

56 - MOTIVATIONAL FACTORS FOR THE PRACTICE OF PHYSICAL EXERCISES IN WOMEN IN THE AGING PROCESS

JENIFFER KAROLAYNE BORBA DO AMARAL
MARCELO DIARCADIA MARIANO CEZAR
Itapeva Social and Agrarian Sciences College, FAIT
Itapeva, SP, Brazil
jeniborba@gmail.com

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INTRODUCTION

The process of aging brings with it a series of modifications that affect the individual. There is a marked decrease in functional capacity and quality of life in general (RODRIGUES et al., 2002). This process is considered to be a natural process that starts from the moment of birth until the end of life, considered as an irreversible phenomenon that occurs at different rates of decline for each individual.

Note the concern and need for interventions and practices that improve functional capacity and bring more quality of life, among them, physical exercise programs, which are practiced regularly and throughout life have beneficial effects (MAZO, 2003). This contribution can be noted in several ways, such as the reduction of risk factors, as a way of maintaining health and the prevention of chronic-degenerative diseases (NELSON et al., 2007).

Regularity in the practice of physical exercise also helps to improve physical fitness, mood, daily tasks and interpersonal relationships, becoming an essential factor to minimize health problems that affect aging individuals (FERNANDES, 2014). Therefore, it is necessary to implement health promotion strategies aimed at greater participation of the elderly in the regular practice of exercise (ACMS, 2009).

The appearance of chronic degenerative diseases, the reduction of functional capacity, dependence on basic daily tasks, and aspects along with the benefits that the practice brings like socialization, well-being, quality of life and autonomy are able to influence the individual somehow, as determinants to initiate the practice of some kind of physical exercise, and for programs aimed at this public to be effective it becomes necessary to know the reasons that lead these individuals to join the practice of physical exercise (FREITAS, 2007). According to Duarte (2002), when identifying the motivational factors of individuals in the process of aging, a notable contribution is observed in the aspects related to the continuity of these individuals to the practice of physical exercise.

The present study aimed to verify the main reasons for adherence to the practice of physical exercise by analyzing the motivational determinants of aging women for participation in an exercise program, evidencing the variable age group.

MATERIALS AND METHODS

For the accomplishment of the study, 28 women, aged between 45 and 75 years old, practiced a gymnasium that offers the services of gymnastics for the elderly, located in the municipality of Itararé/SP, participated unpretentiously. Participants were divided into two groups: group up to 64 years (n=14) and group above 65 years (n=14).

As a collection instrument, two questionnaires were used, one for sample characterization and the other an Inventory of motivation for the regular practice of physical exercise (IMPRAF-54) (BARBOSA, 2006).

To evaluate the body composition, a scale was used for weight measurement and a tape measure for collecting participants' height.

The inventory of motivation to practice regular physical activity (IMPRAF-54) created by Barbosa (2006) evaluates six dimensions associated with motivation to practice physical exercise, where it uses as theoretical assumption the theory of self determination that identifies the motivation factors in relation to the present time, as described by the psychologists Ryan and Deci (2000).

IMPRAF-54 consists of 54 items measuring six dimensions: stress control (eg, release of mental stress), health (eg, maintaining fitness), sociability (eg, being with friends), competitiveness (eg, winning competitions), aesthetics (eg, keeping the body in shape) pleasure (eg my own pleasure), grouped into eight blocks, which are individually evaluated by means of a bidirectional scale of the type Likert, graduated in five points, ranging from "this motivates me very little" (1) to "this motivates me very much" (5). Block number nine consists of six repeated questions (check scale), its purpose is to verify the degree of agreement between the first and second answers to the same item, thus evaluating the attention that the individual gave in filling the inventory.

Results are reported as mean \pm standard deviation. In the comparisons between the groups, Student's t-test was used for independent samples. The results are discussed at the significance level of 5% ($p < 0.05$).

RESULTS AND DISCUSSIONS

The present study verified the reasons for adherence to exercise in aging women and the differences between the ages of the participants.

When analyzing the questionnaire characterizing the sample in Table 1, it was verified that all of them are practicing physical exercise for more than a year, in the majority the health aspect was cited as a determining factor for adherence to physical exercise. Possibly this fact is due to the presence of pathologies such as heart problems, diabetes, hypertension, spine pain, depression, arthritis among others, and there is also dissatisfaction as the current weight and problems for locomotion. Among the interviewees, 16 of the 28 women did not mention any pathology, and these seek physical exercise to optimize health, socialization, physical well-being and improve the quality of life in general.

The comparison between the different age groups shows that there is a predominance in both groups of the initial motivation for issues related to health and quality of life. It is interesting to note that only the youngest group sought the physical exercise program for weight loss, while the group above 65 had a higher percentage of onset of activity by medical recommendation. The group above 65 years of age presents a higher percentage of women who practice physical exercise programs for a period of more than five years, while the younger group presents greater values between one and four years of

practice, showing that more and more exercises are present in the lives of people who are aging. The percentage of pathologies referred to is higher in the group above 65 years, and 30% of women up to 64 years did not mention any pathology.

Table 1. Characterization of the sample

FEATURES	UP TO 64 YEARS	ABOVE 65 YEARS	(%)
REASONS			
Health	27%	33%	60
Quality of life	11%	6%	17
Weight loss	6%	0%	6
Physical conditioning	3%	3%	6
Medical recommendation	3%	8%	11
TOTAL (%)	50	50	100
TIME OF PRACTICE			
1 to 2 years	18%	11%	29
3 to 4 years	18%	14%	32
5 to 6 years	4%	11%	15
7 or more	4%	20%	24
TOTAL (%)	44	56	100
PATHOLOGIES			
Diabetes	3%	6%	9
Arthrosis	3%	6%	9
Arthritis	0%	3%	3
Fibromyalgia	0%	3%	3
Thyroid	3%	0%	3
Depression	0%	3%	3
Column	3%	3%	6
Rheumatism	0%	3%	3
Hypertension	0%	13%	13
Does not have	30%	18%	48

Table 2 shows the results regarding motivational factors when compared among age groups. When classifying the means of the motivational dimensions according to the highest score to the lowest, it is verified that the group of up to 64 years has as main motivational factors the dimensions health and pleasure, followed by stress, sociability and aesthetic control, being the dimension the factor with the lowest motivational average. It is observed that the group above 65 years of age has the dimensions with the highest motivational averages of health and sociability, as well as pleasure, stress and aesthetic control as a mean motivation factor, followed by competitiveness as less responsible for the motivation to practice physical exercise of these groups.

Table 2. Comparison of motivational factors between age groups

Motivational Dimensions	Up to 64 years (n=14)	65 years and more (n=14)	Value p
Stress control	26.79 ± 8.20	26.29 ± 9.10	0.880
Health	38.93 ± 1.33	35.50 ± 6.07	0.049
Sociability	26.71 ± 9.64	30.93 ± 10.04	0.268
Competitiveness	13.43 ± 7.69	10.86 ± 6.30	0.342
Aesthetic	24.43 ± 9.97	20.86 ± 7.06	0.284
Pleasure	33.57 ± 7.62	29.50 ± 9.15	0.212

Data presented in mean and standard deviation. Comparison between the groups through the student t test for independent samples.

It is observed that the highest values of the motivational dimensions in both age groups was the health dimension, constituting the main factor for the practice of physical exercise. The younger group presented higher values in the motivational health dimension when compared to the group above 65 years (p=0.049). This result is interesting, considering that the health factor is related to the search in the improvement of the quality of life. Women up to age 64 when asked about the main reasons that led to the beginning of physical exercise had a higher percentage in the responses when compared to the group above 65 years in the sum of aspects health, quality of life and weight loss.

Another point evidenced by a high relation to motivation when practicing physical exercise was the pleasure dimension, which is related to the intrinsic way to well being, and is also related to self-esteem, permanence, persistence, and willingness or willingness to practice physical exercise (FONTANA et al., 2013). With regard to the sociability dimension, it is evident that in the aging process, especially the elderly person, the reduction or absence of social interaction occurs too much, being an element that contributes to the onset of depression, social isolation and quality of life. Physical activity programs work to expand the promotion and extension of social interaction and friendships (COELHO et al., 2013).

According to Meurer (2010) sociability can be related intrinsically to the psychological need of the individual to accept in certain groups, where social satisfaction is attributed to a positive aspect for the maintenance of people in physical activity programs.

The competitiveness dimension was mentioned as less motivation to practice the physical exercise program, this is because a great part of these individuals when practicing physical exercise does not seek the competition as a form of motivation and personal satisfaction in the adherence of physical activity programs (JUNIOR; CAMPOS; TRIBST; 2001).

FINAL CONSIDERATIONS

It was concluded that the motivational factors health, pleasure and sociability were the dimensions most evidenced by the age groups in relation to the influence on adherence to the practice of physical exercise, especially the group up to 64 years that presented higher values in the health dimension. The health factor is one of the main motivators in the adherence to physical exercise programs, showing the concern of these individuals in search of a better quality of life. Therefore, the age difference in aging women may alter the motivational factors for adherence to the practice of physical exercise.

The results of the study show that in identifying the motivational factors that most influence individuals to adhere to physical activity programs, it becomes possible to create new strategies for programs aimed at this audience, becoming more attractive.

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Jeniffer Karolayne Borba do Amaral
Street Pedro Ferreira dos Santos, 207, Neighborhood Santa Terezinha
Itararé, SP, CEP 18460-000

MOTIVATIONAL FACTORS FOR THE PRACTICE OF PHYSICAL EXERCISES IN WOMEN IN THE AGING PROCESS

The aging process brings with it a series of modifications that affect the individual, such as the decrease of the functional capacity and quality of life in general. From the need to carry out interventions that improve the functional capacity and quality of life of individuals, several physical exercise programs were created. The present study aimed to verify the main reasons for adherence to the practice of physical exercise by analyzing the motivational determinants of aging women for participation in an exercise program, evidencing the variable age group. Participants were divided into two groups: up to 64 years (n=14) and group above 65 years (n=14). The Inventory of Motivation for the Regular Practice of Physical Activities (IMPRAF-54) was used as an instrument for data collection. It was verified that the motivational factors health, pleasure and sociability were the most evidenced dimensions by the age groups in relation to the influence in the adherence to the practice of physical exercise, especially the younger group that presented higher values in the health dimension. The results of the study show that in identifying the motivational factors that most influence individuals to adhere to physical activity programs, it becomes possible to create new strategies for programs aimed at this audience, becoming more attractive.

Keywords: Physical Activity, Elderly, IMPRAF-54

FACTEURS MOTIVATIONNELS POUR LA PRATIQUE DES EXERCICES PHYSIQUES CHEZ LES FEMMES EN COURS DE VIEILLISSEMENT

Le processus de vieillissement entraîne une série de modifications qui affectent l'individu, telles que la diminution de la capacité fonctionnelle et de la qualité de la vie en général. De la nécessité d'intervenir pour améliorer la capacité fonctionnelle et la qualité de vie des individus, plusieurs programmes d'exercices physiques ont été créés. La présente étude visait à vérifier les principales raisons de l'adhésion à la pratique de l'exercice physique en analysant les déterminants de la motivation des femmes vieillissantes pour participer à un programme d'exercice mettant en évidence le groupe d'âge variable. Les participants ont été divisés en deux groupes: jusqu'à 64 ans (n=14) et groupe de plus de 65 ans (n=14). L'inventaire de la motivation à la pratique régulière d'activités physiques (IMPRAF-54) a été utilisé comme instrument de collecte de données. Il a été vérifié que les facteurs de motivation santé, plaisir et sociabilité constituaient les dimensions les plus mises en évidence par les groupes d'âge en relation avec l'influence sur le respect de la pratique de l'exercice physique, en particulier chez les plus jeunes qui présentaient des valeurs plus élevées dans la dimension santé. Les résultats de l'étude montrent qu'en identifiant les facteurs de motivation qui influencent le plus l'adhésion des individus aux programmes d'activité physique, il devient possible de créer de nouvelles stratégies pour les programmes destinés à ce public, devenant ainsi plus attractifs.

Mots-clés: Activité physique, personnes âgées, IMPRAF-54

FACTORES MOTIVACIONALES PARA PRÁCTICA DE EJERCICIOS FÍSICOS EN MUJERES EN EL PROCESO DE ENVEJECIMIENTO

El proceso de envejecimiento trae consigo una serie de modificaciones que afectan al individuo, tales como la disminución de la capacidad funcional y la calidad de vida en general. A partir de la necesidad de realizar intervenciones que mejoren la capacidad funcional y la calidad de vida de los individuos, se crearon varios programas de ejercicios físicos. El presente estudio tuvo como objetivo verificar los principales motivos de adhesión a la práctica de ejercicio físico analizando los determinantes motivacionales de mujeres en proceso de envejecimiento para la participación en programa de ejercicios, evidenciando la variable franja etaria. Las participantes fueron divididas en dos grupos: hasta 64 años (n=14) y grupo superior a 65 años (n=14). Se utilizó como instrumento para recolección de datos el Inventario de Motivación a Práctica Regular de Actividades Físicas (IMPRAF-54). Se constató que los factores motivacionales salud, placer y sociabilidad fueron las dimensiones más evidenciadas por los grupos de edad en relación a la influencia en la adhesión a la práctica de ejercicio físico, con destaque para el grupo más joven que presentó mayores valores en la dimensión salud. Los resultados del estudio muestran que al identificar los factores motivacionales que más influyen a individuos a adherirse a programas de actividad física, se hace posible la creación de nuevas estrategias para programas dirigidos a ese público, haciéndose más atractivos.

Palabras clave: Actividad Física, Ancianos, IMPRAF-54.

FATORES MOTIVACIONAIS PARA PRÁTICA DE EXERCÍCIOS FÍSICOS EM MULHERES NO PROCESSO DE ENVELHECIMENTO

O processo de envelhecimento traz consigo uma série de modificações que acomete o indivíduo, tais como a diminuição da capacidade funcional e qualidade de vida em geral. A partir da necessidade de realizar intervenções que melhorem a capacidade funcional e a qualidade de vida dos indivíduos, diversos programas de exercícios físicos foram criados. O presente estudo teve como objetivo verificar os principais motivos de adesão à prática de exercício físico analisando os determinantes motivacionais de mulheres em processo de envelhecimento para a participação em programa de exercícios, evidenciando a variável faixa etária. As participantes foram divididas em dois grupos: até 64 anos (n=14) e acima de 65 anos (n=14). Utilizou-se como instrumento para coleta de dados o Inventário de Motivação a Prática Regular de Atividades Físicas (IMPRAF-54). Constatou-se que os fatores motivacionais saúde, prazer e sociabilidade foram as dimensões mais evidenciadas pelos grupos etários em relação à influência na adesão à prática de exercício físico, com destaque para o grupo mais jovem que apresentou maiores valores na dimensão saúde. Os resultados do estudo mostram que ao identificar os fatores motivacionais que mais influenciam indivíduos a aderirem a programas de atividade física, torna-se possível a criação de novas estratégias para programas direcionados a esse público, tornando-se mais atrativo.

Palavras chave: Atividade Física, Idosos, IMPRAF-54.