

The Relationship between Continuum Levels of Motivation and Intention to Continue Physical Activities in Adolescent Female Students: A Self-Determination Theory Approach

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Abstract

The aim of this study was to investigate the relationship between, The levels of motivation and Intention to Continue Physical Activities in female adolescent students. 221 female adolescent students of East Aderbayjan province aged 18-12 years in 2019-2019 were selected by multistage cluster sampling and completed exercise continuity and exercise behavior regulation questionnaires. The collected data were analyzed by SPSS24 software. The findings showed that among the factors of motivation levels, lack of motivation negatively and internal motivation as well as positively identified regulation, they have the ability to predict the Intention to Continue Physical Activities. However, other levels of continuity of motivation, including external motivation and introjected regulation, do not have the ability to predict the desire to continue exercising. Accordingly, it can be said that in creating a desire to continue exercising in adolescent girls, the type of motivation they have created during exercise classes can be a predicting factor.

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Introduction

Due to the importance of examining motivation in school sports classes, especially adolescent girls' schools, due to the lack of physical activity in this community and age group, as well as the lack of research background to examine the relationship between motivation and desire to continue sports In teenage girls, in the present study, the relationship between the type of motivation created in adolescent female students in school sports classes and the desire to continue exercising in the future was investigated.

Research Tools

The method of the present study is correlation, which was done descriptively and in the field with the aim of being applied. The statistical population of the study was all female students in the first and second grades of high schools in East Azerbaijan province. In this study, from two cities of the province, including Khajeh and Azarshahr, from three high schools (first and second grades), 221 female students with an age range of 12- 18 years (with an average of 15.36 years and a standard deviation of 1.66), who were studying in schools in 2018- 2019, were selected by multi-stage cluster sampling and participated in the present study voluntarily and completed the questionnaires of willingness to continue sports and adjust sports behavior. The collected data were analyzed by spss24 software.

Research Findings



Findings showed that among the factors of motivation levels, lack of negative motivation and intrinsic motivation as well as positively identified adjustment, have the ability to predict the desire to continue exercising. But other continuous levels of motivation, including external motivation and inward adjustment, do not have the ability to predict the desire to continue exercising. In this regard and generally, it can be said that in creating a desire to continue exercising in adolescent girls, the type of motivation created in them during sports classes, can be a predictive factor.

Conclusion

The results of the present study can be effective in developing sports education programs in adolescent girls' schools and in directing this process. In this way, by trying to create autonomous motivation in students at higher levels, we will increase the desire of adolescent girls to continue exercising in the future and outside of school. On the other hand, these results can help sports psychologists interested in studying motivation in sports, especially school sports, as well as sociologists who study the factors that affect the general activity of people in sports fields.

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