



Análisis de variables motivacionales y de estilos de vida saludables en practicantes de ejercicio físico en centros deportivos en función del género [

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text (article)

Analítica

The aim of the following report is to analyze gender and area (urban vs. rural) differences regarding the variables analyzed in this study using the Self Determination Theory as a framework. The sample was composed by two hundred and two (202) individuals aged between 18 and 64 ($M= 35.81$ and $DT= 13.56$), 120 women and 82 men. This sample is composed by participants from rural (94 persons) and urban areas (108 persons) from Extremadura (South West of Spain). A criterion for inclusion was to be engaged in physical activities in gyms. We used five questionnaires: the Behavioral Regulation in Exercise Questionnaire (BREQ-3), the Psychological Need Satisfaction in Exercise Scale (PNSE), the Motives for Physical Activities Measure, the Motives for Physical Activities, and the Measurement of Intention to be Physically Active and Healthy Lifestyle Scale. Regarding gender comparison, men got higher scores in autonomy and intention of doing physical activities, which are variables of Psychological Need Satisfaction. On the other hand, women got high scores in social interaction and eating habits from the Psychological Need Satisfaction. Individuals from rural areas show higher scores than those from urban areas in self-directed motivation, demotivation, Motives for Physical Activities, and healthy lifestyle variables referred to smoking and eating habits. As a conclusion, an increase of self-directed motivation through Psychological Needs Satisfaction may enhance Motives for Physical Activities. This may lead to increased adherence to physical activity and healthier lifestyles

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