

MOTIVATION TO MOVE: PHYSICAL ACTIVITY AMONG URBAN AREA RESIDENCES

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Abstract

Physical activity is one of the important parts of a healthy lifestyle. Everyone is encouraged to participate in some physical activities which are good for physical and mental health. For the urban community, active lifestyle has begun since they were aware of their health. As we knew, the number of places that can involve physical activities in an urban area are limited. Therefore, in order to do any physical activity individuals need to have a motivation in themselves to perform the physical activity. This study is designed to identify the motivation factor in performing physical activity in urban areas. The Physical Activity and Leisure Motivation Scale (PALMS) were used in this study. A total of 150 people (N= 150) from Bandar Utama Selangor that represents urban areas were selected through convenience sampling. The result of this study showed that the highest-ranking of the motivation factor level was a physical condition (M= 4.55, SD= 0.468) whereas the lowest was Others expectation (M= 2.54, SD=0.933). In conclusion, urban society involved in physical activity because of their intrinsic motivation, their self.

Keywords: Motivation, Physical Activity, Urban Area

Introduction

Physical activity is well-defined as a body movement at any part that was created by the skeletal muscle of the body which requires some energy expenses and energy beyond the basal metabolic rate (Molanorouzi, Khoo, & Morris, 2014). It incorporates all activities that are performed by the peoples for 24 hours and can be performed at any intensity as well as important for a healthy lifestyle. Everyone is encouraged to participate in some physical activities which are good for physical and mental health. For the urban community, active lifestyle began since they were aware of their health. As we have known, the number of places that can involve physical activities in an urban area are limited. Therefore, in order to do physical activity, the individual needs to have motivation in themselves to perform physical activity.

Motivation is defined as a circumstance where people are aspired by some desires, needs, wishes, impulses or causes from the inside and also bound for in the direction of accomplishing a goal that comes from the outside which functions as an incentive for (Kondrič, Sindik, Furjan-Mandić, & Schiefler, 2013). The motivation is divided into 2 categories, first is intrinsic motivation and the other one is extrinsic motivation. Intrinsic motivation is about people undertaking something only for its particular sake while extrinsic motivation is about people exploiting something as a way to end up and not for their own sake, especially, this motivation has been very popular topics that be used for researchers to make wisdom of several miracles of importance in sport games and physical activities (Kondrič et al., 2013).

Therefore, the purpose of this study is the researcher wants to identify the factor that motivates urban area residences at Bandar Utama Selangor to perform physical activity.

Materials and Methods

Participant

The sampling technique that was used in this study was convenience sampling. The population for this study was focusing on urban area residences. A total of 150 residents (N=150) at Bandar Utama, Selangor that consisted of male (M=80) and female (F=70) was chosen for the sample of this study.

Instrumentation

There is 2 sections which are section A and section B. Section A is the demographic data of the participants (8 questions). For section B, the Physical Activity Leisure Motivation Scale (PALMS) questionnaire (Molanorouzi et al., 2014) and (Roychowdhury, 2018) are used in analyzing the motivation factor level in performing physical activity. The PALMS consists of 40 questions. The instrument is divided into 8 factors or subscales which consist of Physical condition, Mastery, Enjoyment, Appearance, Competition/ego, Psychological condition, Other expectations, and Affiliation. The questionnaire is using 5 scales which subject would respond to scale point range 1 which strongly disagrees until 5 which is strongly agreed.

Data Collection Procedure

The participants were briefly explained on the purpose and all procedures involved in this study. The researcher distributed the questionnaires to the target participants at Bandar Utama Selangor recreation park. Both questionnaires were in English. The questionnaires were collected only once. The questionnaires took about 10 minutes to answer. The participants must understand clearly the objective of this study and complete the consent form before answering all questionnaires given. A researcher explained in detail for those who were not able to understand the words in the questionnaires. Participants needed to answer the entire questionnaire and not to spend time pondering over responses. This was due to the fact that there was no right or wrong answer. Finally, the researcher analyzed the data using SPSS. The subject involved in physical activity lower than 150 minutes per week prior to the test were excluded.

Results and Discussion

Table 1, from the result, showed, physical condition component mean and the standard deviation was 4.55 (SD= .468), that was rank on 1, which the higher factor for people performing physical activity. For psychological condition component was rank on 2 which is 4.50 (SD= .576). For enjoyment component was rank on 3 which is 4.44 (SD= .608). For mastery component was ranked on 4 which is 4.28 (SD= .671). For appearance component was ranked on 5 which is 4.24 (SD= .717). For affiliation component was ranked on 6 which is 3.96 (SD= 1.266). For competition or ego was ranked on 7 which is 3.39 (SD= .945). For the lowest rank of the component was others expectation, rank on 8 which is 2.54 (SD= .933).

Table 1 Mean and standard deviation of motivation factor level

| Components / Factors | Rank | Mean | Std. Deviation |
|-----------------------------|-------------|-------------|-----------------------|
| Physical condition | 1 | 4.55 | 0.468 |
| Psychological condition | 2 | 4.50 | 0.576 |
| Enjoyment | 3 | 4.44 | 0.608 |
| Mastery | 4 | 4.28 | 0.671 |
| Appearance | 5 | 4.24 | 0.717 |
| Affiliation | 6 | 3.96 | 1.266 |
| Competition/ego | 7 | 3.39 | 0.945 |
| Others expectation | 8 | 2.54 | 0.933 |

The result shows that Physical condition is the main motivation factor for the respondents to be involved in physical activity. Physical conditions have five relevant questions: be physically fit, to maintain physical health, it me healthy, helps maintain a healthy body and to improve cardiovascular fitness. Exercise combats health conditions and diseases (Booth, F. W, Robert C. K. & Laye M.J 2014). 30.3 percent of Malaysians now suffer from high blood pressure, while 47.7 percent have high cholesterol problems and diabetes 17.5 percent (Malaysia National Health and Morbidity Survey, 2015). Regular exercise helps prevent or manage many health problems and concerns, which include; Stroke, Metabolic syndrome, High blood pressure, Type 2 diabetes, Depression, Anxiety, Many types of cancer, and Arthritis. It is shown that people in the urban areas always perform physical activites because of they want to take care of their physical condition.

The motivation factor with the second highest mean score is the psychological condition. The items on the questionnaire for the psychological condition factor are “it helps me relax”, “to better cope stress”, “to get away from pressures”, “it acts as a stress release”, and “to take the mind of other things”. Need an emotional lift? Or need to blow off some steam after a stressful day? A gym session or brisk walk would help. Physical activity stimulates various brain chemicals that may leave you feeling happier, more relaxed and less anxious (MFMER, 2019). This means participants in the urban area take psychological condition factor as a motivation for performing a physical activity to release their stress, especially from the working place.

Enjoyment is the motivation factor that has the third highest score. The items on the questionnaire about enjoyment are “it’s interesting”, “it makes me happy”, “it’s fun”, “I enjoy exercising”, and “I have a good time”. Exercise and physical activity can be enjoyable. They give you a chance to unwind, enjoy the outdoors or simply engage in activities that make you happy. Physical activity can also help you connect with family or friends in a fun social setting. Urban society is facing with mental disorder disease. Stress with high living costs, traffic-jammed, overload work, financial and so on. The result from these findings shows that participants from the urban area while performing physical activity, their focus is not only on taking care of physical health but also for their enjoyment.

The fourth rank is mastery. The items on the questionnaire given to participants for mastery factors are “to get better at an activity”, “to improve existing skill”, “to do my personal best”, “to obtain new skills or activities”, and “to keep current skill level”. Some of the participants

involved in this study are also involved in sports games which one of the reasons why they perform physical activity. In order to improve their skill level and also obtain a new skill level, they need to perform physical activity almost every day per week to avoid the decrease in fitness. Michelle S. Fortier states on previous research to achieve the optimal benefits of the training, participants need to perform physical activity at least 150 minutes per week (Fortier et al., 2011).

The fifth rank is appearance. Questions that had been included in a questionnaire given to participants are “to define muscle, look better”, “to improve body shape”, “to improve appearance”, “to lose weight, look better”, and “to maintain trim, toned body”. From the result, we know that some of the people that performing physical activity is to look good in physical. But, for participants in this study in the urban area, the appearance factor is not the first choice of people in an urban area to motivate them to perform physical activity.

The sixth rank is affiliation. Affiliation is one of the motivation factors for performing physical activity and it is related to the social. participants who performing physical activity need to have social support such as performing physical activity with friends. It would make participants feel the joy and fun while performing physical activity. It also would be the reason why people drop out from performing the physical activity if they did not have social support (Pridgeon & Grogan, 2012). For example, someone who performs the physical activity by participating in exercise classes or yoga classes, they would get more friends and feeling joy, their experience in social also getting improved. The items that represent affiliation in the questionnaire given include, “because I enjoy spending time with others”, “to do an activity with others”, “to do something in common with friends”, “to talk with friends exercising”, and “to be with friends”. Based on this result for affiliation factors, it is important to have the motivation to perform physical activity but participants in the urban area also not taking this factors as the first rank because the first and second rank for motivating them to perform physical activity is more to taking care their physical condition and psychological condition.

The motivation factor component with the second-lowest score is competition and ego. The items on the questionnaire given to participants in the present study are “because I perform better than others”, “to be best in-group”, “to work harder than others”, “to compete with others around me”, and “to be fitter than others”. Some people would be using competition or ego factors as one of their tools for motivating them to perform in physical activity but it is different on the participants in an urban area because the result shows that competition or ego factors were ranks on the second-lowest which is the seventh rank. That means participants in an urban area do not believe in competing with others as their motivation because it is more towards self-determination. The motivation that can give a meaningful and effective exercise would come from the inside, which is called intrinsic motivation (Matsumoto & Takenaka, 2011).

The lowest rank component for the motivation factor level is others' expectation. In this study, it is shown that others' expectation factor was the least in terms of making the participants feel motivated in performing physical activity. The items of others' expectation factors that have been put in the questionnaire are, “to earn living”, “because I get paid to it”, “to manage medical condition”, “because people tell me I need to”, and “because it was prescribed by doctor, physio”. By doing the analysis for the present study, it is shown that participants in an urban area were not taking other expectation factors as an important tool for performing physical activity, that's why it was chosen on the last rank in motivation factor level and variable in performing physical activity. So, it means people who participate in performing physical activity have a good healthy lifestyle because they did not choose the items that represent “because it was prescribed by a doctor” and they also perform a physical activity because of themselves, not from other people's suggestions. But they realize that they

were staying in an urban area with higher population density which would make them easy to get sick and that's why they choose physical condition factor on the first rank for motivating them to perform physical activity.

Conclusion

The important purpose of this study was to identify the motivation factor level in performing physical activity among urban area residences. In conclusion, the urban society involve in physical activity because of their intrinsic motivation, they are concerned about themselves. Awareness to maintain their health, release stress and enjoyment are motivational factors for them to actively participate in physical activity. In identifying the motivation of an individual in performing physical activities and exercise, it can help indicators and coaches in designing suitable programs or event of physical activity. The physical activity leisure and motivation scale (PALMS) can be used as an implementation to make people understand about motivational factors of physical activity. PALMS is also suitable for all research that relates to physical activity and all the work conducted around the world.

All the data recorded on the present study was important and useful for the indicators and coaches that want to make a fitness event which is the indicators and coaches can be planning the exercise and programmed by referring the level of the factors that have been chosen by participants. All that kinds of factor can increase the people's interest to join the event and the number of the participant also would be increasing because of the motivation factors that make people highly motivated to performing physical activity have been used in the exercise event and program. This data also can be useful to match individual participant motives to firm physical activity.

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Conflict of interests

Authors hereby declares that there is no conflict of interests with any organization or financial body for supporting this research.

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