

SPORT PARTICIPATION IN CATALONIA AMONG ADULTS

INTRODUCTION

Sport participation in Catalonia among youth aged more than 15 years old and adults has risen by 20,6% between 1980 and 2014 (García Ferrando, 1982; CIS, 2014). The frequency of practice has also increased among participants, which indicates that it has become a regular habit among this population. The aim of the present study was to describe the sociodemographic profile in the context of sport participation in Catalonia.

METHODS

Data was collected by the Sociological Research Centre (CIS, 2014) by means of a population survey conducted in June 2014. In the present study, a **secondary data** analysis of data was conducted. Participants were selected by means of a stratified sampling method and were asked to respond a face-to-face interview at their homes.

Sample

The sample comprised 393 people from the general population (49,4% male and 50,6% female) aged between 18 and 90 years old.

Data analysis

A secondary data analysis was conducted by means of descriptive statistics using IBM SPSS Statistics 22.

RESULTS

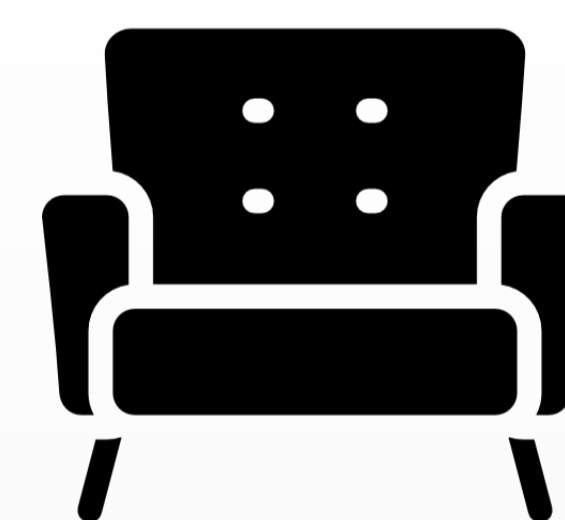
The sociodemographic profile of participants who engaged in sport activities and those who were not doing sport at the time of assessment was established based on the following individual characteristics: gender, age, civil status, current employment status, and family income compared to the Spanish minimum wage (MW).

Sport participant



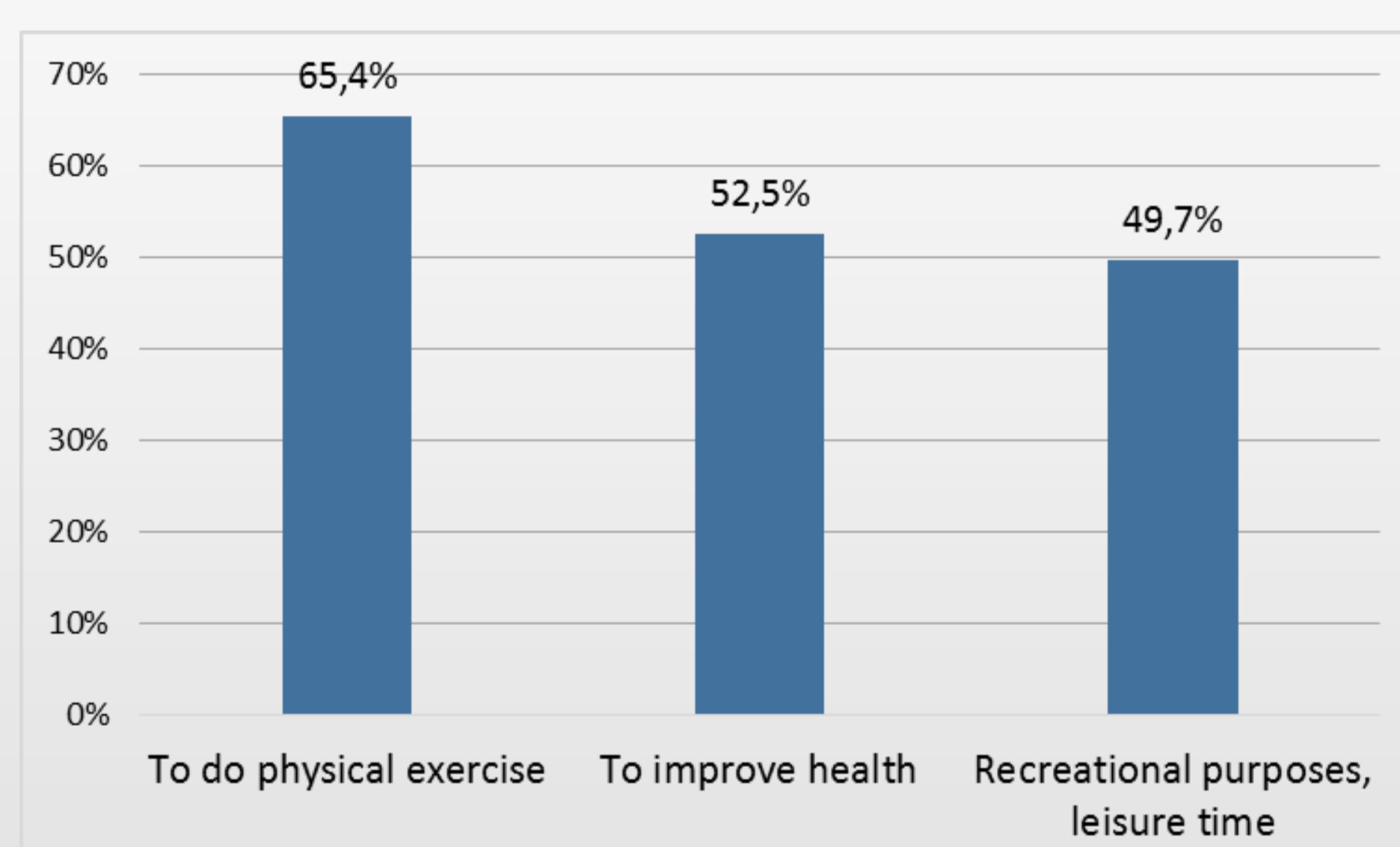
- Men (55.3%)
- Aged between 35 and 44 years (28.5%)
- Married (48.0%) or single (39.7%)
- In active employment (59.2%)
- Family income from 1.5 to 3 MW

Non-sport participant

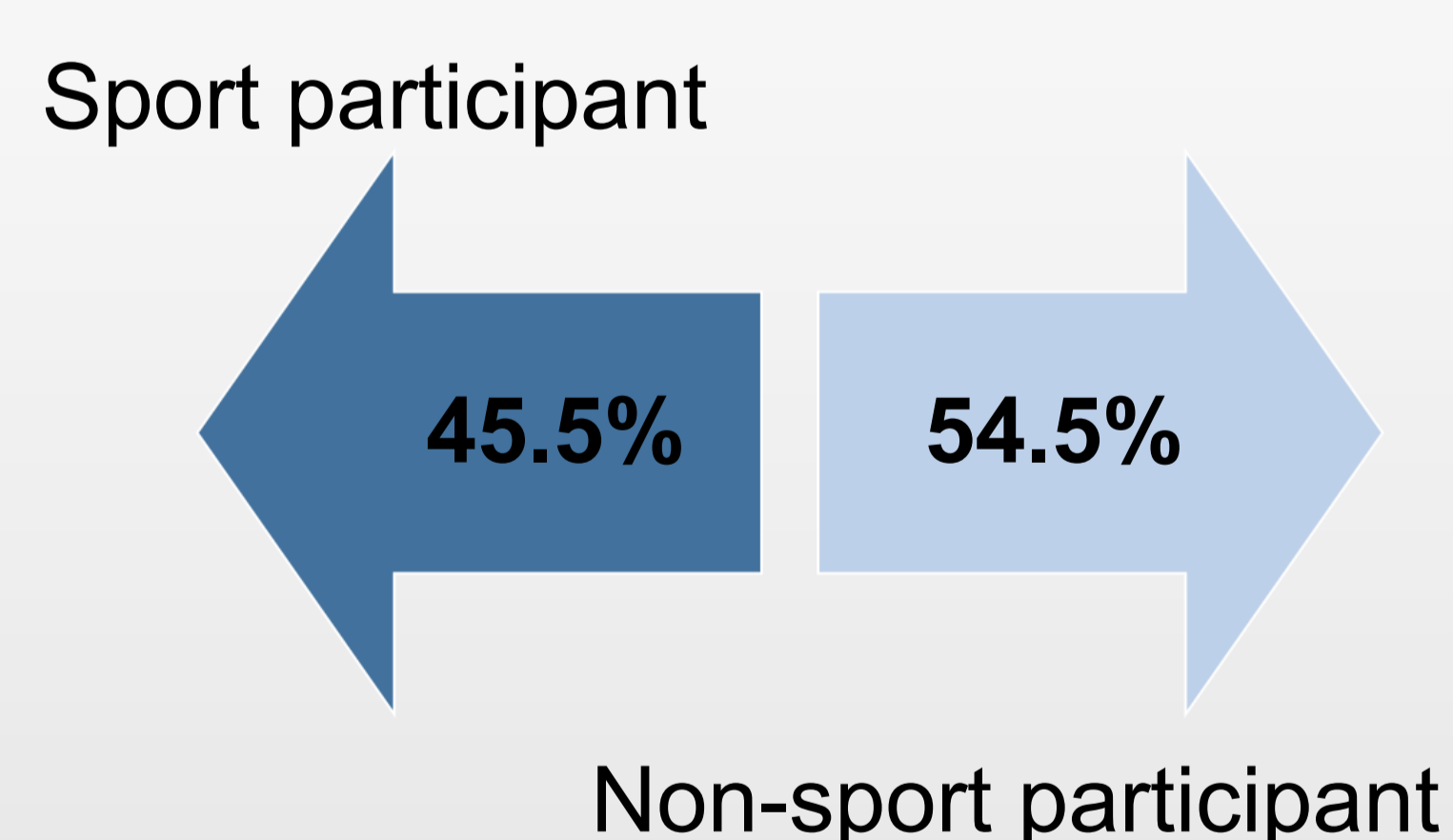
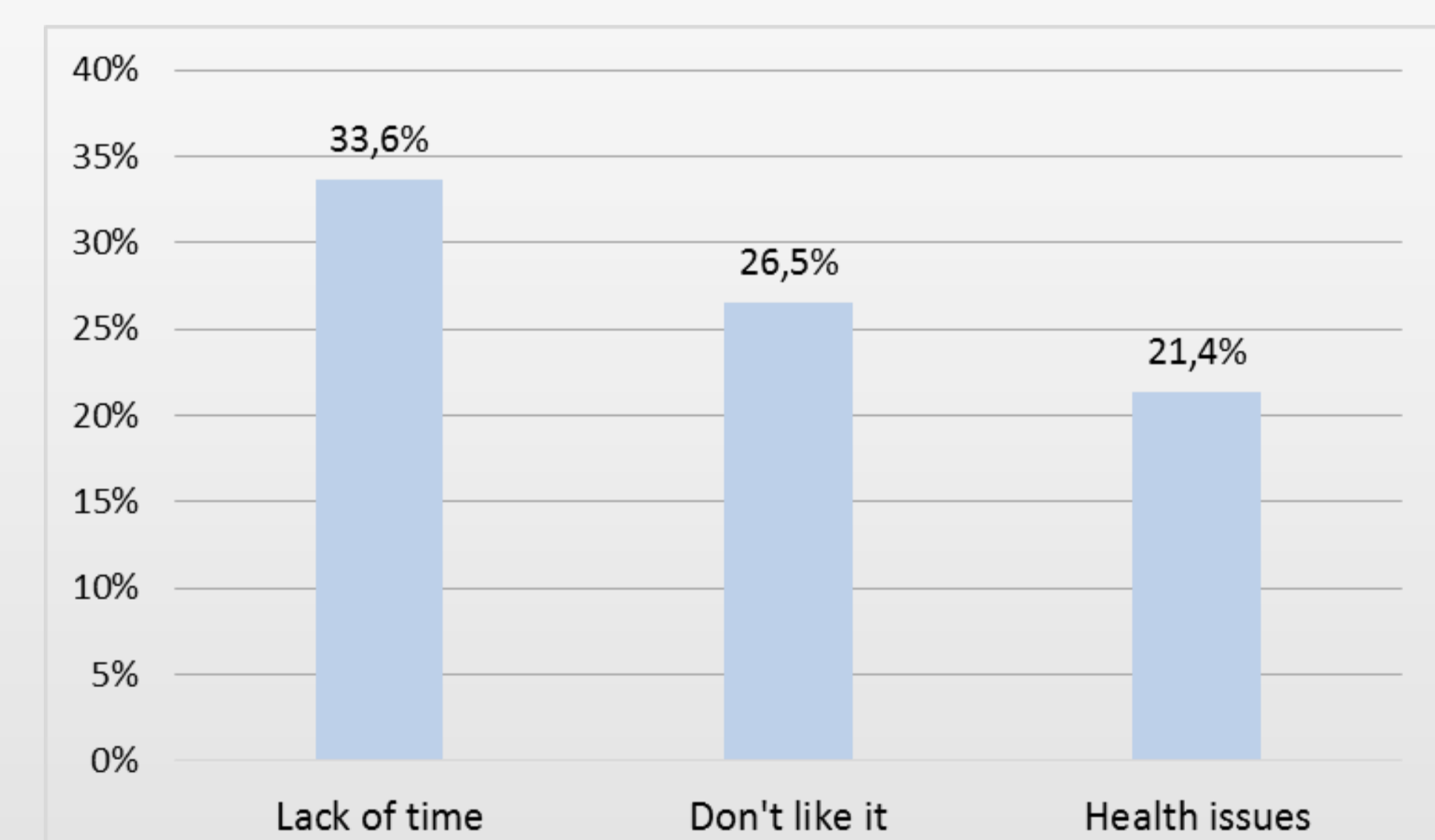


- Women (55.6%)
- Aged between 45 and 54 years (21.0%)
- Married (60.7%)
- In active employment (36.4%) or retired (36.4)
- Family income from 1 to 2 MW (28.5%), or from 2 to 3 MW (14.5%)

Reasons to practice sport



Reasons to not practice sport



CONCLUSIONS

This study shows that participants who practiced sport were younger than those who did not engage in sport activities, and had a slightly higher family income. The main reason for practicing sport was to do some physical activity. Moreover, data showed that sport is an activity mostly perceived for recreation and health improvement. However, several barriers should be addressed in order to promote sport practice in the general population. In this regard, the main reason for not engaging in physical activity was the lack of time.

REFERENCES

- Centro de Investigaciones Sociológicas (2014). Barómetro de junio de 2014. Retrieved from http://www.cis.es/cis/opencm/ES/1_encuestas/estudios/ver.jsp?estudio=14090
- García Ferrando, M. (1982). Deporte y sociedad. Madrid: Ministerio de Cultura