

Table 4 Self-perceived barriers to physical activity and sports among physically active and inactive health college students

Variable	Physically active (n = 528)		Physically inactive (n = 729)		P-value
	No.	%	No.	%	
Reported at least one barrier	270	51.1	546	74.9	0.001
Barriers reported					
Time limitations	192	36.4	374	51.3	0.001
Lack of accessible and suitable sports places	124	23.5	227	31.1	0.002
Lack of safe sports places	87	16.5	166	22.8	0.004
Lack of support and encouragement from others	81	15.3	169	23.2	0.001
Lack of friends to encourage me	91	17.2	203	27.8	0.001
Have other important priorities	101	19.1	205	28.1	0.001
Lack of sports programmes that suit my physical fitness	66	12.5	103	14.1	0.227
Not interested in sports	53	10.0	135	18.5	0.001
Lack of motivation	75	14.2	143	19.6	0.007
High cost	54	10.2	129	17.7	0.001
Lack of sports skills	47	8.9	130	17.8	0.001
Fear of failure in sports competition	46	8.7	74	10.2	0.224
Fear of injury	53	10.0	98	13.4	0.07
Fear of deterioration of physical illness	40	7.6	50	6.9	0.65
Nobody to care for my family	62	11.7	101	13.9	0.307
Feeling tired on physical activity	57	10.8	115	15.8	0.01
Ignorance about benefits of sports	31	5.9	68	9.3	0.02
Prefer not to attend sports places	49	9.3	82	11.2	0.304
Lack of or low physical power	61	11.6	100	13.7	0.267
Feeling unable to practise sports adequately	33	6.3	65	8.9	0.09
Objection of parents	41	7.8	72	9.9	0.231
Body cannot tolerate physical activity	41	7.8	77	10.6	0.19
Previous failure in sports competition	30	5.7	57	7.8	0.14
Unsuitable (hot or cold) weather	91	17.2	142	19.5	0.32
Previous bad experience with physical sports activity	47	8.9	73	10.0	0.56
Mean (SD) no. of barriers	3.15 (4.56)		4.36 (4.66)		0.001

SD = standard deviation.