

SPORTING HABITS AND SPORT MOTIVATION AMONG VOLUNTEERS IN HUNGARY

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Abstract

Testing the motivational background of adults' leisure time physical activity is a key point according to long term positive attitudes towards physically active lifestyle, since after the adolescent period, the level of physical activity declines dramatically, particularly during adulthood, which has a number of beneficial health effects later. Self-administered questionnaires were used to collect data in Szeged, Hungary, in 2010-2011. Our sample was based on voluntary participants from three subsamples, namely "Net Club", "Women's Gymnastics" and "Together Easier". Our Organized Sport Program lasted four months and involved exercising three times a week. 187 (N₁) participants took part in the first phase of the program. All of them filled in a questionnaire at the start of the program. The mean age was 43.22 years (S.D.), 82.9% of the samples were women and 17.1% were men. Questionnaire included items on sociodemographics, health behavior, leisure time activities, psychological and psychosocial health, sporting habits and their social influences, and sport motivation factors (EMI). Most of the respondents (90%) were inactive before the program, but there was an active women gymnast group also. Most of them did physical activity on a hobby level, and they preferred sporting alone (42.7%). At the end of the program we experienced some significant changes according to sporting habits. We have found that in this life period sporting habits were less influenced by social influences than earlier, so mapping the motivational structure is very important. Using factor analysis we separated nine factors with good reliability values (Cronbach's alpha) covering extrinsic and intrinsic motivations. However, we decided to use four factors only because of overlapping items. Most of the factors preferred motivation factors in connection with health and well-being. Based on our results and experience we supposed that organized recreational programs could be effective in a homogen (according to the sociodemographic background) group.

Keywords: volunteers, sporting habits, sport motivation, adults

Introduction

In nowadays we can see predominance of non-infectious diseases, which is mainly attributed to lifestyle factors. (Doll és Peto, 1980). Therefore there has been an increased interest in behavioural-epidemiological studies, since inactivity and obesity are two important behavioural-epidemiological risk factors. (Csoboth, 2001). In modern societies sedentary lifestyle and resultant inactivity have become the leading causes of morbidity. This health risk is on the increase worldwide. (Livingstone, 2001). Obesity has been shown to be a significant risk factor for cardiovascular diseases, hypertension and diabetes. Therefore it is a significant public health problem. (Freedman et al., 1999). Studies have found that regular exercise has an essential role in preventing obesity and reducing body weight, thus more attention is paid to adult exercise habits (Keim, et al., 2004). Increase in the level of physical activity may lead to dramatic improvement in health conditions (Chinn et al., 1999).