

## NEW ZEALAND BODYBUILDER SURVEY

### Bodybuilding Opinions: “Life and People”

#### Introduction by Anne Probert

This paper is part of a series I am progressively releasing to bodybuilders in New Zealand who participated in my national survey concerning competitive bodybuilding. 382 bodybuilders responded to the survey and these papers provide insight into the lives and views of such participants.

**The survey included a list of 36 statements and participants were asked to define on a scale from 1 to 4 the extent they agreed or disagree with the statements. (1= strongly disagreed; 2= somewhat disagreed; 3= somewhat agreed; 4= strongly agreed).**

Although each statement pertains to many complex issues, for the purposes of simplicity, I have categorised them into several broad sections.

This paper documents the results of those statements which I have broadly categorised as relating to “**Life and People**”.

Specifically, it highlights bodybuilder responses i.e. their views, self-perceptions and opinions, with respect to the following survey statements:

- **If I wasn't involved in bodybuilding, I would still have the same personality.**
- **I fear public ridicule when I tell people I am involved in bodybuilding.**
- **My relationships suffer during bodybuilding periods.**
- **Other parts of my life have been negatively affected as a result of bodybuilding.**
- **The majority of my friends are also bodybuilders.**
- **When I tell people I am involved in bodybuilding, the reaction from women is usually more positive than those from men.**
- **Bodybuilding has made me less sociable.**

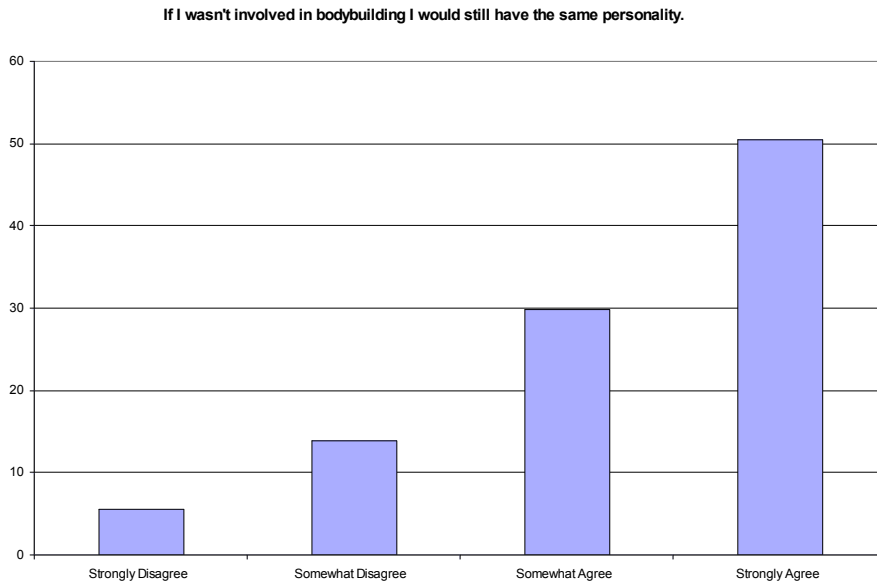
Check out the results over the following pages ...

## Survey Results

**Statement:** If I wasn't involved in bodybuilding, I would still have the same personality.

**Outcome:** The majority of respondents "strongly agreed" with this statement.

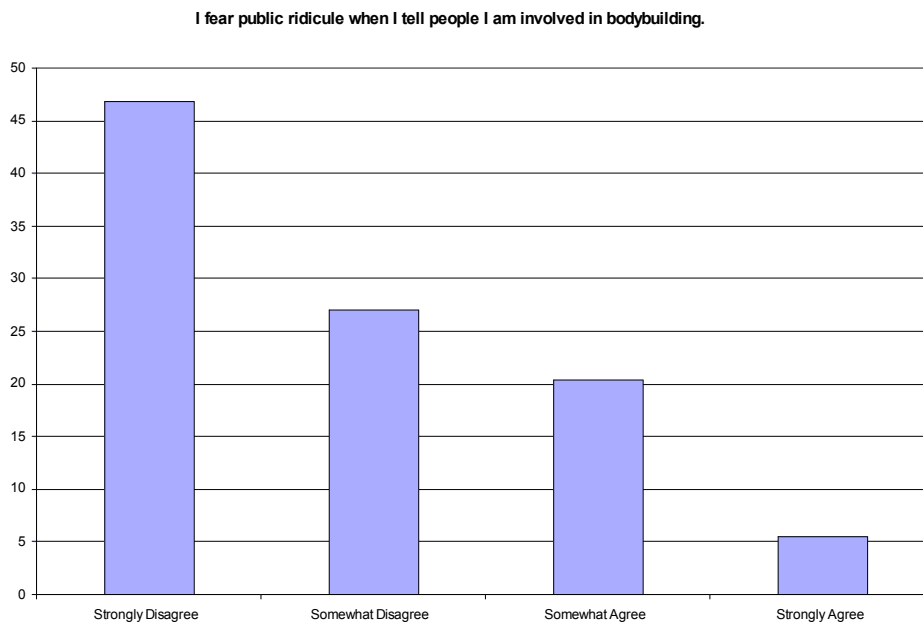
**Mean score:** 3.26



**Statement:** I fear public ridicule when I tell people I am involved in bodybuilding.

**Outcome:** the majority of respondents "strongly disagreed" with this statement.

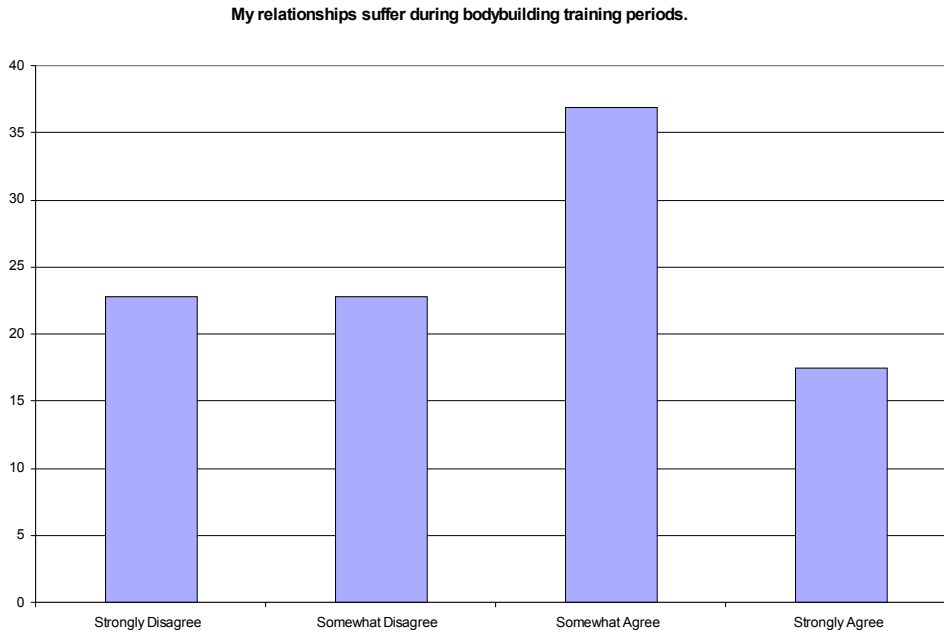
**Mean score:** 1.85



**Statement: My relationships suffer during bodybuilding periods.**

**Outcome:** the majority of respondents "somewhat agreed" with this statement.

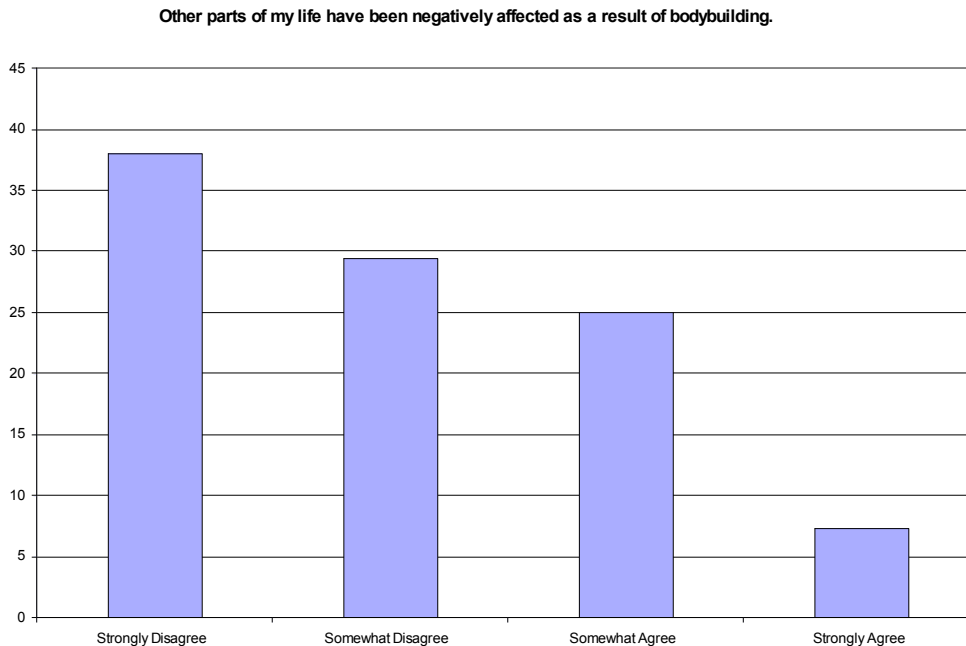
**Mean score:** 2.49



**Statement: Other parts of my life have been negatively affected as a result of bodybuilding.**

**Outcome:** The majority of respondents "strongly disagreed" with this statement.

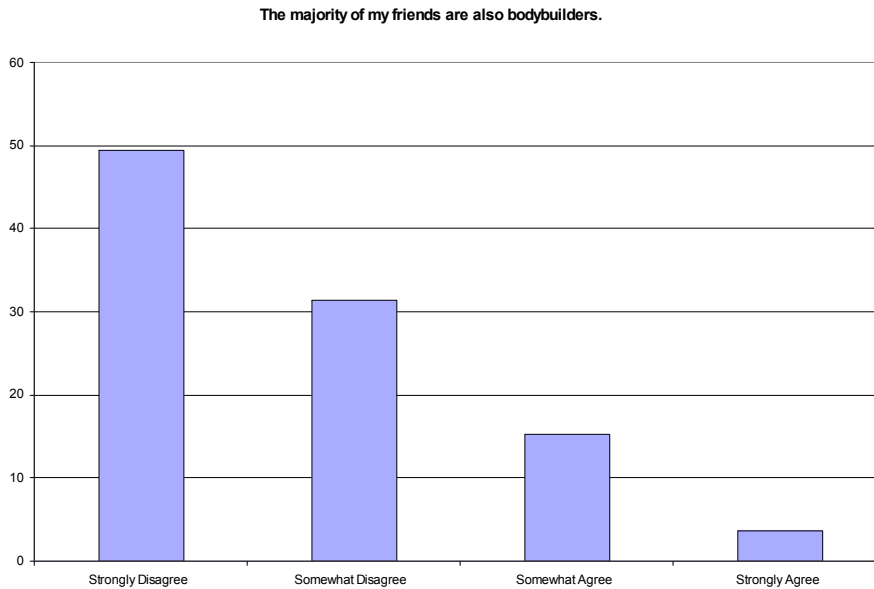
**Mean score:** 2.02



**Statement: The majority of my friends are also bodybuilders.**

**Outcome:** The majority of respondents "strongly disagreed" with this statement.

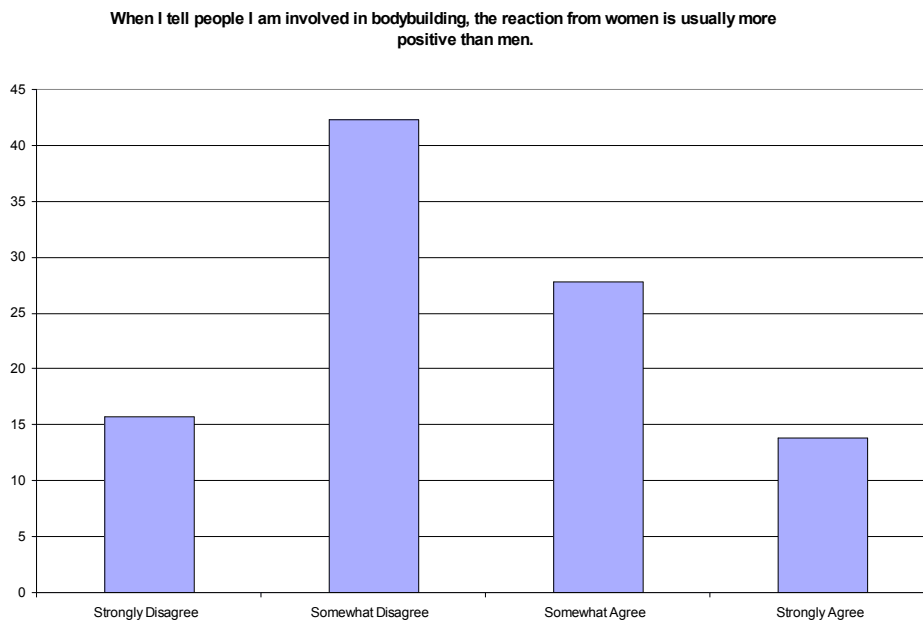
**Mean score: 1.73**



**Statement: When I tell people I am involved in bodybuilding, the reaction from women is usually more positive than those from men.**

**Outcome:** The majority of respondents "somewhat disagreed" with this statement.

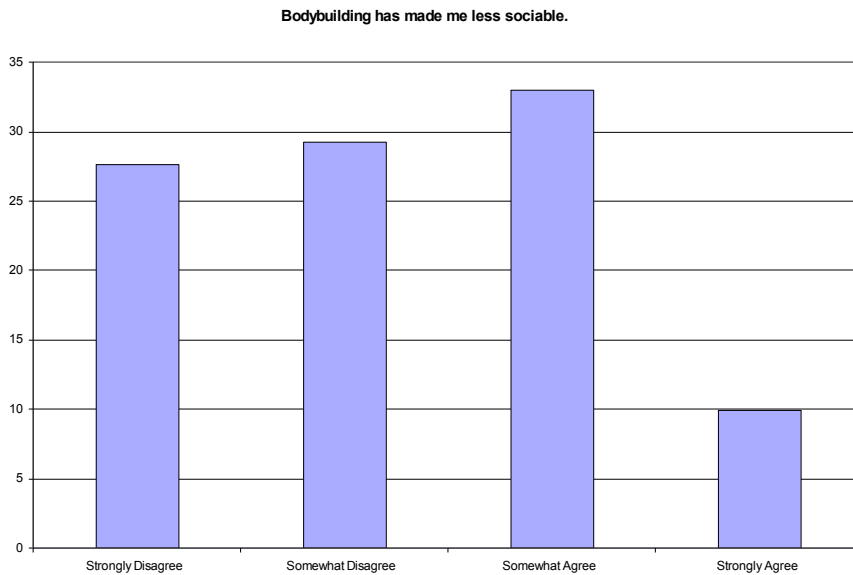
**Mean score: 2.40**



**Statement: Bodybuilding has made me less sociable.**

**Outcome:** The majority of respondents "somewhat agreed" with this statement.

**Mean score: 2.25**



These results, in conjunction with other survey outcomes, provide preliminary insights on a range of issues. They will combine with more in-depth information, to be gathered via personal interviews with competitive bodybuilders in New Zealand, planned for 2006.