

MOTIVATION INFLUENCE TOWARDS PHYSICAL ACTIVITY LEVEL AMONG UNIVERSITY STAFF

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Abstract

Levels of physical activity are usually affected by a high motivational factor. There are many internal and external motivational factors. Less physical activity or a sedentary lifestyle can be defined as movement of the body equal to the minimum rest metabolic rate. It also refers to passive physical behavior such as watching television, reading, using a computer, talking on the phone, driving a car, meditating, or eating. This study was conducted to determine and investigate the motivational factors that influence participation in sports and physical activities. A survey questionnaire based on the "Exercise Motivation Inventory" (EMI-2) and the "International Physical Activity Questionnaire" (IPAQ) was developed to meet the needs of the study. This study looked at the relationship between motivational factors and the level of physical activity and sports participation among university staff, who involved in their daily lives. Findings that showed university staff were more motivated to perform moderate physical activity in daily life. The motives for physical activity are both in terms of appearance and social factors. Inferential analysis indicated no significant difference in terms of the motives for employee engagement in physical activity and status based on weight. Correlation analysis showed a significant relationship between physical activity and body weight among staff. There was no significant relationship between participation motives and physical activity among employees.

Keywords: Motive, physical activity, BMI

Introduction

Today, people have realized that physical activities are important in everyday life. This is because they found that there are many benefits that they can get with doing the physical activities. Physical activities always being related to illness and chronic disease. If people participate in more physical activities, the chances to experience illness are lower. If we perform fewer physical activities, the chances to get an illness greater. Diabetes, obesity, and cancer are examples of illness commonly related to a lack of physical activity. Vander Ploeg, Maximova, McGavock, and Davis (2014) found that physical activity can be linked with improved physical and mental health among children. This showed that physical activity can help in enhancing human wellness. The problem is investigating why university staff find it too difficult to take the time to perform physical activities such as exercise or sports. There are groups of employees for which physical activity is still not quite perfect fitness of context. Although sports facilities are provided at this university, this group still lacks sufficient physical activity.

Accordingly, a study on the physical activity levels of university staff should be carried out. The study controlled for understanding physical activity is important to help increase knowledge about healthy lifestyles. According to Noor Aini (2004), knowledge of diet and exercise patterns affects the daily lives of employees of public servants. The aim of this research is to identify the types of physical activity in Klang Valley as high, medium, or low. Then, categories of university staff in the Klang Valley in terms of physical activity are identified in terms of motivation to perform physical activity.

This research is important because a healthy lifestyle adopted by employees has an impact on the quality of work produced by employees, thus impacting the performance of the department. Lifestyle as practiced now

will affect their health in the future. Participation in physical activity has also been proven to be beneficial concerning positive psychology such as increasing self-confidence, feelings of well-being, and intellectual function, while reducing the level of anxiety. The researchers hope that the results of this study can serve as a guide and reference to the university in order to implement healthy lifestyles among employees. It may help bring university staff towards a lifestyle that is effective in increasing knowledge about physical activities. Findings from this research can make room for other researchers to examine physical activity university staff to yield more meaningful understandings of the motives of a particular group, especially lecturers or administration. The research findings will also help government departments to design physical activity programs for the employees to be more attractive for participation by all groups of employee, thus stimulating employees to engage in physical activity in working areas.

Method

The research was conducted at a local university in Malaysia. The samples were chosen from among the university staff. Data of this study was gathered through survey questionnaire and interviews. Questionnaires were distributed to four hundred staff randomly. The questionnaire was designed to meet the following objectives:

- to investigate staff involvement in physical activity.
- to investigate the relationship between physical activity and BMI.
- to investigate the relationship between physical activity and motives.

The questionnaire contained three sections. The first section was the demographic data of the respondents. The second section contained questions about staff' physical activity level and the third section contained questions on the staff' motives. The questionnaire used a Likert scale from 1 to 5, as well as "yes" or "no" answers, which allowed the respondents to indicate their responses. Interviews were also conducted among the staff. To ensure that the items showed convergent, validity, and high internal consistency (Cronbach's Alpha), a pilot test was conducted before the data collection phase on a smaller sample of the Physical and Health Education students. The pilot test also examined whether the instrument items were worded in a non-ambiguous manner and whether each reflected the construct to which it was posited to be related. The scales exhibited high convergence and were not discriminating, and were thus considered valid.

Using the Exercise Motivation Inventory (EMI-2) questionnaire, researchers intended to determine differences in physical activity consisting of high-level, medium level, and low level involvement. The differences in participation patterns are classified into Appearance Physical motive, Social motive, Challenge motive, Competition and Fitness motive, and Health Motive. This research was conducted at a local university in Malaysia. It is a campus that houses a total of 18,000 professional and administrative staff. They consist of academic and non-academic staff. Researchers obtained this number from the Office of Administration and Human Resources. Out of 18,000 staff members, a total of 400 people answered the questions through emails. Thus, they have been used as respondents. The respondents consisted of men and women aged between 18 years to 60 years. Researchers used the internal email system of the local university for distributing questionnaires to every employee. The Physical Activity Questionnaire (IPAQ) instrument was used to collect data for this research.

Researchers also used the Ainsworth et al. (2000) to obtain average MET scores for each type of activity. For example, all of the included and average MET values for walking were derived. The same procedure was carried out to moderate intensity activity and intensity of extreme activities. These values continue to be used for data analysis for IPAQ: Running = 3.3 Mets, Mets Simple PA 4.0 and PA 8.0 Energy Mets. Using these values, four ongoing marks were defined: Walking (minutes / week) = 3.3 minutes * walk * go days; Medium (minutes / week) = 4.0 * simple * medium intensity activity minutes a day; High-energy (minutes / week) = 8.0 * strong intensity outdoor activities minutes * intensity day; and Total physical activity (minutes / week) = total + Medium + powered MET minutes Walking / week scores. MET and Value Calculation Formula of MET-minutes / week.

Descriptive analysis using SPSS version 19.0 was employed to analyze the mean, frequency, and percentage of the demographic characteristics of the staff of the local university. To determine an overall score of physical activity, every answer was analyzed by counting Metabolic Equivalent Task (MET) -min per week. All

responses were summed to get the statistics. Likert Scale analysis was used to determine the level of physical activity in all the 42 items, with the lowest score is one (1) and the highest score is five (5).

Kruskal Wallis analysis was used to identify the differences of motives for staff involvement in physical activity according to their body weight. Spearman correlation analysis was conducted to determine if there is a relationship among the several motives for involvement in physical activity among staff.

Results and discussion

Demographic Data

The study involved a total of 400 staff members with diverse backgrounds demographics such as gender, race, age, marital status, positions, employment, and income.

Table 1: Diverse backgrounds demographics of 400 staffs.

Demographic	Frequency	Percent
<i>Sex</i>		
Male	176	44.0%
Female	224	56.0%
<i>Race</i>		
Malay	377	94.3%
Chinese	4	1.0%
India	4	1.0%
Others	15	3.8%
<i>Age</i>		
Between 21 – 30 years	82	20.5%
Between 31 – 40 years	149	37.3%
Between 41 – 50 years	81	20.3%
More than 50 years	88	22.0%
<i>Status</i>		
Married	330	82.5%
Single	63	15.8%
Others	7	1.8%
<i>Position</i>		
Permanent	369	92.3%
Temporary	12	3.0%
Contract	19	4.8%
<i>Occupation</i>		
Professional/lecturer /director	222	55.5%
Arrangement /Administration	178	44.5%
<i>Salary</i>		
Below RM2000	39	9.8%
RM2001 – RM3000	76	19.0%
RM3001 – RM4000	69	17.3%
RM4001 – RM5000	53	13.3%
RM 5001– RM6000	35	8.8%
RM 6001 above	128	32.0%

Relationship between Physical Activity and BMI

Kruskal Wallis analysis was used to identify differences in motives for staff involvement in physical activity by body weight. A Kruskal Wallis test was run. The number of samples in the batch was not enough for a mass greater than 30 (Pallant, 2005).

Table 2: Differences motif staff involvement in physical activity by mass weight.

Motive participation	BMI	N	Min ranking	Chi Square	df	Sig.
Appearance	Less weight	14	166.36	5.343	3	0.148
	Normal	143	188.17			
	Extra weight	179	214.00			
	Obesity	64	197.77			
Health	Less weight	14	211.57	7.455	3	0.059
	Normal	143	180.76			
	Extra weight	179	207.20			
	Obesity	64	223.45			
Social	Less weight	14	219.39	3.506	3	0.320
	Normal	143	209.49			
	Extra weight	179	199.58			
	Obesity	64	178.85			
Fitness	Less weight	14	214.71	3.759	3	0.289
	Normal	143	211.68			
	Extra weight	179	197.97			
	Obesity	64	179.49			
Challenge	Less weight	14	201.79	3.225	3	0.358
	Normal	143	207.92			
	Extra weight	179	202.74			
	Obesity	64	177.38			

Overall indicated that there were no significant differences in motives for staff involvement in physical activity by body weight.

Spearman correlation analysis was conducted to identify the relationship between physical activity and body weight among staff.

Table 3: The relationship between physical activity and body weight among the staff.

Correlation	Body mass index (BMI)		Interpretation
	r	Sig.	
Physical activity	-0.134	0.007	Weak

There is a significant relationship between physical activity and body mass among employees at $r = -0.134$ and $\text{sig} = 0.007$ ($p < 0.05$). The strength of weak ties is positive.

Relationship between Physical Activity and Motivation

Spearman correlation analysis was conducted to determine the relationship between the motives for involvement in physical activity among employees.

Table 4: The relationship between the motives involvement with physical activity among employees.

Correlation	Physical activity		Interpretation
	r	p	
Appearance	0.016	0.750	-
Health	0.000	0.997	-
Social	0.111	0.026	Very weak
Fitness	0.084	0.094	-
Challenge	0.093	0.063	-

There was no significant relationship between participation motive of pleasing aspects of physical activity among employees, with $r = 0.016$ and $p = 0.750$ ($p > 0.05$). There was also no significant relationship between participations' motives in terms of the health aspects of physical activity among employees, with $r < 0.001$ and $p = 0.997$. There is a correlation between the pattern of involvement of the social aspects of physical activity among employees, with $r = 0.111$ and $p = 0.026$ ($p < 0.05$). The strength of the relationship is very weak. Staff university findings showed they perform more moderate physical activity in daily life. The motives for physical

activity include appearance and social factors. Inferential analysis showed that there was no significant difference in physical activity among employees based on gender, age, status, position, employment, and income. There are significant differences of physical activity among employees as related to body weight. There are differences in motives for staff involvement in physical activity by gender, age, job, and income. There is no difference in motive for staff involvement in physical activity and weight status based on weight. Correlation analysis showed that there was a significant relationship between physical activity and body weight among staff. There was no significant relationship between participation motives and physical activity among employees.

Conclusion and suggestion

The findings showed that a total of 83 (20.8%) employees stated a primary type of activity; a total of 243 (60.8%) employees stated a type of moderate activity; and 74 (18.5%) employees stated a type of high activity. This showed that the university staff are practicing physical activity in their daily lives. For the staff, motivation for involvement in physical activity in daily life is the highest in terms of health ($M = 3.76$). Building is the lowest aspects of the challenge ($M = 2.64$). Motives other than appearance or social factors are also shown in the mean value of fitness in middle-level staff, who also agreed that these motives affect their motive participation in physical activities. The total mean of five constructs (appearance, health, social, fitness, challenge) was $M = 3.18$. This demonstrates that employees are concerned with the health aspects of physical activity in daily life. They take a few minutes a week to make time for physical activity. They also listed some motives for their physical activities. Among them are motives that show the health of public participation. The staff believed that the challenge did not increase their motivation to perform physical activity. Other motives such as appearance, social, and fitness factors also have a moderately high level of involvement. The results showed that the staff agreed that these motives affect their motive participation in physical activities. The results also showed that employees are more concerned with the health aspects of physical activity in daily life. In short, based on the discussion and the facts, it is clear that the motive of involvement has always been a priority to civil servants to engage in physical activity. Factors such as health, appearance, socialization, and challenges are among the catalysts to obtain optimum self-satisfaction.

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