

Executive summary

The 2011 Survey on Population Behavior in Playing Sport or Physical Exercising and Mental Health

The National Statistical Office conducted the first survey on population behavior in playing sport or physical exercising in 2001 and has continually conducted this survey since then, this is the 4th round of its series. The survey collected data from population aged 11 years and over in March 2011, aiming at obtaining information about characteristics of population who were playing sport or physical exercising which would help the government know how to support and to plan for relating policies. The conclusion of the survey results is as follows;

1. Population playing sport or physical exercising.

1.1 Sex, Area and Region

The 2011 survey results showed that there were about 57.7 million population aged 11 years and over, with these, about 15.1 million people (26.1%) played sport or exercised. Men played sport or exercised slightly higher rate than women (27.4% and 25.0 respectively). Considering by area and region, it was clearly seen that people who lived in municipal area playing sport or physical exercising higher rate than those in non-municipal area (30.4% and 23.9 respectively), however, there was the highest rate of this behavior in Bangkok Metropolitan.

In comparing with the past surveys (2004 and 2007), it was found that proportion of population playing sport or physical exercising in 2011 decreased about 3%, especially in the Southern region, it extremely decreased, of about 7.5%, which might be because of the big flood in 54 provinces in the survey period.

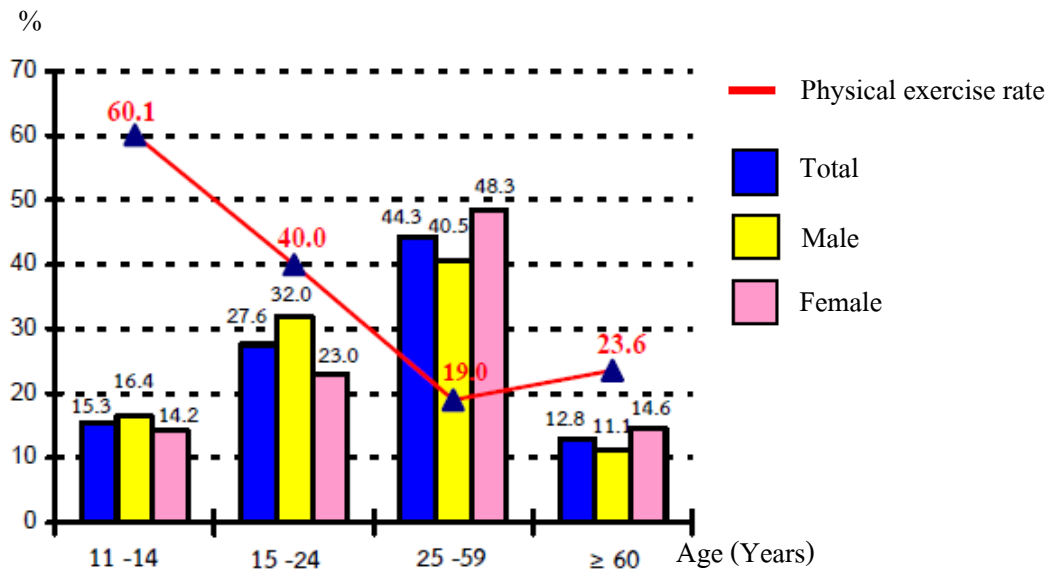
Table 1 Population aged 11 years and over playing sports or physical exercising**by sex, area and region : 2004, 2007 and 2011**

Sex, Area and Region	Percent of population playing sports or physical exercising		
	2004	2007	2011
Total	29.1	29.6	26.1
Male	32.8	32.7	27.4
Female	25.4	26.7	25.0
Area			
Municipal area	33.4	33.5	30.4
Non-municipal area	26.9	27.9	23.9
Region			
Bangkok	33.5	33.4	31.5
Central	24.3	24.3	22.0
Northern	29.9	28.3	28.8
Northeastern	28.5	29.7	24.5
Southern	33.5	37.4	29.9

1.2 Age

Number of population aged 11 years and over, who were playing sport or physical exercising in the last one month before the date of interview, was 15.1 million, of these mostly were adults, 25-59 years (44.3%), followed by the youths 15-24 years (27.6%), children 11 -14 years (15.3%) and the elderly 60 years and over (12.8%), respectively. When comparing between sexes, within the same age groups, the survey results showed that in age group 11-24 years, the proportion of males was higher than that of females, however it was reversed in age group 25 years and over. If considering three major age groups to the total population, namely; childhood, the youth and the working group, the survey results showed that the first group had the highest proportion (60.1%) in playing sport or exercising, followed by the second and the third groups with 23.6% and 19.0%, respectively.

Chart 1 Population aged 11 years and over playing sport or physical exercising
by age group and sex : 2011

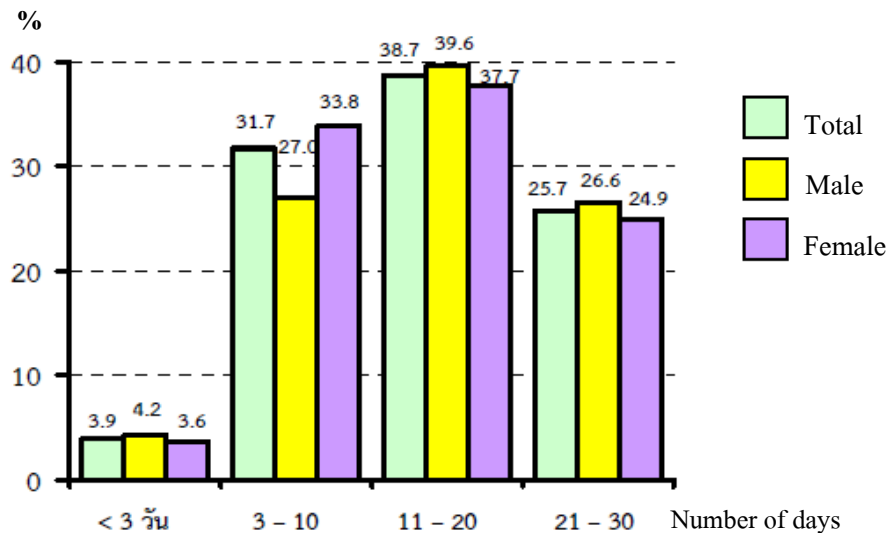


2. Behavior in playing sport or physical exercising.

2.1 Frequency of playing sport or physical exercising.

During one month before the date of interview, there were about 38.7% of population playing sport or physical exercising for 11-20 days, for 3-10 days and 21-30 days with 31.7% and 25.7%, respectively and the lowest proportion of about 3.9% playing sport or exercising less than 3 days a month. There were similar proportions of frequency in playing sport or exercising between male and female.

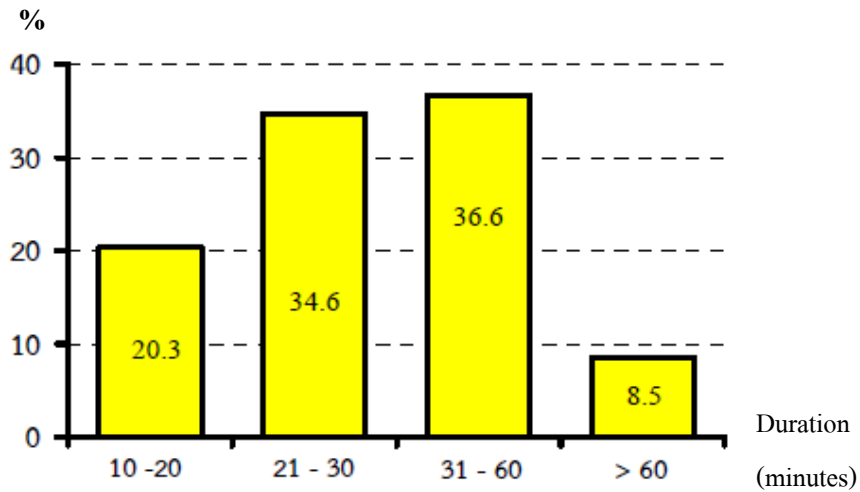
Chart 2 Population aged 11 years and over playing sport or physical exercising
by number of days of exercising, one month before the date of interview : 2011



2.2 Time spent on playing sport or physical exercising

Chart 3 shows that 36.6% of population aged 11 years and over spent, each time, on playing sport or exercising for 31 - 60 minutes, the followings were for 21 - 30 minutes (34.6%) and for 60 minutes and over was only 8.5%.

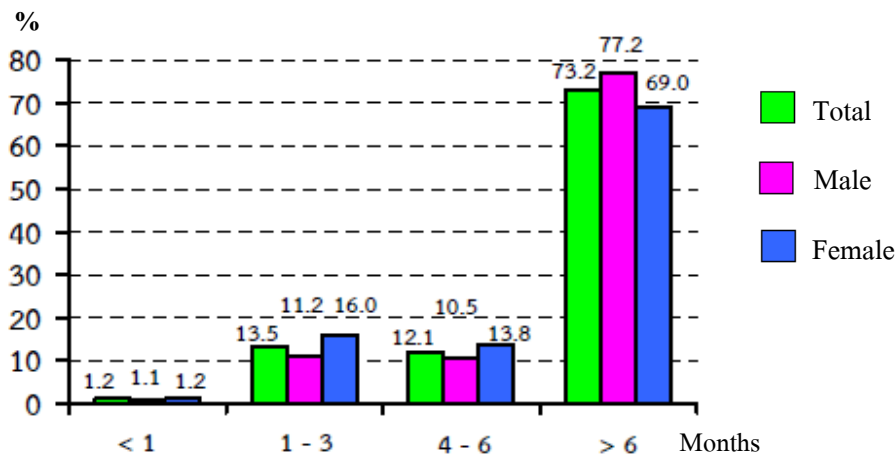
Chart 3 Duration of time spent on playing sport or physical exercising : 2011



2.3 Duration of playing sport or exercising continuously

The survey results showed that nearly three-fourths (about 73.2%) of population played sport or exercised for 7 months and over. Proportion of male playing sport or exercising was slightly higher than of which females' (77.2% and 69.0%, respectively). The rest were those who played sport or exercised, which were 1-3 months and 4-6 months, with similar proportions (13.5% and 12.1%, respectively).

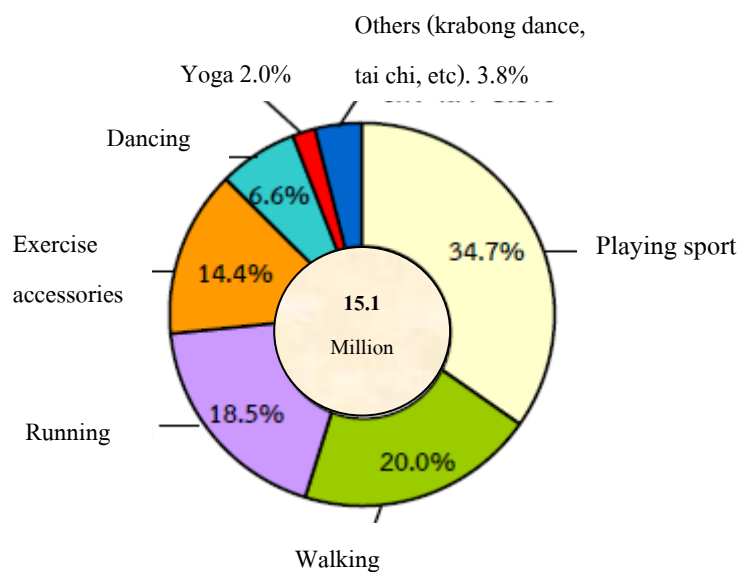
Chart 4 Duration in playing sport or exercising continuously : 2011



2.4 Type of sport or physical exercise

With about 15.1 million population who were playing sport or exercising, about one-third playing sports (34.7%) and the rest (65.3%) exercising in different styles, such as walking , running , using accessories, etc. In comparing proportion of exercising by type, walking was the most popular with the highest proportion of about 20.0%, the followings were running (of about 18.5%), using accessories (of about 14.4%), and by other methods, such as dance, yoga, etc. (12.4%).

Chart 5 Type of sport or exercise : 2011



2.5 Place of playing sport or exercising

Table 3 told that 38.9% of population aged 11 years and over played sport or exercised around the house, followed by academic stadium (17.9%) and public park (13.9%). Considering by sex, it was found that about half (50.4%) of female played sport or exercised around the house, followed by academic stadium and park. Male played sport or exercised around the house and academic stadium with similar proportions (27.7% and 22.3%, respectively), the least was at public park (15.1%).

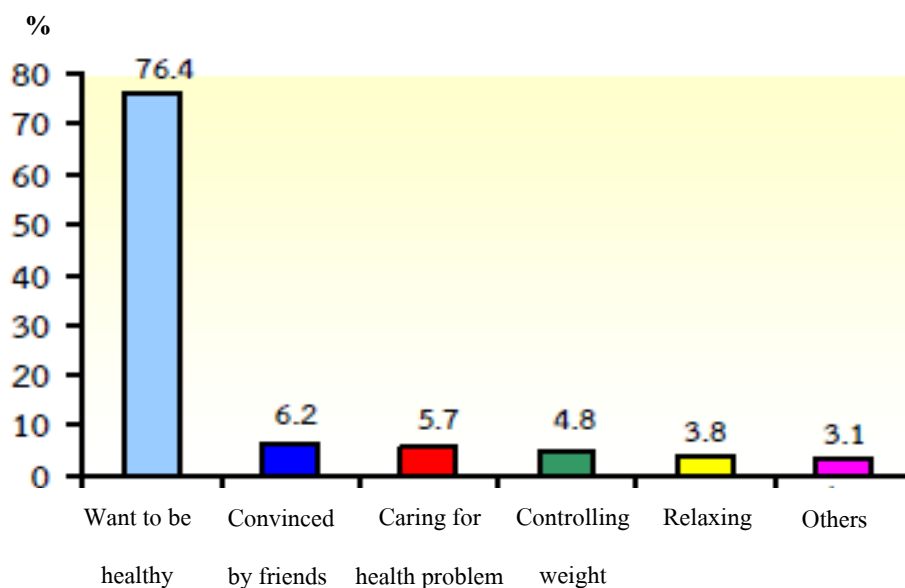
Table 2 Place for playing sport or physical exercising by sex : 2011

Place	Total	Male	Female
Total	100.0	100.0	100.0
Near by the house	38.9	27.7	50.4
Academic stadium	17.9	22.3	13.4
Public park	13.9	15.1	12.8
Near by institutes	7.6	9.6	5.5
Any empty spaces	6.3	7.3	5.4
Government stadium	5.4	6.9	3.7
Private stadium	3.4	3.4	3.4
Near by the office	3.0	3.5	2.3
Near by the temple, mosque, church	1.5	1.9	1.2
Others	2.1	2.3	1.9

2.6 Reasons for playing sport or physical exercising

Asking reasons for playing sport or exercising, the survey results showed that about three-fourths (74.6%) wanted to be fit/healthy, of about 23.6% were being convinced by friends, caring for health problem, and reducing weight, etc.

Chart 6 Reasons for playing sport or physical exercising : 2011



3. Playing sport or physical exercising and health condition

3.1 Physical health condition

The study of relation of playing sport or physical exercising and health condition showed that out of 57.7 million population aged 11 years and over, there were 17.7 million people were sick during last month, with this number 73% did not play sport or exercised, which might be because of not being able to do so, not desiring, etc. There were 3.1 million who were admitted in the hospital during last 12 months before the date of interview, of these, about 76% were not playing sport or exercising during last month.

Table 3 Relation of playing sport or exercising and health condition : 2011

Relation between playing sport or exercising and health condition				
Playing sport or exercising	Not admission in the hospital ^{1/}		Admission in the hospital ^{2/}	
	Number (thousand)	%	Number (thousand)	%
Total	17,110.2	100.0	3,192.6	100.0
Playing sport or exercising	4,595.5	26.9	765.6	24.0
Not playing sport or exercising	12,514.7	73.1	2,426.9	76.0

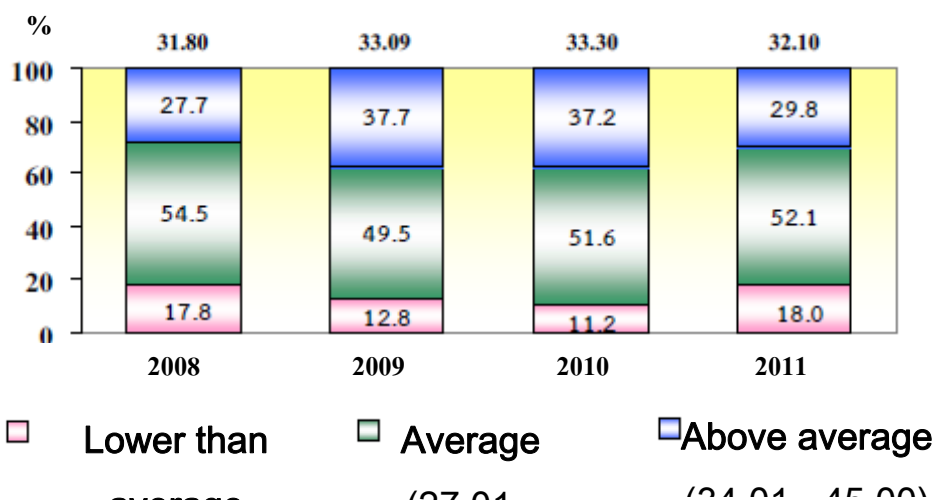
1/ last month before the date of interview

2/ last 12 months before the date of interview

3.1 Mental health condition

In comparing between the mental health of Thai people from the 2011 survey and the previous ones (2008-2010), it was found that mental health score increased, and proportion of people having mental health score lower than average decreased steadily. The 2011 survey results showed that overall mental health score began to decline and proportion of people having mental health score lower than average increased drastically, this may be due to the impact of the big floods in 54 provinces of Thailand.

Chart 7 Mental health score of Thai people aged 15 years and over : 2008 - 2011



Regarding playing sport or physical exercising and mental health score, it showed that 20.5% of the people having mental health score lower than average playing sport or physical exercising in the last one month before the date of interview. There were higher proportions as people having mental health score at average and above average with 27.1% and 32.5%, respectively. The survey result showed that playing sport or physical exercising correlated (direct variation) with mental health. Either playing sport or physical exercising led to better mental health or the more playing sport or physical exercising, the better mental health.

Chart 8 Playing sports or physical exercising improves mental health of Thai people aged 15 years and over : 2011

