

Undergraduate Students Motivation for Physical Activity: Differentiating Gender, BMI Levels and Year Levels Motives for Physical Activity Participation.

Faculty of Social
Sciences
University of Kelaniya
Sri Lanka

Dissanayake D.M.A.I¹

Oshani PAL²

Abstract

Despite the many clear benefits of an active lifestyle, lack of Physical Activity (PA) is a significant health problem in the University population. A key issue in Physical Activity research is developing an understanding of motivation. Although PA takes many forms, most research designed to enhance motivation for and ignores participation. The purpose of this study was to analyze motives for engaging in PA and determine and describe motivational differences related to gender, year level and body mass index in university population. A descriptive Cross-Sectional design was used. The study was conducted in Faculty of Social Sciences. The subject included a random sample selection of 200 university students in fourth and second year. Data were collected from MPAM-R (motives for physical activity measure-Revised) questionnaire. The motives of Gender, BMI, Year levels and ANOVA to determine if there is a significant difference among the mean scores of motivation for PA participation of university students. Results further show that there is a significant difference among the five factors for motivation for each Gender, BMI and Year levels. There was a statistically significant difference between BMI and Fitness as determined by one-way ANOVA ($F(1,198) = 4.587, P = .033$). The study recommends that Kalaniya University further support students' interest for leisure-related PA, and to possibly organize various sports clubs to create an avenue for students to play and complete in an activity that they are interested in.

Key words - PA, motives, BMI (Body Mass Index), MPAM-R scale, ANOVA

¹ Department of Sport Sciences & Physical Education, University of Kelaniya.

² Lecturer, Department of Sport Sciences & Physical Education, University of Kelaniya.