

168 - TEENAGERS AND MOTIVATION: A STUDY ON THE REASONS FOR NOT PRACTICING PHYSICAL AND SPORTS ACTIVITY.

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INTRODUCTION

In the last decades, the presence of physical and sports activities in the social lives of members of contemporary society, particularly in adolescence period, has led to relevant discussions among scholars who are interested in this phenomenon. Among the diverse points pertinent to the subject, one of them has attracted even more attention: the fact that an expressive number of teenagers do not practice physical and sports activity, even though it's an important reference regarding an active and healthy lifestyle.

Innumerable investigations are about delimitating and knowing the reasons why youths and teenagers do not have it as a habit or do not practice physical activities (Cervelló 2000, De Hoyo and Sañudo 2007 Palou y cols 2005 Darido 2004). Starting from the reasons cited by teenagers, physical activity and sports professionals may be able to articulate appropriate solutions in order to act as a counterbalance to a tendency to sedentary life in society.

The practice of physical and sports activities has been considered as one of the relevant components within a healthy lifestyle, since its practice in a regular systematic way and with certain intensity constitutes a factor which promotes health and prevention of different disorders, due to the important physiological and psychological benefits associated with this practice.

METHODOLOGY

The present research, characterized as a quantitative investigation, of non-experimental methodology has as a study type, the Transversal one. The research instrument used was a questionnaire, submitted to students in the public education system in the city of Novo Hamburgo, in the State of Rio Grande do Sul. On account of the nonexistence of a qualified questionnaire to meet the research questions which involved teenagers and the reasons for not practicing physical and sports activities, there was the need for elaboration and later for an evaluation of the reliability of the information collected. After drawing up the questionnaire, there was the blind inter-peer assessment, carried out by three health professionals, with technical knowledge in areas related to teenagers and physical and sports activities.

RESULTS AND DISCUSSIONS

The present paper has analyzed the teenagers universe, a group belonging to a life stage characterized by changes and modifications, both physical and emotional, existing, therefore, a need for attention and care with the results obtained. From the 1.048 teenagers who answered the questionnaires during the main study, 637 said they practice some physical and sports activity, however 411 informed that they do not practice or that they were not practicing any activity. From the 411 teenagers, in the universe investigated, who mentioned not to practice any physical and sports activity, 63,3% (260) marked because of lack of time and 61,1% (251) because of lack of motivation, as reasons for not practicing the activity, similar data was found in other studies like the ones by Garcia Ferrando (2006) and Galvez (2007). It's important to remember that this question asked them to mark just two reasons, hence, these and other reasons with their respective frequencies are exposed in Table 1.

Table 1. Determinative reasons for not practicing physical and sports activity (n=411).

Main reasons	NC	(%)
because of lack of time	260	63,3
because of lack of motivation	251	61,1
because there's no place to practice it	78	19,0
because he or she doesn't like it	72	17,5
because of health issues	56	13,6
because he or she doesn't understand it	36	8,8
because he or she can't see the use of it	23	5,6
he or she didn't declare the reason	13	3,2
because he or she prefers to sleep	1	0,2
because he or she prefers listening to some music	1	0,2
because he or she has to attend supplementary study activities	1	0,2

n=: number of teenagers who said they do not play physical and sports activities;

NC: number of citations.

(%)= frequency with which the question was cited.

When investigating the reasons which resulted in the teenagers not practicing any physical and sports activities, as for the because of lack of time option, it's necessary to remember that those students attended lessons in one shift, leaving the other free, habitually, to do school papers, besides having a job. It's appropriate to point out that the schools investigated are in the public education system and students belong to lower middle-class families, which, in Brazil's case, may indicate the importance of these youths' help in financing their family's expenditures. In that sense, although the teenager is attending school in one shift, there's the need for this youth help in paying his or her household's expenses, and thus, they need to occupy their free shift with a job, which in a certain way can justify the lack of time to practice physical and sports activity. The lack of time was also an obstacle cited by 16 and 17 year old teenagers who didn't practice physical activity, in other investigations published such as the ones by Hernández y cols (2006) and Sleep e Wormald (2001).

Another reason indicated by teenagers, on which some comments are considered to be appropriate, was lack of motivation. The fact a teenager points out that he or she doesn't feel motivated to practice the referred activity, leads to a reflection on the type of Physical Education provided for this youth in earlier years. What kind of Physical Education is that, which couldn't motivate, or awaken the understanding of the relevance of practicing some physical or sports activity regularly to the improvement on the subject's quality of life? And in that sense, it becomes essential to remember that the specific experiences from Physical Education lessons are important to the creation of a valuation from them by the students, which can be positive or negative. This way, this valuation will provide for physical exercise practice habits or, on the contrary, will put those youths off practicing activities for all their lives (Moreno and Cervelló 2003 Telama and Yang 2002).

As for the teenagers' opinion on not practicing physical activity due to the fact that there's no place to practice it, brings up the question referring to the effectiveness of citizenship that, through Physical Education, undergoes discussions on leisure and availability of public spaces for the practice of the culture of human movement. These are the essential needs for the contemporary man and, hence, rights of a citizen (Torre 2002).

At last, it is perceived that habits related to the practice of physical and sports activities are placed within a prism influenced by multiple factors which, since childhood, start to model the interests and habits of the subjects who practice or not physical activity. In order that a less sedentary society may exist, that is, one more active physically, it's essential that professionals know and making motivations responsible for leading individuals to the practice of physical and sports activity possible, besides minimizing all those factors that may influence negatively in the acquisition of habits regarding this practice. In that sense, there are studies that state that physical activity habits in adolescence determine part of the physical activity levels in adult life. (Sallis 2000).

CONCLUSIONS

After the analysis of the results of this study about teenagers' habits and lifestyle in view of the practice of physical and sports activity, the following conclusions are pointed out: teenagers considered lack of time, lack of motivation, the fact there's no place to practice it and health issues as reasons for not practicing the referred activity habitually.

Starting from the reasons for not practicing physical and sports activity cited by teenagers, it is observed the need for students to understand that sports and activities shouldn't be a privilege only for professional sportspeople or people who have financial status in order to afford their activities. To value that activity, is to demand access to public parks, sports centers and programs that motivate the practice of physical activities, actions that can be encouraged starting from the knowledge acquired in Physical Education lessons. It must be recalled that, if there's the purpose of raising adults with the practice of regular physical activity habits, it is necessary, in order to do so, an investment in Physical Education classes.

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TEENAGERS AND MOTIVATION: A STUDY ON THE REASONS FOR NOT PRACTICING PHYSICAL AND SPORTS ACTIVITY.

ABSTRACT

The practice of physical and sports activities has been considered as one of the relevant components within a healthy lifestyle, since its practice in a regular systematic way and with certain intensity constitutes a factor which promotes health. The present study attempts to establish what are the reasons why 15, 16 and 17 year old teenagers don't practice physical and sports activity. This investigation is characterized as quantitative, of non-experimental methodology, has as a study type, the Transversal one and a questionnaire as an instrument. As results, it was found that teenagers considered, as reasons for not

practicing physical and sports activity as a habit, lack of time, lack of motivation, the fact that there's no place to practice it, and health issues.

KEY WORDS: Teenagers, Motivation, Physical Activity

LES ADOLESCENTS ET LA MOTIVATION: UNE ÉTUDE SUR LES RAISONS POUR NE PAS PRATIQUER L'ACTIVITÉ PHYSIQUE ET SPORTIVE.

RÉSUMÉ

La pratique des activités physiques et sportives a été considérée comme l'un des éléments pertinents dans un mode de vie sain, puisque sa pratique de façon systématique et régulière et avec une intensité donnée constitue un facteur qui favorise la santé. La présente étude tente d'établir quelles sont les raisons pour lesquelles les 15, 16 et 17 ans vieux adolescents ne pratiquent pas l'activité physique et sportive. Cette enquête se caractérise aussi quantitative, de la non-méthode expérimentale, a de ce type d'étude, l'une transversale et un questionnaire comme un instrument. Comme résultat, il a été constaté que les adolescents considérés comme des raisons pour ne pas pratiquer l'activité physique et du sport comme une habitude, le manque de temps, manque de motivation, le fait qu'il n'y a pas lieu de le pratiquer, et les questions de santé.

MOTS CLÉS: Adolescents, Motivation, l'activité physique

ADOLESCENTES Y MOTIVACIÓN: UN ESTUDIO SOBRE LOS MOTIVOS PARA NO PRACTICAR ACTIVIDAD FÍSICO-DEPORTIVA.

RESUMIO

La practica de actividad física deportiva viene sendo considerada un de los componentes relevantes dentro de un estilo de vida con salud, visto que la practica de forma sistemática regular e con cierta intensidad constituí en un factor de promoción de la salud. El presente estudio procura establecer cuales son los motivos para que los adolescentes de 15, 16 e 17 años no practican actividad físico-deportiva. Esta investigación caracteriza -se como cuantitativa, de metodología no-experimental, tiene como tipo de estudio el Transversal y lo instrumento un cuestionario. Como resultados, se constató que los adolescentes consideraran, como razones para no practicar actividad físico-deportiva habitualmente, la falta de tiempo, y falta de motivación, el facto de no existir local para practicar, y por motivos de salud.

PALABRAS-CLAVE: Adolescentes, Motivación, Actividad Física

ADOLESCENTES E MOTIVAÇÃO: UM ESTUDO SOBRE OS MOTIVOS PARA NÃO PRATICAR ATIVIDADE FÍSICO-DESPORTIVA.

RESUMO

A prática de atividade física desportiva vem sendo considerada um dos componentes relevantes dentro de um estilo de vida saudável, visto que a sua prática de forma sistemática regular e com certa intensidade constitui um fator de promoção da saúde. O presente trabalho procura estabelecer quais são os motivos para que os adolescentes de 15, 16 e 17 anos não pratiquem atividade físico-desportiva. Esta investigação caracterizou-se como quantitativa, de metodologia não-experimental, tem como tipo de estudo o Transversal e o instrumento um questionário. Como resultados, constatou-se que os adolescentes consideraram, como razões para não praticar atividade físico-desportiva habitualmente, a falta de tempo, a falta de motivação, o fato de não existir local para praticar, e por motivos de saúde.

PALAVRAS-CHAVE: Adolescentes, Motivação, Atividade Física

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