score
Sport volunteers	65.8
No sport volunteers	54.8

Sport Volunteers have Wellbeing scores 20% higher than non volunteers

# Basis of index of Social Capital (SC1), max 41

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- *Here is the analytical design of SC1. Both SC1 and SC2 (presented later) are different reflections of the same concept. In the literature there is not a single analytical definition. In this research for the first time two alternative definitions are used.*
- I have taken part in a local community project or campaign (yes /no)
- I have volunteered for local community organisations or causes (yes /no)
- I have joined a local community action during an emergency (yes /no)
- I have been an active member of a local community organisation (yes /no)
- I feel safe walking in my local community after dark (1 to 5)
- I feel that most people in my local community can be trusted (1 to 5)
- These days I identify with my local community (1 to 5)
- If there was a serious problem in my local community, the people here would come together to solve it (1 to 5)
- I can easily find someone to talk with in my local community (1 to 5).

# SC1 and sport volunteers (22% more social capital)

	Average SC1 score
Sport volunteers	31.8
No sport volunteers	26.0

Sport volunteers acquire 22% more social capital (according to SC1) than non volunteers

# Basis of index of social capital (SC2)

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- Importance of family (1 to 5)
- Importance of friends (1 to 5)
- Importance of meeting people (1 to 5)
- Participation in organisations of 'social welfare services for the elderly, handicapped or deprived people' (number of organisations)
- Participation in religious or church organizations (number)
- Participation in education, arts music, or cultural activities (number)
- Participation in Trade Unions (number)
- Participation in political parties or groups (number)
- Participation in conservation, the environment, ecology, animal rights (number of organisations)
- Youth work, e.g., scouts, guides, youth clubs (number of organisations)
- Sports or recreation (number of organisations)
- Voluntary organizations concerned with health (number)

# SC2 and Sport volunteers (44% more social capital)

	Average SC2 score
Sport volunteers	21.3
No sport volunteers	14.8



# Monetisation of SWB and SC gains

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- Calculate Income compensation
- Each person is associated with some value of SWB and SC.
- The question becomes what rises in SWB and SC can be experienced when we 'switch' from a non sport volunteer to a sport volunteer.
- All the previous figures show that these assumed increases are real
- We use econometric methods to calculate income compensations: how much an individual needs to be compensated in order to be without the benefits associated with sport volunteering (in terms of SWB or SC).

# Results, per year, Income compensations (IC)

Index	IC, euros, All countries
SWB	2,248
SC1	2,018
SC2	2,042

It is as if a sport volunteer receives an additional monthly salary every year

# 1. Sport Volunteering Inequalities-Gender

	% Sample	%Volunteers
<b>Females</b>	43.5%	33.0%
<b>Males</b>	56.5%	67.0%
	100%	100%

## 2. Sport Volunteering Inequalities-income

Income (euros)	Sample %	Volunteers %
1-<1000	10.6%	9.9%
1000-<2000	19.6%	16.8%
2000-<3000	20.5%	17.2%
3000-<4000	12.1%	11.3%
4000-<5000	8.0%	8.3%
5000-<6000	5.9%	7.6%
6000-<7000	2.4%	2.9%
7000-<8000	2.0%	2.9%
8000-<9000	1.7%	2.6%
9000-<10000	2.2%	3.4%
10000+	6.0%	9.4%

### 3. Sport Volunteering Inequalities-working status

Working status	Sample %	Volunteers %
Working full time	65.4%	73.8%
<b>Working part time</b>	<b>11.5%</b>	<b>10.2%</b>
<b>Home duties</b>	<b>3.2%</b>	<b>1.6%</b>
Students	4.7%	5.5%
<b>Unemployed</b>	<b>6.7%</b>	<b>3.1%</b>
<b>Retired</b>	<b>8.5%</b>	<b>5.8%</b>
	100%	100%

# Annual benefits of sport volunteering / sport participation

		Per sport volunteer	Per sport participant	volunteering vs participation
		Euros	Euros	Per cent
<b>Physical and Mental Health</b>				
Dementia		250.0	179.6	139%
Depression		8.0	5.9	136%
<b>Mental Wellbeing</b>				
Subjective Wellbeing		2,248.0	1,612.9	139%
<b>Individual development</b>				
Improved educational attainment		0.5	0.2	215%
Enhanced human capital (improved salaries)		39.5	14.3	276%
<b>Social and community development</b>				
Reduced crime		5.5	2.0	276%
Social Capital		2,018.0	734.5	275%

# Total benefits of sport volunteering per country

	AT	HR	DE	EL	LT	NL	ES	UK	EU-8
<b>Number of sport volunteers</b>	454,689	122,491	5,010,261	184,042	60,120	2,465,752	1,400,048	6,200,000	
<b>Physical and Mental Health</b>									
<b>Dementia</b>	114	31	1,253	46	15	616	350	1,550	3,974
<b>Depression</b>	4	1	40	1	0	20	11	50	127
<b>Mental Wellbeing</b>									
<b>Subjective Wellbeing</b>	1,420	128	15,076	198	69	7,146	2,674	17,205	43,915
<b>Individual development</b>									
<b>Improved educational attainment</b>	0.2	0.1	2.5	0.1	0.0	1.2	0.7	3.1	8
<b>Enhanced human capital (improved salaries)</b>	18	5	198	7	2	97	55	245	628
<b>Social and community development</b>									
<b>Reduced crime</b>	3	1	28	1	0.3	14	8	34	87
<b>Social Capital (SC1)</b>	1,274	115	13,538	177	62	6,416	2,401	15,450	39,434

# Value in Community

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- One way that an investment in sport facilities can be linked to wellbeing and social capital benefits is by leading to increases in sport volunteering.
- By using the results before for a single sport volunteer, we can calculate a social impact of investment for the community.
- For example, if a local investment generates an extra 100 sport volunteers, then in terms of generated wellbeing (SWB) there is an increase of  $100 \times 2,248$  euros in the community.
- The same logic can be followed in Social Capital. The results should not be aggregated but used to describe different characteristics of social benefits for the community.



# Final Comments

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- Sport Volunteering offers considerable societal benefits in the forms of Subjective Wellbeing and Social Capital.
- In each case the benefits were over 2,000 euros per sport volunteer equivalent on average of one extra monthly salary per year
- These benefits help social integration and help mental health.
- Some first evidence suggest a mental health improvement of 15% but further research is required.
- The distribution of these effects is very important. Inequalities exist at the expense of women, low incomes, and the unemployed.
- Thank you