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Gender differences of the Spanish adult population in barriers to active living

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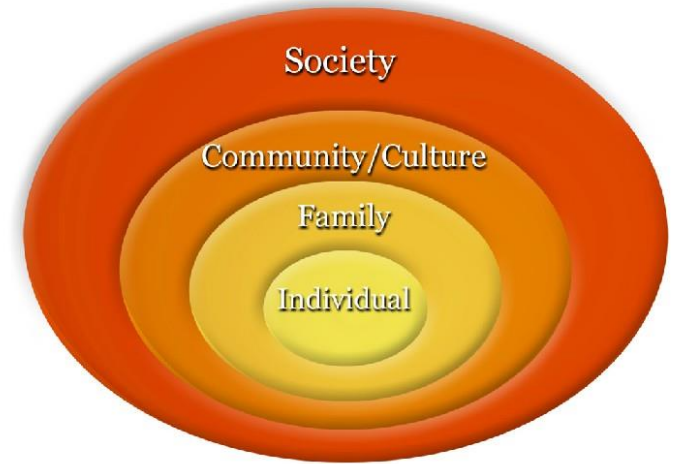
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Project I+D+i DEP2010-19801: Social research on the needs, barriers and innovations in sport and physical activities to adult women in Spain

Bronfenbrenner's bioecological theory (2001)

This theory postulates that an individual's behaviour and development are determined by an interactional, multi-systemic process whereby an individual and multiple levels of his or her constantly and bidirectionally influence one another.



Based on the Bronfenbrenner's theory:

The aim of this study is to analyze the gender differences of the Spanish adult population in cultural barriers to active living, with special focus on adult women.

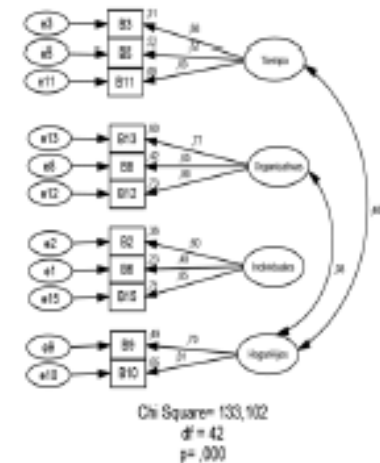
The quantitative methodology has consisted of face to face interviews with a representative sample of the Spanish adult population between 30 and 64 years old ($n=3.463$, 1.739 women ($44,5 \pm 9,6$), 1.739 men ($46.6 \pm 9,7$), randomly selected using multistage sampling.

The participants full filled a questionnaire with questions related to demographic and occupational variables and type of demand for physical activity. The non practitioners ($n=1.999$; 1.059 women, 940 men) full filled a questionnaire with items on individual, interpersonal, environmental (sport community) and cultural barriers.

BARRIERS QUESTIONNAIRE

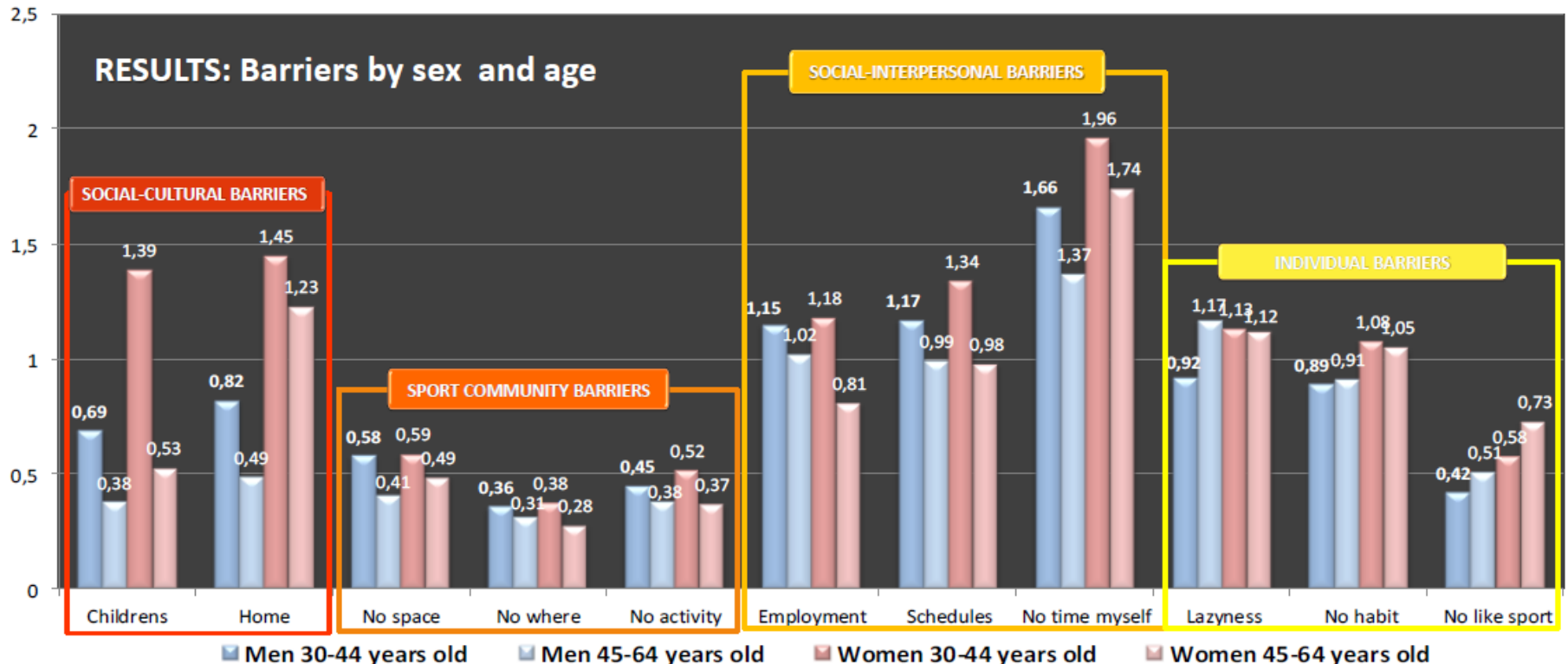


BARRIERS QUESTIONNAIRE Estructural Model



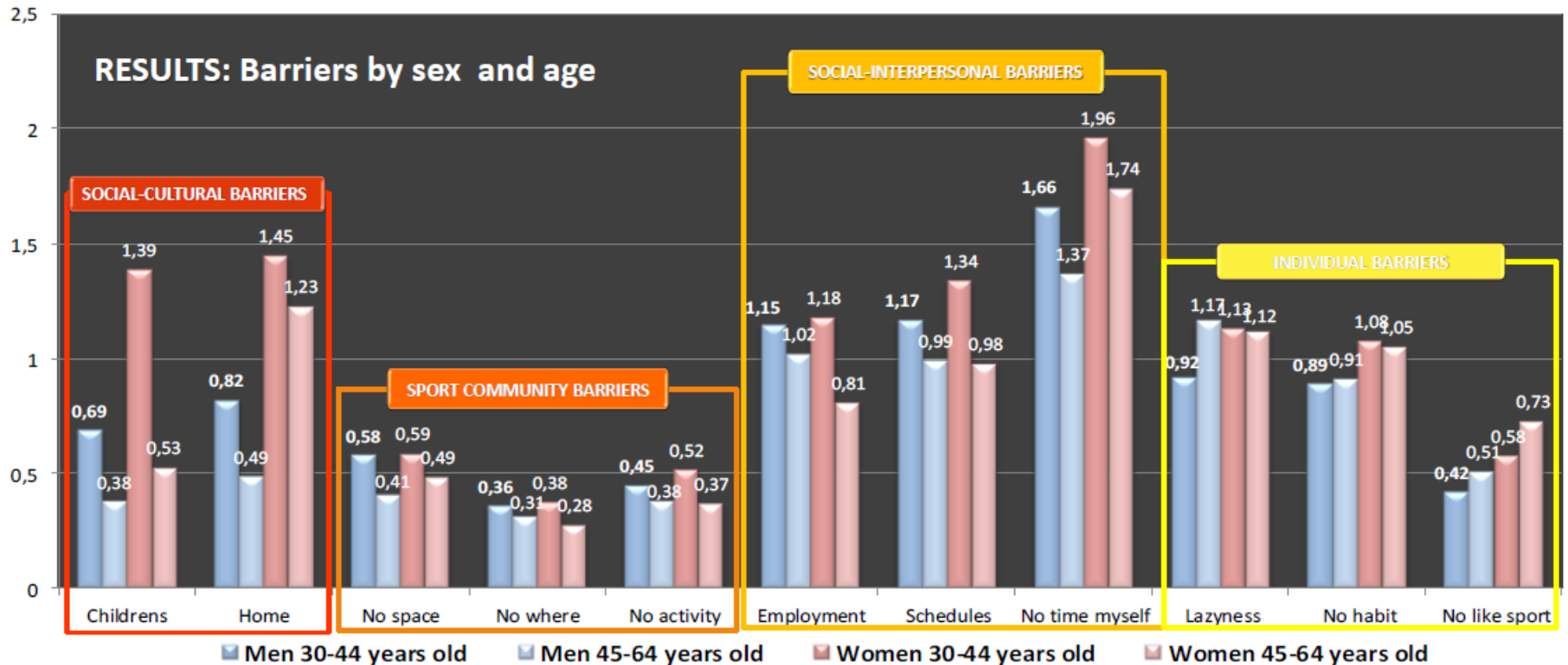
The social and cultural barriers were the most important ones

SOCIAL-INTERPERSONAL BARRIERS: It was found a multivariate effect on the gender ($F_{3,1993}=17.98$; $p<.001$), the age ($F_{3,1993}=1059$; $p<.001$) and the interaction ($F_{3,1993}=275$; $p=.041$) at the interpersonal barriers. At the univariate contrast young adults (from 30 to 45 years old) perceived greater the three barriers mentioned. Women expressed in a higher grade the barrier “*I don't have time for myself*”. Middle age men argued the “*employment*” in a higher level than the women of the same age.



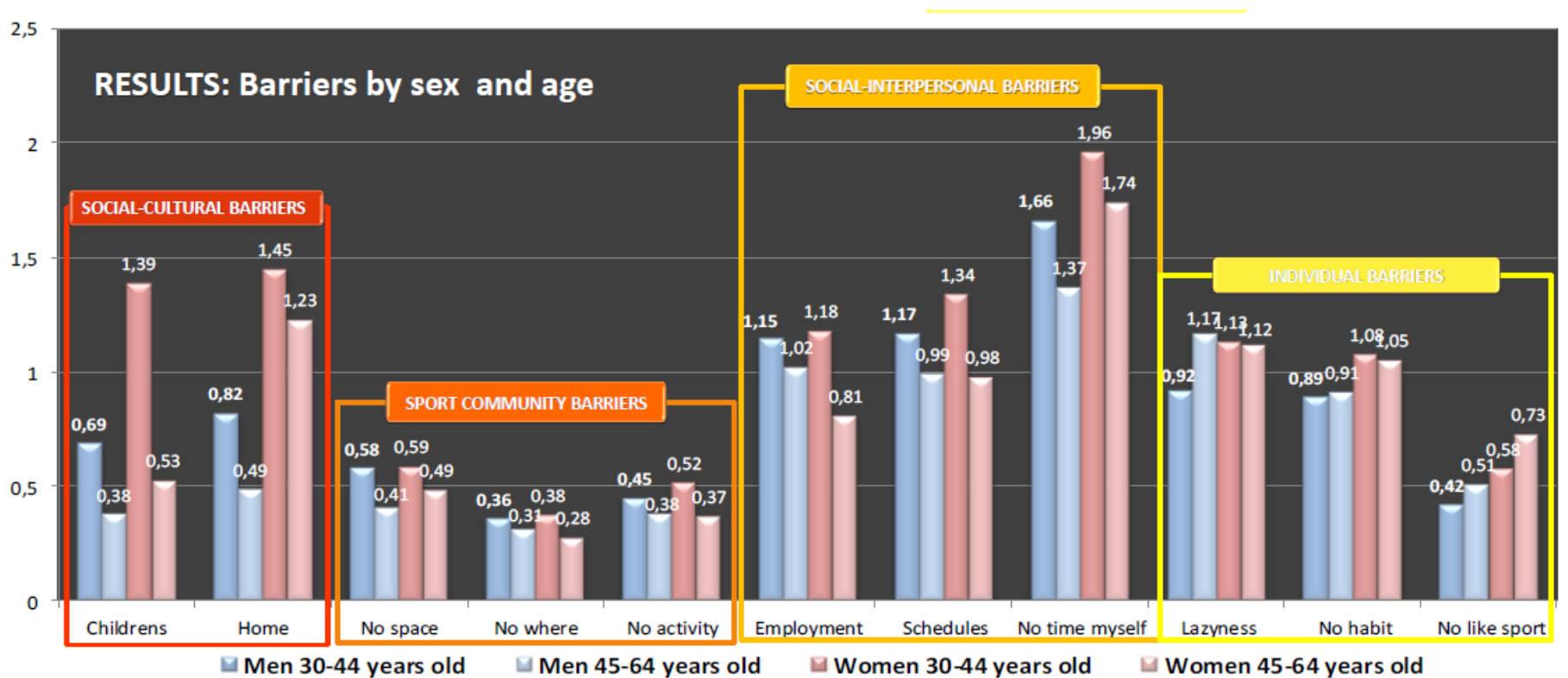
The social and cultural barriers were the most important ones

SOCIAL-CULTURAL BARRIERS: There was found a multivariate effect on the gender ($F_{2,1995}=97.37$; $p<.001$) the age ($F_{2,1995}=75.30$; $p<.001$) and the interaction ($F_{2,1995}=17.66$; $p=.041$) at the cultural barriers (children/household). Women perceived in a higher grade both barriers. “I have to take care of my children” was more frequently argued by young adults (from 30 to 45 years old). The differences found between age groups were more evident at women than at men.



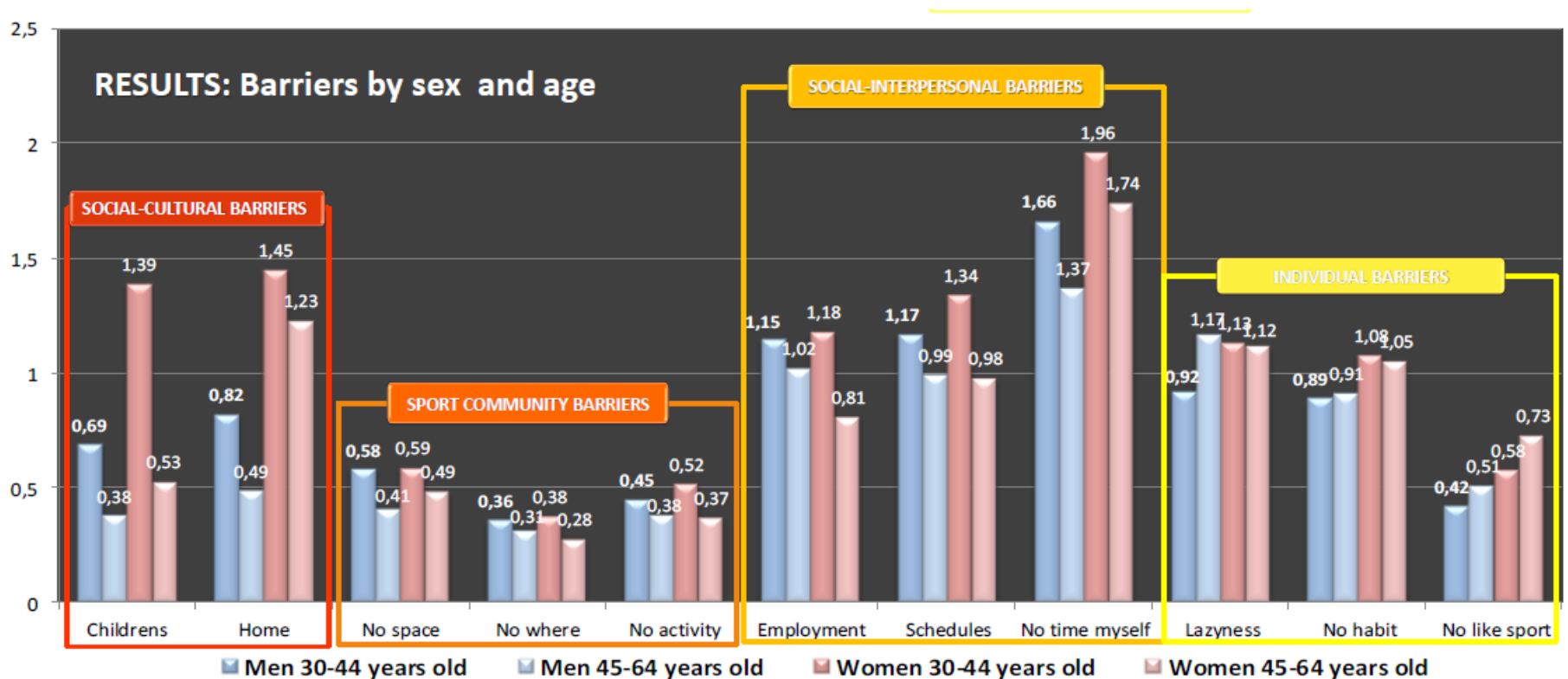
The social and cultural barriers were the most important ones

INDIVIDUAL BARRIERS: There was found a multivariate effect on the gender ($F_{3,1987}=8.19$; $p<.001$) and the age ($F_{3,1987}=3.11$; $p=.025$) at the individual barriers (“Lack of habit”, “I don’t like to do exercise or sport” and “I am tired”). Women reflected in a greater grade these three environmental individual barriers. Middle age participants perceived in a higher grade the barrier “I don’t like to do exercise or sport.”



The social and cultural barriers were the most important ones

SPORT COMMUNITY BARRIERS: Finally, there was found a multivariate effect on the age ($F_{3,1991}=3.37$; $p=.018$) and the interaction ($F_{3,1993}=275$; $p=.041$) at the environmental/sport community barriers (“There is no activity that I like”, “I have no spaces to practice near” and “I don’t know where I can practice”). The youngest group showed differences at the three environmental barriers.



The social and cultural barriers were the most important ones

SOCIAL BARRIERS

- ✓ My current job prevents from me
- ✓ Incompatible schedules
- ✓ I can not find time for myself

Women expressed in a higher grade the barrier “*I don't have time for myself*”
Middle age men argued “*employment*” in higher level than women of the same age

CULTURAL BARRIERS

- ✓ I have to take care of my children
- ✓ I have to take care of the household

Women perceived in a higher grade both barriers.

The differences found between age groups were more evident at women than at men

The women from 30 to 44 years old perceived in a higher grade this barriers

Discussion: Great part of this women who don't practice, but they would like to do so, were employed and they had small children. Great part of them ask to sport organizations innovations that will reduce these barriers

