

The background of the entire cover is an abstract, high-energy image. It features a blurred figure of a person, likely a runner, in motion. The figure is overlaid with vibrant, streaky light trails in shades of teal, blue, and orange, creating a sense of speed and dynamic movement. The overall composition is energetic and modern.

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EXTENDED ABSTRACT

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SELF-EFFICACY AND MOTIVATION AS PREDICTORS OF PHYSICAL ACTIVITY STATUS IN A CLIMBING COMMUNITY

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I. INTRODUCTION

Understanding barriers to sports participation and physical activity levels is crucial for fostering a healthy lifestyle. This study focuses on the *Camp5* climbing community, aiming to identify obstacles hindering participation, assess their physical activity status, and examine the relationship between these factors [1]. The findings aim to contribute valuable insights to promote engagement in climbing and other physical activities, ultimately supporting better health and well-being.

II. METHODS

This study employed a quantitative, non-experimental survey approach to examine barriers to sports participation and physical activity status. Data were collected via an online questionnaire from 129 *Camp5* climbers selected through simple random sampling. The IPAQ-SF questionnaire assessed physical activity status, while descriptive and correlation analyses identified key barriers and their relationship with activity status, offering insights into participation challenges within the climbing community [2].

III. RESULTS AND DISCUSSION

A. Barriers to Sports Participation

The study revealed that intrapersonal barriers had the highest mean score (1.68 ± 0.48), followed by organizational-environmental (1.64 ± 0.59) and relational-environmental barriers (1.63 ± 0.56). Interpersonal barriers had the lowest mean (1.52 ± 0.56). Surprisingly, personal attitudes and motivations were more impactful than external influences (Table 1).

TABLE I
DESCRIPTIVE STATISTIC OF BARRIERS TO SPORTS PARTICIPATION

Variable	Mean	SD
Intrapersonal Barriers	1.68	0.482
Organizational- Environmental Barriers	1.64	0.585
Relational- Environmental Barriers	1.63	0.562
Interpersonal Barriers	1.52	0.563

B. Assessing Physical Activity Status

A majority (93%) of participants were classified as active, indicating a highly engaged climbing community. While differences across demographic factors were not examined, the higher activity status suggests that existing support structures may counterbalance participation barriers. This reinforces the idea that a well-established climbing culture fosters physical activity despite individual challenges.

TABLE I
DESCRIPTIVE STATISTIC OF PHYSICAL ACTIVITY STATUS

Physical Activity Status	Counts	%
Inactive	9	7
Active	120	93
Total	129	100

C. Relationship Between Barriers to Sports Participation and Physical Activity Status

A significant negative correlation ($r = -0.60$, $p < 0.01$) was found between participation barriers and physical activity status. Intrapersonal barriers had the strongest impact, underscoring the role of self-efficacy and motivation. Addressing these psychological factors through targeted interventions could enhance participation rates, promoting greater engagement in the *Camp5* climbing community.

TABLE I
PEARSON CORRELATION BETWEEN BARRIERS TO SPORTS PARTICIPATION AND THE PHYSICAL ACTIVITY STATUS

Barriers to Sports Participation	Physical Activity Status	
	Pearson Chi-Square	-0.60
	df	127
	Sig (2-tailed)	<0.01
	N	129

IV. CONCLUSIONS

This study highlights intrapersonal barriers as the most significant challenge to sports participation among *Camp5* climbers. Despite higher physical activity status, barriers negatively correlate with participation. Addressing psychological factors, such as self-efficacy and motivation, through targeted interventions could further enhance

engagement and promote sustained participation in the climbing community [3].

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