

Poster Exp- James Reynolds

by JAMES REYNOLDS

FILE	10279_JAMES_REYNOLDS_POSTER_EXP-_JAMES_REYNOLDS_151839_281971885.PDF (494.13K)		
TIME SUBMITTED	19-APR-2016 12:09PM	WORD COUNT	794
SUBMISSION ID	56042852	CHARACTER COUNT	4532



Mental and Physical Health Motives for Participation in Physical Activity

James Reynolds, BA Health and Sport, April 2016.

Introduction

Multiple individuals at some point within their lives will undergo an exercise prescription program, prescribed by a health professional. Aerobic based exercise programs have shown to produce a multiple of positive results. In overweight individuals exercise has shown to increase measures of cardiorespiratory fitness, decreased waist circumference, insulin resistance, and diastolic blood pressure (Manthou & Maikova, 2015), along with a number of positive mental health effects. Self-evaluation, body self-concept and other health-related psychological have all shown improvements by exercising (Stoll & Alfermann, 2002). Without understanding the reasons in which individuals adhere to exercise programs professionals cannot produce strategies to promote these influences. Having the correct knowledge of influences of adherence between gender and age group will influence the planning process of the exercise program.

Objectives

The main focus aim of the research was as follows; To discover Measurements of the factors that influence adherence in males aged 18-25 & 45-55 and females aged 18-25 & 45-55, Investigate links between mental/physical health and adherence, develop strategies to greater clarification of motives of exercise for professional managing a exercise program.

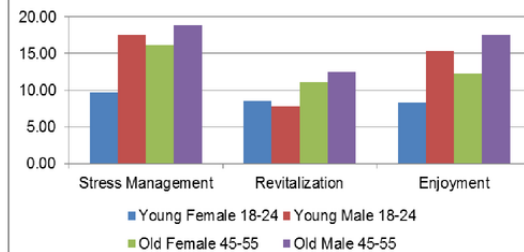
Methods

Participants (n=47) were selected from exercise classes that were being taken place within a local leisure centre. All participants exercised for a minimum of 60 minutes per week. The participant group was split demographically. The groups were as follows; Young adult female aged 18-24 years old. Young adult male 18-24 years old. Older adult female 45-55 years old. Older Adult male 44-55 years old. The Exercise Motivation Measurement Questionnaire (EMI-2) was used as the measurement (Markland and Hardy, 1993). The EMI-2 has been intensively validated as a reliable measurement of motivation to exercise. Ethical approval was reached before the study began.

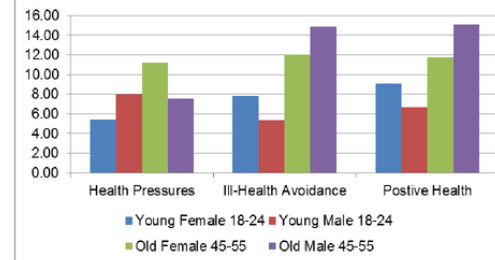
Results

An ANOVA Test analysis showed differences between all groups ($p > .05$) within both mental and physical health response aspects (Stress management, Revitalization, Enjoyment, Health Pressures, Ill-health avoidance, positive health respectively). In relation to mental health influences of exercise; males (18-55 yr.) produced the strongest response to stress management and enjoyment influences ($m=19.61$, $m=17.69$ $p < .05$). Females (18-55 yr.) produced the strongest response to revitalization influences ($m=13.09$ $p = .007$). Older individuals produced strongest response to stress management and revitalization ($m=19.6$, $m=13.16$ $p < .05$). In relation to physical health influences of exercise; males (18-55 yr.) produced the strongest response to health pressures ($m=13.07$, $p < .05$). Females (18-55 yr.) produced the strongest response to ill-health avoidance and positive health influences ($m=11.09$, $m=13.23$ $p > .05$). Younger individuals produced strongest response to health pressures and revitalization ($m=15.86$, $m=13.16$ $p < .05$). Older individuals produced strongest response to ill-health avoidance and positive health ($m=10.76$, $m=15.04$ $p < .05$). A Persons correlation analysis showed that response to physical health influences is not correlated to mental health response influences ($p > .05$).

Comparative Individuals Aspects Scores of Mental Health Influences Between Groups



Comparative Individuals Aspects Scores of Physical Health Influences Between Groups



Conclusion

The outcome of the current study relates positively to the projects hypothesis. The results suggest that age and gender of an individual will effect the persons motives to exercise. The results suggest that older males use exercise as to help better there mental state. Older Females suggests concerns with health and the use of exercise to help support their physical health. Younger males on the other hand responded highest to social and ego physical state factors, this suggests that young males use exercise in conjunction with social interaction and bettering their physical appearance and state. Interestingly both older and younger groups produced high outputs of physical health influences. No correlation was found between mental and physical health responses, this suggests that mental or physical motives for exercise are not related. These results have practical implications, for example within mix age and gender exercise classes each individual is there for different reasons. Coaches and instructors will benefit from considering the results with their design session and lessons, around the respective participants.

References

- Markland, D., and Hardy, L. (1993) "The Exercise Motivations Inventory: Preliminary development and validity of a measure of individuals' reasons for participation in regular physical exercise." *Personality and Individual Differences* 15.3 pp. 289-296.
- Manthou, E.G. and Maikova, D. (2015), 'Effect of Exercise Programs With Aerobic Exercise Sessions of Similar Intensity but Different Frequency and Duration on Health-Related Measures in Overweight Women', *Journal Of Physical Activity & Health*, 12, 1, pp. 80-86.
- Stoll, O. and Alfermann, D. (2002), 'Effects of Physical Exercise on Resources Evaluation, Body Self-Concept and Well-Being Among Older Adults', *Anxiety, Stress & Coping*, 15, 3, pp. 311.