

Table 3 Daily time spent in small-screen sedentary activities and stages of motivation for adopting exercise among boys and girls

Time spent in sedentary activities/stage of motivation	Boys (n = 214)		Girls (n = 225)		Total (n = 439)	
	No.	%	No.	%	No.	%
Daily time spent watching television (hours)						
< 0.5	48	22.4	49	21.8	97	22.1
1–2	121	56.5	119	52.9	240	54.7
3–4	29	13.6	41	18.2	70	15.9
5–7	16	7.5	16	7.1	32	7.3
Daily time spent on computer (hours)						
< 0.5	65	30.4	62	27.6	127	28.9
1–2	92	43.0	92	40.9	184	41.9
3–4	30	14.0	30	13.3	60	13.7
5–7	27	12.6	41	18.2	68	15.5
Stage of motivation for adopting exercise						
Pre-contemplation	10	4.7	13	5.8	23	5.1
Contemplation	22	10.3	60	26.7	82	18.7
Preparation	72	33.6	99	44.0	171	39.0
Action	33	15.4	27	12.0	60	13.7
Maintenance	77	36.0	26	11.5	103	23.5