

**A STUDY OF MOTIVATION FACTORS AMONG PARTICIPANTS IN
AEROBIC DANCE PROGRAMME AT A FITNESS CENTRE**



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ABSTRACT

A STUDY OF MOTIVATION FACTORS AMONG PARTICIPANTS IN AEROBIC DANCE PROGRAMME. A FITNESS CENTRE

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Physical activity is important for maintaining a healthful lifestyle. Most sport and exercise participants are activated by intrinsic and extrinsic motivation, but may differ in their perception. This study was conducted to know and identify the motivational factors among participants for their involvement in an aerobic dance programme at TCGF, Kompleks PKNS Shah Alam. Fifty-two subjects aged 20 – 49 years old from TCGF were voluntarily selected for this study. A self-administered questionnaire divided into demography, background of participation, intrinsic motivation and extrinsic motivation, were used for collecting data. Out of 52 subjects, 45 were females and seven were males. The subjects in this study comprised 80.8% Malays, 11.5% Chinese and 7.7% Indians. All the data were analyzed by using SPSS and presented as frequency and percentage. From the result it was found that, the subjects were motivated to participate aerobic dance programme in factors; intrinsic motivation and extrinsic motivation. Most of the subjects agreed to the factors from intrinsic motivation (weight concern, health and fitness, enjoyment/interest, release tension personal goal achievement, psychological concern, self-esteem and competence/challenge) motivated them to participate in aerobic dance programme. The factors from extrinsic motivation also motivate their participation including get support, reward, team orientation, class environment, physical appearance and social interaction. The study therefore concluded that the subjects in the present study were motivated by intrinsic and extrinsic motivation. Thus, the subjects must follow methods of motivating in order to stay motivated to participate in aerobic dance programme. However, further research is required to determine others factor that contribute to the participation of the participants in aerobic dance programme.

CHAPTER 1

INTRODUCTION

Background and scope of study

Physical fitness has become a priority to people of all ages and for good reasons. Until recently, many people began fitness programs only to achieve beautiful bodies or to achieve perfect "10". That is too daunting for most people, however and it is not even the real role of exercise. Improving in health and ability to complete everyday tasks, to function effectively in stressful and demanding situations and improve appearance are the real advantages of regular exercises.

The health fitness movement in the United States has unclear origins according to Corbin & Pangrazi, 1993. Some might argue that roots of our current health and fitness consciousness began before 20th century with physical education programme developing in the schools. Others might argue that health fitness movement is a more recent phenomenon related to the aerobics movement in the 1970s, the explosive construction of commercial fitness facilities in the 1980s, or some other concurrent trend. Regardless of the origin of the so-called fitness boom, the greatest of health and fitness growth has been seen during the last half of this century. Participation by Americans in fitness facilities, for examples, has increased exponentially since 1960. Figure 1 illustrates this explosive growth pattern.