

# MOTIVATION TOWARDS HEALTH: ANALYTICAL STUDY OF THE GYM USERS IN UDAIPUR CITY

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## Abstract

Motivation, as a developed branch of human resources, is inseparable from all walks of life. It has its robust stamping on almost every work that we do, from dawn till dusk. Through the present research paper, we attempt to try to divert the attention of the readers towards the gym use & the motivation driving the people to use it. The study would critically examine the role of the gym & its appropriateness in the lives of the people using it. The research paper tries to highlight crucial questions such as, is the gym s the correct/best way to remain fit, or is merely a fashion today to prove style, to introduce class & standard of people using it. The paper also elaborates to identify the behavior of people who use the gym; it provides a framework for examining whether people going to the gym & maybe after leaving it do sustain the same health as before or return obese, original after leaving. The paper concludes with a SWOT analysis on the refreshing & the all-time crucial topic of health linked with the applicability of the gym in maintaining the former. The paper will also be a wakeup call for all those who take health & its issues for granted. Can the gym serve as a media to good health, will be another significant description in the paper. The paper will surely guide & motivate the readers to ponder over the subject & attempt a deep insight in this direction.

## INTRODUCTION

In the words of **Julius Erving**, "If you do not do what is best for your body, you are the one who comes up on the short end." The topic of the paper is a bumper banner & needs no introduction at all. Statistics have to date revealed that obesity is eating away the very roots of the country. What is the reason behind people turning obese? Why do people gain weight so easily? The dangerous consequences of being fat are all known to us; we become prone to a variety of diseases.

**Obesity Epidemic:** Obesity refers to being more than 20% over your desirable weight. Unfortunately, it is all too common in the present world, where our modern lifestyle tends to make us eat more and move less. Facts today speak that an alarming situation is prevailing – 7 out of every ten are suffering from the illness inviter- obesity. It is a usual fashion today that females complain about knee pain, many suffer from insomnia, many are depressed. All such reasons are an alert for all of the educated mass to care for their health.

'Take care of your body; it is the only place you have to live.' Underwritten are few important facts which will motivate the readers to look into the matter of health seriously:

- A balanced, nutrient-rich diet can help prevent the four leading ten causes of men premature death: cardiac disease, cancer, stroke, and diabetes. Alcohol is not only toxic for the body but also for the liver, which can be added to pounds by pumping food.
- A healthy, high-fiber diet will help reduce the risk of late diabetes, cardiovascular, and bowel disease. Fiber can aid cholesterol reduction, boost the intestinal function, and help to keep blood sugar stable all day long.

It is essential to keep the focus on health & lifestyle as one gets older and wiser and moves through the different stages of life. If we try to live our lives in a healthy way, our life will be longer and more fulfilled.

Researchers say that exercise is the best way to remain fit in the machine world, today that we are living in.

**Jack LaLane** has rightly remarked 'Exercise to live.' Exercising is an excellent way to improve both mental health and physical health. Numerous diseases and conditions can be improved as well as prevented through exercising regularly. Exercising regularly helps to keep the cardiovascular system in good condition and lowers the chances of cardiovascular disease.

**Jim Rohm** remarks, 'Take care of your body. It is the only place you have to live'. However, the attention-demanding question is 'where is the time to bother about health- everyone is busy making money.' A well known Spanish Proverb exactly matches the present scenario 'A man too busy to take care of his health is like a mechanic too busy to take care of his tools.'

It is today's prime need to join the gym, its not a fashion today. Everyone is so tied up in his schedule that it is impossible to practice exercising at home. Therefore, working out under a trainer would definitely do well. It is good to note that many people are joining the gym s, practicing yoga on advice & recommendation of the doctors & few wake up even before that. Frank Duff, in this context, has quoted, "It is amazing how much crisper the general experience of life becomes when your body is given a chance to develop a little strength."

Taking an even newer dimension, the paper highlights the reasons why do people join the gym s?

### **STATEMENT OF THE STUDY**

The present study aims at scrutinizing the responses of the gym users made in regard to the use of the gym & it is critical evaluation as a source or media of strong & sound health. The paper "MOTIVATION TOWARDS HEALTH: ANALYTICAL STUDY OF THE GYM USERS IN UDAIPUR CITY will confine to users of the gym in Udaipur city, as the ideas & thinking of the gym users in this regard is expected

different from non-users. The study aims at analyzing the attitude of users of the gym towards health & motivation to select the gym as a source of good health.

## **REVIEW OF LITERATURE**

(Bhatti & Ali, 2020) The study aimed to compare the gym and gender-based body shape apprehension among Karachi undergraduate students. Therefore, university students going to the gym were expected to have a high level of body shape apprehension than those not going to the gym. Female students would have high body-form apprehension compared to male students. Participants in this study were 400 university students (Male n=200 & Female n=200) from Karachi, Pakistan, aged 19 to 25 years (M=22.55; SD=1.81). After receiving consent from university authorities, research participants were approached by convenient sampling. The demographic type and Body Shape Questionnaire were then asked to fill (BSQ-16; Evans & Dolan, 1993). Studies indicated that students who go to the gym are strongly apprehensive in body shape than those students who do not go to the gym. In addition, female university students reported significantly higher body shape apprehension than male students. Therefore, promoting fitness, well-being, self-acceptance, physical well-being, and positive use of the gym is critical for academic institutions to deter the maturing scope of body shape worries among them.

(Kaur & Tung, 2016) This work aimed to study Behaviors Supporting Well-being in relation to body image issue among light adolescents of Pender's Wellbeing Enhancing Action Model (1982) That addresses 'esthetics' as a health factor Promote lifestyle The survey of 106 teenagers (Males=69, Females=37) aged 14-17. They are Purposely chosen a public school in grades 10th and 12th Amritsar, city. The methods used were Adolescent Health Lifestyle Profile-AHLP (Chen, Wang & Yang, 2003) and Body Image Questionnaire (Littleton & Axson, 2005) Assess behaviors promoting health and body image concern Furthermore, this activity was not substantially associated with Body Image Worry. Among the six dimensions of AHLP Nutrition, social support, fitness, life appreciation, exercise, stress management, just the "exercise" could strongly correlate with Body image concern. Relational analysis even revealed slight differences in gender above Objects.

(Kimergard, 2015) Throughout the UK, the illegal use of anabolic steroids in the gym community continues to grow, posing significant public health problems. This study used qualitative interviews to investigate the experiences and motivations of 24 anabolic steroid users. Body satisfaction inspired the use of anabolic steroids. The drug use and related actions of anabolic steroid users were influenced by various sources of knowledge, particularly their peers' first-hand accounts, along with personal opinion and Internet anecdotes. As a result of this experience, patients assumed that they would use these medications fairly safely. The

prevalent belief that the anabolic steroid-related harms can be controlled and that this activity is part of a healthier lifestyle contributes to possible health risks.

(Kim, Chopik, & Smith, 2014) Optimism has been related to a variety of individual health outcomes. Nevertheless, researchers did not investigate how the optimism of a partner could affect the health of a person. We hypothesized that better health would be related to being positive (and having a positive spouse). Participants were 3940 adults from the Health and Retirement Survey (1970 couples), a nationally representative panel survey of American adults over 50. Participants were monitored for four years and included: physical functioning, self-rated health, and chronic illnesses. Using the actor-partner interdependence model, we analyzed dyadic data. A person's own optimism and optimism of their partner projected improved self-rated health and physical functioning after accounting for many psychological and demographic factors ( $b = .08-.25$ ,  $p < 0.01$ ). Over time, more positive people have registered improved physical health ( $b = -.11$ ,  $p < 0.01$ ) and fewer chronic conditions ( $b = -.01$ ,  $p < 0.05$ ). Moreover, having a positive partner predicted improved physical health over time ( $b = -.09$ ,  $p < 0.01$ ) and fewer chronic illnesses ( $b = -.01$ ,  $p < 0.05$ ). The strength of optimism-health partnership has not decreased over time.

## OBJECTIVES OF THE STUDY

1. The study aims at diverting the attention of the general public to prime need health. It aims at finding out the interlinkage between the use of the gym & rapidity in solving health issues.
2. The study focuses on unwrapping the effects of using the gym positive as well as negative.
3. 'Eat right & pants won't be tight.' It would be an alert for those who disregard the importance of health & overvalue their schedule.
4. The study will also disclose the various reasons that acted as motivators for the people who chose the gym as the media of sound health.
5. It would also aim at refining the old concepts of people in health-related issues.
6. Overall it would act as a major source of awareness among the readers & would also emphasize the role of the gym in today's busy walk of life.

## HYPOTHESES

**H<sub>01</sub>: Weight reduction is the only reasons that makes people go to gym.**

**H<sub>02</sub>: There is no significant difference in Gender perception relating to strict diet plan.**

**H<sub>03</sub>: There is no significant difference in Gender perception relating to putting on weight after leaving gym.**

**RESEARCH METHODOLOGY**

**Collection of data:**

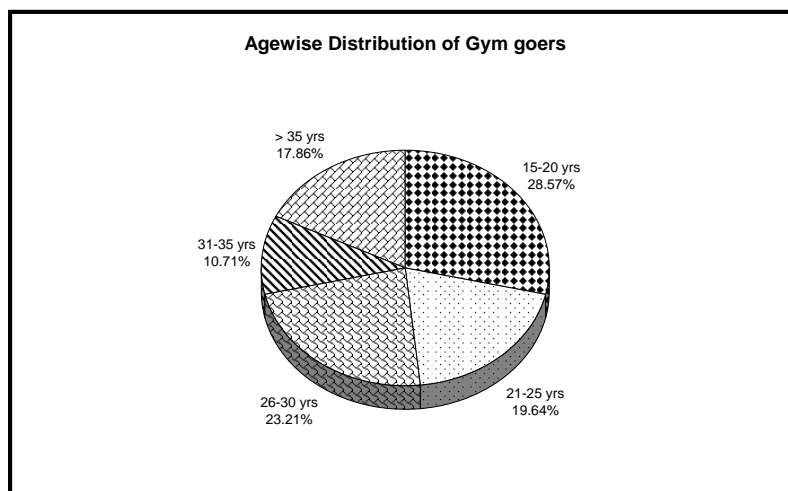
Primary data: the study utilizes primary data as its medium to collect data via a questionnaire survey. The number of the gym s that were interviewed restricted to 10, namely, Talwalkers, Gold the gym, Dolphin, Nature cure, NYCC, Penguin, Five Town Club, Flex, Rust & Slim Gallery. A preliminary version of the questionnaire was developed in English on the basis of insights from in-depth qualitative interviews with experts, the gym experts & regular users of the gym.

Because of the resource & time constraints& preliminary nature of this investigation, only 56 interviews were planned form Udaipur city. The population was defined as residents of Udaipur city only. A simple random sampling procedure was followed to select the sample. It was objected before tasking the questionnaire that respondents from the main gym s of Udaipur should be taken to ensure the success of the research. People from different areas & family background were integrated to collect the most authentic data.

**ANALYSIS OF DATA**

**Table 1**  
**Age-wise Distribution of Respondents**

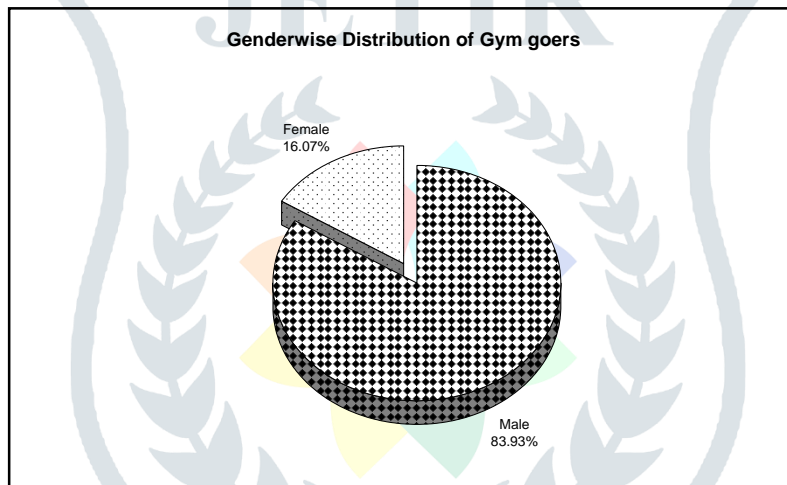
Age Group	N	%
15-20 yrs	16	28.57
21-25 yrs	11	19.64
26-30 yrs	13	23.21
31-35 yrs	6	10.71
> 35 yrs	10	17.86
<b>Total</b>	<b>56</b>	<b>100.00</b>



**Explanation:** the above tabulation reveals that the respondents divided on the basis of age fall in the five distinct age groups, namely, 15-20, 21-25, 26-30, 31-35 & more than 35. The present analysis depicts that the maximum number of respondents fall in the age group of 15-20 years & the least in the age group of 31-35 years. This pattern also reveals that as we march forward with age, our sincerity & dedication for ourselves follows a diminishing pattern.

**Table 2**  
**Gender wise Distribution of Respondents**

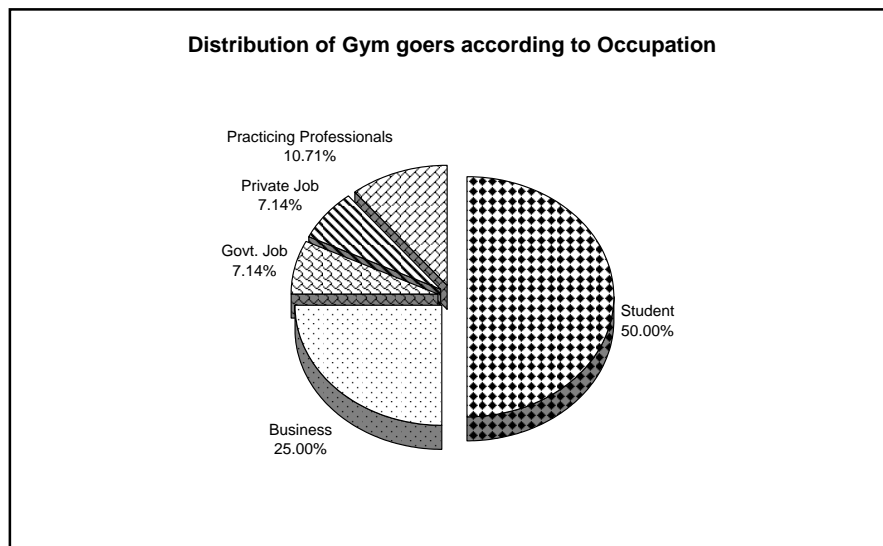
Gender	N	%
Male	47	83.93
Female	9	16.07
<b>Total</b>	<b>56</b>	<b>100.00</b>



**Explanation:** The above tabulation reveals the fact that males are more fond of & are comparatively under high motivational spirits than females, with regard to using the gym as a medium of good health & pursuing six-packs.

**Table 3**  
**Distribution of respondents according to occupation**

Occupation	N	%
Student	28	50.00
Business	14	25.00
Govt. Job	4	7.14
Private Job	4	7.14
Practicing Professionals	6	10.71
<b>Total</b>	<b>56</b>	<b>100.00</b>



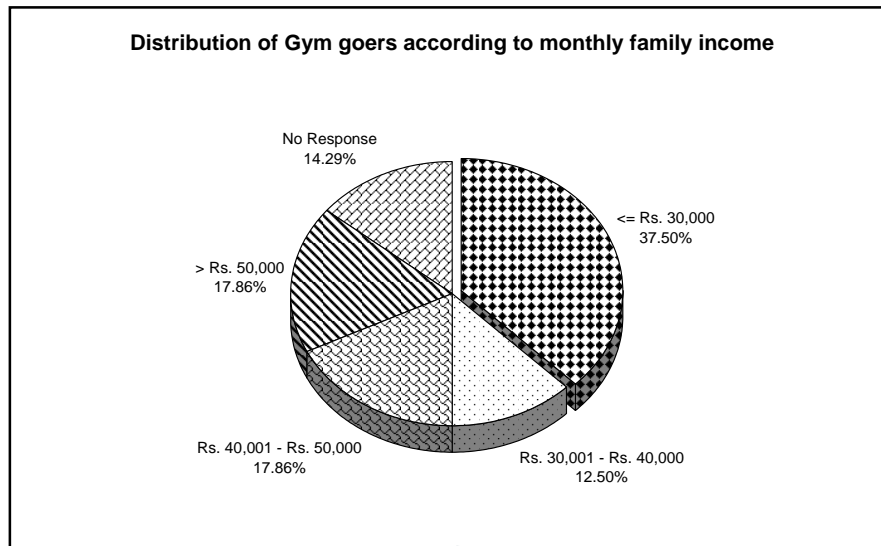
**Explanation:** Concerning the occupational status of respondents, it was rightly observed that 50% of the sample taken from different the gym s belongs to the category of students, with businessman ranking on the second, practicing professionals on the third & last being the service people. Well, such distribution was, of course, a result of increased responsibilities, weaker time management & even lesser dedication to health than wealth.

**Table 4**

**Distribution of respondents according to monthly family income**

Income	N	%
<= Rs. 30,000	21	37.50
Rs. 30,001 – Rs. 40,000	7	12.50
Rs. 40,001 – Rs. 50,000	10	17.86
> Rs. 50,000	10	17.86
No Response	8	14.29
<b>Total</b>	<b>56</b>	<b>100.00</b>





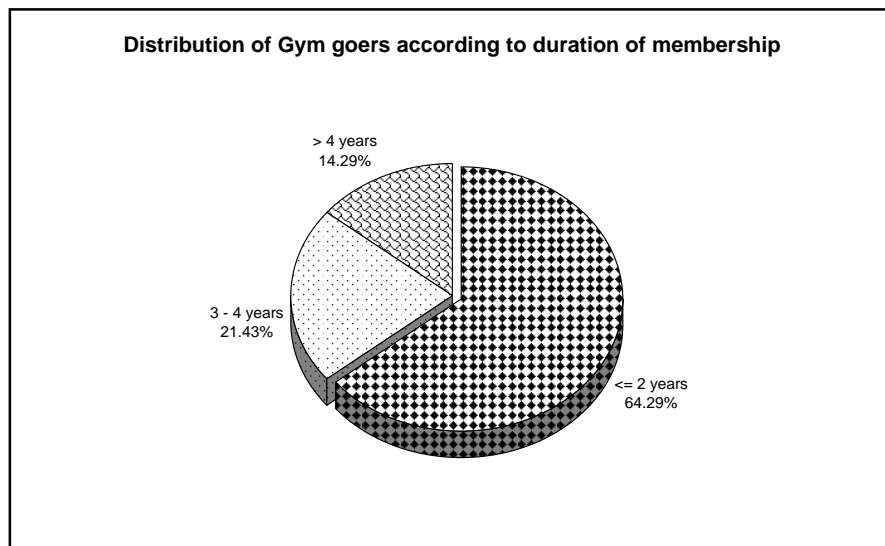
**Explanation:** The results of the analysis have given a new dimension to studies related to health. The table speaks that respondents are falling in the income group of less than Rs. 30,000/- are the most who use the gym, & those who earn the most are relatively less. This fact has proved that making money is 100% more charming & attractive than accomplishing sound versions of health. Such a status is a serious issue, & is an alert for all healthy earners that illness & disease do not identify monthly family income before attacking.

**Table 5**

**Distribution of respondents according to the duration of the membership**

Duration	N	%
<= 2 years	36	64.29
3 - 4 years	12	21.43
> 4 years	8	14.29
<b>Total</b>	<b>56</b>	<b>100.00</b>





**Explanation:** A sustained long term motivational attitude is lacking among the mass of Udaipur city. They are interested in joining the gym, do continue it for a span of almost 2 yrs., but the strength starts shrinking after it. Among 56 respondents, none could attain the membership for more than four years. This also depicts that their level of boredom reaches its height & they can no more sustain even good health maintaining habits.

**Table 6**  
**Motivational factor behind going to the gym**

Motivational Factor	N	%
Family Member	14	25.00
Friend	30	53.57
Film Personality	7	12.50
Yog Guru / Fitness Expert	5	8.93
Other	6	10.71

**Explanation:** The table reveals that friends are the major motivators. Earlier it was stated that the gym s are flooded the most by students & this category of respondents is highly influenced by the market of friends. The second highest motivators are the family members, next to being the film personality & fitness experts. This also relates to the fact that is influencing needs an informal way rather than a formal touch.

**Table 7**  
**Besides exercise other facilities provided by the gym**

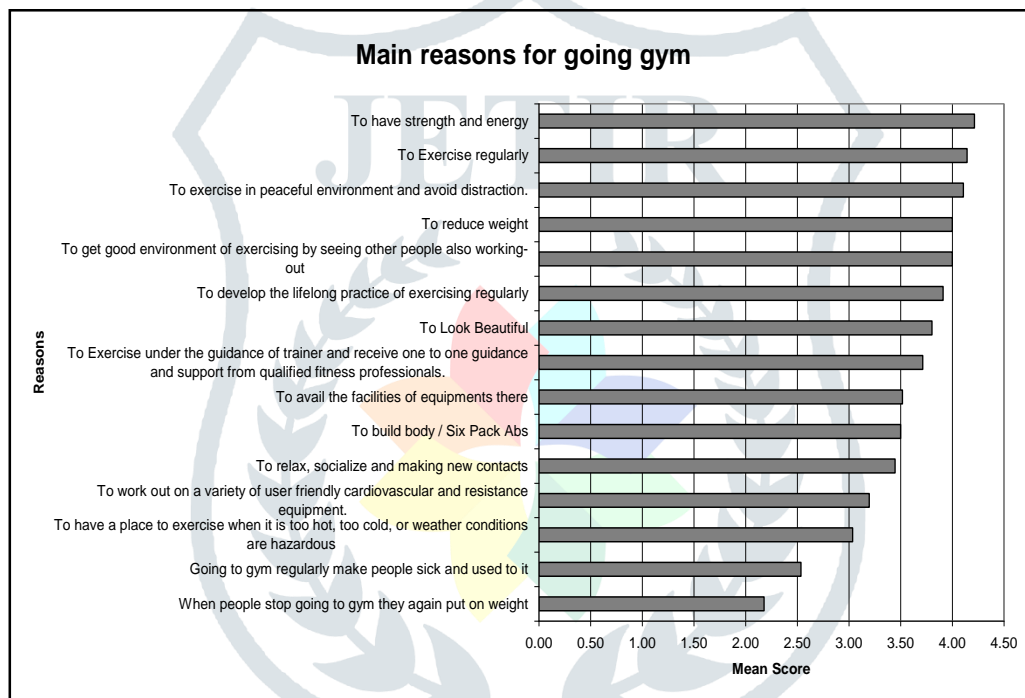
Facilities	N	%
Diet Plan	45	80.36
Personal Guidance of Trainer	45	80.36
Stress management program	11	19.64
Weight Management Program	33	58.93
Get together / Picnics	8	14.29
Yoga Training	18	32.14

**Explanation:** The questionnaire survey could reveal that other facilities that most of the gyms provide are diet plans, personal guidance of the trainer, stress management program, weight management program, get together & Yoga training in the decreasing order of their frequency as per the opinion of the respondents.

**Table 8**  
**Main Reasons for going the gym**

Statement	Mean Score	Rank
To have strength and energy	4.21	1
To Exercise regularly	4.14	2
To exercise in a peaceful environment and avoid distraction.	4.11	3
To reduce weight	4.00	4
To get a good environment of exercising by seeing other people also working-out	4.00	4
To develop the lifelong practice of exercising regularly	3.91	6
To Look Beautiful	3.80	7
To Exercise under the guidance of a trainer and receive one to one guidance and support from qualified fitness professionals.	3.71	8
To avail of the facilities of equipment there	3.52	9
To build body / Six Pack Abs	3.50	10

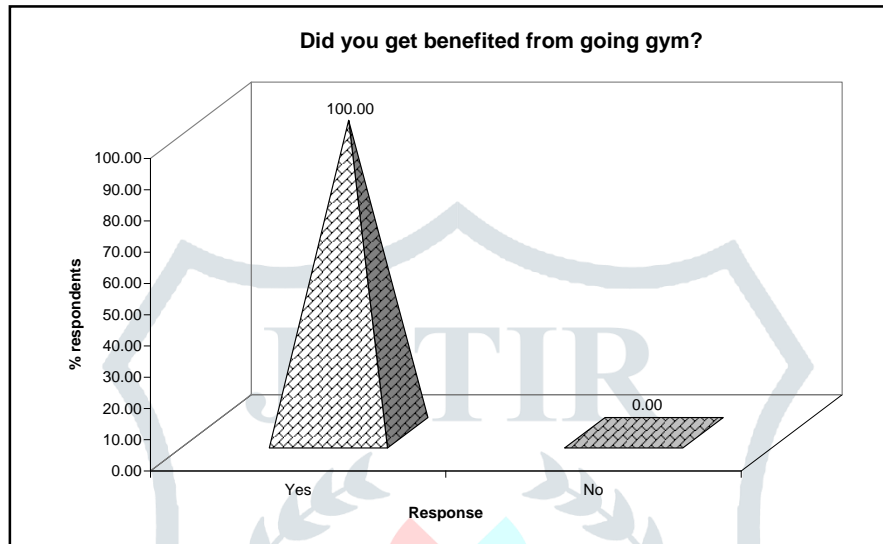
Statement	Mean Score	Rank
To relax, socialize and make new contacts	3.45	11
To work out on a variety of user-friendly cardiovascular and resistance equipment.	3.20	12
To have a place to exercise when it is too hot, too cold, or weather conditions are hazardous	3.04	13
Going to the gym regularly make people sick and used to it	2.54	14
When people stop going to the gym they again put on weight	2.18	15



**Explanation:** The most prominent reasons for going to the gym are to have strength & energy, regular exercise, a distraction-free environment, weight reduction & inspiration from others. The myth that people join the gym s only for weight reduction is hence proved wrong. Fitness expert Dr. Aanchal Pandya, Nature cure health club, Udaipur quotes that “fitness & stamina improvement, hormonal disorders, weight gain, a cure for acidity, gastric trouble are few common reasons among the mass to join the gym.” Several other reasons have also been discovered during research & have added to the area & scope of the gym with reference to Udaipur city. People join the gym s and health clubs for a variety of different reasons. Against our hypothesis (stated later), the survey encountered a couple of reasons other than just being weight reduction. As per the above written reasons we reject the null hypothesis  $H_{01}$  and conclude that “Weight reduction is not the only reason that makes people go to gym.”

**Table 9 Did you get benefited going the gym**

Response	N	%
Yes	56	100.00
No	0	0.00
<b>Total</b>	<b>56</b>	<b>100</b>

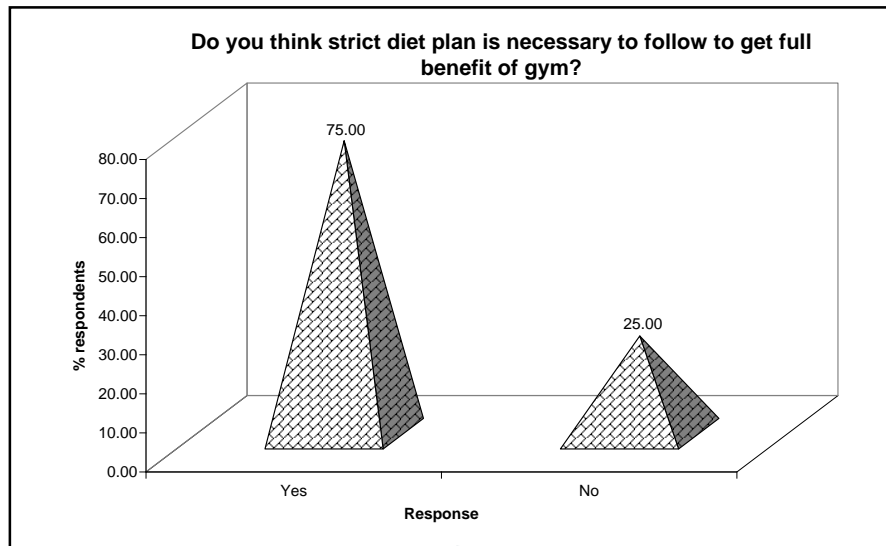
**Explanation:**

The analysis has revealed that all those who have joined have benefitted, with no contrasts & exceptions. Then a major area of research that follows is that why even after benefitting, people leave going to the gym?

**Table 9:**

**Do you think a strict diet plan is necessary to get the full benefit of the gym?**

Response	N	%
Yes	42	75.00
No	14	25.00
<b>Total</b>	<b>56</b>	<b>100</b>

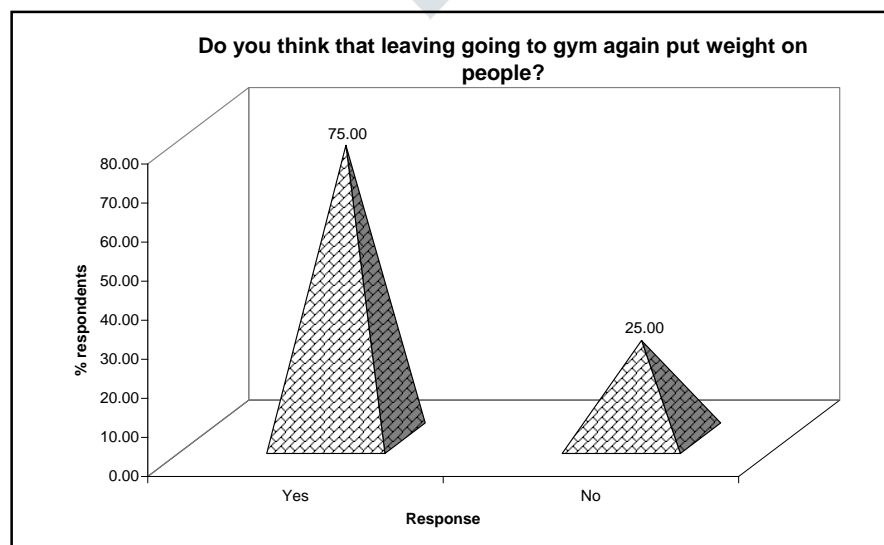


**Explanation:** the analysis of data reveals that 75% of the people agree with the fact that the proper implementation of the diet plan is a must for better results. Fitness expert Dr. Aanchal Pandya, Nature cure health club, Udaipur quotes that “Usually no, but some people gain weight because they do not follow the diet plan & ideally sudden withdrawal of the gym is not recommended. To maintain weight, the gym should be accompanied with Yoga”.

**Table 10**

**Do you think that leaving going to the gym again put weight on people?**

Response	N	%
Yes	42	75.00
No	14	25.00
<b>Total</b>	<b>56</b>	<b>100</b>



**Explanation:** The analysis of the results shows that 75% of respondents believe that they regain after leaving. Well, this belief can also be cited as one of the reasons for disinterest among the general mass for not joining the gym. Fitness expert Dr. Aanchal Pandya, Nature cure health club, Udaipur quotes that “people gain weight after leaving cannot be accepted completely, as sudden withdrawal of the gym & exercise is not recommended & if one leaves, precautions must be taken, exercises must be practiced, diet plan follow up should be done. If such an attitude is followed, the weight will not increase”.

**H<sub>02</sub>: There is no significant difference in Gender perception relating to strict diet plan.**

**Table 10**

Response	Gender				$\chi^2$	df	Result
	Male		Female				
	N	%	N	%			
Yes	37	78.72	5	55.56	2.16	1	NS
No	10	21.28	4	44.44			
Total	47	100.00	9	100.00			

**Explanation:** To test whether the opinion of male and female differ regarding the question – Is a strict diet plan is needed to get the full benefit of the gym chi-square test of independence was applied. The test results and segregation of data are given in the table above. The chi-square test reveals a non-significant association between gender and their opinion regarding said question ( $\chi^2 = 2.16$ ,  $p < 0.05$ ). Since the maximum numbers of both males and females agree that a strict diet plan is necessary to get the full benefit of the gym hence, we reject null hypothesis and conclude that a strict diet plan is necessary to get the full benefit of the gym, and the null hypothesis is accepted.

**H<sub>03</sub>: There is no significant difference in Gender perception relating to putting on weight after leaving gym**

**Table 11**

Response	Gender				$\chi^2$	df	Result
	Male		Female				
	N	%	N	%			
Yes	33	70.21	9	100.00	3.57	1	NS
No	14	29.79	0	0.00			
Total	47	100.00	9	100.00			

**Explanation:** Whether leaving going to the gym again put on weight on people? With regard to this question, it was tested whether the opinion of male and female differ significantly in this regard. To test this chi-square test of independence was applied. The test results are given in the table above. Test results show non-significant association ( $\chi^2 = 3.57$ ,  $p < 0.05$ ) between gender and their opinion regarding statement – leaving going to the gym again put of weight on people. In this case also since maximum numbers of respondents in both categories, i.e., male and female, are agreeing that leaving going to the gym again put weight on them. We reject null hypothesis and conclude that leaving the gym again put on weight on them and regular going to the gym is necessary

### Consumer complaints & suggestions related to the gyms:

Following were certain problems witnessed by the people going to the gym:

1. Having Pain in the body
2. Environment is not so good. Senior ones try to neglect new ones
3. Sometimes trainers treat very strictly
4. Trainers treat very strictly with young boys they try to compete with the trained the gym masters
5. The trainer tries to compete with trained trainers
6. Aerobics and yoga should be made compulsory
7. Sometimes during exams, it becomes difficult to go to the gym regularly
8. Adjustments have to be made in work (Office) schedules, workloads during certain months make it impossible to go to the gym
9. Getting up early and going is a tedious task
10. During exams time it is nearly impossible to go to the gym
11. It feels great to be in the gym and working out; it really keeps me happy and fresh all day long. I do not have any problem going to the gym
12. Getting up in the morning and going empty stomach is a challenging
13. Not at all Rather it is my long-time practice which helps me stay healthy and fit
14. Sometimes work/profession related emergencies make it difficult to come to the gym, so I have to skip the gym
15. Laziness Real torture to get up and go to the gym
16. Morning time is a bit difficult to go to the gym as family responsibilities are there (like take children to school etc.)
17. Without proper guidance, the wrong exercise will create the problem
18. High Fee
19. I am a paralyzed patient, so doing exercise regularly makes me tough to carry on myself, but I manage it with strong will power.
20. Far from house



21. Due to time management, it is not possible for a routine workout
  22. Not proper guidance of the trainer, not enough equipment's, not proper care
- Personal interviews have clarified that most of the respondent's witness problems relating to high, unaffordable prices, which force them to avoid lifetime usage. This may be because people of Udaipur are still not so accustomed to the gym atmosphere & are on an average not easy with their pockets. Of course, Old is Gold, i.e., the older ways to keep fit is undoubtedly the best, but a room for the present & being an integral part of the same too would definitely prove good.
  - Suggestions sorted for the problem are that the rates should be lowered down so that the benefits of the gym can be availed by the common man too. It is a strong belief of the people that they put on weight again immediately after leaving the gym. This is true to a large extent.
  - Suggestions sorted for the problem are that all the gym s should be accompanied with Yoga, Aerobics & Meditation to ensure a natural fitness & of course these forms the very basic foundation of our culture. It should be openly declared that they may put on if they start being careless.

### Conclusion:

1. People in age groups 15-20 & 26-30 use the gym s the most.
2. Mostly males join the gym s. The argument in favor of the fact is that females accept that their time management is weak as compared to males.
3. Taking occupation as the base, students & people in business prefer joining the gym the most.
4. Higher monthly income is no criterion in understanding the thought of the gym goers & non-goers. Those who value their health go, & those who do not are usually busy making money. It must be noted that 'exceptions are always there.'
5. People rarely sustain gym habits among them. The reason is that they accomplish their goals & then rarely bother to maintain it.
6. Friends & family members are the major motivators among the respondents. It is seen that friends in a group are followers of a usual fashion, the gym may be the case & family members are the well-wishers, thus becomes the key factor.
7. The gym is a multi-purpose hall. It does not limit itself only to exercising on equipments. People join the gym s mostly for their body accustomed diet plan, to work out under the guidance of the trained people, for stress & weight management program, social reasons & yoga, Aerobics training.
8. It is a myth that the only motivating factor behind joining the gym is weight reduction is highly opposed as the study discovered manifold reasons & its multi-purpose utility.

9. It is a key finding of the study that everyone who joined got benefitted & a large number agrees that diet plan follow up would triple up the positive effects associated with it. Diet plan is different for all; another precaution should be taken that, plan of one should not be followed by the other, without consultation.
10. It can be concluded that if a rough routine is followed after leaving the gym, the results will not be maintained & gain weight will take place. If maintained weight & health is preferred, it is better not to be careless & a lifelong Yoga practice is recommended.

### Key findings:

1. The study concludes, proving that 'Seven days without exercise makes one weak.' 'Eat right; be bright.' It is recommended that a diet plan is a must for 100% results, whatever may be the reasons for joining the gym.
2. A sudden leftover of a gym is never recommended. People gain weight not because there is any problem with the gym; rather, they gain because on an abrupt return.
3. the gym is not a fashion trend, but is, in fact, a preliminary need today. 'Those who do not find time for health will have to find time for illness' The present study recommends that everyone should spare time for personal fitness as facts speak that exercising at home is not possible, but a routine definitely does it.
4. Last but not least, the study concludes that 'Health is Wealth.' It is & should be a priority for everyone as it is too early to meet God yet. Everyone must take commitment to be fit, as our health is personal, but our life is for multiple.

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