



A STUDY OF MOTIVATION OF ASPECTS WOMEN'S FITNESS

Mr. Manoj C. Koparde

Research Scholar, University college of physical education ,
Bangalore University, Bangaluru.

ABSTRACT

Exercise is defined as any bodily activity that enhances or maintains physical fitness, overall health and wellness. It is performed for various reasons that include strengthening of muscles and cardiovascular system, to develop sports skills, weight maintenance or loss and finally just for enjoyment of being fit.

KEY WORDS: physical fitness , strengthening of muscles, develop sports skills.



INTRODUCTION:

Frequent and regular physical exercise boosts the immune system and helps to prevent the “*diseases of affluence*” such as cardiovascular diseases, diabetes and obesity. It also improves mental health and helps to prevent depression. It helps to promote or maintain positive self esteem. Healthcare providers deem exercise as the miracle or wonder drug alluding to the wide variety proven benefits that it provides.

To survive in the modern society, psychological factors play are, as important as physical factor. Exercises promote physical as well as psychological wellbeing. Modern day busy schedule of stress forces many hormones that result in many psychological and physical diseases. Physical exercise is the prime activity that creates stress and helps to overcome distress, and helps to human beings stay fit, physically and psychologically.

PURPOSE OF THE STUDY

It is very clear that different sections of society indulge in vigorous physical activities for various reasons, that is, they expect some outcome of ‘being fit’. This reason for ‘being fit’ is a result of type of motive – internal or external. However, in the process of ‘getting fit’ the motive may shift from external to internal or vice versa. But at a given point of time who has what kind of motive in our society is not empirically known. Therefore the purpose the study was to find out empirically the type of motive for getting or maintaining ‘fitness’ among various sections of the society –women, the athlete and non athlete, married and unmarried, the rich and the poor.

STATEMENT OF THE PROBLEM

Since it is not empirically known whether internal or external motive makes people to engage in various forms of fitness activities in order to get fit the following questions arise.

1. Does form of motivation to involve in fitness activities differ for ‘women’?
2. Do married men & women have a different motivation form for fitness activities than the unmarried?
3. Do the affluent differ in their form of motivation for fitness activities than those of ‘not so affluent’?
4. Do older generation, who were sportsmen, are motivated differently from those who were not sportsmen?

HYPOTHESES

Based on the arguments made earlier, the following hypotheses were made.

1. There is no significant difference in the form of motivation to involve in fitness activities among low, middle and high economic groups.
2. There is no significant difference in the form of motivation to involve in fitness activities between those who were sportspersons and those who are married and those who are not married.

REVIEW OF LITERATURE

Capdevila, L. Ninerola, J. and Pintanel, M. (2004) studied the motives for exercise among 720 Spanish males and females (aged 13 to 63 years). The aim of the study was to compare the motivation for exercise between regular exercise doing people and sedentary people. Exercise motivation inventory-II questionnaire in Spanish language was used to survey. The results suggested that the people who exercise regularly show higher intrinsic motivation than sedentary people.

Gillison, F.B., Standage, M. and Skevington, S.M. (2006), who were interested in the prevention of child and adolescent obesity, investigated the effect of exercises goals on exercise motivation, leisure time exercise behavior and quality of life 580 British school children were the subjects. Results of structural equation modeling revealed that adolescent perceiving themselves to be overweight and pressurized to lose weight, endorsed extrinsic weight-related goals for exercise. Extrinsic goals negatively predicted, whereas intrinsic goals positively predicted, self-determined motivation, which in turn positively predicted quality of life and exercise behavior. Furthermore, self-determined motivation partially mediated the effects of exercise goals on reported exercise behavior and quality of life. Therefore they propose to the teachers and parents to orient the young towards intrinsic goals in an attempt to enhance future exercise behavior and quality of life.

METHODOLOGY

The main purpose of the study was to survey the motivation for exercise among those who regularly exercised in Dharwad city (walking, jogging, laughing club, recreational sports etc.). Selection of subjects for the study, the research tool, the procedure followed in collecting data for the study, data transformations, analysis of the data are described in the following sections.

SUBJECTS

For the purpose of the study 210 adult women of Dharwad city were randomly approached and requested to respond to the questionnaire. Additionally the following information was also sought:

1. Marital Status
2. Income
3. Sports Participation.

Subjects above 25 years of age were approached for the purpose. The research scholar and few volunteer selected people were walking, jogging, yoga, gym, aerobics, laughing club; and recreational sports.

THE QUESTIONNAIRE

To measure both internal and external motives for exercise a questionnaire was developed by Edward L. Deci and Richard M. Ryan, who are the proponents of 'Self Determination Theory (SDT)'. The questionnaire is known as 'Motives for Physical Activity Measure' (MPAM) and later revised by various scholars and experts. MPAM-R is a questionnaire intended to assess the strength of five motives for participating in physical activities such as weight lifting, aerobics, or various team sports. The five motives are: (1) Fitness, which refers to being physically active out of the desire to be physically healthy and to be strong and energetic; (2) Appearance, which refers to being physically active in order to become more physically attractive, to have defined muscles, to look better, and to achieve or maintain a desired weight; (3) Competence/Challenge, which refers to being physically active because of the desire just to improve at

an activity, to meet a challenge, and to acquire new skills; (4) Social, which refers to being physically active in order to be with friends and meet new people; and (5) Enjoyment, which refers to being physically active just because it is fun, makes you happy, and is interesting, stimulating, and enjoyable. The scale has been used to predict various behavioral outcomes, such as attendance, persistence, or maintained participation in some sport or exercise activity, or to predict mental health and well-being. The different motives have been found to be associated with different outcomes.

The scale is a revision of an earlier measure by the same name, which was shorter and included only three motives. The longer version was introduced and validated by Ryan, Frederick, Lopes, Rubio, and Sheldon (1997).

This questionnaire (Appendix-A) contained 30 items divided into following five categories:

1. Interest and Enjoyment (7-items Nos. 2,7,11,18,22,26,29)
2. Competence (7-items Nos. 3,4,8,9,12,14,25)
3. Physical Appearance (6 items Nos. 5,10,17,20,24,27)
4. Fitness (5 items Nos. 1,13,16,19,23)
5. Social contact (5 items Nos. 6,15,21,28,30)

The items are scored using a 7-point Likert scale. The two distinct types of motivations are separated. Intrinsic Motivation included interest & enjoyment; and competence and the extrinsic motivation included physical appearance and social contact. Fitness included both items on intrinsic and extrinsic motivation.

TEST ADMINISTRATION:

The survey was administered at different locations of Dharwad city, such as Karnatak University ground, Karnatak Arts and Commerce College ground, K C Park, and MVAS Yoga & Stress Management Centre. The questionnaires were administered and recorded in the morning session between 6:30 AM to 9:00 AM.

DATA TRANSFORMATION AND ANALYSIS:

As described earlier, the questionnaire contained 30 items in all that measured either internal or external motivation. Each item was scored using a 7-point Likert scale. The scores on the items 2,7,11,18,22,26,29 were pooled to measure interest & enjoyment; and the scores on items 3,4,8,9,12,14,25 were pooled to measure competence (both internal motivation). Similarly, the scores on items 5,10,17,20,24,27 were pooled to measure physical appearance and the scores on items 6,15, 21,28,30 were pooled to assess social contact (both external motivation). Since the fitness related items namely, 1,13,16,19 & 23 were both intrinsic and items, a close perusal of the item statements gave an insight into the nature of each statement. It was therefore decided to segregate the items that revealed intrinsic motive from extrinsic motive. Item statements 1,13, and 16 were classified as intrinsic and 19 and 13 as extrinsic. Finally all the items that assessed intrinsic motive were summed to give comprehensive idea of intrinsic motive and all the items that assessed extrinsic motive summed to give a comprehensive idea of extrinsic motive. Thus the 30 items were reduced to two comprehensive variables such as 'Internal Motivation' and 'External Motivation'.

Secondly, based on some personal information sought, the following categorical variables were derived, which are furnished in table-1.

Table 1. List of Categorical (grouping) Variables Derived

Sl. No.	Basis of Categorization	Categories
1	Gender	Female
2	Marital Status	Married and Unmarried
3	Income	Low income; Middle income and High income

4 Sports Participation Sportsperson and Non-sportsperson

In the case of categorizing income groups those who earned less than Rs.30,000/- were treated as low income group; those who earned above Rs.30,000/- but below Rs.40,000/- were treated as middle income group and finally those who earned above Rs.40,000/- were classified as high income group. Secondly, in the case of sports participation only those subjects who were above the age of 40 were taken into consideration, that is only those middle & old aged subjects were classified as sportsperson and non-sportsperson based on the fact that they were in fact sportsperson during their younger days (high school and college).

STATISTICAL ANALYSIS

The two dependent variables derived, namely 'Internal Motivation' and 'External Motivation', were subjected to independent samples 't'-tests except in the case of income groups where there were three groups. Therefore in the case of income groups one way ANOVA was used.

RESULT

Table-01: There is no significant difference in the two forms of motivation to involve in fitness activities between those who are married and those who are not married.

To test the above hypothesis the sample was divided in to married and unmarried groups. Presented in table-1 are the means and standard deviations of intrinsic and extrinsic motivation of subjects who are married and unmarried, and obtained 't'-ratio. The insignificant obtained 't'-ratio suggests that there is no difference in either extrinsic motivation or intrinsic motivation between married and unmarried individuals. Therefore the hypothesis which stated that married and unmarried individuals do not differ in the two forms of motivation is not rejected.

Table 1. Mean and Standard Deviations of Intrinsic and Extrinsic Motivations of Subjects who are Married and Unmarried, and Obtained t'-ratio.

From Motivation	of	Married	Unmarried	Mean difference	t-ratio
Intrinsic		100.35±12.47	100.37±12.07	0.02	0.012
Extrinsic		75.45±10.99	73.94±9.96	1.51	1.023

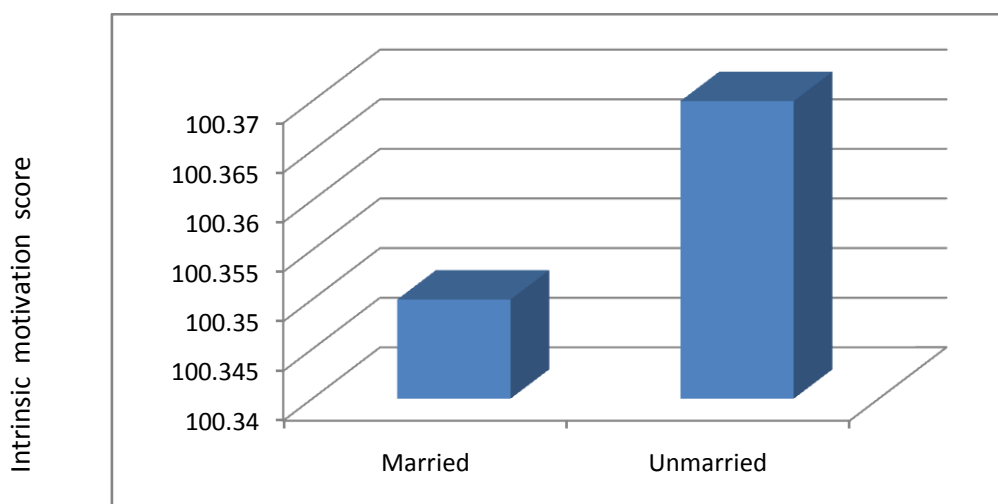


Figure 1. Intrinsic motivation scores of married and unmarried.

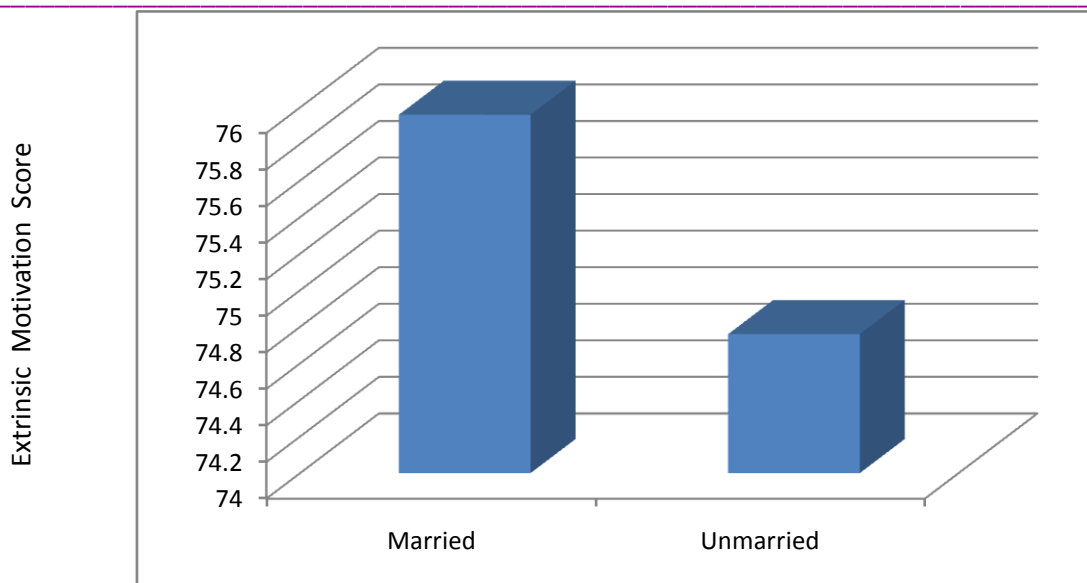


Figure 2. Extrinsic motivation scores of married and unmarried.

Table-2,3&4: There is no significant difference in the two forms of motivation to involve in fitness activities among low, middle and high economic groups.

To test this a fourth hypothesis the sample was divided in to 3 groups namely low Income group, middle income group and high income group. Since there were more then two groups involved analysis of variance was restarted and presented in table-5 mean and standard deviation of intrinsic and extrinsic motivation of low, middle and high income groups have the high income group appear to be more intrinsically motivated than the two lower income groups. Farivasals of ANOVA tables (table-8&9) reveals that the observed difference in both internal and external motive are not significant enough.

Table-2 Therefore the hypothesis which stated that there is no significant difference in two forms of motivation to involve in fitness activity among low, middle and high economic groups was not rejected.

Table-2. Mean and Standard Deviation of Intrinsic and Extrinsic Motivation of Low-, Middle- and High-income Groups

From of Motivation	Low income group N=38	Middle income group N=48	High income group N=24
Intrinsic	97.6±13.92	99.44±12.98	100.42±13.82
Extrinsic	73.76±11.39	75.94±9.82	75.04±13.43

Table -3. Source of Analysis of Variance of Internal Motivation of low, Middle and High Income Groups

Source	Sum of Squares	Df	Mean Squares	F-ratio
Between	131.24	2	65.62	0.36
Within	19494.73	107	182.19	
Total	19625.96	109		

Table-4. Source of Analysis of Variance of External Motivation of low, Middle and High Income Groups

Source	Sum of Squares	Df	Mean Squares	F-ratio
Between	100.35	2	50.18	0.398
Within	13482.64	107	126.01	
Total	13582.99	109		

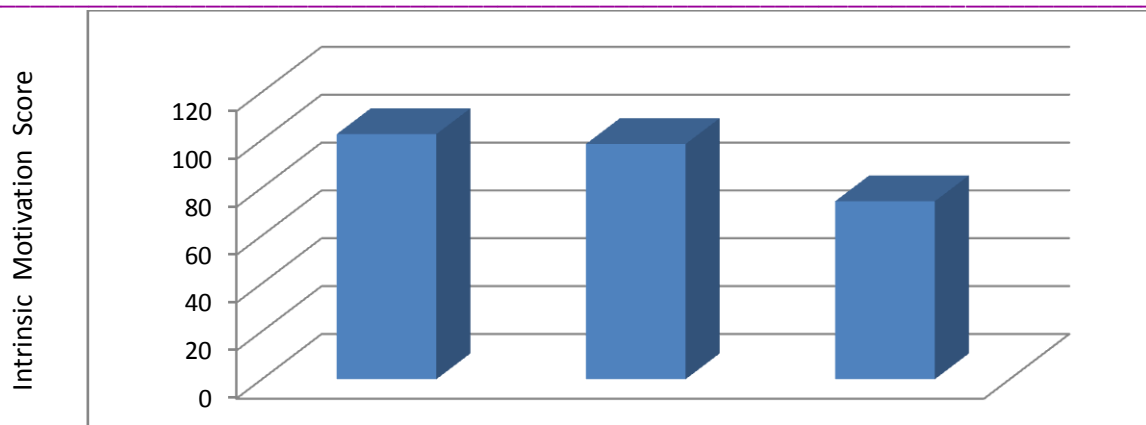


Figure 3. Intrinsic motivation scores of low income group, middle income group and high income group.

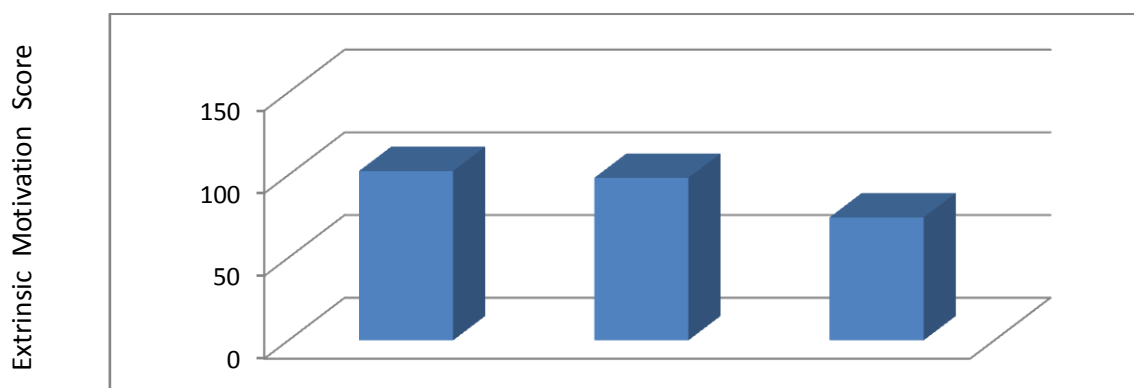


Figure 4. Extrinsic motivation scores of low income group, middle income group and high income group.

Table-5: There is no significant difference in the two forms of motivation to involve in fitness activities between those who were sportspersons and those who were not when they were young.

To test the above hypothesis subjects above 40 years were chosen for analysis. Thus subjects 40 years of age were then classified into sportsperson and non-sportsperson. The intrinsic and extrinsic motivation score were once again subjected to 't'-test the results of the analysis is presented in table-8.

Table 5. Mean and Standard Deviations of Intrinsic and Extrinsic Motivations of Subjects who were Sports-persons and non-sports persons and Obtained t'-ratio.

From Motivation	of Sports-persons	Nonsports-persons	Mean difference	t-ratio
Intrinsic	98.91±12.89	97.46±13.27	1.46	0.568
Extrinsic	75.69±12.16	74.76±9.37	0.93	0.431

A close perusal of the difference between means suggest that the individuals, who were sportsperson intrinsically more motivated than those were not sportsperson. However the observed differences are not significant. Therefore the hypothesis which stated that there is no significant differences in two forms of motivation to involve in fitness activity between those who were sportsperson and those who were non-sportsperson is not rejected

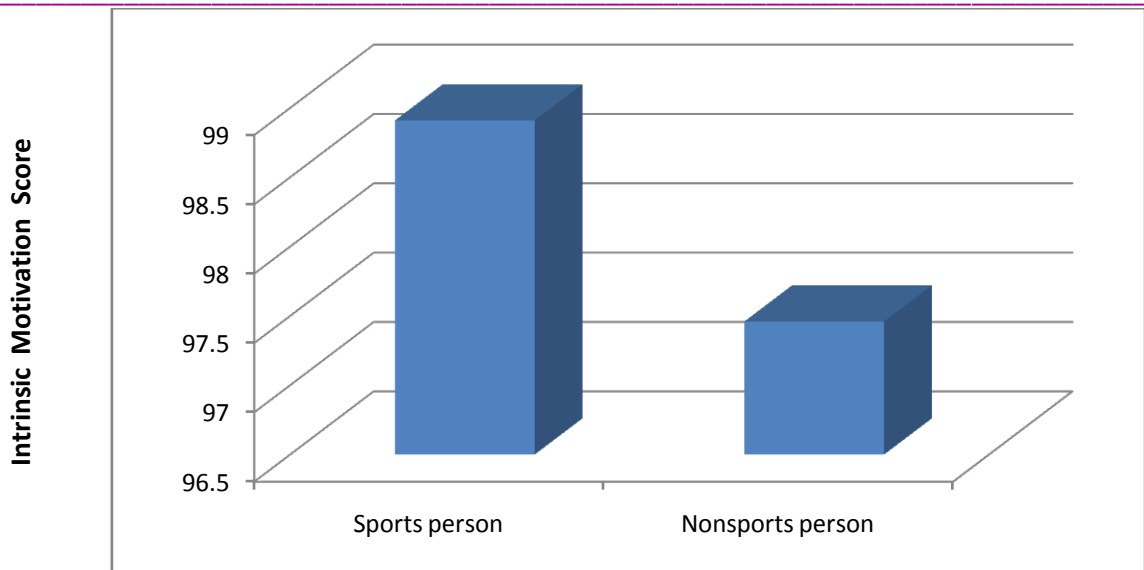


Figure-5: Intrinsic Motivation Scores of sports person and non-sports person.

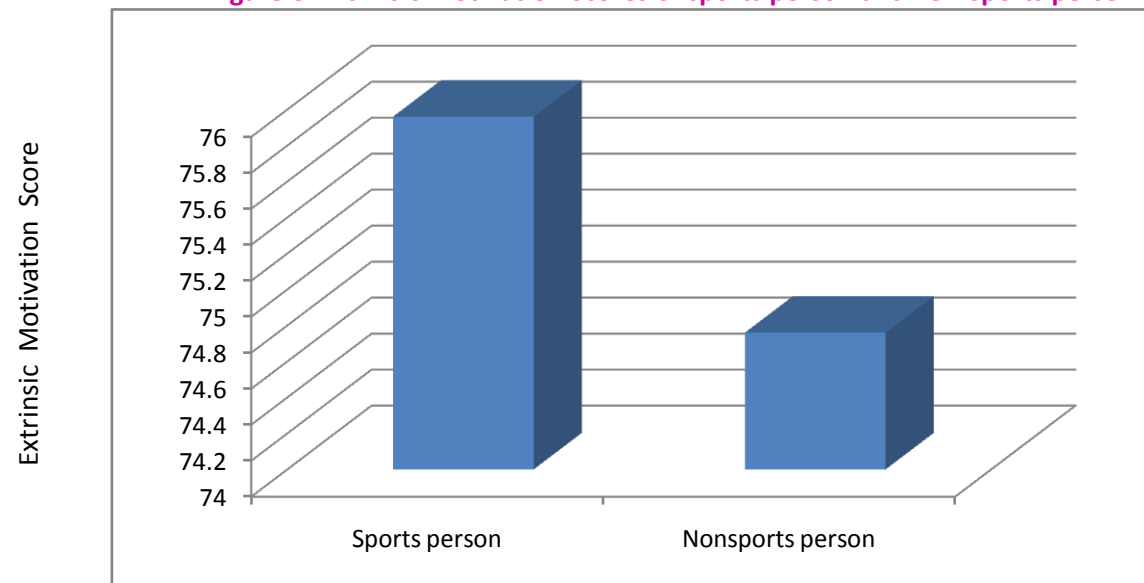


Figure 6. Extrinsic Motivation Scores of sports person and non-sports person.

CONCLUSION

Based on the results of the study it was concluded that the younger individuals below the age of 40 year are intrinsically motivated than the individuals above age of 40 years. Similarly healthy individuals are also intrinsically motivated than un-healthy individuals. However the age and health condition did not matter as for as external motivation was concerned.

REFERENCES

Ingledeu, D. K.I., Markland, D. and Medley, A. (1998). Exercise motives and stages of Change. Journal of Health Psychology 3,477-489.
 Ingledeu, D.K., Markland, D. (2008). The role of motives in exercise participation. Psychology and Health. 23, 807-828.
 Ingledeu. D. K, Markland D and Ferguson. E (2009). Three levels of exercise motivation. Applied Psychology: Health and Well-being, 1, 336-335

- Ingledeu, D.K., and Sullivan, G. (2002). Effects of body mass and body image on exercise motives in adolescence. *Psychology of Exercise and Sports*. 3, 323-355.
- Maltby, J. and Day, L. (2001). The relationship between exercise, motives and psychological well-being. *The Journal of Psychology*. 135, 651-660.
- White, R.W. (1959). Motivation Reconsidered: The Concept of competence. *Psychological Review*, 66, 297-333



Mr. Manoj C. Koparde

Research Scholar, University College of Physical Education ,Bangalore University, Bangaluru.