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Do Shoes Change Your Exercise Habits? - A Survey on Teenagers' Choices

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## **Abstract**

Nowadays, more and more people care about their health, so the exercise becomes more prevalent. For the sake of preventing sports injuries while exercising, it should be more careful when selecting shoes. In order to realize the degree of the protection and popularity, we made a survey on 100 senior high students. The questionnaire was designed to ask how often students exercise per week and what types of shoes chose most when exercising. As the results of the survey, we found that the majority of senior high school students exercise frequently, and the shoes they chose are running shoes. By means of the findings, we will provide our suggestions on what types of shoes we are supposed to choose when exercising.

**Keywords:** exercise habits, shoes

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## **I. Introduction**

### **I.1 Statement of Problem**

Most experts agree that to lower injury risk, you need not a magic bullet but a loaded gun. One with a three-bullet chamber: a strong body, good form, and the right shoe [1]. Nowadays, exercise is popular everywhere because everyone knows that exercise is good for health. As a proverb goes, "If you can't spare time to exercise, you will spare time to get sick." Exercise has a great impact on our health [4]. Exercise has many advantages. It can not only keep us fit but also strengthen our heart and lungs. Furthermore, exercise helps keep us in shape by burning body fat. After taking exercise, we feel more energetic and relaxed. If we exercise in our daily lives frequently, we will be healthier and happier.

Each sport requires certain qualities that should not be compromised. An indisputable fact is that the different types of physical activity require specific shoes that meet certain criteria. Their adequate selection has a number of benefits: reduces the risk of injuries and traumas, provides comfort and may even increase the effect of training. But it is a question "how to choose?" There is a considerable lack of consensus and scientific evidence concerning which criteria a professional should use to recommend a given type of sport shoes [1-2, 5]. Therefore, exercise habits might result from the right shoes. How to choose a suitable pair of shoes is important to measure the frequency of doing exercise.

### **I.2 Purpose of study**

Although exercise is good for us, it may lead to sport injuries, like a sprain, a strain or a fracture, etc. In order to decrease sport injuries, choosing a pair of proper shoes is necessary for those who often exercise. Therefore, we wonder the frequency of exercise, and what types of shoes senior high school students prefer to wear when they do exercise. First of all, we compared the frequency of doing exercise between male and female students, and then check their preference of shoes types. The answer about whether there is a relationship between students' exercise habits and their shoes types will be revealed in this study.

### **I.3 Research Questions**

1. Is there any difference in the frequency of doing exercise by gender?




2. What's the preference of choosing shoes by senior high school students?



3. Is there any relationship between choosing different shoes types and the frequency of doing exercise?

#### I.4 Characteristics of shoes types

If you already know what you should do before buying shoes, another thing you have to consider is deciding which shoes for what occasion. Obviously you would not play tennis wearing your high heel dress shoes [3]. Here are some of the shoes that most people would have, for instance, running shoes, casual shoes, athletic shoes, basketball shoes, and dress shoes. Each shoe has its features and functions as Table 1.

Table1 Characteristics of different shoes types

	Features	Functions	Picture
Running shoes	<ol style="list-style-type: none"> <li>1. Have more cushioning in the heel-the point of impact-and less protection through the ball of the foot</li> <li>2. Made with a higher amount of mesh to keep foot cool during exercise</li> </ol>	<p>Allow one's feet and legs to feel more subtly the impacts and forces involved in running, allowing finer adjustments in running style</p>	
Casual shoes	<ol style="list-style-type: none"> <li>1. With various colors, style and for any occasions</li> <li>2. Made of different materials, not merely leather</li> </ol>	<p>Suitable for shopping, relaxing, to cinema and so on</p>	
Athletic shoes	<ol style="list-style-type: none"> <li>1. Since friction between the foot and the ground is an important force in most sports, modern athletic shoes are designed to maximize this force, and materials, such as rubber, are used</li> <li>2. Designed for particular sports such as running,</li> </ol>	<p>Suitable for exercising, jogging, walking, running, and other sport activities</p>	

	walking, or other sports		
Basketball shoes	<ol style="list-style-type: none"> <li>1. Have a wider sole to support quick starting and stopping, and have more support at the ankle</li> <li>2. Have a light weight for ease in jumping</li> </ol>	Suitable for jumping, playing basketball	
Dress shoes	<ol style="list-style-type: none"> <li>1. Made with many pieces of leather, and the seam can be decorated in various ways</li> <li>2. Most revolve around some types of brogues which have rows of decorative punching in patterns</li> </ol>	Suitable for formal occasions such as school events and meeting	

Source: [1], [3] and [4].

## II. Methods

### II.1 Participants

100 of senior high school students were recruited in the study. Most of the participants exercised in their free time, and the participants who only do exercise on school's PE class will be excluded from this study.

### II.2 Instrument

In this study, questionnaire information was collected by senior high students' choices of shoes and how often they do exercise. The questionnaire was divided into two sections. In the first section, the participants were asked to choose how often they do exercise a week on average. The second section included five kinds of shoes for senior high students to choose when they do exercise. The five types of shoes were running shoes, casual shoes, athletic shoes, basketball shoes, and dress shoes. The participant was required to rank his or her preference of choosing shoes from 1 to 5.

### II.3 Data Analysis

Quantitative data analysis was used in this study. The quantitative analysis

involved statistic procedure. Descriptive statistics, including frequencies were calculated to summarize the information. The results will respond to the research questions.

### III. Results

#### III.1 The frequency of doing exercise

On average, 59.0% of high school students do exercise more than 6 times a week. Meanwhile, 66.0% of male students do exercise more than 6 times a week, and 52.0% of female students do exercise more than 6 times a week. The frequency of doing exercise more than 6 times a week reported by male (66.0%) is higher than that reported by female (52.0%). However, the frequency of doing exercise more than 4~6 times a week reported by female (42.0%) is higher than that reported by male (28.0%).

Table 2 The difference of exercise habits by gender

	1~3 times a week	4~6 times a week	more than 6 times a week
male	6.0%	28.0%	66.0%
female	6.0%	42.0%	52.0%
Average	6.0%	35.0%	59.0%

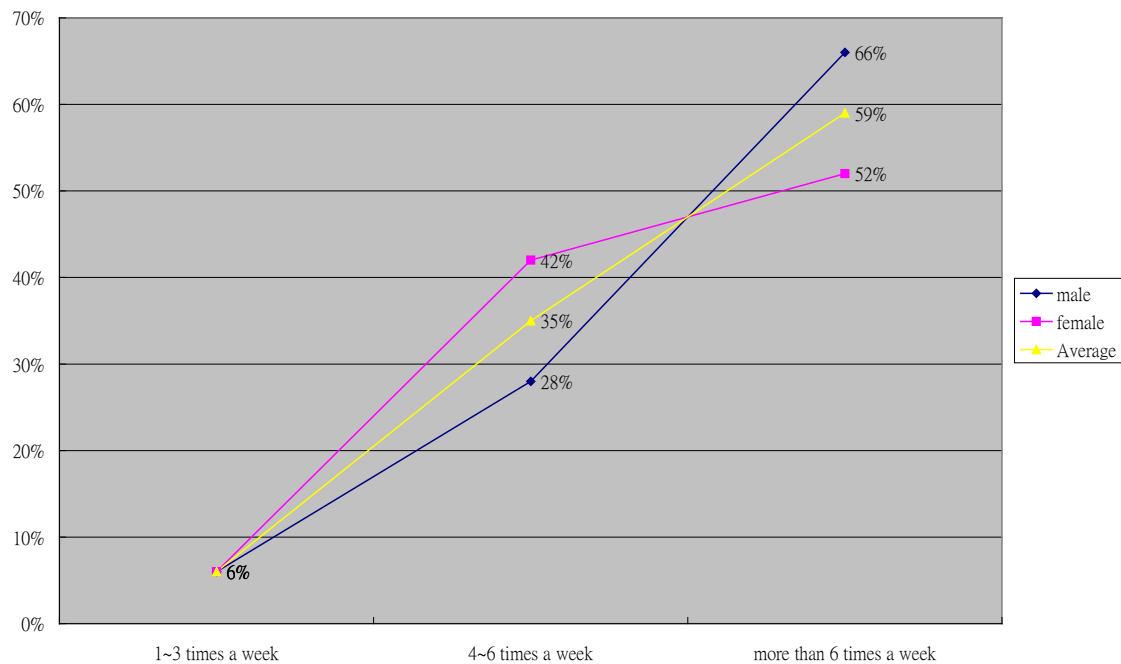


Figure 1 The difference of exercise habits by gender

### III.2 The raking of choosing shoes types

The most shoes male (20%) choose is running shoes, and the most shoes female (22%) choose is athletic shoes. As you can see, there are greatly differences between male and female in choosing shoes (see Table 3 and Figure 2).

Table 3 The raking of choosing shoes types by gender

	1	2	3	4	5
<b>Male</b>					
running shoes	20.0%	10.0%	22.0%	8.0%	40.0%
athletic shoes	8.0%	30.0%	24.0%	30.0%	8.0%
causal shoes	28.0%	26.0%	12.0%	14.0%	20.0%
basketball shoes	12.0%	24.0%	16.0%	22.0%	26.0%
dress shoes	32.0%	10.0%	26.0%	26.0%	6.0%
<b>Female</b>					
running shoes	12.0%	34.0%	16.0%	22.0%	16.0%
athletic shoes	32.0%	2.0%	16.0%	6.0%	44.0%
causal shoes	22.0%	20.0%	16.0%	14.0%	28.0%
basketball shoes	14.0%	24.0%	22.0%	34.0%	6.0%
dress shoes	20.0%	20.0%	30.0%	24.0%	6.0%

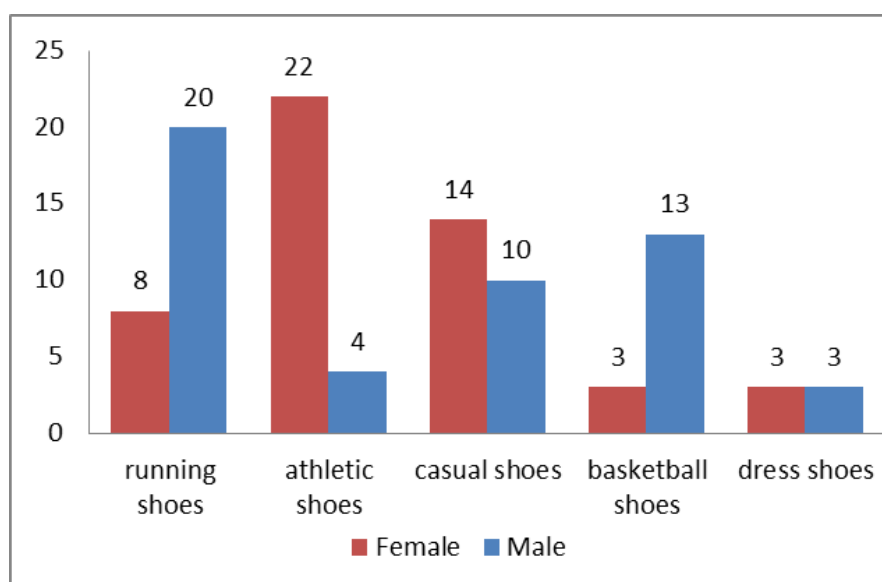


Figure 2 The different types of the participants' choice by gender



In accordance with Figure 3, we can see that the most popular shoes is running shoes, it seems that majority of the students like to wear running shoes when they are exercising.

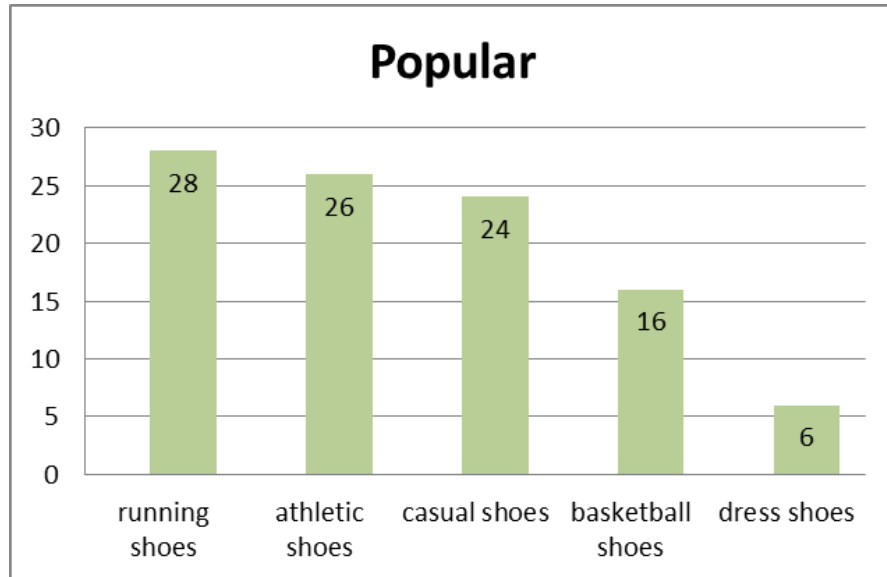


Figure 3 The preference of shoes chosen by all senior high students

### III.3 The relationship between shoes types and the frequency of doing exercise

According to Figure 4, 33% of the senior high students choose dress shoes while exercising for 1~3 times a week. Additionally, running shoes makes up for 16% of the participants. However, there are still other shoes that merely compose 17% of the participants.

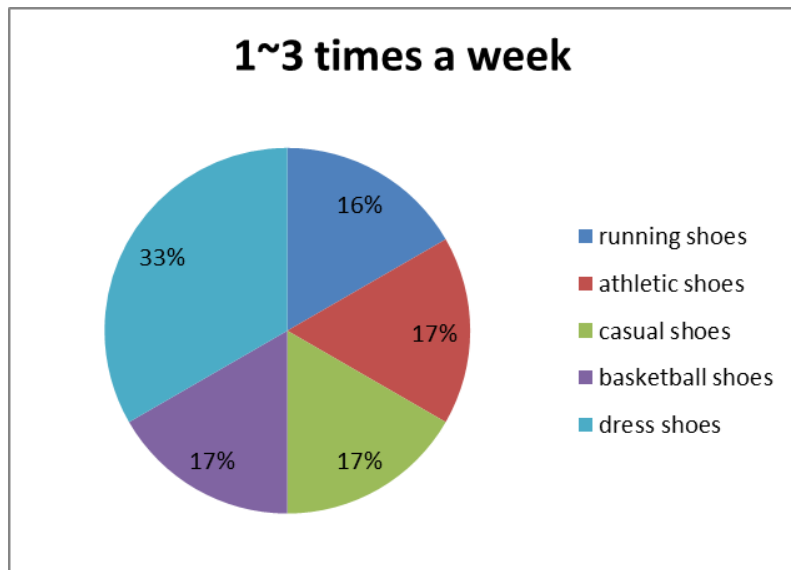


Figure 4 The percentage of choosing different shoes types by doing exercise in 1~3 times a week

Based on Figure 5, there are 34% of the senior high students choose running shoes while exercising for 4~6 times a week. Furthermore, those who wear casual shoes increase to 26%. On the other hand, there still other shoes consist in a small number of the population.

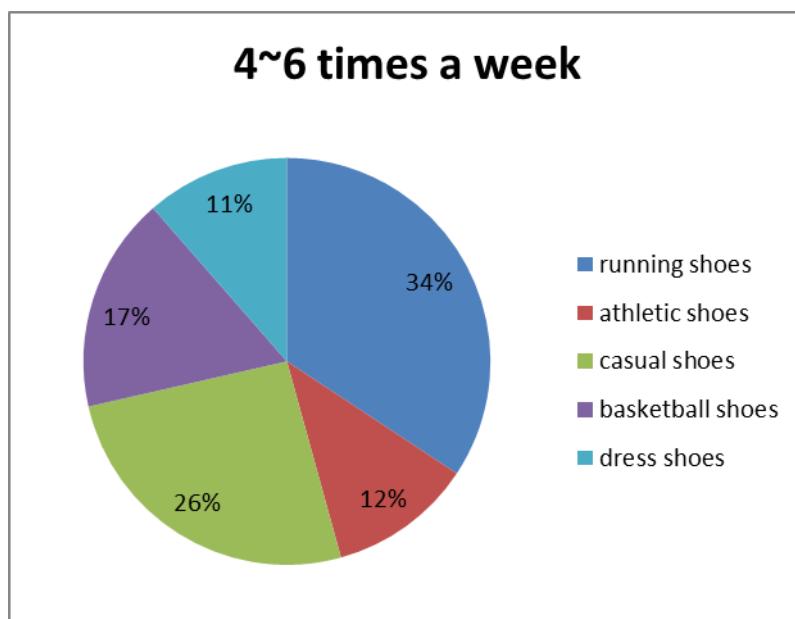


Figure 5 The percentage of choosing different shoes types by doing exercise in 4~6 times a week

Based on Figure 6, there are 36% of the senior high students choose athletic shoes while exercising more than 6 times a week. Compared with figure 5, people who choose others shoes are decreased. As a result, people who exercise the most in this survey would choose athletic shoes while exercise.

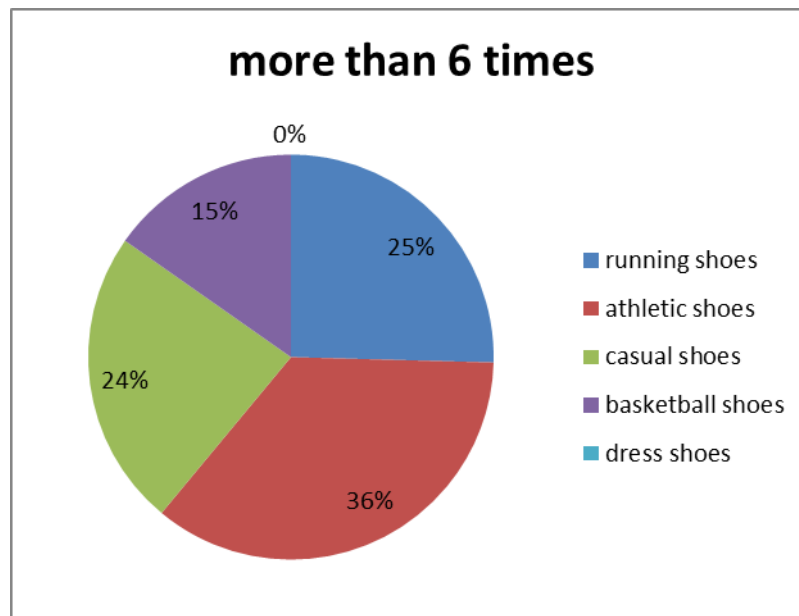


Figure 6 The percentage of choosing different shoes types by doing exercise more than 6 times a week

#### IV. Conclusion

In Figure 2, male and female's choosing are different fall on running shoes and athletic shoes. In Figure 3, the popularity of all senior high school students is running shoes. In Figure 4, students who exercising 1~3 times a week prefer to wear dress shoes. In terms of 4~6 a week, the majority of students wear running shoes. Similarly, students with more than 6 times a week frequently wear athletic shoes.

According to this study, we realize those who with high frequency of exercising would choose running shoes because running shoes not only let our feet and legs feel more subtly the impacts and forces involved in running but also protect our ankles. For the sake of increasing the frequency of exercise, we suggest people choose running shoes. The most important finding revealed that female seldom exercise, so we suggest that they should do more exercise than before.

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## Appendix

### Questionnaire

This is a bearer questionnaire investigation about your exercise habits and the preference of choosing shoes. You may rest assured that we will not spread your privacy in public. Thanks for your cooperation!

- 1. What is your gender?  
☐ Male      ☐ Female
  
- 2. How many times do you exercise a week on average?  
☐ 1~3      ☐ 4~6      ☐ More Than 6
  
- 3. Please rank your preference of choosing shoes from 1 to 5.  
☐ Running shoes  
☐ Casual shoes  
☐ Athletic shoes  
☐ Basketball shoes  
☐ Dress shoes