

NEW ZEALAND BODYBUILDER SURVEY

HOUSEHOLD COMPOSITION and FAMILY LINKAGES TO BODYBUILDING

Introduction by Anne Probert

This paper is the second in a series I am progressively releasing to bodybuilders in New Zealand who participated in my national survey concerning competitive bodybuilding. In my previous paper I highlighted that 382 bodybuilders had responded to the survey and I provided a demographic overview of those responses.

This paper summarises the survey results concerning the following outcomes:

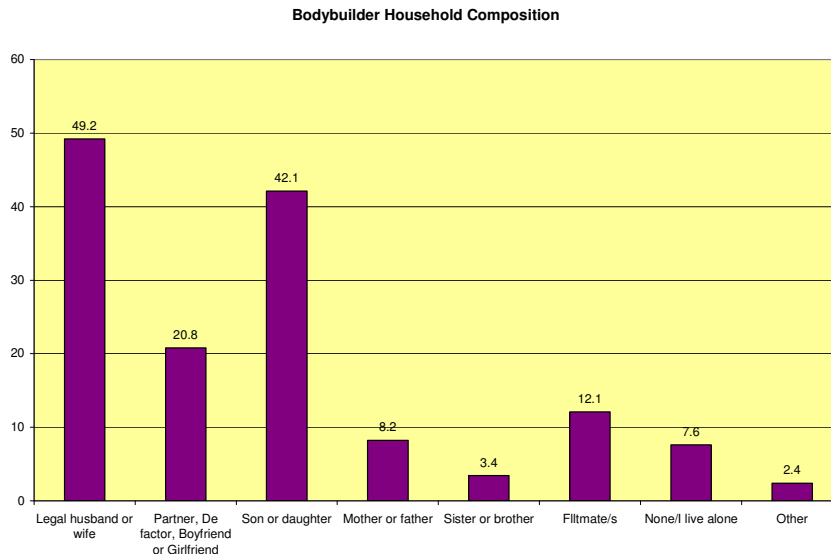
- **The household composition of the bodybuilder survey participants.**
- **Key family/closely affiliated people in their lives, who have also been competitive bodybuilders.**

Survey Results

Household Composition

This question was interested in finding out about the household structure of bodybuilders. Did they live in households with others e.g. loved ones, or did they reside more on their own?

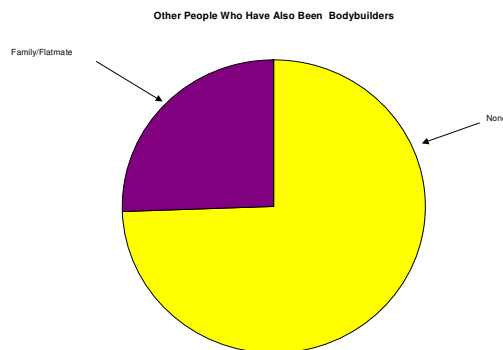
The majority of bodybuilders who responded to the survey (70.0%) lived with a partner of some description. 49.2% have a husband/wife; 20.8% partner, boyfriend or girlfriend. 42.1% also have children in the household. 12.1% of respondents lived in a flatting situation. Only 7.6 % of bodybuilders lived on their own.



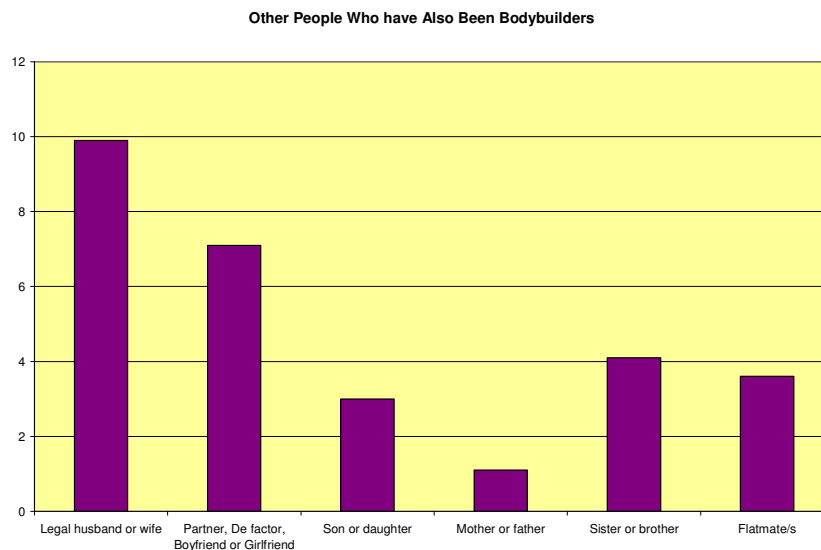
Other People In Survey Respondents Lives Who Have Also Been Competitive Bodybuilders.

This question was interested in finding out whether competitive bodybuilders tended to come from families (or living arrangements) where other members had also been bodybuilders.

The majority of survey respondents (74.5%) did not have any family members/flatmates who had been competitive bodybuilders.



However 17% of bodybuilders indicated their respective husband/wife (9.9%) or partner (7.1%) are, or had been, competitive bodybuilders; 3% indicated their son's and/or daughters are or had been involved in the activity, 4% brothers or sisters and 1% mothers and/or fathers. A further 3.6% of bodybuilders who responded to the survey said their flatmates are (or had been) bodybuilders. (People could tick more than one answer).



Whilst the nature of this question was primarily geared to family linkages, a further 24.7% of respondents also ticked the additional column of "other" in relation to this survey question, to highlight non-family people such as close friends and personal trainers who had played a significant role in their bodybuilding activity.