

**INSEGURANÇA SOCIO-ECONÓMICA,
ANOMIA E RITUAIS. HÁBITOS DESPOR-
TIVOS NOS ESTUDANTES DE ENSINO SU-
PERIOR DO LITORAL DE OPAL COAST**

**INSEGURIDAD SOCIOECONÓMICA,
ALIENACIÓN Y RITUALES. HÁBITOS DE-
SPORTIVOS EN ESTUDIANTES DE EDU-
CACIÓN SUPERIOR DEL LITORAL DE
*OPAL COAST***

**SOCIO-ECONOMIC INSECU-
RITY, ANOMY AND RITUALS.
SPORTS HABITS IN HIGHER
EDUCATION STUDENTS OF THE
OPAL COAST LITTORAL**

Alessandro Porrovecchio*

Sports Sciences Department, University of the Littoral
Opal Coast, EA 7369 - URePSSS - Unité de Recherche
Pluridisciplinaire Sport Santé Société, F-59383 Dunkirk,
France
alessandro.porrovecchio@gmail.com

Eddy Zakhem

Physical Education Department, Faculty of Liberal Arts
and Human Sciences, University of Balamand, Kelhat, El-
Koura, Lebanon

Kloé Warnault

Sports Sciences Department, University of the Littoral
Opal Coast, EA 7369 - URePSSS - Unité de Recherche
Pluridisciplinaire Sport Santé Société, F-59383 Dunkirk,
France

Isabelle Caby

Faculty of Sports and Physical Education, Artois Univer-
sity, EA 7369 - URePSSS - Unité de Recherche Pluridis-
ciplinaire Sport Santé Société, F-62800, Liévin, France

*Correspondência com autor / Correspondencia con autor / Corresponding author

Philippe Masson

Faculty of Sports and Physical Education, University of Lille 2, EA 7369 - URePSSS - Unité de Recherche Pluridisciplinaire Sport Santé Société, F-59000 Lille

Carl Kuehn

Sports Sciences Department, University of the Littoral Opal Coast, EA 7369 - URePSSS - Unité de Recherche Pluridisciplinaire Sport Santé Société, F-59383 Dunkirk, France

Rémy Hurdiel

Sports Sciences Department, University of the Littoral Opal Coast, EA 7369 - URePSSS - Unité de Recherche Pluridisciplinaire Sport Santé Société, F-59383 Dunkirk, France

Thierry Pezé

Sports Sciences Department, University of the Littoral Opal Coast, EA 7369 - URePSSS - Unité de Recherche Pluridisciplinaire Sport Santé Société, F-59383 Dunkirk, France

Gautier Zunquin

Sports Sciences Department, University of the Littoral Opal Coast, EA 7369 - URePSSS - Unité de Recherche Pluridisciplinaire Sport Santé Société, F-59383 Dunkirk, France

Denis Theunynck

Sports Sciences Department, University of the Littoral Opal Coast, EA 7369 - URePSSS - Unité de Recherche Pluridisciplinaire Sport Santé Société, F-59383 Dunkirk, France

Resumo

O objetivo deste artigo é descrever algumas características dos hábitos desportivos de uma população de estudantes de ensino superior do litoral de *Opal Coast* (França). Como parte das atividades do observatório *Universanté* (Universidade de Littoral Opal Coast, Universidade de Artois e Universidade de Lille 2), este trabalho foi realizado num subconjunto de cerca de 800 estudantes da área de *Opal Coast*. Iremos abordar os aspetos relacionados com o contexto macroscópico. O primeira refere-se à região de *Nord-Pas de Calais*, em particular a área litoral do *Opal Coast*; a segunda é desenhada a partir dos dados de pesquisa do observatório *Universanté*. Os dados recolhidos identificam o perfil sociodemográfico dos estudantes do litoral de *Opal Coast*, e permitem-nos focar algumas características e algumas das principais situações críticas relativas à prática desportiva dos estudantes de ensino superior desta área: insegurança socioeconómica, relação entre o consumo de álcool e hábitos desportivos, comportamentos de risco. Em particular, vamos salientar a importância da quantidade de participantes em causa por episódios de consumo de álcool pontuais, regulares e de risco, cruzando esses dados com a participação desportiva: aqueles que declaram beber 6 copos de bebidas alcoólicas uma vez por mês ou mais é de 42,4% dos entrevistados. Iremos propor algumas medidas interpretativas para enquadrar este fenómeno. A primeira medida interpretativa está relacionada com o ambiente social, a segunda com a uma nova conceção de risco emergente em subculturas juvenis.

Palavras-chave: Comportamentos de risco; Consumo de álcool; Determinantes de saúde; Hábitos desportivos; Juventude; Rituais.

Resumen

El objetivo de este artículo es describir algunas características de los hábitos deportivos de una población de estudiantes de educación superior de la *Opal Coast* (Francia). Como parte de las actividades del Observatorio *Universanté* (Universidad del Litoral *Opal Coast*, Universidad de Artois y Universidad de Lille 2), este trabajo se realizó en un subconjunto de unos 800 estudiantes del área de la Costa de Ópalo. Se abordaron aspectos relacionados con el contexto macroscópico. La primera preocupación es la región de Nord-Pas de Calais, en particular, la zona costera de la Costa de Ópalo; la segunda es consecuencia de los datos de investigación obtenidos por el observatorio *Universanté*. Los datos recogidos para identificar el perfil socio demográfico de los estudiantes de la costa de *Opal Coast* nos permiten centrarnos en algunas características y algunas de las principales situaciones críticas relacionadas con el deporte de los estudiantes de educación superior en esta área: la inseguridad socioeconómica, la relación entre el consumo de alcohol y hábitos deportivos, o los comportamientos de riesgo. En particular, observamos la importancia del número de participantes afectados por episodios de consumo de alcohol puntual, regular y de riesgo, cruzando estos datos con la participación deportiva: los que se declaran beber 6 vasos de alcohol una vez al mes o más es del 42,4% de los encuestados. Vamos a proponer algunas medidas interpretativas para enmarcar este fenómeno. La primera interpretación se relaciona con el entorno social, la segunda con un nuevo entendimiento de los riesgos emergentes en las subculturas juveniles.

Palabras clave: Comportamientos de riesgo; El consumo de alcohol; Determinantes de la salud; Hábitos deportivos; La juventud; Rituales.

Abstract

The aim of this paper is to describe some features of sports habits among a population of higher education students of the Opal Coast littoral (France). As part of the Universanté observatory's activities (University of the Littoral Opal Coast, Artois University and Lille 2 University), this work has been carried out on a subset of approximately 800 students of the Opal Coast area. We will refer both to some aspects related to the macroscopic context, and to some mesoscopic ones. The first concern the Nord-Pas de Calais region, in particular the Opal Coast littoral area; the second are drawn from the Universanté research data. The data collected depicts the socio-demographic profile of the Opal Coast littoral's students, and allows us to focus on some features and some of the main criticalities concerning this area's high education students' sport practice: socio-economic insecurity, the relationship between alcohol consumption and sports habits, risky behaviours. In particular, we will stress the importance of the amount of the participants concerned by regular and risky punctual alcohol consumption episodes crossing this data with sports club participation: those who declare to drink 6 glasses of alcoholic beverages one time per month or more are 42.4 % of the respondents. We will propose some interpretative keys to frame these phenomena. The first interpretative is related to the social environment, the second one to a new conception of risk emerging in youth subcultures.

Keywords: Alcohol consumption; Health determinants; Risky behaviours; Rituals; Sports habits; Youth.

Introduction: Sports and Society

Sport attracts European citizens, with a majority of people taking part in sporting activities on a regular basis. It generates important values such as team spirit, solidarity, tolerance and fair play, contributing to personal development and fulfilment. It promotes the active contribution of EU citizens to society and thereby helps to foster active citizenship. The Commission acknowledges the essential role of sport in European society, in particular when it needs to bring itself closer to citizens and to tackle issues that matter directly to them. However, sport is also confronted with new threats and challenges which have emerged in European society, such as commercial pressure, exploitation of young players, doping, racism, violence, corruption and money laundering (Commission of the European Communities, 2007).

The Commission of the European Communities shows clearly the characterization of sport as a cultural fact. Sports, in its media expression, produce daily concepts and representations that society embodied to the point of being talked about a progressive “sportivisation of culture”: it seems that sport is becoming one of the prevailing frames of interpretation of contemporary symbolic practices (Bausinger, 2006), an element holding society together (Bausinger, 2006) and an omnipresent pervasive phenomenon (Tirocchi, 2011).

It is clear that contemporary sports are changing, as concerns both their practice and their representation: this phenomenon should be framed within the wider transformation of contemporary societies and culture. Contemporary culture is generating a wide range of spectacular media products that sometimes degenerate into trash, for example wrestling, a typical “mediasport” (Wenner, 1998). Contemporary culture, in the last decades, engendered some new and alternative practices, for example extreme sports (Ferrero Camoletto, 2005); some new ways of interacting with spaces, for example parkour, are becoming increasingly visible, and more and more important as an object of study of social sciences. Finally, in some other cases, contemporary culture can produce some complex and sometimes controversial mass phenomena as for example *macdonaldization of sport and leisure* (Jary, 1999; Ritzer, 1993). This last phenomenon goes together with the expansion of sports’ demand that is seemingly leading to a sort of democratization of access to sports and physical activities. This last point will be at the core of our paper.

The “white paper on sport” should be framed within the context that we have just described. Its aim was to emphasize, in a perspective of social promotion, the aptitude of sports and physical activities to promote values. Thus, the “white paper on sport” would like to enforce and promote some good practices to help the development of personal and collective identity, and, in a broader social dimension, to promote active citizenship (Tirocchi, 2011).

The importance of values in sports is strongly tied with its importance both as an agent and as an environment of socialisation. As such, sports can provide some rules, some models, some behaviour patterns and some directions for the development of a growing awareness of the social context. Starting from this premise, it is clear that sports practice can offer a preferential point of view to analyse many features of a socio-cultural context: as a cultural fact it can provide a lot of information on its values, its characteristics, its sub-cultures, its weaknesses, its socio-economic profile, its global health and so on.

As concerns this paper, we will propose a double perspective. As we will see, we will refer both to some aspects related to the macroscopic context, and to the mesoscopic one. The first one concerns the Nord-Pas de Calais region, in particular the Opal Coast littoral area; the second one is drawn from the Universanté research data, built through the analysis of some

health and socioeconomic determinants (biomedical, social, psychological, etc.) concerning higher education students.

We should spend a couple of words on this last topic. The interaction between physical activity and health has been extensively investigated in several studies (Powell, Paluch, & Blair, 2011). Health is determined by several factors, which can be summarized in five categories: biological factors; demographic and socio-cultural factors; psychological, cognitive and emotional factors; behavioural attributes and skills; physical environment. In this paper we will focus both on behavioural attributes and on demographic/socio-cultural factors.

This paper should be framed within the “Universanté” research. Universanté started in 2008, including an observatory monitoring students’ health and promoting healthy behaviours. It is led by the Unité de Recherche Pluridisciplinaire Sport, Santé, Société (URePSSS) laboratory of the University of Lille Nord de France centre, which includes some units coming from the University of the Littoral Opal Coast (ULCO) and Artois University and Lille 2 University. The URePSSS laboratory carries on some researches on the three following areas: sports, health, society and their links. At this moment, Universanté is being carried out on a wider sample of approximately 3000 students, both at regional (Nord-Pas de Calais: ULCO and Artois University, Lille 2 University), inter-regional (Rouen University) and international level (University of Chicoutimi, Canada and University of Balamand, Lebanon).

Methodology and Field

As concerns the aim of this paper, we will refer primarily to a part of the Universanté data regarding the students of the ULCO and of a couple of paramedical training sites. In particular, we will refer to a sample of 812 students (of which 20.8% come from the ULCO, aged 17-35 years, who participated to Universanté between October and December 2013).

Universanté’s data were collected transversally: the URePSSS laboratory organised some “Journées Universanté” (Universanté days) at the beginning of each academic year (October-November), from 2008 to the present day. Participation was optional, but the students were strongly encouraged to give their contribution. The participants complete, in the same unit of time and place, a self-administered questionnaire and follow a circuit composed of some physical and anthropometrical measurements. The data have been analysed using R®, after the correction or elimination of incomplete or incorrect dossiers. The significance level adopted was 5%, (p -value lower than 0.05). The questionnaires were anonymous and contained no information to identify students. Data collection was anonymous and confidential and was the subject of a systematic consent of the student. The study design was approved by the “Comission Nationale de l’Informatique et des Libertés” (CNIL).

The questionnaire is divided into 8 different areas: personal and social data; anthropometric data; nutrition (including the consumption of tobacco, alcohol and psychoactive substances); well-being; physical activity; physical and biological tests; media consumption; sleep; social life. Therefore the questionnaire is structured into several sections, each of which consists of tools that have been validated internationally, and are ordinarily used in some similar researches. This means that the results of the analysis of the different areas of Universanté are potentially comparable with those of any other research that has made reference to the same indicators. We will focus on the following components of the questionnaire:

- a) Will be analyze the physical activity and the well-being area, in particular we will highlight some of the results of both the Exercise Dependence Scale-Revised (EDS-

- R) questionnaire (Kern, 2007) and the Global Physical Activity Questionnaire (GPAQ) (Bull, Maslin, & Armstrong, 2009);
- b) Will be take into account and we will mention some of the results of the first analysis concerning alcohol habits (Porrovecchio, Caby, et al., 2014), based on the AUDIT questionnaire (Saunders, Aasland, babor, De la Fuente, & Grant, 1993). This is a synthetic indicator of alcohol consumption and risky behaviours based on alcohol habits;
- c) Some of the founder members of Universanté (Philippe Masson, Carl Kuehn and Thierry Pezé) built a synthetic questionnaire concerning the individual's social life. We will base our analysis also on some parts of this questionnaire and on its first results (Porrovecchio, Masson, et al., 2014).

The data collected shows clearly the socio-demographic profile of the Opal Coast littoral students, and allows us to describe some features and some of the main criticalities concerning this area's high education students' sport practice.

An important part of this paper is based on the distinction between those who are licensed in a sports club and those who are not: in this second category are included those who do not have any exercise practice and those who practice in an autonomous way. The data collected unfortunately do not allow us to divide the data in 3 different variables (non practitioners, autonomous practitioners, licensed practitioners). However, we are aware of the increasing importance of the non-institutional sport practices, as for example street sports or the personal ones focused on individual's well-being (Duret, 2004). Unfortunately our data do not provide us any useful information on the specific typology of sport or physical activity practiced. This because we are using the data provided by an observatory (Universanté), and its research activities, until the present day, do not focus on this typology of information. This limits partially our possibility to compare our data with those of some other institutions.

We will then make comparisons between the frequencies of some traits within each group. For this reason, as concerns the tables 2, 3, 4, 5 and 6, only the rows indicate the total of 100%. The columns are comparable only as concerns the internal composition of the two groups (*licensed in a club* and *not licensed in a club*): for this reason the sum of the percentages in the columns is not 100%. In the last part of this paper (discussion) we will not refer anymore to the distinction between *licensed* and *non-licensed*, focusing on the overall sample of our research.

The Case Study: High Education Students of the Opal Coast Littoral

Universanté has been led in the Opal Coast littoral area. This area counts more or less 850000 residents. It is located in the Nord-Pas-de-Calais region (France), overlooking to the English Channel, from the Belgium border to the Berck and Le Crotoy areas. In this area are located both the ULCO, a multi-site university of 10000 students, and the 7 paramedical training sites (1800 students) that have been involved in this phase of Universanté.

The Opal Coast littoral's population is particularly sensitive, both from a socio-economical point of view and in terms of sociology of deviance: in addition to an overall critical rate of unemployment (14.0%, compared to 10.5% of metropolitan France) (INSEE, 2013), a rate of suicide attempts higher than the national average (6.0% vs 5.0% in 2010 for the 15 to 30 year old) (Beck & Richard, 2013), our first analysis identified a proportion of individuals who engage in binge drinking much higher than the rest of the French population

(Beck & Richard, 2013) . These issues clearly indicate the presence of a complex condition of malaise and anomy (Le Breton, 2007).

No institutional or demographic data exists on the Opal Coast littoral area's sport practice. For this reason, to frame our analysis we must refer to the data provided by the Direction Régionale de la Jeunesse, des Sports et de la Cohésion Sociale (DRJSCS) of the Nord-Pas-de-Calais. In this region, in 2012, 8432 sports clubs were affiliated to a federation, 3183 of these clubs were affiliated to a multi-sport federation, 3650 to an Olympic uni-sport one, 1599 to a non-Olympic uni-sport one. In the aggregate, the region hosts a population of 916261 licensed sports practisiers, of which 33.2% are women. As concerns the regional population, 22.7% were enrolled in a club affiliated to a federation, a figure slightly lower than the national average: in France, 23.9% of population were enrolled in a sports club belonging to a federation.

Physical Activities Profile

In this section, we will rely on some parts of the area dedicated to physical exercise, of the questionnaire Universanté: the GPAQ (Bull et al., 2009), which is placed on the first part of the questionnaire, a series of items concerning sports practice and the EDS-R (Kern, 2007), placed on the third part. In a first phase we will introduce some socio-demographic features of our sample. Then we will focus in its sports practice. Overall, 812 students were involved in the survey, as concerns Universanté 2013 (67.8% girls, 32.2% boys). Their average age was 21.6±5. Of these, 63.1% of them were enrolled in the nursing courses, 13.2% in the sports sciences ones, the rest were coming from physiotherapy, ergotherapy, law, etc. Some of the main socio-demographic features of our sample can be found on Table 1.

Table 1. Samples features.

Age	<i>n</i>	%	Licensed in a sport club	<i>n</i>	%
17-19	292	36.1	No	490	60.7
19-21	137	17.0	Yes	317	39.3
>21	379	46.9	Area	<i>n</i>	%
Sex	<i>n</i>	%	Nursing	511	63.1
Males	262	32.2	Sports Sciences	107	13.2
Females	550	67.8	Physiotherapy	72	8.9
Jobs	<i>n</i>	%	Ergotherapy	58	7.2
No	705	88.0	Economics and Management	17	2.1
Yes	96	12.0	Law	13	1.6
Scholarships	<i>n</i>	%	Sciences and Technology	11	1.4
No	457	57.4	Lifelong Learning	10	1.2
Yes	340	42.6	Human Sciences, Humanities and Languages	6	0.7
High Level Practisiers	<i>n</i>	%	Other	5	0.6
No	791	98.0			
Yes	16	2.0			

Only 2.0% of the participants (16, 6 girls and 10 boys) were high level athletes, and 39.3% were enrolled in a club. As we have seen, the second value indicates a quota of participants enrolled in a club above the national average 39.3% vs 23.9%): this data can be strongly influenced by the fact that our population is younger than the average national one: according to the INSEE data, France's mean age is 40.8, the median one is 39.8. In addition, an important part of our population comes from the sports sciences area (13.2%): this feature certainly influences our values. Only the 30.8% of the girls of our sample were licensed in a club; conversely, the majority of boys were licensed (56.9%). This could mean that sports club practice is some kind of masculine peculiarity. 72.3% of the participants (73.2% of girls and 70.4% of

boys) declare to cycle or walk at least 10 minutes per day, irrespective of working or sporting activities. Our sample declares to walk at least 10 minutes per day, on average 4.8 times per week. 49.7% of the participants declare that they usually practice a moderate physical activity (47.0% of girls and 55.4% of boys), which implies a small increase in breathing and/or heart rate, such as brisk walking, biking, playing volleyball, for at least 10 minutes per day. They declare to practice this kind of activity, on average 1.9 times per week. In fine, sports as fitness or recreational activities that require intensive significant increase in breathing and/or heart rate, like running or playing football, for at least ten minutes per day, concern 58.8% of our sample (49.4% of girls and 78.6% of boys). They declare to practice this kind of activity, on average, 2.3 times per week.

First Critical Aspect: a Condition of Economic Insecurity

The students that took part in the Universanté survey come mainly from the middle and working classes (table 2). An important part of the student's families come from the employees' (24.2%), intermediary professionals' (10.3%) or middle managers/intellectual professionals' (22.2%) contexts. The most important quota of the families comes from the working class (24.8%), and an important quota of mothers is unemployed (19.2%), not mentioned on table 2. Compared to the overall population of France (Moisan, 2013), our students mostly come from the lower and middle class. We notice also the underrepresentation of middle managers, intellectuals and intermediary professions.

Table 2. Fathers jobs.

	Farmers, Artisans, merchants and company managers	Middle Managers, intellectuals	Intermediary professions	Employees	Working class	Unemployed	Total
Non licensed in a Club	17.3%	17.3%	10.6%	23.5%	26.8%	4.6%	100%
Licensed in a Club	11.0%	26.5%	9.1%	25.9%	23.9%	3.9%	100%
Total	14.6%	22.2%	10.3%	24.2%	24.8%	3.9%	100%
France	10.1%	30.7%	12.0%	11.6%	10.6%	11.5%	100%

If we focus on club memberships, we see that the data become even more interesting: it seems clear that there is some significant link between club memberships and socio-professional categories. Among those who practice in a club we can see that 25.9% come from the employee's area and 26.5% from the middle managers and intellectual's one. This data is superior compared to internal composition of the non-licensed group (23.5% and 17.3%). As concerns those who do not practice in a club, the working class presence is important (26.8%), superior both to the national data (10.6%) and to the licensed one (23.9%). We highlight also a significant data regarding the presence of farmers, artisans, merchants and company managers among the non-licensed population (17.3% vs 11.0%). Socio-professional category could be an interesting indicator of the socio-economic condition of our sample, but our survey offers us some other opportunities to depict its socio-economic profile.

One of the most interesting indicators is the amount of students having a scholarship based on social equity criteria: 42.6% of our students had a scholarship (44.4% of the *licensed*, 41.4% of the *non-licensed*), a figure much higher than that of the whole French students' population: 35.2% (Moisan, 2013). Another indicator of the socio-economical condi-

tion is the amount of working students: 12.0% of the participants had a job (50.5% of the *licensed* and 37.8% of the *non-licensed* had one). 25.0% of those who had a job declared to do it from necessity. The majority of those who have a job (66.7%) gain less than 400 euros per month. This data do not consider students' summer jobs: 66.3% of the sample had a student job last summer, and this concerned all the socio-economical categories. As concerns this part of the sample, 20.1% had a summer job to pay their university studies.

This data should be coupled with those on table 3: in some way 21.8% of the respondents limit their leisure because of some financial problems. In particular, 9.5% of the respondents have always to consider their financial condition. If we focus on the licensed ones, 13.3% of the respondents declare to limit their leisure because of some financial problems. This quota is strongly different compared to the one declared by the *non-licensed*: 27.3%.

Table 3. I limit my leisure for financial problems?

	Always	From the 10 th of the month	From the 20 th of the month	Never	Total
Non licensed in a Club	12.1%	3.4%	11.8%	72.7%	100%
Licensed in a Club	5.5%	1.3%	6.5%	86.8%	100%
Total	9.5%	2.6%	9.7%	78.3%	100%

Starting from this first overview, we can say that our data confirm the results of some recent research on the same topic: economic barriers can be a major limitation to participation and the choice of sports activity (Kirk et al., 1997); young people from wealthier families seem to be more likely to practice a physical activity (in a club) compared to those who come from families and situations of economic hardship (Gordon-Larsen, McMurray, & Popkin, 2000; La Torre et al., 2006; Tuinstra, Groothoff, Van den Heuvelm, & Post, 1998). It is clear that there is an important difference on sports access, basing on social and socio-economic determinants. This hypothesis is confirmed also by the Pearson's chi-squared test ($\chi^2=22.07$, $df=3$, $p\text{-value}=6.294e-05$), applied on the relationship between the limitation of leisure and club licenses. In our future studies we will try to build more precise assumptions regarding the interaction between these aspects.

Second Critical Aspect: Alcohol and Sports

The focus that we propose in this paragraph poses several questions as regards the construction of an intervention strategy, especially as concerns the role of sport practice (Porrovecchio, Caby et al., 2014). As concerns our sample, 9.0% declared that they have never consumed alcohol, 89.0% declared that they consumed alcohol at least one time in their life, 2.0% preferred not to answer to this question. Among those who declared having consumed alcohol beverages, if we erase non-significant values, they declared that they started drinking between 13 and 23 years old. In the following parts of this paper we will refer to the students who answered to this part of the questionnaire.

Our aim, in this context, is to differentiate the consumption styles to focus our analysis on the part of the population whose alcohol habits could be defined as "risky": the one characterized by some frequent (6 or more glasses of alcoholic beverages one time per month or more) punctual important alcohol abuse (in French, "Alcoolisations Ponctuelles Importantes", API). The area of the Universanté survey concerning alcohol habits is based on a couple of questions taken from the AUDIT questionnaire: an episode of punctual alcohol consumption is characterized by the consumption of 6 or more glasses of beer or other alcoholic products. Basing on the following tables (tables 4, 5 and 6), we will analyze alcohol habits of our sam-

ple, focusing on the habits of the two groups (*licensed* and *non-licensed*), and then on the differences between the two groups.

Table 4. I What is the frequency of your alcohol consumption?

	1 per month	2-4 per month	2-3 per week	More than 4 per week	Total
Non licensed in a Club	35.6%	51.3%	10.9%	2.2%	100%
Licensed in a Club	27.7%	58.1%	13.1%	1.0%	100%
Total	32.3%	54.1%	11.8%	1.7%	100%

The table 4 introduces a very first overview of the frequencies of alcohol consumption among the Universanté survey participants. 1.7% of the participants (1.0% of the *licensed* and 2.2% of the *non-licensed*) drink alcohol regularly (more than 4 times per week). This number rises to 13.5% if we consider those who declare drinking more than 2 times per week. If we just take a look at this data, there is no significant difference between *licensed* (14.1%) and *non-licensed* (13.1%). If we compare our data with the ones concerning the French population illustrated in the Baromètre Santé, we realize that the youth of our sample seems to drink less they could be defined as people with weak chronically risky consumption (1.7% vs 2.5%) (Beck & Richard, 2013). But this comparison can't be taken for granted because the Baromètre Santé's data refer to the 15-to-30 year old and the authors stated that the frequency of consumption rises in parallel with the age (Beck & Richard, 2013).

Table 5. How many drinks do you drink in a typical drinking day?

	1 or 2	3 or 4	5 or 6	7 or 8	10 or more	Total
Non licensed in a Club	40.5%	29.4%	17.6%	8.0%	4.6%	100%
Licensed in a Club	33.7%	25.3%	20.1%	10.8%	10.1%	100%
Total	37.7%	27.7%	18.6%	9.1%	6.8%	100%

Basing on our definitions, we can say 34.5% of the participants experienced some punctual alcohol consumption episodes: 41.0% of the *licensed* and 30.2% of the *non-licensed*. In particular, 10.1% of the licensed declare that in a typical day they drink 10 or more drinks.

Table 6. At which frequency do you drink more than 6 glasses of alcohol beverages?

	Never	Less than 1 per month	Once per month	Once per week	Almost everyday	Total
Non licensed in a Club	37.1%	26.7%	23.8%	12.4%	0.0%	100%
Licensed in a Club	26.5%	22.0%	31.7%	19.9%	0.0%	100%
Total	32.8%	24.8%	27.0%	15.4%	0.0%	100%

On the table 6, the most important one concerns to the most critical aspect of this feature. Through this table we can identify exactly the amount of people concerned by regular and risky punctual alcohol consumption episodes among our population: those who declare to drink 6 glasses of alcoholic beverages one time per month or more are 42.4% of the respondents: namely 51.6% of the *licensed* and 36.2% of the *non-licensed*. This population - oversimplifying - could be defined "risky", and will be at the core of our subsequent analysis.

No one declares to drink 6 or more alcohol beverages almost everyday, so - basing on some classic definitions (Baiocco, D'Alessio, & Laghi, 2008) - no one can be framed within the heavy drinker's population. Though the data concerning heavy drinking are not alarming from a quantitative point of view, if we compare our data with the ones proposed by the Baromètre Santé, we can see that from a national point of view 10.8% of the 15-to-30 year olds manifest risky or addictive alcohol habits: those are men drinking more than 21 alcoholic beverages per week, women drinking more than 14 alcoholic beverages per week or people drinking more than 6 glasses of alcohol beverages more than once a week. As concerns our

sample, the data are much more alarming: the ones that drink more than 6 glasses of alcohol beverages more than once a week are the 15.4% of the sample (19.9% of the *licensed*, 12.4% of the *non-licensed*). The interaction between the two factors (*licensed/non-licensed vs drinking habits*) is confirmed also by Pearson's chi-squared test ($\chi^2=22.07$, $df=3$, $p\text{-value}=6.294e-05$). Before we start focusing on the population that could be framed as “risky”, we should clarify some aspects. It is important to explain that having experienced some punctual alcohol consumption episodes (drinking 5/6 or more glasses of some alcoholic beverage) does not necessarily mean being in a condition of constant risk. This only means that among one’s pattern of consumption, this kind of experience happened. For this reason, the fact that the two tables refer to two different aspects of the phenomenon [5/6 or more glasses (table 4); 6 or more (table 5)] does not affect our discussion.

We will now focus on a last feature characterizing the “risky” population: physical activities. As concerns this feature, at a first glance, some interesting data show that the “risky” drinking population declared that they - on average - engage more on both high-intensity physical activity (2.41 vs 1.58 days per week) and medium-intensity physical activity (3.14 vs 2.58 days per week) during their job. This is the same concerning their leisure’s physical activity: they train more in both high-intensity physical activity (2.41 vs 2.10 days per week) and medium-intensity physical activity (2.03 vs 1.91 days per week). Furthermore, the risky ones that are licensed in sports clubs are proportionally more numerous than the non-risky (49.3% vs 34.2%) (table7). Finally, the global score concerning the physical activities (EDS-R) of the risky is higher than the one of the non-risky (13.68 vs 15.02).

Table 7. Licensed or not licensed in one or more sports club.

	Non licensed	Licensed	Total
Non risky	65.8%	34.2%	100%
Risky	50.7%	49.3%	100%
Total	59.4%	40.6%	100%

If we take a look at the data concerning the EDS-R (Kern 2007), we can see that the risky sample’s overall profile is closer to a condition of addiction to sports. All the 20 items of the EDS-R show that the risky sample’s values are significantly higher than those of the non-risky one ($p\text{-value}=0.03$). These data do not say anything as concerns the causes and the implications, namely they do not say anything as concerns the direction of the correlation. But they highlight an overall condition of malaise that is going towards a precise direction: the risky profile tends to come in parallel with the one of those presenting a condition closer to sports addiction, or mass media addiction.

Discussion: Social Environment and Imaginary

Our data do not say much about some possible solution concerning the critical issues and the malaise highlighted. As concerns the interaction between physical activity and alcohol habits, our data show that the risky overall profile is closer to a condition of addiction to sports, but we do not exactly know why. We can propose some hypothesis that must be verified (Porrovecchio, Masson, et al., 2014) by some further study, complementing our research strategy with some qualitative spin-offs. At the moment, we can propose two main interpretative frames concerning the sociological causes of this condition. Since there frames are mainly interpretative, will not be referred to the variables (*licensed* or *non-licensed*) that we used in the previous analysis.

The Social Environment

As concerns the social environment, our data depicts a complex condition: our population is characterized by a difficult economic condition, by a very important quota of punctual important alcohol abusers and by a strange interaction between alcohol habits and physical activities. If we proceed our analysis, we can see that it is a population suffering from a condition of isolation. To analyze this feature, we can focus on three main aspects: the housing problem, the transport problem and students' external activities.

As concerns the housing problem, 27.6% of the sample live alone, 7.7% live with some people who do not belong to their own family. The remaining part of the sample lives with their partner (15.6%) or their parents/family (49.1%). 30.4% of the sample receives housing assistance from the local government, because of their socio-economic condition. Only 2.7% live in a university hosting structure (alone or with some other students). As concerns their general condition, 1.1% declared to live in a precarious condition, 0.5% declared to be actually homeless, and so they must find some solutions to their housing situation, which is particularly severe. Finally, 4.6% declared to be unsatisfied of their housing condition. The housing condition should be coupled with the transport one. 80.7% of the respondents have a drivers' license, and 73.8% have a personal mean of transport. This, of course, does not mean that they (can) use it to go to the university. In the Universanté survey we have another question concerning the areas of housing and transport: "The public transport network allows me to participate in the activities I choose" (table 8).

Table 8. The public transport network allows me to participate in the activities I choose.

Completely disagree	Disagree	Agree	Completely agree
27.8%	19.7%	22.5%	28.4%

The data shows clearly that 47.5% of the respondents are not satisfied of the public transport quality: probably they perceive it as not efficient, and so they must find some different solutions to move to the university, or to participate on the activities they want. More specifically, 47.8% of those who do not have a personal mean of transport do not agree with the sentence "The public transport network allows me to participate in the activities I choose". This leads us directly to another area, the one of the environmental aspect: the activities outside of the university. As concerns "social life", as we wrote in the methodology part of this paper, some researchers of the URePSSS produced a specific questionnaire. In this questionnaire, we can find some questions concerning the perception of some aspects of the respondents' life. The data analysis of this part of the survey shows that 41.5% of the sample considers their life mediocre or poor. In particular, 3.5% consider their life definitely poor. Concerning social life, 24.4% of the participants meet some people outside their university or job occasionally or less. 5.2% declare to be substantially isolated. Only 17.1% of the sample always practice some activities that make them leave their housing (not considering university lessons or jobs), while 3.9% never leave their housing for this kind of activity.

Therefore, our data highlights some alarming situations of isolation, characterizing students who live alone, who consider that the transport network will not let them move properly, and do not feel good with themselves. They are substantially isolated from a geographical, economical, social and psychological point of view. This condition is not so far from Durkheim's "anomy" (1897). This sociopathic condition is very complex, and goes with some particular features concerning risky and addictive behaviours and socioeconomic insecurity

Rituals and Risky Behaviours

Starting from this framework, when we discuss about young people's habits and behaviours we must take into account the fact that the changes who occurred in western societies in the last decades have been significant and led to a sort of deregulation of values: the transformations involving the family and the other socialization agencies (Porrovecchio, 2012a; 2013) have rapidly affected youth (sub)cultures and their socio-cultural forms. In this context, the social interaction codes and the needs of social integration and recognition take on new shapes and leave ample room to individuals' initiative (Le Breton, 2007; Porrovecchio, 2012a). In particular, there is a set of rituals which have a special and decisive role in the path for adulthood (Van Gennep, 1909) that have lost their power: like other social forms, they have undergone some changes that transformed them significantly: Western societies no longer recognize collectively established rites of passage (Goguel d'Allondans, 2005) as necessary steps for adulthood. Contemporary societies, in fact, leave to the individual the honour and responsibility to build and shape the path of their existence through the creation of intimate rites of passage (Le Breton, 2007): some new kinds of rituals performed in a relatively solitary way.

This "need for rituals", according to Le Breton (2007) can be one of the most important factors that determine a wide range of phenomena connected to risky behaviours, from particularly unscrupulous lifestyles (as for example those who lead to a condition of sport addiction) to unhealthy habits (as for example risky alcohol consumption).) In some cases, the new rituals tend to go against the established social ethics ("risky" behaviours). In the next stages of our research, we intend to analyze this idea. Unfortunately, at the present time our data do not focus enough on this aspect. In our hypothesis risky attitudes and behaviours could be connected to a substantial revaluation of the acceptability of risk: a new conception of risk is emerging, and it's characterized by the repositioning of adolescents' guidelines from safety objectives to more flexible goals: individuals must be able to risk, because risk is an indispensable condition to get ahead in life and to be somebody (Le Breton 2007). This aspect is evident if we take a look at table 9, which highlights an important condition of risk, especially as concerns the frequent punctual alcohol consumers.

Table 9. Have you ever been in a means of transport driven by someone who had drinking (include yourself)?

At which frequency do you drink more than 6 glasses of alcohol beverages? →	Never	Less than 1 per month	Once per month	Once per week
Have you ever been in a means of transport driven by someone who had been drinking (include yourself)? ↓				
Never	37.1%	26.5%	24.4%	12.0%
Sometimes (less than 1 time per month)	17.8%	22.1%	34.4%	25.8%
Usually (more than 1 time per month)	25.0%	6.2%	37.5%	31.2%
Together	32.4%	25.0%	27.0%	15.6%

Conclusion

In our opinion the "need for ritual" is the main interpretative key to understand a wide range of social phenomena and cultural forms such as the problematic use of alcohol or psychoactive substances and sports addiction. These elements and aspects have been highlighted during the first analysis of the Universanté data, but should be analyzed further through some more systematic and deeper studies, to verify our main hypothesis. Taking a distance from the

specific case of the risky punctual alcohol consumption episodes, our main hypothesis is that these behaviours and attitudes can be an important indicator of the reconsideration of the acceptability of risk. Risk itself becomes a cultural factor, linked to the perception of the reversibility of choices: abuse of alcohol, consumption of soft drugs and high speed driving are not associated solely or necessarily to conditions of disadvantage or deprivation, but to some generalized features characterizing the evolutionary processes of youth culture. Some scholars, in particular Le Breton (1991), defined the actual widespread diffusion of risky behaviours passion of risks.

Another interpretative key is related to the conditions closer to sports addiction and their link with alcohol habits. It's a phenomenon strongly linked to the "need for rituals", and it is reinforced by our sample's social condition (isolation, anomic environment, economic insecurity). We should take in mind that training is a ritual (Andrieu, 1999). It's a ritual marked by times, spaces, procedures, gestures, body *hexyses* (Porrovecchio, 2012b). It reproduces itself starting from a stable nucleus, changing some parts depending on the situation. On the one hand it's rooted on the desires of the practitioner; on the other it meets the needs of physical training and the rules of the game. Its objectives can be diversified in some different value-scales: the pursuit of success, the cult of performance, management of the body, the assertion of *self* or a mere desire to escape from the routine. In a condition of important "need for ritual", it's possible that hard and problematic training becomes one of the solutions for - for example - the assertion of *self* through the creation of some intimate rituals. At the same time, alcohol consumption is a fundamental actor in the creation of collective rituals (Beccaria & Sande, 2003). Our analysis shows clearly the merger of these two aspects.

Concluding, we can say that the issue of social determinants can be seen from different points of view. In a context like that of the Opal Coast littoral, the social differences affect the construction of different lifestyles, and through them, of global health.

Lifestyles have a central role in determining the state of health or well-being of young people. The modern approach to health promotion identifies public health research, political actions and education programs as some important and diverse area of intervention to understand and manage social and health conditions of young people. If lifestyles affect people's health, then it is possible to identify some possible areas of direct and effective intervention. Lifestyles, and their behaviour's patterns, are not static. They are exposed to the dynamics of transformation of attitudes, habits and social integration. They are in fact continually assessed and re-interpreted within the relational network made up of individual choices and variables stimuli produced by the environment.

People (even more so young people) can change their lifestyles. Some aspects of lifestyles have positive or negative consequences for the health and well-being of the population: it will be important to face all the conditions that interact in the creation and preservation of these patterns of behaviours, in order to support the change (World Health Organization, 1998). Starting from this perspective, we think that the researcher's role is to develop some intervention strategies, for example through physical activity. Although our first analysis shows a significant interaction between risky alcohol consumption and sport addiction, it's undeniable that this interaction can be managed through some intervention strategies: physical activity may be a moderator or conversely an accelerator regarding alcoholic consumption, thanks to its influence on lifestyles. This issue is one of the main objectives of our future research programs.

Acknowledgements

The Universanté project was built thanks to some private and public funding. In particular, in addition to some of the facilities offered by the University of the Littoral Opal Coast, a portion of the funding was offered by the region Nord Pas de Calais, in which the research is conducted, and by the Mutualité Française (private agency that participates in the French Health System).

References

- Andrieu, B. (1999). Les rituels médicaux du sportif. *Corps et culture. Etudes critiques*, 4.
- Baiocco, R., D'Alessio, M., & Laghi, F. (2008). *I giovani e l'alcol. Il fenomeno del binge drinking*. Rome: Carocci.
- Bausinger, H. (2006). *Sportkultur*. Tübingen: Attempto.
- Beccaria, F., & Sande, A. (2003). Drinking games and rite of life projects. A social comparison of the meaning and functions of young people's use of alcohol during the rite of passage to adulthood in Italy and Norway. *Youth*, 11(2), 99-119.
- Beck F., & Richard J. (2013). *Les comportements de santé des jeunes. Analyses du Baromètre Santé 2010*. Saint-Denis: Inpes.
- Bull, F., Maslin, T., & Armstrong, T. (2009). Global physical activity questionnaire (GPAQ). Nine country reliability and validity study. *Journal of Physical Activity & Health*, 6(6), 90-804.
- Commission of the European Communities. (2007). *White paper on sport*. Brussels: European Commission.
- Duret, P. (2004). *Sociologie du sport*. Paris: Payot.
- Durkheim, E. (1897). *Le suicide. Etude de sociologie*. Paris: Felix Alcan.
- Ferrero Camoletto, R. (2005). *Oltre il limite. Il corpo tra sport estremi e fitness*. Bologna: ilMulino.
- Goguel D'Allondans, T. (2005). *Les sexualités initiatiques. La révolution sexuelle n'a pas eu lieu*. Paris: Belin.
- Gordon-Larsen, P., McMurray, R., & Popkin, B. (2000). Determinant of adolescent physical activity and inactivity patterns. *Pediatrics*, 105(E83).
- INSEE. (2013). *Enquête employ. Taux de chômage localisé*, 3.
- Jackson, E. (2005). *Constraints to leisure*. Cato Ave: Venture Publishing.
- Jary, D. (1999). The macdonaldization of sport and leisure. In B. Smart (Ed.), *Resisting macdonaldization* (pp. 116-134). London: Sage.
- Kern, L. (2007). Validation de l'adaptation française de l'échelle de dépendance à l'exercice physique: l'EDS-R. *Pratiques psychologiques*, 13, 425-441.
- Kirk, D., Carlson, T., O'Connor, A., Burke, P., Davis, K., & Glover, S. (1997). The economic impact on families of children's participation in junior sport. *Aust J Sci Med Sport*, 29, 27-33.
- La Torre, G., Masala, D., De Vito, E., Langiano, E., Capelli, G., & Ricciardi, W. (2006). Physical activity and socio-economic status collaborative group. Extra-curricular physical activity and socioeconomic status in Italian adolescents. *BMC Public Health*, 31, 22.
- Le Breton, D. (1991). *Passions du risque*. Paris: Métailié.
- Le Breton, D. (2007). *En souffrance. Adolescence et entrée dans la vie*. Paris: Métailié.
- Moisan, C. (2013). *Repères et références statistiques sur les enseignements, la formation et la recherche*. Paris: RERS.

- Porrovecchio, A. (2012a). *Sessualità in divenire. Adolescenti, corpo e immaginario*. Milan: FrancoAngeli.
- Porrovecchio, A. (2012b). Through space, against time: A glance into the orientalization phenomenon. In B. Pirani & T. Smith (Eds.), *Body and time. Bodily rhythms and social synchronism in the digital media society*. Newcastle: Cambridge Scholars Publishing.
- Porrovecchio, A. (2013). I wanna be like Sailor Moon! Media and gender socialization process. *Cultura e Comunicazione*, 2013, 26-38.
- Porrovecchio, A., Caby, I., Masson, P., Kuehn, C., Hurdiel, R., Pez , T., & Theunynck, D. (2014). Youth, sports and alcohol consumption. Studying and comparing alcohol rituals in the Littoral Opal Coast. *European Journal of Research on Education*, 2(2), 276-284.
- Porrovecchio, A., Masson, P., Caby, I., Kuehn, C., Pez , T., & Theunynck, D. (2014). The university on your doorstep: A misplaced utopia? The Universit  du Littoral C te d'Opale case. *European Journal of Research on Social Studies*, 1(1), 1-7.
- Powell, K., Paluch, A., & Blair, S. (2011). Physical activity for health. What kind? How much? How intense? On top of what? *Annual Review of Public Health*, 32, 349-365.
- Ritzer, G. (1993). *The macdonaldization of society: an investigation into the changing character of contemporary social life*. Thousand Oaks: Pine Forge Press.
- Saunders J., Aasland O., Babor T., De la Fuente J., & Grant M. (1993). Development of the alcohol use disorder identification test (AUDIT). WHO collaborative project on early detection of persons with harmful alcohol consumption. *Addiction*, 88(6), 791-804.
- Tirocchi, S. (2011). Sport e valori nella prospettiva sociologica: alcuni elementi di scenario. In R. Grimaldi (Ed.), *Valori e modelli nello sport. Una ricerca con Stefania Belmondo nelle scuole del Piemonte* (pp. 49-58). Milan: FrancoAngeli.
- Tuinstra, J., Groothoff, J., Van den Heuvelm, W., & Post, D. (1998). Socio-economic difference in health risk behaviour in adolescence. Do they exist?. *Soc sci med*, 47, 67-74.
- Wenner, L. (1998). *Mediasport*. New York: Routledge.
- World Health Organization. (1998). *WHO's health promoting glossary*. Retrieved from <http://www.who.int>.
- Van Gennep, A. (1909). *Les rites de passage*. Paris: Payot.