



**HAL**  
open science

# Navigating the circles of social life: understanding pathways to sport drop-out among French teenagers

Colin Gatouillat, Jean Griffet, Maxime Travert

## ► To cite this version:

Colin Gatouillat, Jean Griffet, Maxime Travert. Navigating the circles of social life: understanding pathways to sport drop-out among French teenagers. *Sport, Education and Society*, 2020, 25 (6), pp.654-666. 10.1080/13573322.2019.1643300 . hal-02961126

**HAL Id: hal-02961126**

**<https://hal.science/hal-02961126>**

Submitted on 8 Oct 2020

**HAL** is a multi-disciplinary open access archive for the deposit and dissemination of scientific research documents, whether they are published or not. The documents may come from teaching and research institutions in France or abroad, or from public or private research centers.

L'archive ouverte pluridisciplinaire **HAL**, est destinée au dépôt et à la diffusion de documents scientifiques de niveau recherche, publiés ou non, émanant des établissements d'enseignement et de recherche français ou étrangers, des laboratoires publics ou privés.

1  
2  
3  
4  
5  
6  
7  
8  
9  
10  
11  
12  
13  
14  
15  
16  
17  
18  
19

*This is an Accepted Manuscript of an article published by Taylor & Francis in the journal  
Sport, Education and Society on July, 15, 2019, available online:*

<https://doi.org/10.1080/13573322.2019.1643300>

*Manuscript title: Navigating the circles of social life: Understanding pathways to sport drop-  
out among French teenagers*

Authors : Colin Gatouillat<sup>a\*</sup>, Jean Griffet<sup>a</sup> and Maxime Travert<sup>a</sup>

<sup>a</sup>*Aix Marseille Univ, CNRS, ISM, Marseille, France.*

*\*Corresponding author: Colin Gatouillat. Email address: [colin.gatouillat@univ-amu.fr](mailto:colin.gatouillat@univ-amu.fr);*

*Email address of other authors: [jean.griffet@univ-amu.fr](mailto:jean.griffet@univ-amu.fr); [maxime.travert@univ-amu.fr](mailto:maxime.travert@univ-amu.fr).*

*To cite this article: Colin Gatouillat, Jean Griffet & Maxime Travert (2019), Navigating the  
circles of social life: Understanding pathways to sport drop-out among French teenagers,  
Sport Education and Society, DOI: 10.1080/13573322.2019.1643300.*

1

## 2 **Abstract**

3 Sports practice is a way to be physically active. Despite public health efforts to support  
4 it, teenagers' sport participation is declining in some European countries. One reason  
5 for the decline is drop-out from sports practice. Various analytical frameworks have  
6 been applied to this issue but little is known about how teenagers understand their own  
7 pathway in the social context, ending with a drop-out from sports practice. This study  
8 aimed to identify reasons given by teenagers about sports practice drop-out situated  
9 within the circles of their everyday lives, through 100 semi-structured interviews. The  
10 results made it possible to classify the reasons for dropping out into five themes:  
11 friendship, body, family, school, and sport. Two processes lead to drop-out: constraints  
12 which prevent access to the circle of sports practice and/or a decision-making that  
13 brings them out of it. The respondents could mention one or multiple reasons,  
14 accumulating (snowball effect) or following one another (cascade effect). Depending on  
15 the moment of drop-out, some circles of social life played a preponderant role. The  
16 family seemed to be central in the decision to drop out during primary school, whereas  
17 sport itself and school were influential in middle and high schools respectively. The  
18 results showed that the more recent the drop-out, the more the teenagers planned to  
19 resume sports practice. These data are relevant for health education policies to prevent  
20 physical inactivity through sport. It is important not only to remove the constraints that  
21 prevent access to the circle of sports practice, but also to promote the most pleasurable  
22 sports experiences.

23 **Keywords:** sport; social life; drop-out; teenagers; public health

1

## 2 **Introduction**

3           Sports practice is a way to be physically active and is linked to numerous long-term  
4 health benefits (Bangsbo et al., 2016; Physical Activity Guidelines Advisory Committee,  
5 2008; Telama et al., 2014): physical (Janssen & LeBlanc, 2010) psychological and social  
6 (Bélanger et al., 2011; Eime, Young, Harvey, Charity, & Payne, 2013). The conclusions of  
7 these works about benefits are used in health education and sport promotion programs  
8 (Coakley, 2011). However, despite policies in favor of physical activity and sport  
9 participation, more and more teenagers (7-20 years old – Balish, McLaren, Rainham, &  
10 Blanchard, 2014) lose interest in sports practice in western countries (Adams, 2006; Martin,  
11 Dollman, Norton, & Robertson, 2005; Martins, Marques, Sarmiento, & Carreiro da Costa,  
12 2015).

13           In France, the limited success of sport promotion campaigns – such as *Manger Bouger*  
14 [Eat – Move] and the *Programme National Nutrition Santé* [National Healthy Nutrition Plan]  
15 (Ministère du Travail, de l'Emploi et de la Santé, 2011) – has been shown by national studies  
16 (Equipe de surveillance et d'épidémiologie nutritionnelle [ESEN], 2017; Gimbert & Nehmar,  
17 2018) and also by regional studies (Luiggi, Travert, & Griffet, 2018). This last study  
18 demonstrated that in the third most populous *département* (territorial and administrative  
19 division) of France (Bouches-du-Rhône, 2,016,622 inhabitants in 2015 (Institut national de la  
20 statistique et des études économiques [INSEE], 2018)), sport participation decreased between  
21 2001 and 2015. Teenagers' drop-out from sports practice is one reason for this decrease. We  
22 therefore aimed to understand this drop-out in this context.

23           The topic of drop-out from sports practice has been studied through different  
24 analytical frameworks. The ecological model of physical activity (PA) behavior (Spence &

## NAVIGATING THE CIRCLES OF SOCIAL LIFE

1 Lee, 2003) classifies factors that influence PA and sport participation into three categories:  
2 intrapersonal (e.g. attitude, perception, motivation), social (e.g. friend, family, professionals),  
3 and environmental (e.g. opportunities, access) (Martins et al., 2015; Sallis & Owen, 1998). In  
4 an analytical perspective, these factors are identified as facilitators or barriers to sports  
5 practice (Eime et al., 2015; Humbert et al., 2008; Humbert et al., 2006; Martins et al., 2015;  
6 Spence & Lee, 2003). However, this approach addresses these barriers in isolation, without  
7 considering ‘the combination and interaction of factors’ (Bauman et al., 2012, p. 32).

8 Another approach uses the model of leisure constraints, described initially by  
9 Crawford and Godbey (1987), and then enriched several times (Crane & Temple, 2015;  
10 Crawford, Jackson, & Godbey, 1991; Godbey, Crawford, & Shen, 2010; McQuarrie &  
11 Jackson, 2002). It focuses on the study of constraints that affect the relationship between  
12 sports preferences and sports participation. Constraints are classified into three categories:  
13 intrapersonal, interpersonal, and structural. This approach ‘recognize[s] that interactions exist  
14 between *factors* on the three levels’ (Godbey et al., 2010, p. 118) and recommends exploring  
15 ‘relationships between constraints’ (p. 128).

16 Finally, other researchers (de Bruyn & Bringé, 2006; Chevalier, 1998; Chevalier &  
17 Dussart, 2002; Forté, 2006; Joncheray, Laporte, & Tenèze, 2015; Lafabrègue, 2001; Prévitali,  
18 2013; Routier, 2013) situate the drop-out phenomenon in duration, using retrospective or  
19 longitudinal methods. In this perspective, the authors study continuities and breaks in  
20 individual trajectories. The issue is the interactions of domains of social life (Lahire, 1998) or  
21 ‘life contexts’ (Bidart, 2008, p. 560) that influence individual decisions. More specifically,  
22 they consider relationships between work and leisure (Chevalier & Dussart, 2002; Forté,  
23 2006; Routier, 2013), sport and school (Forté, 2006), sport and family (Forté, 2006; Joncheray  
24 et al., 2015; Lafabrègue, 2001), sport and friendship (Forté, 2006; Joncheray et al., 2015;  
25 Prévitali, 2013), sport and body (Joncheray et al., 2015; Routier, 2013), sport and romantic

1 relationships (Forté, 2006; Prévitali, 2013; Routier, 2013), sport participation and sports  
2 context (de Bruyn & Bringé, 2006; Chevalier, 1998; Joncheray et al., 2015; Prévitali, 2013).  
3 The process of drop-out is considered as a bifurcation in the ‘life course’ (Abbott, 2001;  
4 Bidart, 2012; de Coninck & Godard, 1990). When a domain disappears (e.g. sport), it  
5 modifies the structure of the social life.

6         In this way, we tried to understand how the participation ‘in sports [is] integrally tied  
7 to the way young people viewed themselves and their connection to the social world in which  
8 they lived’ (Coakley & White, 1992, p. 32). This approach is part of the more general  
9 phenomenological perspective of a sociology of knowledge, which ‘is concerned with the  
10 relationship between human thought and the social context within which it arises’ (Berger &  
11 Luckmann, 1966, p. 4). Our study addressed the way teenagers understand their own pathway  
12 in the social context, ending with a drop-out from sports practice. We consider this pathway  
13 as a conjugation of human activities whose place and time allocated vary according to the  
14 respective meanings that teenagers give them. These activities occur in what Simmel (1890)  
15 calls ‘*Kreise*’ [circles] of social life. What characterizes modern culture is the possibility for  
16 an isolated individual to belong to as many circles as he wishes. The aim of our study was to  
17 identify the diversity of circles and to identify the processes that cause teenagers to drop-out  
18 the circle of sports practice.

## 19 **Materials and methods**

### 20 *Participants*

21         This article reports the results of a study conducted in 2017 in eight public schools  
22 (free, secular and compulsory until the age of 16, which account for 78.8% of students  
23 enrolled in middle and high schools in France – Ministère de l’Education nationale, 2018).

## NAVIGATING THE CIRCLES OF SOCIAL LIFE

1 This study has been conducted in the third most populous *département* of France (INSEE,  
2 2018) in which a decrease in sport participation has been observed between 2001 and 2015  
3 (Luiggi, Travert, & Griffet, 2018). We selected four middle schools and four high schools,  
4 according to several criteria relating to the type of schools (classified as advantaged,  
5 disadvantaged or mixed) and their geography (in town and in the countryside). The study was  
6 authorized by the Rector of the regional school authority (*Académie*), the heads of the eight  
7 schools and the teachers of the classes in which we intervened. The students' parents were  
8 informed and had to give their written consent. We ensured the anonymity of the data.

9 A sample of 395 teenagers (Age=15.7, Range=13-20, 53.9% girls; 49.4% low socio-  
10 economic status (SES)) had to answer a short questionnaire: 185 pupils in the final grade of  
11 middle school level and 210 pupils in the two final grades of high school. This questionnaire  
12 allowed us to identify teenagers who did not practice a sports activity. 284 teenagers were  
13 active (50.7% girls; 46.8% low SES) and 111 inactive (62.2% girls; 35.1% low SES). In this  
14 group, girls practiced less sport than boys (diff=24.4%,  $\text{Chi}^2=4.22$ ,  $p < 0.05$ ), in line with the  
15 literature (ESEN, 2017; Luiggi, Travert, & Griffet, 2018; Toftegaard-Støckel, Nielsen, Ibsen,  
16 & Andersen, 2011). 100 teenagers declared having dropped out of sports practice (59 girls; 39  
17 low SES) and 11 having never practiced a sport, outside compulsory physical education and  
18 sport lessons (10 girls; all low SES). Since this article is concerned with the drop-out from  
19 sports practice, the case of the 11 teenagers who declared having never practiced is not  
20 covered.

### 21 ***Data collection and procedure***

22 The 100 teenagers agreed verbally to participate in a semi-structured individual  
23 interview, conducted individually by two authors of the article: one researcher interviewed

1 one teenager. After questions about his/her leisure activities, the researcher invited him/her to  
2 give and develop the reason(s) for dropping out of sports practice, and whether he/she wanted  
3 to resume.

### 4 *Data analysis*

5 The recorded interviews (Mean=7.57 min, Range=2.59 min – 18.00 min) were fully  
6 transcribed to facilitate their processing. The latter took place in four phases. The first step  
7 was to read the transcripts several times in order to become familiar with the data and to have  
8 an overview. Secondly, the reason(s) invoked for dropping out were identified for each  
9 respondent, as meaning units. The data were entered in an Excel® table. During this phase, no  
10 analytical framework was applied: all the meaning units were included in the table. Then, the  
11 data were repeatedly reviewed and continually coded (Kirk & McPhail, 2003), inductively  
12 (Kvale and Brinkmann, 2008). We employed a thematic approach in analysis of the  
13 interviews (Riessman, 2008) to cluster common reasons for dropping out. The reasons  
14 mentioned were grouped in emerging themes and sub-themes independently by the three  
15 authors. Discussions led to a consensual classification of the data. The last phase examined  
16 the reasons for dropping out according to the moment it occurred: primary school (age 6-10),  
17 middle school (11-14) or high school (15-17).

### 18 **Results**

#### 19 *Five themes group the reasons for dropping out from sports practice*

20 Table 1 shows the reasons for dropping out, rooted in five emerging themes,  
21 themselves divided into sub-themes. The number of teenagers who mentioned each theme is  
22 given.



## NAVIGATING THE CIRCLES OF SOCIAL LIFE

1 [Table 1 near here]

### 2 *Friendship*

3 Friendship was mentioned by the teenagers as influencing drop-out. They could be  
4 influenced by friendships inside or outside sports practice.

5 Within sports practice, the drop-out of one or more friends provoked the respondent  
6 also to drop-out: *'I was in a mountain bike club with a few friends. But when they stopped, I*  
7 *stopped too. They didn't continue and I did the same as them'* (M9, boy, 16 years old (y/o),  
8 low SES, cross-country cycling, club, drop-out at 15 y/o).

9 The attraction of friendships outside sports practice could cause drop-out. K2 (boy, 17  
10 y/o, low SES, boxing, club, drop-out at 11 y/o) described the attraction to *'neighborhood'* as a  
11 progressive process: *'While I was boxing, I was already a little more in the neighborhood,*  
12 *whereas before I wasn't at all there. And when I wasn't well focused on boxing, I went to the*  
13 *neighborhood, I missed training. I would do one training, then for two weeks I wouldn't go.'*  
14 He ended up totally dropping out of boxing. N6 (girl, 18 y/o, high SES, dancing, club, drop-  
15 out at 15 y/o) declared she preferred reserving time to *'go out'* with friends and so she  
16 dropped out.

### 17 *Body*

18 An injury could end sports practice. M12 (boy, 20 y/o, low SES, soccer, club, drop-out  
19 at 15 y/o) declared having stopped practicing soccer: *'I had broken my ankle. It was for 3 or 4*  
20 *months, I was wearing a cast.'* The fear of being hurt again is also an obstacle to practice. J4  
21 (girl, 16 y/o, high SES, horse-riding, club, drop-out at 15 y/o) tried to resume riding after  
22 breaking her shin by falling off her horse: *'After, I tried to start again and everything. But I*  
23 *was too scared, every time I was super stressed before starting a lesson or whatever, then I*

## NAVIGATING THE CIRCLES OF SOCIAL LIFE

1 *thought it was useless.* A decrease in physical abilities was another reason. It included back  
2 pains, growth pains, chronic infections, chronic fatigue, cigarette consumption or asthma. H4  
3 (boy, 14 y/o, high-SES, athletics, club, drop-out at 12 y/o) said: *‘Sometimes, in action, I had*  
4 *an asthma attack and all at once I had to stop, and so I preferred to give up athletics.’*

### 5 *Family*

6 The reasons given refer to mobility and control.

7 Regarding mobility, moving home was a reason: the absence of a club near the new  
8 place of residence led to drop-out. *‘We moved home. We looked [for a club] in the area. We*  
9 *couldn’t find one, so it was difficult’* (I5, boy, 14 y/o, low SES, judo, club, drop-out at 11 y/o).  
10 The family’s availability to drive the teenager to training and competition venues was also  
11 mentioned: *‘My parents didn’t want to [enroll me again], because they always had to take me*  
12 *to the matches and so on, and sometimes it took a lot of time’* (R5, boy, 14 y/o, low SES,  
13 soccer, club, drop-out at 11 y/o). Another teenager did not want to take up his parents’ time: *‘I*  
14 *don’t have a driving license, and as I live far away [...], my parents were forced to take me*  
15 *there, and it bothered me that they had to do that for me’* (J8, girl, 17 y/o, low-SES, dancing,  
16 club, drop-out at 13 y/o).

17 The family could control the teenager, which led to drop-out. The family is afraid of  
18 the risk of injury. H1 (boy, 14 y/o, low SES, karate, club, drop-out at 10 y/o) gave up karate:  
19 *‘A small injury that I had, I didn’t want to stop, I wanted to carry on but my mother said... to*  
20 *avoid hurting myself even more.’* N1 (girl, 16 y/o, low SES, basket-ball, club, drop-out at 14  
21 y/o) explained that her family said: *‘You are the only girl.’* For other respondents, the family  
22 priorities studies: *‘I was often tired, my mother was a bit fed up, so suddenly she told me to stop*  
23 *and devote myself to my studies’* (T1, boy, 15 y/o, low SES, athletics, club, drop-out at 13  
24 y/o). Sometimes, drop-out was a punishment: *‘My father didn’t want me to continue. I was*

## NAVIGATING THE CIRCLES OF SOCIAL LIFE

1 *messing around too much in class. It was basically a punishment [...] so, he told me to stop*  
2 *playing soccer*' (D1, boy, 16 y/o, low SES, soccer, club, drop-out at 13 y/o). Conversely,  
3 drop-out was also the means to break away from the control of the family. M8 (boy, 17 y/o,  
4 high SES, climbing, club, drop-out at 16 y/o) declared that he stopped climbing because he  
5 *'wanted to break away from [his] father's influence.'*

### 6 *School*

7 This theme groups distance from school and the 'pupil's job' (Perrenoud, 1994).

8 Distance from school sometimes required becoming a boarder: *'I was a boarder in*  
9 *seconde* [1<sup>st</sup> grade of high school], *so I couldn't go to training and I stopped*' (B1, boy, 18  
10 y/o, low SES, soccer, club, drop-out at 16 y/o). Travelling time to school was another reason:  
11 *'Because my high school is a long way from home, I don't have time. When I get back, it's*  
12 *late and I don't have time to play sports*' (M5, girl, 17 y/o, low SES, swimming, club, drop-  
13 out at 15 y/o).

14 School schedules are a constraint related to the 'pupil's job'. S4 (girl, 17 y/o, high  
15 SES, badminton, club, drop-out at 14 y/o) explained: *'I don't have time, in fact. The schedules*  
16 *don't match. Before, I did a lot of sport on Saturday mornings and Wednesday afternoons.*  
17 *But now I have classes on Wednesday afternoons, it's done for.'* Time spent on schoolwork  
18 was another reason. Two scenarios appeared: anticipation and regulation. On the one hand,  
19 dropping out is seen as preventing a possible lack of time for schoolwork: *'I thought that with*  
20 *the classes, I would not have time*' (A10, girl, 17 y/o, high-SES, handball, club, drop-out at 16  
21 y/o). On the other hand, respondents dropped out because they had found they needed more  
22 time to study: *'When I left [the sports club] at 7 pm, I didn't really have time to do my*  
23 *homework and everything, so I stopped.'* (H2, boy, 14 y/o, low SES, taekwondo, club, drop-  
24 out at 11 y/o).

## NAVIGATING THE CIRCLES OF SOCIAL LIFE

### 1 *Sport*

2 Four sub-themes appeared: access, success, features of sports practice, and  
3 interactions in it.

4 Accessibility was firstly financial: *'I preferred to stop because the sports license is*  
5 *very expensive.'* (A6, girl, 17 y/o, low SES, BMX, club, drop-out at 11 y/o) Drop-out was also  
6 due to the absence of a club or a team: *'I stopped boxing because I had no choice because the*  
7 *club had closed'* (J1, girl, 15 y/o, high SES, boxing, club, drop-out at 14 y/o).

8 When teenagers had not had successful experiences and felt benefits, they might also  
9 drop out. They did not succeed in acquiring skills: *'I couldn't perform the moves [in Krav-*  
10 *Maga]. So I got fed up with it. And then I stopped'* (M1, girl, 15 y/o, low SES, krav-maga,  
11 club, drop-out at 14 y/o). They did not succeed in reaching the same level as others: *'I was in*  
12 *a group with boys only and because I did not have a good level and, in fact, I was just there to*  
13 *pick up the balls'* (P2, girl, 17 y/o, high SES, tennis, club, 12 y/o). They did not experience  
14 winning: *'We were always losing, and I stopped'* (A5, boy, 18 y/o, low SES, soccer, club,  
15 drop-out at 16 y/o).

16 Encountering the features of a sports practice could lead to drop-out. Reasons turn on  
17 the balance between the absence and the excess of competition: *'It was mainly because I*  
18 *didn't do many competitions that I stopped, I think'* (N7, boy, 14 y/o, high-SES, judo, club,  
19 drop-out at 11 y/o); *'After a year, I didn't like the atmosphere. It's too competitive'* (U1, boy,  
20 16 y/o, high SES, gymnastics, club, drop-out at 13 y/o). The repetitive aspect in learning sport  
21 was boring: *'Every week, when I went, I did 2 hours a week and every time we repeated the*  
22 *same throw. We learned nothing new'* (J5, boy, 13 y/o, low SES, judo, club, drop-out at 11  
23 y/o). The relationship with effort could lead to drop-out: *'I was too tired [...] Sometimes, I felt*  
24 *pain everywhere'* (I4, girl, 17 y/o, low-SES, handball, club, drop-out at 14 y/o). Too serious

## NAVIGATING THE CIRCLES OF SOCIAL LIFE

1 training was another reason: *'I went to have a good time, but it felt more like I was in a*  
2 *competition'* (A3, girl, 20 y/o, low SES, swimming, club, 16 y/o, club). Obligations related to  
3 organized sport (i.e. every week at the same time in the same place) were also mentioned:  
4 *'It's just that I don't like, I dunno, the schedules'* (R6, boy, 14 y/o, low SES, multisport, club,  
5 drop-out at 10 y/o). Some teenagers preferred to do another activity (play a musical  
6 instrument, video games, do theater, 'hang out') more in line with the desires of the moment:  
7 *'In the evening after school, I don't want to go somewhere, I want to be at home. So, I don't*  
8 *want to be in a room with people'* (C5, girl, 17 y/o, high SES, horse-riding, self-organized  
9 practice, drop-out at 12 y/o).

10 The last sub-theme concerns interactions between the teenager and others. The  
11 departure of a coach could provoke drop-out: *'The coach changed. And I didn't like the new*  
12 *coach'* (I1, girl, 17 y/o, low SES, gymnastic, club, drop-out at 13 y/o). The degradation of  
13 relations with the coach was another reason: *'I didn't get along with my dance teacher. I*  
14 *couldn't stand being given orders'* (M2, girl, 14 y/o, high SES, dancing, club, drop-out at 13  
15 y/o). A bad atmosphere in the club/team could also favor drop-out: *'It's true that team*  
16 *cohesion is important, and I didn't get along with them especially well, it wasn't the same*  
17 *type of people and I didn't want to play in a team I didn't get on with'* (T5, boy, 17 y/o, high  
18 SES, handball, club, drop-out at 16 y/o). The gaze of other people was sometimes mentioned:  
19 *'Yeah, I didn't like to perform in front of people, and then, I was 10 times fatter. So, the*  
20 *costumes, all that stuff, that wasn't my thing'* (P4, girl, 14 y/o, low SES, dancing, club, drop-  
21 out at 10 y/o).

### 22 ***How the reasons for drop-out combine***

23 Three scenarios appeared.

## NAVIGATING THE CIRCLES OF SOCIAL LIFE

1           In the first, only one reason was given to explain drop-out from sports practice. N2  
2 (girl, 14 y/o, low SES, horse-riding, club, drop-out at 12 y/o) explained having dropped out  
3 *'because of [middle] school. [...], I have to work... for my studies'* whereas participant T4  
4 (boy, 17 y/o, high SES, tennis, club, drop-out at 15 y/o) said: *'It's just that I wasn't good*  
5 *enough and I didn't want to go back any more.'*

6           Then, several reasons belonging to a single theme were given. A9 (girl, 19 y/o, low  
7 SES, dancing, club, drop-out at 13 y/o) dropped out of hip-hop for two reasons: a bad  
8 atmosphere in the group and the fact that it was *'too serious'*:

9           *First, I was in a group where they were all younger than me. So, the year I stopped, that*  
10 *was one reason. And also because in fact our goal was to put on a show at the end of the*  
11 *year, and I didn't like that because suddenly it became a constraint in the sense that you*  
12 *had to learn, and it wasn't fun because you had to learn the routine, perform it well to do*  
13 *the show well.*

14           For other respondents, several reasons belonging to several themes were invoked.  
15 Drop-out results from an accumulation or a sequence of reasons which follow one from  
16 another. M7 (boy, 16 y/o, low-SES, rugby, club, drop-out at 12 y/o) stopped playing rugby  
17 three years before the interview and explained: *'I broke my wrist and, also, I don't know, I*  
18 *was a bit bored with rugby. In addition, I was in a team where I didn't get on too well with*  
19 *everyone, some yes, some no. There was a bad atmosphere in the team.'* In this case, there is  
20 an accumulation of reasons. A reason was given linked to the 'body' (an injury) to which is  
21 added a reason linked to the 'sport' (a bad atmosphere). A11 (boy, 15 y/o, high SES,  
22 taekwondo, club, drop-out at 15 y/o) identified his drop-out from taekwondo as resulting from  
23 a sequence of reasons:

## NAVIGATING THE CIRCLES OF SOCIAL LIFE

1            *I stopped because I changed sports club in fact. I did a year in a club that I didn't like any*  
2            *more, the club before. After that, in the next club, I didn't really know anyone, and I had a*  
3            *hard time getting into the club. It was very competitive. And then I had a problem with my*  
4            *leg. And that meant I was a bit behind the others. And when you fall behind in a competitive*  
5            *club, you feel a bit sidelined. [...] And I didn't have the time to fully motivate myself, since*  
6            *afterwards I also had a heavy workload because I had just started in high school.*

7            In this case, the participant explained that several reasons followed one after another  
8            and ended up provoking his drop-out. A sequence of events and influences affected his way of  
9            practicing a sport: the sports context, the decrease in physical abilities, and school pressure.

10           In both cases ('accumulation' or 'sequence'), the respondent sometimes identified one  
11           reason as the main cause of his drop-out. In the previous example, the respondent hierarchized  
12           the reasons for having dropped out: injury was the main reason.

### 13    ***Main themes at different stages of schooling***

14           The moment of drop-out could occur at different stages: primary school (age 6-10),  
15           middle school (age 11-14) or high school (age 15-17). Figure 1 shows the number of reasons  
16           given by theme for teenagers dropping out according to the stages of schooling. During  
17           primary school, the number of drops-out was limited (9 respondents out of 100). However,  
18           the themes of sport and family were primarily mentioned. Middle school was the moment  
19           when the number of drops-out was greatest (56 respondents). The theme of sport was mainly  
20           mentioned. Drop-out from sports practice during high school concerned 35 respondents. The  
21           themes of sport and school were mainly mentioned. Reasons related to the body were given  
22           for each moment of drop-out. The later the decision to drop out occurred, the less the theme  
23           of family was underlined. On the other hand, the more the theme of friendship was  
24           mentioned.

1 [Figure 1 near here]

### 2 ***Wish to resume sports practice***

3 Among the 100 respondents, 18 did not want to resume, 35 remained uncertain, and  
4 47 stated they would like to resume (47.5% of the girls and 46.3% of the boys; 38.5% of the  
5 high-SES respondents and 52.5% of the low-SES respondents). The more recent the drop-out  
6 was, the more the respondents wanted to resume: 22.2% of those who dropped out during  
7 primary school, 44.6% of those who dropped out during middle school, and 57.1% of those  
8 who dropped out during high school declared that they wanted to resume sports practice.

### 9 **Discussion**

10 In France, findings at national and regional levels have shown a decline in sports  
11 practice among teenagers. As sport is often a privileged leisure activity that allows people to  
12 be physically active, its drop-out can be problematic if it leads to a sedentary lifestyle. As PA  
13 and sports participation during adolescence are predictors of participation in adulthood  
14 (Telama et al., 2005), understanding the reasons why teenagers drop out assist the adjustment  
15 of public policies on health and/or the various sport education intervention strategies  
16 addressed to young people.

17 Drop-out manifests itself in two processes. In the first, the teenager is constrained to  
18 leave the circle of sports practice. The constraints are external, preventing access to the places  
19 of sports practice (e.g. no club/team, cost, distance) and internal, related to the body and  
20 physical capacities (e.g. injury) (Fokkema et al., 2018; Witt & Dangi, 2018). In the second  
21 case, the teenager decides to leave. The decision results from the tension between several  
22 circles (friends, family, school, sport), or within the same circle, in attraction-repulsion  
23 phenomenon (e.g. good friends in the club – poor relations with the coach). In this decision-



## NAVIGATING THE CIRCLES OF SOCIAL LIFE

1 making situation, the advantages and disadvantages that specify the reason for pursuing or  
2 stopping are equivalent and define an arbitrary field (Moles & Rohmer, 1976, p. 19). This  
3 interpretation corresponds both to the different constraints models of drop-out (ecological  
4 model of PA behavior and leisure constraints theory) and Simmel's social life circle model  
5 (1890). It specifies the way in which human activities are combined.

6         Understanding drop-out is concerned with constraints and decisions. Two cases can be  
7 considered. When only one reason is invoked, the problem consists in identifying whether it is  
8 a constraint or a decision. When a set of reasons (within the same theme or related to different  
9 themes) is underlined, drop-out appears as a more complex phenomenon (Coakley & White,  
10 1992). What was previously called 'accumulation' of reasons is similar to a '*snowball effect*'  
11 while the 'sequence' of reasons is a '*cascade effect*' (Dror, Morgan, Rando, & Nakhaeizadeh,  
12 2017). In the cascade effect, one event causes another, which causes another, etc. This  
13 process, also called '*chain effect*', ends with drop-out. The snowball effect is not only a  
14 cascade from one reason to another, but the gradual addition of various reasons that integrate  
15 with and influence one another. To stop the onset of a cascade or a snowball process, it would  
16 be important to identify the first signs that suggest that drop-out may occur. Thus, sports  
17 stakeholders (coaches, PE teachers, families, doctors, etc.) should listen carefully to  
18 teenagers, regularly asking about what may prevent them from easily accessing the circle of  
19 practice or push them out of it.

20         In the process leading to teenagers' drop-out, two circles of social life seem to be  
21 particularly concerned: sport and school. Sport was mainly mentioned when they dropped out  
22 during middle school (age 11-14). Sport is here itself at the origin of drop-out. But not just  
23 any sport. In France, while studies on young people's sports show participation in different  
24 contexts (in club, outside of a club, both) (Croutte & Müller, 2018), in our study, almost all of  
25 the 100 adolescents interviewed dropped out of a club. Sport in a club could be considered as

## NAVIGATING THE CIRCLES OF SOCIAL LIFE

1 'serious' (Bale, 2002). Practitioners are constrained by rules set by others (Säfvenbom,  
2 Wheaton, & Agans, 2018) and this frame could appear 'too serious', 'too repetitive', 'too  
3 competitive – or not enough', etc. For them, an orientation towards a self-organized practice  
4 could be appropriate. In this context, they can define an appropriate challenge (Caillois, 1958)  
5 and adjust the rules themselves (Säfvenbom et al., 2018). Secondly, teenagers identified a  
6 lack of skills, an insufficient level and absence of victories as reasons for dropping out. These  
7 results are consistent with other studies on the influence of perception of sport competence  
8 (Coakley & White, 1992; Crane & Temple, 2015; Humbert et al., 2006). Finally, they cited  
9 the multiple interactions in the circle of sports practice. Notably, a bad atmosphere associated  
10 with an age difference, a lack of cohesion, difficulties in integration or an absence of  
11 conviviality was mentioned by several respondents, as underlined in other studies (Joncheray  
12 et al., 2015; Lafabrègue, 2001; Prévitali, 2013). Setting up a 'friendly framework' (Gimbert &  
13 Nehmar, 2018, p. 59) for sports practice (e.g. coach who listens, encourages and develops  
14 empathy between practitioners) and maintaining a 'club spirit' (Prévitali, 2013, p. 184) close  
15 to teenagers' expectations could be solutions.

16 School is particularly invoked by teenagers who dropped out during high school. In  
17 other studies it is mainly seen as a temporal constraint to sports practice because of the  
18 schedules (Humbert et al., 2008; Bélanger et al., 2011; Martins et al., 2015). But the reason  
19 most often invoked was school work (22 teenagers mentioned it). The 'pupil's job'  
20 (Perrenoud, 1994) implies spending time travelling to and learning at school and a more or  
21 less explicit pressure on teenagers to succeed academically (Knowles, Niven, & Fawcner,  
22 2011; Bélanger et al., 2011; Martins et al., 2015). This need for academic success leads the  
23 teenager to decide to increase school working time, to the detriment of leisure. However,  
24 sports practice would improve achievement in school (Howie & Pate, 2012; Bangsbo et al.,  
25 2016). Physical education and sport (PES) teachers in middle and high schools play a key

1 role. If one main objective of the PES discipline is that ‘the student experience the pleasure of  
2 practicing a reasoned and regular physical activity throughout life’ (Ministère de l’Education  
3 nationale et de la Jeunesse, 2019, p. 3), results linked to this objective need to be improved  
4 (Green, 2014; Taylor, 2017).

5         The two other circles – friends and family – were less invoked by the teenagers. The  
6 influence of friends in sports (non-)participation has already been shown in various studies  
7 (see Martins et al., 2015). The interviews allowed us to identify the influence of friends inside  
8 sports practice (Forté, 2006; Joncheray et al., 2015; Tannehil, 2015; Yungblut et al., 2012), as  
9 well as that of friends linked to other circles of social life (Devís-Devís, Beltrán-Carrillo, &  
10 Peiró-Velert, 2015; Forté, 2006). Likewise, the family was particularly invoked by teenagers  
11 who dropped out during primary school (age 6-10). It influences the initiation of sports  
12 commitment (Joncheray et al., 2015). This influence is implicit (e.g. parents who practice) or  
13 explicit (e.g. parents cannot drive or cannot afford it) (Bois et Sarrazin, 2006; Gould, Lauer,  
14 Rolo, Jannes, & Pennisi, 2006, 2008; Mennesson, Bertrand, & Court, 2019; Romani, 2019;  
15 Timperio et al., 2013). Our results showed that the influence of family gradually diminished,  
16 whereas that of the friends increased (Pasquier, 2005), which is related to the socialization  
17 process (Berger & Luckmann, 1966; Pot et al., 2016).

18         The fact that about half of the teenagers interviewed wish to resume sports practice is  
19 encouraging. This means that past sports experience has left a positive meaning in memory.  
20 However, the older the drop-out, the less likely they wanted to resume. So, it is necessary to  
21 take prompt action, before the practice disappears into oblivion.

### 22 *Study limitations*

23         The first limitation is due to the restricted area of the study, conducted in only one

1 *département* of France. It should be conducted in other places, as to examine cultural  
2 variations (Balish et al., 2014). This would make it possible to identify common and local  
3 reasons for dropping out and adapt public health intervention and health education strategies.

4 In this article, we have given more importance to the reasons invoked most frequently  
5 by the teenagers interviewed. The nature of the circles of social life might change according  
6 to the context and the ages of life, especially after ‘life course transitions’ (Bidart, 2012, p. 3)  
7 such as entry to university or into the job market, starting a family or retirement.

8 No relevant differences were found between girls and boys or between low and high  
9 SES. Some reasons for dropping-out are specific to certain populations (for e.g. Adams, 2006;  
10 Bauman et al., 2012; Pot et al., 2016). For instance, the 11 teenagers who declared having  
11 never practiced a sport had a low SES and 10 were girls. This specific population deserves  
12 further and in-depth studies.

### 13 ***Conclusion***

14 Drop-out from sports practice means the disappearance of sport, which is one of the  
15 circles in the social life of a teenager. It can be influenced by other circles (friends, family or  
16 school). But sport also contains the conditions of its own drop-out. Combined with external  
17 and internal constraints, decision-making processes leading to drop-out from the sports’ circle  
18 must be considered. The negative aspects can be counterbalanced by strengthening what is  
19 pleasurable in sport experiences (Luiggi, Maïano, & Griffet, 2019). The preferred forms of  
20 practice (competition, performance, challenge) could be questioned and adjusted individually  
21 to teenagers’ aspirations (more or less competitive, serious, difficult, etc.) to make sports  
22 practice more open and inclusive.

1 **Acknowledgments**

2           We thank all the schools, teachers, and students who took part in the study. We are  
3 especially grateful to the Rector of the regional school authority (*Académie*) for having  
4 approved this study. We also wish to thank Aix-Marseille University and the Institute of  
5 Movement Sciences for their support.

6 **Declaration of interest statement**

7           The Authors declare that there is no conflict of interest.

8 **Funding**

9           This research received no specific grant from any funding agency in the public,  
10 commercial, or not-for-profit sectors.

1 **References**

- 2 Abbott, A. (2001). *Time matters. On theory and method*. Chicago, IL: The University of  
3 Chicago Press.
- 4 Adams, J. (2006). Trends in physical activity and inactivity amongst US 14–18 year olds by  
5 gender, school grade and race, 1993–2003: evidence from the youth risk behavior  
6 survey. *BMC Public Health*, 6(57). <https://doi.org/10.1186/1471-2458-6-57>
- 7 Bale, J. (2002). *Sports geography*. London: Routledge.
- 8 Balish, S. M., McLaren, C., Rainham, D., & Blanchard, C. (2014). Correlates of youth sport  
9 attrition: A review and future directions. *Psychology of Sport and Exercise*, 15(4),  
10 429-439. <https://doi.org/10.1016/j.psychsport.2014.04.003>
- 11 Bangsbo, J., Krstrup, P., Duda, J., Hillman, C., Andersen, L. B., Weiss, M., ... Elbe, A.-M.  
12 (2016). The Copenhagen Consensus Conference 2016: children, youth, and physical  
13 activity in schools and during leisure time. *British Journal of Sports Medicine*, 50(19),  
14 1177-1178. <https://doi.org/10.1136/bjsports-2016-096325>
- 15 Bauman, A. E., Reis, R. S., Sallis, J. F., Wells, J. C., Loos, R. J., & Martin, B. W. (2012).  
16 Correlates of physical activity: why are some people physically active and others not?  
17 *The Lancet*, 380(9838), 258-271. [https://doi.org/10.1016/S0140-6736\(12\)60735-1](https://doi.org/10.1016/S0140-6736(12)60735-1)
- 18 Bélanger, M., Casey, M., Cormier, M., Laflamme Fillion, A., Martin, G., Aubut, S., ...  
19 Beauchamp, J. (2011). Maintenance and decline of physical activity during  
20 adolescence: insights from a qualitative study. *International Journal of Behavioral*  
21 *Nutrition and Physical Activity*, 8(117). <https://doi.org/10.1186/1479-5868-8-117>
- 22 Berger, P. L., & Luckmann, T. (1966). *The social construction of reality. A treatise in the*  
23 *sociology of knowledge*. New York, NY: Penguin Putnam.
- 24 Bidart, C. (2008). Dynamiques des réseaux personnels et processus de socialisation :  
25 évolutions et influences des entourages lors des transitions vers la vie adulte [Personal

## NAVIGATING THE CIRCLES OF SOCIAL LIFE

- 1 networks dynamics and processes of socialization: evolutions and influences of  
2 entourages during transitions to adulthood]. *Revue française de sociologie*, 49(3), 559-  
3 583. <https://doi.org/10.3917/rfs.493.0559>
- 4 Bidart, C. (2012). What does time imply? The contribution of longitudinal methods to the  
5 analysis of the life course. *Time & Society*, 22(2), 254-273.  
6 <https://doi.org/10.1177/0961463X12447493>
- 7 Bois, J., & Sarrazin, P. (2006). Les chiens font-ils des chats ? Une revue de littérature sur le  
8 rôle des parents dans la socialisation de leur enfant pour le sport [Do the dogs make  
9 cats? A review of the parental role in the socialization process of their children  
10 physical activity]. *Science et Motricité : revue scientifique de l'ACAPS/ACAPS*, 57,  
11 9-54. <https://hal.archives-ouvertes.fr/hal-00389014/>
- 12 Caillois, R. (1958). *Les jeux et les hommes* [Man, Play and Game]. Paris: Gallimard.
- 13 Chevalier, V. (1998). Pratiques culturelles et carrières d'amateurs : le cas des parcours de  
14 cavaliers dans les clubs d'équitation [Careers in cultural practices: amateur trajectories  
15 in horse-riding]. *Sociétés contemporaines*, 29, 27-41.  
16 <https://doi.org/10.3406/socco.1998.1840>
- 17 Chevalier, V., & Dussart, B. (2002). De l'amateur au professionnel : le cas des pratiquants de  
18 l'équitation [From amateur to professional: the case of horse-riding practitioners].  
19 *L'année sociologique*, 52(2), 459-476. <https://doi.org/10.3917/anso.022.0459>
- 20 Coakley, J. (2011). Youth sports: what counts as "Positive Development?" *Journal of Sport  
21 and Social Issues*, 35(3), 306-324. <https://doi.org/10.1177/0193723511417311>
- 22 Coakley, J., & White, A. (1992). Making decisions: gender and sport participation among  
23 British adolescents. *Sociology of Sport Journal*, 9, 20-35.  
24 <https://doi.org/10.1123/ssj.9.1.20>

## NAVIGATING THE CIRCLES OF SOCIAL LIFE

- 1 Crane, J., & Temple, V. (2015). A systematic review of dropout from organized sport among  
2 children and youth. *European Physical Education Review*, 21(1), 114-131.  
3 <https://doi.org/10.1177/1356336X14555294>
- 4 Crawford, D. W., & Godbey, G. (1987). Reconceptualizing barriers to family leisure. *Leisure*  
5 *Sciences*, 9(2), 119-127. <https://doi.org/10.1080/01490408709512151>
- 6 Crawford, D. W., Jackson, E. L., & Godbey, G. (1991). A hierarchical model of leisure  
7 constraints. *Leisure Sciences*, 13(4), 309-320.  
8 <https://doi.org/10.1080/01490409109513147>
- 9 Croutte, P. Y., & Müller, J. (2018). *Baromètre national des pratiques sportives 2018*  
10 [National barometer of sports practice 2018]. INJEP Notes & rapports/Rapport  
11 d'étude, N° INJEPR-2019/01. Retrieved from [http://injep.fr/wp-](http://injep.fr/wp-content/uploads/2019/01/Rapport_2019-01Barometre_sport_2018.pdf)  
12 [content/uploads/2019/01/Rapport\\_2019-01Barometre\\_sport\\_2018.pdf](http://injep.fr/wp-content/uploads/2019/01/Rapport_2019-01Barometre_sport_2018.pdf)
- 13 de Bruyn, F., & Bringé, A. (2006). Un prolongement de la démographie sportive : l'analyse  
14 de durée appliquée aux populations de sportifs licenciés [An extension of sports  
15 demography: duration analysis applied to populations of sports federation members].  
16 *Population*, 61(5), 805-819. <https://doi.org/10.3917/popu.605.0805>
- 17 de Coninck, F., & Godard, F. (1990). L'approche biographique à l'épreuve de l'interprétation  
18 : les formes temporelles de la causalité [A biographical approach to the act of  
19 interpreting]. *Revue Française de Sociologie*, 31(1), 23.  
20 <https://doi.org/10.2307/3321487>
- 21 Devís-Devís, J., Beltrán-Carrillo, V. J., & Peiró-Velert, C. (2015). Exploring socio-ecological  
22 factors influencing active and inactive Spanish students in years 12 and 13. *Sport,*  
23 *Education and Society*, 20(3), 361-380.  
24 <https://doi.org/10.1080/13573322.2012.754753>



## NAVIGATING THE CIRCLES OF SOCIAL LIFE

- 1 Dror, I. E., Morgan, R. M., Rando, C., & Nakhaeizadeh, S. (2017). Letter to the Editor – The  
2 Bias Snowball and the Bias Cascade Effects: Two Distinct Biases that May Impact  
3 Forensic Decision Making. *Journal of Forensic Sciences*, 62(3), 832-833.  
4 <https://doi.org/10.1111/1556-4029.13496>
- 5 Eime, R. M., Casey, M. M., Harvey, J. T., Sawyer, N. A., Symons, C. M., & Payne, W. R.  
6 (2015). Socioecological factors potentially associated with participation in physical  
7 activity and sport: A longitudinal study of adolescent girls. *Journal of Science and*  
8 *Medicine in Sport*, 18(6), 684-690. <https://doi.org/10.1016/j.jsams.2014.09.012>
- 9 Eime, R. M., Young, J. A., Harvey, J. T., Charity, M. J., & Payne, W. R. (2013). A systematic  
10 review of the psychological and social benefits of participation in sport for children  
11 and adolescents: informing development of a conceptual model of health through  
12 sport. *International Journal of Behavioral Nutrition and Physical Activity*, 10, 98.  
13 <https://doi.org/10.1186/1479-5868-10-98>
- 14 Equipe de surveillance et d'épidémiologie nutritionnelle (ESEN). (2017). Étude de santé sur  
15 l'environnement, la biosurveillance, l'activité physique et la nutrition (Esteban) 2014-  
16 2016. Volet Nutrition. Chapitre Activité physique et sédentarité [Environmental  
17 health, biomonitoring and nutrition study 2014-2016. Nutrition section. PA and  
18 sedentary lifestyle chapter]. Saint-Maurice, France: Santé publique France. Retrieved  
19 from <https://www.santepubliquefrance.fr/determinants-de-sante/nutrition-et-activite-physique/documents/rapport-synthese/etude-de-sante-sur-l-environnement-la-biosurveillance-l-activite-physique-et-la-nutrition-esteban-2014-2016-.-chapitre-activite-physique-et-sede>
- 23 Fokkema, T., Hartgens, F., Kluitenberg, B., Verhagen, E., Backx, F. J. G., van der Worp, H.,  
24 ... van Middelkoop, M. (2018). Reasons and predictors of discontinuation of running

## NAVIGATING THE CIRCLES OF SOCIAL LIFE

- 1 after a running program for novice runners. *Journal of Science and Medicine in Sport*.  
2 <https://doi.org/10.1016/j.jsams.2018.06.003>
- 3 Forté, L. (2006). Fondements sociaux de l'engagement sportif chez les jeunes athlètes de haut  
4 niveau [Social explanations of young high level athlete's sports practices and  
5 retirements]. *Science & Motricité*, 59(3), 55-67. <https://doi.org/10.3917/sm.059.0055>
- 6 Gimbert, V., & Nehmar, K. (2018). Activité physique et pratique sportive pour toutes et tous :  
7 comment mieux intégrer ces pratiques à nos modes de vie ? [PA and sport for all: how  
8 to better integrate these practices into our way of life?]. Paris, France: France  
9 Stratégie. Retrieved from  
10 [https://www.strategie.gouv.fr/sites/strategie.gouv.fr/files/atoms/files/fs-rapport-](https://www.strategie.gouv.fr/sites/strategie.gouv.fr/files/atoms/files/fs-rapport-activite-physique-sportive-22-11-2018-web.pdf)  
11 [activite-physique-sportive-22-11-2018-web.pdf](https://www.strategie.gouv.fr/sites/strategie.gouv.fr/files/atoms/files/fs-rapport-activite-physique-sportive-22-11-2018-web.pdf)
- 12 Godbey, G., Crawford, D. W., & Shen, X. S. (2010). Assessing hierarchical leisure  
13 constraints theory after two decades. *Journal of Leisure Research*, 42(1), 111-134.  
14 <https://doi.org/10.1080/00222216.2010.11950197>
- 15 Gould, D., Lauer, L., Rolo, C., Jannes, C., & Pennisi, N. (2006). Understanding the role  
16 parents play in tennis success: a national survey of junior tennis coaches. *British*  
17 *Journal of Sports Medicine*, 40(7), 632-636.  
18 <https://doi.org/10.1136/bjism.2005.024927>
- 19 Gould, D., Lauer, L., Rolo, C., Jannes, C., & Pennisi, N. (2008). The role of parents in tennis  
20 success: focus group interviews with junior coaches. *Sport Psychologist*, 22(1), 18-37.  
21 <https://doi.org/10.1123/tsp.22.1.18>
- 22 Green, K. (2014). Mission impossible? Reflecting upon the relationship between physical  
23 education, youth sport and lifelong participation. *Sport, Education and Society*, 19(4),  
24 357-375. <https://doi.org/10.1080/13573322.2012.683781>

## NAVIGATING THE CIRCLES OF SOCIAL LIFE

- 1 Howie, E. K., & Pate, R. R. (2012). Physical activity and academic achievement in children: a  
2 historical perspective. *Journal of Sport and Health Science*, 1(3), 160-169.  
3 <https://doi.org/10.1016/j.jshs.2012.09.003>
- 4 Humbert, M. L., Chad, K. E., Bruner, M. W., Spink, K. S., Muhajarine, N., Anderson, K. D.,  
5 ... Gryba, C. R. (2008). Using a naturalistic ecological approach to examine the  
6 factors influencing youth physical activity across grades 7 to 12. *Health Education &*  
7 *Behavior*, 35(2), 158-173. <https://doi.org/10.1177/1090198106287451>
- 8 Humbert, M. L., Chad, K. E., Spink, K. S., Muhajarine, N., Anderson, K. D., Bruner, M. W.,  
9 ... Gryba, C. R. (2006). Factors that influence physical activity participation among  
10 high- and low-SES youth. *Qualitative Health Research*, 16(4), 467-483.  
11 <https://doi.org/10.1177/1049732305286051>
- 12 Institut national de la statistique et des études économiques (INSEE). (2018). Populations  
13 Légales 2015 - Recensement de la population - Régions, départements,  
14 arrondissements, cantons et communes [Legal Populations 2015 – Census of  
15 population – Regions, départements, districts, cantons and communes]. Retrieved  
16 from <https://www.insee.fr/fr/statistiques/3292643?sommaire=3292701#titre-bloc-2>
- 17 Janssen, I., & LeBlanc, A. G. (2010). Systematic review of the health benefits of physical  
18 activity and fitness in school-aged children and youth. *International Journal of*  
19 *Behavioral Nutrition and Physical Activity*, 7, 40. [https://doi.org/10.1186/1479-5868-](https://doi.org/10.1186/1479-5868-7-40)  
20 [7-40](https://doi.org/10.1186/1479-5868-7-40)
- 21 Joncheray, H., Laporte, R., & Tenèze, L. (2015). Les processus d'engagement et de  
22 désengagement dans la pratique du rugby à XV. Effets de l'expérience rugbystique  
23 chez des joueurs adolescents [Involvement and disengagement processes in the  
24 practice of rugby. Effects of the rugby experience in teenagers]. *Loisir et*

## NAVIGATING THE CIRCLES OF SOCIAL LIFE

- 1           *Société/Society and Leisure*, 38(3), 436-456.
- 2           <https://doi.org/10.1080/07053436.2015.1083759>
- 3 Kirk, D., & MacPhail, A. (2003). Social positioning and the construction of a youth sports  
4 club. *International Review for the Sociology of Sport*, 38(1), 23-44.
- 5           <https://doi.org/10.1177/10126902030381002>
- 6 Knowles, A.-M., Niven, A., & Fawcner, S. (2011). A qualitative examination of factors  
7 related to the decrease in physical activity behavior in adolescent girls during the  
8 transition from primary to secondary school. *Journal of Physical Activity and Health*,  
9 8(8), 1084-1091. <https://doi.org/10.1123/jpah.8.8.1084>
- 10 Kvale, S., & Brinkmann, S. (2008). *Interviews: Learning the craft of qualitative research*  
11 *interviewing*. Newbury Park: CA Sage.
- 12 Lafabrègue, C. (2001). La dynamique de la pratique sportive des jeunes [The dynamics of  
13 sporting among the young]. *Loisir et Société*, 24(1), 81-109.
- 14           <https://doi.org/10.7202/000164ar>
- 15 Lahire, B. (1998). *L'homme pluriel. Les ressorts de l'action* [The plural actor]. Paris: Nathan.
- 16 Luiggi, M., Travert, M., & Griffet, J. (2018). Temporal trends in sports participation among  
17 adolescents between 2001 and 2015: a French school- and territory-based study.  
18 *International Journal of Environmental Research and Public Health*, 15(7), 1335.
- 19           <http://dx.doi.org/10.3390/ijerph15071335>
- 20 Luiggi, M., Maïano C., & Griffet J. (2019). Development and initial validation of Sport  
21 Experiences Questionnaire (SEQ). *Journal of Leisure Research*, 50(2), 132-156.
- 22           <https://doi.org/10.1080/00222216.2018.1554965>
- 23 Martin, M., Dollman, J., Norton, K., & Robertson, I. (2005). A decrease in the association  
24 between the physical activity patterns of Australian parents and their children; 1985–

## NAVIGATING THE CIRCLES OF SOCIAL LIFE

- 1           1997. *Journal of Science and Medicine in Sport*, 8(1), 71-76.
- 2           [https://doi.org/10.1016/S1440-2440\(05\)80026-X](https://doi.org/10.1016/S1440-2440(05)80026-X)
- 3   Martins, J., Marques, A., Sarmiento, H., & Carreiro da Costa, F. (2015). Adolescents’  
4           perspectives on the barriers and facilitators of physical activity: a systematic review of  
5           qualitative studies. *Health Education Research*, 30(5), 742-755.
- 6           <https://doi.org/10.1093/her/cyv042>
- 7   McQuarrie, F. A. E., & Jackson, E. L. (2002). Transitions in leisure careers and their parallels  
8           in work careers: the effect of constraints on choice and action. *Journal of Career*  
9           *Development*, 29(1), 37-53. <https://doi.org/10.1177/089484530202900103>
- 10   Mennesson, C., Bertrand, J., & Court, M. (2019). Boys who don’t like sports: family lifestyle  
11           and transmission of dispositions. *Sport, Education and Society*, 24(3), 269-282.
- 12           <https://doi.org/10.1080/13573322.2017.1361397>
- 13   Ministère de l’Éducation nationale. (2018). L’éducation nationale en chiffres - 2018.  
14           Retrieved from [https://www.education.gouv.fr/cid57111/l-education-nationale-](https://www.education.gouv.fr/cid57111/l-education-nationale-chiffres.html)  
15           [chiffres.html](https://www.education.gouv.fr/cid57111/l-education-nationale-chiffres.html)
- 16   Ministère de l’éducation nationale, et de la jeunesse. (2019). Programme d’éducation  
17           physique et sportive du lycée général et technologique. B.O. spécial du 22 janvier  
18           2019. Retrieved from [https://cache.media.education.gouv.fr/file/SP1-MEN-22-1-](https://cache.media.education.gouv.fr/file/SP1-MEN-22-1-2019/91/9/spe574_annexe1_1062919.pdf)  
19           [2019/91/9/spe574\\_annexe1\\_1062919.pdf](https://cache.media.education.gouv.fr/file/SP1-MEN-22-1-2019/91/9/spe574_annexe1_1062919.pdf)
- 20   Ministère du Travail, de l’Emploi et de la Santé. (2011). Programme National Nutrition Santé  
21           2001-2015 [National Healthy Nutrition Plan 2001-2015]. Retrieved from  
22           [http://www.sports.gouv.fr/IMG/archives/pdf/PNNS\\_2011-2015.pdf](http://www.sports.gouv.fr/IMG/archives/pdf/PNNS_2011-2015.pdf)
- 23   Moles, A., & Rohmer, E. (1976). *Micropsychologie et vie quotidienne* [Micropsychology and  
24           daily life]. Paris: Denoël/Gonthier.

## NAVIGATING THE CIRCLES OF SOCIAL LIFE

- 1 Nixon, H. L. (1992). A social network analysis of influences on athletes to play with pain and  
2 injuries. *Journal of Sport and Social Issues*, 16(2), 127-135.  
3 <https://doi.org/10.1177/019372359201600208>
- 4 Perrenoud, P. (1994). *Métier d'élève et sens du travail scolaire* [Pupils' job and sense of  
5 school work]. Paris: ESF Editeur.
- 6 Pasquier, D. (2005). *Cultures lycéennes : la tyrannie de la majorité* [High school cultures: the  
7 tyranny of the majority]. Paris: Autrement.
- 8 Pot, N., Verbeek, J., van der Zwan, J., & Hilvoorde, I. van. (2016). Socialisation into  
9 organised sports of young adolescents with a lower socio-economic status. *Sport,*  
10 *Education and Society*, 21(3), 319-338.  
11 <https://doi.org/10.1080/13573322.2014.914901>
- 12 Physical Activity Guidelines Advisory Committee. (2008). *Physical Activity Guidelines*  
13 *Advisory Committee Report, 2008*. Washington DC: U.S. Department of Health and  
14 Human Services. <https://doi.org/10.1037/e525442010-001>
- 15 Prévitali, C. (2013). Itinéraires d'engagement et de désengagement au sein d'associations  
16 sportives en milieu rural [Involvement and disengagement routes within rural sports  
17 clubs]. *Loisir et Société / Society and Leisure*, 36(2), 181-196.  
18 <https://doi.org/10.1080/07053436.2013.836331>
- 19 Riessman, C. K. (2008). *Narrative methods for the human sciences*. Thousand Oaks, CA:  
20 SAGE Publications.
- 21 Romani, A. Q. (2019). Parental behaviour and children's sports participation: evidence from a  
22 Danish longitudinal school study. *Sport, Education and Society*, 1-16.  
23 <https://doi.org/10.1080/13573322.2019.1577235>
- 24 Routier, G. (2013). Rompre avec le danger : une analyse sociologique du désengagement  
25 corporel [Break with danger: a sociological analysis of physical disengagement].

## NAVIGATING THE CIRCLES OF SOCIAL LIFE

- 1           *Loisir et Société/Society and Leisure*, 36(2), 232-248.
- 2           <https://doi.org/10.1080/07053436.2013.836354>
- 3   Säfvenbom, R., Wheaton, B., & Agans, J. P. (2018). ‘How can you enjoy sports if you are
- 4           under control by others?’ Self-organized lifestyle sports and youth development. *Sport*
- 5           *in Society*, 21(12), 1-20. <https://doi.org/10.1080/17430437.2018.1472242>
- 6   Sallis, J. F., & Owen, N. (1998). *Physical Activity and Behavioral Medicine*. Thousand Oaks,
- 7           CA: SAGE Publications.
- 8   Simmel, G. (1890). *Über soziale differenzierung: soziologische und psychologische*
- 9           *Untersuchungen* [About social differentiation]. Leipzig: EA.
- 10   Spence, J. C., & Lee, R. E. (2003). Toward a comprehensive model of physical activity.
- 11           *Psychology of Sport and Exercise*, 4(1), 7-24. <https://doi.org/10.1016/S1469->
- 12           [0292\(02\)00014-6](https://doi.org/10.1016/S1469-0292(02)00014-6)
- 13   Tannehill, D., MacPhail, A., Walsh, J., & Woods, C. (2015). What young people say about
- 14           physical activity: The Children’s Sport Participation and Physical Activity (CSPPA)
- 15           study. *Sport, Education and Society*, 20(4), 442-462.
- 16           <https://doi.org/10.1080/13573322.2013.784863>
- 17   Taylor, I. M. (2017). Reciprocal effects of motivation in physical education and self-reported
- 18           physical activity. *Psychology of Sport and Exercise*, 31, 131-138.
- 19           <https://doi.org/10.1016/j.psychsport.2017.01.003>
- 20   Telama, R., Yang, X., Leskinen, E., Kankaanpää, A., Hirvensalo, M., Tammelin, T., ...
- 21           Raitakari, O. T. (2014). Tracking of physical activity from early childhood through
- 22           youth into adulthood. *Medicine & Science in Sports & Exercise*, 46(5), 955-962.
- 23           <https://doi.org/10.1249/MSS.0000000000000181>

## NAVIGATING THE CIRCLES OF SOCIAL LIFE

- 1 Telama, R., Yang, X., Viikari, J., Välimäki, I., Wanne, O., & Raitakari, O. (2005). Physical  
2 activity from childhood to adulthood. *American Journal of Preventive Medicine*,  
3 28(3), 267-273. <https://doi.org/10.1016/j.amepre.2004.12.003>
- 4 Timperio, A. F., van Stralen, M. M., Brug, J., Bere, E., Chinapaw, M. J., De Bourdeaudhuij,  
5 I., ... on behalf of the ENERGY consortium. (2013). Direct and indirect associations  
6 between the family physical activity environment and sports participation among 10–  
7 12 year-old European children: testing the EnRG framework in the ENERGY project.  
8 *International Journal of Behavioral Nutrition and Physical Activity*, 10(15), 15.  
9 <https://doi.org/10.1186/1479-5868-10-15>
- 10 Toftegaard-Støckel, J., Nielsen, G. A., Ibsen, B., & Andersen, L. B. (2011). Parental, socio  
11 and cultural factors associated with adolescents' sports participation in four Danish  
12 municipalities. *Scandinavian Journal of Medicine & Science in Sports*, 21(4), 606-  
13 611. <https://doi.org/10.1111/j.1600-0838.2010.01093.x>
- 14 Witt, P. A., & Dangi T. B. (2018). Why children/Youth drop out of sports. *Journal of Park  
15 and Recreation Administration*, 36(3), 191-199. [https://doi.org/10.18666/JPRA-2018-  
16 V36-I3-8618](https://doi.org/10.18666/JPRA-2018-V36-I3-8618)
- 17 Yungblut, H. E., Schinke, R. J., & McGannon, K. R. (2012). Views of adolescent female  
18 youth on physical activity during early adolescence. *Journal of Sports Science &  
19 Medicine*, 11(1), 39-50. [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3737842/  
20](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3737842/)



1

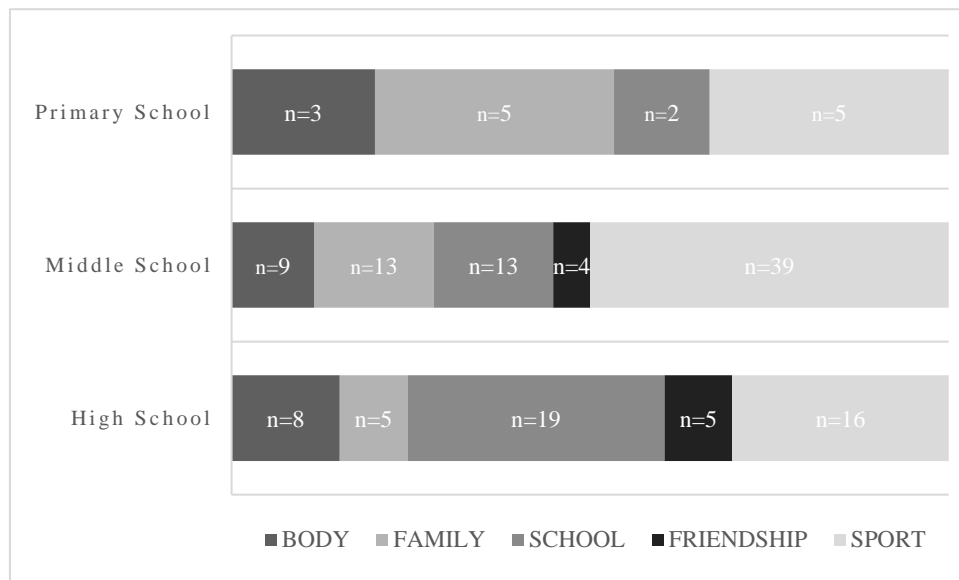
**Table 1. Reasons invoked by teenagers to explain their drop-out from sports practice by theme**

Reasons invoked	Sub-themes	Themes	Number of respondents
Friends' drop-out	Friendship inside sport	Friendship	9
Attraction to the neighborhood Outings with friends	Friendship outside sport		
Injury Fear of being hurt again Decrease in physical abilities	Physical capacity	Body	20
Moving home Family's availability	Family mobility	Family	23
Family's worry Priority in studies Punishment Break with the family's influence	Family control		
Boarding school School transportation	Distance from school		
Schedules School work	The "pupil's job"		
Cost No club/team	Access to sports practice	School	34
Do not acquire skills Not at the others' level Never winning	Success in sports practice		
Not enough/Too much competition Repetition Relationship with effort Too serious Too constraining Preference for another activity	Features of sports practice		
Departure of the coach Degradation of relations with the coach Bad atmosphere Other people's gaze	Interactions in sports practice	Sport	60

2

## NAVIGATING THE CIRCLES OF SOCIAL LIFE

- 1 Figure 1. Number of reasons given by theme for teenagers dropping out of sports practice
- 2 according to the stages of schooling.



- 3
- 4 N.B. The whole group cited 146 reasons in total. 9 of the 100 teenagers had dropped out during
- 5 primary school, 56 during middle school and 35 during high school.