

# **The Overview of An Exploratory Study of Club-Based Sports Activities for Older People**

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## **Abstract:**

Key words: older people, club-based sports activities, qualitative research

The purpose of this research is to explore the hitherto poorly understood phenomenon of older people's participation in club-based sports activities.

To examine the meaning and experience of club-based sports activities for older people, I conduct this study to find out (1) why and how older people aged 60 years or over participate in organised sports activities in sports clubs; (2) what the contribution of club-based sports activities to older participants is and (3) by whom, when and how sports clubs were established.

In countries like Australia and Japan, organised sporting activities are popular and prominent, while many other countries lack visible and widespread sports activities for older people, Ireland being one of them. By comparing Ireland with both Australia and Japan, I can shed light on some of the key factors underlying these differences.

I explore the phenomenon of organised sports targeted to older people from the social scientific perspectives. Hence, I strive to deepen the knowledge of the societal underpinning and subjective rewards of older people's sports activities by conducting semi-structured, individual face-to-face interviews and focus groups.

I collect data non-purposively from older participants in two exemplifying sports namely low-intensity sports and high-intensity sports in Ireland, Australia and Japan. Then I analyse the data through grounded theory and coding. Furthermore, I explore the roles of sports clubs and organisations where older people play sports. I examine the social meanings of sports clubs for older people in their community.

This research can further our understanding of contextual, cultural, social and functional meanings of older people's club-based sports activities at the international backdrop in comparison with their club-based sports activities in Ireland, Australia and Japan. This research can highlight important factors underlying the differences between those countries.