

YOUTH.sg:

The State of Youth in Singapore

Youth & the Power of Communities

NYC

NATIONAL
YOUTH
COUNCIL
SINGAPORE

2021



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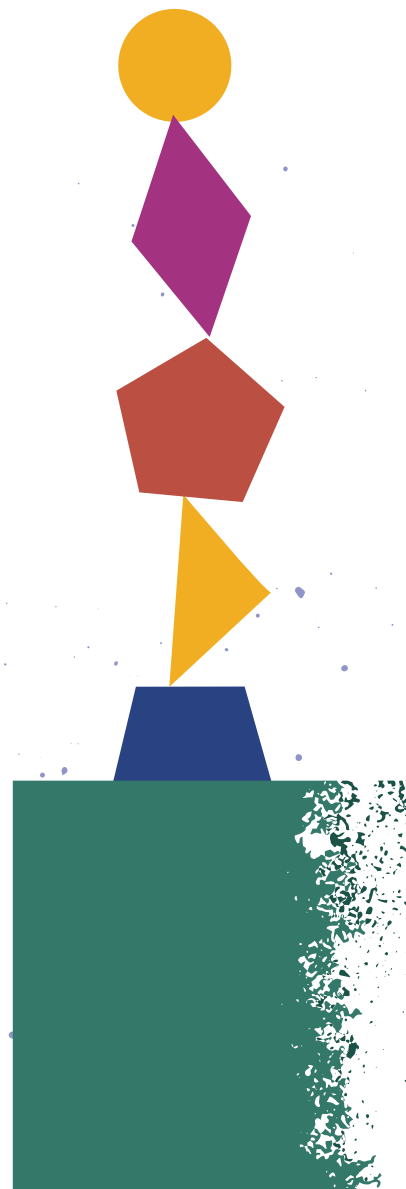
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WE HEAR **Y**OUTH
HERE FOR **Y**OUTH

At NYC, we believe in a world where young people are respected and heard, and have the ability to influence and make a difference to the world. Together with our partners, we develop future-ready youth who are committed to Singapore by instilling in them a heart for service, resilience and an enterprising spirit.

■ Our Vision

Thriving youth who are **Future-Ready** and **Committed to Singapore**

▲ Our Mission

Create **Opportunities for All Youths in Singapore**

To be **heard**, to be **empowered** and to be **the change**

● Our Background

NYC was set up by the Singapore Government on 1 November 1989 as the national co-ordinating body for youth affairs in Singapore and the focal point of international youth affairs.

On 1 January 2015, NYC began its operations as an autonomous agency under the Ministry of Culture, Community and Youth (MCCY) and housed two key institutions: Outward Bound Singapore (OBS) and Youth Corps Singapore (YCS). Together, the agency drives youth development and broadens outreach to young Singaporeans and youth sector organisations.

Mr Edwin Tong, Minister for Culture, Community and Youth and Second Minister for Law is the Chairperson of the 16th Council. The Council comprises members from diverse backgrounds such as the youth, media, arts, sports, corporate and government sectors.





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Preface

The National Youth Survey (NYS) studies the major concerns and issues of schooling and working youths in Singapore. It is a time-series survey that tracks and provides updated analyses of national youth statistics and outcomes to inform policy and practice. To date, NYS has been conducted in 2002, 2005, 2010, 2013, 2016, and 2019. Findings and analyses from each cycle of NYS are subsequently published as YOUTH.sg: The State of Youth in Singapore (YOUTH.sg).

This edition of YOUTH.sg consists of six separate issues covering the topics of



**Values &
Attitudes**



**Education &
Employment**



**Social
Support**



**Social
Cohesion**



Wellbeing



**COVID-19
(Special Edition)**

Each issue features youth statistics and insights from the NYS. Complementing the NYS insights are relevant studies and in-depth analyses by practitioners in youth research and development to provide readers with an overview of the state of youth in Singapore.

Contributors comprise NYS' academic collaborators (A/Ps Ho Kong Chong, Ho Kong Weng, and Irene Ng), NYC, Youth STEPS' academic collaborators (Dr Chew Han Ei, A/P Vincent Chua, and Dr Alex Tan) and other contributors (Ministry of Manpower, National Arts Council, National Volunteer & Philanthropy Centre, and Sport Singapore). Together, the YOUTH.sg intends to shed light on and explore specific emergent trends and issues of youths.

**This publication has been put together by the Research team at the
National Youth Council.**

Notation

NA Not Available

Notes

Percentages may not total up to 100% due to rounding.
Survey figures may vary slightly due to sample weighting.

Social Cohesion

The extent of social connectedness and strength of social bonds within a society reflect the level of cohesiveness among its members and translates to the abundance of social capital available to encourage individual and collective action (Kawachi & Berkman, 2000). How youths perceive and engage with others in their communities offer insights to the degree of cohesion with the larger society and institutions (Fonseca et al., 2019). Together, these play an important role in developing societal harmony and progressing communal goals (Jenson, 2010).



Social Cohesion

As the world around us grows in complexity, the rise of diverse views and emerging divides pose difficulties in maintaining social cohesion in societies everywhere, not least in our globalised city state (Heng, 2019).

The speed and ease of information dissemination have allowed young people to easily engage with the diverse and complex world they live in (Pathak-Shelat, 2018). While highly connected to the larger world, they remain deeply rooted to their immediate communities within our shores. Our youths are proud to be Singaporean and are committed to our country.

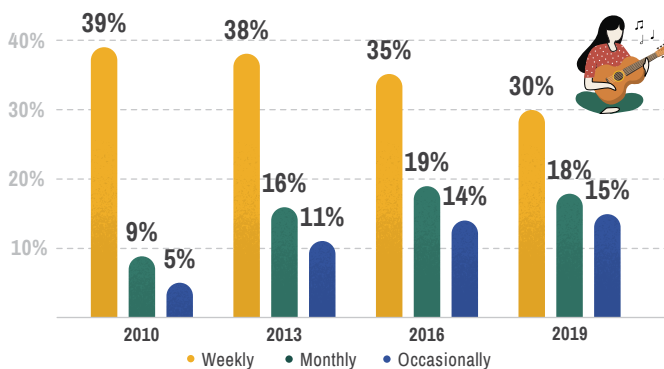
Growing up in a multicultural society, youths are comfortable interacting with individuals whose backgrounds are different and diverse. Beyond sustained acceptance of diversity over the years, youths are also actively engaged in their communities. Young people continue to be involved in a range of social groups, with 1 in 4 youths taking on leadership positions.

Calling Singapore home, it is important to recognise the commitment in which young people have towards our country. To harness the power of our communities, it is pertinent to recognise that youths form a vital thread in our social fabric and that their energies help our society to progress as one.

Youths are **proud and committed to Singapore.**

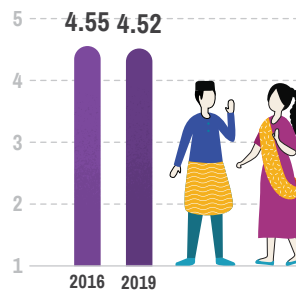


Youths continue to have **regular involvement in social groups.**

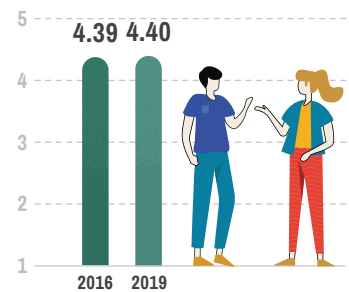


Youths are **comfortable living with and working alongside other races and nationalities.**

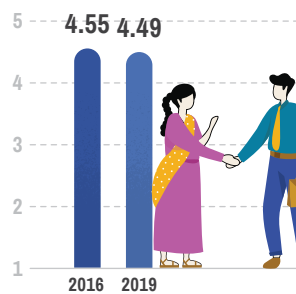
Different race as neighbours



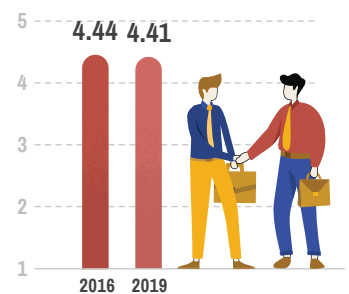
Different nationality as neighbours



Working with different races



Working with different nationalities



Part A: National Attitudes



Section A1: National Pride Youths in Singapore consistently report high levels of national pride over the years (**Table A1**). Pride is similarly high across all age bands and ethnicities in 2019 (**Tables A2 and A3**).

Question: How proud are you to be a Singaporean?
(Based on a 4-pt scale, where 4="very proud" & 1="not proud at all".)

▪ **TABLE A1: MEAN RATINGS OF YOUTHS' NATIONAL PRIDE OVER TIME**
(with standard deviations in parentheses)

	2010	2013	2016	2019
	(n=1,086)	(n=2,572)	(n=3,317)	(n=3,142)
Proud to be Singaporean	3.43 (0.58)	3.18 (0.71)	3.37 (0.65)	3.23 (0.67)

Note
In NYS 2010 and 2013, the question was phrased as "How proud are you as a Singaporean?".

▪ **TABLE A2: MEAN RATINGS OF YOUTHS' NATIONAL PRIDE BY AGE**
(with standard deviations in parentheses)

	15-19	20-24	25-29	30-34	Overall
	(n=661)	(n=768)	(n=875)	(n=839)	(n=3,142)
Proud to be Singaporean	3.25 (0.64)	3.19 (0.68)	3.21 (0.67)	3.26 (0.68)	3.23 (0.67)

▪ **TABLE A3: MEAN RATINGS OF YOUTHS' NATIONAL PRIDE BY RACE**
(with standard deviations in parentheses)

	Chinese	Malay	Indian	Others	Overall
	(n=2,262)	(n=562)	(n=252)	(n=67)	(n=3,142)
Proud to be Singaporean	3.21 (0.66)	3.21 (0.67)	3.39 (0.73)	3.18 (0.75)	3.23 (0.67)

Section A2: Commitment To Singapore

Together with high levels of national pride, youths continue to express rootedness to Singapore. Regardless of age and ethnicity, young people in Singapore recognise they have a part to play in times of crisis and in developing Singapore for the future (Tables A4 to A6).

Question: To what extent do you agree with the following statements?
(Based on a 4-pt scale, where 4="strongly agree" & 1="strongly disagree".)

TABLE A4: MEAN RATINGS OF YOUTHS' COMMITMENT TO SINGAPORE OVER TIME

(with standard deviations in parentheses)

	2016	2019
	(n=3,531)	(n=3,392)
I will do whatever I can to support Singapore in times of national crisis	3.30 (0.60)	3.11 (0.60)
I feel a sense of belonging to Singapore	3.30 (0.65)	3.16 (0.62)
I have a part to play in developing Singapore for the benefit of current and future generations	3.31 (0.62)	3.17 (0.60)

TABLE A5: MEAN RATINGS OF YOUTHS' COMMITMENT TO SINGAPORE BY AGE

(with standard deviations in parentheses)

	15-19	20-24	25-29	30-34	Overall
	(n=716)	(n=804)	(n=926)	(n=946)	(n=3,392)
I will do whatever I can to support Singapore in times of national crisis	3.12 (0.61)	3.08 (0.62)	3.10 (0.60)	3.15 (0.59)	3.11 (0.60)
I feel a sense of belonging to Singapore	3.18 (0.60)	3.14 (0.62)	3.13 (0.65)	3.18 (0.62)	3.16 (0.62)
I have a part to play in developing Singapore for the benefit of current and future generations	3.19 (0.59)	3.16 (0.62)	3.14 (0.62)	3.18 (0.58)	3.17 (0.60)

TABLE A6: MEAN RATINGS OF YOUTHS' COMMITMENT TO SINGAPORE BY RACE

(with standard deviations in parentheses)

	Chinese	Malay	Indian	Others	Overall
	(n=2,429)	(n=566)	(n=305)	(n=92)	(n=3,392)
I will do whatever I can to support Singapore in times of national crisis	3.09 (0.59)	3.08 (0.60)	3.29 (0.67)	3.27 (0.71)	3.11 (0.60)
I feel a sense of belonging to Singapore	3.15 (0.61)	3.11 (0.61)	3.32 (0.68)	3.18 (0.73)	3.16 (0.62)
I have a part to play in developing Singapore for the benefit of current and future generations	3.16 (0.58)	3.10 (0.64)	3.30 (0.67)	3.28 (0.62)	3.17 (0.60)

Section A3: Institutional Trust Young people continue to hold greater confidence in government and government-related institutions compared to other institutions (**Table A7**). In line with concerns over the trustworthiness of news organisations among the general Singapore population (Edelman, 2021), social media and independent news websites rank lowest for youths across all age bands (**Table A8**).

Question: To what extent do you have confidence in the following organisations or institutions? (Based on a 4-pt scale, where 4="completely confident" & 1="not confident at all".)

▪ **TABLE A7: MEAN RATINGS OF YOUTHS' TRUST IN INSTITUTIONS OVER TIME**

(with standard deviations in parentheses)

	2016 (n=3,531)	2019 (n=3,392)
Religious institutions	2.65 (0.89)	2.43 (0.87)
Mainstream media	2.42 (0.79)	2.40 (0.80)
Independent online news websites/blogs	2.20 (0.75)	2.11 (0.76)
Social media	2.20 (0.76)	2.21 (0.82)
The courts	2.90 (0.78)	2.77 (0.80)
Government	2.92 (0.81)	2.75 (0.82)
Civil defence	3.08 (0.77)	2.96 (0.81)
Armed forces	3.06 (0.80)	2.91 (0.84)
Educational institutions	3.05 (0.73)	2.89 (0.74)
Financial institutions	2.82 (0.77)	2.77 (0.74)
Major companies	2.61 (0.72)	2.52 (0.74)
Non-profit organisations	2.63 (0.73)	2.49 (0.76)
Healthcare institutions	3.01 (0.72)	2.98 (0.74)
Parliament ^a	NA	2.62 (0.84)

Note

a. Item is new to NYS 2019.

▪ **TABLE A8: MEAN RATINGS OF YOUTHS' TRUST IN INSTITUTIONS BY AGE**

(with standard deviations in parentheses)

	15-19	20-24	25-29	30-34	Overall
	(n=716)	(n=804)	(n=926)	(n=946)	(n=3,392)
Religious institutions	2.54 (0.91)	2.41 (0.87)	2.32 (0.85)	2.48 (0.84)	2.43 (0.87)
Mainstream media	2.57 (0.80)	2.39 (0.81)	2.35 (0.80)	2.33 (0.80)	2.40 (0.80)
Independent online news websites/blogs	2.27 (0.76)	2.16 (0.75)	2.05 (0.75)	2.01 (0.75)	2.11 (0.76)
Social media	2.45 (0.86)	2.28 (0.82)	2.11 (0.78)	2.06 (0.77)	2.21 (0.82)
The courts	2.82 (0.82)	2.75 (0.81)	2.73 (0.79)	2.79 (0.79)	2.77 (0.80)
Government	2.84 (0.83)	2.73 (0.82)	2.67 (0.80)	2.78 (0.82)	2.75 (0.82)
Civil defence	3.04 (0.83)	2.98 (0.81)	2.90 (0.80)	2.93 (0.80)	2.96 (0.81)
Armed forces	3.05 (0.85)	2.88 (0.86)	2.85 (0.84)	2.89 (0.82)	2.91 (0.84)
Educational institutions	2.98 (0.77)	2.91 (0.74)	2.83 (0.73)	2.88 (0.72)	2.89 (0.74)
Financial institutions	2.82 (0.74)	2.80 (0.74)	2.68 (0.73)	2.79 (0.74)	2.77 (0.74)
Major companies	2.58 (0.77)	2.54 (0.76)	2.45 (0.73)	2.52 (0.72)	2.52 (0.74)
Non-profit organisations	2.66 (0.75)	2.55 (0.78)	2.41 (0.75)	2.39 (0.73)	2.49 (0.76)
Healthcare institutions	3.08 (0.76)	3.02 (0.73)	2.91 (0.74)	2.93 (0.72)	2.98 (0.74)
Parliament ^a	2.73 (0.86)	2.56 (0.83)	2.57 (0.82)	2.62 (0.83)	2.62 (0.84)

Note

a. Item is new to NYS 2019.

Section A4: Sense Of Belonging

Youths across all age bands have the strongest bonds with their family and friends (Table A9).



Question: Thinking of the first group of people that comes to mind, to what extent do you feel a sense of belonging to these social units?

(Based on a 5-pt scale, where 5="to a very large extent", 3="to a moderate extent", & 1="not at all".)

▪ **TABLE A9: MEAN RATINGS OF YOUTHS' PERCEIVED SENSE OF BELONGING BY AGE**

(with standard deviations in parentheses)

	15-19 (n=716)	20-24 (n=804)	25-29 (n=926)	30-34 (n=946)	Overall (n=3,392)
Your family	4.32 (0.86)	4.29 (0.87)	4.22 (0.90)	4.30 (0.84)	4.28 (0.87)
Your circle of friends	4.17 (0.85)	4.08 (0.86)	3.88 (0.88)	3.83 (0.88)	3.97 (0.88)
Singapore	3.69 (0.97)	3.58 (1.03)	3.58 (1.00)	3.68 (0.96)	3.63 (0.99)
Your racial/ethnic community	3.35 (1.06)	3.18 (1.06)	3.13 (1.03)	3.21 (0.99)	3.21 (1.04)
Your school/alma mater	3.53 (1.02)	3.15 (1.04)	2.96 (1.02)	2.96 (1.02)	3.13 (1.05)
Your neighbourhood	3.12 (1.06)	2.90 (1.06)	2.90 (1.04)	2.94 (1.00)	2.96 (1.04)
The world	3.08 (1.13)	2.89 (1.10)	2.95 (1.10)	2.94 (1.07)	2.96 (1.10)
ASEAN (Association of Southeast Asian Nations)	2.64 (1.10)	2.39 (1.06)	2.45 (1.08)	2.50 (1.08)	2.49 (1.08)

Note

This is a new question introduced in NYS 2019.



Part B: Social Attitudes



Section B1: Attitudes Towards Other Races

Young people are highly open to diversity (**Table B1**). Over time, youths remain comfortable working and living alongside people from various backgrounds, with younger youths (**Table B2**) and minority races (**Table B3**) expressing higher levels of openness.

Question: To what extent do you agree with the following statements?
(Based on a 5-pt scale, where 5="strongly agree", 3="neither agree nor disagree", & 1="strongly disagree".)

TABLE B1: MEAN RATINGS OF YOUTHS' ATTITUDES TOWARDS OTHER RACES OVER TIME

(with standard deviations in parentheses)

	2010	2013	2016	2019
	(n=1,268)	(n=2,843)	(n=3,531)	(n=3,392)
I am comfortable working together with someone of a different race	4.24 (0.58)	4.37 (0.65)	4.55 (0.62)	4.49 (0.66)
I am comfortable having someone of a different race as a neighbour	4.24 (0.60)	4.38 (0.67)	4.55 (0.63)	4.52 (0.65)

TABLE B2: MEAN RATINGS OF YOUTHS' ATTITUDES TOWARDS OTHER RACES BY AGE

(with standard deviations in parentheses)

	15-19	20-24	25-29	30-34	Overall
	(n=716)	(n=804)	(n=926)	(n=946)	(n=3,392)
I am comfortable working together with someone of a different race	4.56 (0.65)	4.55 (0.65)	4.48 (0.65)	4.40 (0.67)	4.49 (0.66)
I am comfortable having someone of a different race as a neighbour	4.64 (0.57)	4.60 (0.63)	4.47 (0.67)	4.40 (0.67)	4.52 (0.65)

TABLE B3: MEAN RATINGS OF YOUTHS' ATTITUDES TOWARDS OTHER RACES BY RACE

(with standard deviations in parentheses)

	Chinese	Malay	Indian	Others	Overall
	(n=2,429)	(n=566)	(n=305)	(n=92)	(n=3,392)
I am comfortable working together with someone of a different race	4.45 (0.66)	4.53 (0.66)	4.72 (0.56)	4.69 (0.65)	4.49 (0.66)
I am comfortable having someone of a different race as a neighbour	4.46 (0.66)	4.58 (0.60)	4.74 (0.57)	4.76 (0.47)	4.52 (0.65)

**Section B2:
Attitudes Towards
Other Nationalities**

Beyond people of a different race, youths are also open to working and living alongside people of a different nationality. Growing acceptance towards other nationalities working or studying in Singapore has steadily returned to 2010 levels (**Table B4**), with younger youths expressing higher levels of comfort (**Table B5**).

**Question: To what extent do you agree with the following statements?
(Based on a 5-pt scale, where 5="strongly agree", 3="neither agree nor disagree", & 1="strongly disagree".)**

▪ **TABLE B4: MEAN RATINGS OF YOUTHS' ATTITUDES TOWARDS OTHER NATIONALITIES OVER TIME**

(with standard deviations in parentheses)

	2010	2013	2016	2019
	(n=1,268)	(n=2,843)	(n=3,531)	(n=3,392)
I am comfortable working together with someone of a different nationality (i.e., from a different country)	4.09 (0.71)	4.11 (0.87)	4.44 (0.71)	4.41 (0.71)
I am comfortable having someone of a different nationality as a neighbour	4.07 (0.68)	4.06 (0.92)	4.39 (0.78)	4.40 (0.72)
I think Singapore should encourage people of other nationalities to come to work or study in Singapore	3.80 (0.81)	3.28 (1.17)	3.63 (1.14)	3.72 (1.07)
I think Singapore should encourage people of other nationalities who are professionals or skilled workers to become Singapore citizens	3.73 (0.83)	3.25 (1.20)	3.46 (1.20)	3.51 (1.13)

▪ **TABLE B5: MEAN RATINGS OF YOUTHS' ATTITUDES TOWARDS OTHER NATIONALITIES BY AGE**

(with standard deviations in parentheses)

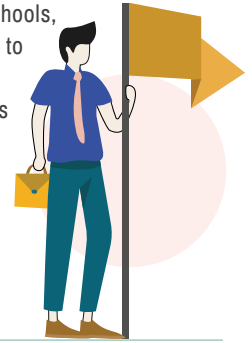
	15-19	20-24	25-29	30-34	Overall
	(n=716)	(n=804)	(n=926)	(n=946)	(n=3,392)
I am comfortable working together with someone of a different nationality (i.e., from a different country)	4.56 (0.60)	4.50 (0.69)	4.37 (0.71)	4.25 (0.76)	4.41 (0.71)
I am comfortable having someone of a different nationality as a neighbour	4.58 (0.61)	4.49 (0.70)	4.34 (0.74)	4.24 (0.77)	4.40 (0.72)
I think Singapore should encourage people of other nationalities to come to work or study in Singapore	4.00 (0.98)	3.76 (1.08)	3.66 (1.04)	3.55 (1.10)	3.72 (1.07)
I think Singapore should encourage people of other nationalities who are professionals or skilled workers to become Singapore citizens	3.83 (1.04)	3.60 (1.12)	3.42 (1.13)	3.30 (1.16)	3.51 (1.13)

Part C: Social Group & Leadership Involvement

Section C1: Overall Social Group & Leadership Involvement

Social participation refers to youths' online or offline involvement in groups within their schools, organisations, or local communities. Involvement in such social activities has been linked to a variety of positive outcomes. Interpersonal interactions in these settings build diverse social ties and strengthen trust. In addition, social participation confers important skillsets for further social and civic engagement (Flanagan et al., 2014).

2019 saw sustained involvement of youths in social groups and leadership positions (**Table C1**). With the exception of religious and workplace-related groups, levels of participation and leadership involvement generally decline with age – particularly as youths transition into the workforce (**Tables C2 to C4**).



Question: Which of the following social groups have you been involved in the past 12 months? (Check all that apply.)

Question: In the past 12 months, have you led one of the following social groups (i.e., held an official title, such as chairman, treasurer, council member, etc.)?

▪ **TABLE C1: SOCIAL GROUP & LEADERSHIP INVOLVEMENT OVER TIME**

	2010	2013	2016	2019
	(n=1,268)	(n=2,843)	(n=3,531)	(n=3,392)
Group involvement	53%	65%	68%	64%
Leadership involvement	10%	25%	24%	25%

▪ **TABLE C2: SOCIAL GROUP & LEADERSHIP INVOLVEMENT BY SCHOOLING STATUS**

	Schooling	Non-schooling	Overall
	(n=1,116)	(n=2,276)	(n=3,392)
Group involvement	76%	58%	64%
Leadership involvement	36%	19%	25%

TABLE C3: SOCIAL GROUP INVOLVEMENT BY AGE

	15-19 (n=716)	20-24 (n=804)	25-29 (n=926)	30-34 (n=946)	Overall (n=3,392)
Overall	80%	66%	56%	58%	64%
Sports-related	39%	25%	22%	18%	25%
Arts & cultural	21%	12%	7%	5%	11%
Uniformed	14%	3%	2%	2%	5%
Community	17%	12%	7%	7%	10%
Welfare & self-help	6%	6%	5%	4%	5%
Religious	16%	15%	13%	14%	15%
Interest & hobby	19%	20%	13%	13%	16%
Discussion & forums	8%	9%	8%	7%	8%
Workplace-related	5%	16%	23%	24%	18%
Others	3%	3%	1%	1%	2%

Note
The upper-bound survey population figures are reflected in this table.



▪ **TABLE C4: LEADERSHIP INVOLVEMENT BY AGE**

	15-19 (n=716)	20-24 (n=804)	25-29 (n=926)	30-34 (n=946)	Overall (n=3,392)
Overall	40%	28%	17%	17%	25%
Sports-related	12%	7%	4%	4%	6%
Arts & cultural	11%	5%	2%	1%	4%
Uniformed	11%	2%	1%	1%	3%
Community	3%	4%	2%	2%	3%
Welfare & self-help	1%	2%	1%	1%	1%
Religious	4%	6%	3%	4%	4%
Interest & hobby	7%	6%	2%	2%	4%
Discussion & forums	1%	1%	1%	1%	1%
Workplace-related	1%	4%	7%	6%	5%
Others	1%	1%	1%	0%	1%

Note

The upper-bound survey population figures are reflected in this table.



**Section C2:
Frequency Of Social
Group Involvement**

Youths today continue to report membership in multiple social groups and most are active in their groups on a weekly basis (Tables C5 and C6). Youths involved in social groups on a weekly basis are more likely to be younger (Table C7) and members of sports-related and religious groups (Table C8).

Question: Which of the following social groups have you been involved in the past 12 months? (Check all that apply.)

Question: In the past 12 months, how often are you involved in the following social groups?

▪ **TABLE C5: YOUTHS' NUMBER OF SOCIAL GROUP INVOLVEMENT OVER TIME**

	2010	2013	2016	2019
	(n=1,268)	(n=2,843)	(n=3,531)	(n=3,392)
3 or more	7%	14%	15%	12%
2	12%	19%	20%	19%
1	34%	33%	33%	33%
0	47%	35%	32%	36%

▪ **TABLE C6: FREQUENCY OF SOCIAL GROUP INVOLVEMENT OVER TIME**

	2010	2013	2016	2019
	(n=1,268)	(n=2,843)	(n=3,531)	(n=3,392)
Weekly	39%	38%	35%	30%
Monthly	9%	16%	19%	18%
Occasionally	5%	11%	14%	15%
None	48%	35%	32%	36%

Note

Participation figures are based on the most frequent level of participation of each respondent.

▪ **TABLE C7: FREQUENCY OF SOCIAL GROUP INVOLVEMENT BY AGE**

	15-19	20-24	25-29	30-34	Overall
	(n=716)	(n=804)	(n=926)	(n=946)	(n=3,392)
Weekly	53%	31%	23%	20%	30%
Monthly	16%	20%	18%	20%	18%
Occasionally	12%	15%	15%	18%	15%
None	20%	34%	44%	42%	36%

Note

Participation figures are based on the most frequent level of participation of each respondent.

▪ **TABLE C8: FREQUENCY OF SOCIAL GROUP INVOLVEMENT**

	None	Occasionally	Monthly	Weekly
	(n=3,392)			
Sports-related	75%	6%	8%	11%
Arts & cultural	89%	3%	3%	5%
Uniformed	95%	1%	1%	3%
Community	90%	5%	4%	1%
Welfare & self-help	95%	2%	2%	1%
Religious	86%	2%	4%	9%
Interest & hobby	84%	6%	6%	4%
Discussion & forums	92%	3%	3%	2%
Workplace-related	82%	8%	7%	2%
Others	98%	0%	0%	1%

Note

Participation figures are based on the overall number of groups (i.e., a participant may be involved in more than one group).

Section C3: Frequency Of Leadership Involvement

Most youths holding leadership positions are likely to participate on a weekly basis in the groups they lead (**Table C9**). Regular involvement is more common for younger youths (**Table C10**) and youths leading religious, uniformed, and sports-related groups (**Table C11**).

Question: In the past 12 months, have you led one of the following social groups (i.e., held an official title, such as chairman, treasurer, council member, etc.)?

Question: In the past 12 months, how often are you involved in the following social groups?

▪ **TABLE C9: FREQUENCY OF LEADERS' INVOLVEMENT OVER TIME**

	2010 (n=132)	2013 (n=716)	2016 (n=859)	2019 (n=832)
Weekly	75%	63%	61%	56%
Monthly	15%	27%	27%	30%
Occasionally	10%	9%	12%	14%

Note

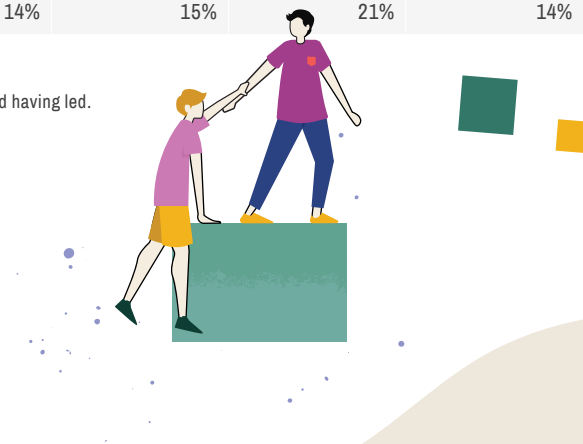
Leadership figures are based on the most frequent level of participation in groups that respondents reported having led.

▪ **TABLE C9: FREQUENCY OF LEADERS' INVOLVEMENT OVER TIME**

	15-19 (n=285)	20-24 (n=229)	25-29 (n=158)	30-34 (n=161)	Overall (n=833)
Weekly	72%	54%	45%	43%	56%
Monthly	19%	32%	40%	35%	30%
Occasionally	8%	14%	15%	21%	14%

Note

Leadership figures are based on the most frequent level of participation in groups that respondents reported having led.



▪ **TABLE C11: FREQUENCY OF LEADERS' INVOLVEMENT BY SOCIAL GROUP**

	Occasionally	Monthly	Weekly
Sports-related	9%	29%	61%
Arts & cultural	13%	28%	59%
Uniformed	13%	19%	68%
Community	24%	55%	20%
Welfare & self-help	17%	48%	35%
Religious	4%	18%	78%
Interest & hobby	18%	39%	42%
Discussion & forums	21%	40%	39%
Workplace-related	32%	50%	17%
Others	11%	30%	60%

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About the National Youth Survey

The NYS represents a milestone in Singapore’s youth research with its resource-based approach that focuses on the support youths require for societal engagement (social capital) and individual development (human capital).

The National Youth Indicators Framework (NYIF) (Ho & Yip, 2003) was formulated to provide a comprehensive, systematic, and theoretically-grounded assessment of youths in Singapore. The NYIF draws from the existing research literature, policy-relevant indicators, and youth development models. It spans six domains of social and human capital. **Table I** summarises the framework.

• TABLE I: NATIONAL YOUTH INDICATORS FRAMEWORK

	Social Capital (Grootaert & van Bastelaer, 2002; Putnam, 2000)	Human Capital (Organisation for Economic Co-operation and Development, 2001; World Economic Forum, 2017)
Definition	Social capital refers to the relationships within and between groups, and the shared norms and trust that govern these interactions.	Human capital refers to the skills, competencies, and attitudes of individuals, which in turn create personal, social, and economic wellbeing.
Domains	<ul style="list-style-type: none"> • Social support • Social participation • Values & attitudes 	<ul style="list-style-type: none"> • Education • Employment • Wellbeing
Focus	The power of relationships	The human potential of young people

NYS 2019 adopted a random (i.e., probability-based) sampling method to ensure responses are representative of the resident youth population aged 15 to 34 years old.

The fieldwork period spanned from September to November 2019. A total of 3,392 youths were successfully surveyed, of which 227 were surveyed at their households. Demographic proportions of NYS respondents adhered closely to the youth population.

Table II presents the profile of respondents from NYS 2002, 2005, 2010, 2013, 2016, and 2019. Figures referenced in all tables in the publication (with the exception of figures from NYS 2002^a) were weighted according to interlocking matrices of age, gender, and race of the respective youth populations.



Note

a. Figures from NYS 2002 were not weighted due to the non-standard age bands used.

TABLE II: PROFILE OF NYS RESPONDENTS

		NYS 2002 (n=1,504)	NYS 2005 (n=1,504)	NYS 2010 (n=1,268)	NYS 2013 (n=2,843)	NYS 2016 (n=3,531)	NYS 2019 (n=3,392)	Latest Youth Population ^a
Age	15-19	NYS 2002 utilised non-standard age bands	33%	24%	24%	23%	21%	21%
	20-24		31%	23%	25%	25%	24%	24%
	25-29		36%	25%	24%	25%	27%	27%
	30-34 ^b		NA	NA	28%	28%	27%	28%
Gender	Male	50%	50%	49%	49%	49%	50%	50%
	Female	50%	50%	51%	51%	51%	50%	50%
Race	Chinese	77%	75%	72%	72%	72%	72%	72%
	Malay	15%	15%	15%	16%	16%	17%	17%
	Indian	7%	9%	10%	10%	9%	9%	9%
	Others	1%	1%	4%	3%	3%	3%	3%
Nationality	Singaporean	93%	90%	86%	91%	94%	93%	86%
	Permanent Resident	7%	10%	14%	10%	6%	7%	14%
Marital Status	Single	83%	85%	74%	74%	74%	74%	74%
	Married	17%	14%	25%	25%	26%	25%	25%
	Divorced/Separated/Widowed	0%	1%	1%	1%	1%	1%	1%
Religion	Buddhism	35%	32%	36%	25%	24%	22%	28%
	Islam	16%	17%	18%	19%	20%	21%	18%
	Christianity	16%	16%	15%	19%	19%	20%	18%
	Hinduism	5%	6%	6%	6%	5%	5%	5%
	Taoism/Traditional Chinese Beliefs	6%	6%	7%	7%	6%	5%	7%
	Other Religions	2%	1%	3%	1%	0%	1%	0%
	No Religion	21%	21%	15%	23%	25%	27%	23%
Dwelling	HDB 1-2 rooms	5%	3%	5%	3%	5%	4%	3%
	HDB 3 rooms	26%	24%	24%	14%	14%	14%	12%
	HDB 4 rooms	33%	43%	34%	37%	38%	35%	35%
	HDB 5 rooms, executive, & above	24%	19%	26%	31%	29%	30%	29%
	Private flat & condominium	12%	11%	3%	10%	9%	12%	13%
	Private house & bungalow			9%	6%	4%	4%	6%
	Others	0%	NA	NA	0%	0%	1%	0%

Notes

a. Latest youth population refers to the most recent available data from the Department of Statistics (DOS) at the time of fieldwork – age, gender, race, and dwelling (DOS, 2019a) as well as nationality (DOS, 2019b), marital status, and religion (DOS, 2016).

b. The 30-34 age band was included from NYS 2010.

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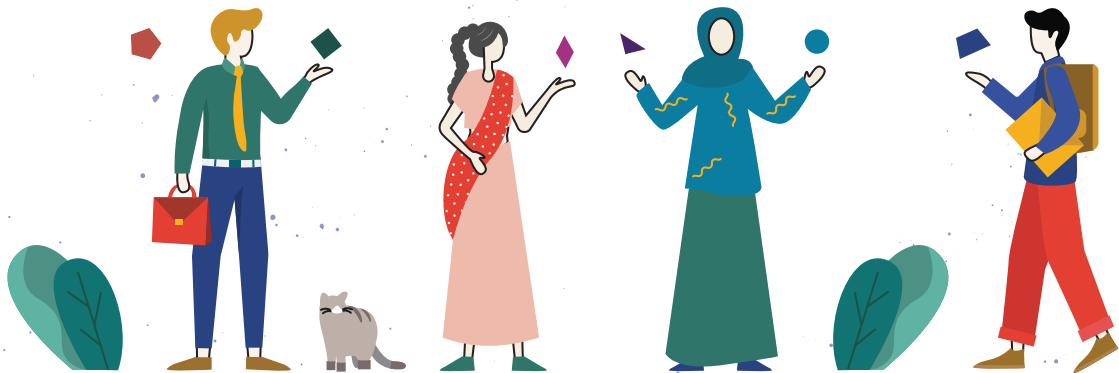
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Research Takeaways

SINGAPORE YOUTHS' ENGAGEMENT WITH THE ARTS:
PATTERNS, PROSPECTS & THE PANDEMIC
BY NATIONAL ARTS COUNCIL

1

Engagement with the arts engenders many societal and individual benefits, such as strengthening social bonds through social participation, as well as personal development through improved wellbeing and accumulation of human and social capital. Youths recognise the wide-ranging benefits of arts and culture, such as its role to bridge divides, foster creative thinking and encourage acceptance of new experiences.



3

The arts are an integral part of Singapore youths' everyday lives and have played an important role during the COVID-19 pandemic to cushion anxieties and uplift communities. Majority of youths who were stressed over their health, employment, and financial situation, had turned to the arts during the pandemic. Youths who were more stressed experienced more positive impacts of the arts on their quality of life and wellbeing. These positive experiences, in turn, translated into higher levels of support for the arts and greater willingness to spend on digital arts experiences.



2

With rising appreciation of arts and culture, and openness to the diversity of arts over the last five years, more youths have participated in at least one arts and culture event or activity in 2019. Music activities drew the highest participation rates, followed by Visual Arts and Dance. Being digital natives, youths consumed more arts and culture events or activities via digital or online media than the general population.



YOUTHS & SPORTING IN THE NEW NORMAL BY SPORT SINGAPORE

1

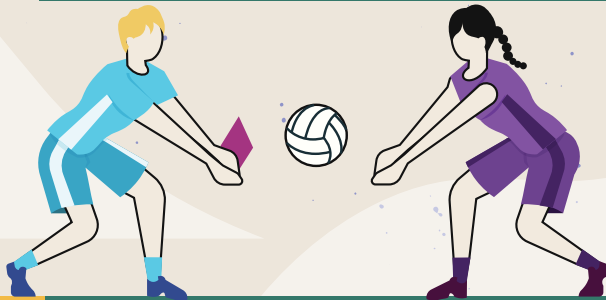
Singapore's sport ecosystem, often referred to as Sporting Singapore, has been guided by Vision 2030 – a master plan introduced in 2012 to transform Singapore through sport. The updated "Vision 2030 Recharged!", published in 2019, surfaced eight focus areas and 15 recommendations to serve our citizens, communities, and the nation. For the youth sector, these focus on providing all children and youths the opportunity to play and pursue sport for leisure and personal development, in all environments regardless of their abilities and backgrounds.

2

Disruptions to regular sport and physical activities during the COVID-19 pandemic saw the important role sport facilities and programmes play to enable sport participation and an active lifestyle. Despite challenging times, youths remained enthusiastic to engage in sport and physical activity regularly, and motivated to improve their physical and mental wellbeing. Though youth participation levels dipped in Q2 2020 due to the suspension of activities and closure of sport facilities, it bounced back in Q3 as sport facilities reopened and activities gradually resumed – signalling people's desire and perceived importance of leading an active and healthy lifestyle.

3

SportSG will continue to enable sport participation through innovations and digitalisation, while activating sport as a force for good for individuals, the communities, and our nation. In the reimagination and transformation of existing play formats for the new normal, SportSG launched various initiatives such as ActiveSG Circle, Blended! Initiative Grant and partnered with non-profit organisations and local community partners to bring sport to youths and citizens from all walks of life.



Singapore Youths' Engagement with the Arts: Patterns, Prospects & the Pandemic

BY NATIONAL ARTS COUNCIL



Introduction



Engagement with the arts benefits youths' lives and development in a plethora of ways. Young adults who are involved in arts activities attain better grades, have higher career aspirations and ultimately greater job opportunities. They are also more likely to be civically engaged, having comparatively high levels of volunteering, voting and involvement with local politics (Catterall et al., 2012). Youths who have a sustained engagement with the arts develop more self-confidence, motivation, and empathy than peers who consume less arts content (Catterall et al., 1999).

More relevant to current times, engagement with the arts has been associated with better mental health, a need made salient by lockdowns and resulting isolation to curb the COVID-19 pandemic. In the United Kingdom, individuals who had spent 30 minutes or more each day during the pandemic on arts activities like reading for pleasure, listening to music or participating in a creative hobby reported reduced rates of anxiety and depression, as well as greater life satisfaction¹ (Fanxcourt, 2020). Earlier studies done in Australia found that young people who participated in theatre programmes showed marked reductions in anxiety levels (Boyce & Williams, 2018a) as well as reported increases in self-confidence and resilience (Boyce & Williams, 2018b). Engaging in cultural and creative activities also reduced feelings of loneliness and boosted overall mental health (ANA, 2019).

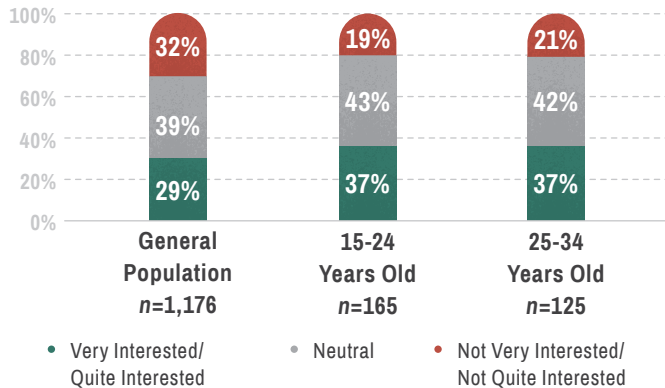
Given such societal and individual benefits, sustaining youth engagement with the arts is a key priority in Singapore. Research studies have shown that individual attitudes and social norms influence behavioral intent (Ajzen & Fishbein, 1980). In order for a desired behaviour to occur, individuals must have the motivation (both reflective and automatic), the capability (i.e., knowledge and skills) as well as the opportunity in their social and physical environment (West & Michie, 2020) to be engaged. In this article, we draw from the National Arts Council's (NAC) biennial Population Survey on the Arts as well as the COVID-19 Arts Consumption Study to understand three areas: first, whether the interest and perceptions of the arts among Singapore youths have motivated them to engage in the arts; second, what types of arts they engaged in; and third, the benefits that youths have reaped from engaging in the arts both before and during the pandemic. Case studies are also included to illustrate how the NAC is deepening youths' capacities and providing opportunities to engage in the arts.

¹Source: COVID-19 Social study which tracked 72,000 UK adults aged 18 and older on a weekly basis since March 2020.

Youths' Interest in & Perceptions of the Arts & Culture

Youths² are typically **more interested in the arts and culture than the general population**. In 2019, 37% of youth respondents indicated they were 'interested' or 'very interested' in the arts compared to 29% of the general population. Similarly, about 1 in 5 youth respondents were 'not quite interested' or 'not very interested', compared to 32% in the general population (Chart 1). While it is heartening to see that the proportion of youths interested in arts and culture outstrip those who are not interested, there is a large segment (43%) who are still ambivalent. This is a segment that cultural institutions and arts groups should better understand and reach out to.

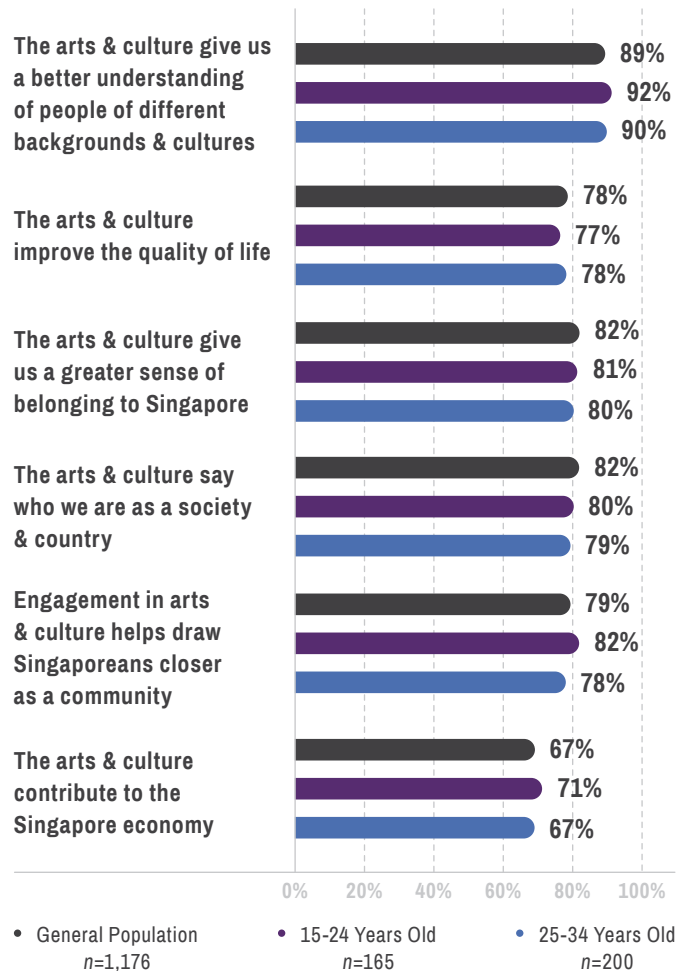
• **CHART 1: YOUTH INTEREST IN ARTS & CULTURE**



The majority of youths are positive about the wide-ranging benefits of arts and culture. Interestingly, three broad patterns emerge when we compare youth and general population attitudes. The first category comprises those attitudes where youths' agreement are at levels similar to the general population. These attitudes revolve around arts' role in building community, improving quality of life and the economy, as well as strengthening national identity (Chart 2a). In particular, there is close to universal agreement that arts and

culture foster a better understanding of people from different backgrounds and cultures. Our youths recognise that, in a multi-ethnic country and open economy like Singapore, the arts play an essential role in building bridges.

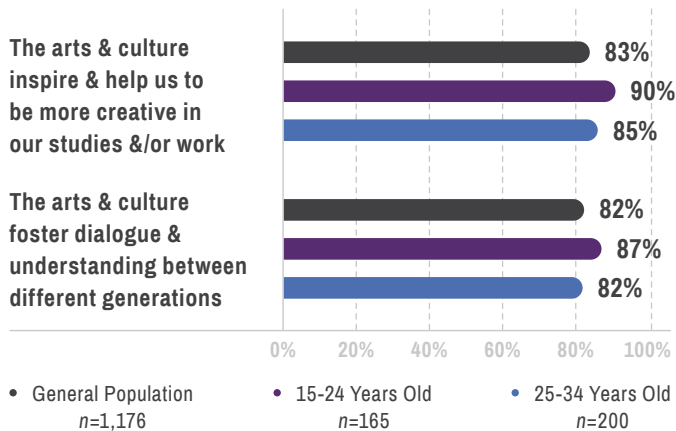
• **CHART 2a: COMMUNITY-BUILDING ROLE OF ARTS & CULTURE**



²Youths are defined as those aged 15-34 in the Population Survey of the Arts; and aged 15-39 in the COVID-19 Arts Consumption Study.

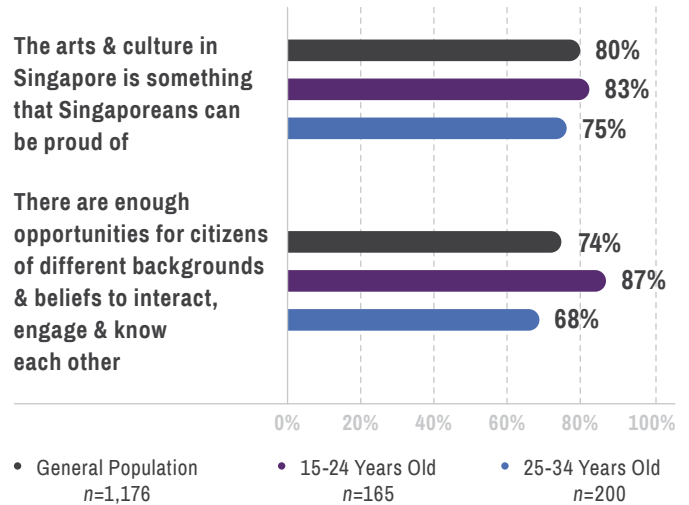
A second category comprises those attitudes in which younger youths (15-24 years old) are more positive than the older ones (25-34 years old); with the latter being as positive as the general population. Such attitudes tend generally to be about the personal benefits of the arts, e.g., boosting personal creativity or inter-generational understanding (Chart 2b). A reason for this may be that most of these younger youths are born in the 21st century where household incomes and education levels are higher. With families who can afford to provide them with more opportunities to enjoy the arts and culture – be it through enrichment classes, travel or technology – and more access to arts programmes in the education system, such early exposure to culture lead them to be more cognisant of the arts' value to their lives.

▪ **CHART 2b: PERSONAL ENRICHMENT ROLE OF ARTS & CULTURE**



In the third category, older youths are less positive compared to the younger youths and the general population (Chart 2c). For example, only 70-75% of older youths feel that Singapore arts is a source of pride and a useful platform for interacting with others from all walks of life, compared to more than 80% of younger youths. It is worth considering why these older youths – typically those who are in the workforce – are less positive regarding the effectiveness of the arts in supporting such national outcomes.

▪ **CHART 2c: SOCIAL MIXING & IDENTITY FORMATION
ROLE OF ARTS & CULTURE**



PROVIDING OPPORTUNITIES TO STRENGTHEN INTERGENERATIONAL LINKAGES THROUGH ARTS & CULTURE

Excerpt from dance film showing PRISMA Dance Artist Hasyimah Harith (centre, in red dress) interacting with a beneficiary from Muslim Kidney Action Association (on right, in wheelchair)

District 14 is a programme under the National Arts Council's Arts In Your Neighbourhood (AYN) initiative. Contemporary Malay dance company P7:1SMA (pronounced PRISMA) paired elderly residents living in Geylang Serai with youths to explore more about the history and heritage of the town, and elements of Malay culture. The entire process – comprising inter-generational sharing and conversations, innovation on existing cultural resources such as instruments and traditional textiles, and so on – was then used as inspiration and material for choreographing a dance that was then presented in the AYN 2020 showcase.

Youths' Views on the Arts & Culture Scene

Charts 3a-3c show that the perspectives of youths with regard to the **arts and cultural landscape** also fall broadly into the abovementioned patterns of general consensus and differences in views by life stages. First, there is a similar level of agreement among younger youths, older youths and general population that Singaporeans' appreciation of arts and culture have improved over the last five years, as has their openness to the diversity of arts (Chart 3a).

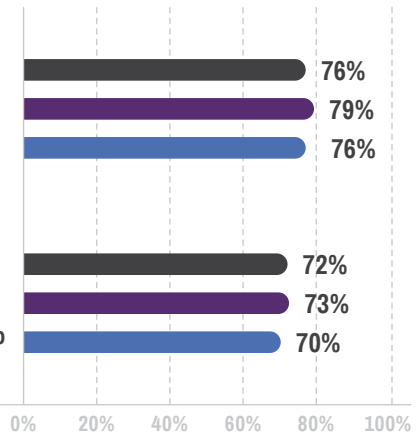
In Chart 3b, the older youths are less positive than the younger youths, but share the positivity of the general population regarding the improvement in vibrancy, accessibility of information and range of choices in the arts scene. There is a fairly large gap (7 to 8%-points) between the two youth segments, possibly because that younger youths are savvier in accessing information, and since most have not yet joined the workforce, find more time to explore different arts events.

Third, older youths are less positive than both their younger counterparts as well as the general population in the perception of opportunities for young artistic talent. In fact, only slightly more than half (54%) felt that there were sufficient opportunities to nurture young talent compared to 70% of younger youths. However, 73% of older youths did acknowledge that opportunities have improved over the last five years.

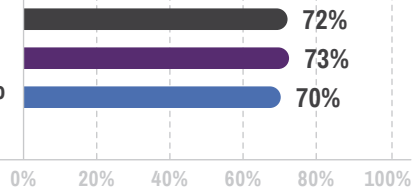


CHART 3a: GREATER APPRECIATION OF THE ARTS

Singaporeans are more accepting of a wider range of arts forms & culture-related activities compared to 5 years ago



Singaporeans are more appreciative of arts & culture & its application in their lives compared to 5 years ago



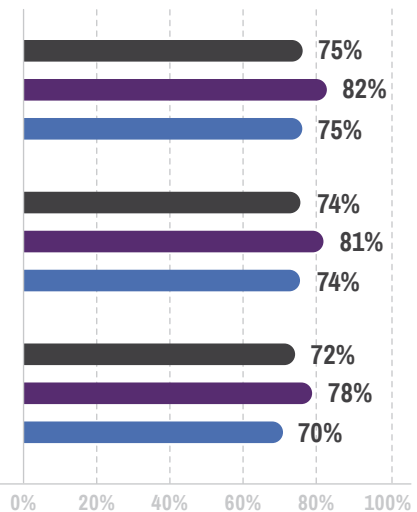
• General Population
n=1,176

• 15-24 Years Old
n=165

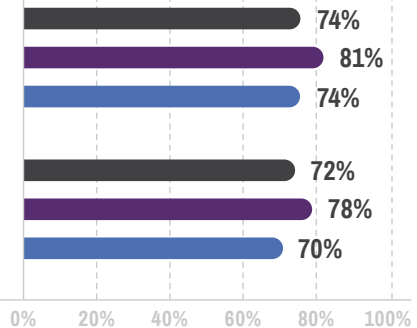
• 25-34 Years Old
n=200

CHART 3b: GREATER APPRECIATION OF THE ARTS SCENE

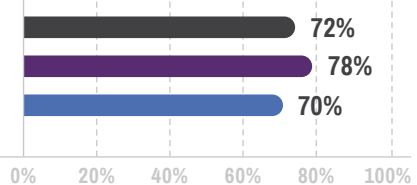
The arts scene in Singapore has become more vibrant in the past 5 years



Information on arts & culture events/ activities in Singapore is easily available



There is a broad range of arts & cultural entertainment choices in Singapore

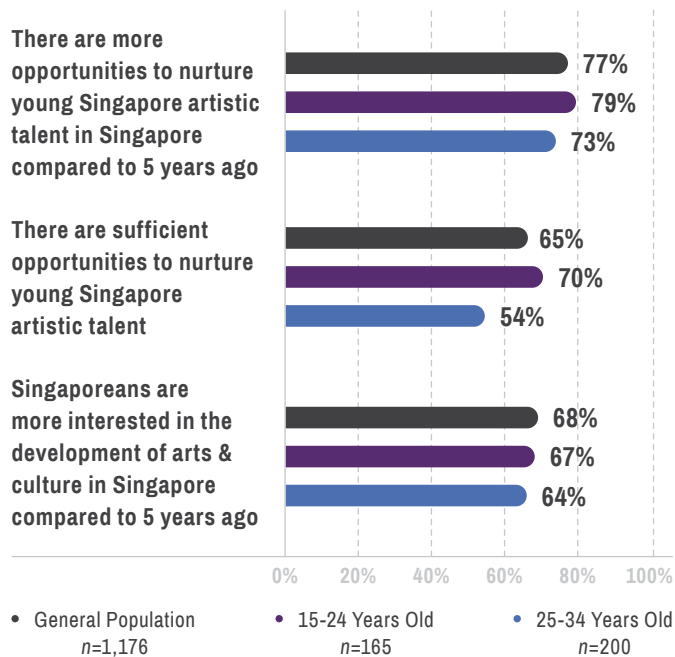


• General Population
n=1,176

• 15-24 Years Old
n=165

• 25-34 Years Old
n=200

▪ **CHART 3c: VIEWS ON OPPORTUNITIES FOR ARTISTIC TALENT**



Youth Engagement in the Arts

The surveys covered three main modalities of engaging in the arts – in-person attendance of arts events; participation in arts competitions, workshops, as a hobby etc., and consumption of arts via digital and online media. Further details are available at Annex 1.

Across all art forms, youth attendance at live arts and culture activities was higher than the general population. From Chart 4, 8 in 10 youths had attended arts and culture events, compared to 7 in 10 of the general population. Theatre, Music and Visual Arts and Literary Arts (including both event attendance and reading) were more likely to have been attended by the youths compared to the general population. Among the various art forms and across live and digital engagement modes, Music tended to have universal appeal to both youths and

the general population, and this could be a platform for broad-based engagement. Art forms such as Craft and Dance saw similar levels of attendance among youths and the general population. Attesting to the universal appeal of learning about our past and reading, Heritage and Literary Arts saw the highest levels of attendance.

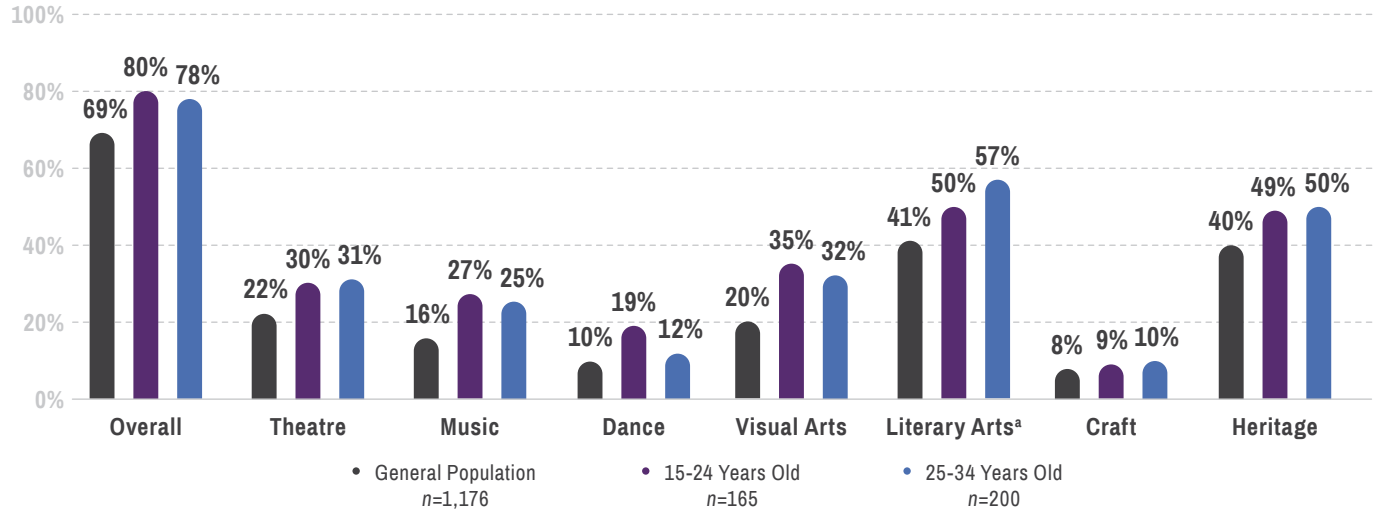
More youths participated³ in at least one arts and culture event or activity in 2019, in comparison with the general population. 55% and 49% of younger and older youths respectively took part in arts and culture activities, compared to only 33% of the general population. Music activities attracted the highest participation rates, involving 27% of the younger youths and 20% of the older youths (Chart 5).

Similar to previous survey waves, younger youths were drawn to Visual Arts, Dance, and Theatre. Their participation rates of 13-15% were higher than those for the general population. A possible reason for this could be their participation in drama, arts, and dance clubs in their educational institutions.

Being digital natives, youths consumed more arts and culture events or activities via digital or online media than the general population. 85% of 15-24 year olds, and 86% of 25-34 year olds engaged with online or digital arts and cultural activities compared to 75% of the general population. Among the art forms, Music and Literary Arts content were the most consumed among the youths, with incidences higher than in the general population, while Craft and Heritage activities were the least consumed art forms online (Chart 6).

³Defined as taking part in arts and cultural activities which involved more in-depth engagement than attendance. Examples include participating in workshops/competitions/classes, giving to the arts, and participating in online discussions.

▪ **CHART 4: PHYSICAL ATTENDANCE OF ARTS & CULTURE EVENTS**



Note

a. Refers to reading literary books such as fiction, non-fiction, poetry, graphic novels as well as attending literary arts-related events.

▪ **CHART 5: PARTICIPATION IN ARTS & CULTURE EVENTS**

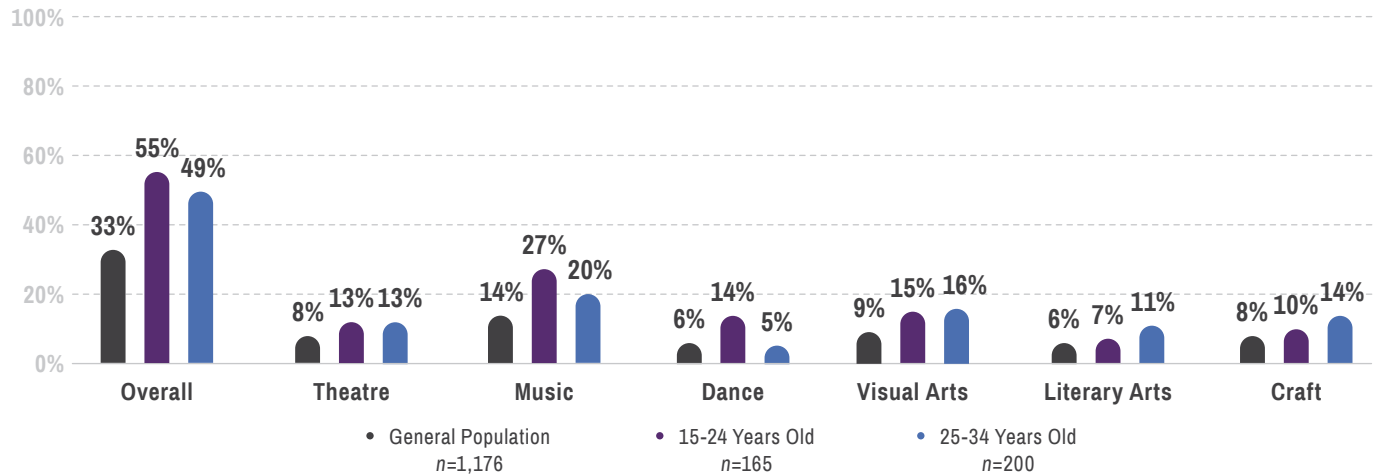
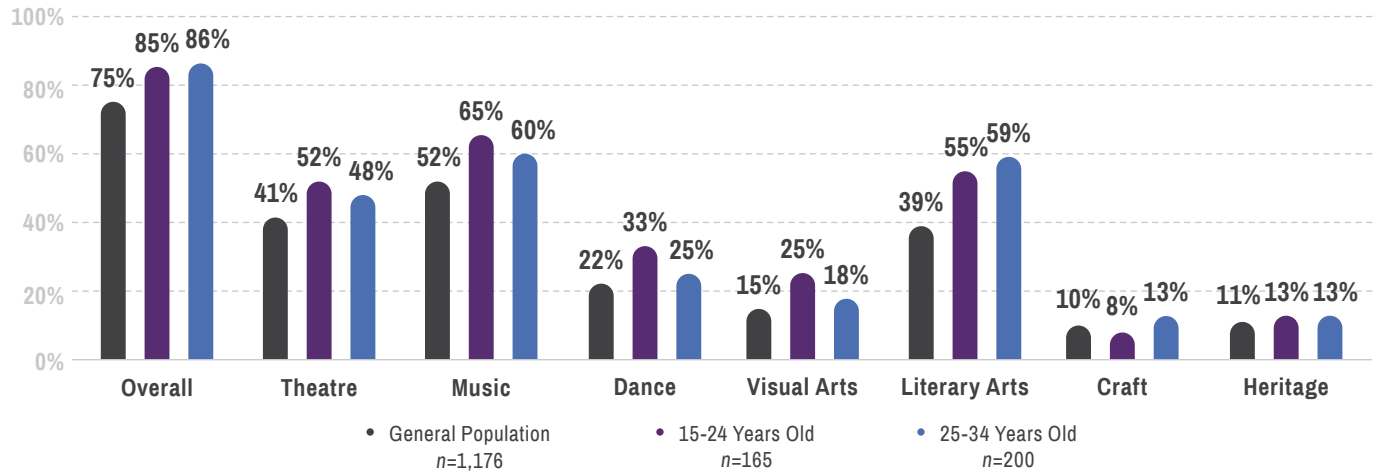


CHART 6: CONSUMPTION OF DIGITAL ARTS & CULTURE EVENTS/ACTIVITIES



Youths' reasons for attending arts events can generally be categorised into three:

First, **social bonds are a key driver of attendance**. Younger youths (34%) are more likely than older youths (25%) or the general population (27%) to attend the arts in order to support friends or family who were performing (Chart 7). Both older youths (25%) and the general population (26%) attend the arts to spend time with friends and family. Supporting a community organisation or event was another reason for about 17% of youths.

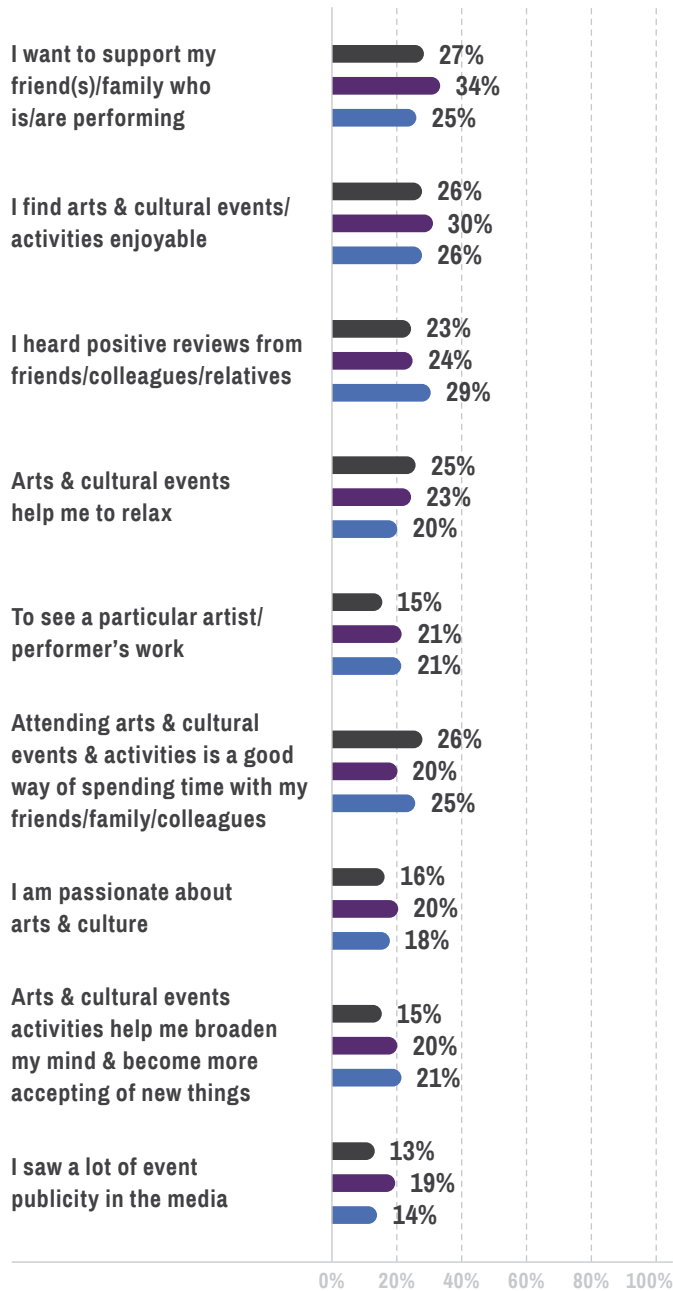
Second, **appropriate publicity will also boost attendance**. Good reviews (29%) are more likely to motivate older youths compared with their younger counterparts and the general population. In contrast, younger youths are more likely to be drawn by the event's publicity (19%).

Third, **intrinsic motivations** were important to 1 in 5 youths. These include going to see an artist's or performer's work, because they are passionate about arts and culture, because arts and culture events help them relax, and for personal enjoyment. Interestingly, while 9 in 10 youths agreed that arts and culture inspire them to be more creative in their studies and/or work (Chart 2b), only 2 in 10 attended arts events to broaden their horizons, and 1 in 10 did so to help them to think more creatively.

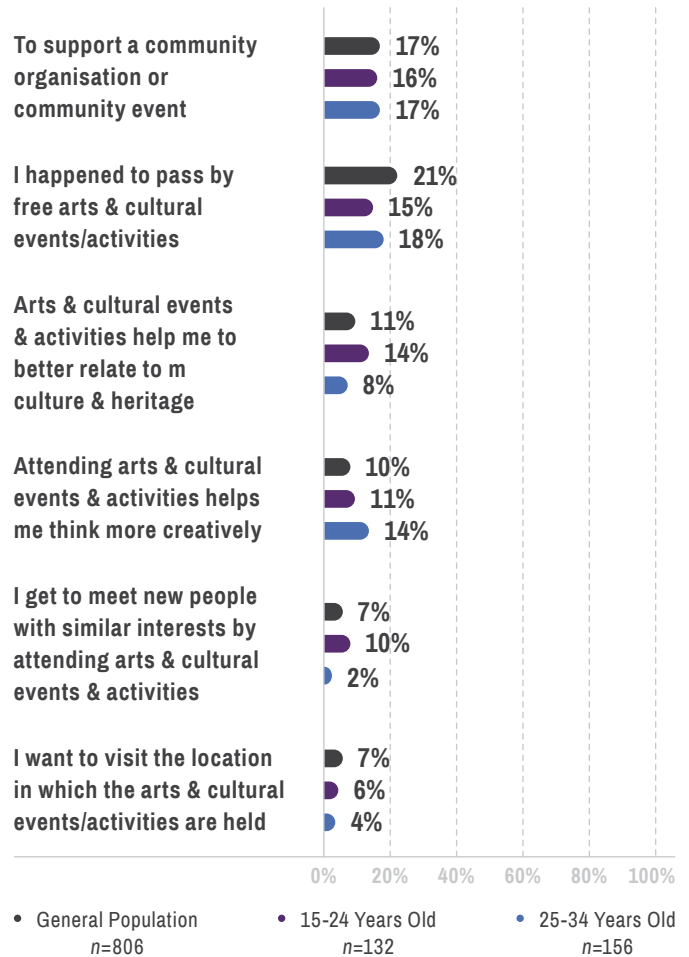
BUILDING ON YOUTH INTEREST & ENGAGEMENT IN ARTS

To deepen youths' interest in the arts and provide opportunities to engage with peers with common interests, NAC works with artists and schools closely to increase exposure to different art forms. One such programme is the NAC-Arts Education Programme (NAC-AEP) which provides all students with access to quality arts education experiences. Every year, the NAC-AEP avails more than 1,600 arts programmes to schools comprising assembly show performances or workshops by over 300 artists and arts groups. For deeper engagement, the Artist-In-School Scheme supports partnerships between artists and schools to co-develop arts experiences that deepen students' engagement in and through the arts. Within the school curriculum, Art Elective Programmes, Theatre Studies and Drama Elective Programmes and Music Elective Programmes in schools allow students aged 13-18 to pursue interests in the Visual Arts, Theatre and Music respectively.

▪ **CHART 7: REASONS FOR ATTENDING ARTS & CULTURE EVENTS**

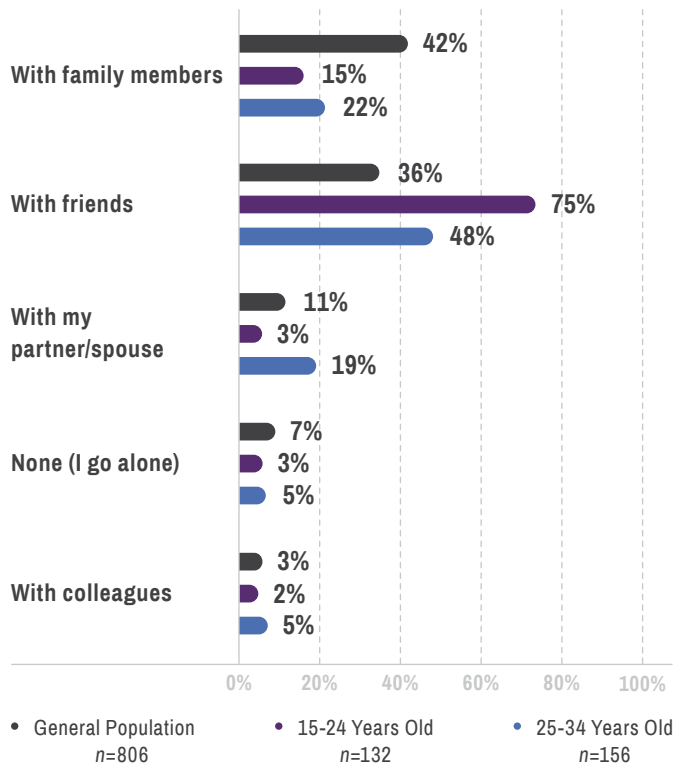


▪ **CHART 7: REASONS FOR ATTENDING ARTS & CULTURE EVENTS (CONTINUED)**

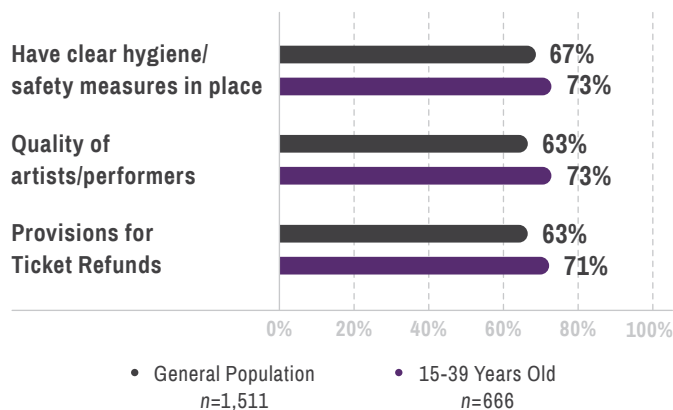


In Chart 8, consistent with youths' inclination for socialising, friends were preferred companions to attend arts and culture events with (75% and 48% of younger and older youths respectively). Conversely, 5% or less would attend arts and culture events alone. This clearly reflects the perception of and preference for arts and culture events to be an activity for social bonding, and its potential to foster greater social mixing. In turn, bonds established through such arts and culture activities could encourage lifelong engagement with the arts.

▪ **CHART 8: COMPANIONS TO ARTS & CULTURE EVENTS OR ACTIVITIES**



▪ **CHART 9: TOP 3 VISIT FACTORS**



ENHANCING CAPACITIES & NETWORKS FOR LIFELONG ARTS ENGAGEMENT

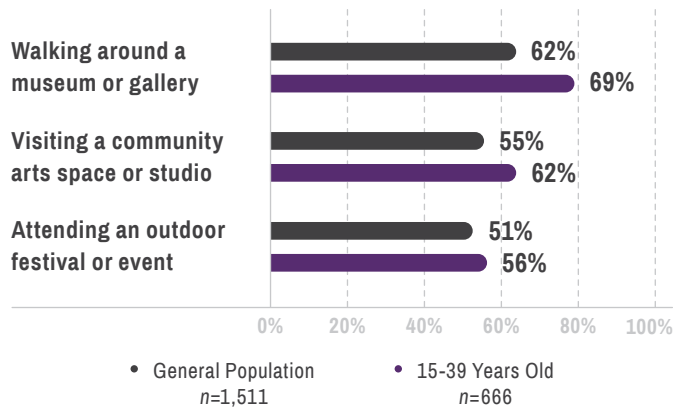
There are also platforms to nurture the talent of outstanding youths and for them to be connected with like-minded peers. Singapore Chinese Orchestra and Singapore Symphony Group, which are national arts companies, run the Singapore National Youth Chinese Orchestra, as well as the Singapore National Youth Orchestra and Singapore Symphony Youth Choir respectively. Organised under the Ministry of Education's National Project of Excellence, members of these orchestras are auditioned from diverse backgrounds. Students are exposed to higher standards of music making, many of whom go on to become lifelong audiences, patrons, practitioners, or artists themselves.

Wang Chenwei was one of the founding members of the Singapore National Youth Chinese Orchestra (then Singapore Youth Chinese Orchestra). He played the *Daruan*, *Sanxian*, *Zhongyin Sheng*, cello and *Zhonghu* in the 5 years he was in the orchestra respectively. He has gone on to become a composer, adjunct faculty, and composition supervisor at the National Institute of Education.

Kartik Alan Jairamin first picked up the French horn in secondary school and auditioned successfully for the Singapore National Youth Orchestra, where he was loaned an instrument and through which he had access to lessons with Singapore Symphony Orchestra Associate Principal Gao Jian. He then went on to become a musician with the Singapore Symphony Orchestra and is currently Sub-Principal Horn with the Malaysian Philharmonic Orchestra.

Singapore youths are also eager to get back to in-person arts events. Most youths are comfortable with visiting indoor art venues, so long as hygiene and crowd size controls are in place (Charts 9 and 10).

▪ **CHART 10: TOP 3 COMFORT LEVEL FACTORS**



New Opportunities to Foster Engagement with the Arts



On the whole, youths' top leisure activities were visiting friends and family, and sports/exercise. As expected, the top leisure activity for younger youths was gaming and internet surfing. 6 in 10 younger youths cited this compared to 4 in 10 older youths, and only 3 in 10 in the general population. In contrast, 4 in 10 older youths and the general population travelled overseas for leisure compared to 1 in 10 younger youths (**Chart 11**). These preferences for social interaction, health and wellness, as well as online-based activities provide new channels through which cultural institutions and arts organisations can reach out to youths.

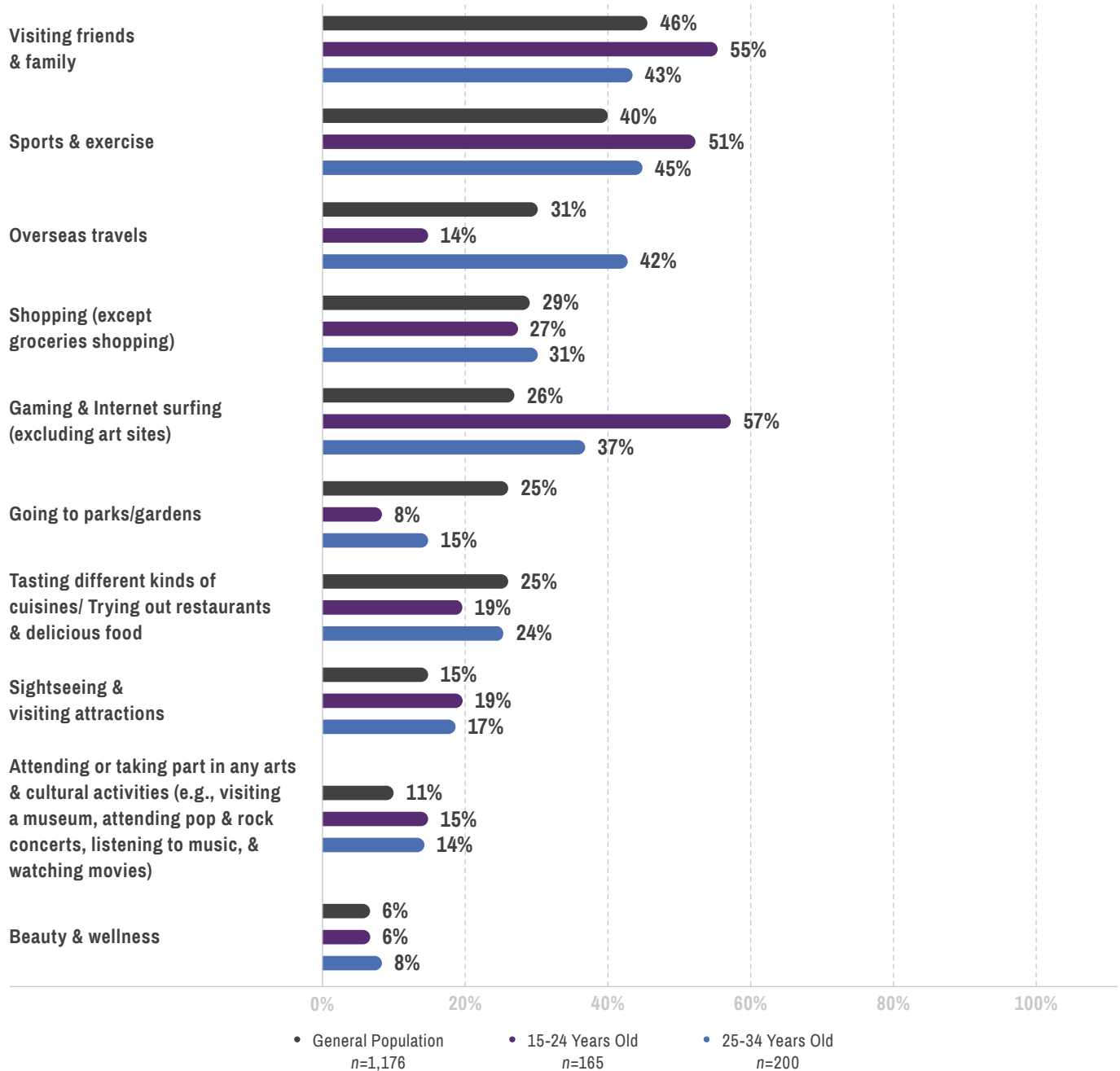
ENGAGING YOUTHS THROUGH ARTS X GAMING

As part of the Singapore Writers Festival 2020, Sara Y. (luck-it.net) produced the experiential programme *Play This Story: The Book of Red Shadows*. This was a fictional universe of speculative fiction by author Victor Fernando R. Ocampo. Players/Participants find themselves deceased, amnesiac, and enrolled into the government's secret Red Shadow Project. They get to come alive again if they did their assignments well, but with something coming after them, players will need to get creative to emerge alive. This programme was an interactive psychological horror game that took place entirely over email.

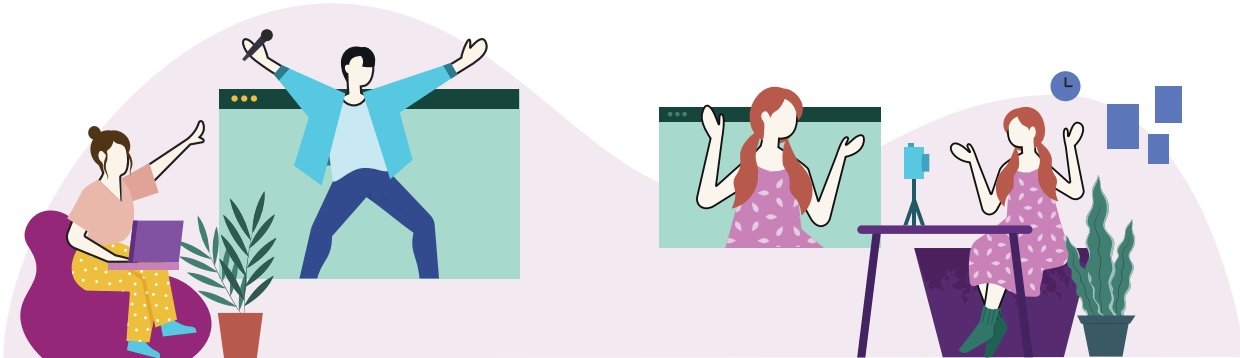
Somewhere Else, Another You by Tania De Rozario, writer and visual artist, is a literary gamebook inspired by theories of the multiverse. Each time the reader makes a choice, the universe of the narrative splits, creating a story in which all outcomes exist at the same time but cannot be experienced concurrently. A cross between a Pick Your Own Path novel and an existential crisis, this book invites readers to meander through its paths, and towards their own conclusions. This programme was commissioned by Buy SingLit 2020.

Youths are also exploring creative play themselves to highlight causes they are passionate about. ArtsXplore is a youth-centric arts incubation programme run by NAC and the National Youth Council. The pilot edition that ran from January to March 2021 provided a virtual incubation platform for youth participants, which included mentorship by resource panelists from different fields. Some team projects that emerged included *The Loudness of Silence*, an interactive visual novel centered around mental wellbeing. By controlling the character in the story, the user reflects on their actions and learns the novel's central message that asking for help should be normalised. Another project, *Too Much*, focused on the effects of single-use plastic in the form of a stand-alone game website and proposed alternatives to single-use plastic products.

• CHART 11: PARTICIPATION IN LEISURE ACTIVITIES



Arts & Culture in the Time of Crisis



The COVID-19 pandemic brought to the fore arts and culture's role in uplifting spirits, especially for youths. During this period, **almost every youth (93%) had engaged with arts** in digital or online formats (Chart 12), an increase from about 8 in 10 pre-pandemic (Chart 6). In particular, nearly all youths who found themselves stressed during the COVID-19 period over their health, employment and financial situation, had turned to the arts. Youths who were stressed or nervous as a result of the pandemic consumed significantly more (96%) digital arts that those who were less nervous (90%)⁴.

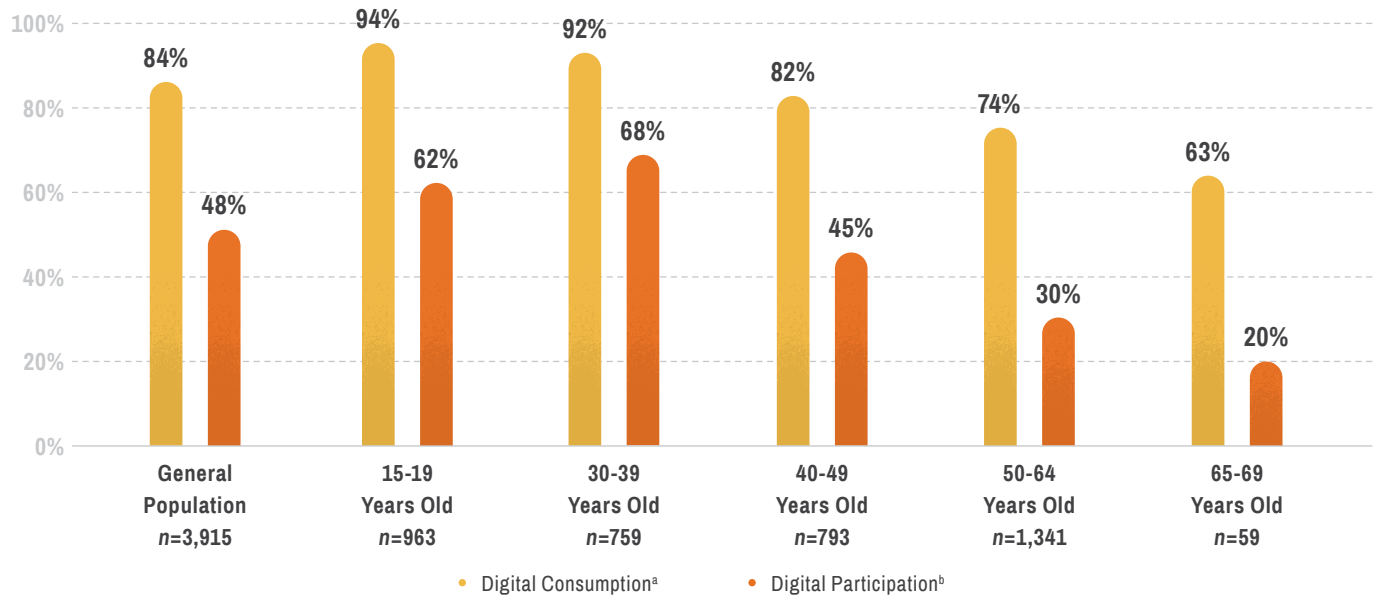
High levels of digital participation in the arts among youths was sustained through the COVID-19 pandemic compared to previous engagement levels and other age groups. 6 in 10 took a more active role by participating (e.g., creating and sharing content), compared to less than half for the other age segments (Chart 12).

Youths who were stressed participated significantly more (70%) in the arts compared to those who were less nervous (58%). Significantly more of those who were stressed had attended online classes, or took part in online performances, festivals, exhibitions, or competitions (Chart 13). Even among those who said they were less stressed, 20-30% had participated, particularly through attending online classes and taking part in online performances.

Among youths who had consumed the arts, those who were more stressed experienced more positive impacts of the arts on their quality of life and wellbeing. 83% of youths who were stressed agreed with the statement that the arts played a significant role in improving their lives as compared to 77% of youths who were less stressed (Chart 14). Similarly, 77% of stressed youths agreed with the statement that “the arts and culture improve the quality of life” compared to 59% of youths that were not stressed. 80% of youths who were more stressed agreed with the statement that the “arts and culture help us express our thoughts, feelings and ideas”, as compared to 71% of youths that were less stressed (Chart 15).

⁴From the COVID-19 Arts Consumption Study, the levels of agreement with the statement “I am nervous when I think about current circumstances” was used as a proxy to compare youth who are stressed and less stressed.

▪ **CHART 12: DIGITAL CONSUMPTION OF THE ARTS**

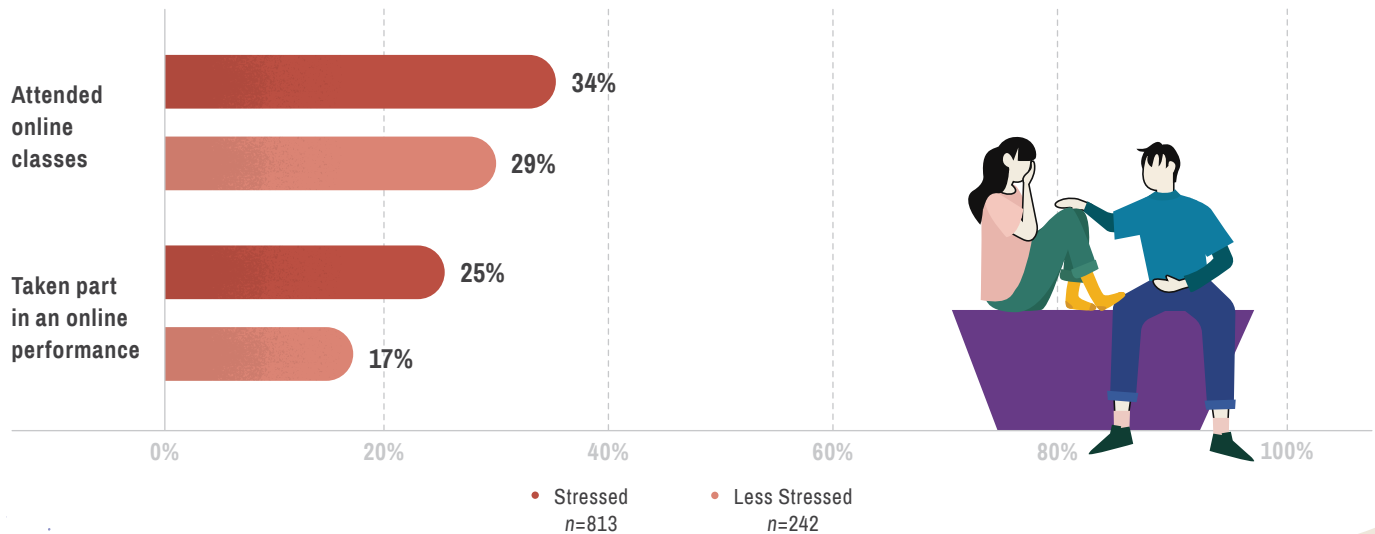


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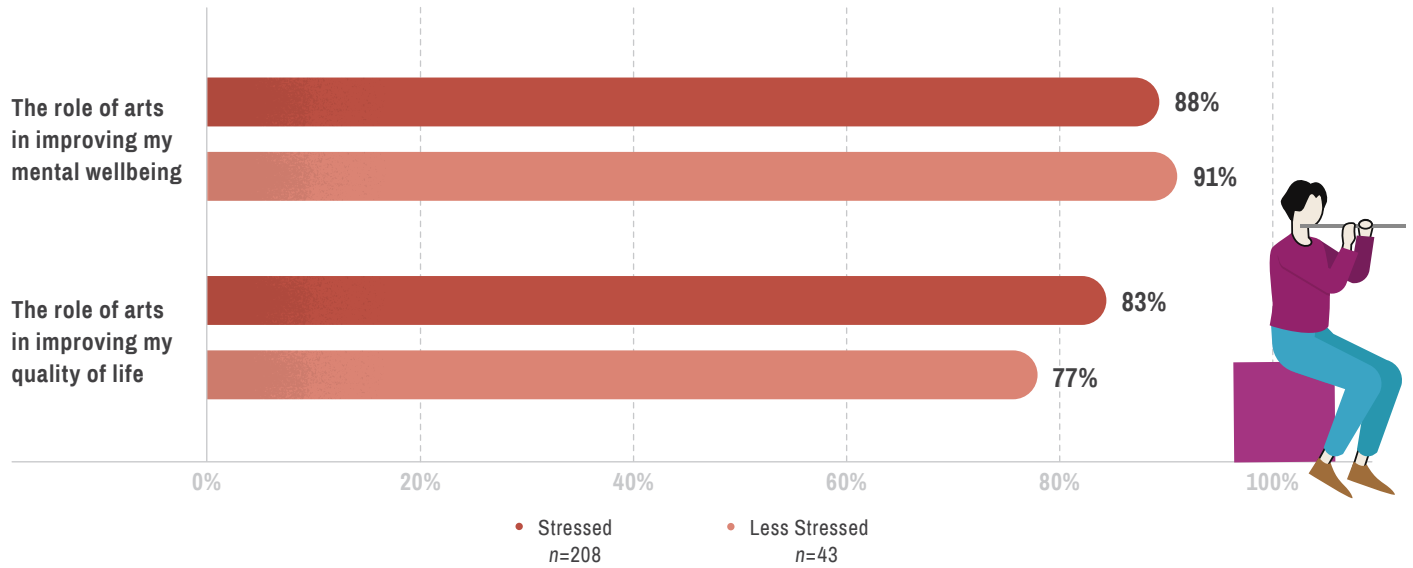
a. Having watched/listened to performances/videos/documentaries/webinars, read e-books, explored online exhibitions, etc.

b. Having created and shared arts content online, taken part in performances/classes/workshops, commented/posted content, participated in interest groups, etc.

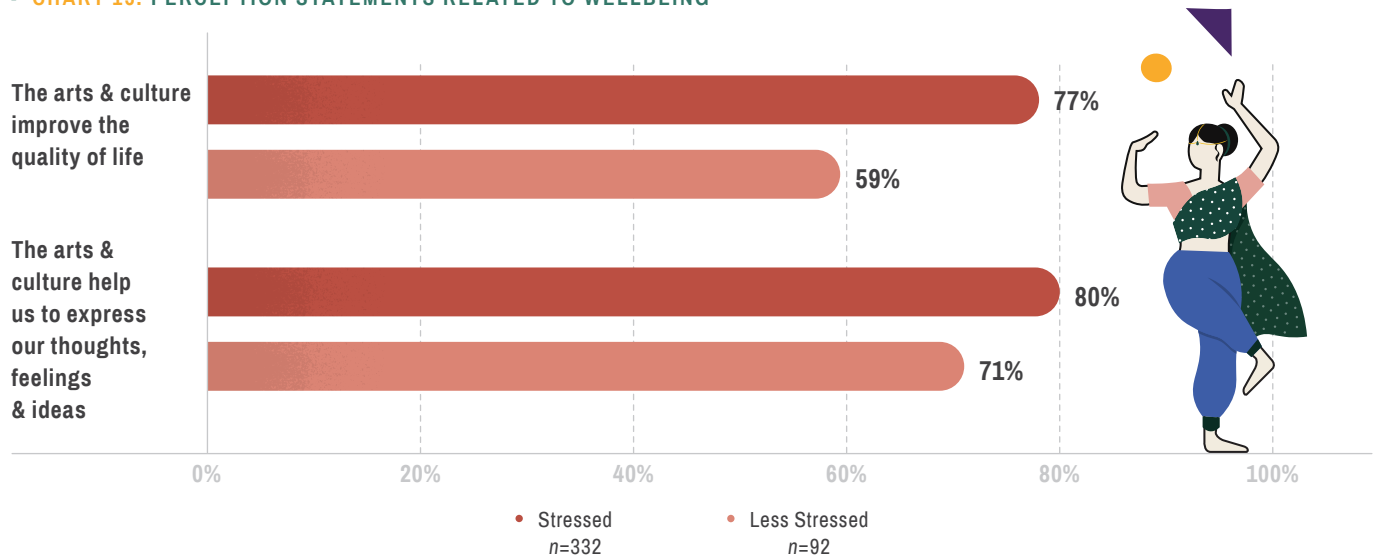
▪ **CHART 13: TOP ACTIVITIES AMONG STRESSED VS LESS STRESSED YOUTHS**



▪ **CHART 14: PERCEIVED STATEMENTS RELATED TO IMPACTS OF THE ARTS**



▪ **CHART 15: PERCEPTION STATEMENTS RELATED TO WELLBEING**



Outlook for the Arts

The positive experiences that arts had brought people during the crisis translated into higher levels of support for the arts and greater willingness to spend on digital arts experiences. 58% of youths expressed an interest in the arts, compared to 47% of the general population. Likewise, 57% of youths were concerned about the survival of the arts in Singapore, compared to 49% of the general population (Chart 16a). Looking closer at this group, there was a positive correlation between interest in the arts and concern about the survival of the arts in Singapore (Chart 16b)⁵. Youths were considerably more willing to pay for online content such as productions created for online viewing as well as interviews with artists than the general population.

⁵Pearson correlation, +0.552.

REACHING THE YOUTH AUDIENCE

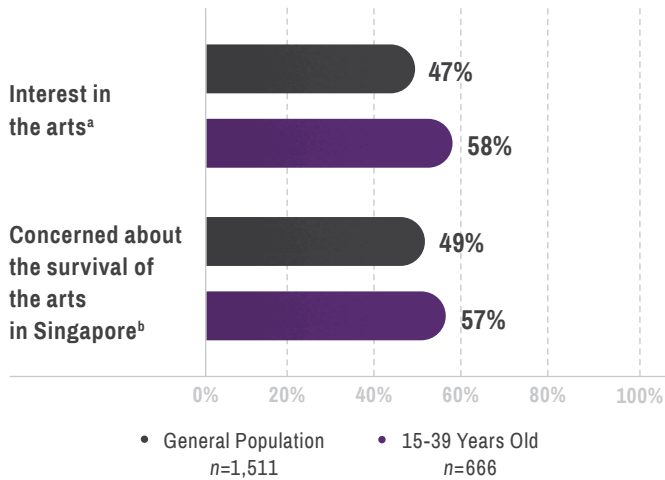
Designing digital arts programmes can be very different from live arts programmes. Given the abundance of digital content available online, it would be useful to understand what youth viewing habits are like. Youths who consumed arts content digitally tended to do so at night (8pm-12am; 52%), followed by evening (6-8pm; 39%). They did not shy away from content with longer durations, with most youths spending 30 minutes to 1 hour (30%) consuming digital arts content, followed by 1 to 2 hours (24%). Typical durations per sitting ranged from 1 to 2 hours of theatre and film content, 30 minutes to 1 hour of literary arts content and shorter Music and Craft content about 10 to 30 minutes long. In deciding on what content to consume, youths were more likely to have stumbled across the content, or actively searched, regardless of art form. While consumption of arts content tended to be for oneself, there were also some differences across art forms. Music, Literary Arts, and Craft were more likely to be solitary art forms enjoyed alone, while Theatre, Film, and Heritage were more likely to be social activities.

NAC's Digital Presentation Grant for the arts supported artists' innovations with digital mediums to keep Singaporeans engaged with the arts. *The Curious Case of the Missing Peranakan Treasure* was a virtual, immersive mystery experience conceptualised and directed by Hossan Leong, and written by Jean Tay. Set in Raffles Hotel, audiences are invited to play detective to crack the case and decide on how the story unfolds. *House Is Open* by Fill The Vamp invites participants to uncover as many hidden objects on a virtual stage, which were featured in iconic local Musical Theatre productions. As participants locate these items, they are rewarded with fun facts, music and interview snippets. Given the social elements of these Theatre-related productions, it is unsurprising that people tended to engage in these with friends.

This understanding of consumption behaviours proved vital during the pandemic. During this period, musicians across genres also put out content for their fans. Jazz musician Chok Kerong put out a live stream with his collaborators, playing in real-time, enabling audiences to reconnect with enjoying live improvisation. Wind/brass classical music group K□U (literal translation of the word 'mouth' in Mandarin) performed works by Singapore composer Koh Cheng Jin over Facebook Live, showing that digital presentations can be applied to a genre typically associated with analogue presentations.



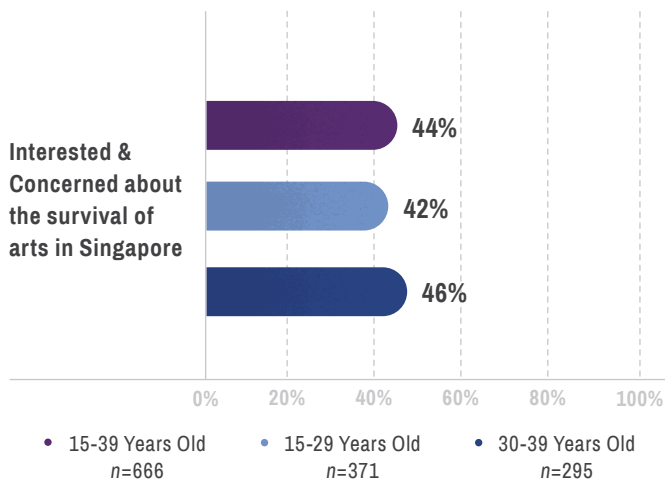
▪ **CHART 16a: YOUTHS INTEREST & SUPPORT FOR THE ARTS**



Notes

- a. Respondents who were “Very Interested” and “Quite Interested” in arts and cultural events generally.
- b. Respondents who were “Very Concerned” and “Somewhat Concerned” about the survival of the arts and artists in Singapore.

▪ **CHART 16b: YOUTHS INTERESTED IN & CONCERNED ABOUT THE SURVIVAL OF THE ARTS**



Conclusion

The arts are an integral part of Singapore youths’ everyday lives. They appreciate the arts for its multi-faceted benefits, especially its role in broadening their horizons, boosting creativity, deepening our understanding of people different from us, and engendering national pride. Although they are digital natives with almost everyone having accessed arts online during the pandemic, youths look forward to attending arts events in-person. Those who had experienced financial, health, and employment worries during the pandemic turned to the arts to alleviate stress and improve their wellbeing. Youths are concerned about the survival of the arts in Singapore and expressed a desire to contribute to its sustainability. This augurs well for the future of the arts in Singapore.

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ANNEX 1

Methodology

As part of the National Arts Council's (NAC) on-going efforts to monitor the state of the arts in Singapore, the **Population Survey on the Arts** has been conducted on a biennial basis since 2009 to track and understand how Singaporeans perceive the arts, and how involved they are in arts and culture activities in the past 12 months. This survey provides a comprehensive snapshot of the current level of interest, attitudes and perceptions towards arts and culture activities, and their influencing factors. It also serves to provide arts practitioners, partners, and industry stakeholders with useful insights to help plan and implement their programmes and activities.

The 2019 edition of Population Survey on the Arts surveyed 1,176 Singapore Citizens and Permanent Residents, that were drawn using a random, two-stage stratified sampling frame obtained from the Singapore Department of Statistics. Respondents were representative of the population distribution in terms of age (above 15 years old), gender, ethnicity, and geographical spread. Interviews were conducted door to door in English, Chinese, Malay, or Tamil, according to the preferences of respondents.

To understand the behaviour and sentiments of the Singapore arts audiences, the **COVID-19 Arts Consumption Study** gathered data from an online panel of Singapore Citizens and Permanent Residents aged over 15 from August 2020 to February 2021 to monitor how digital arts consumption changed over different phases of public health measures. This study also informs how the Singapore arts community can respond to the crisis to emerge stronger and grow new audiences. 3 full surveys of n=500 were conducted online every 2 months, and 9 standalone dipstick surveys of n=200 were conducted every 2 weeks.

In the Population Survey on the Arts, youths were categorised into two age bands of 15-24 years old and 25-34 years old. The COVID-19 Arts Consumption Study had one age band for those aged 15-39 years.

Where possible, all sub-segment comparisons are treated with significance testing. Data points with more than 3%-point difference are statistically different.

Youth & Sporting in the New Normal

BY SPORT SINGAPORE



VISION 2030 RECHARGED!

Launched in 2012, “Vision 2030: Live Better Through Sport”, Singapore’s long-term master plan for Sporting Singapore, outlined strategies, listed key recommendations for sport management and development through to 2030. The master plan redefined the vision, mission, and purpose for sport in the nation and for Sport Singapore (SportSG) itself.

It has also been important to adapt the master plan to the rapidly evolving world to remain relevant and future ready, while continuing to be predicated on the question of how sport can be better deployed

to serve the community’s interest. In 2018, a large-scale engagement exercise was conducted with more than 3,000 citizens and representatives from various sectors of the sporting community to gain insights on how sport could continue to support citizens’ aspirations and bring value to communities and the nation.

Eight key themes emerged from these engagements (see **Figure 1**) to provide the larger societal and economic context with which we reviewed and developed the updated master plan, “Vision 2030 Recharged!”.

▪ **FIGURE 1: EIGHT KEY THEMES BEHIND “VISION 2030 RECHARGED!”**

1	Ageing Singapore has an ageing population and must enable citizens to age with dignity and respect while staying socially connected with family, friends, and community. Sport and physical activity are accessible platforms to build physical and mental confidence and sustain social connections.
2	Holistic Development of Children & Youths Definitions of success are changing for today’s youths. We must seek breakthroughs to enable good quality sport programming to be accessible to all children and youths for their holistic development to thrive and be future-ready.
3	Technology Technology has changed the way we live, work, interact, and engage. We must use technology in a way that is inclusive and beneficial to Singaporeans and harness it to achieve strategic advantage and deepen engagement with and between citizens.
4	Sustainability Environmental issues and economic demands have impacted business approaches and practices. We must implement strategies that enable sustainable progress to create a better, more liveable world for future generations.
5	High Performance Sport Behind every great athlete is an ecosystem of dedicated masterful professionals and strong support system. We must build and strengthen this ecosystem to enable our elite athletes to pursue and achieve excellence in their sporting career.
6	Life & Sport Sport Singapore’s research in 2018 has shown that Singaporeans’ sport and physical activity pursues decline after they leave school and enter the workforce. As we strive to build a sporting culture, we need to bring sport, active living, and healthy habits to the workplace to provide a protective cover against life’s demands.
7	Asia’s Growth Asia’s number of sport events and spectatorship levels are climbing, bringing new commercial opportunities for the industry. We should leverage Singapore’s position as a global hub to chart our strategy to grow and enliven Singapore’s sport industry.
8	The Vulnerable & the People-with-Disability (PwD) Community Singapore’s social service sector continues to grow. Through SportCares, we will continue to support the disadvantaged by bringing the value of sport to vulnerable groups and working with partners to reduce barriers to sport.

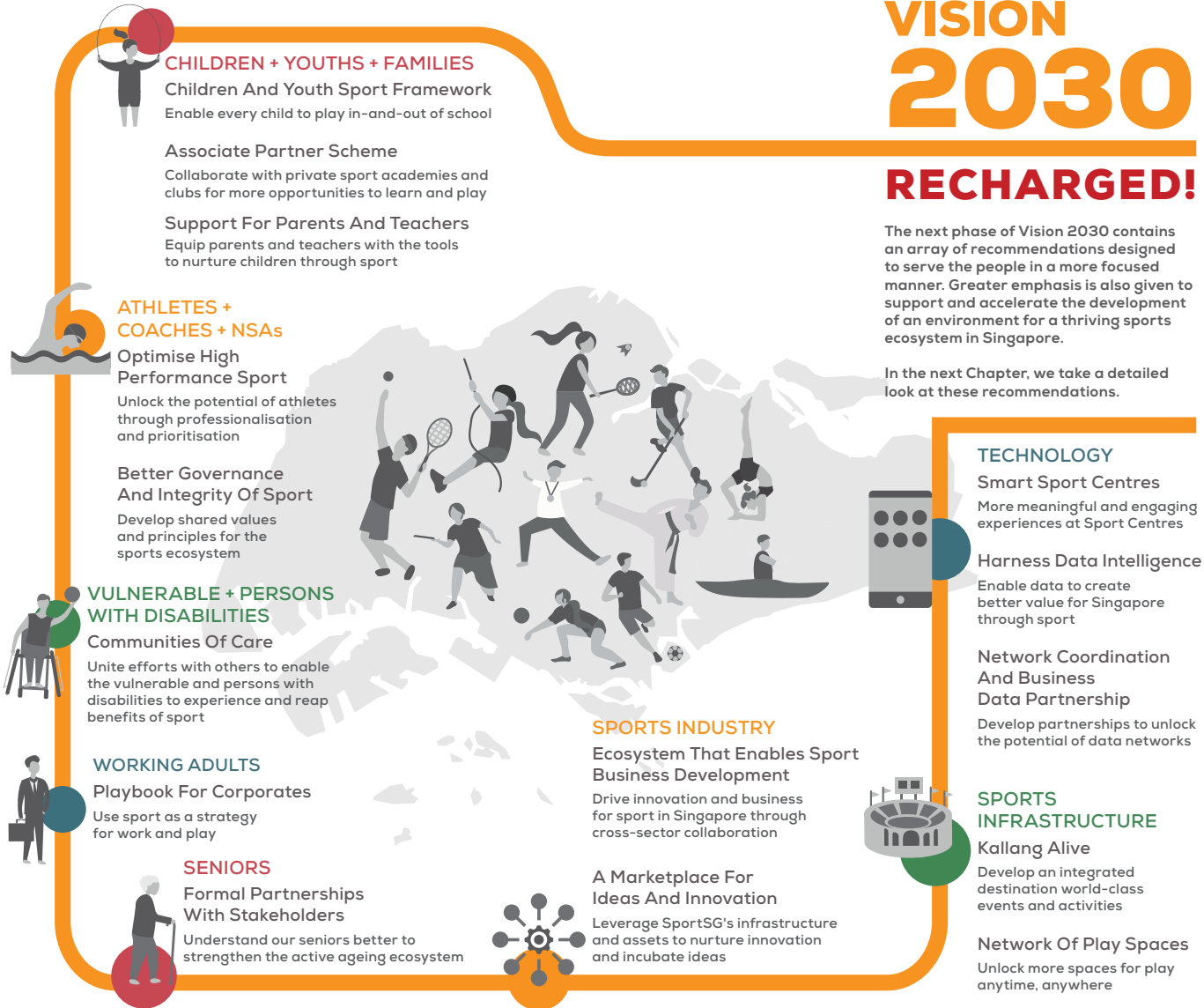
▪ **FIGURE 2: “VISION 2030 RECHARGED!” FOCUS AREAS & KEY RECOMMENDATIONS**

VISION 2030

RECHARGED!

The next phase of Vision 2030 contains an array of recommendations designed to serve the people in a more focused manner. Greater emphasis is also given to support and accelerate the development of an environment for a thriving sports ecosystem in Singapore.

In the next Chapter, we take a detailed look at these recommendations.



The updated master plan, “Vision 2030 Recharged!”, contains eight focus areas and 15 recommendations (see **Figure 2**). It is designed to serve Singaporeans in a more focused manner, while supporting and accelerating the development of a thriving sport ecosystem in Singapore.

Five of these recommendations seek to sustain youths’ participation in sport and physical activity from their school days to their workplaces, and to support their aspirations for sporting excellence:

- **Children & Youth Sport Framework:** a collaboration with the Ministry of Education and other partners to enhance the sporting capabilities and expand opportunities for in and out-of-school sport participation, high performance sport pipeline and leadership development.
- **Associate Partner Scheme:** to leverage the passion, expertise, and reach of private sport operators as affiliates of ActiveSG Academies and Clubs to expand opportunities to play, while ensuring affordability and quality of the programmes.
- **Playbook for Corporates:** to encourage the multi-faceted development of working adults' physical, emotional, and mental

wellness. By systematically delivering and imparting knowledge and expertise on building a more resilient and healthier workforce, organisations are better able to harness the benefits of sport for organisational success.

- **Network of Play Spaces:** to open up more possibilities to encourage opportunities for play and make sport enjoyable anytime, anywhere while balancing the demands of work and life.
- **Optimise High Performance Sport (HPS):** to build a broad suite of athlete, performance, medical, and coach support services to support youth athletes in achieving podium success.

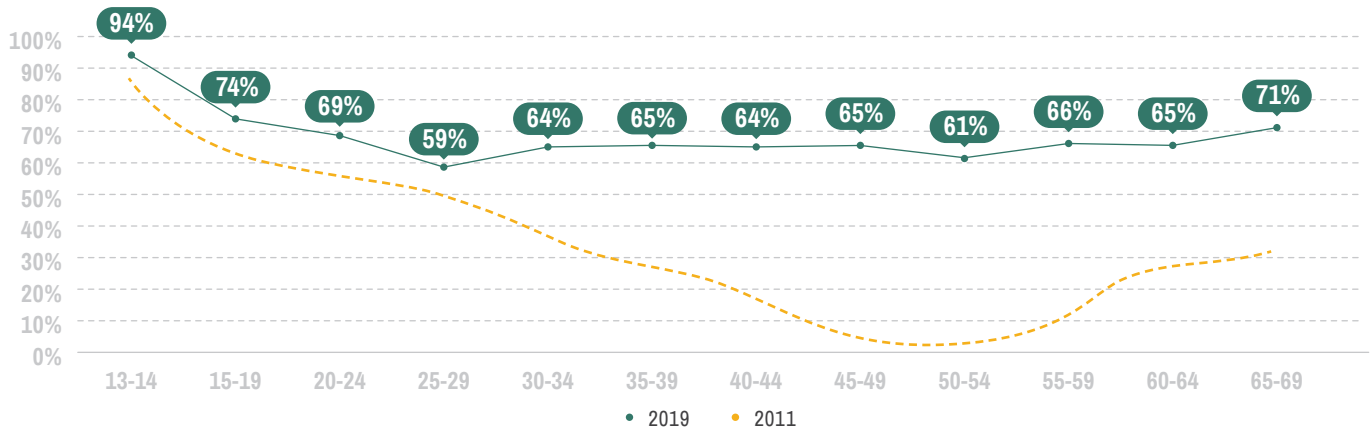
Youth Sport Participation Trends

FREQUENCY OF SPORT PARTICIPATION

2020 was an extraordinary year as the world navigated a new normal amidst the global COVID-19 pandemic. People's way of life, including sport participation, was inevitably affected as the community sought to continue their recreational and social activities while adhering to necessary safety measures.

Prior to the pandemic, regular sport participation among youths had grown significantly compared to 2011 before Vision 2030 was launched (see **Chart 1**).

CHART 1: REGULAR SPORT PARTICIPATION RATES



Notes

Figures are in % based on all respondents in each age group.
Regular participation rates refer to participation in sports and/or exercise at least once a week.

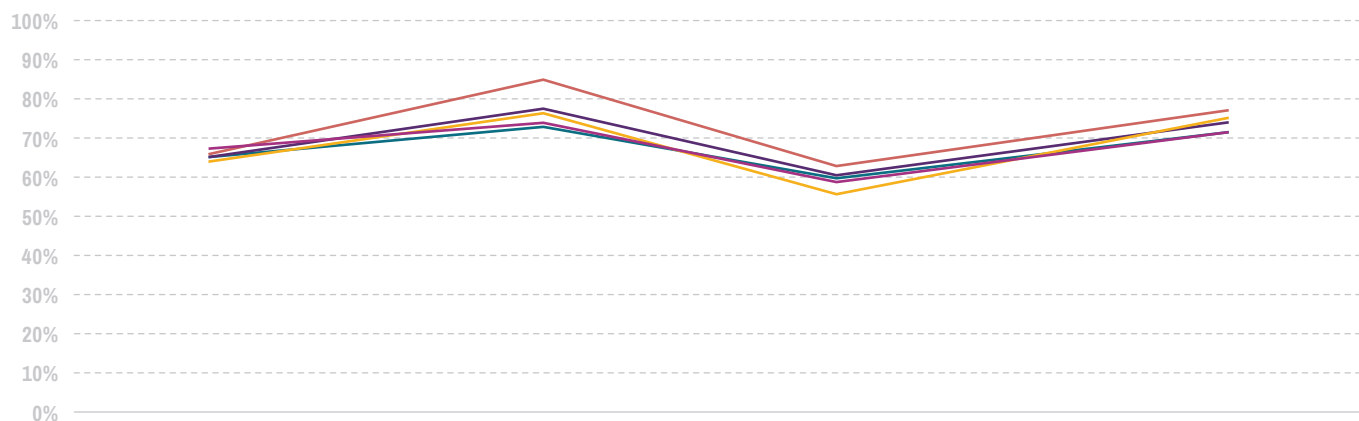
Source: National Sports Participation Survey 2011, 2019

According to the 2020 National Sports Participation Survey¹ (NSPS) conducted for the first three quarters of the year, 78% of youths aged 15 to 34 years old regularly participate in sport at least once a week before Circuit Breaker in April 2020 – a marked increase from the annual average 66% in 2019. Youth participation levels dipped to 61% in Q2 2020 due the suspension of activities and closure of sport facilities during Circuit Breaker between 7 April to 1 June 2020, and Phase 1 of Safe Reopening from 2 June to 18 June 2020. Following that, regular sport participation bounced back to 74% in Q3 as sport facilities reopened, albeit with limited capacity,

and activities gradually resumed. Similar trends were observed among different segments of youths, as detailed in **Chart 2**.

This steep V-shaped rebound demonstrated the youths' enthusiasm to engage in sport and physical activity regularly despite challenging times, as well as the important role sport facilities and programmes play to enable sport participation and an active lifestyle. When the pandemic disrupted the supply of sport facilities and programmes, youths maintained their active lifestyles in other ways. This included attending online classes and exercising in public open spaces such as jogging and cycling in the parks.

▪ **CHART 2: REGULAR SPORT PARTICIPATION AMONG YOUTHS**



	Average 2019 (%)	Pre-Circuit Breaker Q1 2020 (%)	Circuit Breaker & Phase 1 Q2 2020 (%)	Phase 2 Q3 2020 (%)
• Residents aged 13 & above	66	73	60	71
• All Youths (15-34 Years old)	66	78	61	74
• Youths in Tertiary Institutions ^a	67	83	61	77
• Youths in Workforce	64	76	56	76
• Youths living in 1-3 room HDB flats	68	75	59	71

Note

a. Tertiary institutions comprise of Junior Colleges, Polytechnics, and Institute of Technical Education.

Source: National Sports Participation Survey 2019

¹At time of publication, results from the 2020 National Sports Participation Survey was gathered for the first 3 quarters of 2020. Respondents include Singaporeans or Singapore Residents aged 13 years and older. Youths aged between 15 and 34 accounted for 825 respondents.

The higher participation level among youths in tertiary institutions compared with their working counterparts points to the possibility that peers within the same social environment are more likely to have an influence over one another's lifestyle and sporting choices (Smith, 2003). This is especially so when they share similar schedules and have access to the same facilities and activities in the structured school environment. This peer influence and interactions through sport help to establish a community of support around our youths as they navigate life's ups and downs. For youths in the workforce, sport participation level was much lower during Circuit Breaker and Phase 1 of Safe Reopening. This could be attributed to the effects of new work-from-home arrangements and safe management measures (e.g., closure of sport facilities) during this period.

TYPES OF SPORT & PHYSICAL ACTIVITY

Among all the segments tracked by the NSPS, youths (aged between 18 and 34) showed the highest participation rate in team sports, such as basketball and football. With the extraordinary circumstances in 2020, NSPS showed that youths migrated from structured team sports to more "convenient" and potentially individualistic activities such as jogging and brisk walking, to stay active (see **Table 1**). Prior to the pandemic, four team sports - basketball, soccer, netball, and volleyball, were among the top 10 activities youths participated in. Aside from the suspension of programmes and closure of sport facilities, group size limitations also rendered it difficult for youths to play team sport in its traditional format during the pandemic.

▪ **TABLE 1: TOP 10 SPORT/ACTIVITY PARTICIPATED BY YOUTHS**

	2019 (n=1,248)	Q1 2020 (n=200)	Q2 2020 (n=261)	Q3 2020 (n=310)
1	Jogging/Running	Jogging/Running	Jogging/Running	Jogging/Running
2	Walking/Brisk Walking	Walking/Brisk Walking	Walking/Brisk Walking	Walking/Brisk Walking
3	Swimming	Swimming	Calisthenics	Cycling
4	Other workouts*	Badminton	Other workouts*	Calisthenics
5	Basketball	Cycling	Yoga	Swimming
6	Football/Soccer	Calisthenics	Cycling	Badminton
7	Badminton	Basketball	Weightlifting/Weight training	Weightlifting/Weight training
8	Cycling	Football/Soccer	Treadmill	Basketball
9	Netball	Weightlifting/Weight training	Dance Fitness	Yoga
10	Volleyball	Other workouts*	Badminton	Volleyball

Notes

*Other workouts or exercises with equipment in Gym, Home Gym, or Indoor or Outdoor Fitness Corner. Activities in bold refer to team sports that require more than 2 people to participate.

Observations from the NSPS results also showed that as youths transitioned into the corporate world, their choice of activities shifted towards unstructured physical activities. Running or jogging consistently ranked first, likely due to convenience since it can be done alone or with friends, anywhere, anytime. SportSG has also

rolled out collaborations with the business sector to help maintain employee fitness while utilising sport for team building and corporate bonding purposes. As the uptake of these corporate programmes continue to increase, we hope to see a sustained interest in team sports among youths in their 20s and 30s.

MOTIVATION FOR SPORT PARTICIPATION

While the youth sport participation trend in 2020 saw some dips due to unprecedented restrictions, it was also encouraging to see that more than 50% of those who participated in any sport in the past year continued to do so to, with the goal of achieving improvements in their holistic wellbeing, both physically and mentally (see **Table 2**). This reinforces Vision 2030's strategic impetus to build a resilient society where citizens are living better through sport.

On the other hand, youths who did not participate in any activities in the past year attributed their lack of participation to a lack of interest in sport and a lack of time due to studies and familial commitments. This is an opportunity for SportSG to explore creative ways to bring sport to these youths with the goal of shifting their mindset about sport participation.

• **TABLE 2: TOP MOTIVATIONS FOR PARTICIPATION IN SPORT & PHYSICAL ACTIVITY**

	2019 (%) (n=1,250)	Jan-Sep 2020 (%) (n=501*)
For a better physical health	42	44
For the interest of the sports	22	14
To look or feel good	14	12
For a better mental health/To de-stress	10	14

Notes

*Smaller sample size due to revised questionnaire design to suit groundwork (telephone interview). Respondents sample size are those who participated in any activities in the past year.



Embracing the New Normal

The COVID-19 pandemic was a black swan event that took many by surprise and the impact of the disruptions it triggered was deeply felt by the sporting community. Sport facilities were closed and programmes suspended. Regular sport participants could not play the way they used to, nor could our Team Singapore athletes train and compete in ways they are familiar with. Even when facilities reopened and programmes resumed, capacity was capped, and cross-group interactions were prohibited. The health and social risks of an increasingly sedentary and isolated lifestyle among Singaporeans, especially our youths, as a result of these disruptions cannot be underestimated.

SportSG has remained committed to sustain sport and physical activity participation as much as possible within the scope of Safe Management Measures while endeavouring to enable sport participation by providing opportunities to train and play responsibly and safely. In addition, National Sports Associations (NSAs) were also roped in to reimagine and transform existing play formats for the new normal and use their networks and resources to encourage continued participation in sport, especially team sport.

Highlights of key strategies launched to engage youths in embracing the new normal include:

GO DIGITAL

ActiveSG Circle

In April 2020, SportSG launched ActiveSG Circle, a virtual sport centre, to enable the community to stay active and fit during the Circuit Breaker. Targeted at citizens from all walks of life, ActiveSG Circle offered an extensive suite of online content ranging from live exercise classes for all ages and abilities, healthy cooking demonstrations to informative talk shows. The content allowed youths to form virtual communities with like-minded individuals who shared their passion for sport. By Q4 2020, the platform has garnered more than 3 million unique visitors and engagement levels continue to climb as more content is added to the platform. Besides providing digital content,

ActiveSG Circle also provided support to the sport industry by helping coaches and fitness instructors produce online content to engage their existing clients and reach new ones to sustain their income during these challenging times.

YouthCreates

YouthCreates is a youth-led movement that taps into the fun and vibrant youth community to create online content that resonates with their peers. This movement for youths, by youths, aspires to make a difference through sport by empowering youths to create positive change. Fitness workouts and challenges are designed and organised by youths to rally their peers to stay physically active, remain socially connected and simply live better through sport. Individuals who wish to contribute to the community are also invited to join the movement as YouthCreators to generate original content ranging from workout sessions to opinion pieces and social media pieces. To sustain the level of interest and activity on YouthCreates, quarterly social media campaigns will be rolled out to engage the youths regularly while amplifying SportSG's core values through participation in health and fitness activities.

SportCares

Launched in 2012 to use sport for social good, the SportCares Foundation has since developed a solid portfolio of sport programmes to empower vulnerable youths and transform their lives through regular sport participation.

The weekly [Saturday Night Lights Programme](#), which was designed to empower underprivileged and at-risk youths through football with professional coaches, had to rethink its training format to ensure that its sessions continued to connect youths with one another and their coaches. In response to the COVID-19 restrictions, virtual training sessions were introduced where youths could continue to train without losing momentum.

Similarly, [Play-Ability](#), a weekly programme for people with disabilities and special needs shifted online with up to 12 sessions each week.

Through the regular sessions, more than 150 youths with disabilities and special needs were able to continue their fitness routines and socialising through virtual platforms.

Play Inclusive, an annual event jointly organised by SportCares and Special Olympics Singapore, also adopted a virtual format for the 2020 edition. Virtual Play Inclusive 2020 gathered students from mainstream and special education schools to form teams and engage in regular exercise for two months. Designed to nurture friendships between youths of different abilities, this initiative transcended the restrictions of the global pandemic by going digital.

PLAY REIMAGINED

Blended! Initiative Grant

To catalyse the digitalisation of the sport industry, SportSG launched the Blended! Initiative Grant, under the Sports Resilience Package, to encourage sport event companies to pivot and develop new event formats while continuously engaging Singaporeans. This enabled mass participation events to proceed in 2020 with a new blended format that combines virtual and physical experiences. Examples of key events include the Standard Chartered Marathon 2020, OCBC Cycle 2020 Virtual Rides and Run for Inclusion 2020. Moving beyond 2020, the calendar of Blended events is growing to encompass a wider range of sport and to provide more opportunities for engagement with the community, while sustaining the level of participation across demographics.

The Playoffs: 2x2 Basketball

SportSG also worked with stakeholders, such as National Sport Associations (NSA), to develop new formats for team sport so that youths can continue to indulge in their favourite sport. One example is The Playoffs, a 2v2 basketball tournament jointly organised by Foot Locker and ActiveSG, that saw a 2-a-side format instead of the usual game format comprising of 5 players on each team. With the gradual reopening in Phase 3, SportSG will continue to work closely with stakeholders of the sport ecosystem to create more opportunities for the community to play responsibly and safely.

A FORCE FOR GOOD

Team Singapore

Approximately 90% of our high-performance athletes are under the age of 35. Beyond being an inspiration in the sporting arena, Team Singapore athletes can be exemplary role models for our youths in acts of care and giving back.

While 2020 disrupted the training plans for Team Singapore athletes, it did not stop them from continuing to unite Singaporeans outside the arena through their acts of care for the community. Team Singapore athletes, in partnership with Engineering Good, rallied Singaporeans and collected more than 1,000 old laptops to be refurbished and redistributed to low-income students in order to support their home-based learning. Apart from the laptop donation drive, some athletes went above and beyond to volunteer their time and assisted in fixing the laptops. The project also extended its reach by inspiring other groups such as the Singapore Golf Association, which raised \$20,000 in support of this meaningful cause.

Other athletes also paid it forward through organising fund-raising drives for charity organisations, volunteering their time and regularly sending activity kits to less privileged children around Singapore. 24 former and current Team Singapore athletes together with members from the sport fraternity joined the **Circuit Breaker School Buddies (CBSB) programme** to support children and youths during this extraordinary time. The athletes, who acted as mentors to 31 students, provided guidance and offered emotional support over a 10-week period. Despite its short run, there was a direct impact on the youths as the mentors reported an improvement in the youths' general attitude and attendance in school.

These respective initiatives all demonstrated how sport can be a vehicle to foster a cohesive and supportive community across sectors.



Team Nilla

Without the regular flow of sporting events to volunteer at, our Team Nilla volunteers continued to serve the community by giving their time and energy. They participated in initiatives at Canberra Community Centre to pack and distribute Care Packs to migrant workers and contributed towards greening efforts through tree planting and environmental clean-ups in the heartlands estates such as Queenstown and Yishun.

SportCares Youth Volunteers

Apart from sporting programmes, SportCares also partnered with non-profit organisations and local community partners to initiate projects that used sport for social good while drawing youth participation. These activities include facilitating online sport programmes and conducting clinics to expose children and youths to a new sport.

Looking Forward

Vision 2030 has guided SportSG and inspired its partners to activate sport as a strategy to deliver health and wellness, enable a caring and cohesive society, and nurture a confident, resilient people and nation since 2012. The impact from this new approach to sport development is evident as numerous researches had over the years validated the contribution of sport in these areas, especially in building social capital among citizens from different walks of life (Coalter, 2007; Delaney & Keaney, 2005).

“Vision 2030 Recharged!” continues the journey by opening new horizons for Sporting Singapore. It brings the focus back to the citizens, through engendering citizen-centred interventions to build on the levers established since 2012 to propel us to achieve further breakthroughs in helping Singaporeans, especially our youths, live better through sport, now and throughout their lives.

SportSG is committed to providing opportunities for the youths of Singapore to play and pursue sport, enabling those with talent and passion to excel and deepen our sporting culture. New initiatives and partnership programmes will be rolled out for all youths, providing not just an equal access to sport but also to equip them with the values

and characters that will help them navigate the different stages of their lives.

As Singapore moved into Phase 3 of Safe Reopening on 28 Dec 2020, SportSG will continue to enable sport participation through innovations and digitalisation to provide opportunities to train and play safely and responsibly with family and friends, while activating sport as a force for good for individuals, the communities, and our nation.

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YOUTH
COUNCIL
SINGAPORE

WE HEAR **Y**OUTH
HERE FOR **Y**OUTH

BLK 490 LORONG 6 TOA PAYOH
HDB HUB BIZ THREE #04-10
SINGAPORE 310490

E: NYC_ENQUIRIES@NYC.GOV.SG
WWW.NYC.GOV.SG

Also part of NYC



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Singapore



YOUTH CORPS
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