



Motivation and its correlation with the participant presence in the morning exercise in Turkey

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ABSTRACT

This study was conducted in order to determine motivations and to identify its relationship with work conditions of male and female participants in public exercises in the Erzurum city of Turkey. To do this, a sample containing 325 people was selected by simple randomized selection from statistical population. To collect information, we used SMS-6 Malite cliford et al. questionnaire for recognition of motivational factors. We also used another questionnaire which comprised of demographic features of testable samples. Most of participants in morning exercises were belonged to range of 20-40 years old people and least of them were more than 40 years old. There was a significant relationship between the age and motivations of people, but this relationship was not significant in their income and motivations. It was observed that there is significant relationship between male and female motivations, as well as married and single people.

KEYWORDS

Trial of labour after caesarian section repeat caesarian section maternal complications.

Introduction

For many people who exercise, the first and foremost advantage of participating in the athletic exercises is the establishment of mental health's positive aspects rather than curing the mental health state (Leah, 2009). Some studies have been done on the effect of physical activities on psychological well-being, but most of these studies were not conducted in experimental way and few studies have emphasized the experimental effects of physical activities on well-being (Roothman et al., 2003). The public sport among the countries since 1900, with different motivations that includes providing physical and enrichment, development of social relationships, living away from the machine, return to nature (Kilpatrick et al., 2005). The researches results showed that Denmark was to motivate people to participate in sports, to reach high levels and achieve the Olympic motto but the health, vitality and social relations, an important reason participation in sports has been (Elsie et al., 2009). The shfard after the general health and fitness motivation, motivation for joy, happiness and sense of belonging to a group are same with six of sport centers in city came after physical health, motivation for comfort, fit and sense organs were successful (Michael and Joan, 2006). The motivation of young people participating in recreational and competitive sport, showed that both skill development, physical fitness and competition are the order of priority (Ryff and Singer, 2008). The results of a research indicated the motivation for participating students revealed that women are superior to men on the physical environment (Smith et al., 2002). The researchers compared with the internal and external motivation of young athletes were participate in physical activity and exercise, motivation, internal motivation, such as joy and happiness on external motivation is superior. They found that students with internal motives such as pleasure and joy in sports activities. If the motivations of female students are motivated to participate in exercises such as keeping the outer physical environment, reduce stress and weight control (Sarah and Kevin, 2006). Researchers in their research, studied the effect of aerobic motions and fitness programs on the psychological and physical performance of men. By using a three-month training course, they found that there is a strong

relation between the enhancement of physical state and psychological well-being. They also observed the difference in the physiological and psychological compatibility in men after three months of training (Carling et al., 2008). So, this research aim is evaluate the motivation relationship with the participant present in the morning exercise by regards that people's motivation has a wide range about the participation in the morning exercises.

Material and Method:

The methodology of this research is survey or description field. In this study, samples selected randomly from different parts of the Erzurum city people of Turkey who participate in the morning exercises ($N=325$). The data was collected by two types of the questionnaire, one of them was motivation questionnaire to identify triggers with six group such as external control, interjected regulation, no incentive, a comprehensive monitoring, control and identification of intrinsic motivation that the following 4 groups were used to buoy. Another was questionnaire and work status, this questionnaire is a sport and work subjects in the morning to collect the buoy 9. To evaluate and account a relationship between variables, spearman correlation coefficient of the $p<0.05$, t-test and Mann-Whitney test was used.

Results and Discussion:

The results of this research showed that morning exercise the highest percentage of participants in age from 20 to 44 years with 51 percent participation rate form and the lowest participation rate of 6 percent related to the age group 57 to 75 years. The level of participants present was reduced with age. The housewives included 31 percent, staff included 5 percent, students had 12 percent, respectively, but in the different days for example at the weekend these percent amounts changed. In the other part of results was obtained the negative relationship between the rate of work and the sports participation. According to the people education, 34 percent of people with sub-degree diploma, 36 percent of the degree, diploma and 20 percent were related to the Bachelor degree and only 10 percent included the master degree and doctorate degree. Diploma took the largest percent of participants in the form

of morning exercise. The results showed single persons with highest participation sport in the morning and married persons were in the second part. The results showed that 32 percent of people participating in the morning exercise with car and 68 percent came to the exercise place on foot. The results showed that academic education had the most relationship with percent of participation in morning exercise. Also, the age had the important effect on the participation percent and the persons with the 20-40 years old had the most percent to participate in the morning exercise but this results were under comparison between academic education and non-academic education and according to the work condition these results changed (Fig.1).

Conclusion:

The results of this study showed a significant relationship between age and the motivation of people's identification. It means that the motivation of people's identification is high with the increasing of age but till the forty years old. The motivation of identification has formed from these factors: a good method for useful learning of other dimensions life, the maintenance of his friends and the performance of hard training and the good performance of skill. The other researches results, showed motivation for social interaction, especially those above 60 years and was significantly higher than other groups. The results of this research a significant relationship between income level and motivation of participants was not confirmed in the morning exercise. By increasing in income does not change their incentives. Also, by increasing the age the percentage of the participation decreased. The academic education had the significant effects on the participation percent in the morning exercise. According to the information obtained from this research, there are significant differences in the motivation of men and women, so men than women are interjected, regulation and motivation and motivation into

a comprehensive control and internal motivation in women than men. Sarah et al. (2009), also believe that athletic psychological skills program, should not be administered individually, but it should be done as group activities in order to cause psychological well-being which is compatible with the present study (Sarah and Kevin, 2006). According to various contradictive views of the researchers, more studies should be conducted to determine how a motivation and physical activity are effective on the participation in the morning exercise and improvement it, in different age groups (Epstein, 1992). We can provide the opportunities for the people by increasing the information about the exercise benefits, especially for the people without academic education, to do exercise and participate in the morning exercise and improve the general health of their body. Therefore, with an organized long-term program like morning exercise, we can develop the time use for the people that they should go to work in the morning and can improve the level of health in the society that, this issue is exactly in the direction of development and is the ultimate goal of any government.

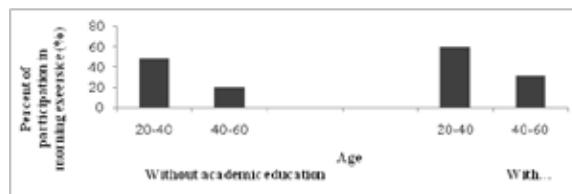


Fig. 1: The relationship between age and academic education with the participation percent in morning exercise

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