

32 - MOTIVATION OF MEN AND WOMEN TO ADHANCE MUSCULATION PRACTICE

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INTRODUCTION

The increased information about the benefits that exercise provides has influenced many individuals to change their habits, starting an active and healthy lifestyle. Bodybuilding has been one of the most sought after exercise practices by people of various age groups and both genders. This search is due to the fact that bodybuilding provides a better quality of life, encompassing all aspects, from the physical to the emotional (HAMMERSCHIMDT et al., 2017).

Gyms are sought after by people of different age groups and genres. This globalization is due to the fact that gyms meet the different goals of the individuals who seek it. For it offers services to those looking for a muscular body and for those seeking a better quality of life or just social interaction (SILVA; DAMATTO, 2019).

The main reasons that lead the search for bodybuilding exercises are health promotion, aesthetic factors that have satisfaction with self-image as the main factor, socialization, improved fitness, improved quality of life to generate from it a well-being, physical and emotional, and in some cases exercise is performed as a form of leisure. These factors are fundamental for people to start training programs and to remain assiduous (LIZ et al., 2010).

The public that seeks the practice of bodybuilding, most of the time, does not seek the modality with the objective of leading an athletic life, but rather with the purpose of improving their physical condition to have a better quality of life (PRESTES; MOURA; HOPF, 2002).

Bodybuilding for aesthetic purposes is one of the main reasons for the wide demand for this type of training. Through this, bodybuilding is considered a gateway to regular exercise (BITTENCOURT, 1986).

Concerns and dissatisfaction with body image influence countless individuals to engage in physical exercise programs for the purpose of a multidimensional construction, integrating internal representations of body structures, improving physical appearance through aesthetic changes and body satisfaction. It is acceptable to worry about taking care of yourself and your appearance, as long as this goal does not become an obsession and does not disturb your daily activities (PEREIRA JUNIOR; CAMPOS JUNIOR; SILVEIRA, 2013).

Numerous people seek gyms for improved health and fitness. As the individual's frequency increases, "taking care of your body" becomes a pleasurable activity, training sessions become moments of leisure and relaxation, and the pursuit of bodybuilding becomes a moment of leisure and relaxation. The modality is now associated with decreased stress, decreased work tensions, physical and psychological well-being and pleasure (ELI; SANTOS; MARINHO, 2016).

The social relations that the gym promotes, is a significant stimulus for individuals to try to exercise. Regular exercise is directly related to social interest, which together contribute to people's well-being (TAFARELLO; NASCIMENTO JUNIOR; OLIVEIRA, 2015).

Sports modalities use specific muscle groups and require various physical qualities. Bodybuilding is an important tool for preparing these strands. Resistance training is also related to reducing the risk of musculoskeletal injuries, which is a major concern of athletes and coaches. The work performed with weights is of great importance in the maintenance and prolongation of the individual's athletic physique (BITTENCOURT, 1986).

People who maintain regular attendance at physical exercise are considered self-motivated. Exercise in gyms contributes to this maintenance, since it provides a social interaction, so the activity generates pleasure. Thus, in addition to self-motivation, exercise satisfaction is fundamental for maintaining training programs (TAHARA; CARNICELLI FILHO, 2009).

Motivation is defined by two lines, intrinsic and extrinsic motivation. Intrinsic motivation is classified when the individual pursues an activity willingly, for the pleasure it provides. People naturally seek new challenges without the need for outside influence. In contrast, extrinsic motivation works through external stimuli to achieve new rewards, both material and social (MARTINELLI; BARTHOLOMEU, 2007).

Regarding the withdrawal of regular physical exercise, there are several reasons, the main one being motivation, which is caused by the lack of stimuli to exercise. There are also external and behavioral factors such as lack of time, laziness, distance, lack of financial resources, among other reasons that lead to the abandonment of training (NUNOMURA, 1998; SOUZA et al., 2018).

Motivation is the main element for regular exercise and significant adherence to a training program. Thus, it is necessary to study and understand what are the main reasons that lead people to join and stay in gyms (LAZIER, 2012).

From this, the present work sought to investigate the factors that motivate men and women between 18 and 30 years to practice physical exercises in weight gyms, and the factors that influence the dropout.

METHODOLOGY

This is a cross-sectional field study with descriptive characteristics, in which the data were presented in a quantitative and qualitative manner. The study consisted of 130 volunteers, 65 men and 65 women, aged between 18 and 30 years old, practitioners of bodybuilding exercises, with an average age of 24 years old.

For the selection of volunteers, the following criteria were used: being enrolled in a gym, being within the stipulated age range (minimum 18 and maximum 30 years), and participation was open to both sexes.

Two questionnaires were used to conduct this research, one to know the individual socioeconomic characteristics of each volunteer, (Characterization of the participant) and the other was the BREQ-3 (Behavioral Regulation in Exercise Questionnaire) composed of 23 questions, which aims to clarify the reasons that explain the decisions to perform or not to do bodybuilding exercises.

The answers were given respecting a scale (likert type), through their level of agreement. Being ordered in 5 points, which goes from "not true for me (0)" to "often true for me (4)". The reliability of the questionnaire was taken into account through its validation by (Markland; Tobin, 2004; Wilson et al., 2006), and was translated into Portuguese by (GUEDES; SOFIATI, 2015).

To facilitate the application of the instruments, a google docs platform was used to formulate an online questionnaire and obtain answers, and all volunteers authorized the use of them for conducting the research.

The volunteers were instructed that they could only choose one answer for each question, as the answers would rank them according to the following scale: motivation, extrinsic motivation that was divided into external regulation, introjected regulation, identified regulation and integrated regulation, and also analyzed the intrinsic motivation of the studied audience.

RESULTS

Based on the objective of the study, the results obtained sought to analyze the various forms of motivation that led young people in this research to enter training programs, so that as a result of the analysis could be evaluated the factors that influenced the search or dropout in the training programs. bodybuilding exercise. It was also possible a brief comparison of the different reasons that influence men and women in the search for daily practice of physical exercise.

The identified extrinsic motivation of regulation is the most frequent reason for the studied audience in the search of bodybuilding exercises, totaling 66% of the answers, because of the individual benefits that its regular practice promotes, since the improvement in the physical to the behavioral aspects. As for the individual characteristics of the study population, 46% of volunteers said they exercise regularly because exercise is part of their lifestyle (Table 1).

In the behavioral aspect, 32% of individuals showed that they feel guilty and have a sense of failure when they do not continue a training program. The intrinsic motivation was for 46% of respondents the reason for the practice of bodybuilding. At the same time, 78% of volunteers follow this principle, reporting that they do not exercise to satisfy other people or through pressure from family and friends. The demotivation for the practice of bodybuilding exercises was not observed in this study (table 1).

The present research shows that 58% of the male public are motivated to exercise based on the physical and behavioral benefits it provides (extrinsic motivation of identified regulation), such as improved fitness, improved quality of life, well-being, being physical and mental. For 27% of volunteers, the search for bodybuilding aims to get rid of the guilt that sedentary lifestyle provides. Demotivation was not observed in the present study (table 2).

Only 40% of the male population interviewed said that exercise is part of their lifestyle and an essential activity for their daily lives. Of this total, 51% of respondents were intrinsically motivated and only 2% said that they do not seek to exercise their own will but to satisfy other people (extrinsic motivation for external regulation) (Table 2).

The main reason for seeking bodybuilding exercises found in the female audience was the extrinsic motivation of regulation identified with 72% of the responses, which is the pursuit of exercise because of its individual benefits, and may be physical as well as emotional. Unlike the male audience more than half of the sample (53%) said that exercise is part of their lifestyle. For 37% the extrinsic motivation of introjected regulation in the female public is more sought after compared to the male, noting that women feel more guilty when they do not exercise (Table 3).

As for intrinsic motivation 42% of respondents said that they seek bodybuilding willingly and only 2% of volunteers exercise to receive external rewards or to satisfy another person. As in the male public, demotivation was not observed (table 3).

The withdrawal of bodybuilding practice usually occurs when there is the occurrence of motivation or high rates of extrinsic motivation of external regulation, which is the daily performance of physical exercises in an attempt to please others, and extrinsic motivation of introjected regulation, which is characterized by the practice of bodybuilding exercises to avoid feelings of guilt due to physical inactivity.

In the present study, a low dropout rate was found, due to the extrinsic motivation of external regulation.

DISCUSSIONS

In this study it was possible to observe the reasons why men and women seek the practice of bodybuilding, in both sexes the extrinsic motivation of regulation identified was the most frequent reason, pointing out that practitioners seek the individual benefits that the regular practice of bodybuilding promotes, such as physical, behavioral and emotional benefits.

In their research Balbinotti and Capozzoli (2008) investigated the motivation for the regular practice of physical activities in gyms, were evaluated the factors that influence the pursuit of physical exercise such as stress control, health, aesthetics, sociability, competitiveness and pleasure. The results indicated that health is the motivating factor for adherence to exercise program.

Aesthetic factors were the main reason young people joined a training program so that they could achieve self-image satisfaction. These factors were identified as the main reason for 72% of women and 58% of men for seeking bodybuilding.

Another study pointed out that the main reasons described by the interviewees for seeking bodybuilding are related to aesthetic factors, improved fitness, avoiding feelings of guilt of physical inactivity, improving quality of life and well-being, and improving sports performance. (RODRIGUES; SANTOS, 2016).

The reasons that led practitioners to continue the training program were to improve aesthetic standards with 46% of

the interviewed population, then covering 13% of the public were health-related benefits, well-being was targeted by 10%. Of the respondents, the search for better results was the reason for 10% of individuals, 7% of the public train to improve their fitness, and it was also found that 7% of subjects maintain an assiduity training because they like the sport. And finally 7% of respondents seek bodybuilding for other purposes (RODRIGUES; SANTOS, 2016).

The reasons for adherence to bodybuilding practice observed in the study by Bossi, Stoeberl and Liberali (2008) were for 62% of respondents aesthetic factors, 24% reported health promotion as motivation for seeking physical exercise, 8% said they practice bodybuilding exercises because it is their lifestyle and the medical recommendation as an influencer to start a training program was targeted by 6% of the sample.

From the evaluated male public it can be seen that intrinsic motivation also appears as a factor of permanence in the practice of bodybuilding, characterized by their own desire to perform exercises.

The most relevant motivational factor in the male public in the search for bodybuilding exercise is the improvement of physical conditioning and aesthetic factors (ALLENDORF; VOSER, 2012). Liz et al. (2013) found that the main reasons attributed to the practice of bodybuilding exercise were the improvement of physical fitness that covered 48% of the public. Intrinsic motivation and identified regulation stood out in the studied public.

The extrinsic motivation of integrated regulation, for the studied female public, was one of the reasons that led them to the search for bodybuilding, because the physical exercise is part of their lifestyle.

The most relevant reasons that lead women to exercise daily are issues related to aesthetics, health and the improvement of quality of life (VIAIS, 2015; AMARAL; CEZAR, 2019). In contrast, in a study by Calliari (2014), it was observed that 98% of women seek physical exercise only for aesthetic purposes and only 2% exercise for health-related purposes.

CONCLUSIONS

From the results of this study, we can conclude that the main factor in the pursuit of young people in general, for bodybuilding exercises is based on extrinsic motivation, due to the individual interests that exercise provides. Benefits related to aesthetics, self-esteem and sense of pleasure that the physical effort results. Being the aesthetic benefits the main reason the adherence in bodybuilding programs.

The motivational factor of male and female gender is the same, that is, the pursuit of bodybuilding exercise based on extrinsic motivation, which is the practice of bodybuilding to receive physical rewards related to self-image, emotional for reducing the feeling of anxiety and behavioral behavior in which exercise becomes part of your lifestyle. However, the female public was more motivated to exercise adherence, while the permanence in bodybuilding programs is higher in the male public, from the intrinsic motivation. Women have shown that they look for exercise to satisfy someone or to avoid feeling guilty and failing, noting from this a greater dropout in gym exercises compared to men.

The factor related to the dropout of the studied audience was the search for bodybuilding to avoid feelings of failure and to seek physical exercise for influence or to please the people around them. Thus, individuals do not have a daily motivation, resulting in the abandonment of the practice. Demotivation was not observed in the present study.

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MOTIVATION OF MEN AND WOMEN TO ADHANCE MUSCULATION PRACTICE

ABSTRACT – The increased information about the benefits that exercise provides has influenced many individuals to change their habits, starting an active and healthy lifestyle. The present work aimed to investigate the factors that motivate men and women between 18 and 30 years to practice physical exercises in weight gyms, and the factors that influence the withdrawal. The research methodology used was based on a cross-sectional field study, with descriptive characteristics, in which the data were presented in a quantitative and qualitative way, using as support, scientific works that came to contribute to the theme. The results obtained in the present research show us that for both the male public (58%) and the female public (72%), the identified extrinsic motivation of regulation is the most sought for the practice of physical exercise, due to their characteristics. individual benefits (physical, emotional and behavioral). From the results of this study, we can conclude that the main factor in the search of young people in general, for bodybuilding exercises is based on extrinsic motivation, due to the individual interests that exercise provides. The factor related to the dropout of the studied population was the search for bodybuilding to avoid feelings of failure and to seek physical exercise for influence or to please the people around them. Thus, individuals do not have a daily motivation, resulting in the abandonment of the practice. Demotivation was not observed in the present study.

Keywords: Physical exercise, motivation, bodybuilding.

MOTIVATION DES HOMMES ET DES FEMMES POUR ADHÉRER LES PRATIQUES DE MUSCULATION

RÉSUMÉ - L'augmentation du nombre d'informations sur les bienfaits de l'exercice a incité de nombreuses personnes à modifier leurs habitudes pour adopter un mode de vie actif et sain. Le présent travail visait à étudier les facteurs qui motivent les hommes et les femmes de 18 à 30 ans à pratiquer des exercices physiques dans les gymnases de musculation, ainsi que les facteurs qui influencent le sevrage. La méthodologie de recherche utilisée reposait sur une étude de terrain transversale, avec des caractéristiques descriptives, dans laquelle les données étaient présentées de manière quantitative et qualitative, en utilisant comme support les travaux scientifiques ayant contribué au thème. Les résultats obtenus dans la présente étude montrent que tant pour le public masculin (58%) que pour le public féminin (72%), la motivation extrinsèque de régulation identifiée est la plus recherchée pour la pratique de l'exercice physique, en raison de leurs avantages individuels (physiques, émotionnels et comportementaux). D'après les résultats de cette étude, nous pouvons conclure que le facteur principal dans la poursuite des jeunes en général, pour les exercices de musculation, est basé sur une motivation extrinsèque, en raison des intérêts individuels que l'exercice procure. Le facteur lié à l'abandon du public étudié était la recherche de la musculation pour éviter les sentiments d'échec et pour faire de l'exercice physique pour avoir de l'influence ou pour faire plaisir aux gens qui les entouraient. Ainsi, les individus n'ont pas une motivation quotidienne, ce qui entraîne l'abandon de la pratique. La démotivation n'a pas été observée dans la présente étude.

Mots-clés: exercice physique, motivation, musculation.

MOTIVACIÓN DE HOMBRES Y MUJERES PARA AUMENTAR LA PRÁCTICA DE MUSCULACIÓN

RESUMEN: la mayor información sobre los beneficios que proporciona el ejercicio ha influido en muchas personas para cambiar sus hábitos, comenzando un estilo de vida activo y saludable. El presente trabajo tuvo como objetivo investigar los factores que motivan a hombres y mujeres entre 18 y 30 años a practicar ejercicios físicos en gimnasios con pesas, y los factores que influyen en la abstinencia. La metodología de investigación utilizada se basó en un estudio de campo transversal, con características descriptivas, en el que los datos se presentaron de forma cuantitativa y cualitativa, utilizando como apoyo, trabajos científicos que contribuyeron al tema. Los resultados obtenidos en la presente investigación nos muestran que tanto para el público masculino (58%) como para el público femenino (72%), la motivación extrínseca de regulación identificada es la más buscada para el ejercicio físico, debido a sus beneficios individuales (físicos, emocionales y conductuales). A partir de los resultados de este estudio, podemos concluir que el factor principal en la búsqueda de los jóvenes en general, para los ejercicios de culturismo se basa en la motivación extrínseca, debido a los intereses individuales que proporciona el ejercicio. El factor relacionado con la deserción de la audiencia estudiada fue la búsqueda de culturismo para evitar sentimientos de fracaso y buscar ejercicio físico para influir o complacer a las personas que los rodean. Por lo tanto, los individuos no tienen una motivación diaria, lo que resulta en el abandono de la práctica. La desmotivación no se observó en el presente estudio.

Palabras clave: ejercicio físico, motivación, culturismo.

MOTIVAÇÃO DE HOMENS E MULHERES À ADERÊNCIA À PRÁTICA DE MUSCULAÇÃO

RESUMO – O aumento de informações sobre os benefícios que o exercício físico proporciona vêm influenciando muitos indivíduos a mudarem seus hábitos, iniciando um estilo de vida ativo e saudável. O presente trabalho buscou investigar os fatores que motivam homens e mulheres entre 18 a 30 anos a praticarem exercícios físicos em academias de musculação, e

os fatores que influenciam a desistência. A metodologia da pesquisa utilizada partiu de um estudo de campo de caráter transversal, com características descritivas, em que, os dados foram apresentados de forma quanti-qualitativa, utilizando como suporte, trabalhos científicos que vieram contribuir com a temática. Os resultados obtidos na presente pesquisa nos mostra que tanto para o público masculino (58%), quanto para o público feminino (72%), a motivação extrínseca de regulação identificada é a mais procurada para a prática do exercício físico, em razão dos seus benefícios individuais (físicos, emocionais e comportamentais). A partir dos resultados deste estudo, podemos concluir que o principal fator na busca dos jovens em geral, pelos exercícios de musculação se dá a partir da motivação extrínseca, em razão dos interesses individuais que o exercício proporciona. O fator relacionado à desistência do público estudado se deu a partir da procura da musculação para evitar sentimentos de fracasso e por buscar o exercício físico por influência ou para agradar as pessoas que estão a sua volta. Com isso, os indivíduos não têm uma motivação diária, resultando o abandono da prática. A desmotivação não foi observada no presente estudo.

Palavras-Chave: Exercício físico, motivação, musculação.