

## Gender differences of the Spanish adult population in cultural barriers to active living

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Bronfenbrenner's bio-ecological theory postulates that an individual's behaviour is determined by an interactional, multi-systemic process whereby an individual and multiple levels of his or her culture constantly and bidirectionally influence one another. This investigation was based on Bronfenbrenner's bio-ecological theory and it analyses the barriers influencing the Spanish adult population's participation in physical activity. A quantitative methodology was applied. A representative sample of the Spanish adult population (ranging from 30 to 64 years old) completed a questionnaire with items on personal, social, environmental and cultural barriers through a personal interview. The sample was randomly selected using a multi-stage sampling method (n=2.157; 1.088 men, 1.069 women). The results revealed that women from 30 to 45 years old were the group with most barriers. The most important barriers for these women were cultural barriers ("I can't find time for myself" 2.18±SD, "I have to take care of my children" 1.78±SD and "I have to take care of the household" 1.7±SD). Women from 46 to 64 years old also had cultural barriers ("lack of time for themselves" 2.08±SD, "housework" 1.35±SD), but they also incorporated individual barriers ("laziness" 1.35±SD). On the other hand, the most important barriers for men were lack of time (1.9±SD from 30 to 45 years old, 1.51±SD from 46 to 64 years old) and employment (1.34±SD from 30 to 45 years old, 1.29±SD from 46 to 64 years old). The barriers related to care task were less important for men (1.02±SD children, 1.04±SD housework) than women from 30 to 45 years old, and the employment was a more important barrier for women of this age group (1.48±SD women, 1.34±SD men).

Bronfenbrenner, U. (2001). The bio-ecological theory of human development. In N.J. Smelser & P.B. Baltes (eds.). *International encyclopedia of the social and behavioral sciences*, (vol. 10), New York, Elsevier, 6963-697

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