

EXERCISE MOTIVATION



FRAMEWORKS AND ASSESSMENT (SDT
THEORY)
BARRIERS AND FACILITATORS

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SELF-DETERMINATION THEORY

Optimal human functioning can occur only if the psychological needs of autonomy, competence, and relatedness are met

Proposed by E. L. Deci and R. M. Ryan



BASIC NEEDS



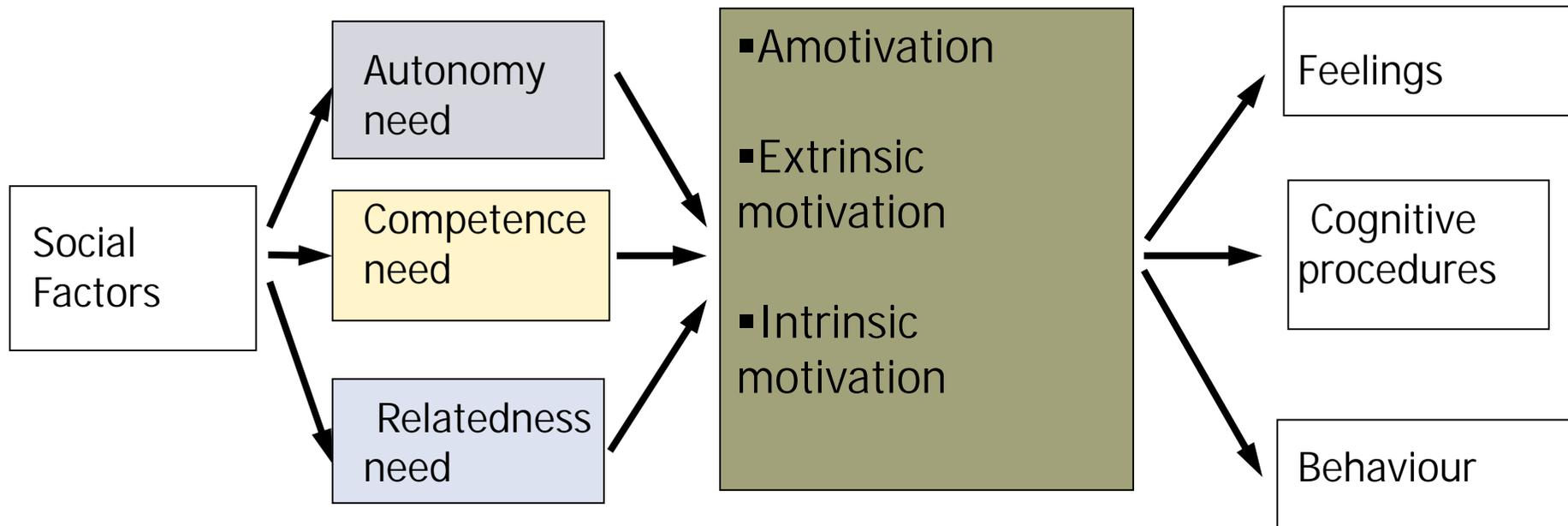
Autonomy —need to determine, control, and organize one's own behavior and goals

Competence —need to effectively learn and master challenging tasks

Relatedness —need to feel attached to others

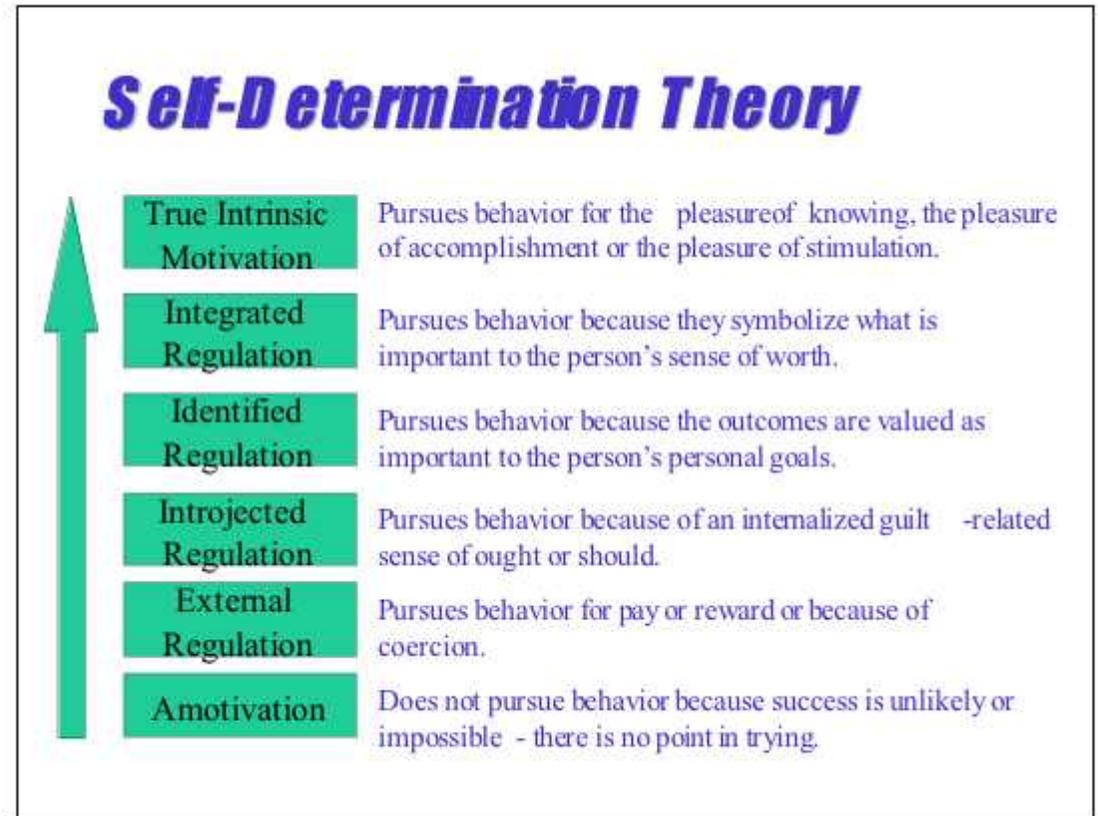
Self-Determination Theory

(Deci & Ryan, 1985, 2002)



CONTINUUM

- **Not motivated**
 - No regulation
- **Extrinsically motivated**
 - *Controlled motivation*
 - External regulation
 - Introjected regulation
 - *Autonomous motivation*
 - Identified regulation
 - Integrated regulation
- **Intrinsically motivated**
 - Intrinsic regulation



THE GOAL IS: INTRINSIC MOTIVATION



HOW TO MAKE OVERWEIGHT CHILDREN EXERCISE

To increase feelings of autonomy in overweight children, exercise programs could be delivered in an autonomy-supportive manner by

1. providing choices,
2. supporting the child's initiatives,
3. avoiding use of external rewards,
4. offering relevant information and rationale for changing behaviour,
5. making a decisional balance and
6. using autonomy supportive language, while minimizing pressure and control.

Source:

<http://informahealthcare.com/doi/abs/10.3109/17477166.2011.583660>

HOW TO MAKE OVERWEIGHT CHILDREN EXERCISE

Perceived competence in physical activities could be increased by:

1. offering activities tailored to the capabilities of the overweight child,
2. helping the children set realistic goals,
3. learning the children self-management skills,
4. providing the children with appropriate feedback and
5. organizing separate exercise sessions for overweight children.

Source:

<http://informahealthcare.com/doi/abs/10.3109/17477166.2011.583660>

HOW TO MAKE OVERWEIGHT CHILDREN EXERCISE

Feelings of relatedness in overweight children might increase by

1. adopting an empathic approach,
2. showing interest in the child's well-being and problems,
3. showing enjoyment and enthusiasm,
4. knowing the names of the children,
5. talking to the children as equals,
6. offering group sessions and talks,
7. encouraging club participation and having a sports partner and encouraging parental support.

Source: <http://informahealthcare.com/doi/abs/10.3109/17477166.2011.583660>

GROUP WORK

How do you plan to fulfill the 3 basic psychological needs on your projects' participants?

- **Autonomy** —need to determine, control, and organize one's own behavior and goals
- **Competence** —need to effectively learn and master challenging tasks
- **Relatedness** —need to feel attached to others

FOR MORE VISIT:

<http://www.psych.rochester.edu/SDT/index.php>





BARRIERS & FACILITATORS TO PHYSICAL ACTIVITY PARTICIPATION



SEVERAL CATEGORIZATIONS

- ▣ Personal barriers/facilitators
 - Physical
 - Psychological
 - Others
- ▣ Environmental barriers / facilitators
 - Social environmental
 - Physical environmental
 - Others



DIFFERENTIATION

- ▣ According to:
 - Clinical population (diabetes, cancer, obesity, asthma, e.t.c.)
 - Adults
 - Women
 - Older adults
 - School children
- ▣ Most relevant studies are qualitative resulting to a categorized list which usually represents the specific populations' perceptions.

10 MOST COMMON REASONS ADULTS CITE FOR NOT ADOPTING MORE PHYSICALLY ACTIVE LIFESTYLE

(SALLIS AND HOVELL, 1990; SALLIS ET AL., 1992)

- ❑ Do not have enough time to exercise
- ❑ Find it inconvenient to exercise
- ❑ Lack self-motivation
- ❑ Do not find exercise enjoyable / Find exercise boring
- ❑ Lack confidence in their ability to be physically active (low self-efficacy)
- ❑ Fear being injured or have been injured recently
- ❑ Lack self-management skills, such as the ability to set personal goals, monitor progress, or reward progress toward such goals
- ❑ Lack encouragement, support, or companionship from family and friends, and
- ❑ Do not have parks, sidewalks, bicycle trails, or safe and pleasant walking paths convenient to their homes or offices.



BARRIERS TO PARTICIPATION

Gender - Greater proportions of males participate in sport and physical activity than females. Females generally have less opportunity and less access to sporting activities.

Socioeconomic Status – Well educated white collar workers are the most physically active persons.



Income – People with higher incomes can participate in a wider variety of activities and more often.

Race – People born in a country are more active than those who were not. Race is often used as a form of discrimination, thus reducing participation.

Geographic Location – Where people live can limit access to facilities and specific sports

GROUP WORK

Which barriers and facilitators may apply to your projects' population?

Develop a list



THANK
YOU...



COMMON BARRIERS TO PHYSICAL ACTIVITY AND STRATEGIES TO OVERCOME THEM IN ORDER TO INCREASE DAILY PHYSICAL ACTIVITY

Lack of time

Identify available time slots. Monitor your daily activities for one week. Identify at least three 30-minute time slots you could use for physical activity.

Add physical activity to your daily routine. For example, walk or ride your bike to work or shopping, organize school activities around physical activity, walk the dog, exercise while you watch TV, park away from your destination, etc.

Select activities requiring minimal time, such as walking, jogging, or stair-climbing.



"Personal Barriers": [*Promoting Physical Activity: A Guide for Com*](#) (USDHHS, 1999).

COMMON BARRIERS TO PHYSICAL ACTIVITY AND STRATEGIES TO OVERCOME THEM IN ORDER TO INCREASE DAILY PHYSICAL ACTIVITY

Social influence

Explain your interest in physical activity to friends and family. Ask them to support your efforts.

Invite friends and family members to exercise with you. Plan social activities involving exercise.

Develop new friendships with physically active people. Join a group, such as the YMCA or a hiking club.



COMMON BARRIERS TO PHYSICAL ACTIVITY AND STRATEGIES TO OVERCOME THEM IN ORDER TO INCREASE DAILY PHYSICAL ACTIVITY

Lack of energy



Schedule physical activity for times in the day or week when you feel energetic.

Convince yourself that if you give it a chance, physical activity will increase your energy level; then, try it.

Lack of motivation



Plan ahead. Make physical activity a regular part of your daily or weekly schedule and write it on your calendar.

Invite a friend to exercise with you on a regular basis and write it on both your calendars.

Join an exercise group or class.

COMMON BARRIERS TO PHYSICAL ACTIVITY AND STRATEGIES TO OVERCOME THEM IN ORDER TO INCREASE DAILY PHYSICAL ACTIVITY

Fear of injury	<p>Learn how to warm up and cool down to prevent injury.</p> <p>Learn how to exercise appropriately considering your age, fitness level, skill level, and health status.</p> <p>Choose activities involving minimum risk.</p>
Lack of skill	<p>Select activities requiring no new skills, such as walking, climbing stairs, or jogging.</p> <p>Take a class to develop new skills.</p>
Lack of resources	<p>Select activities that require minimal facilities or equipment, such as walking, jogging, jumping rope.</p> <p>Identify inexpensive, convenient resources available in your community (community education programs, park and recreation programs, worksite programs, etc.).</p>



COMMON BARRIERS TO PHYSICAL ACTIVITY AND STRATEGIES TO OVERCOME THEM IN ORDER TO INCREASE DAILY PHYSICAL ACTIVITY

Weather conditions	Develop a set of regular activities that are always available regardless of weather (indoor cycling, aerobic dance, indoor swimming, stair climbing, rope skipping, mall walking, dancing, gymnasium games, etc.)
Travel 	Put a jump rope in your suitcase and jump rope. Walk the halls and climb the stairs in hotels. Stay in places with swimming pools or exercise facilities. Join the YMCA (ask about reciprocal membership agreement). Visit the local shopping mall and walk for half an hour or more. Bring your mp3 player your favorite aerobic exercise music.

COMMON BARRIERS TO PHYSICAL ACTIVITY AND STRATEGIES TO OVERCOME THEM IN ORDER TO INCREASE DAILY PHYSICAL ACTIVITY

Family obligations



Trade babysitting time with a friend, neighbor, or family member who also has small children.

Exercise with the kids-go for a walk together, play tag or other running games, get an aerobic dance or exercise tape for kids (there are several on the market) and exercise together. You can spend time together and still get your exercise.

Jump rope, ride a stationary bicycle, or use other home gymnasium equipment while the kids are busy playing or sleeping.

Try to exercise when the kids are not around (e.g., during school hours or their nap time).

Retirement years



Look upon your retirement as an opportunity to become more active instead of less. Spend more time gardening, walking the dog, and playing with your grandchildren. Children with short legs and grandparents with slower gaits are often great walking partners.

Learn a new skill you've always been interested in, such as ballroom dancing, square dancing, or swimming.

Now that you have the time, make regular physical activity a part of every day. Go for a walk every morning or every evening before dinner. Treat yourself to an exercycle and ride every day while reading a favorite book or magazine.