

**UNIVERSITI TEKNOLOGI MARA**

**THE TYPE OF MOTIVATION FOR PHYSICAL  
ACTIVITY BETWEEN GENDER**

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## ABSTRACT

Even though there are many ways to recommend having a physical activity lifestyle, an adult physical activity levels still have been decreasing. In order to understand why this happens, a study has been conducted to discover the reasons for people participating in physical activity. This study aimed to investigate the type of motivation for physical activity between gender. A total of 89 people (N = 89) in Kajang district were selected through convenience sampling that involved in this research. The Motives for Physical Activities Measure-Revised (MPAM-R) was used to identify the type of motivation that motivate people in physical activity. The result of this study showed that the highest motivation factor rated among all subjects was appearance (M = 5.13, SD = 0.23) whereas the lowest motivation factor was enjoyable (M = 3.11, SD = 0.14). Besides, there were significant mean differences in components for the type of motivation in gender at a significant level of 0.00 ( $p < 0.05$ ). To conclude, this finding suggests that the critical motivation for participation in physical activity are different across gender.

**KEYWORDS:** *Appearance, Competence, Extrinsic Motivation, Intrinsic Motivation, Interest/Enjoyment, Physical Activity, Social.*

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