

**Factors in the Practice of Sport and Physical Exercise in the Lifestyles of Spanish Youth**

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The paper presents the results of a study on cultural trends in the abandonment of sports and physical activity among the Spanish youth. The study, that is being conducted due to a grant awarded by the Superior Sports Council (CSD) (Ref. 007/UPB10/12), examines how the adoption of this new lifestyle (sedentary) that is gradually taking root among the Spanish youth can influence one way or another the self-perceived health and well-being among this population. To confirm this, a series of focus groups discussions with young people with different socioeconomic and sociodemographic profiles along different Spanish cities have been carried out, apart of the in-depth interviews with a strategic sample of young people. The results show that young people are a heterogeneous group in forms of cultural expression and their motivations, their social situations change with difference of the age and the gender, that their lifestyles are conditioned by their social, the sedentary is has incorporates its life as a model from the social structure and, often, the youth is seen and spoken to, but no one listens, representing in sports nonsense to achieve an effective integration of this collective in the sport.

**Keywords:** activity, sedentarism, sociological factors, youth, Spain.