



It's official - sailing builds resilience in children

New research commissioned by Roseland Youth Sailing Trust finds learning to sail enhances coping skills in school children.

Published in September 2020, *Sailing & Perceived Future Coping Ability in Primary School Children* is written by Cornwall Children's Research Service in association with Exeter University's College of Life and Environmental Sciences.

The research compares children's estimation of their ability to cope in a variety of stressful situations before and after a sailing course, with findings demonstrating a significant enhancement in self-confidence.

The study is led by consultant child psychologist Dr Ian Frampton. He says: "We know that learning to sail promotes wellbeing and self-esteem in children. But this is the first study to look specifically at perceived future coping ability. Believing you can cope with life's shocks, setbacks and uncertainties is core to resilience – and especially relevant during the pandemic. And while more extensive research will help substantiate the results, this study shows what can be achieved in just six sailing lessons."

Roseland Youth Sailing Trust chairman Dina Croft says: "It's fantastic to see what we already know to be true backed up by the science. We're so happy we've been able to support a large group of children throughout this really testing time – all thanks to the continued generosity of our donors."

About the study

Sailing & Perceived Future Coping Ability in Primary School Children is authored by Emily Walker of Exeter University's College of Life and Environmental Sciences, Suzanne Bailey of Polkerris Beach Sailing Centre and Dr Ian Frampton of Cornwall Children's Research Service. The study measures the association between dinghy sailing and enhanced perceived coping ability in primary school children living in socially deprived communities. In the practical phase carried out in summer 2019, parents of 21 children from Years 5 and 6 who were participating in a six-week series of dinghy sailing lessons gave consent for their

children to take part in the study. Researchers used the Coping Efficacy Scale questionnaire (Sandler et al, 2000) for ages 9-13, which consists of seven items designed to measure children's satisfaction with how they handled problems in the past and their anticipated effectiveness in handling future problems. Ten pupils from School A completed the questionnaire immediately after sailing lessons with RYA-accredited instructors. Eleven pupils from School B completed it in the classroom two weeks after their final session. While the level of increased perceived coping ability was significantly higher immediately following the lessons, nevertheless the absolute value of the increase in future vs past coping ability was the same for both groups, with an effect size of 0.31 and 0.33 respectively. The authors conclude the study indicates sailing is associated with an increase in perceived future coping ability that persists over time.