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Proceedings

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PHYSICALLY ACTIVE YOUTH MORE MOTIVATED TOWARD PHYSICAL EXERCISE REPORT LESS PERCEIVED EXERCISE BARRIERS

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Abstract

Purpose: The main purpose of the present study was to examine the influence of the self-determined motivation toward physical exercise on perceived exercise barriers among physically active youth. **Methods:** A sample of 533 university students (226 males and 307 females) of 18-36 years old (21.0 ± 2.6 years) participated in the present study. All the participants did physical exercise at least for 30 minutes two or three times per week. The participants completed the Spanish version of the questionnaires *Behavioral Regulation in Exercise Questionnaire-2* (BREQ-2) (Moreno, Cervelló, & Martínez, 2007) and *Self-report on Barriers to Exercising* (Niñerola, Capdevila, & Pintanel, 2006). Then, according to Vallerand and Ratelle (2002), the Self-determination Index was calculated. **Results:** The cluster analysis identified two profiles: “High motivation toward physical exercise” ($n = 408$) and “Moderate motivation toward physical exercise” ($n = 125$). Subsequently, the results of the one-way multivariate analysis of variance, followed by the one-way univariate analyses of variance, showed that the profile “Moderate motivation toward physical exercise” reported greater values of perceived barriers to exercising than the profile “High motivation toward physical exercise” (Table 1). **Conclusions:** Even among physically active young people, having a greater self-determined motivation toward physical exercise involves less perceived barriers to exercising. Because of the role that the self-determined motivation toward physical exercise plays on perceived exercise barriers, this should be a factor to consider in promoting physical activity among young people.

Table 1: Differences on the self-reported barriers to exercising scores between high and moderate motivation toward physical exercise profiles

	High motivation toward physical exercise ($n = 408$)	Moderate motivation toward physical exercise ($n = 125$)	<i>F</i>	<i>p</i>
			29.629	< 0.001
Body image/ Social physical anxiety	0.72 ± 1.22	2.50 ± 2.52	111.280	< 0.001
Fatigue/ Laziness	2.10 ± 1.47	3.35 ± 1.96	55.588	< 0.001
Duties/ Lack of time	3.32 ± 2.49	4.08 ± 2.47	8.150	0.004
Environment/ Sport facilities	1.34 ± 1.60	2.26 ± 2.03	26.145	< 0.001
Total	1.87 ± 1.30	3.05 ± 1.78	62.053	< 0.001

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