

# Sport participation among adolescents with a history of child maltreatment



# IPSA

Impact de  
la participation  
sportive chez  
les adolescents

Projet de recherche

# UQAC

# UQAC

Université du Québec  
à Chicoutimi

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Visaj

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sur la vie et la santé des jeunes

# Co-researchers



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Social Sciences and Humanities  
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Conseil de recherches en  
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**Canada**

# Child maltreatment

**Physical  
abuse**

**Psychological  
neglect**

**Sexual abuse**

**Physical  
neglect**

**Psychological  
abuse**

*\* children usually experience more than one type of abuse*



# Child Maltreatment



**40%** are victims of abuse before the age of 18

**Many consequences, including:**



Psychological difficulties



Use of health and social services



Addictions and other issues



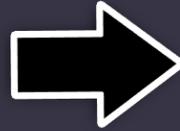
# Resilience

- *Ungar: In the context of exposure to adversity:*
  - *the capacity to navigate our way to the psychological, social, cultural, and physical resources that sustain our well-being*
- How to promote resilience in victims of child maltreatment ?
  - What about sport participation?

# Role of sport



Sport practice



Positive youth development

(Eime et al., 2013)

The practice of sport allows the development of:

- ✓ Interpersonal skills
- ✓ Self-management skills
- ✓ Life skills



- 1 Protective factors against risky behaviors (drug use, aggression, violence, sexual activity, etc.)
- 2 Resilience factors !



**WARNING!** Sport participation is not enough to guarantee that an adolescent experiences positive development !

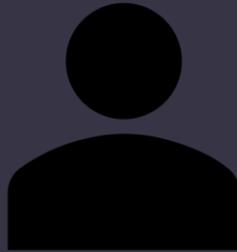


## Method

**Aim: to investigate the role of sport participation in the association between child maltreatment and psychological adaptation**



### Participants



N = 1,802 (wave 2 = 825)



$M_{age} = 14.74$  years; SD = 0.84



55.5% boys; 42.2 % of girls; 1.5% non-binary

### Measures

- Child maltreatment (Bremner et al., 2007)
- Sport participation (Parent et al., 2018)
- Violence in sport (VTAQ; Parent et al., 2019)
- Self-esteem (Harter, 2012)
- Life satisfaction (Diener et al., 1985)
- Body satisfaction (Ricciardelli, & McCabe, 2002)
- Restrictive eating subscale (EDE-Q; Carrard et al., 2015)
- Internalized and externalized symptoms (SDQ, Goodman, 2001)

**Sport participation:**  
being part of a sports club, sport federation, participate in competitions, tournaments

# Method

## Procedure

- Questionnaires completed in class on electronic tablets
- *Qualtrics Research Suite*
- 3 questions of attention
- Draw, promotional material

# Prevalence of child maltreatment



## Any form



- Girls: 62.4%
- Boys: 50.7%
- Non-binary adolescents: 80.8%



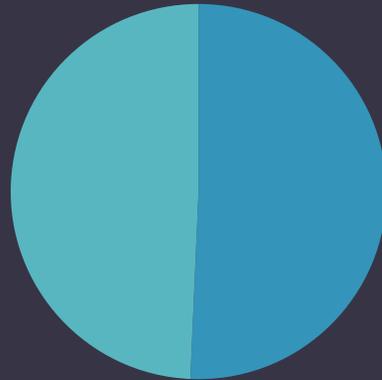
# **Sport violence**

- 58.6%



## Results

# Frequency of organized sport participation

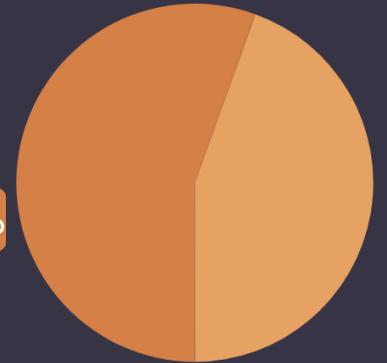


50.7%

of child maltreatment victims

of non-victims of child maltreatment

59.3%



$\chi^2 = 13.14, p < .001$



Results



Child  
maltreatment

Sport  
participation

Psychological  
adaptation

Self-esteem, body satisfaction, life satisfaction,  
internalized and externalized symptoms



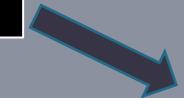
Results



Child  
maltreatment



Wave 1  
Sport  
participation



Psychological  
adaptation



Self-esteem, body satisfaction, life satisfaction



Results



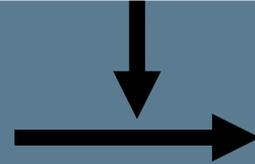
Child  
maltreatment

Sport  
participation

Psychological  
adaptation

body satisfaction

Wave 2





Results

COVID-19-related  
distress

Wave 2

Sport  
participation



Child  
maltreatment

Psychological  
adaptation



# Limitations

- Attrition rate between Wave 1 and Wave 2
- It was impossible to measure ongoing child maltreatment during the pandemic

# Sport participation: a resilience factor?

- Sport participation was associated with better psychological adaptation whereas child maltreatment was associated with poorer psychological adaptation
- Sport participation acted as a moderator in the associations between child maltreatment and psychological adaptation
- **These results suggest that sport may buffer some of the consequences of child maltreatment**

# BUT.....

- High level of sport violence
  - there is an urgent need needed to promote a safe and secure sport environment.
- The COVID-19 pandemic....
  - How to make sure adolescents have access to sport participation at all time?

# Conclusion

- Considering that victims of child maltreatment are less likely to participate in sport, it might be important to consider how to promote sport participation among adolescents to foster resilience and well-being

➤ Among child victims

➤ More broadly, in schools

Of course, by making sure that there is no violence against athletes in sport

# Visaj

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Thanks to all adolescents  
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Thanks to  
everyone!



Virginie Attard, M.A., coordinator

To the many research assistants!



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