

THE STUDY OF EXERCISE MOTIVATION OF PERSONNEL AT SUAN SUNANDHA RAJABHAT UNIVERSITY.

Komkrit Rattamane^{*} & Suriyan Somphong^{}**

^{*}, ^{**} *Faculty of Science and Technology, Suan Sunandha Rajabhat University,*

Bangkok Thailand

E-Mail: ^{}komkrit.ra@ssru.ac.th, ^{**}suriyan.so@ssru.ac.th*

ABSTRACT

The purpose of this research was to study and compare the exercise motivation between males and females, school age and working age. The population and sample were 377 personnel at Suan Sunandha Rajabhat University, 181 men and 196 women, selected by accidental sampling. The research instrument used in data collecting was a questionnaire inspected by determining the accuracy by the Index of Item-Objective Congruence: IOC method and evaluate the reliability that the researcher collected data. There were 5 evaluating scales with a total of 25 items. The questionnaire consisted of 4 motivation areas as follows: (1) Love, Aptitude, and Interest (2) Health and Sanitation (3) Opinions regarding oneself and related parties (4) Reputation and Society, with the reliability at 0.92. Data was analyzed by determining the frequency, percentage, mean, standard deviation and t-test. The research result found that (1) the exercise motivation of personnel at Suan Sunandha Rajabhat University as following 1.1) In Love, Aptitude, and Interest, the mean equals to 4.06 as high level. 1.2) In Health and Sanitation equals to 4.16 as high level. 1.3) In Opinions regarding oneself and related parties equals to 4.07 as high level 1.4) In Reputation and Society equals to 3.77 as high level (2) A Comparison of exercise motivation of personnel at Suan Sunandha Rajabhat University between males and females. The exercise motivation is differed by Love, Aptitude, and Interest, Health and Sanitation,

Opinions regarding oneself and related parties, and Reputation and Society. The Statistical significance at the level of 0.05. The results revealed that the mean of males is greater than females. (3) A Comparison of exercise motivation of personnel at Suan Sunandha Rajabhat University between school age and working age. The exercise motivation is differed by Love, Aptitude, and Interest, Health and Sanitation, Opinions regarding oneself and related parties, and Reputation and Society. The Statistical significance at the level of .05. Results indicated that the mean of working age is greater than school age.

Keywords: study, exercise, motivation, personnel

INTRODUCTION

Although the list of exercise benefits was impressive, it is apparent that just hearing about them does not assure consistent exercise compliance in most individuals. Regular exercise is a complex, multifactorial behavior that fitness professionals and scientists need to understand better in order to help clients stay active and healthy. The research suggests that the amount of 50% persons who starting an exercise program will drop out within the first 6 months [1]. This introduction will update what is currently known about exercise adherents and dropouts and will describe strategies that exercise professionals can use with clients. The process that leads to exercise participation according to Whaley and Schrider (2005) describe [2], how people view themselves based on past experiences and current reality soundly influence their physical activity choices. Self-perception plays a major role in whether people

will start exercising, and it may impede some individuals from beginning a program even if exercise has been recommended for medical reasons. In fact, some people may view themselves as incompetent without ever trying to exercise.

Referrer to the study of Trost et al. (2002) is describing the motivation of people to continue to exercise [3]. The completed an exhaustive review of the correlates of participation and adherence to exercise. They followed previous research review designs in designating the following major categories: (1) demographic and biological factors; (2) psychological, cognitive and emotional factors; (3) behavioral attributes and skills; (4) social and cultural influences; and (5) physical environment and/or physical activity characteristics. Due to the Thailand government's policy to focus on creating a good attitude of the people in the field of exercise by inviting the public to exercise on the project that will be support the human health, decrease the budget for hospitality treatment, and maintain the human resources of the country that are more valuable. Those of reason is matched to the strategy and policy planning number 4th (2017-2021) of Ministry of Tourism and Sports [4]. The data in 2002 of National Statistical Office represent that only one in three of Thai people exercise three to five days per week.

Six reasons to not exercise because; Once, they have to work do not have a time and have to raise old parent and their children with 76.7%; Second, the problem for health is not strong enough to carry out the power for exercise of the 12.7 percentage; Third, they do not want to do and ignore about the exercise with 6.0; Fourth, the excuse from studying and without a trainer with 6.0%; Fifth, the 1.1% have the problem with the location is not suitable and far from the activity place and also lacking the supporting equipment; Last, 0.7% have the reason about the climate is not favorable and would like to resting [5], [6].

The researcher was interested in the exercise of personnel in Suan Sunandha Rajabhat University (SSRU). Therefore, studied and researched to bring the results of this research as to develop sports and exercise within SSRU in which the researcher inquired of those exercising in SSRU. To find reasons for motivation to exercise which has four reasons as follows in regarding the desire for health of university personnel, participation in health promotion activities, health care functions, and research to show the benefits of exercise on the future.

OBJECTIVES

The study of exercise motivation of general personnel in SSRU had an objective follows;

- 1) To study the motivation for exercise of personnel in Suan Sunandha Rajabhat University
- 2) To compare exercise motivation of general personnel, male and female, and between school age and working age.

RESEARCH METHODOLOGY

The purpose of this research was to study and compare the exercise motivation between males and females, school age and working age. This was a quantitative research. The population and sample were 377 personnel at Suan Sunandha Rajabhat University, 181 men and 196 women, selected by accidental sampling. The research instrument used in data collecting was a questionnaire from [7] which has been inspected by determining the accuracy by the Index of Item-Objective Congruence: IOC method and evaluate the reliability that the researcher collected data. There were 5 evaluating scales with a total of 25 items. The questionnaire consisted of 4 motivation areas as follows: (1) Love, Aptitude, and Interest (2) Health and Sanitation (3) Opinions regarding oneself and related parties

(4) Reputation and Society, with the reliability at 0.92. Data was analyzed by determining the frequency, percentage, mean, standard deviation and t-test.

Data collection information

1) Population: general personnel in Suan Sunandha Rajabhat University, semester 1, academic year 2018

2) The sample group is the sample group used in this research. Is a group of general personnel in Suan Sunandha Rajabhat University By specifying the size of the sample according to the formula of Crazy and Morgan [8].

3) To randomization of the sample consisted of 377 people, which were divided into 160 males and 217 females.

4) Variables studied are independent variable of age and sex, and the dependent variable are exercise motivation, to favorite in exercise and the aptitude interest, health and physical fitness, and the opinions about oneself, other aspects, and exercise for interaction or reputation community and society relationship.

Design of sample questionnaire for data analysis

The example of sample questionnaire for data analysis is followed in table 1. It is composed with 25 topics for the question that defend from the study of exercise motivation of general personnel in SSRU. Which is a questionnaire for other suggestions and opinions to analyze.

All the questionnaires and suggestions are based on human behavior and opinions. Some of the questionnaire is an open-ended question which the aim for an opportunity for ideas. Then summarize and classify the data for ranking the priorities by eliminating complicated information and composing the language correctly which maintaining the original meaning. After that, summarized in each aspect and presented individually.

Table 1. Questionnaire about exercise motivation of general personnel in Rajabhat University Suan Sunandha

No.	List of question	Motivation score level				
		5	4	3	2	1
1	Interest and likes to exercise					
2	Have done in activities that you like					
3	Exercise makes knowledge and good practice					
4	Have done in your preferred activity					
5	Is a challenging and exciting activity					
6	Is an activity that makes fun					
7	Makes your physically strong					
8	Makes you immune to good health					
9	Want to have a balanced body and shape					
10	Helps to eat food according to the desire					
11	Makes the movement of your body more streamlined					
12	Helps to sleep well					
13	Helps to reduce physical and mental tension					
14	Is to use the free time to benefit					

No.	List of question	Motivation score level				
		5	4	3	2	1
15	Allows you to develop your own personality better					
16	Exercise makes you feel comfortable					
17	See people close to being healthy from exercise					
18	Received advice from the family to exercise					
19	Friends persuaded to exercise					
20	Want to have new friends					
21	Have activities with friends					
22	Want to be accepted among friends					
23	Want to be accepted by other people in the society					
24	Exchanged ideas and attitudes in various fields					
25	Think of having a chance to be famous from playing sports					

RESULT AND DISCUSSIONS

The score of questionnaire information the motivation for exercises classified by gender and ages was measured as follows. In the determining level, we're using the evaluation document of comments and clover following criteria as described in the below.

- Highest = Average 4.21-5.00 means the highest level of satisfaction
- High = Average 3.41 – 4.20 means that there is a high level of satisfaction
- Moderate = Average 2.61 – 3.40 means that there is a moderate level of satisfaction
- Low = Average 1.81 – 2.60 means low level of satisfaction.
- Least = Average 1.00 – 1.80 means the least level of satisfaction

The results questionnaire for data analysis topic number 1-6 of table 1

Most of the male were prefer interest and likes to exercise in number 1 (highest score) and they were would like to gain the knowledge and good practice of exercise in number 3 (highest score). However, there were not different in the topic 1-6 between male and female in overall of the total score (table 2).

Table 2. The results of questionnaire number 1-6 of table 1

Topic number	Male			Female		
	mean	SD	score	mean	SD	score
1. Interest and likes to exercise	4.31	±0.78	Highest	3.95	±0.95	High
2. Have done in activities that you like	4.17	±0.82	High	3.99	±0.91	High
3. Exercise makes knowledge and good practice	4.23	±0.79	Highest	3.85	±0.87	High
4. Have done in your preferred activity	4.12	±0.83	High	3.94	±0.92	High
5. Is a challenging and exciting activity	4.03	±0.87	High	3.90	±0.95	High
6. Is an activity that makes fun	4.13	±0.85	High	4.08	±0.86	High
Total	4.16	±0.96	High	3.95	±0.46	High

The results questionnaire for data analysis topic number 7-13 of table 1

Most of male and female were preferring to exercise for making their body stronger in number 7 (highest score). Moreover, most of the females were would like to be improved the immune system (number 8 highest score), to concern about her shape, and to reduce physical strength and mental tension which was shown in number 13 and 13 were highest score respectively. The overall mean score was getting higher in female and got high in male (table 3).

Table 3. The results of questionnaire number 7-13 of table 1

Topic number	Male			Female		
	mean	SD	score	mean	SD	score
7. Makes your physically strong	4.25	±0.76	Highest	4.23	±0.76	Highest
8. Makes you immune to good health	4.20	±0.81	High	4.28	±0.79	Highest
9. Want to have a balanced body and shape	4.14	±0.91	High	4.14	±0.92	High
10. Helps to eat food according to the desire	3.97	±0.87	High	3.90	±0.89	High
11. Makes the movement of your body more streamlined	4.15	±0.84	High	4.18	±0.76	High
12. Helps to sleep well	4.18	±0.87	High	4.21	±0.79	Highest
13. Helps to reduce physical and mental tension	4.18	±0.78	High	4.22	±0.78	Highest
Total	4.15	±0.72	High	4.85	±0.77	Highest

The results questionnaire for data analysis topic number 14-19 of table 1

Most of male and female were doing exercise when they have a free time (number 14 highest score). There were not different the overall questionnaire question of the mean score (high score) in female and male (table 4).

Table 4. The results of questionnaire number 14-19 of table 1

Topic number	Male			Female		
	mean	SD	score	mean	SD	score
14. Is to use the free time to benefit	4.22	±0.79	Highest	4.24	±0.78	Highest
15. Allows you to develop your own personality better	4.13	±0.80	High	4.15	±0.75	High
16. Exercise makes you feel comfortable	4.14	±0.79	High	4.07	±0.79	High
17. See people close to being healthy from exercise	4.02	±0.88	High	4.14	±0.77	High
18. Received advice from the family to exercise	3.96	±0.93	High	3.88	±0.91	High
19. Friends persuaded to exercise	4.01	±1.04	High	3.90	±0.98	High
Total	4.08	±0.87	High	4.06	±0.83	High

The results questionnaire for data analysis topic number 20-25 of table 1

The result of questionnaire question topic number 20 to 25 were obtain a high score from the data in table 5. Although the mean of the total was lower than table 2, 3, and 4 but the analysis data were not different in female and male with a high score (table 5).

Table 5. The results of questionnaire number 20-25 of table 1

Topic number	Male			Female		
	mean	SD	score	mean	SD	score
20. Want to have new friends	3.83	±1.06	High	3.67	±1.07	High
21. Have activities with friends	4.02	±0.94	High	3.94	±0.97	High
22. Want to be accepted among friends	3.80	±1.11	High	3.52	±1.09	High
23. Want to be accepted by other people in the society	3.81	±1.05	High	3.64	±1.07	High
24. Exchanged ideas and attitudes in various fields	4.08	±0.92	High	3.84	±0.98	High
25. Think of having a chance to be famous from playing sports	3.89	±1.09	High	3.24	±1.35	High
Total	3.91	±1.03	High	3.64	±1.09	High

From the experiment suggested that the study of exercise motivation of personnel at SSRU capable classified into four categories as the topic's questioners number 1 to 6 (table 2), the topic's questioners number 7 to 13 (table 3), the topic's questioners number 14 to 19 (table 4), and the topic's questioners number 20 to 25 (table 5) respectively.

The first categories were the general motivation shown the interest and sports knowledge of male were higher than female, whereas the second categories (number 7 to 13) were shown that most women want to exercise because they want to improve the body shape, health care of the immune system, wellness sleeping, and to reduce the tension of daily stress from working. Most people concern about the importance of the exercise when they have a free time and they were using the exercise was the one of the social activity relationships of both male and female.

ACKNOWLEDGMENT

The financial support provided by the Research and Development Institute, Suan Sunandha Rajabhat University. The researcher would like to thank you all volunteer who given time to provide information of questioners. Moreover, the author would like to thank you Sport and Health Science students, researchers, and the colleagues were assisted and working for this report.

REFERENCES

- [1] Wilson, K., and Brookfield, D. (2009). Effect of goal setting on motivation and adherence in a six-week exercise program. *International Journal of Sport and Exercise Physiology*, 6, pp. 89–100. Retrieved from <https://doi.org/10.1080/1612197X.2009.9671894>.
- [2] Whaley, D. E., and Schrider, A. F. (2005). The process of adult exercise adherence: Self-perceptions and competence. *The Sport Psychologist*, 19(2), pp.148–63.
- [3] Trost, S. G., Owen, N., Bauman, A. E., Sallis, J. F., and Brown, W. (2002). Correlates of adults' participation in physical activity: review and update. *Medicine & Science in Sports & Exercise*. 34(12), pp. 1996-2001. Retrieved from doi: 10.1249/01.MSS.0000038974.76900.92
- [4] Ministry of Tourism and Sports. (2019). *Fact sheet: policy planning number 4th (2017-2021) of Ministry of Tourism and Sports*. Retrieved January 10, 2020 from https://www.mots.go.th/ewt_dl_link.php?nid=9689

- [5] Health Exercise Division, Department of Health . (2002). *Health Exercise*. Retrieved January 10, 2020 from <https://www.hiso.or.th/hiso/picture/reportHealth/ThaiHealth2006/THAI2006-Health-Indicators5.pdf>
- [6] Melanie, U., and Jarosporn, K. (2019). The balance effect of the leg muscles plyometric training in aerobics dance. *The 2019 International Academic Research Conference in Amsterdam*. pp. 57-61. Retrieved January 10, 2020 from <http://icbtsproceeding.ssru.ac.th/index.php/ICBTSAMSTERDAM/article/view/173/173>
- [7] Thongmuang, P. (2014). Sport and Exercise Behavior of Students in Suan Sunandha Rajabhat University. *World Academy of Science, Engineering and Technology International Journal of Social, Behavioral, Educational, Economic, Business and Industrial Engineering*. 8(8), pp. 2764-2768.
- [8] Krejcie, R.V., and Morgan, D.W. (1970). Determining Sample Size for Research Activities. *Educational and Psychological Measurement*. 30, pp. 607-610.