

ABSTRACTS

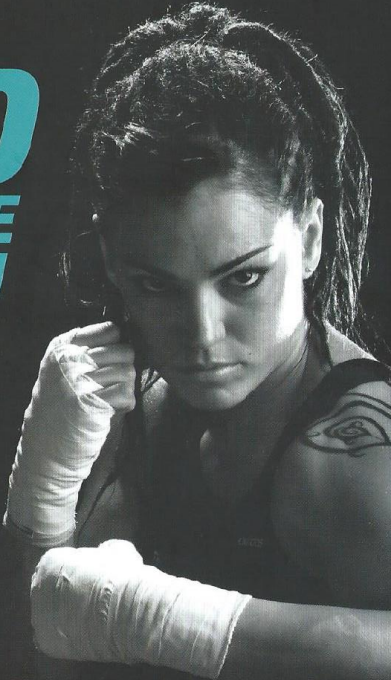
LEAD
THE CHANGE
BE
THE CHANGE

*This book includes the abstracts submitted
for the IWG 6th World Conference*

IWG



**6TH IWG WORLD CONFERENCE
ON WOMEN AND SPORT**
June 12–15, 2014, Helsinki, Finland



POSTER ABSTRACTS

0210

GENDER DIFFERENCES AND INEQUALITIES IN THE HABITS OF PHYSICAL ACTIVITY OF THE ADULT POPULATION IN SPAIN

María Martín¹, Maribel Barriopedro¹, Cristina López de Subijana¹, Antonio Rivero¹, Silvia Ferro¹, José Emilio Jiménez-Bea^{1,2}, Natalia Pedrajas¹
¹Universidad Politécnica de Madrid, Madrid, Spain, ²Universidad de Alcalá de Henares, Madrid, Spain

This investigation was based on the Theories of Difference and it analyses the possible inequalities and differences in the practice of physical activity of the adults with regard of their gender.

A quantitative methodology was applied. A representative sample of the spanish adult population (ranging from 30 to 64 years old; n=3.463; 1.731 women and 1.732 men) full filled a questionnaire through a personal interview.

The results revealed gender differences within this demographic group ($\chi^2(3)=170.08$; $p<.001$; $CC=.215$). Men practiced (51.2%) more frequently physical activity and sport (not including walking) than women (31%) and there were more women (25.5%) than men who walked (13.2%). On the other hand, there were more women (23.9%) than men (1%) who did not practice but they would like to do so. These inequalities could be explained by a series of differences in the activities practiced ($\chi^2(12)=445$; $p<.001$; $CC=.489$), in the space chosen ($\chi^2(5)=131.48$; $p<.001$; $CC=.291$), in the type of organization ($\chi^2(1)=209.28$; $p<.0001$; $\Phi=.359$; $\chi^2(5)=163.24$; $p<.001$; $CC=.322$) as well as in the monthly physical activity expenses ($t_{1,410}=6.65$; $p<.001$; $d=.38$).

The 82.1% of men would prefer self-organized activities (41.7% solo, 29.1% with family/friends). Six out ten men practiced outdoor activities, mainly cycling (20.7%) and running (18.3%). Four out ten men practiced in an sports facility (22.7% public, 19.2% private) a competitive sport -mainly football (11.1%) and padel (4.9%) - or weight training (9.8%).

Part of this women would rather to practice fitness group exercise (48.5%) or to swim (15.2%). The 68.6% of the women practice in an indoor sport facility. One out two women practiced under professional guidance an activity offered by a sport organization (29.5% private, 12.8% public). Women spent an average of 22.4€±SD in the monthly physical activity while men spent 11.9€±SD. These differences could probably reflect a sports feminine culture of the adult women.