



A STUDY ON PREDICTORS OF EXERCISE MOTIVATION AMONG COLLEGE STUDENTS

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ABSTRACT

The purpose was to study the predictors of exercise motivation among college students. To achieve the purpose of the study, 114 college students (Male = 73, Female = 41) from Colleges in Chennai region, Tamilnadu were selected as subjects and their age shall ranged from 18 to 21 years. Participants (N = 114) were male (n = 73) and female (n = 41) volunteer ($M_{age} = 23.67$, $SD = 8.48$) regular exercisers. For the purposes of this study, 'regular exercise' was defined as consistently engaging in at least two exercise sessions (of any kind) each week for the last six months. Results of the analyses revealed that introjected and identified regulations were significant and positive predictors of exercise frequency and duration for both males and females. Regression analyses were conducted to examine the relationships between exercise regulations and the three exercise behaviors. Results of the analyses revealed that identified regulation was found to be a positive predictor of exercise intensity for females only, while none of the behavioral regulations were a unique predictor of intensity among college students.

KEYWORDS: Predictors, Exercise Motivation, College Students.

INTRODUCTION

Self-Determination Theory has been proposed as one way of looking at motivation. SDT is a general theory which has frequently been applied in the exercise domain. The SDT framework posits that human motivation lies along a continuum which represents varying degrees of autonomy. Autonomy refers to behaviors being self-determined, or freely initiated by the individual. The self-determination continuum is comprised of both intrinsic and extrinsic components. Intrinsic motivation occupies the most self-determined end of the continuum and involves motivation derived from the sheer pleasure and satisfaction of engaging in the behavior itself (Becker, et al. 1972). An exerciser who is intrinsically motivated might swim, for example, because they enjoy the feeling of their body moving through the water. Four distinct behavioral regulations comprise the extrinsic part of the motivational continuum. These four regulations successively decrease in their degree of self-determination from autonomous regulations to controlling regulations. Integrated and identified regulations represent the more autonomous forms of extrinsic motivation. Integrated regulation is represented by an individual's belief that a behavior is an important part of his or her identity and is consistent with his or her personal values.

METHODOLOGY

The purpose was to study the predictors of exercise motivation among college students. To achieve the purpose of the study, 114 college students (Male = 73, Female = 41) from Colleges in Chennai region, Tamilnadu were selected as subjects and their age shall

ranged from 18 to 21 years. Participants (N = 114) were male (n = 73) and female (n = 41) volunteer ($M_{age} = 23.67$, $SD = 8.48$) regular exercisers. For the purposes of this study, 'regular exercise' was defined as consistently engaging in at least two exercise sessions (of any kind) each week for the last six months. The sample was largely composed of students with 75% of participants reporting 'student' as their primary occupation. Self-report data revealed the sample was quite active ($M_{frequency} = 3.54$ sessions per week, $SD = 1.04$; $M_{duration} = 61.29$ minutes per session, $SD = 25.12$; and $M_{intensity} = 65.45$ weekly METS, $SD = 34.55$). Participants listed the exercise activities in which they typically participate. The most commonly cited exercise activities were running (62.6%), weight training (41.2%), playing sports (58.7%), walking (28.5%). The Leisure Time Exercise Questionnaire (LTEQ) was used to assess participants self-reported exercise intensity. The Behavioural Regulation in Exercise Questionnaire (BREQ) assesses Amotivation, external, identified, introjected, and intrinsic regulations. Participants were approached by the researcher prior to or following their workouts in their regular setting. Once informed consent was obtained, the participants completed the BREQ-2, LTEQ and demographic information. The variables used in the present study were collected from all subjects. The collected data was subjected to various statistical applications for arriving the final results. The following statistical techniques were adopted to treat the collected data in connection with established hypothesis and objectives of this study. Regression analyses were conducted to examine the relationships between exercise regulations and the three exercise behaviors.

RESULTS

Regression analyses were conducted to examine the relationships between exercise regulations and the three exercise behaviors.

TABLE – I
MULTIPLE REGRESSION ANALYSIS PREDICTING EXERCISE FREQUENCY FROM EXERCISE REGULATIONS

Variables	F	df	R ^{2adj}	b	SE b	β	't' Value
Males	16.33**	5,67	0.02				
Amotivation				0.08	0.04	0.22	1.91
External Regulation				0.15	0.15	0.12	1.03
Introjected Regulation				0.01	0.01	0.13	-4.13*
Identified Regulation				0.01	0.01	0.08	2.69*
Intrinsic Regulation				0.08	0.16	0.06	0.50
Female	4.13*	5,35	2.26				
Amotivation				-0.03	0.05	-0.11	-0.76
External Regulation				-0.42	0.15	-0.45	-1.74
Introjected Regulation				-0.02	0.01	-0.19	-4.25*
Identified Regulation				-0.01	0.01	0.16	3.03*
Intrinsic Regulation				0.51	0.23	0.36	0.18

Based on the results from the table I of the *t*-tests revealing a significant difference between males and females for one of the dependent variables (i.e., frequency of exercise). Results of the analyses revealed

that introjected and identified regulations were significant and positive predictors of exercise frequency for both males and females.

TABLE – II
MULTIPLE REGRESSION ANALYSIS PREDICTING EXERCISE DURATION FROM EXERCISE REGULATIONS

Variables	F	df	R ^{2adj}	b	SE b	β	't' Value
Males	4.52*	5, 67	-0.03				
Amotivation				-0.02	0.04	-0.06	-0.54
External Regulation				-0.01	0.17	-0.01	-0.10
Introjected Regulation				0.01	0.01	0.12	3.99*
Identified Regulation				0.01	0.01	0.04	4.34*
Intrinsic Regulation				0.14	0.19	0.09	0.74
Female	7.59*	5,35	-0.06				
Amotivation				-0.07	0.06	-0.17	-1.06
External Regulation				0.16	0.19	0.15	0.82
Introjected Regulation				0.01	0.02	0.08	2.48*
Identified Regulation				0.01	0.02	0.09	2.52*
Intrinsic Regulation				-0.20	0.30	-0.12	-0.66

Based on the results from the table II of the *t*-tests revealing a significant difference between males and females for one of the dependent variables (i.e., duration of exercise). Results of the analyses revealed

that introjected and identified regulations were significant and positive predictors of exercise duration for both males and females.

TABLE – III
MULTIPLE REGRESSION ANALYSIS PREDICTING EXERCISE INTENSITY FROM
EXERCISE REGULATIONS

Variables	F	df	R ^{2adj}	b	SE b	β	't' Value
Males	11.63*	5,67	0.04				
Amotivation				0.00	0.05	0.001	0.07
External Regulation				0.15	0.18	0.09	0.84
Introjected Regulation				0.00	0.01	0.03	0.26
Identified Regulation				0.04	0.01	0.30	1.63
Intrinsic Regulation				-0.16	0.20	-0.10	-0.84
Female	7.54*	5,35	0.06				
Amotivation				-0.02	0.07	-0.04	-0.30
External Regulation				0.13	0.21	0.11	0.63
Introjected Regulation				0.06	0.02	0.42	1.60
Identified Regulation				0.00	0.02	0.01	3.09*
Intrinsic Regulation				-0.45	0.32	-0.25	-1.41

Based on the results from the table III of the *t*-tests revealing a significant difference between males and females for one of the dependent variables (i.e., intensity of exercise). Results of the analyses revealed that identified regulation was found to be a positive predictor of exercise intensity for females only, while none of the behavioral regulations were a unique predictor of intensity among men.

CONCLUSION

- Results of the analyses revealed that introjected and identified regulations were significant and positive predictors of exercise frequency and duration for both males and females.
- Results of the analyses revealed that identified regulation was found to be a positive predictor of exercise intensity for females only, while none of the behavioral regulations were a unique predictor of intensity among men

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