

Study of Students Motivation for Doing Physical Activities (Health-Related Factors Against Physical Appearance Related Factors)

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Abstract: The aim of this research was to study the factors related to health against appearance factors which encourages people to continue exercise program. The data was obtained from 62 graduates and graduate students of bachelor (M= 25/83, Sd 2/93) includes (N= 30 female and 32 male). The Hlavenka's questionnaire was completed by volunteers. The findings showed that men and woman have same motivations for exercise and also women have strong motivation to exercise to keep their body shape, while men exercise to gain health. the results have shown that people who exercise for their health do very exercise respect to people do it for their body shape of course many people do exercise due to sport advertisement and after couple days they give up exercise so this is suggested that people do exercise with awareness and don't deceive by advertisement in having beauty and proper body shape and consider health aspect of exercise.

Key words: Continuing a Physical Activity • External Factors • Advertisements • Motivation • Health

INTRODUCTION

When most people due to over weight worry about their body shape and they become sedentary due to high gluttony and machine life, most of them don't try to solve this problem in their life [1-3]. Whereas we believe that people do exercise for its benefits not for its appearance aspects [4]. This question is propounded that, why these people doing exercise and what motivation makes these people to have regular exercise program due to daily activities. Many psychologists consider psychological benefits for sport and exercise such as increasing self confidence respect to body situation [5-7].

General health organization has conducted some researches in increasing awareness of people about fatness disadvantages. The best way which has been presented this is recognized people must do exercise activity to remove fatness regularly [8, 9].

Researchers have found that many people especially women do exercise for apparent reasons rather than health reasons [10-12]. Most of advertisements about cloth. Equipments and membership in clubs are based on apparent reasons (means that the basis of these advertisements is apparent not health) [13]. It is not suppressing that because looking TV fashions shows that slimness is related to beauty. Most women believe that they must became fashion meanwhile this slimness level is not considered perfectly [10].

Also most people know the weak role of media in changing view of people. in this research it is recognized that the role of media on changing view of people against body activities have high confidence percentage but this effect was low on tendency of people in doing exercise activities media's focusing on championship sport: in performed research respondents believed that media consider champions exercise and sport rather than public

exercise and another factor is supporting championship exercise as a political factor [2] in fact two factors make people to do exercise motivation and goal. Motivation is the main principle to reach to health life [2].

Thus motivation is the chain process which is commenced with need or depravity. Then desire joins it and then goes toward goal which its result is the going toward goal [14,15]. Researches have shown that motivation can orient the exercise for people. Researches have found that people have different motivation in doing physical activities [1]. Male peoples wants to decrease their weight when they have overweight but females doing exercise for decreasing weight due to satisfaction their body shape (related with apparent factors). Women think that have excess weight while they have normal and natural weight [9] also most men who dissatisfy about their apparent shape tend to increase their weight (like muscular increasing) and they decrease their weight easily [7, 9]. One of the most important reasons in exercise for most people is decreasing weight but certainly this not only benefit of exercise.

Some researchers says that: decreasing weight for people are in the beginning is the long-term goal and may be disappoint for them people often want to reach their goal quickly, so it is expected that with increasing knowledge level among people we world present a useful and regular program and remover wrong thought such as we most exercise to be come fashions and to foster a correct culture among them to continue physical activities[7, 9].

MATERIALS AND METHODS

Subjects or Participants: Among male and female graduate and under graduate students of bachelor course of management in Islamic Azad University, Central Tehran Branch, Iran and 62 graduates and under graduate students (30 female and 32 male) were selected randomly.

Measurement Tools: For measuring variables, the Hlavenka's questionnaire was used. The questionnaire validity was affirmed by psychologists and sport management experts and its viability had been performed by primary study on 15 students, its alpha Kronbach rate has been reported as 0.76 which the first part includes demography questions and the second part includes two segmentations, that its first one includes questions related to research from closed – answer. if the answers of questions of questionnaire were positive, volunteer must

answer the second part which includes open answer questionnaire. In this research to measure gender and educational variables, for age, height and weight variable and for educational year variable, nominal scale, relative scale and ranking scales were used respectively.

Method for Collecting Data: For collecting data the questionnaires were distributed among samples. researchers were done this process in different time for 3 days, after finishing study, the collected date by analyzed via statistical methods.

Statistical Method: To analyze considered variables, descriptive statistic (mean and frequency percentage) and Pearson correlation test in level $p=5\%$ and confidence level 95% have been used. To analyze findings SPSS version15 soft ware has been used.

RESULTS

To obtain in formation about gender of respondents and their quantity the gender question was propounded and the related information was collected which its results are shown in Table 1 and include 49% female and 50/8% female or 30 female and 31 male have participated in this research .

The results of Table 2 show that most of respondents are between 23-30 years and only 1/6 percentages have more than 30 years. Following table shows age distribution of respondents. The results of Table 2 shows that the high frequency are in range 23-26 years , 42/6% and the least frequency 1/6 % are in range 27-30 years.

Findings of Table 3 is about education of students and shows that 24% of people are Sophomore, 8/2% is junior and 13/1% is junior and 8/2% is under graduate and 45/9% are graduated students.

The results of Table 4 show that male and female students had unique motivation in doing physical activities.

The results of Table 5 show that there is no significant relation between genders Variable and apparent among students. Consequently having nice body is not resulted

From gender. There is significant difference as ($p>5\%$). meanwhile there is significant relation between gender relation and motivation in gaining health. Consequently gender influenced on motivation there is no significant relation between health and sport program of students.

Table 1: Frequency distribution of respondents based on gender

Variable Gender	Absolute frequency	Relative frequency	Cumulative frequency
Women	30	49.2	49.2
Men	31	50.8	100
Total	61	100	---

Table 2: Frequency distribution of respondents based on age distribution.

Variable Age	Cumulative frequency	Relative frequency	Absolute frequency
19-22	9	14.8	14.8
23-26	26	42.6	57.4
27-30	25	41	98.4
31-34	1	1.6	100
Total	61	100	---

Table 3: Frequency distribution of respondents based on education.

Variable Academic Degree	Frequency	Cumulative frequency	Relative frequency	Absolute frequency
Freshman	15	24.6	24.6	32.6
Sophomore	5	8.2	8.2	32.8
Junior	8	13.1	13.1	45.9
Senior	5	8.2	8.2	54.1
Graduate	28	45.9	45.9	---
Total	61	100	100	100

Table 4: Frequency distribution based on motivation toward performing physical activities.

Gender Addressing physical activity	Women	Men	Total
Health business	14	24	38
Fitness	6	2	8
Interest in sport	7	0	7
Social Interaction	2	2	4
Satisfy internal motivation	0	2	2
Financial incentive	1	1	2
Total	30	31	61

Table 5: The results of Pearson correlation coefficient to determine relations between variables among students.

Variable Indexes	N	R	Sig
Gender and Appearance	61	-0.145	0.263*
Gender and health		0.317	0.013
Continuation of health and exercise program		0.155	0.232
Personal and psychological motivation of people with an exercise program to maintain continuity		-0.017	0.899

Table 6: The results of Pearson correlation coefficient to determine relations between variables with time spend on physical activity:

Variable Indexes	N	R	Sig
Duration of exercise during the week to address	61	0.034	0.793
Duration of exercise during the day to address	61	-0.169	0.193

The results of Table 6 show that , gender doesn't influence on time exercise within week or day , mean that there is no difference between male and female students and hours rate within day or week which exercise is don't but motivation determine the activity rate for people.

DISCUSSION

This study found evidence for this hypothesis. Student who reported they exercised for health reasons had long-term exercise rather than students who exercise for apparent reasons. also it was recognized that persons who perform long exercise continue this for long time the most problematic aspect for attracting people in exercise was focused on persons who exercise normally [1] most of people who had started exercise regularly they gave up exercise after 3 to 6 months [1, 12].

Of course the highest dissatisfaction rate of young people was body size and form. Some girls tended to have the proper body form for respect meanwhile boys interested to have muscles like athletes, in this order they did sport actions.

If they reached good results they continued their exercise program but if they failed, the dissatisfaction doubled [7].

These findings in people who exercise due to health is correct because the probability for prolong of an

exercise program is high. In this time the applicable principles are considered. Because awarding people exercise programs due to reasons related to health can be useful, with this method people can perform a long term exercise program [2,10].

In addition to awareness due to high exercise contribute people to perform regular exercise effectively. This matter can be useful for society and awareness people about performing exercise for health not apparent. This awareness can change the view of some people of course people who were studying magazines specially the mode and fashion magazines tended to become cloth fashioning this order they did different exercise but half of them gave up their program [11]. in this regard findings showed that most of student think lateral aspects and finally they give regular physical activities which are same with researches [8]. when these people become fat they gain this motivation to become movie stars and eventually change their body form and they decide to exercise although this motivation is wrong but it can be considered as a fake motivation in doing physical activities among students and this result was like results [5, 8, 10]. But this should be noted that advertisement based on health or apparent are effective in exercise and the studies showed that the gender differences are important factors to exercise also men exercise for health and women exercise for their apparent [9]. Regardless gender evidence was found means that there were not significant differences between men and women in doing exercise and this was not similar results [13] another finding includes that if a person exercise hardly eventually he or she would like to engage with exercise means that this is not important how many days this person does exercise if this finding be correct, general health authorizes must encourage long exercise in a session and it is suggested that people must do physical activity within 5 or 6 days for 30 minutes.

CONCLUSION

Finally it should be claimed that the general health authorities should understand that what makes people to do a physical activity so it is expected that with presenting necessary awareness to people and increasing their knowledge level we can encourage them to exercise regularly and remove their wrong view in becoming advertising model or improper apparent and to generate a correct culture with necessary motivation to continue physical activities in reach health life in their minds.

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