

Motivation in athletic activities

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Abstract

Background. In non-sport faculties, motivation for physical activities is completely different from that of students from sport faculties.

Aims. To study the motivation for physical activity in general and for a particular sport discipline; the correlation between motivation and stress; the continuity of physical activities from pre-university to university education in medical students.

Methods. The researches were performed on 184 1st and 2nd year students from the “Iuliu Hațieganu” University of Medicine and Pharmacy, in whom motivation for physical activities based on the questionnaire elaborated by Tache (unpublished data) and stress for physical activities based on the Cohen questionnaire (1983) were studied.

Results. The motivation questionnaire generally showed a positive motivation of students and predominantly mild stress. The positive motivation score varied between 0 and maximum possible 8. The questioned subjects had a mean of 6.07 ± 1.70 , which is above the mean motivation level (score 4) and above the 4th quartile of 75% (score 6). The negative motivation score varied between 0 and maximum possible 8. The questioned subjects had a mean of 1.93 ± 1.70 . Descriptive statistics for the motivation questionnaire score. In the studied group of 184 students, for the PPS questionnaire, the following were found: 56% mild stress, 43% moderate stress, and 1% no stress.

Conclusions. Positive motivation in physical education classes is characteristic of medical students who have an increased attendance and an interest in physical exercise, which is initiated in the pre-university period and continued in university. Medical students have an increased interest in sports activities such as aerobics, swimming, tennis, basketball and athletics, and as an alternative preferential activity, they mention tourism. Medical students appreciate the importance and the necessity of physical education classes for their future professional training.

Keywords: motivation, physical exercise, stress.