

Table 4 Barriers to physical activity and sporting among Mansoura University students (n =1708)

Barrier	Permanent		Temporary	
	No.	%	No.	%
Time limitation	703	41.2	606	35.5
Lack of accessible and suitable sports place	606	35.5	400	23.4
Lack of safe sporting places	545	31.9	379	22.2
Lack of support and encourage from others	534	31.3	415	24.3
Lack of friends to encourage me	493	28.9	407	23.8
Have other important priorities	475	27.8	578	33.8
Lack of sports programme that suits my physical fitness	442	25.9	435	25.5
Not interested in sports	429	25.1	694	40.6
Lack of motivation	418	24.5	469	27.5
High cost	378	22.1	411	24.1
Lack of sports skills	344	20.1	388	22.7
Fear of failure in sports competition	319	18.7	462	27.0
Fear of injury	286	16.7	379	22.2
Fear of deterioration of physical illness	282	16.5	189	11.1
No person caring for my family	264	15.5	242	14.2
Feeling tired on physical activity	244	14.3	514	30.1
Ignorance about benefits of sports	241	14.1	345	20.2
Prefer to not attend to sports places	240	14.1	244	14.3
Lack or low physical power	238	13.9	481	28.2
Feeling of inability to practice sports adequately	235	13.8	486	28.5
Objection of parents	228	13.3	347	20.3
Body cannot tolerate physical activity	216	12.6	270	15.8
Previous failure in sports competition	187	10.9	427	25.0
Unsuitable (hot or cold) weather	178	10.4	525	30.7
Previous bad experience with physical sports activity	150	6.1	446	26.1

Categories are not mutually exclusive.

No barriers was reported by 63 (3.7%) of students.