

Social Inclusion of Women for Better Life Through Sport



D2.6: Participant Survey Analysis

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EXECUTIVE SUMMARY

This report analyzes the results of the participant surveys from the “RS4Women–Social Inclusion of Women for Better Life Through Sport” project, which aimed to improve the health, well-being, and social inclusion of women through physical activity. The project offered various sports activities, including swimming, rowing, Pilates, and well-being sessions, designed to meet the needs of different age groups (18–22, 23–35, 36–60, and 60+) in both Istanbul (Turkey) and Thessaloniki (Greece).

The report analyses the findings revealed through the surveys and the interviews conducted for the sports activities and compares the levels of satisfaction of participants. The report analyses the improvements, feedback, and overall organization of the activities concerning venues and trainers as well as a willingness to participate in further sports events. The development of the sense of community in participants is also analyzed.

Overall, the survey results indicate that the program has met its short-term and medium-term objectives, improving participants' overall health, well-being, and social inclusion. The impact of the program on the participants' lives is likely to be sustained as they continue applying the strategies learned and maintaining their active involvement in physical and social activities.



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TABLE OF CONTENTS

Executive Summary	4
1) Description of Activities and their goals	6
2) Survey Evaluation Tools	7
3) Main findings.....	8
3.1) Overall Participation, Engagement and Satisfaction.....	8
3.2) Impact on Physical and Mental Health	9
3.3) Participation and Social Inclusion.....	10
4) Main Differences between Survey Results	12
5) Main Similarities between Survey Results	12
6) Long-term potential impact.....	13
Conclusion.....	14
References.....	14



1) DESCRIPTION OF ACTIVITIES AND THEIR GOALS

The RS4Women Sports activities foreseen by the project were different to embrace the target group via different sports but always shared the same objective of overall women's well-being. All activities are designed for older women (60+ age group) and young women (18–35 age group) with fewer opportunities.

- The activities conducted in Istanbul, Turkiye were:

1.1) WELLBEING TRAINING

Designed to enhance participants' overall health by focusing on various aspects of wellness, including mental health, nutrition, and physical fitness, to encourage a balanced physical and mental health lifestyle.

1.2) PILATES

Different sessions are intended to strengthen the body, improve posture, and increase flexibility, focusing on core strength and body awareness through controlled movements. The Pilates sessions were also intended to improve mental clarity by fostering concentration and focus.

1.3) ROWING

Different sessions are designed for all levels, from beginners to skilled participants, teaching proper rowing techniques, coordination, and teamwork, as well as focusing on physical health, enhancing cardiovascular fitness, and strengthening upper body muscles.

- The activities conducted in Thessaloniki, Greece:

1.4) SWIMMING LESSONS

Different sessions are based on teaching aquatic fitness and basic swimming techniques, as well as essential skills such as different swimming strokes, breathing techniques, and water safety. Physical health is a focus, swimming enhances cardiovascular health, builds core strength, and also increases flexibility.



2) SURVEY EVALUATION TOOLS

The assessment tool for evaluating the survey in the project Social Inclusion of Women for Better Life Through Sport was made up of two components: interviews with participants and a questionnaire at the end of activities. This was done to receive qualitative and quantitative feedback on what participants experienced and achieved during this process. The data gathered and analyzed in this survey has been collected via online surveys. The activities both in Istanbul and Thessaloniki have been analysed via identical questions (or semi-identical, adapted to the specific sports activities conducted). The survey questions focus on various aspects of the participant's experience in the program, exploring both demographic aspects and specific feedback on the benefits, organization, and impact of the activities as well as the personal impact on physical and mental health and the probability to recommend these activities and this project to other women in the same age group.



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3) MAIN FINDINGS

3.1) OVERALL PARTICIPATION, ENGAGEMENT, AND SATISFACTION

• **Istanbul Results:**

In Istanbul, the majority of participants (58 out of 65) rated their satisfaction with the program's ability to promote physical activity as 5 out of 5, showing a high level of enthusiasm for the program. Additionally, 55 participants rated the program's ability to meet expectations regarding the benefits of the activities as 5 out of 5.

Engagement in various activities was also strong:

- Rowing: 56 participants rated it 5.
- Pilates: 52 participants rated it 5.
- Wellbeing Activities: 48 participants rated it 5.

The program was highly praised for its organization and structure, with 55 participants rating it 5 for its well-structured nature. 57 participants rated the trainers as highly knowledgeable and effective, while 60 participants praised the venue's suitability for the activities.

• **Thessaloniki Results:**

In Thessaloniki, 15 participants rated the program's ability to promote physical activity as 5 (Strongly Agree), with 3 rating it 4. Additionally, 17 participants felt that the program met their expectations regarding the benefits of the activities, rating it 5, and 3 rated it 4.

Engagement in the activities was also positive:

- Swimming: 17 participants rated it 5.
- Program structure: 17 participants rated it 5 for being well-organized.
- Trainers' effectiveness: 18 participants rated the trainers 5 for being highly knowledgeable and effective, with 3 participants rating it 4.
- Venue suitability: 15 participants rated the venue 5.
- Motivation to participate: 18 participants rated 5 for feeling encouraged to join the activities.



3) MAIN FINDINGS

3.2) IMPACT ON PHYSICAL AND MENTAL HEALTH

It can be affirmed that the sports programs in both cities significantly demonstrated effects on physical and mental health, in Istanbul and Thessaloniki, with improved reported well-being across participants for the two cities in different dimensions. However, certain critical divergences were realized about the number of participants that have reported such changes.

Istanbul:

- **Physical Health:** All 61 participants in Istanbul believed the program had a positive impact on their physical health. An overwhelming consensus clearly states one benefit of improvement in the areas of physical health.
- **Mental Health and Stress:** Of the 61 participants in Istanbul, the same number echoed a positive effect on mental health and stress levels. The activities, according to a participant, "have kept me less stressed and more energetic, both physically and mentally."
- **Physical Activity Motivation:** Regarding increasing physical activity, the rating of the effectiveness of the program was rated as 5 by 48 participants, while 13 participants rated it 4, which shows great motivation to continue being active.
- **Appropriateness of Activities:** The intensity and difficulty of activities were appropriate for the age group of participants. This aspect received ratings of 5 from 45 out of 65 participants.
- **Psychological and Emotional Well-being:** Positive changes in emotional well-being were noted by 54 participants, with 7 participants rating it a 4.

Thessaloniki:

- **Physical Health:** In Thessaloniki, the positive effect of physical health for all 19 participants was quite unanimous. Although the sample size is smaller, it reflects the result of Istanbul regarding physical health benefits.
- **Mental Health and Stress:** All 20 participants in Thessaloniki responded that the program helped improve their mental health and reduced their levels of stress.
- **Physical Activity Motivation:** Just like Istanbul, Thessaloniki also had a very high motivation level for increasing physical activity, with 18 participants rating the program 5 in terms of motivating them, and 2 rating it 4.
- **Appropriateness of Activities:** Participants found the difficulty of activities well-matched to their age groups, with 15 participants rating this aspect 5 and 3 rating it 4. One Thessaloniki participant commented, "The activities were just the right challenge for me—engaging but not overwhelming."
- **Mental and Emotional Well-being:** Positive mental and emotional changes were reported by 19 participants, with 1 participant rating it 4.



3) MAIN FINDINGS

3.3) PARTICIPATION AND SOCIAL INCLUSION

Generally speaking, the social inclusion and engagement in both cities showed that the Sports Events (swimming in Thessaloniki, rowing, wellbeing training and pilates in İstanbul) were overall successful in developing a sense of community and motivation, although İstanbul participants reported a slightly higher level of connectedness and sustained engagement.

Overall, there was a clear positive shift in the physical, mental, and emotional well-being of participants in both cities, and there is a strong likelihood that the program will be recommended to others in both locations.

For example, social relations were developed: In İstanbul, for instance, 49 out of 65 participants rated the program as 5 for enhancing their social connections. As one participant reported,

"I had made new friends and felt closer to the community"

indicating that this program helped socially in developing relations.

This suggests that the program played a vital role in enhancing physical health, but it also bonded people within the community. Comments like,

"The activities were just the right challenge for me—engaging but not overwhelming," shows that the participants from Thessaloniki are very fulfilled and motivated.



3) MAIN FINDINGS

3.3) PARTICIPATION AND SOCIAL INCLUSION

A majority of respondents in Istanbul reported feeling highly motivated and encouraged to participate in the activities: 56 out of 65 said so. One participant said, "The trainers were always supportive, which made me want to attend every session." This is a very good indicator of how well the program inspired continuous engagement and participation. The feedback reflects the supportive environment fostered by the program, which played a crucial role in maintaining participant involvement.

Awareness regarding physical activities for health was raised on a very significant level when 58 participants gave ratings of 5. The success would, therefore, entail a full realization by many people as to how physical activities have kept them healthy. Based on the strong recommendation, as depicted by 58 who are willing to recommend it, would be an endorsement that comes without further deliberation. This shows a very high level of satisfaction and engagement, suggesting that participants were impacted not only themselves but also were eager for the dissemination of benefits coming from the program to others. In Thessaloniki, 19 participants gave a rating of 5 for stronger social bonds. Although the sample size is smaller compared to Istanbul, this still shows that the program managed to help create meaningful connections among participants. Regarding physical activity awareness, the participants of Thessaloniki were also very aware of the importance of staying active. 17 participants rated the program 5 for raising awareness, with 3 participants rating it 4. Although the ratings were slightly lower than those in Istanbul, they still reflect a substantial level of recognition of the benefits of physical activity. Finally, Thessaloniki also demonstrated strong recommendation potential, with 18 participants rating the program 5 for recommending it to others.



4) MAIN DIFFERENCES BETWEEN SURVEYS' RESULTS

The two main differences in the questionnaires from Istanbul and Thessaloniki are really based on sample size and intensity of responses. For example, Istanbul, being the larger sample size at 65 participants, consistently recorded stronger ratings in the different aspects being asked about the program. For example, more respondents in Istanbul (58 out of 65) assessed the ability of the program to provide an opportunity for socialization and physical activity awareness positively, while in Thessaloniki, the same indexes were correspondingly lower. Besides, the scale of engagement and motivation in Istanbul was slightly bigger, while the number of highly motivated participants is 56 compared to 18 in Thessaloniki. These differences outline how a greater participant pool leads to stronger overall results.

5) MAIN SIMILARITIES BETWEEN SURVEYS RESULTS

Despite the sample size difference, Istanbul and Thessaloniki still show some strong similarities in major areas: the impact of the program on participants' physical and mental health, motivation, and social inclusion. In both cities, large numbers of participants reported positive impacts on both physical and mental health, including all participants in Thessaloniki and the majority of Istanbul participants reporting positive impacts for both. Furthermore, results for both cities reflect a rather high motivation to continue doing physical activity after the program, encouraged and empowered by a sizable proportion of the participants in both cities. Both groups showed increased social connection and a strong willingness to recommend the program to others, indicating program success in building community engagement and personal growth.



6) LONG-TERM POTENTIAL IMPACT

The data from the surveys show the significant long-term potential of the sports events, especially in promoting continued social inclusion, personal growth, and overall well-being. Within a relatively short period, participants from both Thessaloniki and Istanbul sports activities felt more energetic, acquired new friends, and reduced their levels of stress by breaking out of old routines and into new activities. By continuing to apply the techniques learned, such as stress management and boosting self-confidence, participants are likely to maintain these benefits over time, which will reduce social isolation and improve their quality of life.

The effects of the sporting events have hence shown impact, meeting the objectives set to empower participants in applying knowledge gained, building resilience against stress, and enhancing their mental health. Additionally, participants are also likely to find an important place in the supportive community, especially more marginalized women. The resilience developed over a period of time, as well as continued integration with the community, is likely to drive significant positive change by leading to long-lasting improvement in self-esteem, optimism, and social connectedness.



CONCLUSIONS

The events successfully achieved their objectives, promoting physical activity, mental well-being, and social inclusion among both older and younger women, who constituted the target audience for these activities. According to data collected and analyzed through the administered surveys, the activities demonstrated effectiveness across short-, medium-, and long-term outcomes. As outlined in the application form, the short-term effects included increased energy levels, enhanced opportunities for social interaction, and reduced stress. In the medium term, participants are expected to implement resilience strategies to manage stress and develop meaningful relationships. Long-term effects, on the other hand, are likely to be internalized, with continued community integration, improved self-esteem, and sustained activity in social and physical terms. According to the data, the possibility of positive long-term effects is highly likely to occur, with participants showing a willingness to participate further. Rs4Women Sports events. The potential for long-term benefit is high, which supports the potential of such activities to bring positive impact on the target group and increased experiences, alongside empowerment among participants.

REFERENCES

Survey Results, Istanbul Data:

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Survey Results, Thessaloniki Data:

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