

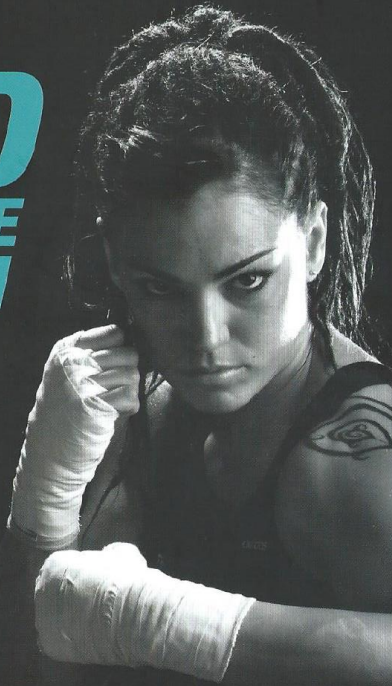
ABSTRACTS

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**6TH IWG WORLD CONFERENCE
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POSTER ABSTRACTS

0214

GENDER DIFFERENCES OF THE SPANISH ADULT POPULATION IN BARRIERS TO ACTIVE LIVING

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This investigation was based on the Bronfenbrenner's bioecological theory and it analyses the barriers influencing Spanish adult population's participation in physical activity and sport. A quantitative methodology was applied. A representative sample of the Spanish adult population (ranging from 30 to 64 years old; n=1.999; 1.059 women, 940 men) full filled a questionnaire with items on individual, social, environmental and cultural barriers through a personal interview.

The results have shown how the social and cultural barriers were the most important ones. It was found a multivariate effect on gender, age and interaction at the social barriers ("I don't have time for myself", "employment" and "incompatible timetables"). 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 first barrier. Middle age men argued the "employment" in a higher level than the women of the same age.

There was found a multivariate effect on gender, age and interaction at the cultural barriers ("I have to take care of my children/ household"). Women perceived in a higher grade both barriers. The first barrier was more frequently argued by young adults. The differences found between age groups were more evident at women than at men.

There was found an effect on age and interaction at the environmental barriers-factors ("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.

Finally, there was found an effect on gender and age at individual barriers ("Lack of habit", "I am tired", "I don't like to do exercise or sport"). Women reflected in a greater grade these three environmental individual barriers. Middle age participants perceived in a higher grade the last barrier.