

SPORT PRACTISE AMONG GENERAL POPULATION

Gender differences in Catalonia

INTRODUCTION

Recent data point out that the 50.6% of Spanish population practice sport at least once per week (Ministry of Education, Culture and Sports, 2015). However, gender stereotypes become visible considering that the type of activities may vary according to the sex of the practitioner. A study carried out by Moreno, Martínez & Alonso (2006) states that men tend to prefer group and competitive activities, whereas women have more positive attitudes towards individual and activities such as aerobics and swimming. In this line, the Catalan Sport Council (CCE, 2017) has found that boys below 16 years old are more likely to practice team and competitive sports in comparison to girls, who prefer individual and aesthetic activities. The **aim** of the present study was to analyse gender differences in sport practice in Catalonia.

METHODS



Data was collected by the Sociological Research Centre (CIS, 2014) by means of a population survey. In the present study, a **secondary data** analysis of data was conducted.



Sample

Participants from the present study were 393 males and females from the general population, aged from 18 to 90 years (M = 48.3, SD = 17.1).



Data analysis

Participants were selected by means of a stratified sampling method and were asked to respond a face-to-face interviews at their homes. A descriptive analysis was carried out using IBM SPSS Statistics 22.

RESULTS

Sport practice among the general population was analysed from a gender perspective, taking into consideration the sports that both men and women mainly practised, as well as their frequency of practice, and the main reasons to do it. Results show that the 44.85% of men and the 35.17% of women were practising sport at the time of assessment.

Sports practised

- Running (21.2%)
- Cycling (21.2%)
- Football (18.3%)

Reasons to practice

- Engage in some physical activity (59.6%)
- Having fun (53.5%)



Frequency of practice

- ≥ 3 times per week (48.5%)
- 1-2 times per week (48.5%)

Sports practised

- Swimming (35.0%)
- Running (17.5%)
- Low-intensity physical activity at sports center (17.6%)

Reasons to practice

- Engage in some physical activity (72.5%)
- Improve health condition (55.0%)

CONCLUSIONS

Sport practise is has become a regular habit among Catalan population. However, sport choices, frequency of practice and reasons for practising are slightly different between men and women. Data from the present study show that both men and women mainly choose individual sports to practice, being men those who practice more frequently than women. Motivations to engage in sports are different between them, being more focused on leisure in the case of men, whereas women consider health improvement as a main reason to practice sport. These results are in contrast with previous literature, possibly due to the rising popularity of individual disciplines such as running and cycling among population.

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