Git R Done: Analysis of Motivation in Relation to Exercise and Determining Factors

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**Introduction**

Exercise provides many physical, emotional and mental health benefits (Facts about Physical Activity, 2014). Despite this, only 21% of American adults exercise regularly. One way of increasing this is to encourage better understanding of motivation and how to control it. Since intrinsic motivation towards exercise is not easily created or changed, most of the focus is placed on extrinsic motivation in its varying degrees. This summary isolates a few factors in exercise that play crucial roles in deciding motivation such as:

- Climate and Goal Orientation
- Influence of peers and teammates
- Influence of coaches

**Method**

The following aspects of exercise were studied to determine their effects on extrinsic motivation:

- Climate and Goal Orientation
  - Mastery Oriented Climate
  - Hard work, personal achievement
  - Performance Oriented Climate
  - Talent, competitive
  - Task Oriented Goal
  - Successful completion
  - Ego Oriented Goal
  - Success compared to others
- Influence of peers and teammates
  - Roommates and peers
  - Teammates and quality of relationship
  - Team resilience
- Influence of coaches
  - Type of coaching
  - Personal investment

**Conclusion**

The analysis provided an understanding that is essential to individuals, friends, teammates, coaches, and parents in making exercise a regular habit. Much of results were advice based on different needs allowing for personal application and growth. Some of the findings were:

- Climate and Goal Orientation
  - Mastery Oriented Climates tend to encourage more personal accountability, greater effort, stronger resilience in failure and longer lasting motivation than Performance Oriented Climates.
  - Task Oriented Goal displayed similar effects when compared with Ego Oriented Goals.
  - Mastery Oriented Climates and Task Oriented Goals paired together tend to fulfill needs for competence, allowing for all to reach a personal level of achievement.
- Influence of peers and teammates
  - Behaviors and habits often change to mimic those of roommates and peers.
  - Teammates and a good relationship can provide a greater initial motivation and help it to be longer lasting.
  - Team resilience allows for a far stronger resilience of motivations in failure by sharing it with others.
- Influence of coaches
  - Coaching needs to provide guidance initially but gradually allow for personal choices so that motivation can become more integrated
  - The more that a coach is invested or involved, the better the participants will respond to the guidance.