

Table 5 Scores on perceived barriers to exercising among boys and girls

Barrier and stage of motivation	Boys (n = 214)		Girls (n = 225)		P-value
	Mean score	SE	Mean score	SE	
Internal barrier					
Total	13.36	0.25	14.21	0.27	0.023
Thinking exercise is difficult and too tiring	2.35	0.08	2.22	0.07	0.252
Never having energy for exercise	1.79	0.06	2.03	0.07	0.014
Other recreational activities are more entertaining	3.01	0.08	3.48	0.09	0.000
Not thinking that exercise has positive health effects	1.82	0.08	1.65	0.07	0.116
Worrying about looks when exercising	1.94	0.07	2.32	0.08	0.000
Limited abilities to exercise	2.45	0.08	2.51	0.08	0.595
External barrier					
Total	14.91	0.25	16.13	0.26	0.001
No fitness centre to exercise	2.21	0.08	2.17	0.08	0.767
No exercise equipment at home	2.74	0.09	2.75	0.08	0.945
No encouragement to exercise	1.76	0.07	2.13	0.08	0.000
Parents give priority to academic success	3.15	0.08	3.18	0.08	0.775
No leisure time because of academic responsibilities	2.80	0.09	3.43	0.08	0.000
No leisure time because of social & family responsibilities	2.25	0.07	2.47	0.08	0.039

SE = standard error.