

## **Can the reasons of tendency toward exercise predict the Intention to Continue Physical Activities in Adolescent Female Students?**

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### **Abstract:**

The aim of this study was to investigate the relationship between, reasons of tendency toward exercise and Intention to Continue Physical Activities in female adolescent students. 221 female adolescent students of East Aderbayjan province aged 18-12 years in 2018-2019 were selected by multistage cluster sampling and completed exercise continuity and Measuring tendency toward exercise questionnaires. The collected data were analyzed by SPSS24 software. The findings showed that There is a positive and significant relationship between the environment and those around, as well as filling leisure time as reasons for the tendency to exercise and intention to continue physical activities. Or the Fatahs also showed that there is no significant relationship between gaining health as well as culture and media with the intention to continue physical activities. Based on this and in general, it can be said that the reason for a person's tendency to exercise and the purpose and

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motivation of people to participate in physical activities, can be a predictor of the desire to continue exercising.

**keyword:** girl adolescents, Intention to Continue, reasons of tendency, sport

### **Introduction**

Knowing the effective factors and how to attract people to do sports activities can help reduce diseases, create vitality and improve the health of society (Qareh et al., 2019). According to research, people with different reasons and motivations participate in sports activities. One of the most important reasons for the tendency to exercise in people is maintaining good health (Abdolshahi, 2018). Other researchers have reported gaining pleasure and meeting emotional needs, mental health, and leisure for young people and students (Ramezani Nejjhad, Rahmani Nia, & Taghavi, 2010). In recent times, sports and physical activities are one of the topics that are closely related to the field of leisure and how to spend it (Ismaeili et al., 2011). Therefore, considering the importance of the desire to continue exercising in students, especially female adolescents who are less physically active than their male peers, and this will have a significant impact on the future lifestyle of those who make up the future women, in the present study, it was important to examine whether the cause of a person's tendency to exercise can predict the desire to continue in the future?

### **Research Tools**

The research method is correlational and field which was done with the aim of being applied. For this purpose, 221 adolescent female students in East Azerbaijan province with an age range of 12-18 years were selected by multi-stage cluster sampling and completed the Cooper desire to exercise and desire to continue exercise questionnaires. The validity of



### *Can the reasons of tendency toward exercise predict ...*

the questionnaires was confirmed by professors of psychology and physical education and the reliability of the questionnaires was evaluated well using Cronbach's alpha method. Multiple linear regression was also used to determine the relationship by standard methods. The collected data were analyzed by linear multiple regression method using spss24 software.

### **Research Findings**

Table 1: The values of coefficients and the significance level of the predictor variables for the criterion variable

THE SIGNIFICANCE LEVEL	T	B	SD	UNSTANDARD	CRITERION VARIABLES
0/006*	2/761	0/202	0/545	1/504	HEALTH
0/004*	2/871	0/178	0/321	0/922	LEISURE TIME
0/111	1/599	0/126	0/489	0/782	CULTURE & MEDIA
0/0001*	3/974	0/263	0/465	1/849	ENVIRONMENT AND SURROUNDINGS

Considering the beta values, it can be said that among the causes of the tendency to exercise, the variable of environment and surroundings with  $B = 0.263$ ,  $t = 3.974$  and  $p = 0.0001$  has the ability to predict the desire to continue exercising in a positive direction. This means that students who have a tendency to exercise because of the environment and the opinion of those around them, want to continue. Also, the leisure variables with  $B = 0.178$ ,  $t = 2.871$  and  $p = 0.004$  showed the ability to predict the desire to continue exercising in a positive direction in individuals. In other words, the students whose tendency to sports was leisure, in the coming months will have desire to continue. Beta values



also indicated that environmental factors and surroundings have a greater predictive power in the desire to continue exercising.

### **Conclusion**

The results of the present study can be effective in developing sports education programs in adolescent girls' schools and in directing this process. Thus, by recognizing the causes of adolescent female students' tendency to exercise and being aware of the factors that play a more important role in their motivation and continuation of physical activity, we can increase the tendency for adolescent girls to continue exercising in the future and outside school and also In this way, we can develop an active lifestyle among today's teenagers and future adults. The results of the present study can be useful for sports psychologists interested in studying school sports as well as sociologists who are interested in studying the factors affecting the public activity of people in sports fields.

### **Research Suggestions**

It is suggested that other research be conducted, especially in different communities, including male students and students of other educational levels. It is suggested that similar research be conducted in non-school sports facilities. Also, the present study was conducted in a cross-sectional manner; therefore, longitudinal and empirical research can be useful.

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