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## **Sports is your friend**

Utilizing matching estimator proposed by Lechner et al. (2011) and Social Diagnosis data we analyze impact of sports activity on physical, economic and social situation of adults in Poland. Information included in the dataset allow not only for the analysis of the (self-assessed) health and labor market outcomes, but also social capital.

The panel structure of the data and the method used allows us to: a) stratify the sample using past characteristics (including past sports activity), b) asses outcomes after the treatment – engaging in sports activity – takes place. Both allow for interpretation of the results as reflections of causal relationship.

Even though publications utilizing matching estimation or IV estimation to assess impact of sports activity have been increasing in number recently, our is the first to concentrate on effects on social capital for adults that utilizes panel data and matching estimation. It is also the first to focus on a country that is neither one of the most developed in the World or one of the least developed one.

The results suggest that, while the results suggest significant heterogeneity (in terms of age, gender and place of living), sports contributed to building social networks and being socially active.