

Gender differences and inequalities in the habits of physical activity of the adult women in Spain

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García Ferrando & Llopis (2011) provide relevant information about gender differences in the sporting habits of the Spanish population. This investigation was based on the Theories of Difference and it analyses the possible inequalities and gender differences in the practice of physical activity of the

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Spanish adults. A quantitative methodology was applied. A representative sample of the Spanish adult population (ranging from 30 to 64 years old) full filled a questionnaire through a personal interview. The sample was randomly selected using multistage sampling method ($n=3.463$; 1.740 men, 1.739 women). The results revealed gender differences within this demographic group ($\chi^2(3)=170.08$; $p<.001$; $CC=.216$). Men practiced (51.2%) more frequently physical activity (not including walking) than women (31%). On the other hand, there were more women (23.9%) than men (18%) who did not practice but they would like to do so. These inequalities could be explained by a series of differences in relation with the physical activities practiced. There were gender differences in the activities practiced ($\chi^2(13)=567.8$; $p<.001$; $CC=.463$); in the space chosen ($\chi^2(5)=29.8$; $p<.001$; $CC=.119$); in the type of organization ($\chi^2(5)=68.7$; $p<.001$; $CC=.179$) as well as in the monthly physical activity expenses ($t(2.071)=2$; $p=0.45$; $d=.09$). The 82.5% of men would prefer self-organized sports, mainly football (8.5%), and outdoor activities (62.1%) like walking (20.5%), cycling (16.4%) or running (14.5%). In contrast to men, women would rather to walk (45.5%) or to practice fitness/wellness group exercise (26.4%) or to swim (8.3%). 31.5% of women practiced under professional guidance an activity offered by a sport organization (16.2% private, 7.3% public) and 43.2% practiced in an indoor sport facility. Women spent an average of 11.36€±SD in the monthly physical activity (without including walking) while men spent 9.52€±SD. These differences could probably reflect what it might be named as sports feminine culture of the adult women.

García Ferrando, M. & Llopis, R. (2011). *Ideal democrático y bienestar personal, Encuesta sobre los hábitos deportivos en España 2010*. Madrid: Centro de Investigaciones Sociológicas -Consejo Superior de Deportes



European Association for Sociology of Sport
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