

SOCIOLOGY OF BRIDGE RESEARCH

Social interactions of the bridge world

- Characteristics & nature of the game
- Benefits, challenges, motivations
- Barriers to participation, opportunities for skill development, and engagement across the lifecourse
- Social networks: how bridge fosters sense of community
- Well-being and relationships at and away from the table STIRLING BE THE DIFFERENCE

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Keeping Bridge Alive....

Raise awareness of realities of bridge:

re-brand and grow bridge community

Accessible materials aimed at different audiences:

Blog posts, newspaper articles, radio, academic journals Summary report for Bridge Organisations' websites & policy-makers Themed articles for bridge magazines & Bridge Winners blog

Feedback & research ideas welcome = Global KBA Network



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Bridge Research So Far Project 1 52 in-depth interviews with elite players (Europe, UK & US) • On average 2 hours: wide range of themes & topics Insights into the bridge world • partnerships, team dynamics • benefits, skills • 20 male / 12 female over 35

• 12 male / 8 female under 35



Project 2: EBED/Stirling survey



 Individuals who play bridge have higher levels of overall wellbeing than those who do not play

McDonnell, D., Punch, S. and Small, C. (2017) *Individual Wellbeing and Bridge: An Empirical Analysis,* Aylesbury: English Bridge Education & Development (EBED), <u>http://www.ebedcio.org.uk/health-wellbeing-</u> <u>research</u>

Project 3: Gender and Bridge

From 52 elite interviews:

- Views of women's bridge, and gender differences
- Why, at the top of the game, are men more successful in terms of winning more prestigious events?

Qualitative email survey:

150 responses - 84 male and 67 female players

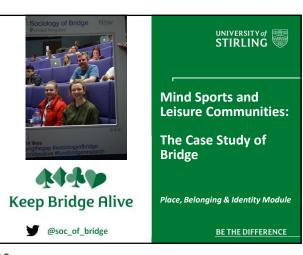
18-75 years: club, tournament, international & pro players

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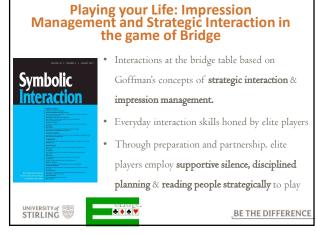
 'Temperament is everything'

 Bridge partnerships, identities and emotions

 Zoe Russell and Samantha Punch, University of Stirling

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Enhanced well-being, healthy ageing and social connection: Motivations for playing bridge in the community

Prof Samantha Punch and Elizabeth Graham s.v.punch@stir.ac.uk

9 July 2019 BE THE DIFFERENCE



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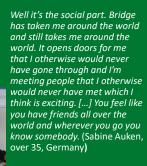
Social Connection and the Bridge Community

I really like the bridge world, and the life and the social part and the game. I think just everything together. (Marion Michielson, under 35, The Netherlands)

Bridge has been incredible to me. I have friends all over the world... Bridge players are a great group of people. So diverse. By and large very intelligent people. (Jeff Meckstroth, over 35, US)



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Bridge and Healthy Ageing: Well-being, Mental Stimulation and Social Connection
"...bridge fosters connection and a sense of community." (Galbraith et al., 2018: 10)
Healthy ageing: a lifelong process optimising opportunities and preserving health and physical, social and mental wellness, independence, quality of life and enhancing successful life-course transitions (Peel et al., 2004)
Leisure: concentration, stimulation, and active involvement in personally meaningful experiences (Ashworth et al., 2016)

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Appealing Features of the Multifaceted, Ever-evolving card Game

- well-being: pleasure, enjoyment, meaning, sociability, happiness, opportunity and satisfaction
- time, effort, dedication and commitment = mental stimulation, skill development, competition, recognition and success
- intrinsic motivation: self-expression and self-satisfaction
- socialising & belonging to the 'bridge world' may help combat social isolation and loneliness

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