

Football volunteering and subjective well-being: A multi-country study of different voluntary roles and well-being measures

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Published version

WICKER, Pamela, THORMANN, Tim and DAVIES, Larissa (2023). Football volunteering and subjective well-being: A multi-country study of different voluntary roles and well-being measures. *European Sport Management Quarterly*. [Article]

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Table A1

Overview of volunteering descriptions by country

Country	Definition
	Within football clubs, many people work on a voluntary basis.
England	Volunteering is defined as any activity that willingly involves spending time, unpaid, doing something that aims to benefit the environment or someone.
France	A volunteer is a person who freely commits to carry out an unpaid action for others, outside of his or her professional and family time. The volunteer participates in the activity of the association without receiving any remuneration or compensation in any form (except reimbursement of expenses).
Germany	This means they get no payment for their work, a reimbursement of expenses, or only a small reimbursement (i.e. a maximum of €2400/year for coaches/instructors and €720/year for other volunteers).
Italy	This means they get no payment for their work, a reimbursement of expenses, or only a small reimbursement.
Norway	This implies that, for example, parents volunteer at the club where their children play football or club members (e.g. former players) help support club activities through their voluntary work. Volunteers get no payment or only a small reimbursement for their work that is not subject to taxation (below €1,000/year).
Poland	This means a conscious activity conducted for the benefit of others, going beyond family and friends. A volunteer is any person who voluntarily and without payment provides services for organizations, institutions or individuals, going beyond family and friends ties. In Poland, many people are unaware that they are a volunteer. They are called "social activists". They support football clubs in the preparation of the match, sports fields, they conduct trainings for players and children. They run social profiles and organize fundraisers. All of them create communities around clubs.
Switzerland	This means that they do not receive any salary, only reimbursement of expenses or a small reimbursement of maximum CHF 2,000/year for their voluntary activities.

Table A2

Items included in the well-being index (WHO-5; n=19,939)

No.	Item (0=at no time; 5=all of the time)	Mean
	<i>Before the Covid-19 pandemic...</i>	
1	I have felt cheerful and in good spirits	3.99
2	I have felt calm and relaxed	3.72
3	I have felt active and vigorous	3.91
4	I woke up feeling fresh and rested	3.44
5	My daily life has been filled with things that interest me	3.82
	WHO-5 (additive index of all items multiplied by 4)	75.49
	Cronbach's α	0.845

Table A3

Linear and IV models for SWB and volunteering roles including only Germany and Switzerland (n=14,138)

	Model 13a (OLS): Life satisfaction	Model 14a (OLS): Happiness	Model 15a (OLS): WHO-5	Model 13b (GMM): Life satisfaction ^a	Model 14b (GMM): Happiness ^a	Model 15b (GMM): WHO-5 ^a
Constant	7.777***	7.969***	73.290***	6.433***	6.869***	56.428**
Administrative roles hours	-0.002**	-0.003**	-0.051***	0.053**	0.057**	0.540*
Sport roles hours	-0.001*	-0.002*	0.006	0.034***	0.040***	0.335*
Operational roles hours	0.001	0.001	0.014	0.057	0.054	1.283**
Football hours	0.024***	0.025***	0.266***	0.071	0.020	0.418
Age_18-34	REF	REF	REF	REF	REF	REF
Age_35-49	-0.006	-0.028	-0.533	-0.380	-0.530	-7.033
Age_50-65	0.139***	0.040	1.457***	-0.338	-0.615	-7.119
Age_66+	0.533***	0.364***	4.785***	-0.120	-0.487	-8.068
Male	REF	REF	REF	REF	REF	REF
Female	-0.018	0.005	-0.041	0.121	0.117	-0.346
Diverse	-1.055	-1.186	-5.348	-0.276	-0.388	5.279
Disability	-0.484***	-0.465***	-4.306***	-0.646***	-0.636***	-8.416**
Low education	REF	REF	REF	REF	REF	REF
A-levels	-0.085**	-0.179***	-1.715***	-0.015	-0.114	0.467
University	-0.081**	-0.158***	-1.481***	0.026	-0.080	0.911
Foreigner	0.109**	0.123**	2.073***	0.059	0.107	2.089
Income	0.119***	0.120***	0.348**	0.110**	0.109**	0.586
Germany	REF	REF	REF	REF	REF	REF
Switzerland	0.040	0.000	1.924***	0.575***	0.542***	10.418***
<i>Wald χ^2</i>	0.038***	0.035***	0.036***	255.93***	223.56***	154.91***

Note: * $p < 0.05$; ** $p < 0.01$; *** $p < 0.001$; displayed are the unstandardized coefficients; REF=reference category; ^aInstruments: *Altruistic children, Altruistic community, Career options*.

Table A4

Linear regression models for different SWB measures and volunteering roles for age-specific sub-samples (age ≤ 42 and age > 42 years)

	Model 16a: Age ≤ 42 Life satisfaction	Model 17a: Age ≤ 42 Happiness	Model 18a: Age ≤ 42 WHO-5	Model 19a: Age > 42 Life satisfaction	Model 20a: Age > 42 Happiness	Model 21a: Age > 42 WHO-5
Constant	7.623***	7.830***	72.651***	8.058***	8.164***	75.376***
Administrative roles hours	-0.000	-0.001	-0.032**	0.001	-0.000	-0.015*
Sport roles hours	-0.002*	-0.002**	0.006	-0.001	-0.001	-0.010
Operational roles hours	0.002	0.002	0.014	0.002*	0.002*	0.015
Football hours	0.034***	0.037***	0.379***	0.011*	0.011*	0.182***
Male	REF	REF	REF	REF	REF	REF
Female	-0.016	0.010	-0.341	0.015	0.033	-0.164
Diverse	-0.872	-1.027	-8.702	-0.762	-0.813	-11.360
Disability	-0.614***	-0.601***	-6.394***	-0.378***	-0.383***	-3.569***
Low education	REF	REF	REF	REF	REF	REF
A-levels	-0.081*	-0.184***	-1.712***	-0.112**	-0.161***	-1.262**
University	-0.056	-0.135***	-2.043***	-0.205***	-0.250***	-2.348***
Foreigner	0.099*	0.099*	1.701***	-0.016	0.027	0.755
Income	0.156***	0.155***	0.422**	0.085***	0.075***	0.075
Country dummies	Included	Included	Included	Included	Included	Included
<i>n</i>	10,185	10,185	10,185	9,752	9,752	9,752
<i>R</i> ²	0.042***	0.047***	0.049***	0.037***	0.037***	0.039***

Note: * $p < 0.05$; *** $p < 0.01$; **** $p < 0.001$; displayed are the unstandardized coefficients; REF=reference category.

Table A5

GMM models for different SWB measures and volunteering roles for age-specific sub-samples (age ≤ 42 and age > 42 years)

	Model 16b: Age ≤ 42 Life satisfaction	Model 17b: Age ≤ 42 Happiness	Model 18b: Age ≤ 42 WHO-5	Model 19b: Age > 42 Life satisfaction	Model 20b: Age > 42 Happiness	Model 21b: Age > 42 WHO-5
Constant	6.884*	7.142*	70.058	5.058***	5.066***	31.616*
Administrative roles hours	0.045	0.058	0.579	0.025	0.026	0.283
Sport roles hours	0.053**	0.064***	0.577*	0.054	0.060	0.793
Operational roles hours	0.070	0.037	1.235	0.132**	0.140**	1.889**
Football hours	-0.063	-0.067	-2.052	0.093	0.051	1.635
Male	REF	REF	REF	REF	REF	REF
Female	0.166	0.276	-0.222	0.211	0.180	3.309
Diverse	0.173	-0.009	4.386	0.675	0.714	9.003
Disability	-0.840	-0.760	-10.870	-0.641**	-0.669**	-7.274**
Low education	REF	REF	REF	REF	REF	REF
A-levels	0.007	-0.166	-0.090	-0.012	-0.040	0.118
University	-0.032	-0.162	-1.907	0.231	0.210	3.893*
Foreigner	0.164	0.174	3.503	-0.014	0.050	0.579
Income	0.036	0.025	-1.554	0.208*	0.210	1.874
Country dummies	Included	Included	Included	Included	Included	Included
<i>n</i>	10,185	10,185	10,185	9,752	9,752	9,752
<i>Wald</i> χ^2	153.69***	169.80***	109.78***	98.11***	92.23***	73.59***

Note: * $p < 0.05$; *** $p < 0.01$; **** $p < 0.001$; displayed are the unstandardized coefficients; REF=reference category; Instruments: *Social important, Understanding experience, Understanding perspective, Political process, Political democratic.*