

スポーツ科学研究, 11, 84-130, 2014 年

Gender differences in perceived benefits and walkingYasuko Kochi ¹⁾, Kazuhiro Harada²⁾³⁾, Yung Liao⁴⁾Yoshio Nakamura³⁾¹Graduate School of Sport Science Waseda University²Section for Motor Function Activation, National Center for Geriatrics and Gerontology³Faculty of Sport Sciences Waseda University⁴Department of Health Promotion and Health Education, National Taiwan Normal University

This study aimed at understanding gender differences in perceived benefits through walking behaviour.

This cross-sectional study was conducted with 3000 Japanese people aged between 40 and 64 (1482 male, 1518 female). These participants were asked to complete an internet-based questionnaire which consists of Perceived Benefits for Walking Scale (PBWS) and Walking Behaviour Assessment Scale (WBAS). Participants categorised by walking time (<150min/week or >150min/week) and perceived benefits (low or high group divided by medium value). To identifying gender differences in the relationship between walking behaviour and its related benefits, interaction analysis and logistic regression analysis were utilised with the adjustment of potential confounders.

Regarding to the relationship between walking behaviour and its perceived benefits,

significant gender differences were observed in three benefits: "Energy-saving", "Social connection" and "Positive mind-setting". "Energy-saving" was significantly correlated with walking behaviour among men whereas "Positive mind-setting" was greater among women. "Social connection" was negatively related with walking behaviour among women. Assessing gender differences in specific purposes for walking, "energy-saving" and "Fulfil leisure interests" were more significantly related to transportation walking among men. Unlike transportation walking, "Social Connection" was negatively related with exercise walking among men.

Our results identified gender differences in perceived benefits from walking behaviour. In order to provide a more effective strategy for promoting walking, gender differences should be considered.