



YOUTH INDIVIDUAL SPORTS MINDSET



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SURVEY ANALYSIS

General information and relevance

YouMind Survey on Mental health was carried out as an online survey between July 15 and September 15, 2024.

It was available in 5 languages: English, Hungarian, Italian, Lithuanian and Slovenian. It was hosted at 1ka survey platform, and was available at <https://1ka.arnes.si/a/Ofaa3a0f>.

The survey contained 10 main questions; with one of them having two sub questions. Most of the questions were closed questions with pre-defined selection choices, and two questions were of open type, where the respondents were able to enter the text on their own.

756 people initially opened the survey. Among them, 587 people did not complete it, and this data was not included in the analysis. 169 answers have been considered, out of which all pre-set closed questions were selected, while some of the 169 participants did not reply to the open questions.

The survey is part of data gathering in the project, aiming to raise awareness of the importance of mental health, especially in youth.

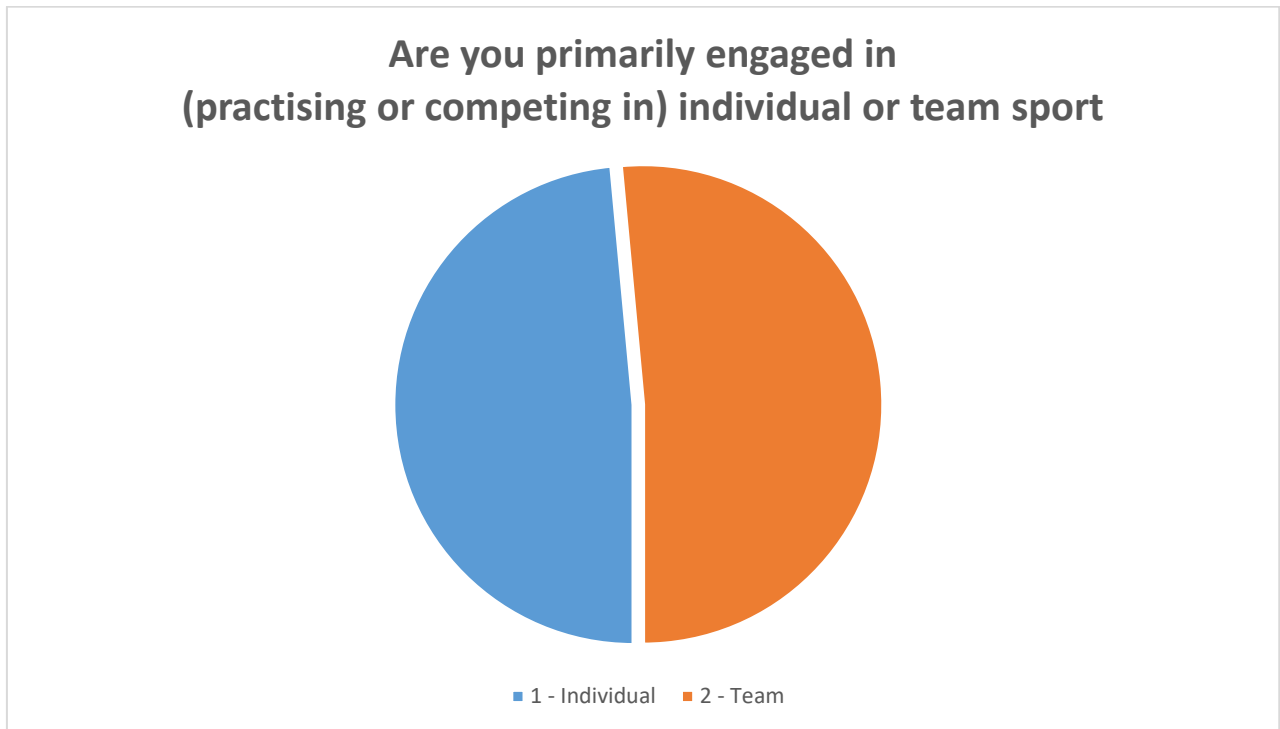
This document overs the overview of the survey results and analysis of the data.

The results of the survey will be used to better understand the needs of the target population, and to tailor the contents and format for preparation and execution of the outputs of the project, including the workshops, open discussions, leaflet and others.

More information is available at <https://youmind.eusa.eu>.

Survey analysis

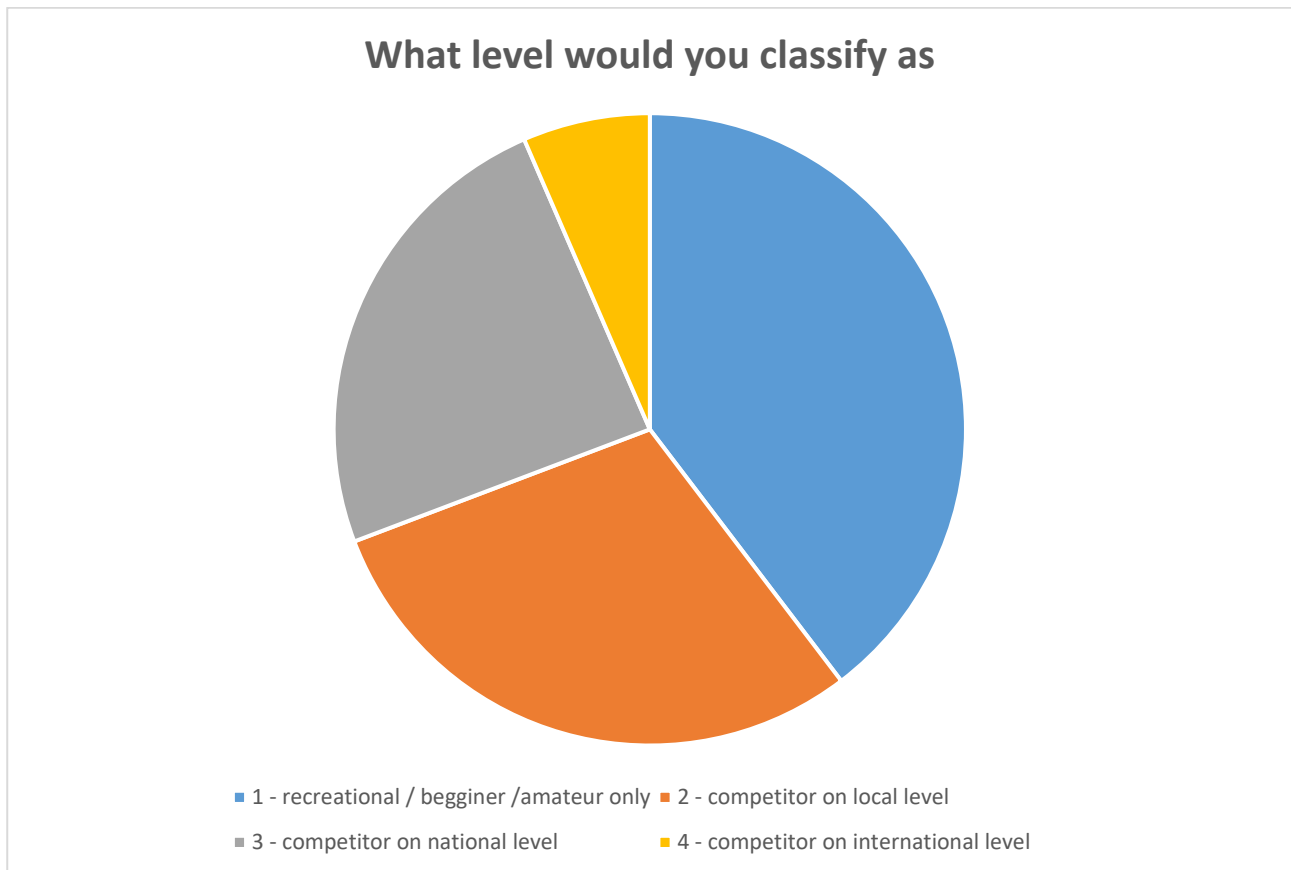
Q1 - Are you primarily engaged in (practising or competing in) individual or team sport?



This question highlights a balanced representation in team and individual sports engagement, with a slight majority in participation as practice or competition of team sports of 51 % compared to 49 % in participations in individual sports.

Q1	N
1 - Individual	82
2 - Team	87

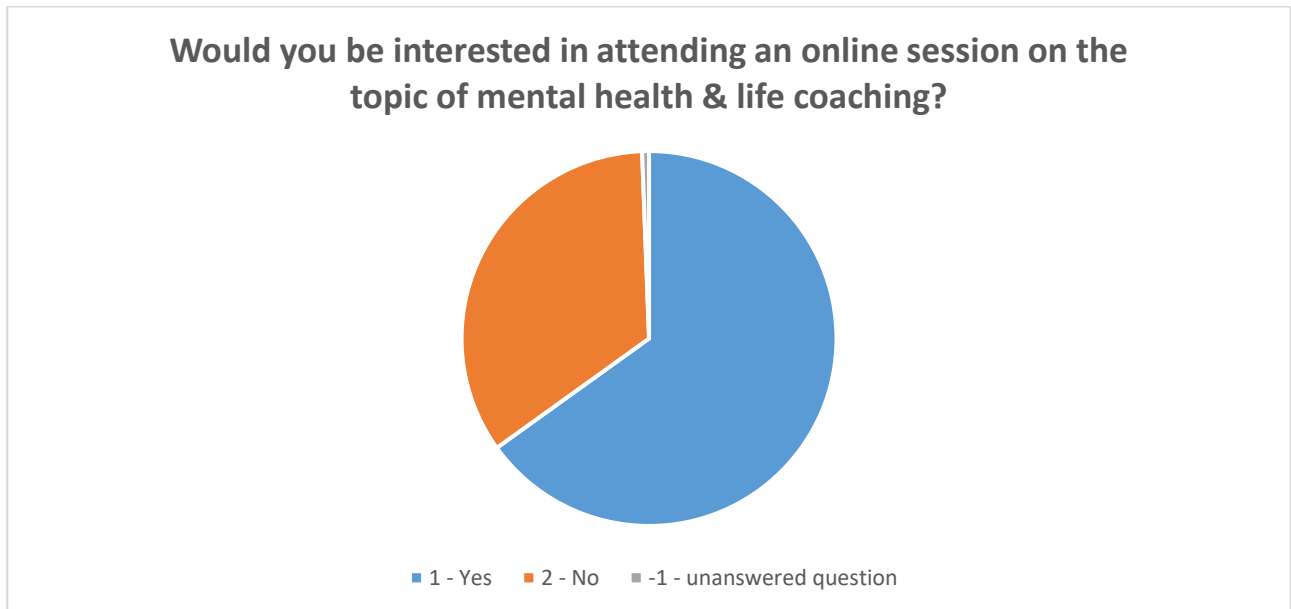
Q2 - What level would you classify as?



Almost 40 % of the respondents consider themselves recreational/beginner/amateur athletes. Over 60 %, however, consider themselves as competitive athletes, primarily on local and national or even international level.

Q2	N
1 - recreational / beginner /amateur only	67
2 - competitor on local level	50
3 - competitor on national level	41
4 - competitor on international level	11

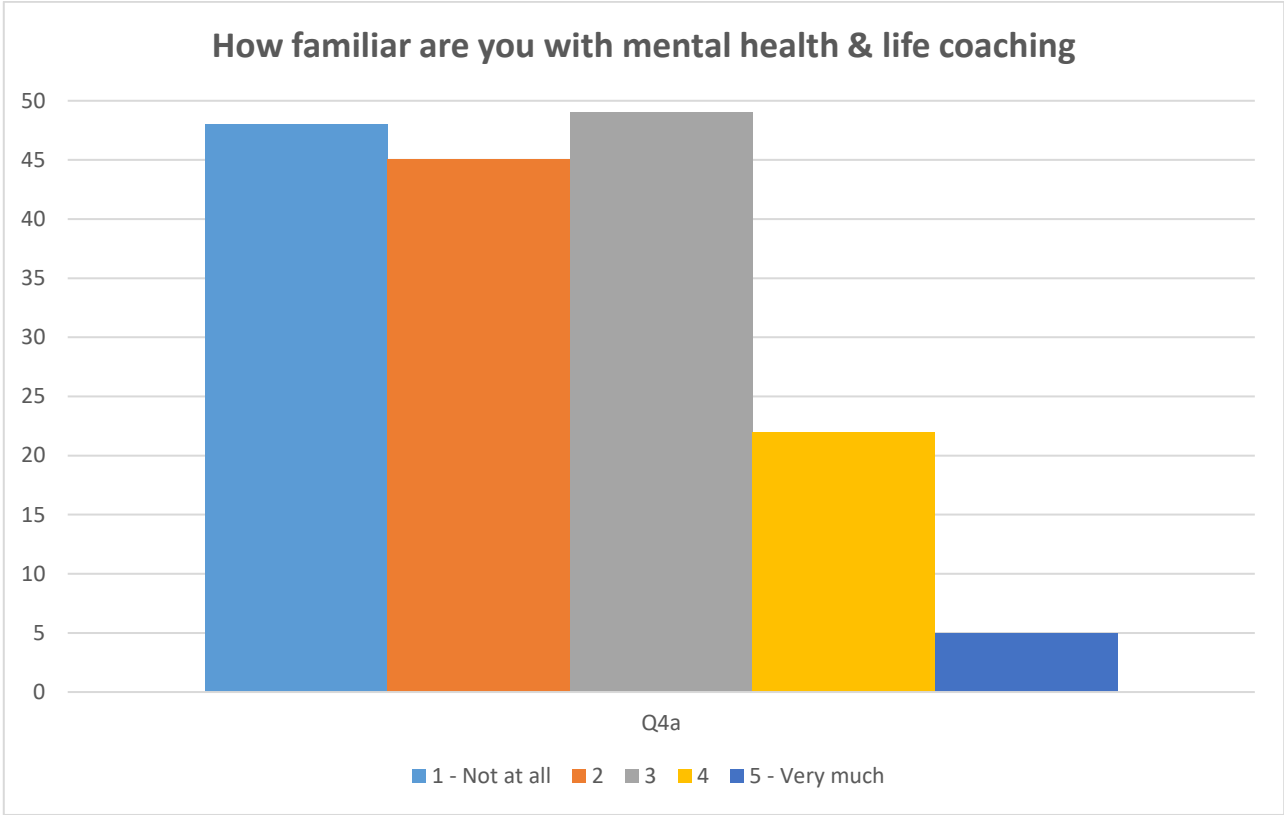
Q3 - Would you be interested in attending an online session on the topic of mental health & life coaching?



As also visible from the chart, there is a clear desire to participate in the mental health & life coaching sessions, as 65 % of respondents indicated their interest.

Q3	N
1 – Yes	110
2 – No	58
-1 - unanswered question	1

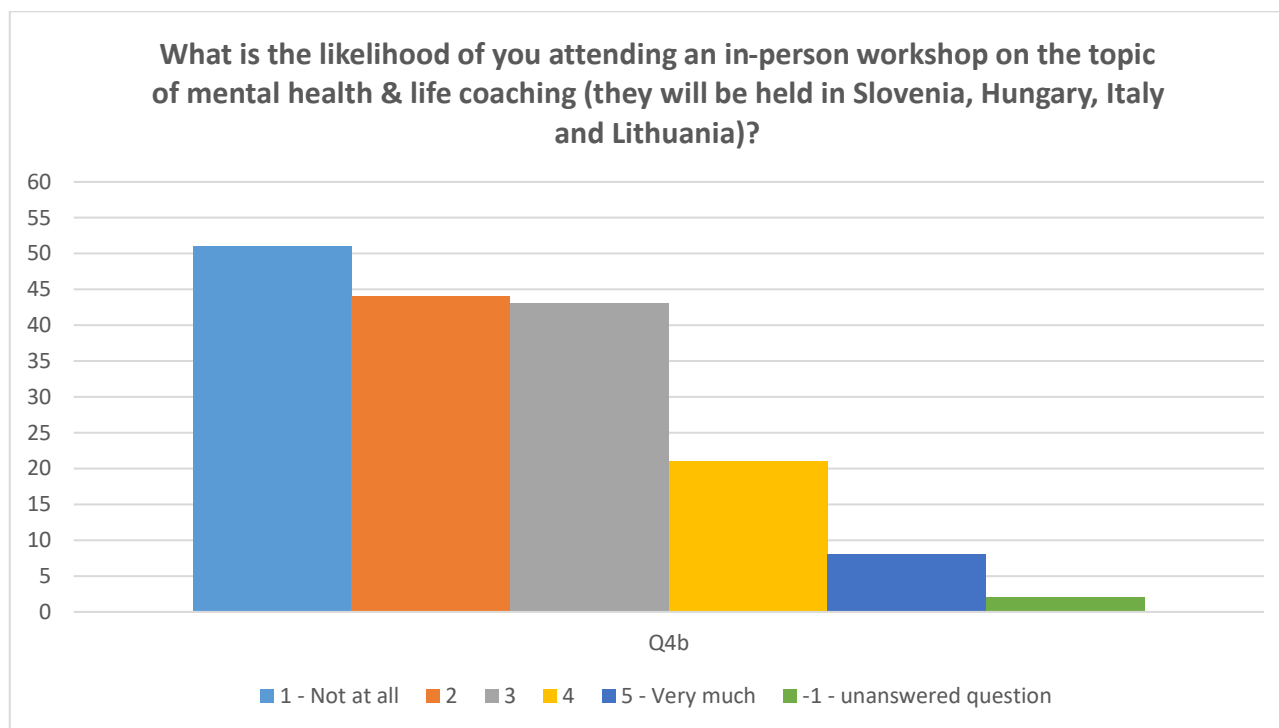
Q4a - How familiar you are with mental health & life coaching?



The survey shows that the knowledge on mental health and life coaching is only partly familiar with the respondents, mostly from Mediate towards Not at all. Less than 3 % indicated that they are Very familiar with the topic.

Q4a	N
1 - Not at all	48
2	45
3	49
4	22
5 - Very much	5

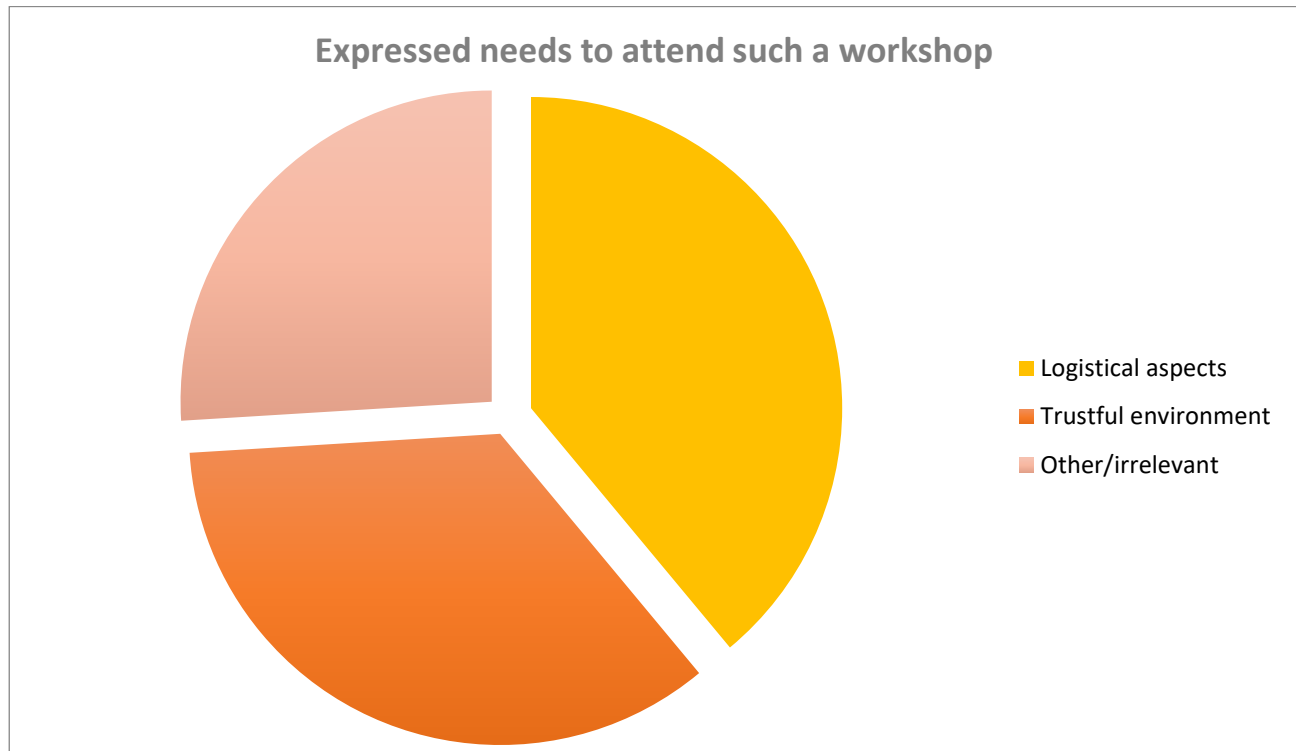
Q4b - What is the likelihood of you attending an in-person workshop on the topic of mental health & life coaching (they will be held in Slovenia, Hungary, Italy and Lithuania)?



We have not received very positive feedback to this question. Majority did not express willingness to participate in person, probably due to not knowing the topic, embarrassment and shyness. However, there is still a relevant percentage that would like to participate in this sort of activity.

Q4b	N
1 - Not at all	51
2	44
3	43
4	21
5 - Very much	8
-1 - unanswered question	2

Q5 - What would you need to be comfortable to attend such a workshop (if you could/would attend it)?

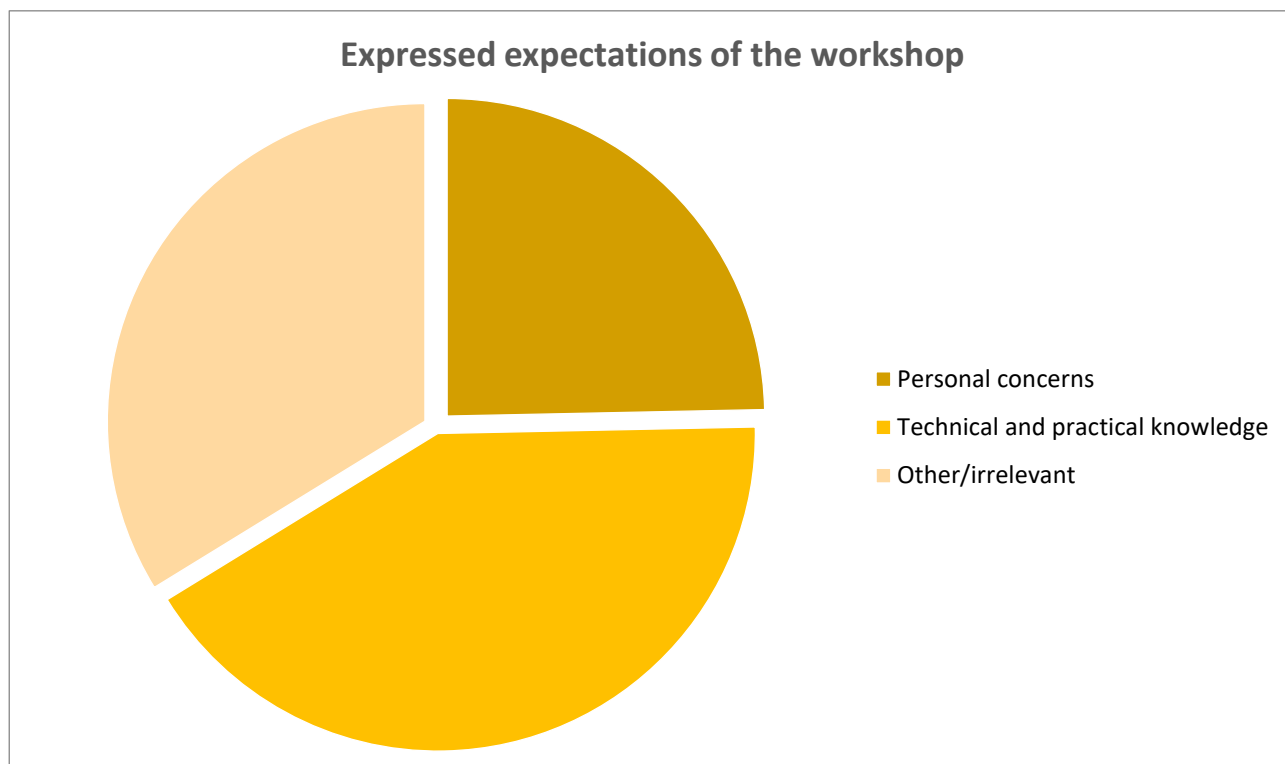


This question received 77 open answers. Analysing and grouping them by type, the logistical aspects represent the main need (40% of the answers), It seems clear that people tend to favour a meeting held by a professional psychologist and mental coaching professionals. Moreover, enough space for everyone to fit comfortably in a trustful environment would be appreciated, in fact, many responses express a need for comfort, discretion and trust (35%). Finally, the importance of smooth communication must be taken into consideration, as the answers highlight the need to use English or the presence of at least one interpreter. Several answers mentioned the solution of organizing the workshop remotely, which would facilitate the logistical aspects of it, and preserve people's anonymity.

Q5	N
-1 - unanswered question	92
Open Answers	77

Q5 qualitative analysis	N
Logistical aspects	30
Trustful environment	27
Others	20

Q6 - What would be your expectations of the workshop (if you could attend it)?

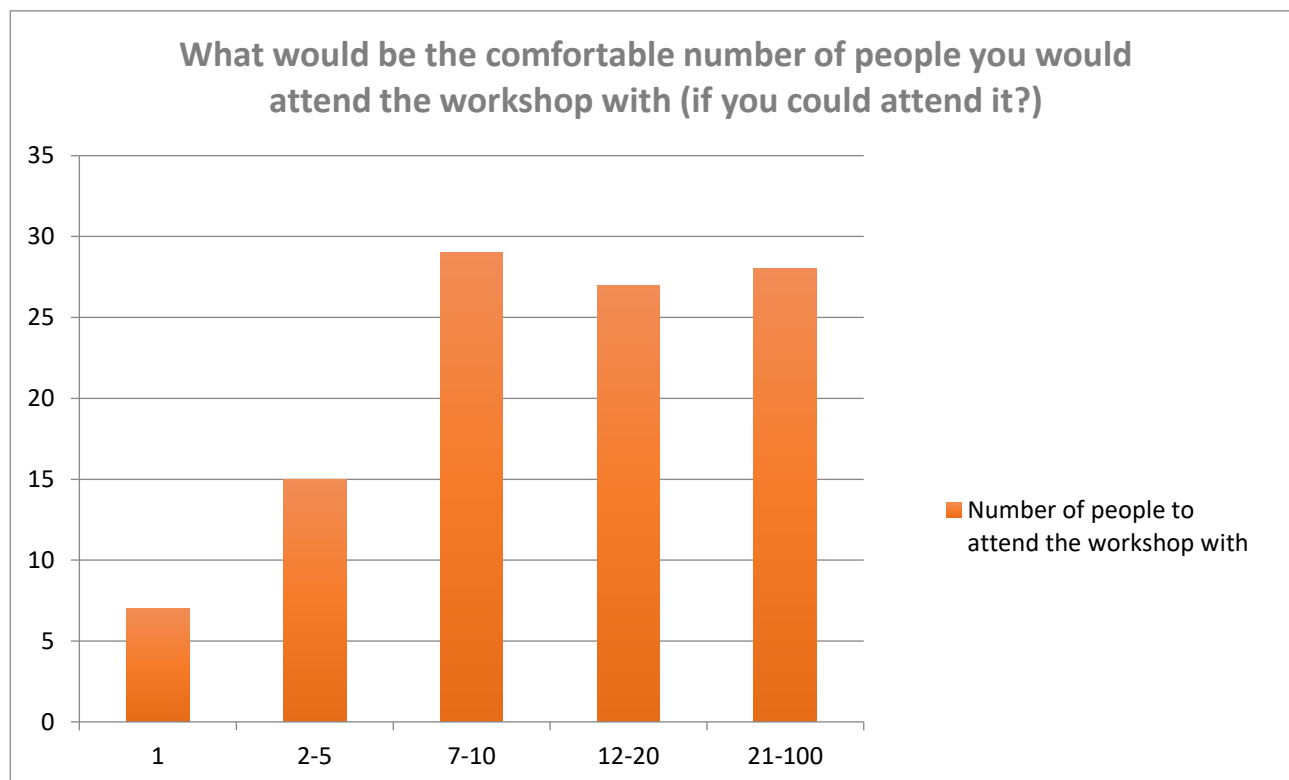


By analysing and grouping the open question answers by type, there is a clear desire to improve and get to know oneself better. Moreover, respondents indicated to evaluate skills such as believing in themselves, achieving their goals in training, and putting them into practice in life. Many answers are related to very personal concerns. On practical aspects, the answers highlight the importance of peer learning and interaction during the workshop.

Q6	N
-1 - unanswered question	95
Open Answers	74

Q6 qualitative analysis	N
Personal concerns	19
Technical/practical knowledge	32
Other concerns	26

Q7 - What would be the comfortable number of people you would attend the workshop with (if you could attend it)?

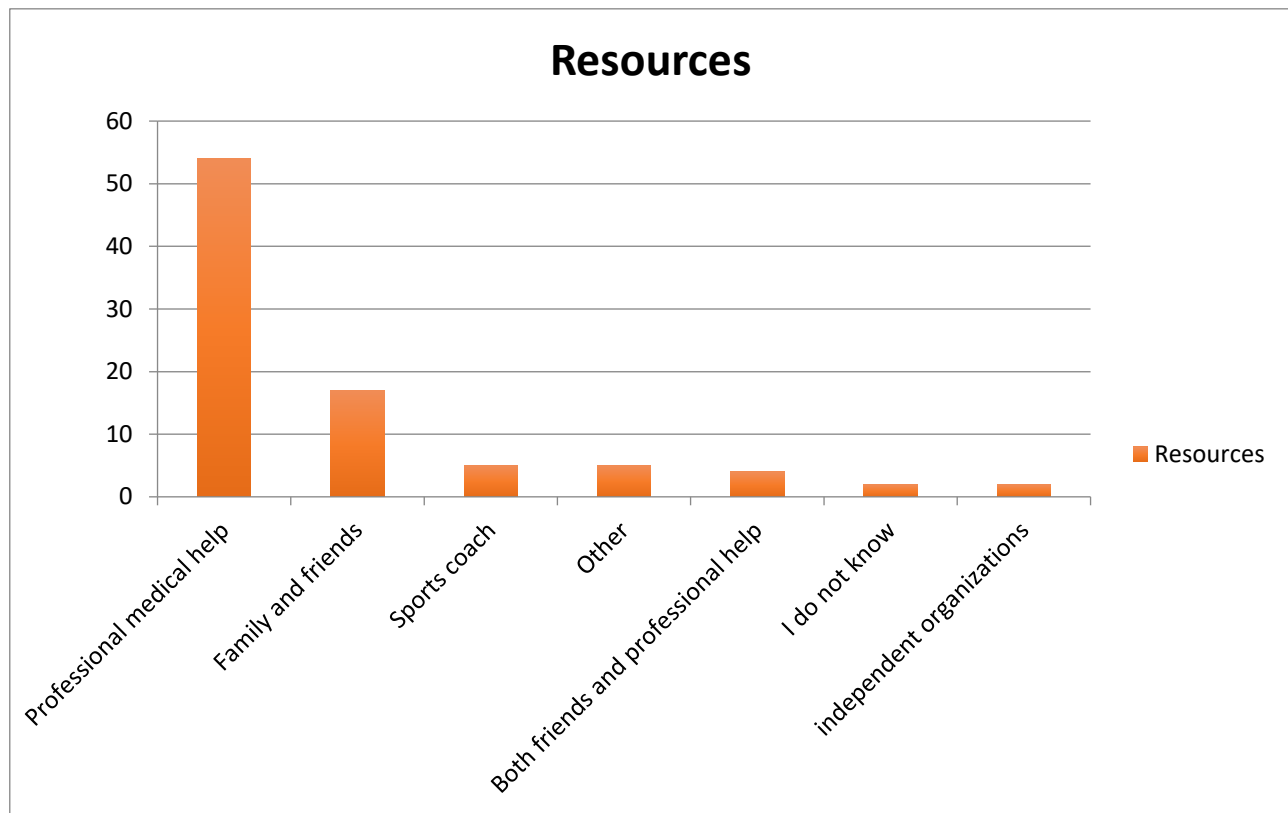


Among the proposed answers in the survey, we can notice that the participants clearly expressed their preferences in potentially attending the workshop in smaller groups of people.

Almost half of the respondents would prefer attending the workshop in a smaller group of up to 10 people, and combined percentage of over 73 % in a group below 20. It is also relevant to highlight that 7 people (7 %) would prefer to attend the workshop individually. This information can be linked to the need for the participants to address the subjects in a more personal way, rather than through an academic approach (see answers to Q5 and Q6).

Q7	N
1	7
2-5	15
7-10	29
12-20	27
21-100	28

Q8 - If someone you know would experience any struggles with mental health, where would you seek help?



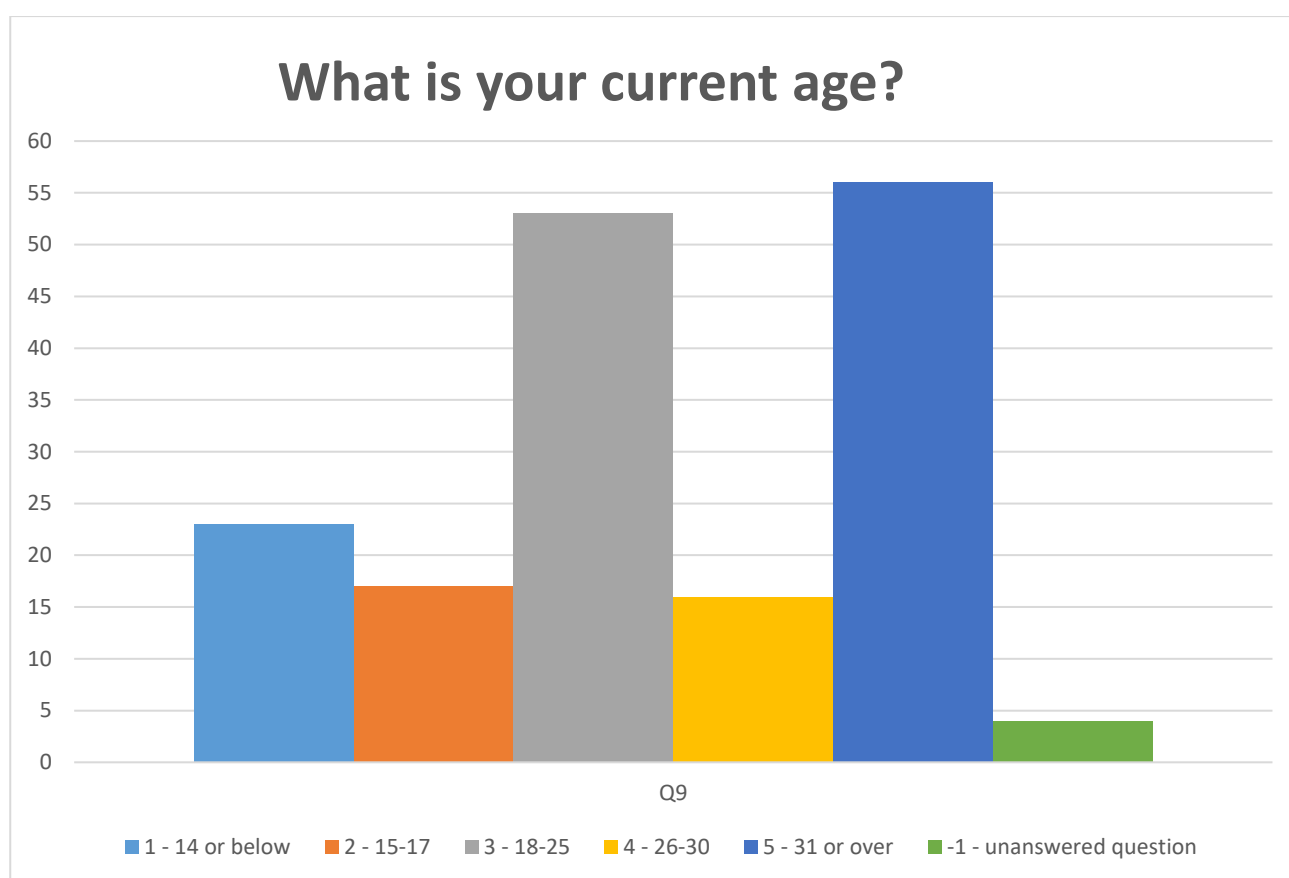
Results from this question showed that respondents would seek help if struggles with mental help would occur primarily by contacting a professional - psychologist or a similar specialist. This highlights the importance and trust of professionals and experts in the field. Then, the second largest percentage of answers concerns help from family and friends, which is important to notice.

It is also relevant that some respondents would also consider getting help from their sports coach/personal trainer.

Q8	N
-1 - unanswered question	80
Open Answers	89

Q8	N
Professional medical help	54
Family and friends	17
Both friends & professional help	4
Independent organizations	2
Sports coach	5
Other	5
I do not know	2

Q9 - What is your current age?

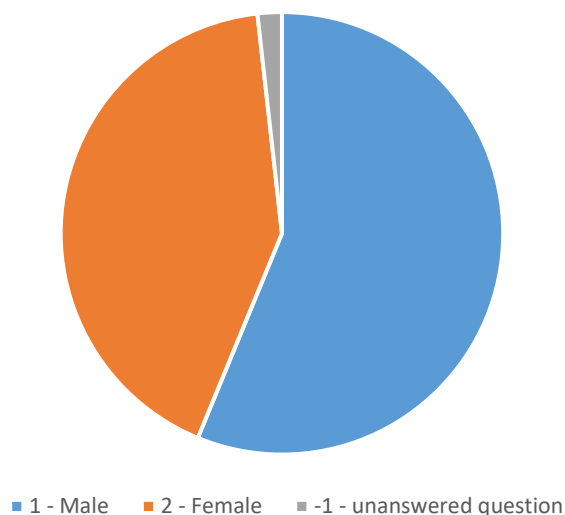


The ages of the survey respondents varied. Two groups above all stand out. The first is the youth in the 18-25 age group with the most participation, and the second from the over 31.

Q9	N
1 - 14 or below	23
2 - 15-17	17
3 - 18-25	53
4 - 26-30	16
5 - 31 or over	56
-1 - unanswered question	4

Q10 - Your gender/How do you identify as

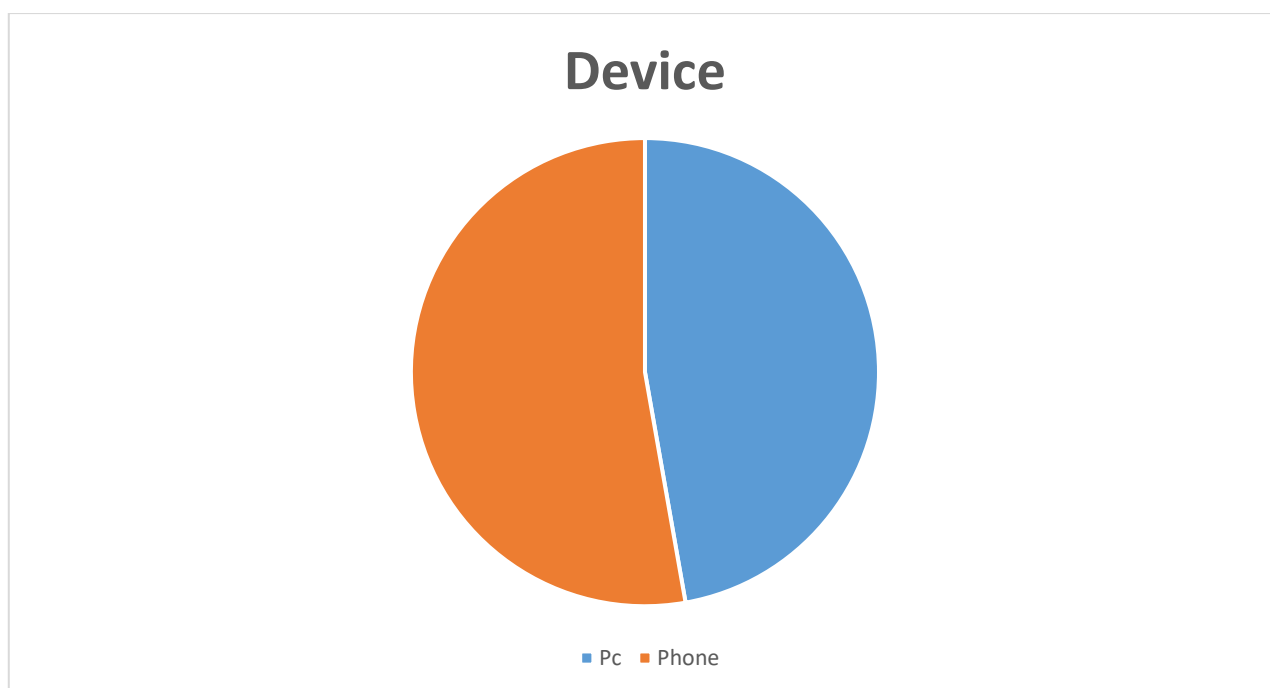
Your gender/How do you identify as



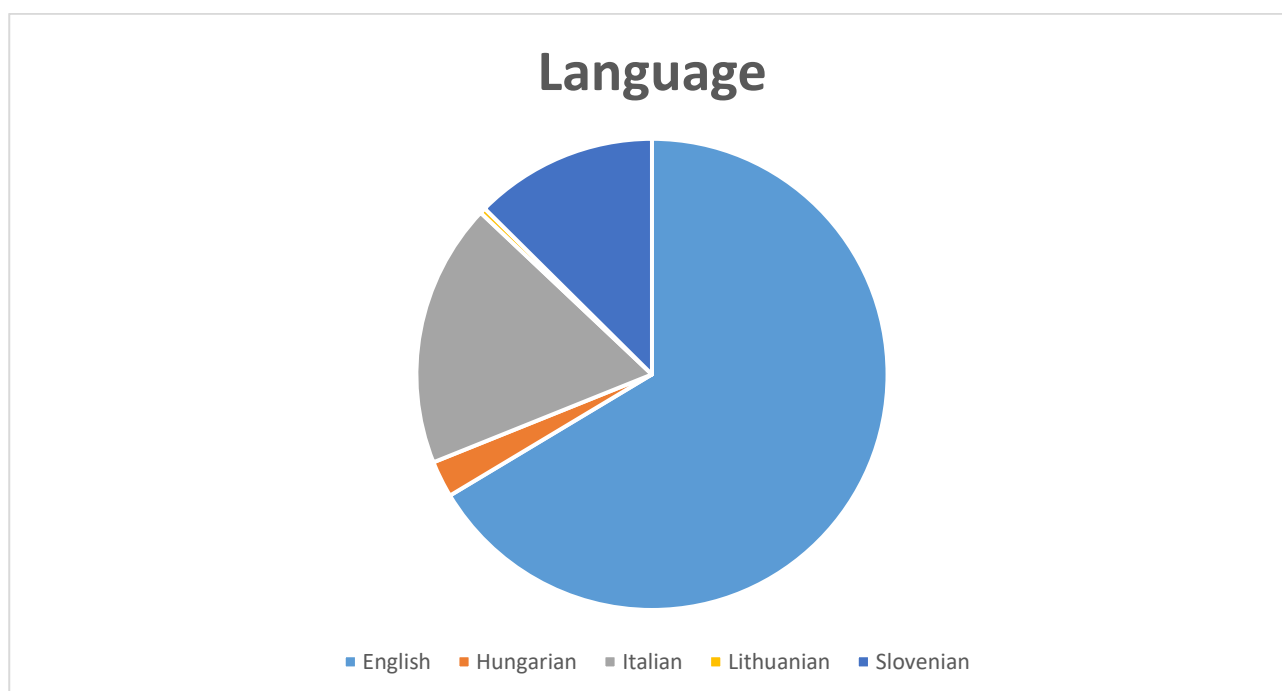
There was a fairly balanced gender representation between male and female respondents, with slightly higher male percentage (56 %).

Q10	N
1 - Male	95
2 - Female	71
-1 - unanswered question	3

Technical statistics



There was an almost homogeneous use between accessing the survey using a mobile device and the personal computer. The use of the telephone is slightly higher, probably due to greater convenience.



Most respondents accessed the survey in English, followed by Italian and Slovenian. Only a small number of respondents accessed the survey in Hungarian, and only symbolic number in Lithuanian.

Conclusions

The questionnaire highlighted that a part of the respondents, although the number was not very high, would participate in meetings and workshops on mental coaching.

The majority of athletes identified as reliable resource and support the sector of professionals such as psychologists and mental coaches. The very first help to seek, as confirmed in the questionnaire, is a psychologist, mental coach, or other specialist, like a physician.

For organisation of workshops, the importance of the place and logistics must be taken into consideration given that many asked for a comfortable environment, and with a low number of participants. Preferably, a maximum of 10/20 per session. Respondents also expressed preference in having online (and free) meetings as a suitable solution.

English language was reflected to be the most common language as a means of communication. Regardless, having the national workshops in native language or in a presence of an interpreter would make participation easier and more comfortable.

Activities also need to reflect the various ages of the respondents and potential participants of workshops, which should be taken into consideration.

We would like to conclude with a motto “Mens sana in corpore sano”

YouMind project is an Erasmus+ programme small collaborative partnership, co-funded by the European Union.



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