



## NEW ZEALAND BODYBUILDER SURVEY DEMOGRAPHICS

### Introduction by Anne Probert

This paper is the first in a series which I will be progressively releasing to bodybuilders in New Zealand who participated in my national survey concerning competitive bodybuilding.

My PhD at Massey University, New Zealand, focuses on the relationship between competitive bodybuilding and “self-identity”. I am interested in finding out how bodybuilders view themselves and the influence which bodybuilding has played in their lives. My study investigates competitive bodybuilding from the perspective of the bodybuilder, not anyone else. Furthermore, it is not restricted to “top” competitors or bodybuilders from a particular gender. My research includes those from a broad range of backgrounds and experiences.

It is inclusive of:

- Those actively competing at present;
- Former competitors, and
- People in training for their first competition.

Although the main source of information for my study will stem from confidential interviews with bodybuilders themselves, prior to engaging in this process I felt it would be invaluable to gain an overview of competitive bodybuilding in New Zealand, hence the need for this survey.

### About The Survey

I developed a postal survey which comprised of fifty-five questions; including those relating to demographics (e.g. age, gender, and ethnicity), competitive bodybuilding experience, training and opinions on a range of matters concerning bodybuilding. It was distributed to the current members of both bodybuilding associations in New Zealand (NZFBB and NABBA) as well as former members of NABBA (ie “past competitors”) and emailed to some gyms. This occurred during April/May 2005 and was sent to approximately 1431 current, former and “intending” competitors.

This paper documents the outcomes of the demographic section of the survey. I will be progressively releasing the other results in forthcoming papers.

I have written this document in a user-friendly style for the bodybuilding community and general public, without all the academic wording and detail. I hope by doing this, it makes my work more accessible and able to be shared with those outside the University setting who may also be interested in its findings, especially those people who contributed to its development. However before you read these results, I want to highlight that this survey has its limitations, so take care not to generalise its findings too much. There is no definitive list of active, former and intending competitive bodybuilders in New Zealand, so this survey is not comprehensive of all bodybuilders. In particular, those training for their first competition are elusive individuals who are frequently not members of any bodybuilding association at this stage. Not all bodybuilders chose

to participate in this survey. Other bodybuilders relocated and therefore did not receive a copy of the questionnaire at their current addresses. I could go on ....but I am sure you get the picture !!

Despite this, undertaking the survey has proved valuable and will definitely assist my study. I hope you find it of interest as well.

My thanks to all the bodybuilders who participated and the NZ bodybuilding associations who have helped.

### Overview of Paper One - Demographics

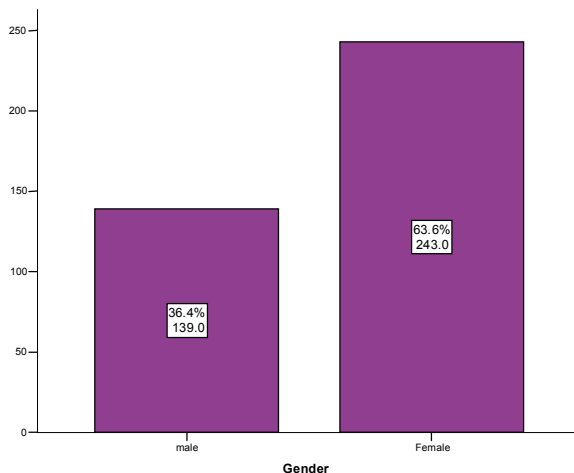
This paper summarises survey results concerning the following outcomes:

- **Number of respondents**
- **Gender**
- **Location**
- **Ethnicity**
- **Age**
- **Employment**
- **Qualifications**

### Survey Results

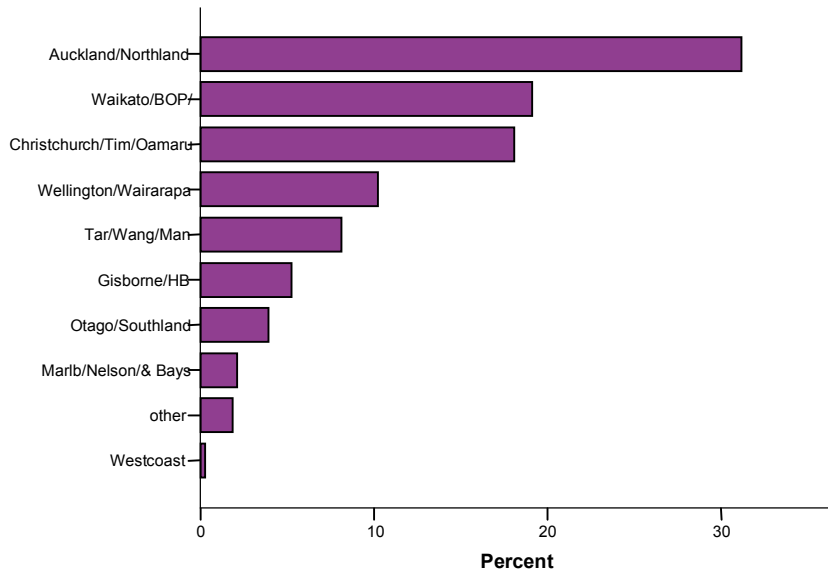
#### Number and Gender of Respondents

382 bodybuilders responded to the survey, the majority of whom were female (63.6%).



Although responses were received from a broad range of geographic locations, most of the respondents resided in Auckland/Northland (31.2%), Waikato/Bay of Plenty (19.1%), Wellington (10.2%) and Christchurch (18.1%).

**Location of bodybuilder survey participants**



### Ethnicity

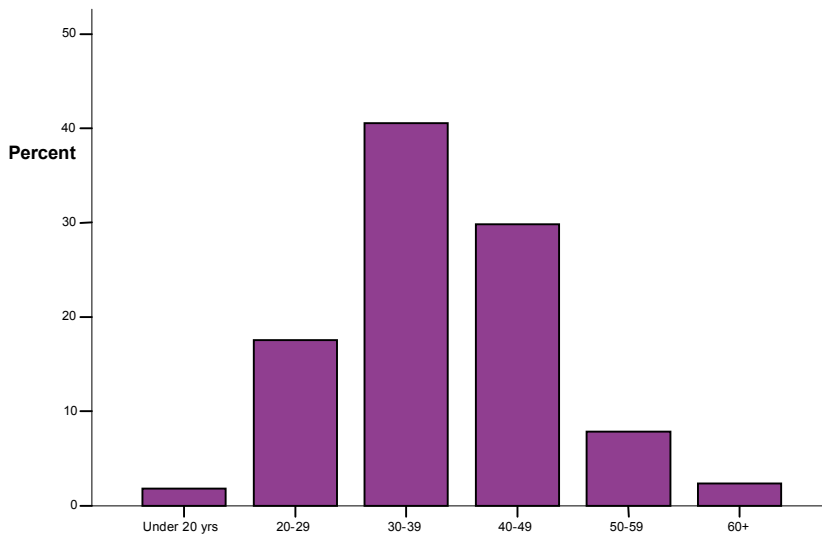
The majority of respondents (82.8%) were of NZ European descent, although 12.2% identified with being Maori and a small percentage were of Pacific Island descent, such as Samoan, Tongan etc. Nine percent indicated they were affiliated with a range of with “other” ethnic groupings such as British, Dutch and German. It should be noted that respondents could identify with more than one ethnic affiliation.

Ethnicity of Respondents	Number	Percent of cases
NZ European	313	82.8%
Maori	46	12.2%
Samoan	4	1.1%
Cook Isl Maori	4	1.2%
Tongan	2	0.5%
Niuean	1	0.3%
Chinese	4	1.1%
Indian	1	0.3%
Other	34	9.0%
	<b>409</b>	<b>108.2%</b>

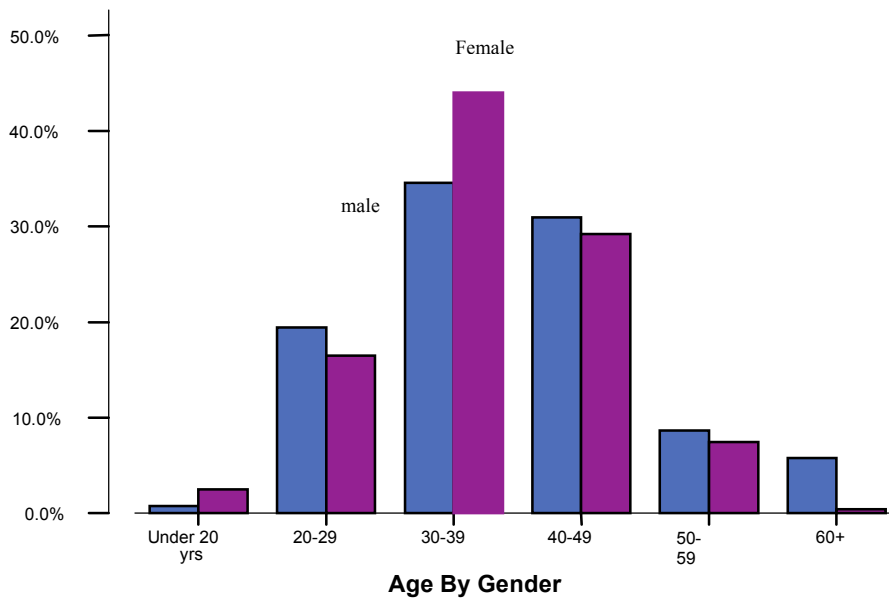
### Age

70.4% of respondents were aged between 30 – 50 years. Specifically, 40.6% of respondents were aged between 30-39 years and 29.8% aged 40-49 years. Less than 2% of respondents were under 20 years.

**Age of bodybuilder survey participants**



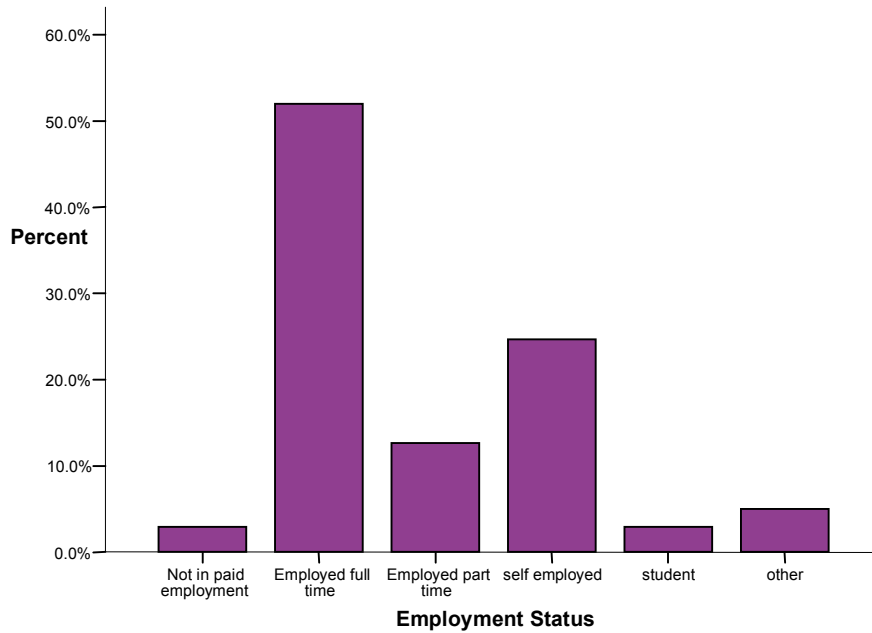
Analysis of age by gender indicated that there were proportionately higher levels of female bodybuilders aged between 30-39 years and proportionately more male bodybuilders aged either 20-29 years or over 40 years. However in statistical terms, the difference was not significant.



### **Employment and Qualifications**

The majority of respondents (irrespective of gender) worked, either full time (51.8%), part time (12.6%) or were self-employed (24.6%). Although the majority of both male and female respondents worked full time, proportionately more female respondents worked part time than

their male counter parts. Both males and females displayed comparable percentiles in relation to self-employment.



The majority of respondents were also tertiary qualified (60.9%). “Tertiary qualified” was defined as “completing a qualification after secondary school which has taken more than three months of full time study to achieve”. So overall, bodybuilders survey respondents (irrespective of gender) tended to be qualified, skilled individuals who were professionally active.

