

**LITHUANIAN STATE DEPARTMENT
OF PHYSICAL EDUCATION AND SPORTS**
UNDER THE GOVERNMENT OF THE REPUBLIC OF LITHUANIA

LITHUANIAN SPORTS INFORMATION CENTRE

**ATTITUDE OF 7–80 YEARS OLD
INHABITANTS OF LITHUANIA TOWARDS
THE PHYSICAL EXERCISES AND SPORT
AS WELL AS THEIR PARTICIPATION LEVEL**

**YEAR 2001 SURVEY RESULTS
ABRIDGEMENT**

**VILNIUS
2002**

Research organised and publication prepared by:

Coordinator Milda Laurutėnaitė, Head of Physical Education Strategy Division of Lithuanian State Department of Physical Education and Sports

Working group: Zigmantas Motiekaitis (Head of the group), Vytautas Balzeris,
Dr. Bronė Kaminskienė, Jolanta Lapinskienė

©Lithuanian State Department of Physical Education and Sports

©Lithuanian Sports Information Centre

INTRODUCTION

Analysis performed in the process of preparation to the 3rd Sports Congress of Lithuania have demonstrated that sports organisations have only some data about insignificant part of the population of Lithuania, namely about persons attending organised sports practises in sports or health clubs, sports education and public institutions.

There is no substantial research on the attitude of population towards physical culture/education/exercises and sports as one of most significant means helping to strengthen one's health, to increase physical abilities and working ability. There is a shortage of information on the reasons why the most party of population of Lithuanian do not do exercise and sports. There is no data about the people exercising or doing sports independently, and there is shortage of information that face people doing sports in self-dependent or in organised way.

Lithuanian State Department of Physical Education and Sports under the Government of the Republic of Lithuania for the first time organised sociological research in such high degree, aiming to find answers to all these questions important to everyone.

Brief information about the research objectives, goals and organising as well as wide analysis of research results, conclusions and proposals will be presented further.

1. RESEARCH ORGANISATION

1.1. OBJECTIVES AND GOALS

Aim and goals of the presented research were determined by the need for situation analysis in preparing for the 3rd Sports Congress of Lithuania as well as need for informative data for the preparation of the Physical Education and sports development programme of the Republic of Lithuania for the years 2002–2004.

Objective of this research was to investigate attitude of different layers of the population of Lithuania towards physical exercises and sports and participation at the exercise and sports aiming to better preparation and realization of specific activity programmes.

Goals:

1. To identify:
 - 1.1. What is the personal attitude of the people towards the physical education and sports referring to their occupation, age, gender and place of residence.
 - 1.2. What part of the population have chosen organised or independent practices and which part do not do exercises/sports at all.
2. To find out:
 - 2.1. What determines decision of a person to choose organised and independent practices.
 - 2.2. What kind of problems are faced when choosing one or another form of practices and exercising.
 - 2.3. What are the reasons why people do not do sports and exercise.
3. To analyse the research data and to present it in the way it could help to foresee specific and effective measures.
4. To publish the research results.

1.2. RESEARCH ORGANISATION

At the beginning of the year 2001 Lithuanian Sports Information Centre, carrying out the programme approved by Lithuanian State Department of Physical Education and Sports, together with Physical Education subdivision of this Department, started preliminary work for the wide scope sociological research.

On May 2, 2001 order No 64 „Concerning the organising of the sociological research „Attitude of population of Lithuania towards the physical exercises and sport as well as their participation level“ of the Lithuanian State Department of Physical Education and Sports has been signed. Organisation of this research has been entrusted to the Physical Education subdivision of the Lithuanian State Department of Physical Education and Sports and to the Lithuanian Sports Information Centre (special working group) together with Statistics Department of Lithuania. Questionnaire and working plan-estimate have been approved.

Lithuanian State Department of Physical Education and Sports have signed an agreement with Statistics Department under the Government of the Republic of Lithuania concerning the survey of 8000 respondents to be carried out on May–June, 2001. This agreement was needed because only Statistics Department has an experience in working according to the Eurostat methodics – selection of respondents (corresponding to the composition of the population of Lithuania) and has qualified questioners trained for this work.

Referring to the acceptance – assignment act, 7 512 completed questionnaires have been received from Statistics Department, that were completed and signed by 203 questioners. In total more than 180 answers were collected, that were analysed and systemised following the methodics approved by Sports statistics coordinating commission of the Lithuanian State Department of Physical Education and Sports.

2. SURVEY RESULTS

2.1. GENERAL OVERVIEW

Data analysis methods, ways and forms of results' presentation were determined by the aim, objectives and data needed for Physical education and sports development programme of the Republic of Lithuania for the years 2002–2004.

Fairly high amount of respondents and informative structure of the questionnaire allowed getting quite a big amount of reliable information about the attitude of representatives of the different social layers and population groups towards the exercise and sports practises and participation in these activities. Together with the general data, results by gender, place of residence, age, education level and occupation are presented.

Data reliability is high enough because neither questioners nor respondents had no intention to give wrong or tendentious answer to the questions of the questionnaire that were anonymous.

When analysing research results, absolute numbers were used for calculation, but the results expressed in percents better demonstrate present situation. There is no opportunity to compare the results with other research because the research of such a wide scope has been carried in Lithuania for the first time.

Research organisers had no objective to identify reasons or to propose means of impact, but the researchers are trying to attract attention at the data that may visually demonstrate present situation to the institutions and specialists and reveal problems, faced by exercising and sporting people. Simultaneously, for the first time presented so deep analysis of the reasons why major part of our society still does not do sport and exercise.

Respondent selection methodics employed by Statistics Department correspond population structure nationwide, but does not correspond specific composition in specific territories. For this reason, data by territories were not analysed and presented in this survey.

It was identified for the first time that even 31% of respondents do exercises and sports independently. It may be quite unexpected data. For check reliability, data of 12 selected regions was counted separately. Difference was some fractions of percentile.

This relatively high percentage of population exercising self-dependently may be directly associated with the fact that even **87% of all respondents express positive attitude towards the usefulness of physical education and sports** on health strengthening, increasing physical and working abilities. This in turn allows supposing that such attitude is formed by new social and economical situation. Some separately taken data by occupation is also quite informative. Positive answer were given by 98,5% of the students, 93,1% of schoolchildren, 91,2% of working people, 82% of unemployed and 67% of pensioners.

Exercising and doing sports independently: students 45,8%, employees – 35%, unemployed – 32,8%, schoolchildren -27,3% and only 13,5% of pensioners. Among the working people, the highest percentage of independently exercising and doing sports is among civil servants (44,5%) and businessmen (44,2%), lowest – among the farmers (15,9%).

Although, the fact that 16,6% of respondents attend organized sport/exercise practices, can hardly be considered as a good indicator, mostly because 31,9% of all exercising in organized way attend sports education institutions and only 16,6% attend complementary education practices at the education institutions and 14,9% in sport clubs. Only 7,6% of the respondents are clients of health schools and clubs. Out of 56,3% schoolchildren, attending organized practices, even 44,1% attend practices in sports schools and only 25,5% – complementary education practices at the education institutions. Out of 38,7% of the students attending organised practices, 33% attend sports education institutions and only 19,5% attend practices in education institutions, and the same amount (19,5%) attend paid practices in other places. Only 9,9% of working, 2,8% of unemployed population and only 0,97% of pensioners attend organized practices. The biggest part of working people attending organized practices comprise businesspeople (22,6%) and civil servants (15,53%).

Nature of problems faced by people exercising independently and in organized way, have very slightly difference. Complaints about poor material background and difficulties in combining studies (work) and exercises are prevailing. Only students consider difficulties of combining studies and exercising/sports as a main problem. Working people that exercise or do sports independently, mostly feel shortage of ordinary sports facilities close to their home, and unemployed people – shortage of sports equipment.

Shortage of methodical information is mostly felt by unemployed population, and pensioners attending organised practices feel lack of medical care.

Eloquent and alarming is data about major part of population (52,4%) which does not do exercises nor sports. These include 85,5% of pensioners, 64,4% of unemployed people, 54,4% of working people, 15,3% of students and 16,4% of schoolchildren.

Reasons identified by all 7512 respondents:

1. Has no willingness, energy and willpower	38,4%
2. Bad health state	15,5%
3. High loads of studies/work	13,3%
4. Interested in other leisure forms	11,9%
5. Expensive sports services, no money	8,78%
6. Family and school did not raise need for exercises and sport	7,04%
7. Does not appreciate sports impact on one's health	4,37%
8. Unsatisfying state of present poor sports facilities	0,73%

However, when we look at the various population groups, we can see really different reasons of non-participation. Therefore general percentage does not suit in searching for the ways how to help specific person.

E.g. no willingness, energy and willpower as a main reason were identified by all except schoolchildren and students. Schoolchildren as a main reason consider other leisure forms (29,48%), and students – high study loads (28,04%). Reason of no willingness, energy and willpower is on the second place for the students and schoolchildren.

At the same time, reason of no willingness, energy and willpower is said by 47,28% of unemployed, and this shortage of willpower can also be the reason of their unemployment.

Week health is second important reason, because even 45,67% of pensioners consider it as most important. At the same time, for all other population groups this reason is in fourth or lower place (1,87% of students, 8,37% of schoolchildren, 6,77% of working people and 10,33% of unemployed).

Quite unexpectedly, non-exercising and non-sporting part of population has identified unsatisfying state of present poor sports facilities as the least important reason. It can only be because they have never attended these facilities.

In this descriptive part only some completely new or not well-known data is presented.

QUESTIONNAIRE

ATTITUDE OF 7–80 YEARS OLD INHABITANTS OF LITHUANIA TOWARDS THE PHYSICAL EXERCISES AND SPORTS AS WELL AS THEIR PARTICIPATION LEVEL

Confident

1. Your place of residence:

1 City, district centre → 2

2 Countryside

2. Your gender:

1 Women → 3

2 Men

3. Your age:

1 7–18 yrs → 4

2 19–25 yrs

3 26–40 yrs

4 41–60 yrs

5 61–80 yrs

4. Your occupation?

1 Schoolchild → 5

2 Student

3 Civil servant

4 Businessman

5 Worker

6 Farmer

7 Pensioner

8 Unemployed

5. Your education? (if under 16 years old)

1 Higher → 6

2 High, spec. secondary

3 Secondary

4 Elementary

5 Primary or illiterate

6. Do you agree that exercise and sport assists in health strengthening, increase physical abilities, working ability?

1 Yes → 7

2 No

3 Could not answer

7. Do you do exercises and sports?

1 Exercise and does sports only by himself/herself → 8

2 Attend organised practises (at school, sports clubs, sports schools, paid sport practises) → 12

3 Do not do exercises and sports → 19

8. Why do you do exercises and sport only by yourself?

1 Have no finances for attending paid sport practises → 9

2 Do not want to be dependent on someone, likes to do everything on me own

3 Do exercises and sports only for my pleasure

9. How many times per week you do exercises/sports by yourself?

1 1–2 times → 10

2 3–4 times

3 More than 4 times

10. How many hours per week you do exercises/sports by yourself?

1 Up to 2 hours → 11

2 Up to 3 hours

3 4 hours and more

11. What problems do you face while exercising by yourself? (up to 2 variants of answer)

1 Shortage of sport equipment, clothing, footwear → 16

2 Shortage of sports methodical literature

3 Shortage of information in mass media, promotion (advertising)

4 Difficulties in combining work (studies) with sports practises

5 Limiting unfavourable home (work) conditions

6 There are no sport facilities in the neighbourhood (playing-fields, running paths etc)

12. What kind of organised sport practises do you attend?

- 1 Training sessions in sports education institutions (free)
- 2 Paid sport practises
- 3 Supplementary education sport practises at the education institution
- 4 Practises at the health school/club
- 5 Training sessions at the sports club

→ 13

13. How many times per week do you attend organised sports practises?

- 1 1–2 times
- 2 3–4 times
- 3 More than 4 times

→ 14

14. How many hours per week do you attend organised sports practises?

- 1 Up to 2 hours
- 2 Up to 3 hours
- 3 4 hours and more

→ 15

15. What problems do you face while attending organised sport practises?

(up to 2 variants of answer)

- 1 Poor facilities and equipment, shortage of necessary equipment
- 2 Shortage of sports methodical literature
- 3 Shortage of information about exercises and sports in mass media
- 4 Unsatisfactory medical care
- 5 Shortage of organised sports clinics and competitions
- 6 Difficulties in combining work (studies) with sports practises

→ 16

16. Who advised you to do sport independently or to attend organised sports practises? *

(up to 2 variants of answer)

- 1 Parents
- 2 Teachers, lecturers
- 3 Sports coach
- 4 Friends
- 5 Medical care workers
- 6 Mass media
- 7 Decided himself/herself

→ 17

17. What main reasons determined your willingness to exercise by yourself or to attend organised sports practises? (up to 2 variants of answer)

- 1 Willingness to develop one's physical abilities, health, to increase working ability
- 2 Willingness to strive for high sport performance
- 3 It's necessary for professional activities

→ 18

18. What biggest amount of finances do you allocate per month paying for sport services?

(to answer for working and doing sport in organised way)

- 1 Do not allocate
- 2 Up to 50 Lt
- 3 Up to 100 Lt
- 4 Up to 200 Lt
- 5 200 Lt and more

Thank you!

19. What are the reasons you do not do exercise/sports?

(up to 2 variants of answer)

- 1 Family and school did not raise need for exercises and sport
- 2 Bad health state
- 3 High study/work
- 4 Interested in other leisure forms
- 5 Unsatisfying state of present poor sports facilities
- 6 Expensive sport services, no money
- 7 Does not appreciate sports impact on one's health
- 8 Do not have willingness, energy and willpower

Thank you!

Questioner _____
(name, surname)

Signature _____

Completed on _____ month _____ day, 2001

INFORMATION ABOUT RESPONDENTS OF THE SURVEY

Respondents	Participated at the survey	
	In total	Percentage
Total number of respondents	7512	
Among them:		
By gender:		
female	3918	52,2
male	3594	47,8
By age:		
7–18 yrs	1143	15,2
19–25 yrs	1145	15,2
26–40 yrs	1994	26,5
41–60 yrs	2219	29,5
61–80 yrs	1011	13,5
By place of residence:		
City residents	5328	70,9
Village residents	2184	29,1
By education level:		
Higher	1152	15,5
High, spec. secondary	1703	22,9
Secondary	2081	27,9
Elementary	1642	22,0
Primary or illiterate	873	11,7
By occupation:		
Schoolchildren	1154	15,4
Students	462	6,2
Civil servants	1648	21,9
Businessman	278	3,7
Workers	1464	19,5
Farmers	428	5,7
Unemployed	1137	15,1
Pensioners	941	12,5

SUMMARY OF ALL RESPONDENTS RESPONSES

Question No.	Questions and answers	Replied	
		In total	%
6.	Do you agree that exercise and sport assists in health strengthening, increase physical abilities, working ability?		
1.	Yes	6556	87,27
3.	Could not answer	850	11,32
2.	No	106	1,41
7.	Do you do exercises and sports?		
1.	Do not do exercises and sports	3936	52,40
2.	Exercise and does sports only by himself/herself	2332	31,04
3.	Attends organised practises	1244	16,56
8.	Why do you do exercises and sport only by oneself ?		
1.	Does exercises and sports only for one's pleasure	1296	55,57
2.	Has no finances for attending paid sport practises	803	34,43
3.	Do not want to be dependent on someone, likes to do everything on his/her own	233	9,99
9.	How many times per week you do exercises/sports by yourself?		
1.	1-2 times	1074	46,05
2.	3-4 times	770	33,02
3.	More than 4 times	488	20,93
10.	How many hours per week you do exercises/sports by yourself?		
1.	Up to 2 hours	1157	49,61
2.	Up to 3 hours	704	30,19
3.	4 hours and more	471	20,20
11.	What problems do you face while exercising by yourself?		
1.	There are no sport facilities in the neighbourhood (playing-fields, running paths etc)	903	28,69
2.	Shortage of sport equipment, clothing, footwear	812	25,80
3.	Difficulties in combining work (studies) with sports practises	651	20,69
4.	Limiting unfavourable home (work) conditions	445	14,14
5.	Shortage of sports methodical literature	267	8,48
6.	Shortage of information in mass media, promotion (advertising)	69	2,19
12.	What kind of organised sport practises do you attend?		
1.	Training sessions in sports education institutions (free)	398	31,99
2.	Paid sport practises	360	28,94
3.	Supplementary education sport practises at the education institution	207	16,64
4.	Training sessions at the sports club	185	14,87
5.	Practises at the health school/club	94	7,56
13.	How many times per week do you attend organised sports practises?		
1.	1-2 times	672	54,02
2.	3-4 times	445	35,77
3.	More than 4 times	127	10,21
14.	How many hours per week do you attend organised sports practises?		
1.	4 hours and more	484	38,91
2.	Up to 3 hours.	397	31,91
3.	Up to 2 hours.	363	29,18
15.	What problems do you face while attending organised sport practises?		
1.	Poor facilities and equipment, shortage of necessary equipment	540	33,01
2.	Difficulties in combining work (studies) with sports practises	493	30,13
3.	Shortage of organised sports clinics and competitions	283	17,30
4.	Unsatisfactory medical care	174	10,64
5.	Shortage of sports methodical literature	85	5,20
6.	Shortage of information about exercises and sports in mass media	61	3,73
16.	Who advised you to do sport independently or to attend organised sports practises? *		
1.	Decided himself/herself	2790	58,66
2.	Friends	642	13,50
3.	Parents	355	7,46

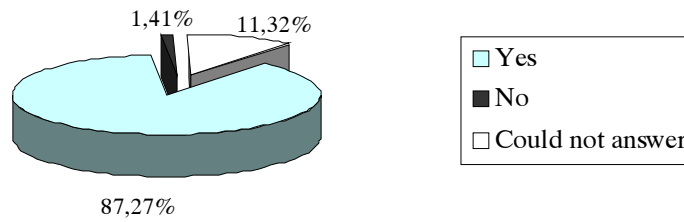
Question No.	Questions and answers	Replied	
		In total	%
4.	Teachers, lecturers	327	6,88
5.	Medical care workers	322	6,77
6.	Sports coach	219	4,60
7.	Mass media	101	2,12
17.	What main reasons determined your willingness to exercise by yourself or to attend organised sports practises?*		
1.	Willingness to develop one's physical abilities, health, to increase working ability	3210	84,67
2.	Willingness to strive for high sport performance	369	9,73
3.	It's necessary for professional activities	212	5,59
18.	What biggest amount of finances do you allocate per month paying for sport services?		
1.	Do not allocate	380	38,15
2.	Up to 50 Lt	363	36,45
3.	Up to 100 Lt	182	18,27
4.	Up to 200 Lt	57	5,72
5.	200 Lt and more	14	1,41
19.	What are the reasons you do not do exercise sports?*		
1.	Do not have willingness, energy and willpower	1961	38,44
2.	Bad health state	792	15,52
3.	High study/work	676	13,25
4.	Interested in other leisure forms	606	11,88
5.	Expensive sport services, no money	448	8,78
6.	Family and school did not raise need for exercises and sport	359	7,04
7.	Does not appreciate sports impact on one's health	223	4,37
8.	Unsatisfying state of present poor sports facilities	37	0,73

* Opportunity to mark 2 variants of answer

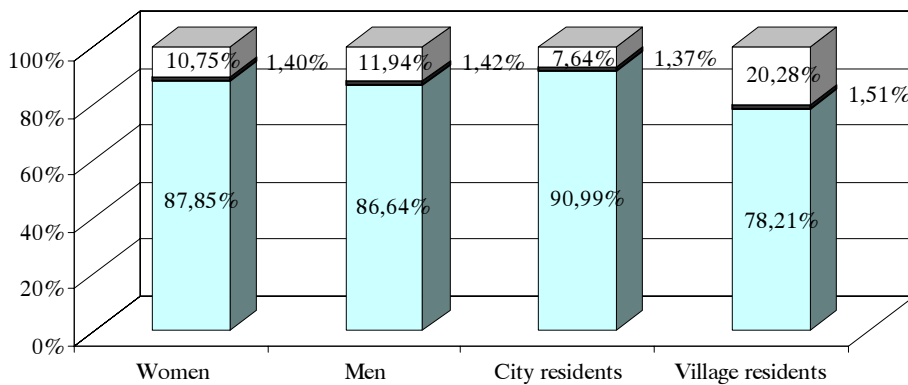
RESPONSES OF ALL RESPONDENTS AND OF RESPONDENTS BY GENDER, PLACE OF RESIDENCE, AGE AND EDUCATION LEVEL

1. Do you agree that exercise and sport assist in health strengthening, increase physical abilities, working ability?

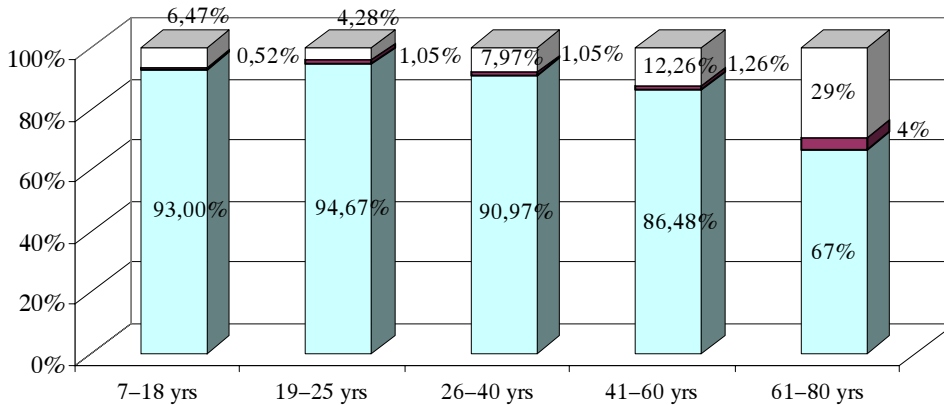
Of all respondents:



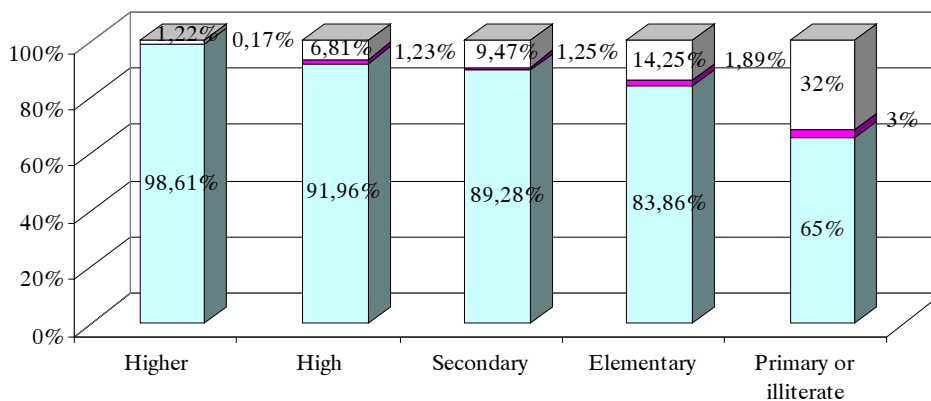
By gender and place of residence:



By age:

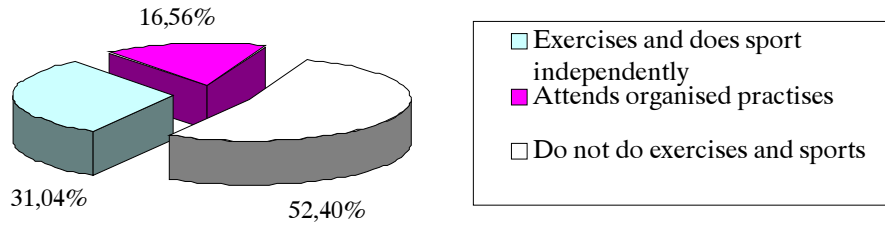


By education:

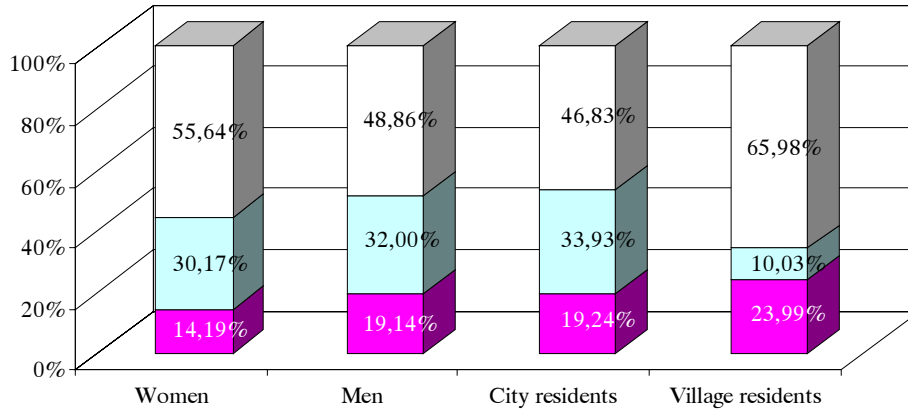


2. Do you do exercises and sports?

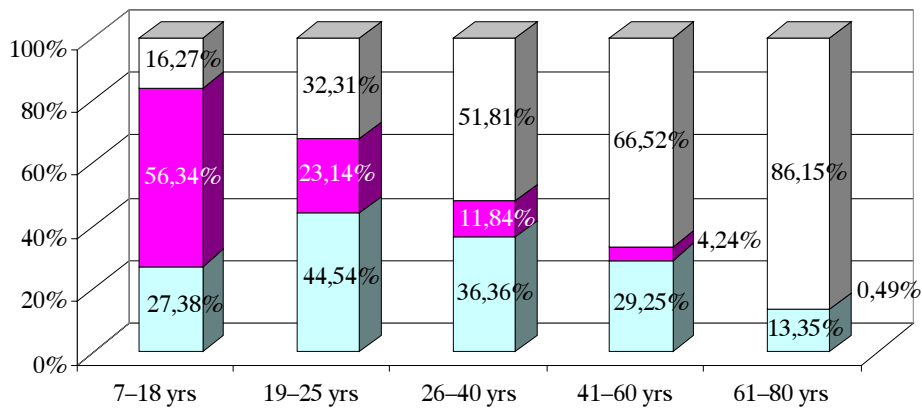
Of all respondents:



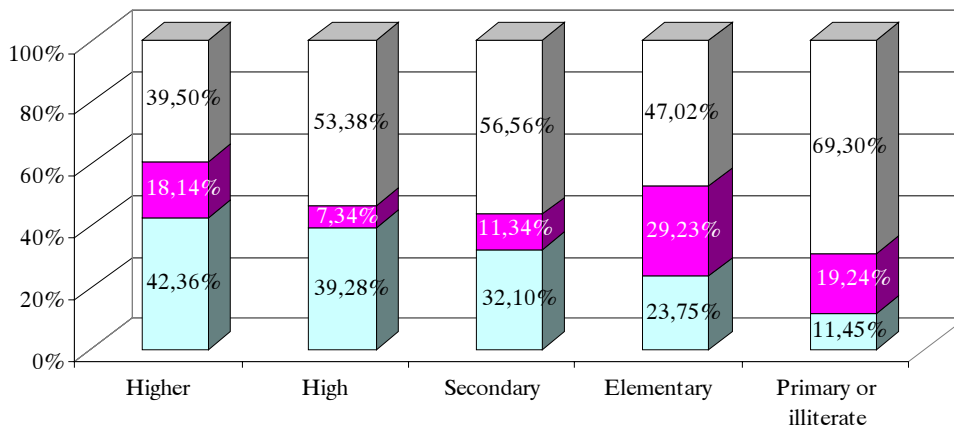
By gender and place of residence:



By age:



By education:



SCHOOLCHILDREN SURVEY RESULTS

Question No.	Questions and answers	Replied		Among them							
				Girls		Boys		City residents		Village residents	
		In total	%	In total	%	In total	%	In total	%	In total	%
6.	Do you agree that exercise and sport assists in health strengthening, increase physical abilities, working ability?										
1.	Yes	1075	93,15	531	92,51	544	93,79	799	94,00	276	90,79
2.	Could not answer	72	6,24	38	6,62	34	5,86	45	5,29	27	8,88
3.	No	7	0,61	5	0,87	2	0,34	6	0,71	1	0,33
7.	Do you do exercises and sports?										
1.	Do not do exercises and sports	650	56,33	287	50,00	363	62,59	494	58,12	156	51,32
2.	Exercise and does sports only by himself/herself	315	27,30	167	29,09	148	25,52	224	26,35	91	29,93
3.	Attends organised practises	189	16,38	120	20,91	69	11,90	132	15,53	57	18,75
8.	Why do you do exercises and sport only by oneself ?										
1.	Does exercises and sports only for one's pleasure	160	50,79	90	53,89	70	47,30	108	48,21	52	57,14
2.	Has no finances for attending paid sport practises	135	42,86	67	40,12	68	45,95	102	45,54	33	36,26
3.	Do not want to be dependent on someone, likes to do everything on his/her own	20	6,35	10	5,99	10	6,76	14	6,25	6	6,59
9.	How many times per week you do exercises/sports by yourself?										
1.	1–2 times	123	39,05	75	44,91	48	32,43	88	39,29	35	38,46
2.	3–4 times	115	36,51	62	37,13	53	35,81	82	36,61	33	36,26
3.	More than 4 times	77	24,44	30	17,96	47	31,76	54	24,11	23	25,27
10.	How many hours per week you do exercises/sports by yourself?										
1.	Up to 2 hours	136	43,17	84	50,30	52	35,14	92	41,07	44	48,35
2.	Up to 3 hours	100	31,75	53	31,74	47	31,76	72	32,14	28	30,77
3.	4 hours and more	79	25,08	30	17,96	49	33,11	60	26,79	19	20,88
11.	What problems do you face while exercising by yourself?										
1.	There are no sport facilities in the neighbourhood (playing-fields, running paths etc)	179	32,60	88	31,65	91	33,58	118	30,57	61	37,42
2.	Shortage of sport equipment, clothing, footwear	142	25,87	62	22,30	80	29,52	110	28,50	32	19,63
3.	Difficulties in combining work (studies) with sports practises	91	16,58	46	16,55	45	16,61	56	14,51	35	21,47
4.	Limiting unfavourable home (work) conditions	86	15,66	60	21,58	26	9,59	62	16,06	24	14,72
5.	Shortage of sports methodical literature	28	5,10	11	3,96	17	6,27	21	5,44	7	4,29
6.	Shortage of information in mass media, promotion (advertising)	23	4,19	11	3,96	12	4,43	19	4,92	4	2,45
12.	What kind of organised sport practises do you attend?										
1.	Training sessions in sports education institutions (free)	287	44,15	124	43,21	163	44,90	209	42,31	78	50,00
2.	Paid sport practises	139	21,38	53	18,47	86	23,69	134	27,13	5	3,21
3.	Supplementary education sport practises at the education institution	166	25,54	77	26,83	89	24,52	97	19,64	69	44,23
4.	Training sessions at the sports club	15	2,31	12	4,18	3	0,83	13	2,63	2	1,28
5.	Practises at the health school/club	43	6,62	21	7,32	22	6,06	41	8,30	2	1,28
13.	How many times per week do you attend organised sports practises?										
1.	1–2 times	321	49,38	166	57,84	155	42,70	214	43,32	107	68,59
2.	3–4 times	258	39,69	93	32,40	165	45,45	211	42,71	47	30,13
3.	More than 4 times	71	10,92	28	9,76	43	11,85	69	13,97	2	1,28

Question No.	Questions and answers	Replied		Among them								
				Girls		Boys		City residents		Village residents		
		In total	%	In total	%	In total	%	In total	%	In total	%	
14.	How many hours per week do you attend organised sports practises?											
1.	4 hours and more	269	41,38	91	31,71	178	49,04	228	46,15	41	26,28	
2.	Up to 3 hours.	205	31,54	109	37,98	96	26,45	131	26,52	74	47,44	
3.	Up to 2 hours.	176	27,08	87	30,31	89	24,52	135	27,33	41	26,28	
15.	What problems do you face while attending organised sport practises?											
1.	Poor facilities and equipment, shortage of necessary equipment	324	37,67	138	36,32	186	38,75	229	35,84	95	42,99	
2.	Difficulties in combining work (studies) with sports practises	216	25,12	111	29,21	105	21,88	166	25,98	50	22,62	
3.	Shortage of organised sports clinics and competitions	210	24,42	87	22,89	123	25,63	162	25,35	48	21,72	
4.	Unsatisfactory medical care	67	7,79	22	5,79	45	9,38	45	7,04	22	9,95	
5.	Shortage of sports methodical literature	23	2,67	12	3,16	11	2,29	19	2,97	4	1,81	
6.	Shortage of information about exercises and sports in mass media	20	2,33	10	2,63	10	2,08	18	2,82	2	0,90	
16.	Who advised you to do sport independently or to attend organised sports practises? *											
1.	Decided himself/herself	573	40,13	270	40,12	303	40,13	422	40,50	151	39,12	
2.	Friends	262	18,35	123	18,28	139	18,41	202	19,39	60	15,54	
3.	Parents	238	16,67	127	18,87	111	14,70	155	14,88	83	21,50	
4.	Teachers, lecturers	202	14,15	86	12,78	116	15,36	143	13,72	59	15,28	
5.	Medical care workers	113	7,91	45	6,69	68	9,01	88	8,45	25	6,48	
6.	Sports coach	22	1,54	11	1,63	11	1,46	18	1,73	4	1,04	
7.	Mass media	18	1,26	11	1,63	7	0,93	14	1,34	4	1,04	
17.	What main reasons determined your willingness to exercise by yourself or to attend organised sports practises?*											
1.	Willingness to develop one's physical abilities, health, to increase working ability	761	72,61	384	78,69	377	67,32	558	72,19	203	73,82	
2.	Willingness to strive for high sport performance	280	26,72	100	20,49	180	32,14	211	27,30	69	25,09	
3.	It's necessary for professional activities	7	0,67	4	0,82	3	0,54	4	0,52	3	1,09	
18.	What biggest amount of finances do you allocate per month paying for sport services?											
1.	Do not allocate	278	59,40	130	62,20	148	57,14	180	52,63	98	77,78	
2.	Up to 50 Lt	165	35,26	70	33,49	95	36,68	139	40,64	26	20,63	
3.	Up to 100 Lt	23	4,91	8	3,83	15	5,79	21	6,14	2	1,59	
4.	Up to 200 Lt	1	0,21	1	0,48	0	0,00	1	0,29		0,00	
5.	200 Lt and more	1	0,21	0	0,00	1	0,39	1	0,29		0,00	
19.	What are the reasons you do not do exercise sports?*											
1.	Do not have willingness, energy and willpower	74	29,48	48	30,00	26	28,57	52	30,23	22	27,85	
2.	Bad health state	69	27,49	47	29,38	22	24,18	47	27,33	22	27,85	
3.	High study/work	41	16,33	26	16,25	15	16,48	27	15,70	14	17,72	
4.	Interested in other leisure forms	27	10,76	17	10,63	10	10,99	19	11,05	8	10,13	
5.	Expensive sport services, no money	21	8,37	15	9,38	6	6,59	17	9,88	4	5,06	
6.	Family and school did not raise need for exercises and sport	9	3,59	4	2,50	5	5,49	4	2,33	5	6,33	
7.	Does not appreciate sports impact on one's health	6	2,39	2	1,25	4	4,40	4	2,33	2	2,53	
8.	Unsatisfying state of present poor sports facilities	4	1,59	1	0,63	3	3,30	2	1,16	2	2,53	

* Opportunity to mark 2 variants of answer

STUDENTS' SURVEY RESULTS

Question No.	Questions and answers	Replied		Among them			
		In total	%	Girls		Boys	
				In total	%	In total	%
6.	Do you agree that exercise and sport assists in health strengthening, increase physical abilities, working ability?						
1.	Yes	455	98,48	246	98,40	209	98,58
2.	Could not answer	6	1,30	3	1,20	3	1,42
3.	No	1	0,22	1	0,40	0	0,00
7.	Do you do exercises and sports?						
1.	Do not do exercises and sports	212	45,89	110	44,00	102	48,11
2.	Exercise and does sports only by himself/herself	179	38,74	87	34,80	92	43,40
3.	Attends organised practises	71	15,37	53	21,20	18	8,49
8.	Why do you do exercises and sport only by oneself ?						
1.	Does exercises and sports only for one's pleasure	102	48,11	47	42,73	55	53,92
2.	Has no finances for attending paid sport practises	95	44,81	55	50,00	40	39,22
3.	Do not want to be dependent on someone, likes to do everything on his/her own	15	7,08	8	7,27	7	6,86
9.	How many times per week you do exercises/sports by yourself?						
1.	1-2 times	95	44,81	49	44,55	46	45,10
2.	3-4 times	85	40,09	43	39,09	42	41,18
3.	More than 4 times	32	15,09	18	16,36	14	13,73
10.	How many hours per week you do exercises/sports by yourself?						
1.	Up to 2 hours	95	44,81	58	52,73	37	36,27
2.	Up to 3 hours	64	30,19	36	32,73	28	27,45
3.	4 hours and more	53	25,00	16	14,55	37	36,27
11.	What problems do you face while exercising by yourself?						
1.	There are no sport facilities in the neighbourhood (playing-fields, running paths etc)	97	34,04	53	34,87	44	33,08
2.	Shortage of sport equipment, clothing, footwear	70	24,56	35	23,03	35	26,32
3.	Difficulties in combining work (studies) with sports practises	67	23,51	34	22,37	33	24,81
4.	Limiting unfavourable home (work) conditions	29	10,18	19	12,50	10	7,52
5.	Shortage of sports methodical literature	20	7,02	10	6,58	10	7,52
6.	Shortage of information in mass media, promotion (advertising)	2	0,70	1	0,66	1	0,75
12.	What kind of organised sport practises do you attend?						
1.	Training sessions in sports education institutions (free)	59	32,96	29	33,33	30	32,61
2.	Paid sport practises	39	21,79	19	21,84	20	21,74
3.	Supplementary education sport practises at the education institution	35	19,55	17	19,54	18	19,57
4.	Training sessions at the sports club	35	19,55	12	13,79	23	25,00
5.	Practises at the health school/club	11	6,15	10	11,49	1	1,09
13.	How many times per week do you attend organised sports practises?						
1.	1-2 times	99	55,31	56	64,37	43	46,74
2.	3-4 times	62	34,64	24	27,59	38	41,30
3.	More than 4 times	18	10,06	7	8,05	11	11,96
14.	How many hours per week do you attend organised sports practises?						
1.	4 hours and more	73	40,78	26	29,89	47	51,09
2.	Up to 3 hours.	61	34,08	34	39,08	27	29,35
3.	Up to 2 hours.	45	25,14	27	31,03	18	19,57

Question No.	Questions and answers	Replied		Among them			
		In total	%	Girls		Boys	
				In total	%	In total	%
15.	What problems do you face while attending organised sport practises?						
1.	Poor facilities and equipment, shortage of necessary equipment	89	36,78	38	32,20	51	41,13
2.	Difficulties in combining work (studies) with sports practises	69	28,51	36	30,51	33	26,61
3.	Shortage of organised sports clinics and competitions	36	14,88	16	13,56	20	16,13
4.	Unsatisfactory medical care	25	10,33	12	10,17	13	10,48
5.	Shortage of sports methodical literature	15	6,20	11	9,32	4	3,23
6.	Shortage of information about exercises and sports in mass media	8	3,31	5	4,24	3	2,42
16.	Who advised you to do sport independently or to attend organised sports practises? *						
1.	Decided himself/herself	296	56,38	156	59,54	140	53,23
2.	Friends	92	17,52	38	14,50	54	20,53
3.	Parents	46	8,76	21	8,02	25	9,51
4.	Teachers, lecturers	44	8,38	16	6,11	28	10,65
5.	Medical care workers	34	6,48	21	8,02	13	4,94
6.	Sports coach	8	1,52	6	2,29	2	0,76
7.	Mass media	5	0,95	4	1,53	1	0,38
17.	What main reasons determined your willingness to exercise by yourself or to attend organised sports practises?*						
1.	Willingness to develop one's physical abilities, health, to increase working ability	342	84,03	186	89,86	156	78,00
2.	Willingness to strive for high sport performance	38	9,34	16	7,73	22	11,00
3.	It's necessary for professional activities	27	6,63	5	2,42	22	11,00
18.	What biggest amount of finances do you allocate per month paying for sport services?						
1.	Do not allocate	46	33,58	21	32,31	25	34,72
2.	Up to 50 Lt	53	38,69	26	40,00	27	37,50
3.	Up to 100 Lt	27	19,71	11	16,92	16	22,22
4.	Up to 200 Lt	8	5,84	5	7,69	3	4,17
5.	200 Lt and more	3	2,19	2	3,08	1	1,39
19.	What are the reasons you do not do exercise sports?*						
1.	Do not have willingness, energy and willpower	30	28,04	20	25,00	10	37,04
2.	Bad health state	26	24,30	21	26,25	5	18,52
3.	High study/work	21	19,63	17	21,25	4	14,81
4.	Interested in other leisure forms	16	14,95	13	16,25	3	11,11
5.	Expensive sport services, no money	11	10,28	8	10,00	3	11,11
6.	Family and school did not raise need for exercises and sport	2	1,87	1	1,25	1	3,70
7.	Does not appreciate sports impact on one's health	1	0,93	0	0,00	1	3,70
8.	Unsatisfying state of present poor sports facilities		0,00		0,00		0,00

* Opportunity to mark 2 variants of answer

WORKERS' SURVEY RESULTS

Question No.	Questions and answers	Replied		Among them									
				Civil servants		Businessman		Workers		Farmers			
		In total	%	In total	%	In total	%	In total	%	In total	%		
6.	Do you agree that exercise and sport assists in health strengthening, increase physical abilities, working ability?												
1.	Yes	3482	91,20	1597	96,91	267	96,04	1306	89,21	312	72,90		
3.	Could not answer	300	7,86	39	2,37	10	3,60	142	9,70	109	25,47		
2.	No	36	0,94	12	0,73	1	0,36	16	1,09	7	1,64		
7.	Do you do exercises and sports?												
1.	Do not do exercises and sports	2097	54,92	659	39,99	92	33,09	988	67,49	358	83,64		
2.	Exercise and does sports only by himself/herself	1343	35,18	733	44,48	123	44,24	419	28,62	68	15,89		
3.	Attends organised practises	378	9,90	256	15,53	63	22,66	57	3,89	2	0,47		
8.	Why do you do exercises and sport only by oneself ?												
1.	Does exercises and sports only for one's pleasure	798	59,42	442	60,30	72	58,54	233	55,61	51	75,00		
2.	Has no finances for attending paid sport practises	373	27,77	196	26,74	12	9,76	153	36,52	12	17,65		
3.	Do not want to be dependent on someone, likes to do everything on his/her own	172	12,81	95	12,96	39	31,71	33	7,88	5	7,35		
9.	How many times per week you do exercises/sports by yourself?												
1.	1-2 times	664	49,44	329	44,88	67	54,47	229	54,65	39	57,35		
2.	3-4 times	416	30,98	231	31,51	37	30,08	129	30,79	19	27,94		
3.	More than 4 times	263	19,58	173	23,60	19	15,45	61	14,56	10	14,71		
10.	How many hours per week you do exercises/sports by yourself?												
1.	Up to 2 hours	695	51,75	361	49,25	51	41,46	237	56,56	46	67,65		
2.	Up to 3 hours	407	30,31	228	31,11	33	26,83	130	31,03	16	23,53		
3.	4 hours and more	241	17,94	144	19,65	39	31,71	52	12,41	6	8,82		
11.	What problems do you face while exercising by yourself?												
1.	There are no sport facilities in the neighbourhood (playing-fields, running paths etc)	498	27,57	296	31,06	37	23,87	130	22,03	35	32,41		
2.	Shortage of sport equipment, clothing, footwear	463	25,64	249	26,13	65	41,94	127	21,53	22	20,37		
3.	Difficulties in combining work (studies) with sports practises	391	21,65	199	20,88	20	12,90	148	25,08	24	22,22		
4.	Limiting unfavourable home (work) conditions	261	14,45	104	10,91	17	10,97	122	20,68	18	16,67		
5.	Shortage of sports methodical literature	150	8,31	85	8,92	9	5,81	50	8,47	6	5,56		
6.	Shortage of information in mass media, promotion (advertising)	43	2,38	20	2,10	7	4,52	13	2,20	3	2,78		
12.	What kind of organised sport practises do you attend?												
1.	Training sessions in sports education institutions (free)	169	44,71	110	42,97	37	58,73	21	36,84	1	50,00		
2.	Paid sport practises	95	25,13	59	23,05	16	25,40	19	33,33	1	50,00		
3.	Supplementary education sport practises at the education institution	61	16,14	47	18,36	7	11,11	7	12,28	0	0,00		
4.	Training sessions at the sports club	48	12,70	36	14,06	2	3,17	10	17,54	0	0,00		
5.	Practises at the health school/club	5	1,32	4	1,56	1	1,59	0	0,00	0	0,00		
13.	How many times per week do you attend organised sports practises?												
1.	1-2 times	226	59,79	155	60,55	38	60,32	31	54,39	2	100,00		
2.	3-4 times	115	30,42	72	28,13	21	33,33	22	38,60	0	0,00		
3.	More than 4 times	37	9,79	29	11,33	4	6,35	4	7,02	0	0,00		
14.	How many hours per week do you attend organised sports practises?												
1.	4 hours and more	150	39,68	104	40,63	26	41,27	20	35,09	0	0,00		
2.	Up to 3 hours.	136	35,98	88	34,38	23	36,51	25	43,86	0	0,00		
3.	Up to 2 hours.	92	24,34	64	25,00	14	22,22	12	21,05	2	100,00		

Question No.	Questions and answers	Replied		Among them							
				Civil servants		Businessman		Workers		Farmers	
		In total	%	In total	%	In total	%	In total	%	In total	%
15.	What problems do you face while attending organised sport practises?										
1.	Poor facilities and equipment, shortage of necessary equipment	186	38,19	122	37,54	37	47,44	26	32,10	1	33,33
2.	Difficulties in combining work (studies) with sports practises	135	27,72	88	27,08	16	20,51	31	38,27	0	0,00
3.	Shortage of organised sports clinics and competitions	66	13,55	39	12,00	15	19,23	12	14,81	0	0,00
4.	Unsatisfactory medical care	40	8,21	28	8,62	5	6,41	6	7,41	1	33,33
5.	Shortage of sports methodical literature	34	6,98	28	8,62	2	2,56	4	4,94	0	0,00
6.	Shortage of information about exercises and sports in mass media	26	5,34	20	6,15	3	3,85	2	2,47	1	33,33
16.	Who advised you to do sport independently or to attend organised sports practises? *										
1.	Decided himself/herself	1513	70,11	866	71,16	168	70,29	419	68,24	60	68,18
2.	Friends	281	13,02	135	11,09	38	15,90	98	15,96	10	11,36
3.	Parents	181	8,39	110	9,04	12	5,02	46	7,49	13	14,77
4.	Teachers, lecturers	57	2,64	38	3,12	8	3,35	11	1,79	0	0,00
5.	Medical care workers	57	2,64	31	2,55	5	2,09	19	3,09	2	2,27
6.	Sports coach	35	1,62	16	1,31	6	2,51	11	1,79	2	2,27
7.	Mass media	34	1,58	21	1,73	2	0,84	10	1,63	1	1,14
17.	What main reasons determined your willingness to exercise by yourself or to attend organised sports practises?*										
1.	Willingness to develop one's physical abilities, health, to increase working ability	1617	88,46	906	85,31	180	91,37	461	93,13	70	94,59
2.	Willingness to strive for high sport performance	174	9,52	134	12,62	8	4,06	28	5,66	4	5,41
3.	It's necessary for professional activities	37	2,02	22	2,07	9	4,57	6	1,21	0	0,00
18.	What biggest amount of finances do you allocate per month paying for sport services?										
1.	Do not allocate	131	35,60	93	37,35	14	22,95	23	41,07	1	50,00
2.	Up to 50 Lt	129	35,05	87	34,94	25	40,98	16	28,57	1	50,00
3.	Up to 100 Lt	51	13,86	34	13,65	1	1,64	16	28,57	0	0,00
4.	Up to 200 Lt	48	13,04	32	12,85	15	24,59	1	1,79	0	0,00
5.	200 Lt and more	9	2,45	3	1,20	6	9,84	0	0,00	0	0,00
19.	What are the reasons you do not do exercise sports?*										
1.	Do not have willingness, energy and willpower	1055	50,31	300	45,52	36	39,13	497	50,30	222	62,01
2.	Bad health state	589	28,09	171	25,95	35	38,04	284	28,74	99	27,65
3.	High study/work	344	16,40	146	22,15	15	16,30	141	14,27	42	11,73
4.	Interested in other leisure forms	281	13,40	110	16,69	12	13,04	141	14,27	18	5,03
5.	Expensive sport services, no money	209	9,97	68	10,32	15	16,30	76	7,69	50	13,97
6.	Family and school did not raise need for exercises and sport	142	6,77	46	6,98	4	4,35	61	6,17	31	8,66
7.	Does not appreciate sports impact on one's health	136	6,49	27	4,10	6	6,52	81	8,20	22	6,15
8.	Unsatisfying state of present poor sports facilities	31	1,48	16	2,43	1	1,09	12	1,21	2	0,56

* Opportunity to mark 2 variants of answer

UNEMPLOYED SURVEY RESULTS

Question No.	Questions and answers	Replied		Among them							
				Women		Men		City residents		Village residents	
		In total	%	In total	%	In total	%	In total	%	In total	%
6.	Do you agree that exercise and sport assists in health strengthening, increase physical abilities, working ability?										
1.	Yes	772	82,04	373	84,39	399	79,96	513	84,93	259	76,85
2.	Could not answer	147	15,62	60	13,57	87	17,43	76	12,58	71	21,07
3.	No	22	2,34	9	2,04	13	2,61	15	2,48	7	2,08
7.	Do you do exercises and sports?										
1.	Do not do exercises and sports	606	64,40	288	65,16	318	63,73	369	61,09	237	70,33
2.	Exercise and does sports only by himself/herself	309	32,84	137	31,00	172	34,47	213	35,26	96	28,49
3.	Attends organised practises	26	2,76	17	3,85	9	1,80	22	3,64	4	1,19
8.	Why do you do exercises and sport only by oneself ?										
1.	Does exercises and sports only for one's pleasure	157	50,81	74	54,01	83	48,26	110	51,64	47	48,96
3.	Has no finances for attending paid sport practises	143	46,28	59	43,07	84	48,84	94	44,13	49	51,04
2.	Do not want to be dependent on someone, likes to do everything on his/her own	9	2,91	4	2,92	5	2,91	9	4,23	0	0,00
9.	How many times per week you do exercises/sports by yourself?										
1.	1-2 times	138	44,66	56	40,88	82	47,67	90	42,25	48	50,00
2.	3-4 times	110	35,60	54	39,42	56	32,56	79	37,09	31	32,29
3.	More than 4 times	61	19,74	27	19,71	34	19,77	44	20,66	17	17,71
10.	How many hours per week you do exercises/sports by yourself?										
1.	Up to 2 hours	145	46,93	73	53,28	72	41,86	92	43,19	53	55,21
2.	Up to 3 hours	96	31,07	44	32,12	52	30,23	75	35,21	21	21,88
3.	4 hours and more	68	22,01	20	14,60	48	27,91	46	21,60	22	22,92
11.	What problems do you face while exercising by yourself?										
1.	There are no sport facilities in the neighbourhood (playing-fields, running paths etc)	171	39,49	80	40,40	91	38,72	116	39,59	55	39,29
2.	Shortage of sport equipment, clothing, footwear	143	33,03	53	26,77	90	38,30	88	30,03	55	39,29
3.	Difficulties in combining work (studies) with sports practises	75	17,32	41	20,71	34	14,47	50	17,06	25	17,86
4.	Limiting unfavourable home (work) conditions	30	6,93	18	9,09	12	5,11	27	9,22	3	2,14
5.	Shortage of sports methodical literature	10	2,31	4	2,02	6	2,55	9	3,07	1	0,71
6.	Shortage of information in mass media, promotion (advertising)	4	0,92	2	1,01	2	0,85	3	1,02	1	0,71
12.	What kind of organised sport practises do you attend?										
1.	Training sessions in sports education institutions (free)	10	38,46	8	47,06	2	22,22	10	45,45	0	0,00
2.	Paid sport practises	8	30,77	4	23,53	4	44,44	5	22,73	3	75,00
3.	Supplementary education sport practises at the education institution	4	15,38	4	23,53	0	0,00	3	13,64	1	25,00
4.	Training sessions at the sports club	3	11,54	1	5,88	2	22,22	3	13,64	0	0,00
5.	Practises at the health school/club	1	3,85	0	0,00	1	11,11	1	4,55	0	0,00
13.	How many times per week do you attend organised sports practises?										
1.	1-2 times	16	61,54	11	64,71	5	55,56	14	63,64	2	50,00
2.	3-4 times	9	34,62	6	35,29	3	33,33	7	31,82	2	50,00
3.	More than 4 times	1	3,85	0	0,00	1	11,11	1	4,55	0	0,00
14.	How many hours per week do you attend organised sports practises?										
1.	4 hours and more	11	42,31	8	47,06	3	33,33	10	45,45	1	25,00
2.	Up to 3 hours.	9	34,62	6	35,29	3	33,33	6	27,27	3	75,00
3.	Up to 2 hours.	6	23,08	3	17,65	3	33,33	6	27,27	0	0,00

Question No.	Questions and answers	Replied		Among them									
				Women		Men		City residents		Village residents			
		In total	%	In total	%	In total	%	In total	%	In total	%		
15.	What problems do you face while attending organised sport practises?												
1.	Poor facilities and equipment, shortage of necessary equipment	10	27,78	4	17,39	6	46,15	6	20,00	4	66,67		
2.	Difficulties in combining work (studies) with sports practises	9	25,00	7	30,43	2	15,38	8	26,67	1	16,67		
3.	Shortage of organised sports clinics and competitions	7	19,44	4	17,39	3	23,08	6	20,00	1	16,67		
4.	Unsatisfactory medical care	6	16,67	6	26,09	0	0,00	6	20,00	0	0,00		
5.	Shortage of sports methodical literature	3	8,33	1	4,35	2	15,38	3	10,00	0	0,00		
6.	Shortage of information about exercises and sports in mass media	1	2,78	1	4,35	0	0,00	1	3,33	0	0,00		
16.	Who advised you to do sport independently or to attend organised sports practises? *												
1.	Decided himself/herself	298	69,79	131	64,53	167	74,55	212	72,35	86	64,18		
2.	Friends	60	14,05	24	11,82	36	16,07	34	11,60	26	19,40		
3.	Parents	29	6,79	21	10,34	8	3,57	18	6,14	11	8,21		
4.	Teachers, lecturers	17	3,98	13	6,40	4	1,79	13	4,44	4	2,99		
5.	Medical care workers	11	2,58	7	3,45	4	1,79	9	3,07	2	1,49		
6.	Sports coach	7	1,64	5	2,46	2	0,89	4	1,37	3	2,24		
7.	Mass media	5	1,17	2	0,99	3	1,34	3	1,02	2	1,49		
17.	What main reasons determined your willingness to exercise by yourself or to attend organised sports practises?*												
1.	Willingness to develop one's physical abilities, health, to increase working ability	333	97,08	153	97,45	180	96,77	234	98,32	99	94,29		
2.	Willingness to strive for high sport performance	6	1,75	3	1,91	3	1,61	3	1,26	3	2,86		
3.	It's necessary for professional activities	4	1,17	1	0,64	3	1,61	1	0,42	3	2,86		
18.	What biggest amount of finances do you allocate per month paying for sport services?												
1.	Do not allocate	13	68,42	9	81,82	4	50,00	11	73,33	2	50,00		
2.	Up to 50 Lt	3	15,79	2	18,18	1	12,50	3	20,00	0	0,00		
3.	Up to 100 Lt	2	10,53	0	0,00	2	25,00	1	6,67	1	25,00		
4.	Up to 200 Lt	1	5,26	0	0,00	1	12,50	0	0,00	1	25,00		
5.	200 Lt and more	0	0,00	0	0,00	0	0,00	0	0,00	0	0,00		
19.	What are the reasons you do not do exercise sports?*												
1.	Do not have willingness, energy and willpower	357	47,28	169	46,56	188	47,96	215	46,54	142	48,46		
2.	Bad health state	110	14,57	52	14,33	58	14,80	83	17,97	27	9,22		
3.	High study/work	86	11,39	41	11,29	45	11,48	55	11,90	31	10,58		
4.	Interested in other leisure forms	81	10,73	45	12,40	36	9,18	39	8,44	42	14,33		
5.	Expensive sport services, no money	78	10,33	37	10,19	41	10,46	45	9,74	33	11,26		
6.	Family and school did not raise need for exercises and sport	33	4,37	13	3,58	20	5,10	19	4,11	14	4,78		
7.	Does not appreciate sports impact on one's health	9	1,19	6	1,65	3	0,77	6	1,30	3	1,02		
8.	Unsatisfying state of present poor sports facilities	1	0,13	0	0,00	1	0,26	0	0,00	1	0,34		

* Opportunity to mark 2 variants of answer

PENSIONERS' SURVEY RESULTS

Question No.	Questions and answers	Replied		Among them							
				Women		Men		City residents		Village residents	
		In total	%	In total	%	In total	%	In total	%	In total	%
6.	Do you agree that exercise and sport assists in health strengthening, increase physical abilities, working ability?										
1.	Yes	772	67,90	484	68,56	288	66,82	548	75,38	224	54,63
2.	Could not answer	325	28,58	199	28,19	126	29,23	155	21,32	170	41,46
3.	No	40	3,52	23	3,26	17	3,94	24	3,30	16	3,90
7.	Do you do exercises and sports?										
1.	Do not do exercises and sports	973	85,58	597	84,56	376	87,24	586	80,61	387	94,39
2.	Exercise and does sports only by himself/herself	153	13,46	99	14,02	54	12,53	132	18,16	21	5,12
3.	Attends organised practises	11	0,97	10	1,42	1	0,23	9	1,24	2	0,49
8.	Why do you do exercises and sport only by oneself ?										
1.	Does exercises and sports only for one's pleasure	93	60,78	59	59,60	34	62,96	76	57,58	17	80,95
2.	Has no finances for attending paid sport practises	43	28,10	32	32,32	11	20,37	40	30,30	3	14,29
3.	Do not want to be dependent on someone, likes to do everything on his/her own	17	11,11	8	8,08	9	16,67	16	12,12	1	4,76
9.	How many times per week you do exercises/sports by yourself?										
1.	1-2 times	55	35,95	36	36,36	19	35,19	48	36,36	7	33,33
2.	3-4 times	54	35,29	36	36,36	18	33,33	46	34,85	8	38,10
3.	More than 4 times	44	28,76	27	27,27	17	31,48	38	28,79	6	28,57
10.	How many hours per week you do exercises/sports by yourself?										
1.	Up to 2 hours	86	56,21	60	60,61	26	48,15	71	53,79	15	71,43
2.	Up to 3 hours	37	24,18	19	19,19	18	33,33	34	25,76	3	14,29
3.	4 hours and more	30	19,61	20	20,20	10	18,52	27	20,45	3	14,29
11.	What problems do you face while exercising by yourself?										
1.	There are no sport facilities in the neighbourhood (playing-fields, running paths etc)	65	33,85	39	32,23	26	36,62	53	32,72	12	40,00
2.	Shortage of sport equipment, clothing, footwear	53	27,60	33	27,27	20	28,17	46	28,40	7	23,33
3.	Difficulties in combining work (studies) with sports practises	35	18,23	24	19,83	11	15,49	28	17,28	7	23,33
4.	Limiting unfavourable home (work) conditions	28	14,58	20	16,53	8	11,27	24	14,81	4	13,33
5.	Shortage of sports methodical literature	9	4,69	4	3,31	5	7,04	9	5,56	0	0,00
6.	Shortage of information in mass media, promotion (advertising)	2	1,04	1	0,83	1	1,41	2	1,23	0	0,00
12.	What kind of organised sport practises do you attend?										
1.	Training sessions in sports education institutions (free)	7	63,64	7	70,00	0	0,00	7	77,78	0	0,00
2.	Paid sport practises	3	27,27	2	20,00	1	100,00	1	11,11	2	100,00
3.	Supplementary education sport practises at the education institution	1	9,09	1	10,00	0	0,00	1	11,11	0	0,00
4.	Training sessions at the sports club	0	0,00	0	0,00	0	0,00	0	0,00	0	0,00
5.	Practises at the health school/club	0	0,00	0	0,00	0	0,00	0	0,00	0	0,00
13.	How many times per week do you attend organised sports practises?										
1.	1-2 times	10	90,91	10	100,00	0	0,00	9	100,00	1	50,00
2.	3-4 times	1	9,09	0	0,00	1	100,00	0	0,00	1	50,00
3.	More than 4 times	0	0,00	0	0,00	0	0,00	0	0,00	0	0,00

Question No.	Questions and answers	Replied		Among them							
				Women		Men		City residents		Village residents	
		In total	%	In total	%	In total	%	In total	%	In total	%
14.	How many hours per week do you attend organised sports practises?										
1.	4 hours and more	10	90,91	10	100,00	0	0,00	9	100,00	1	50,00
2.	Up to 3 hours.	1	9,09	0	0,00	1	100,00	0	0,00	1	50,00
3.	Up to 2 hours.	0	0,00	0	0,00	0	0,00	0	0,00	0	0,00
15.	What problems do you face while attending organised sport practises?										
1.	Poor facilities and equipment, shortage of necessary equipment	7	63,64	7	70,00	0	0,00	7	77,78	0	0,00
2.	Difficulties in combining work (studies) with sports practises	2	18,18	1	10,00	1	100,00	0	0,00	2	100,00
3.	Shortage of organised sports clinics and competitions	1	9,09	1	10,00	0	0,00	1	11,11	0	0,00
4.	Unsatisfactory medical care	1	9,09	1	10,00	0	0,00	1	11,11	0	0,00
5.	Shortage of sports methodical literature	0	0,00	0	0,00	0	0,00	0	0,00	0	0,00
6.	Shortage of information about exercises and sports in mass media	0	0,00	0	0,00	0	0,00	0	0,00	0	0,00
16.	Who advised you to do sport independently or to attend organised sports practises? *										
1.	Decided himself/herself	110	50,46	66	44,00	44	64,71	96	51,34	14	45,16
2.	Friends	82	37,61	63	42,00	19	27,94	66	35,29	16	51,61
3.	Parents	10	4,59	7	4,67	3	4,41	10	5,35	0	0,00
4.	Teachers, lecturers	8	3,67	8	5,33	0	0,00	8	4,28	0	0,00
5.	Medical care workers	7	3,21	5	3,33	2	2,94	6	3,21	1	3,23
6.	Sports coach	1	0,46	1	0,67	0	0,00	1	0,53	0	0,00
7.	Mass media	0	0,00	0	0,00	0	0,00	0	0,00	0	0,00
17.	What main reasons determined your willingness to exercise by yourself or to attend organised sports practises?*										
1.	Willingness to develop one's physical abilities, health, to increase working ability	157	95,73	102	93,58	55	100,00	134	95,04	23	100,00
2.	Willingness to strive for high sport performance	7	4,27	7	6,42	0	0,00	7	4,96	0	0,00
3.	It's necessary for processional activities	0	0,00	0	0,00	0	0,00	0	0,00	0	0,00
18.	What biggest amount of finances do you allocate per month paying for sport services?										
1.	Do not allocate	3	75,00	2	66,67	1	100,00	1	50,00	2	100,00
2.	Up to 50 Lt	1	25,00	1	33,33	0	0,00	1	50,00	0	0,00
3.	Up to 100 Lt	0	0,00	0	0,00	0	0,00	0	0,00	0	0,00
4.	Up to 200 Lt	0	0,00	0	0,00	0	0,00	0	0,00	0	0,00
5.	200 Lt and more	0	0,00	0	0,00	0	0,00	0	0,00	0	0,00
19.	What are the reasons you do not do exercise sports?*										
1.	Do not have willingness, energy and willpower	549	45,67	335	45,45	214	46,02	321	46,19	228	44,97
2.	Bad health state	454	37,77	288	39,08	166	35,70	245	35,25	209	41,22
3.	High study/work	81	6,74	45	6,11	36	7,74	61	8,78	20	3,94
4.	Interested in other leisure forms	47	3,91	32	4,34	15	3,23	32	4,60	15	2,96
5.	Expensive sport services, no money	44	3,66	22	2,99	22	4,73	23	3,31	21	4,14
6.	Family and school did not raise need for exercises and sport	19	1,58	10	1,36	9	1,94	12	1,73	7	1,38
7.	Does not appreciate sports impact on one's health	7	0,58	4	0,54	3	0,65	1	0,14	6	1,18
8.	Unsatisfying state of present poor sports facilities	1	0,08	1	0,14	0	0,00	0	0,00	1	0,20

* Opportunity to mark 2 variants of answer

CONCLUSIONS AND PROPOSALS

Conclusions

Research results give significant amount of completely new information that can assist to make developed and realised programmes to become better reflecting present situation, be better understood and acceptable to those participating in the programmes. It can become predisposition for these programmes to achieve better results. Such kind of information firstly includes data on population exercising independently and on reasons why major part of our society does not engage in exercise and sports.

Proposals

This kind of research should be carried out every four years. This amount of time could give an opportunity to evaluate results of the programmes carried out (majority of programmes are prepared for the four years). Requirements of modern days will always rise new needs, but questionnaire questions' structure should not be too much changing, aiming to keep succession and to identify effectiveness of impact measures.