Original Article

The Effects of Physical Activity Motives among Adults in Riyadh Province

Abdulaziz Nasser A Aladhyani[1], Muath Alammar[1*], Fahad Dhawi N Almutairi[1], Mohannad Muaid A Aljuaid[1], Sanjay Deshwaly[1], Eid Hamad Alotaibi[1], Muath Thaar S Aladhyani[1], Mohammed Nawar F Alotaibi[1]

[1]Department of Family Medicine, College of Medicine, Shaqra University, Shaqra, Saudi Arabia.

Abstract

It has been demonstrated that motivation is essential for sustaining physical exercise. Numerous papers have looked into the connections between extrinsic and intrinsic motivation and a variety of behavioral, affective, and cognitive outcome variables. Motivation Profiles are two cognitive outcome measures employed in motivation research: attention and concentration. Interest, happiness, worry, and good emotions are effective results. Academic achievement and task perseverance are examples of behavioral outcomes. assert that a continuum of self-determination is where all theoretical motives—from motivation to intrinsic motivation—lie. Considering the correlation between healthy psychological functioning and self-determination. It is a cross-sectional study done in Riyadh province, that included adult males and females aged 18 years old. We have selected randomly 204 participants in the period of May to July 2022 to participate in this study. We have used a self-administered online questionnaire. The questionnaire was composed of the following items: age, sex, marital status, type of physical activity, duration of physical activity, motivations of the physical activity, its effect on them, and contraindications for physical activity. We found that out of 204 participants, 127 (62.3%) do sports. on the other hand, the remaining 77 (37.7%) do not. The gender of participants is 120(%58.5) males and 85 (%41.5) females. Of all 204 participants, the majority age group is considered to be 20-30 years old and 30-40 years old with 99 (48.3%), and 54 (26.3%). We found most of the participants do sports activities. Most of those who do sport activity are young (20 - 30).

Keywords: Sport motives, Riyadh province, Adult, Physical activity

INTRODUCTION

Various studies have looked at the connections between extrinsic and intrinsic motivation and a variety of behavioral, emotional, and cognitive outcome characteristics. Attention and focus are two cognitive outcome variables employed in motivation research. Motivational Types [1]. Effective outcomes include interest [2], positive emotions [3], and satisfaction [4]. behavioral outcomes include persistence at the task [5] and academic performance [6]. assert that a continuum of self-determination is where all theoretical motives—from motivation to intrinsic motivation—lie. Considering the correlation between healthy psychological functioning and self-determination [7]. The two profiles' outcome variable comparisons revealed substantial variations in every metric [8], aside from the frequency and aim of attendance. In comparison to the group that was characterized by self-determined motivation alone, the members of the cluster that exhibited both self-determined and non-self-determined motivation reported higher levels of enjoyment, effort, positive and negative effects, stronger positive attitudes toward participating in sports, stronger and more self-determined intentions to continue participating in sports in the long run, and greater satisfaction. A thorough analysis of some literature reveals recurring patterns [9]. implies that what promotes engagement and success is a task or mastery orientation and an emphasis on internal motivation rather than a win orientation and an emphasis on extrinsic incentives. Sport participants primarily want to acquire new abilities, be physically active, and most of all, enjoy themselves when engaging in an activity, according to empirical research on participation motivation. Objectives like receiving honors and accolades are mentioned far less frequently. Four reasons were evaluated in another study: affiliation, sport improvement, competition, fitness, and stress reduction. It was shown that adult motivations for stress reduction and fitness were the greatest [10]. There are some constraints like financial problems, scheduling problems, or childcare involvement [11]. Also Competing family and

Address for correspondence: Muath Alammar, Department of Family Medicine, College of Medicine, Shaqra University, Shaqra, Saudi Arabia.
Alammar.Muath@gmail.com

How to cite this article: Aladhyani ANA, Alammar M, Almutairi FDN, Aljuaid MMA, Deshwaly S, Alotaibi EH, et al. The Effects of Physical Activity Motives among Adults in Riyadh Province. Arch Pharm Pract. 2023;14(S):A06231460.

work causes a lack of time [12]. Some Children's activity usually drops off during their teens [13].

In the United States, 20 % of the population between 18 and 65 years old have good health outcomes while 40% have poor outcomes despite physical activity [14]. Another research found an increased interest in health and fitness with a decrease in sports participation [15]. Another research found the most common motives for women is stress reduction and escape from life requirement [16].

Materials and Methods

It is a cross-sectional study done in Riyadh province, Saudi Arabia that included adult males and females aged 18 years old. We have selected randomly 204 participants in the period 2022-2023 to participate in this study. We have used a self-administered online questionnaire distributed through popular social media (Twitter, WhatsApp Telegram, and others).

With a 90% confidence level, the sample size was assessed using the following formula: n= P (1-P) * Zα 2 / d 2. Z: The z-value for the chosen level of confidence (1-a) = 1.96. P: An estimated knowledge Q: (1 – 0.50) = 50%, i.e., 0.50 D: The maximum acceptable error = 0.10. Consequently, the minimum sample size was calculated as n = (1.96)2 X 0.50 X 0.50/ (0.05) 2 = 200.

The questionnaire is composed of the following items: age, sex, type of physical activity (walking, football, swimming, and others) place of physical activity (public space, gym, public road, and home)

frequency of physical activity (one day a week, two days a week, or 3 days a week) duration of physical activity, motivations of the physical activity (for health, for look, compete, gain new skill, enjoy time), its effect on them (staying healthy, lowering stress, keep muscle up, bones strength and improving social sharing) and restriction of physical activity (no time, no motive, no enjoyment, no encouragement, no trust, no energy or health issues). We made statistics using MedCalc software. The proposal has been approved by the ethical committee at Shaqra University.

Results and Discussion

The study included 204 participants, between all 204 participants, the majority age group consider to be 20-30 years old and 30-40 years old with 101 (49.5%), 56 (27.5%) respectively, 120 (%58.5) males and 84 (%41.5) females in the **(Table 1)**.

Table 1. Sociodemographic characteristics of participants (n=204)

Parameter		No.	%
Age	10-20	30	14.7%
	20- 30	101	49.5%
	30-40	56	27.5%
	40-50	17	8.3%
Sex	Male	120	58.5%
	Female	84	41.5%

As shown in **(Figure 1)**, We found that out of 204 participants, 127 (62.3%) do sports. on the other hand, the remaining 77 (37.7%) do not.

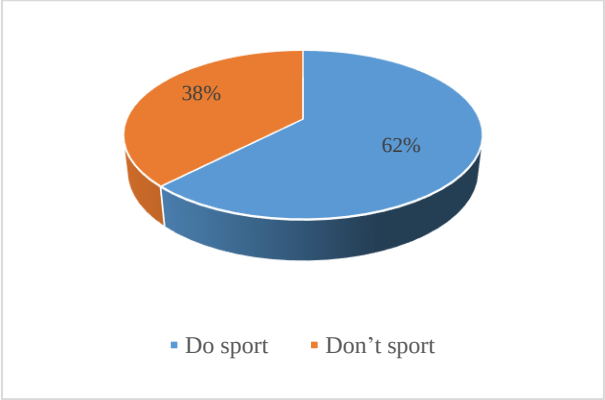

Figure 1. Prevalence of Sports activity among participants (n=204)

When we have asked about their favorite type of sport, the majority 59(46.4%) chose walking, while those who liked football 50 (39.4%) and 10 (7.9%) chose swimming, and 8 (6.3%) chose other activities, for the best place for sports, 60 (47.2%) chose a public space, 50 (39.4%) gym, 10 (7.9%) prefer home, 7 (5.5%) on public roads as shown in **(Table 2)**.

Table 2. Prevalence of favorite sports activities and best place to perform Sports activities (n=127)

Parameter		No.	%
favorite sport activities	walking	59	46.4%
	football	50	39.4%
	swimming	10	7.9%
	Other	8	6.3%
best place to perform Sports activities	Public space	60	47.2%
	Gym	50	39.4%
	Public road	7	5.5%
	Home	10	7.9%

There are 77(60.6%) who do sports for three days a week or more, 42(33.1%) with only two days and 8(6.3%) with only one day and according to hours per day, 61(47.7%) for an hour or less, 58 (46.1%) said from two to three hours a day and 8 (6.2%) for more than three hours as shown in **(Table 3)**.

Table 3. Frequency of Doing Sports activities and duration of sports activities (n=127)

Parameter		No.	%
Frequency of Doing Sports Activities	One day a week	8	6.3%
	Two days a week	42	33.1%
	Three days a week	77	60.6%
Duration of sports activities	1-2 hour	61	47.7%
	2-3 hours	58	46.1%
	3 hours and more	8	6.2%

For the impact of sport on the person himself, 75 (59.0%) for help staying healthy,13 (10.2%) for lowering their stress, 18(14.2%) to keep their muscles up and about the motive to do sport, majority 79(62.2%) said it is keeping them athletic and healthy as shown in **(Table 4)**.

Table 4. Impact of sport on the person and motive of the sport (n=127)

Parameter		No.	%
Impact of sport on the person	Staying healthy	75	59.0%
	Lowering stress	13	10.2%
	Keep muscle up	18	14.2%
	Bones strength	11	8.7%
	Improving social sharing	10	7.9%
the motive of the sport	For health	79	62.2%
	For look	20	15.7%
	Compete and gain a new skill	16	12.6%
	Enjoy time	12	9.5%

Regarding what is preventing them from doing sports, around 87(42.6%) said that they do not have time, 30(14.7%) without a motive, and 33 (16.2%) did not feel like they have energy to do it as shown in **(Table 5)**.

Table 5. Factor preventing from doing sports (n=204)

Parameter		No.	%
Factor preventing from doing sports	No time	87	42.6%
	No motive	30	14.7%
	No enjoyment	20	9.8%
	No encouragement	15	7.4%
	No trust	8	3.9%
	No energy	33	16.2%
	Health issues	11	5.4%

Males are more likely to do sport as our study revealed. This compared to the study that included 1,360 adults (703 males, 657 females) who had been exercising [17]. This indicates that the motives differ across the gender, it could be because of numerous factors like lack of confidence, compared to men, women have less confidence in their ability to overcome their exercise-related barriers, lack of time, parenting demands, health condition, lack of energy and lack of money.

The prevalence of sports activity among participants shows Out of 204 participants (62.3%) they do sports. on the other hand, the remaining do not. Compared to Worldwide trends in insufficient physical activity [18], According to recent research, there is a global rise in physical inactivity. The rise in technological advancements, such as the increased use of computers, mobile devices, televisions, and video games, may be closely linked to this increase in physical inactivity. In our study, according to the gender of participants, males are more active than females, the same idea is supported by a study in Malaysia [19] that reported 35.7 percent of adults—30.5 percent of men and 41 percent of women—were physically-inactive; this finding might be explained by a different investigation that found males were more driven by challenge and competitiveness than women [20]. Conversely, women scored higher than men on extrinsic factors about physical beauty and appearance [21].

With my favorite type of sport, the majority chose walking. With different results among Malaysian volunteers, they found that badminton is a common physical activity [17], this difference may be due to differences in cultures and our result did not target professional players and focus on Riyadh province. Also, we found that (60.6%) of participants do sports for three days a week or more, this finding is close to another study where participants did an average of 2.85 sessions of physical activity per week [17].

In this research we found that the duration of physical activity among the participants was (47.7%) 1-2 h/day and (46.1%) 2-3 h/day compared to two studies done in Saudi Arabia the first found that 48% of the participants do physical activity > 60 min/week [22] and 29.9% do physical activity >150 min/week. The second found that the average number of minutes of physical activity per day was 53 minutes [23]. So, we found that most of the participants were similar to which one recommended.

The present study showed that the greatest impact of physical activity on participants' lives was improving their health status and reducing the risk of many diseases (70.3%) these results are consistent with the result of a systemic review of another research [24]. We conclude that the impact of physical activity on the lives of most of the participants was staying healthy, reducing stress and psychological health improvement, and building up some muscles.

In our study, the main motivation for practicing sports was to improve health, in comparison with a study that reported the top reason that motivated to sports was to continue building muscle strength [25]. The main reason varies between the two studies due to the increased awareness of the community about health.

One of the primary causes of many ailments, particularly heart diseases, is a lack of exercise. Our research revealed that the primary reason people do not play sports is that they are "without a motive" and lack time.

Conclusion

This study found most of the participants do sport activity. Most of those who do sport activity are young (20 - 30). Males had higher levels of sports activities than females. Walking is the most favorite sports activity. The impact and motive of sports activities is for health and staying healthy. Most of them do sports activities 3 days a week. The most common factor preventing them from doing sports activities is no time.

ACKNOWLEDGMENTS: We thank the participants who all contributed samples to the study.
CONFLICT OF INTEREST: None
FINANCIAL SUPPORT: None
ETHICS STATEMENT: The Shaqra University research ethics committee granted ethical permission. Number of applications: (ERC_SU_20220057). Each participant gave their informed permission after being fully briefed about the study and made aware that participation is completely optional. The information gathered was safely stored and utilized exclusively for study.
Written informed consent was obtained from all individual participants included in the study.

References

1. Morris LS, Grehl MM, Rutter SB, Mehta M, Westwater ML. On what motivates us: a detailed review of intrinsic v. extrinsic motivation. Psychol Med. 2022;52(10):1801-16. doi:10.1017/S0033291722001611
2. Fischer C, Malycha CP, Schafmann E. The Influence of Intrinsic Motivation and Synergistic Extrinsic Motivators on Creativity and Innovation. Front Psychol. 2019;10:137.
3. Tan CS, Lau XS, Kung YT, Kailsan RA. Openness to experience enhances creativity: The mediating role of intrinsic motivation and the creative process engagement. J Creat Behav. 2019;53(1):109-19.
4. Bin Saeed B, Afsar B, Shahjeha A, Imad Shah S. Does transformational leadership foster innovative work behavior? The roles of psychological empowerment, intrinsic motivation, and creative process engagement. Econ Res-Ekon Istraz. 2019;32(1):254-81.
5. Malik MA, Choi JN, Butt AN. Distinct effects of intrinsic motivation and extrinsic rewards on radical and incremental creativity: The moderating role of goal orientations. J Organ Behav. 2019;40(9-10):1013-26.
6. Xie K, Vongkulluksn VW, Lu L, Cheng SL. A person-centered approach to examining high-school students' motivation, engagement and academic performance. Contemp Educ Psychol. 2020;62:101877.
7. Tang M, Wang D, Guerrien A. A systematic review and meta-analysis on basic psychological need satisfaction, motivation, and well-being in later life: Contributions of self-determination theory. Psych J. 2020;9(1):5-33.
8. Vlachopoulos SP, Karageorghis CI, Terry PC. Motivation profiles in sport: a self-determination theory perspective. Res Q Exerc Sport. 2000;71(4):387-97. doi:10.1080/02701367.2000.10608921
9. Weiss MR, Chaumeton N. Motivational orientations in sport. In Horn TS, editor, Advances in sport psychology. Champaign, IL: Human Kinetics. 1992;61-99.
10. Gill DL, Dzewaltowski DA, Deeter TE. The relationship of competitiveness and achievement orientation to participation in sport and nonsport activities. J Sport Exerc Psychol. 1988;10(2):139-50.
11. Rudman WJ. Sport as a Part of Successful aging. Am Behav Sci. 29(4):453-70. doi:10.1177/000276486029004007
12. Henderson KA, Bialeschki MD. Exploring an expanded model of women's leisure constraints. J Appl Leis Res. 1993;18:229-52.
13. Leyshon G. Sport and Aging. B. McPherson (Ed.). Human Kinetics Publishers Inc. Champaign, ILL. 1986. 278 pp. (U.S. $25.00). Can J Aging. 1986;5(4):283-5. doi:10.1017/S071498080000814X
14. Weinberg RS. Psychological foundations of sport (pp 359-370). Champaign, IL.
15. McAuley E. Understanding exercise behavior: A self-efficacy perspective. Motiv Sport Exerc. 1992:107-27.
16. Weinberg RS. Goal setting and motor performance: A review and critique. Motiv Sport Exerc. 1992:177-97.
17. Molanorouzi K, Khoo S, Morris T. Motives for adult participation in physical activity: type of activity, age, and gender. BMC Public Health. 2015;15:66.
18. Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1·9 million participants. Lancet Glob Health. 2018;6(10):e1077-86. doi:10.1016/S2214-109X(18)30357-7
19. Institute of Public Health. National health and morbidity survey 2011 volume ii non-communicable diseases. 2011.
20. Egli T, Bland HW, Melton BF, Czech DR. Influence of age, sex, and race on college students' exercise motivation of physical activity. J Am Coll Health. 2011;59(5):399-406.
21. Roy Chowdhury D. Examining reasons for participation in sport and exercise using the Physical Activity and Leisure Motivation Scale (PALMS): In Doctoral dissertation. School of Social Science and Psychology Faculty of Arts, Victoria University. 2012.
22. Awadalla NJ, Aboelyazed AE, Hassanein MA, Khalil SN, Aftab R, Gaballa II, et al. Assessment of physical inactivity and perceived barriers to physical activity among health college students, south-western Saudi Arabia. East Mediterr Health J. 2014;20(10):596-604.
23. Althumiri NA, Alammari NS, Almubark RA, Alnofal FA, Alkhamis DJ, Alharbi LS, et al. The national survey of health, diet, physical activity and supplements among adults in Saudi Arabia. FDRSJ. 2018;1(1):1.
24. Warburton DE, Nicol CW, Bredin SS. Health benefits of physical activity: the evidence. CMAJ. 2006;174(6):801-9. doi:10.1503/cmaj.051351
25. Alkhateeb SA, Alkhameesi NF, Lamfon GN, Khawandanh SZ, Kurdi LK, Faran MY, et al. Pattern of physical exercise practice among university students in the Kingdom of Saudi Arabia (before beginning and during college): a cross-sectional study. BMC Public Health. 2019;19(1):1716.