

**28 - ROAD RUNNING: WHAT MOTIVATE RUNNERS OF DIFFERENT AGES?**

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**INTRODUCTION**

Road running is a popular alternative in pursuit of improved quality of life. Among the benefits related to this type of exercise are the prevention of osteoporosis, high blood pressure, diabetes, obesity, reduced risk of cardiovascular disease, stress control, overcoming limits and socialization from the running groups. In Brazil, the number of supporters of this sport has been growing 25% per year (BALBINOTTI et al., 2015; MASSARELA, 2007).

Participants' adherence to a physical exercise program is dependent on several factors, with motivation being the main point to be studied.

Motivation is characterized as an active, intentional process that leads the individual to perform a certain action, thus being considered a fundamental variable for adherence in any modality. The development of motivation depends on the participants' awareness of the relevance of regular physical exercise practice, and the participation of health professionals is essential in this process (LIZ et al., 2010).

Understanding the reasons for adherence and regularity to the practice of a particular sport activity is important for physical education professionals (GONÇALVES, 2011). Among the main reasons that influence individuals to practice the road running is the improvement of physical fitness and consequently the quality of life (SANFELICE et al., 2017).

Men and women of different age practice running regularly (TRUCCOLO; MADURO; FEIJÓ, 2008), but few studies show the factors that lead runners to start and stay in this sport.

The aim of this study was to verify the motivational factors for the practice of road running among runners of different age.

**MATERIALS AND METHODS**

The study consisted of 56 volunteers, 28 men and 28 women, aged 16 to 52 years. The following criteria were used to select volunteers: belong to a road running group or practice the sport individually.

Participants were divided into three groups: adult adolescent (AA, individuals under 30 years old, n= 16), young adult (AJ, individuals aged 30 to 40 years, n= 24) and middle-aged (MI, individuals over 40 years old, n= 16).

To facilitate the application of the instruments, a google docs platform was used to formulate an online questionnaire and obtain answers. The volunteers authorized the use of the answers and were assured of confidentiality for the research.

The questionnaire used was the inventory of motivation to practice regular exercise (IMPRAF-54). The IMPRAF-54 consists of 54 items that measure six dimensions: stress control (eg, releasing mental tensions), health (eg, keeping fit), sociability (eg, being with friends), competitiveness (eg winning competitions), aesthetics (eg keeping the body in shape) and pleasure (eg my own pleasure), grouped into eight blocks, which are individually assessed using a bidirectional scale of the Likert type, being graduated in five points, ranging from "this motivates me very little" (1) to "this motivates me very much" (5) (AMARAL; CEZAR, 2019).

After data collection, the answers would classify them according to the reason that made them join the practice of road running: stress control, health, sociability, competitiveness, aesthetics and leisure of the studied public.

Results are reported as mean  $\pm$  standard deviation. In comparisons between groups, the one-way ANOVA test complemented by Tukey was used. Results are discussed at a significance level of 5% ( $p < 0.05$ ).

**RESULTS AND DISCUSSION**

The results sought to analyze the reason that led individuals of different age groups to join the road running.

From the data presented in Table 1, we can observe that the AJ group was not different from the AA and MI groups in all motivational dimensions. When comparing the AA and MI groups, we found that there was a statistically significant difference in the dimensions related to stress control and sociability, in which the MI group presented higher values for these factors.

Table 1. Motivational dimensions the practice of road running in different age.

Data presented as mean  $\pm$  standard deviation. Anova of a way complemented by Tukey. \*: vs. Adult Adolescent.

The MI group showed greater motivation for the stress control factor, which is related to the use of sports as a way to control anxiety and relieve the stress of everyday life (BARBOSA, 2006). Another dimension assessed and highlighted in this group was in relation to sociability, which assesses the level at which individuals use sports activities as a way of being part of a group or relating to other people (BALBINOTTI et al., 2007). The sociability is the motivational factor that enables the interaction with friends and the obtaining of new friendships, relating to the acceptance in existing social groups, improvement of self-esteem and the motivation of the practitioner in physical activity. Social interaction in conjunction with the improved fitness offered by sport increases the sense of well-being (BARBOSA, 2006).

The results regarding the motivational factors of group AA are shown in Table 2. It was observed that the health dimension presented the highest value among all factors, followed by the dimension related to pleasure and aesthetic factors, being the three items highlighted. for the younger group. The other reasons cited were stress control, sociability and competitiveness.

Table 2. Classification of motivational dimensions for the Adult Adolescent group.

Data presented as mean  $\pm$  standard deviation.

In Table 3 the data presented are relative to the AJ group. The health dimension presented the highest value among the factors, followed by the pleasure and sociability dimension. The other factors classified were stress control, aesthetics and with the lowest value competitiveness.

Table 3. Classification of motivational dimensions for the Young Adult group.

Data presented as mean  $\pm$  standard deviation.

The results from group MI are presented in Table 4 are similar to those from group AJ. The dimension with the highest value was health, followed by pleasure, sociability, stress control, aesthetics and competitiveness.

Table 4. Classification of motivational dimensions for the Middle Aged group.

Data presented as mean  $\pm$  standard deviation.

From the results obtained in the present research, we verified that the groups AJ and MI present similar behaviors among the evaluated runners, having the highest values for the factors health, pleasure and sociability.

The health dimension was the main factor responsible for motivating individuals to practice street racing, followed by the factor related to pleasure. These results can be explained by the conception that health is no longer restricted to the medical area and is now considered as a good to be achieved through lifestyle. In addition, being enjoyable exercise can be a distraction from daily stress, reducing possible harmful effects on the body (BALBINOTTI et al., 2007).

Stress control and competitiveness had similar classifications among all groups. Competitiveness is the factor that expresses the motivation of individuals who want to compete, to be better than others (BARBOSA, 2006). Despite the steady increase in road running competitions, the competitiveness factor was the one with the lowest value in all groups.

The motivational dimension related to aesthetics was better classified in the younger group. In adolescence, aesthetics may be important, helping in relationships with other people, which may justify the data found in our study (BALBINOTTI et al., 2007).

#### CONCLUSION

It is concluded that road runners, regardless of age, practice the modality motivated by aspects related to health and pleasure. In addition, the group with the largest age group runs the race motivated to a greater degree by sociability and stress control when compared to the younger group, which is more motivated by aesthetic factors.

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#### ROAD RUNNING: WHAT MOTIVATE RUNNERS OF DIFFERENT AGES?

The road running has been increasing the number of fans each day, reaching the public of men and women of different ages. Among the benefits of the race are the ease of access and the consequences of regular practice, such as stress control, reduction of the body fat percentage, improved sleep quality, among other aspects related to quality of life. Understanding the reasons for adherence and attendance to the practice of running is important for professionals working in this area. The objective of this study was to verify the motivational factors for the practice of road running among runners of different age groups. For the study, 56 road runners were divided into three groups: adult adolescent (AA, age less than 30 years old, n= 16), young adult (AJ, aged 30 to 40 years, n= 24) and middle-aged (MI, older than 40 years, n= 16). The Inventory of Motivation Questionnaire was used for the regular practice of physical exercise (IMPRAF-54) applied online. We found that the AJ and MI groups show similar behaviors among the evaluated runners. When comparing the AA and MI groups, we found that the group with the highest age group presented higher values for stress control and sociability. Road runners, regardless of age, practice the sport motivated by aspects related to health and pleasure. In addition, group MI practices running motivated to a greater degree by sociability and stress control when compared to group AA.

Keywords: Road Running, IMPRAF-54, Motivation.

#### STREET RUNNING: QU'EST-CE QUI MOTIVE LES COUREURS DE DIFFÉRENTES PISTES D'ÂGE?

La course de rue augmente chaque jour le nombre de fans et touche le public d'hommes et de femmes de différents âges. Parmi ses avantages, citons la facilité d'accès et les conséquences d'une pratique régulière, telle que le contrôle du stress, la réduction de la pourcentage de graisse corporelle, amélioration de la qualité du sommeil, entre autres aspects liés à la qualité de vie. Comprendre les raisons de l'adhésion et de la participation à la pratique de la course est important pour les professionnels travaillant dans ce domaine. L'objectif de cette étude était de vérifier les facteurs de motivation pour la pratique de la course de rue chez les coureurs de différents groupes d'âge: pour cette étude, 56 pratiquants de courses de rue ont été divisés en trois groupes: adolescent majeur (AA, âge moins de 30 ans, n= 16), jeune adulte (AJ, âgé de 30 à 40 ans, n= 24) et âge moyen (MI, plus de 40 ans, n= 16). Nous avons utilisé le questionnaire d'inventaire de motivation pour pratiquer des exercices physiques réguliers (IMPRAF-54) appliqués en ligne. Nous avons constaté que les groupes AJ et MI présentent des comportements similaires chez les coureurs évalués. Lors de la comparaison des groupes AA et MI, nous avons constaté que le groupe du groupe d'âge le plus élevé présentait des valeurs plus élevées pour le contrôle du stress et la sociabilité. Les coureurs de rue, quel que soit leur âge, pratiquent ce sport motivé par des aspects liés à la santé et au plaisir. En outre, les pratiques de groupe MI en cours d'exécution sont davantage motivées par la sociabilité et la maîtrise du stress que le groupe AA.

Mots clés: Course de rue, IMPRAF-54, Motivation.

#### CORRER EN LA CALLE: ¿QUÉ MOTIVA A LOS CORREDORES DE LAS PISTAS DE EDAD DIFERENTES?

La carrera callejera ha aumentado el número de fanáticos cada día, llegando al público de hombres y mujeres de diferentes edades. Entre los beneficios de la carrera están la facilidad de acceso y las consecuencias de la práctica regular, como el control del estrés, la reducción de porcentaje de grasa corporal, mejor calidad del sueño, entre otros aspectos relacionados con la calidad de vida. Comprender los motivos de adhesión y asistencia a la práctica de correr es importante para los profesionales que trabajan en esta área. El objetivo de este estudio fue verificar los factores de motivación para la práctica de la carrera callejera entre corredores de diferentes grupos de edad. Para el estudio, 56 practicantes de la raza callejera se dividieron en tres grupos: adolescente adulto (AA, edad menor de 30 años, n= 16), adulto joven (AJ, de 30 a 40 años, n= 24) y mediana edad (MI, mayor de 40 años, n= 16). Utilizamos el cuestionario de inventario de motivación para practicar ejercicio físico regular (IMPRAF-54) aplicado en línea. Descubrimos que los grupos AJ y MI muestran comportamientos similares entre los corredores evaluados. Al comparar los grupos AA y MI, encontramos que el grupo con el grupo de mayor edad presentó valores más altos para el control del estrés y la sociabilidad. Los corredores callejeros, independientemente de su edad, practican el deporte motivados por aspectos relacionados con la salud y el placer. Además, las prácticas grupales de MI corren motivadas en mayor medida por la sociabilidad y el control del estrés en comparación con el grupo AA.

Palabra clave: Carreras callejeras, IMPRAF-54, Motivación.

#### CORRIDA DE RUA: O QUE MOTIVA CORREDORES DE DIFERENTES FAIXAS ETÁRIAS?

A corrida de rua vem aumentando o número de adeptos a cada dia, alcançando o público de homens e mulheres de diferentes idades. Entre os benefícios da corrida estão a facilidade ao acesso e as consequências da prática regular, tais como controle do estresse, redução do percentual de gordura corporal, melhora da qualidade do sono, entre outros aspectos relacionados a qualidade de vida. Entender os motivos de aderência e assiduidade à prática da corrida é importante para os profissionais que trabalham nessa área. O objetivo desse estudo foi verificar os fatores motivacionais para a prática de corrida de rua entre corredores de diferentes faixas etárias. Para a realização do estudo fizeram parte da pesquisa 56 praticantes de corrida de rua, divididos em três grupos: adolescente adulto (AA, idade inferior a 30 anos, n=16), adulto jovem (AJ, idade entre 30

e 40 anos, n=24) e meia idade (MI, idade superior a 40 anos, n=16). Utilizou-se o questionário inventário de motivação a prática regular de exercício físico (IMPRAF-54) aplicado de forma on-line. Verificamos que os grupos AJ e MI apresentam comportamentos semelhantes entre os corredores avaliados. Quando comparamos os grupos AA e MI, verificamos que o grupo com maior faixa etária apresentou maiores valores para controle de estresse e sociabilidade. Os corredores de rua, independentes da idade, praticam a modalidade motivados pelos aspectos relacionados a saúde e prazer. Além disso, o grupo MI pratica a corrida motivado em maior grau pela sociabilidade e controle do estresse quando comparados ao grupo AA.

Palavras chave: Corrida de rua, IMPRAF-54, Motivação.