

Controlled and autonomous forms of motivation are robust correlates of physical activity identity and appear to strengthen the identity-behavior relationship



Motivational Correlates of Physical Activity Identity and Behavior among Hispanic Adolescents

Background

- Physical inactivity is a major public health concern for adolescents in the US, even more so for Hispanic youth
- Evidence indicates self-determined motivation and physical activity (PA) identity are robust predictors of adolescent PA behavior, but no studies have examined links between these variables and their interactive influence on PA
- Aim:** Examine relationships between self-determined motivation and PA identity, and how these constructs interact to influence PA behavior in Hispanic adolescents

Methods

- Sample: 1849 high school students living in Texas
- $M_{age} = 16 \pm 1$ [SD] years; 53% female; 88% Hispanic
- Design: Cross-sectional survey
- Measures:
 - *Moderate-to-Vigorous PA:* International Physical Activity Questionnaire-Short Form (IPAQ-SF)
 - *Self-Determined Motivation:* Behavioral Regulation in Exercise Questionnaire-3 (BREQ-3)
 - *PA Identity:* Exercise Identity Scale (adapted to PA)
- Data Analysis: Correlation coefficients and linear regression models, adjusted for age, gender, race, BMI

Results

Table 1. Correlation coefficients for self-determined motivation in relation to PA identity and its subdimensions

	PA Identity (r)	Role Identity (r)	PA Beliefs (r)
Amotivation	0	0.01*	0.01
External Motivation	0.11*	0.10*	0.10*
Introjected Motivation	0.46*	0.28*	0.50*
Identified Motivation	0.65*	0.49*	0.67*
Integrated Motivation	0.72*	0.69*	0.66*
Intrinsic Motivation	0.63*	0.52*	0.63*

* $p < .05$

Table 2. Beta coefficients for moderation models regressing self-determined motivation and PA identity on PA behavior.

	PA Identity B (SE)	Role Identity B (SE)	PA Beliefs B (SE)
Amotivation	2.52 (5.17)	4.44 (4.89)	5.67 (5.35)
External Motivation	7.42 (6.39)	1.19 (5.54)	6.98 (6.55)
Introjected Motivation	14.45 (5.57)*	4.99 (5.31)	13.65 (5.86)*
Identified Motivation	18.98 (6.04)*	11.61 (6.16)	19.50 (6.14)*
Integrated Motivation	19.13 (6.29)*	10.54 (5.69)	17.30 (6.28)*
Intrinsic Motivation	14.93 (6.48)*	7.03 (6.42)	16.39 (6.29)*

* $p < .05$

Discussion

- Less autonomous forms of motivation (i.e., identified, integrated motivation) appear to be stronger correlates of PA identity than intrinsic motivation
- Potentially attributable to conceptual overlaps: integrated motivation/role identity; identified regulation/PA beliefs
- Several forms of self-determined motivation moderated the relationship between PA identity and behavior; the strength of this relationship became stronger with greater introjected, identified, integrated and intrinsic motivation
- Previous work has shown mutually reinforcing relationships between self-determined motivation and PA identity, but the interplay between these constructs with PA behavior over time has not been explored – future research is needed