

Motivational Factors for the Practice of Exercise in a Sample of Portuguese Fitness Center Users

Authors : N. Sena, C. Vasconcelos

Abstract : Portugal has a lower rate of people who exercise. Fitness centers are a widely recognized context for the performance of an exercise. Thus, the objective of this study is to analyze the motivational factors for the practice of exercise in a sample of Portuguese fitness center users. The sample consists of 34 users (23 men and 11 women), aged between 16 and 60 years old ($24.7 \pm 11,5$ years old). The instrument used for data collection was the Motivation Questionnaire for Exercise (version translated and validated into Portuguese), consisting of forty-nine items grouped into ten motivational factors. Responses to the Exercise Motivation Questionnaire are given on a 6-point Likert scale (0="not at all true for me" to 5="completely true for me"). With regard to the results, it is possible to verify that the motivational factors considered most relevant by the sample of our study were "Well-being" (4.44 ± 0.28), followed by "Health" (4.29 ± 0.57) and "Stress Management" (4.06 ± 0.54). The factors "Affiliation" (3.11 ± 0.49) "Personal Appreciation" (2.26 ± 0.59) and "Medical History" (1.71 ± 0.74) were considered by the respondents to be the least important factors for performing the exercise. The conclusion of this study is that in the sample of this study, the factors that most motivated the practice of exercise were "Well-being", "Health" and "Stress Management". In the opposite direction, the factors that least motivated the individuals in this sample to practice exercise were "Affiliation", "Personal Appreciation" and "Medical History".

Keywords : exercise, fitness center users, motivational factors, Portugal

Conference Title : ICBPAHW 2023 : International Conference on Benefits of Physical Activity for Health and Well-Being

Conference Location : Lisbon, Portugal

Conference Dates : April 13-14, 2023