

74 - THE PRACTICE OF STREET RACING BY WOMEN: MOTIVATIONAL FACTORS OF ADHERENCE IN A SPORT ADVISORY IN THE CITY OF JOINVILLE/SC

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Introduction

Nowadays, the pursuit of physical activities is becoming more frequent, the street race is one of them, because it is a sport that is easy to adapt and practice and requires few material resources and can run outdoors as in squares and parks.

Because it is a natural movement of the human being and requires few resources, the emergence of sports advisories and professionals specialized in racing has been attracting more and more people who previously did not see the advisory services as something important for the practice of street racing, with a view to the professionals' knowledge (TRUCCOLO; MADURO, FEIJÓ, 2008).

In addition to the increase in the number of practitioners, street racing has been widely studied as a model of aerobic exercise, due to the cardiovascular, metabolic and psychosocial benefits promoted by regular practice, being strongly recommended by the American College of Sports Medicine (GARBER, COLABORADORES, 2011 apud SANFELICE et al, 2017, p.84).

"Aerobic exercises, including running, have been considered as an important component of a healthy lifestyle" (TRUCCOLO; MADURO, FEIJÓ, 2008, p.108). That is why the search for practice and students in sports advisory services has been growing in recent years. In this regard, people can choose to engage in physical activity for several reasons.

In this way, Samulski (2002) says that there are two types of motivations, which is intrinsic characteristic that is related to personal factors of each individual and extrinsic characteristic is related to the aspects that happen in an environmental way, or with other factors that add the social, socioeconomic, among others.

It is worth mentioning that motivation according to Weinberg and Gould (2017) depends on a personal goal of an individual, in which the intensity of the efforts to reach the desired goal depends on his motivation and willingness to achieve, so the motivation can come from several factors.

In this context, it is sought to analyze the motivational factors of adherence to the practice of street racing by women seeking a regular physical activity in a race counseling in the city of Joinville / SC, so that, in this way, coaches can identify their real objectives, in a wide and individualized way, making the way to reach the final objective more efficient, in which each individual will have its main goal and hopes that it will be achieved.

Human Evolution and Street Racing

From the earliest times man was already in contact with the race, he was always present, whether they were used as a means of locomotion or to hunt, man always had instincts at that time, and needed his physical abilities for survival or escape, this in this way, one can think that man was developed to run (SILVA, 2009 apud SILVA et al., 2017).

"Running was a form of locomotion, both in hunting and hunting. Thus, it is evident that the act of running accompanies the evolution of humans" (ARAÚJO, 2010, p. 16). Oliveira (2015 p. 14) comments that "the human ability to run long distances was a determining factor in survival, this made hominids in situations of dispute over food with other carnivores."

Therefore, it can be understood that running is a natural act of the human being, that develops with the passage of time and that does not have many limitations to be realized, running is in the nature of the human being and that in this way can be practiced by anyone.

According to Silva et al. (2017, p.2) it is reported that:

According to the Association of International Marathons and Distance Races (AIMS) (2011) the search for an improvement in the quality of life due to the consequences of the sedentary habits of modern life, along with the popularization of Street Races around the world, resulted in a significant increase in practitioners and in evidence of this modality at a global level.

The street race had its popularization in England in the eighteenth century, thus gaining greater worldwide visibility after the first Olympic marathon in the city of Athens in 1846 (RUNNER'S WORLD, 1999 apud SALGADO, CHACON-MIKAHIL, 2006 apud FURLAN, 2014).

Currently the street race is expanding in several cities, and its practice is considered an attraction for several reasons, some people for health, others for aesthetics, as well as several other factors that may influence the choice of a regular physical activity.

In this way, several advisors of race were created to give support to those who want to start this physical activity with a professional accompaniment, given in turn that the street race can be practiced by any individual, being considered a natural action of the human body.

Benefits of Street Racing

Unlike our ancestors, who needed to travel tens of kilometers to hunt, escape from predators and to survive, being forced to use their physical capacities, current times are aimed at technological transformations, making the human being even more sedentary, leaving on the side the primitive aspects (SALGADO, 2006 apud EUCLIDES; BARROS AND COELHO, 2016).

According to Pasa (2017) "in Brazil, the lack of physical activity, that is, the sedentarism, is a problem that is assuming great importance. Data show that 70% of the world's population is sedentary and may develop obesity, heart disease and diabetes".

"Epidemiological studies show that sedentarism is a determining factor in the epidemic of degenerative diseases that affect the human being and represents the highest burden of morbidity and mortality worldwide" (OLIVEIRA et al, 2011, p.127).

On the other hand, Salgado and Mikahil (2006) say that "the practice of some kind of physical activity is becoming

more and more expressive today, among which we can observe the development of outdoor physical activities such as walking and the races (pedestrianism)"(SALGADO; MIKAHIL, 2006, p.91).

Knowing the importance that street racing can have, it can be easy to perform, since it is performed by natural movements of the human being, results in a great benefit to health and still has low cost to perform the practice. Regular practice of running can improve the functional capacity of any person, so the practice of street racing can be beneficial in several areas of the human body, making considerable physiological changes according to the time of training.

Motivation

"Motivation can be defined simply as the direction and intensity of our endeavors" (SAGE, 1977, see WEINBER, GOULD, 2017, p.47). In this way, motivation can depend on several factors, such as a real goal of achieving something that is so expected, and thus, it depends a lot on the effort that the individual will develop.

In this way, Ribeiro (2014) says that because it is individual efforts, the motivation can be classified as what the individual wants, being done in such a way to continue to focus on the goal, or to start something new and get to the objective, staying motivated throughout the period.

"The behavior to be classified as motivated needs to possess characteristics such as: persistence in behavior; invested effort; clarity of the goal or the incentive"(MADRUGA; RIOS (2003) apud RIBEIRO, 2014, p.27).

Thus, when we relate motivation to running, this can depend on many factors and from individual to individual, for some it may be only for reasons of aesthetics, socialization, for being an easier and more practical sport, because it brings many health benefits, then the motivation to practice the race varies from person to person.

The reasons that individuals express about sports practice have been an object of great interest in the research area, being considered of great importance, so that it is known and understood in terms of adherence to the practice of physical activity and permanence in any modality whatsoever (OLIVEIRA, 2015).

According to Samulski (2002, p. 168), "motivation is characterized as an active, intentional and goal-directed process, which depends on the interaction of personal (intrinsic) and environmental (extrinsic) factors."

The motivation is constituted by determining factors the sports practice of the street race and constitutes an important relation between the practitioner and the social environment.

Materials and methods

The methodological procedures adopted in this research are quantitative, with an exploratory and descriptive connotation. The sample of this study had 40 women in the age group of 18 to 60 years and who attend the running health advisory (CBS), located at Quinze de Novembro street, 1383 - Bairro América, in the city of Joinville-SC.

This research has a favorable opinion of the Research Ethics Committee of UNIVILLE, under number 2,653,092.

Considering the nature of the research, it was decided to use Balbinotti's (2006) motivational inventory of regular physical activity / sport (IMPRAFE 54) to find out what motivated them to have the street race as adherence to a regular physical activity practice.

The data obtained in this research, after being collected, were organized in an Excel for Windows table for analysis of descriptive statistics with measures of central tendency (mean) and dispersion (standard deviation), and later inserted in a worksheet of statistical analysis of the Portal Action in which they were analyzed by the ANOVA Single Factor test, to prove the variance between the groups and to verify the difference between the motivations.

We also compared the data obtained from gross transformed score to percentiles to verify the degree of motivation of the dimensions among themselves.

MPRAF-54 (BALBINOTTI; BARBOSA, 2006) is an instrument developed to verify which motivational factors are involved in the practice of physical activities. Covering six dimensions of motivation, the instrument then reveals whether the subject exercises for the following purposes: stress control, health, sociability, competitiveness, aesthetics, or pleasure. The inventory consists of 54 items that will continue the statement: "I perform physical activities for ...", and has Likert scale, through which the respondent demonstrates his level of acceptance in each item.

Analysis Interpretation and Discussion of Results

The participants of the study were street race, and the sample consisted of 40 female individuals in the municipality of Joinville, in the northern region of the state of Santa Catarina. In relation to the age group the minimum age of 18 years and maximum of 60 years, all of them practicing regular physical activity.

Table 1. Variance between groups

| Group | Score | Sum | Average | Variance |
|---------------|-------|---------|----------|----------|
| Stress | 40 | 133,125 | 3,328125 | 0,744141 |
| Health | 40 | 175,375 | 4,384375 | 0,295984 |
| Sociability | 40 | 145,5 | 3,6375 | 0,517468 |
| Competitivity | 40 | 88,375 | 2,209375 | 1,049189 |
| Aesthetic | 40 | 144,375 | 3,609375 | 0,873548 |
| Pleasure | 40 | 168 | 4,2 | 0,523878 |

Source: Primary (2018)

Table 1 shows the variance between groups statically tested by the Anova test: single factor obtaining p value <4.5632E-27 (see table 2).

In this case we have samples of 40 individuals and a single factor: the motivation.

This factor separates into 6 dimensions in which at least one mean is different, that is, there is treatment effect.

Table 2. Critical F values and P value to verify the difference between the motivations

| ANOVA | | | | | | |
|------------------|----------|-----|----------|----------|------------|-----------|
| Variation Source | SQ | gl | MQ | F | valor-P | F critico |
| Between Groups | 119,0232 | 5 | 23,80464 | 35,66944 | 4,5632E-27 | 2,25262 |
| Whithin Groups | 156,1641 | 234 | 0,667368 | | | |
| Total | 275,1872 | 239 | | | | |

Source: Primary (2018)

* Statistically significant difference (p <0.05) - cut-off value to reject the null hypothesis

In Table 2 the sum of squares measures the variation of the data, the degrees of freedom are calculated based on the number of factors and the total number of individuals and the average square is the ratio between the sum of squares and the

degree of freedom.

We obtain the critical values through the F distribution to see if there is a difference between the motives selected by the different types of individuals, the F distribution of Snedecor also known as Fisher's distribution is often used in statistical inference for analysis of variance.

These values suggest that large values of F allow us to reject the null hypothesis, considering the level of significance of 0.05, it is concluded that there is evidence that at least one of the means is different from the others.

With this we know that this difference means that the motivational factors influence the practice of the activity and it is not simply a result of chance, and this evaluation can collaborate for several spheres of activity practice.

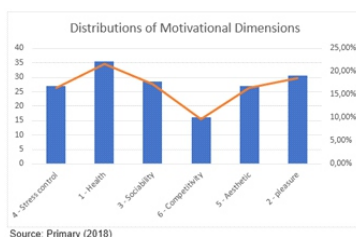
Table 3. Characteristics of motivations presented by women in the 6 dimensions of IMPRAF-54

| N=40 | |
|------------|-----------------|
| Dimensions | Mean (sd) |
| CE | 27±6,9 |
| AS | 35,5±4,3 |
| SO | 28,5±5,7 |
| CO | 16±7,5 |
| ES | 27±6,6 |
| PR | 30,5±5,4 |

Source: Primary (2018) mean (standard deviation)

The analysis of the motivational factors to the practice of street running by women in a career advisory in Joinville / SC are presented in table 3. Health was the factor that presented the greatest motivation for the practice of this activity, followed by the dimensions of pleasure, sociability, stress and aesthetic control (which did not present statistical differences among themselves) and finally the competitiveness.

Graph 1. Distribution of Motivational Dimensions



In graph 1 and table 4 the result is shown between dimensions (stress, health, sociability, competitiveness, aesthetics and pleasure): 1 - Health; 2 ° - Pleasure; 3 ° - Sociability; 4 ° - Aesthetics; 5 ° - Stress Control; 6 ° - Competivity.

The Health dimension, firstly, was presented as the main factor in this study, showing the importance that individuals are attributing to it.

One can also define health as a human condition with physical, social and psychological dimensions, each characterized by positive and negative poles. Positive health would be associated with the ability to appreciate life and to withstand everyday challenges (PITANGA, 2008).

Table 4. Percentage result of the sample mean between the dimensions

| | |
|------------------------|---------------|
| Stress control | 16,41% |
| Health | 21,58% |
| Sociability | 17,33% |
| Competitiveness | 9,73% |
| Aesthetic | 16,41% |
| Pleasure | 18,54% |

Source: Primary (2018)

Correlating these statements with this study, they confirmed that the race for these women has been the means that they must appreciate their life.

Other studies presented by Trucollo, Maduro and Feijó (2008) and Balbinotti et al. (2007), already demonstrated this factor as the main one for the practice of the street race.

The dimension that was in second place was pleasure, a factor that is among the two main factors in several studies (AMORIM, 2010; PACHECO, 2010; FONTANA, 2010; JUCHEM et al., 2007; PACHECO, 2009), indicating importance for runners of the group studied.

Barbosa (2006) considers that when a person is motivated by Pleasure, it is understood that physical activity presents itself as a source of satisfaction, a sense of well-being and a way of being fulfilled.

That is, who starts in the activity is in search of his goal and ideal but after some time of practice begins to experience pleasant moments and sensations, being this factor considered by the same author the most important for the maintenance of the practice of sports activity.

The third sociability dimension showed us in this study that only 17.33% of the women considered this factor extremely important for adherence to the practice of running in an advisory going this information against previous research data from Balbinotti et al. (2007) where she found Sociability as the 4th motivational factor for the practice of street running by women.

In 4th and 5th place respectively, because according to the analyzes did not present statistically significant difference we have the Stress and Esthetic Control, these being not considered so important for the practice of the modality by this group.

We know that mental stress is one of the most serious problems of modern society (LOURES, 2002) and we also have the knowledge that adequate physical activity serves as treatment of this evil (GOULD et al., 1992), as our group demands individuals who practice physical activity regularly, stress control has not been such an aggravating factor to the point of being considered one of the main reasons for pursuit of the race.

Concerning Aesthetics, especially about the female audience, there is concern in seeking a standard of beauty imposed by the current media.

Therefore, the search for an idealized body can lead individuals to choose a sport or physical activity (RUSSO, 2005), which was not the case of street racing in this study.

There are works in other sports modalities in which this dimension has gained great importance as a motivational factor of the individuals, as for example in Bodybuilding (AMORIM, 2010; SALCEDO, 2010; ZAMBONATTO, 2008).

Finally, being the least important factor for women practicing street racing in a sports advisory is the Competitiveness

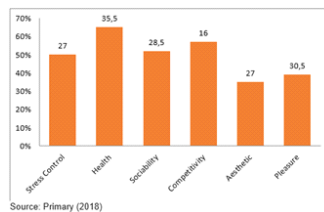
dimension.

According to Balbinotti et al. (2007) Competitivity suggests a feeling of superiority and / or prominence in each activity.

Despite the advisories of race to look for its athletes in the best positions of the competitions, it is seen that in the street race, the participants care more in crossing their limits than to go against other individuals.

This factor ends up having greater importance in other collective modalities that demand scores and higher scores than the other competitors, such as Futsal (PACHECO, 2009) and Rhythmic Gymnastics (FONTANA, 2009), and there are also studies in which this factor appears with lower scores than others, such as Bodybuilding (AMORIM, 2010) and personalized training (SALCEDO, 2010), individual modalities as well as the race practiced by the women in this study.

Graph 2. Motivational Dimensions in Percentiles - Table of Norms Females



In graph 2 the results in percentiles give us a table of the relative position of each dimension in the normative sample.

Except for the aesthetic motivational dimension and pleasure, the others were above the 50th percentile, that is, even though there was a predominance of the Health dimension, the athletes demonstrated a high motivation in all variables, thus demonstrating a high motivation for the practice of the activity.

It should be noted that the Pleasure dimension was in second place according to other statistical analyzes verified in this study, but transforming the crude score into a percentile according to the sex of the evaluated ones, this dimension was below 50 (between 30 - 40), meaning that generally less than or equal to 30% to 40% of female subjects, has as its predominant factor the Pleasure dimension in the practice of physical activity.

In the same way that the Competitivity dimension was in the last degree of importance among the average of our athletes, if we throw in the normative table this factor is generally considered between 55 to 60% predominant for the female sex.

This analysis does not cancel the other statistics and result found, so that the normative table allows a better view of the motivational profile of the evaluated and here in this study we analyzed the group, being a complex analysis, we used several factorials analyzes for validity of the results.

Final Considerations

Through the present study, we reached the objective of identifying the predominant motivational factor of women attending a race sports advisory in Joinville / SC, which was characterized by the search for Health, concluding that the adherence of street racing occurred by intrinsic factor to obtain improvements or maintenance of health) and we verified the validity of our hypothesis, since we found the Health factor as the main factor in other studies of sports activities.

The result obtained in this study can collaborate with the advisor and its sports coach as well as with other advisories to assist in the creation of programs of training or even maintenance of existing programs addressing in a more specific way, since we have the real motivational factors of the athletes.

New studies can be carried out with a larger sample, differentiating gender, age group and even correlating results with other sports advisories with groups of different characteristics, thus obtaining more knowledge for the professionals who work in this area.

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The Practice of Street Racing by Women: Motivational Factors of Adherence in a Sport Advisory in the City of Joinville/SC

Nowadays, the pursuit of physical activities is becoming more frequent, the street race is one of them, because it is a sport that is easy to adapt and practice and requires few material resources and can run outdoors as in squares and parks. In this way, this work had as main objective to analyze among the six motivational dimensions being: Stress Control, Health, Sociability, Competivity, Aesthetics and Pleasure, which motivate the practice of street running by women seeking regular physical activity in a race advisory in the city of Joinville / SC. The data collection was performed at the sports consultancy Corra Bem Saúde (CBS) and the sample comprised of 40 women. The protocol used was Balbinotti's Physical Activity Regular Motivation Inventory (IMPRAF 54, 2006), through a statistical treatment we used the single factor ANOVA test to prove the variance between the groups, critical F values and p value for verification of the difference between motivations and through Excel we used the mean and standard deviation for analysis of motivational factors. It was verified that the dimension that motivates individuals is Health, followed by Pleasure and Sociability dimensions, and the dimensions of Stress Control, Aesthetics and Competitiveness are the least motivating. It is hoped that this research, through the most prevalent motivational factor found, will help coaches to have a more individualized and in-depth assessment of women's motivation, making them reach their goal more easily.

Keywords: Street race; motivational factors; benefits of running.

La Pratique des Courses de rue par les Femmes: Facteurs d'Adhérence à un Avis Sportif Dans la Ville de Joinville / SC

Cette étude visait à analyser les six dimensions de la motivation suivantes: contrôle du stress, santé, sociabilité, compétitivité, esthétique et plaisir, qui motivent la pratique de la course de rue par les femmes recherchant une activité physique régulière un avis de carrière dans la ville de Joinville / SC. La collecte de données a été réalisée par la société de conseil en sport Corra Bem Saúde (CBS) et l'échantillon était composé de 40 femmes. Le protocole utilisé était l'inventaire régulier de la motivation à l'activité physique de Balbinotti (IMPRAF 54) (2006), grâce à un traitement statistique, nous avons utilisé le test d'analyse de variance à facteur unique - ANOVA - pour prouver la variance entre les groupes. les valeurs critiques de F et la valeur de p pour vérifier la différence entre les motivations et, par Excel, nous avons utilisé l'écart moyen et l'écart type pour l'analyse des facteurs de motivation. Nous avons également comparé les résultats avec le tableau des normes relatives aux centiles féminins afin de vérifier le degré de motivation des dimensions entre elles. Il a été vérifié que la dimension qui motive les individus est la santé, suivie des dimensions plaisir et sociabilité, et que les dimensions du contrôle du stress, de l'esthétique et de la compétitivité sont les moins motivantes. Il est à espérer que cette recherche, grâce au facteur de motivation le plus répandu, aidera les entraîneurs à évaluer de manière plus individualisée et approfondie la motivation des femmes et à les aider à atteindre leur objectif plus facilement.

Mots-clés: course de rue; facteurs de motivation; avantages de la course.

La Práctica de Carrera de Calle por Mujeres: Factores Motivacionales de Adhesión en una Asesoría Deportiva en la Ciudad de Joinville / SC

Este trabajo tuvo como objetivo central analizar entre las seis dimensiones motivacionales siendo: Control de Estrés, Salud, Sociabilidad, Competividad, Estética y Placer, cuáles las que más motivan la práctica de carrera de calle por mujeres que buscan una actividad física regular en la práctica una asesoría de carrera en la ciudad de Joinville / SC. La recolección de los datos fue realizada en la asesoría deportiva Corra Bem Saúde (CBS) y la muestra fue compuesta por 40 mujeres. El protocolo utilizado fue el Inventario de Motivación a la Práctica Regular de Actividad Física (IMPRAF 54) de Balbinotti (2006), a través de un tratamiento estadístico recurrimos a la prueba de análisis de varianzas factor único - ANOVA - para comprobar la varianza entre los grupos, analizamos los valores F crítico y valor P para verificar la diferencia entre las motivaciones ya través de Excel recurrimos a la media y desviación estándar para el análisis de los factores motivacionales. También comparamos los resultados con la tabla de normas de percentil del sexo femenino para verificar el grado de motivación de las dimensiones entre sí. Se constató que la dimensión que más motiva a los individuos es la Salud, seguida de las dimensiones Placer y Sociabilidad, siendo las dimensiones Control de Estrés, Estética y Competitividad las menos motivadoras. Se espera que esta investigación a través del factor motivacional encontrado de mayor prevalencia ayude a los entrenadores a tener una evaluación más individualizada y profundizada sobre la motivación de las mujeres, haciendo que las mismas alcancen su meta con más facilidad.

Palabras claves: Carrera callejera; factores motivacionales; beneficios de la carrera.

A Prática de Corrida de Rua por Mulheres: Fatores Motivacionais de Adesão em uma Assessoria Esportiva na Cidade de Joinville/SC

Este trabalho teve como objetivo central analisar entre as seis dimensões motivacionais sendo: Controle de Estresse, Saúde, Sociabilidade, Competitividade, Estética e Prazer, quais as que mais motivam a prática de corrida de rua por mulheres que buscam uma atividade física regular em uma assessoria de corrida na cidade de Joinville/SC. A coleta dos dados foi realizada na assessoria esportiva Corra Bem Saúde (CBS) e a amostra foi composta por 40 mulheres. O protocolo utilizado foi o Inventário de Motivação à Prática Regular de Atividade Física (IMPRAF 54) de Balbinotti (2006), através de um tratamento estatístico recorremos ao teste de análise de variância fator único – ANOVA - para comprovar a variância entre os grupos, analisamos os valores F crítico e valor P para verificação da diferença entre as motivações e através do Excel recorremos à média e desvio padrão para análise dos fatores motivacionais. Também comparamos os resultados com a tabela de normas de percentis do sexo feminino para verificar o grau de motivação das dimensões entre si. Constatou-se que a dimensão que mais motiva os indivíduos é a Saúde, seguida das dimensões Prazer e Sociabilidade, sendo as dimensões Controle de Estresse, Estética e Competitividade as menos motivadoras. Espera-se que esta pesquisa através do fator motivacional encontrado de maior prevalência, ajude os treinadores a terem uma avaliação mais individualizada e aprofundada sobre a motivação das mulheres, fazendo com que as mesmas alcancem sua meta com mais facilidade.

Palavras-chaves: Corrida de rua; fatores motivacionais; benefícios da corrida.