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EXAMINATION OF UNIVERSITY STUDENTS' MOTIVATIONS TO PARTICIPATE IN PHYSICAL ACTIVITY

EXAME DAS MOTIVAÇÕES DOS ESTUDANTES UNIVERSITÁRIOS PARA PARTICIPAR DA ATIVIDADE FÍSICA

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ABSTRACT

The purpose of this study is to examine at the elements that influence Idr University students' motivation to participate in physical exercise. This study enlisted the help of 300 students. The consequences of smoking, living status, and gender on university students' motivation to exercise were explored. The Motivation Scale to Participate in Physical Activity (MSPPA), which Tekkurşun and Cicioglu (2018) adapted into Turkish, was used to assess the learners' motivation to participate in physical activity. As a result, both female and male students in the research appear to be highly motivated to engage in physical exercise. It is recognised that environmental and individual variables influence both groups' engagement in physical exercise favorably. It was shown that students who live with their family and students who do not smoke are more motivated to engage in physical activity.

Keywords: Physical Activity; Motivation; Smoking.

RESUMO

O objetivo deste estudo é examinar nos elementos que influenciam a motivação dos estudantes da Universidade de Idr para participar do exercício físico. Este estudo contou com a ajuda de 300 estudantes. Foram exploradas as conseqüências do fumo, do status de vida e do gênero na motivação dos estudantes universitários para o exercício físico. A Escala de Motivação para Participar em Atividade Física (MSPPA), que Tekkurşun e Cicioglu (2018) adaptaram em turco, foi usada para avaliar a motivação dos alunos para participar em atividade física. Como resultado, tanto os estudantes do sexo feminino como do masculino na pesquisa parecem estar altamente motivados a se envolverem em exercícios físicos. É reconhecido que as variáveis ambientais e individuais influenciam favoravelmente o engajamento de ambos os grupos no exercício físico. Foi demonstrado que estudantes que vivem com sua família e estudantes que não fumam estão mais motivados a se envolverem em atividade física.

Palavras-chave: Atividade Física; Motivação; Fumar.

Introdução

Sedentary lifestyles and obesity are two of today's most fundamental health issues. Many tasks have begun to be done sitting down as technology and living conditions have improved. Individuals who have more time to themselves remain passive in this manner. As a result, individuals with lower energy expenditure suffer health and weight issues (Ozer, 2010).

Studies on the relationships between exercise motivations and eating habits/behaviors have discovered healthy relationships between self-determined, intrinsic autonomous motivations and healthier eating habits and behaviors; high levels of concern for food, body weight and shape, poor body image, and unhealthy eating habits and behaviors are observed, as well as physical appearance and body weight concentrated exercise when exercise is performed for externally controlled feasibilities. It was observed that eating disorders were shown to be more often connected with persons' engagement (Panão and Carraça, 2020, p. 56). Physical activity is advantageous at any age. Children and teenagers, in particular, do not prioritize physical activity, and they are at a higher risk of obesity because they spend so much time in front of the television or computer (Reed et al., 2010; Erdoğan, 2021).

Making activity an essential component of everyday life and developing regular activity habits from infancy is critical for safeguarding personal health and avoiding potential health concerns.

When other incentives are considered, such as improving the cardiovascular and respiratory systems, lowering the risk of cardiovascular diseases, increasing self-confidence, work efficiency, recreation, and sporting activity efficiency, it is clear that the subject of physical activity requires further investigation (etin et al., 2008). Some motivations may mitigate the link between physical activity and smoking because they represent personality factors that influence both physical activity and smoking behavior. Adolescents who participate in physical exercise for health reasons, for example, may be more health conscious and hence more likely to be both physically active and nonsmokers. Furthermore, as previously said, the

desire to lose weight might inspire a person to indulge in physical activity in addition to smoking, as both are proven to help in weight reduction (Verkooijen et al., 2009).

Individuals must adjust their sedentary behavior during the workplace in order to achieve a high level of physical exercise. It may, however, be good to encourage people to seek out and participate in intrinsically satisfying physical activities while remaining focused on health and wellness education (Kießling, 2019).

People are discouraged from exercising on a regular basis due to a variety of personal and environmental variables. According to research people that have less desire to engage in physical activity (Valatkaitytė and Česnaitienė, 2019).

Unconscious factors such as habits and impulses are now taken into consideration in physical activity motivation theories and evolutionary tendencies in order for people to expend the least amount of effort when moving (Rebar, Alfred, & Gardner, 2021).

Physical exercise motivation can promote physical activity behavior. Several cognitive, behavioral, and environmental aspects can influence the strength of physical activity intention and its translation to physical activity (Rebar, Alfrey, & Gardner, 2021). Motivation is the most important component affecting self-determination and encouraging physical activity. Motivation is defined by psychologists as a need or desire that energizes and leads action toward a goal (Valatkaitytė and Česnaitienė, 2019).

Motivation is described as an individual's desires, aspirations, and behaviors, expressed as a desire to attain a goal. At the same time, motivation is referred to as a force that activates and leads an individual in the direction of goals or objectives. Situations such as managing with stress and looking well physically, on the other hand, have a beneficial impact on the individual (Sabah, 2022). Some research shows, however, that physical activity motivation may support the link and that addressing motivation as part of physical activity behavior change treatments is more successful than not addressing motivation (O'Loughlin et al., 2022). Boone and Brausch (2016) examined the connection between physical activity, depression, and self-harming behaviors other than suicide in 167 high school and undergraduate students aged 14 to 25 and noticed that physical appearance-based exercise

motivations were significantly associated with an increase in the frequency of self-harm behaviors other than suicide. Physical activity has been found to have a protective structure against self-decision behaviors other than suicide in those suffering from depression.

Physical, social, and psychological elements of leisure exercise are studied in sports science studies. Despite the fact that it delivers several advantages, it has been found that participation in such activities is declining in various industrialized nations (Güngörmüş et al. 2014).

Physical activity's numerous physical and mental health advantages give adequate cause for people to be physically active, yet these benefits seldom explain why people are physically active. What are the things that encourage persons who are physically active on a daily basis? What are the motivators for people who begin to be active but then stop? To discover answers to such concerns, it is necessary to analyze individuals' reasons for participating in physical exercise.

Method

This study aims to explore at the elements that influence Iğdir University students' motivation to participate in physical exercise. This study included 300 students from Iğdir University, 199 of whom were female and 102 of them were male. The impacts of motivation to exercise, smoking, residential status, and gender on university students were explored. The "Motivation for Participation in Physical Exercise Scale (MPPAS)," which was adapted into Turkish by Demir and Cicioglu (2018), was used to assess the learners' motivation to participate in physical activity. Consisting of 16 items, the scale has 3 factors: Individual Causes, Environmental Causes and No Cause. The highest score that can be obtained according to the scale is 80 and the lowest score is 16. When the answers given are evaluated, it shows that the participants with high scores have a positive motivation to participate in physical activity. 1- 16 are very low, 17-32 is low, 33-48 is medium, 49-64 is high, 65-80 is very high. Scale's 3.,9.,13.,14.,15.,16. Numbered articles are inversed.

Analysis of Data

SPSS 18 package program was applied in the analysis of the obtained data. Shapiro-Wilk test was used to test whether the data showed normal distribution. According to the Shapiro-Wilktest result, it was specified that the data differed from the normal distribution, and therefore, non-parametric tests were applied in the analysis of the data (table 1). The frequency distributions of the demographic information of the students participating in the research were taken. The impacts of the participants' residence, income and smoking status and their motivation to participate in exercise were analyzed with the Kruskal-Wallis Test, and the differences in terms of gender were analyzed with the Mann-Whitney Test.

Table 1 – Normality Test of the Data

	Tests of Normality					
	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Gender	.428	300	.000	.593	300	.000
Age	.322	300	.000	.674	300	.000
Residence Status	.308	300	.000	.762	300	.000
Smoking	.341	300	.000	.715	300	.000

When the normality test is examined, it is considered that the data do not comply with the normal distribution ($p \leq 0.5$). In this regard, nonparametric tests were applied in the analysis of the data.

Results

Table 2 – Demographical Information of Participants

	Fr	%
Female	99	33.0
Male	201	67.0
Total	300	100.0

It is monitored that 33% of the students participating in the research are female students and 67% are male students.

Table 3 – Personal Information of Participants

		N	Least	Most	Mean
Female	Height(cm)	99	150.00	180.00	165.63
	Weight(kg)	99	49.00	80.00	61.16
	BMI	99	18.14	27.69	22.23
Male	Height(cm)	201	155.00	191.00	174.90
	Weight(kg)	201	49.00	98.00	72.07
	BMI	201	19.92	31.14	23.49
Total		300			

When the Table 3 monitored, the distribution of height, weight and BMI (body mass index) of male and female participants can be seen.

Tablo 4 – Smoking and Residence Status of Participants

GENDER			Fr	%
Female	Smoking	I have never smoked	50	50.5
		I used to smoke	21	21.2
		I smoke	28	28.3
Male	Smoking	I have never smoked	111	55.2
		I used to smoke	32	15.9
		I do not smoke	58	28.9
Female	Residence Status	I live alone at home	8	8.1
		I live with my friends	40	40.4
		I live with my parents	51	51.5
Male	Residence Status	I live alone at home	40	19.9
		I live with my friends	65	32.3
		I live with my parents	96	47.8

When the table is assessed, it is observed that while the rate of smoking among female students is 28.3%, it is 28.9% for male students. It is understood that 51.5% of the female students and 47.8% of the male students live with their families.

Table 5 – Distribution of participants' MSPPA scores

MSPPA Point Ranks	Female		Male	
	%	Fr	%	Fr
17-32	3	3.03	2	0.99
33-48	15	15.15	23	11.45
49-64	38	38.38	113	56.22
65-80	43	43.44	63	31.34
Total	99	100	201	100

When the MSPPA total scores of the students participating in the research are examined, it is seen that the majority of them have high motivation to participate in physical activity.

Table 6 – Gender Comparison of Motivations to Participate in Physical Activity

		N	MeanRank	Sum of Ranks	z	P
INDIVIDUAL REASONS	Female	99	143.08	14164.50	-1.046	.296
	Male	201	154.16	30985.50		
ENVIRONMENTAL REASONS	Female	99	150.24	14874.00	-.036	.971
	Male	201	150.63	30276.00		
MOTIVELESSNESS	Female	99	161.89	16027.50	-1.612	.107
	Male	201	144.89	29122.50		

According to the results of the analysis of the research data, it is seen that there is no significant difference between male and female students in the motivation of participants to participate in physical activity.

Table 7 – Comparison of Motivations to Participate in Physical Activity in Terms of Smoking

	Smoking Usage	N	MeanRank	K ²	P
INDIVIDUAL REASONS	I've never smoked	161	164.67	9.563	.008
	I used to smoke	53	138.25		
	I do not smoke	86	131.52		
ENVIRONMENTAL REASONS	I've never smoked	161	159.74	5.908	.05*
	I used to smoke	53	152.83		
	I do not smoke	86	131.76		
MOTIVELESSNESS	I've never smoked	161	156.34	4.754	.093
	I used to smoke	53	160.21		
	I do not smoke	86	133.59		

*p≤.05

It is seen that the smoking status of the students participating in the study creates a significant difference in the "environmental reasons" factor that affects their motivation to participate in physical activity.

Table 8 – Comparison of Motivations to Participate in Physical Activity in terms of Residence Status

	Residence Status	N	MeanRank	K ²	P
INDIVIDUAL REASONS	I live alone at home	48	114.36	17.037	.000*
	I live with my friends	105	140.34		
	I live with my parents	147	169.56		
ENVIRONMENTAL REASONS	I live alone at home	48	121.99	16.933	.000*
	I live with my friends	105	134.80		
	I live with my parents	147	171.02		
MOTIVELESSNESS	I live alone at home	48	132.28	4.432.	.109
	I live with my friends	105	145.23		
	I live with my parents	147	160.21		

When the elements of "individual reasons" and "environmental reasons" are compared in terms of resident status, it is clear that there is a considerable difference. It is established that contextual and individual variables influence adolescents living with their families' engagement in physical exercise more. Students who lived with their pals showed a significant level of engagement in the "motivelessness" component. Those living alone at home participated in the least in all criteria.

Discussion and conclusion

It can be noticed that 33% of the students participating in the research are female, while 67% are male. It has been discovered that the female students' height ranges from 150 cm to 180 cm, and their weight ranges from 49 kg to 80 kg. The male students' heights range between 155cm and 191cm, while their weights range between 49kg and 98kg. While female students in the study smoke at a rate of 28.3%, male students smoke at a rate of 28.9%. According to reports, 51.5% of female students and 47.8% of male students live with their families.

When the overall scores of the "MPPAS" students who participated in the study are reviewed, it is clear that the majority of them have a strong desire to engage in physical exercise. We can state that both male and female students are motivated to participate in physical exercise. Gender has little effect on pupils' motivation to participate in physical exercise in this situation. There was a result discovered in favor of male students and in favor of female students in the dimension of "motivelessness." It is understood that individual reasons increase male students' motivation to participate in physical activity more. Besides, there was no significant difference between participation in out-of-school sports activities, income status, class, interest in sports, branch variable. It was resulted that there is a difference.

It can be shown that the smoking status of the students taking part in the study makes a substantial difference in the "environmental causes" aspect that influences their motivation to participate in physical exercise. Nonsmokers stated that environmental and personal factors improve their willingness to engage in physical activity. In the causation component, it is evident that there is a result in favor of the individuals who used to smoke. It was discovered that pupils who smoked had little motivation to engage in physical exercise. In a research carried out on 10,635 young people living in Virginia, the relationship between smoking and consumption of fruit, vegetables, milk/dairy products and exercise frequency was examined. In this study, it was concluded that smoking is associated with risking healthy food and exercise (Wilson, 2005). Research findings by Verkojen et al. (2009) show that health-related behaviors tend to cluster during adolescence, that

is, smokers are more likely to use other substances and remain physically inactive. Indeed, cross-sectional researches have revealed a negative connection between teenage leisure time physical activity and smoking behavior. Furthermore, the longitudinal studies, albeit few in number, imply that there is a causal association in the sense that physical exercise really slows teenagers' development toward smoking. Despite this, little study has been conducted to discover characteristics that may increase or decrease physical activity's protective effect on teenage smoking. The purpose of this study was to look at physical activity motivations as a potential modulator of the connection between leisure physical activity and smoking.

When the elements of "individual reasons" and "environmental reasons" are compared in terms of resident status, it is clear that there is a considerable difference. It is recognized that contextual and individual variables influence adolescents living with their families' engagement in physical exercise more. Students who lived with their pals showed a significant level of engagement in the "motivelessness" component. Those who lived alone at home had the lowest involvement in all parameters. Villarreal and colleagues assessed the living conditions and physical activity levels of American Private University students during the COVID-19 epidemic. Based on the study's findings, students who live with their families engage in less physical exercise than those who live alone (Villarreal et al., 2022). Dagkas and Stathi (2007) studied the social elements that influence young people's engagement in school and out-of-school physical activities in their study. They evaluated 52 16-year-old adolescents from various socioeconomic backgrounds' opinions of physical exercise and the limits they face in a suburban and an inner-city secondary school in the Midlands of England. According to the findings of the study, kids' engagement in physical exercise is connected to their family environment, economic level, and social class (Dagkas & Stathi, 2007).

Dilek (2022) assessed the motivation of students from the college of sports sciences to participate in physical activity in terms of several characteristics in his study. According to the findings of the study, the motivation of students from the faculty of sports sciences to participate in physical activity occurs within the context

of many characteristics. In the study conducted by Erdoğan et al., (2021), they determined that the participants' level of participation in physical activity was low.

In conclusion, both female and male students in the research are highly motivated to engage in physical exercise. It is recognized that environmental and individual variables influence both groups' engagement in physical exercise favorably. It was shown that students who live with their family and students who do not smoke are more motivated to participate in physical activity.

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