

MOTIVATION FACTORS THAT AFFECT THE USAGE OF RECREATION FACILITIES BY COLLEGE STUDENTS

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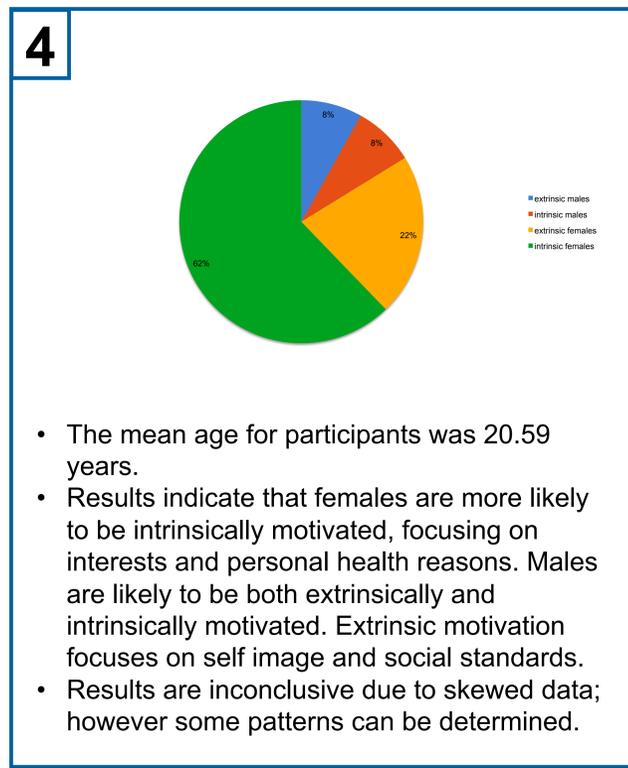
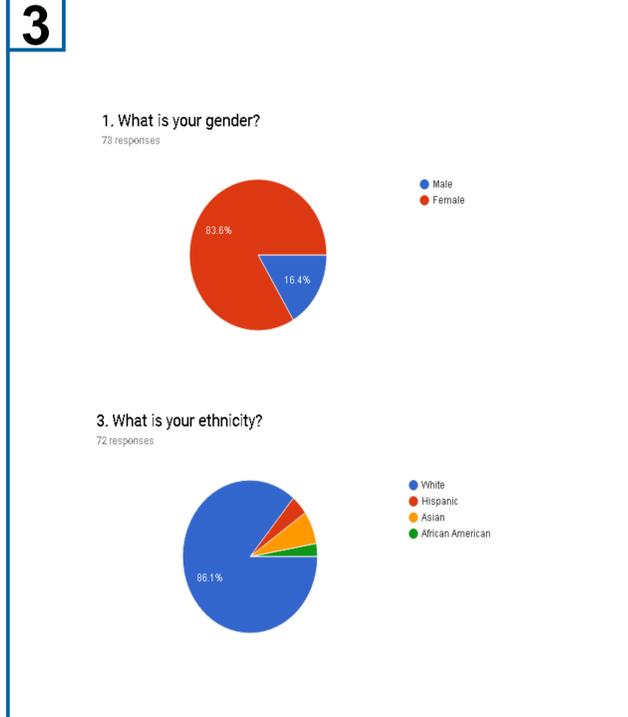
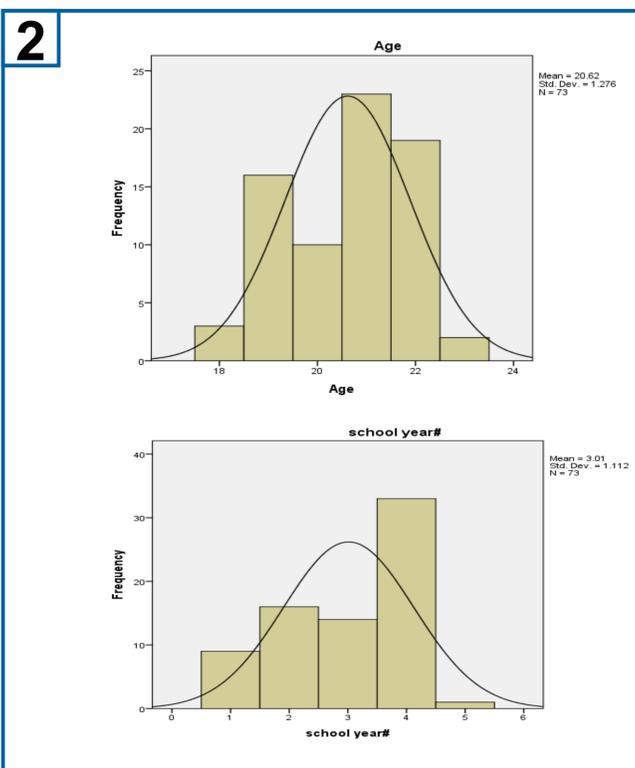
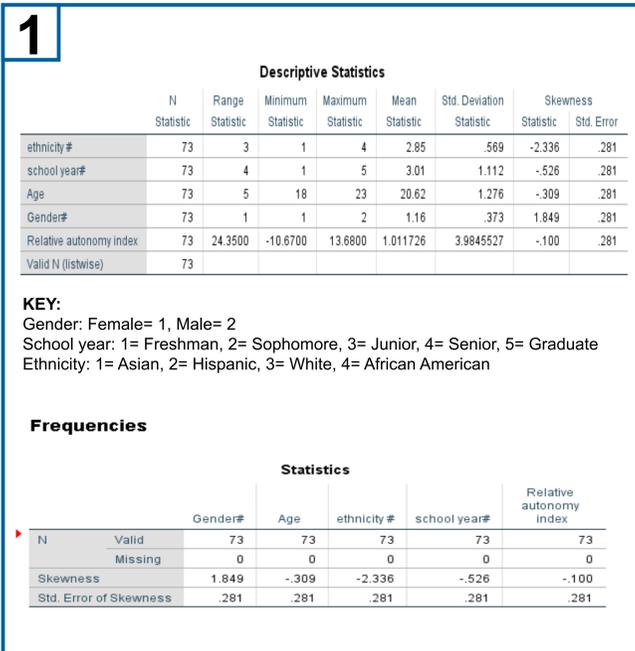
INTRODUCTION

- Studies have shown that the current generation of young adults is one of the least active when compared to other age groups. Most of these young adults are college-aged students with busy, stressful lives who cannot find the time to use recreation facilities.
- This study will focus on the primary motivation factors for physical activity in hopes of highlighting what will motivate college-aged students to prioritize their health and fitness. A survey will be conducted and sent out to students who use the recreation facilities at the University of Dayton. Motivation factors include social reasons, health benefits, weight management, self-confidence, competition, etc.
- The research collected will be beneficial to the UD RecPlex by allowing them to target the most popular motivation factors. With overall increased physical activity, this research could lead to lower risks in obesity, heart disease, and other health-related issues.

METHODS

- A sixteen question internet-based survey was sent to UD undergraduate students (n= 73) over a time frame of two weeks. Data was collected on gender, age, ethnicity, and school year. Questions about exercise and physical activity were asked on a likert scale; responses were tallied quantitatively.
- Participants were selected with non-probability sampling. The survey was sent to friends and classmates via email.
- The motivation scale used was from Deci and Ryan's (2014) 12 item-RM 4-FM: Motivation for Physical Activity and Exercise/ Working Out. This scale was created by the same people who developed the extrinsic and intrinsic motivation theory, which is the basis of our theoretical framework for the research.
- Data was analyzed using the SPSS version 24 on a RAI (relative autonomy index) scale to determine extrinsic and intrinsic motivation based on gender.

RESULTS



DISCUSSION OF RESULTS

- Self-determination theory deciphers the motivation for why people behave certain ways. Motivation is defined as either being intrinsic, coming from within the individual or extrinsic, coming from one's surroundings.
- This study was limited mainly by the sample population. The ratio between males and females was skewed since we did not have control over participants; the survey was completed based on convenience. The data reflects the opinions of approximately eighty percent females and twenty percent males; the skewness was 1.849 ± 0.281 . Another limitation was ethnicity, which showed a skewness of -2.336 ± 0.281 . The responses do not accurately reflect significant variances in ethnicity because the majority of responses were Caucasian.
- Since the study was done at UD, it was difficult to collect a wide range of responses since UD has a smaller population compared to other schools. We did not have access to make the survey available to all undergraduate students on campus.
- For future research, the study could be done with simple random sampling instead of a non-probability technique on a larger population.

REFERENCES

Deci, Edward L., and Richard M. Ryan. *Exercise Self-Regulation Questionnaires*. Retrieved from <https://www.edu.gov.mb.ca/k12/cur/physhlth/frame_found_gr11/rm/4_fm.pdf>.

ACKNOWLEDGEMENTS

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