

Table 2 Bivariate analysis of predictors of physical inactivity among Mansoura University students ( $n = 1708$ )

Predictor	Total	Physically inactive No. (%)	OR (95% CI)
<b>Overall</b>	1708	193 (11.3)	
<b>Age (years)</b>			
< 20	768	93 (12.1)	1.2 (0.9–1.6)
20+	940	100 (10.6)	Ref
<b>Sex</b>			
Female	856	123 (14.4)	1.1 (1.4–2.6)
Male	852	70 (8.2)	Ref
<b>Grade</b>			
<b>Preparatory and first</b>	319	53 (16.6)	1.0 (0.5–1.8)
2nd	714	83(11.6)	0.6 (0.4–1.1)
3rd	307	23(7.5)	0.4 (0.2–0.8)
4th	264	16(6.1)	0.3 (0.1–0.7)
5th & 6th	104	18(17.3)	Ref
<b>College</b>			
Medicine	331	64 (19.3)	1.5 (0.9–2.5)
Engineering	282	37 (13.1)	1.0 (0.6–1.7)
Physical education	247	2 (0.8)	0.1 (0.01–0.2)
Education	229	11 (4.8)	0.3 (0.2–0.7)
Law	211	23 (10.9)	0.8 (0.4–1.4)
Arts	196	27 (13.8)	1.1 (0.6–1.9)
Commerce	212	29 (13.7)	Ref
<b>Residence</b>			
Urban	771	111 (14.4)	1.8 (1.3–2.4)
Rural	937	82 (8.8)	Ref
<b>University sports activity</b>			
No	1415	171 (12.1)	1.7 (1.0–2.8)
Yes	293	22 (7.5)	Ref
<b>Membership of sports clubs</b>			
No	1223	162 (13.2)	2.2 (1.5–3.4)
Yes	485	31 (6.4)	Ref
<b>Father's work</b>			
Professional/employee	1131	132 (11.7)	1.0 (0.6–1.5)
Farmer/manual worker	295	27 (9.2)	0.7 (0.4–1.3)

Other	282	34 (12.1)	Ref
<b>Father's education</b>			
< Secondary	952	134 (14.1)	1.7 (1.1-2.8)
Secondary	456	33 (7.2)	0.8 (0.5-1.5)
> Secondary	300	26 (8.7)	Ref
<b>Mother's work</b>			
Housewife	871	101 (11.6)	1.1 (0.8-1.5)
Working outside the home	837	92 (11.0)	Ref
<b>Mother's education</b>			
< Secondary	736	112 (15.2)	1.6 (1.1-2.4)
Secondary	598	43 (7.2)	0.7 (0.4-1.1)
> Secondary	374	38 (10.2)	Ref
<b>Family size</b>			
< 6 persons	906	113 (12.5)	1.3 (0.9-1.8)
6+ persons	802	80 (10.0)	Ref
<b>Family income</b>			
Able to save	732	104 (14.2)	2.3 (1.2-4.7)
Enough	811	78 (9.6)	1.5 (0.8-3.0)
Not enough	165	11 (6.7)	Ref
<b>Socioeconomic standard</b>			
High	599	98 (16.4)	2.3 (1.6-3.2)
Middle	396	38 (9.6)	1.2 (0.8-1.9)
Low & very low	713	57 (8.0)	Ref

OR = odds ratio; CI = confidence interval; Ref = reference group.