P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (ISRA): 5.38
IJPESH 2021; 8(6): 203-207

www.kheljournal.com
Received: 13-09-2021
Accepted: 15-10-2021

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Physical activity motivation of adolescents: A public health education monitoring & evaluation investigation

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DOI: https://doi.org/10.22271/kheljournal.2021.v8.i6d.2318

Abstract
Introduction: The purpose of youth exercise is a strategy for natural and all-encompassing, physical, social and emotional well-being, thereby supporting the simplicity of the daily activities of apprentices without unnecessary fatigue. This study aims to capture a balanced goal of youth exercise motivation: a study to monitor and evaluate public health education in South Sierra Leone, on the reality of maintaining a strong and resilient environment for changing long-term and living offspring, adolescents, and adults.
Methodology: Motivations for Revised Physical Activity Questionnaires (R-MPAQ) was the conventional search expedient. The variable quantity was investigated using a package called SPSS version 23, with a mean cross-sectional average 15.0±3.0, a one hundred percent reply rate and participants equal to two hundred and four (204), extending from years 12-to-18, using a random sample model of selection.
Findings: According to discoveries, paybacks of exercise motivation by adolescents as monitored and evaluated under: School, Bo School recorded highest mean and standard deviation values (7.35±1.889) for appearance motivation. Sexuality, Male sexuality (7.24±1.007) recorded highest mean value with standard deviation for competence motivation. Age Range in years 15-to-18 age range recorded highest mean and standard deviation values (7.38±1.024) for enjoyment motivation with significant <0.001 and 0.194 respectively.
Conclusion & Recommendation: exercise motivation of teens was captured around selected schools, sexuality (males & females) and age range in years (12-to-18). Bo School recorded highest for appearance motivation as a key reason for exercise, male sexuality was in majority for appearance motivation for exercise and age in years 15-to-18 however favoured enjoyment motivation for exercise. In recommendation, that young adults, youths and teens exercise motivation be looked at as an intentional participation with intrinsic motivation because of the mental and social health benefits and not because of extrinsic motivation for exercise.

Keywords: youth, physical activity, monitoring, testing, public health education

1. Introduction
Physical activity is fundamental to intellectual, bodily, societal and emotional wellness, with sole aim of keeping the straightforwardness of everyday performances of young adults, youths and adolescents deprived of undeserved exhaustion. Physical Activity in Sierra Leone has been established that young people, adults and adolescents who engage in regular physical activity (RPA) are healthier than adults and the elderly [31, 32]. Going forward, human psychiatric conditions such as movement disorders (MD), often act as a reagent for the spread of non-communicable diseases as cardiovascular diseases [31]. The motivation of young people for physical activity can be assessed by individual care and assessment of the pursuit of happiness, which leads to enjoyment, competence, appearance, physical and social motivation, which can lead to unity and community mobilization in later life [32, 33]. Lack of muscle building in youths and adolescents is a key factor in dysfunctional behaviours but corrective and constructive processes almost thus allow teens and young people to participate freely in daily consecutive exercise (DCE) according to their specific motivations. Therefore, the continuous sections will set out a framework for corrective actions linked to youths and adolescents as well as motivation for exercise [33].

As a precautionary measure, it is important to consider studying the motivations for youths and adolescents exercise as a need when it comes to non-communicable diseases (NCDs) such as factors related to asthmatic conditions [1], depressive mood [3], muscle cramps. atrophy and muscle weaknesses, [2, 4] and the stabilization of large amounts of oxygen [5], which are essential for smooth muscle contraction and relaxation during exercise, as a procedure to be considered in public health education [6, 22, 25], expanded health resources [7] and epidemiological services [8, 29, 30], to achieve the goals of adolescents and young people to be mentally healthy. Additional therapies to be discussed are not limited to motor skills training in physical education programs [9], motor skills programs [26], motor-driven exercise programs [27], physical literacy [10], personal and mental health [11], aging processes [18, 12, 20], health education strategy [13], physical activity as a balanced and determined decision [14, 15, 23]. Additionally, added procedures you can consider for leisure activities [16] are bodily control [19] to avoid injuries in sports [17], and physical education [24] to promote physical activity and exercise [28, 21], in order to improve our mental health. This study aims to examine Teens Exercise Motivation: Communal Health Teaching Monitoring and Evaluation Study in Southern Region-Sierra Leone, for better preserving mental wellness.

2. Methodology

2.1 Research Participants

The survey tested two hundred and four participants (n=204) with a median age 15.0±3.0 with a response rate of one hundred percent, age in years – twelve to eighteen (12–to-18), who were carefully selected using a random sampling process approach, especially among the Six (6) High School Teens in the Municipality of Bo.

2.2 Research Tool

Motivation for Revised Physical Activity Questionnaires (R-MPAQ) was the accepted research materials used in the study, indicating the relevance and reliability that maintained the reliability of Cronbach's Alpha Reliability review (0.760), previously used by Bebeley *et al*. [21, 7].

2.3 Data Collection Technique

Monitoring, evaluation and verification of continuous investigations took place on a case-by-case basis using schools provided by the resource-based investigation process, with the CSPro survey and census survey entry software included in tablets, smart phones and computers as a result.

2.4 Data Analysis

Mathematical Evaluation Tools such as the Parametric and Non-Parametric Evaluation that adopted the Comparative Analysis Tool, Explanatory Statistics and Differential Analysis were used using IBM-SPSSv.23 Statistics to obtain, evaluate and match the findings of significant value P<0.05.

3. Research Findings

Comparative Statistics and Differential Analysis of Institutional Performance Motivation figures show the numbers of young people from all six institutions from QRS-Bo to UCC-Bo in the benefits of exercise. Therefore, the Bo School with the highest value and the standard deviation (7.35±1.889) with appearance motivation as reason for the exercise to be the highest (F=10.081) as shown in two tables below (Tables 1 & 2).

Table 1: Exercise Motivation Statistics of Adolescents due Institution (N-Total = 204)

Exercise Motivation of Adolescents		Descriptive Statistics				
		n	Mean	Std. Dev.	Confidence Interval	
					Lower	Upper
Enjoyment Motivation	QRS-Bo	34	7.06	.239	6.98	7.14
	Methodist Girls-Bo	34	7.24	.781	6.96	7.51
	CKC-Bo	34	7.06	.239	6.98	7.14
	Bo School-Bo	34	7.35	1.889	6.69	8.01
	Milton Comprehensive-Bo	34	7.03	.171	6.97	7.09
	UCC-Bo	34	7.15	.500	6.97	7.32
Competence Motivation	QRS-Bo	34	7.29	.719	7.04	7.54
	Methodist Girls-Bo	34	7.29	.629	7.07	7.51
	CKC-Bo	34	7.18	.521	6.99	7.36
	Bo School-Bo	34	7.35	1.555	6.81	7.90
	Milton Comprehensive-Bo	34	7.03	.171	6.97	7.09
	UCC-Bo	34	7.26	.751	7.00	7.53
Appearance Motivation	QRS-Bo	34	6.15	.500	5.97	6.32
	Methodist Girls-Bo	34	7.09	1.190	6.67	7.50
	CKC-Bo	34	6.12	.409	5.97	6.26
	Bo School-Bo	34	6.24	.781	5.96	6.51
	Milton Comprehensive-Bo	34	6.06	.239	5.98	6.14
	UCC-Bo	34	6.82	1.141	6.43	7.22
Fitness Motivation	QRS-Bo	34	5.00	<.001	5.00	5.00
	Methodist Girls-Bo	34	5.03	.171	4.97	5.09
	CKC-Bo	34	5.12	.478	4.95	5.28
	Bo School-Bo	34	5.00	<.001	5.00	5.00
	Milton Comprehensive-Bo	34	5.12	.537	4.93	5.31
	UCC-Bo	34	5.03	.171	4.97	5.09
Social Motivation	QRS-Bo	34	5.00	<.001	5.00	5.00
	Methodist Girls-Bo	34	5.09	.379	4.96	5.22
	CKC-Bo	34	5.00	<.001	5.00	5.00
	Bo School-Bo	34	5.03	.171	4.97	5.09
	Milton Comprehensive-Bo	34	5.00	<.001	5.00	5.00

	UCC-Bo	34	5.03	.171	4.97	5.09
Note: QRS = Queen of the Rosary School, CKC = Christ the King College, UCC = United Christian Council						

Table 2: Exercise Motivation Statistics of Adolescents due Institution (N-Total = 204)

Exercise Motivation of Adolescents	Analysis of Variance Statistics				
	Sum Square Values	Df Values	Mean Square Values	F Values	Significant Values
Enjoyment Motivation	2.706	5	.541	.710	.616
Competence Motivation	2.294	5	.459	.656	.657
Appearance Motivation	31.941	5	6.388	10.081	<.001
Fitness Motivation	.510	5	.102	1.063	.382
Social Motivation	.201	5	.040	1.192	.314

Analysis of Variance Statistics of Exercise Motivation of Adolescents (EMA) by sexuality display the demographics of teens with male sexuality (7.24±1.007) having highest mean value with standard deviation for competence motivation as a benefit of engaging in exercise. Also, appearance motivation having the highest functional value (F = 21.862) as reason for engaging in exercise as indicated in two tables below (Tables 3 & 4).

Table 3: Exercise Motivation Statistics of Adolescents due Sexuality (N-Total = 204)

Exercise Motivation of Adolescents		Descriptive Statistics				
		n	Mean	Std. Dev.	Confidence Interval	
					Lower	Upper
Enjoyment Motivation	Male	102	7.18	1.129	6.95	7.40
	Female	102	7.12	.493	7.02	7.21
Competence Motivation	Male	102	7.24	1.007	7.04	7.43
	Female	102	7.24	.616	7.11	7.36
Appearance Motivation	Male	102	6.14	.527	6.03	6.24
	Female	102	6.69	1.062	6.48	6.89
Fitness Motivation	Male	102	5.07	.404	4.99	5.15
	Female	102	5.03	.170	5.00	5.06
Social Motivation	Male	102	5.02	.139	4.99	5.05
	Female	102	5.03	.221	4.99	5.07

Table 4: Exercise Motivation Statistics of Adolescents due Sexuality (N-Total = 204)

Exercise Motivation of Adolescents	Analysis of Variance Statistics				
	Sum Square Values	Df Values	Mean Square Values	F Values	F Values
Enjoyment Motivation	.176	1	.176	.232	.630
Competence Motivation	.000	1	.000	.000	1.000
Appearance Motivation	15.373	1	15.373	21.862	<.001
Fitness Motivation	.078	1	.078	.815	.368
Social Motivation	.005	1	.005	.144	.705

Analysis of Variance Statistics of Exercise Motivation of Adolescents (EMA) by age range shows the demographics of adolescents from years 12-to-18 of age on the paybacks of exercise. Hereafter, 15-18 age range having the highest mean and standard deviation values of (7.38±1.024) for enjoyment motivation with social motivation as reason for exercise being the highest (F=3.3499) as indicated in two tables below (Tables 5 & 6).

Table 5: Exercise Motivation Statistics of Adolescents due Age Range (N-Total = 204)

Exercise Motivation of Adolescents		Descriptive Statistics				
		n	Mean	Std. Dev.	Confidence Interval	
					Lower	Upper
Enjoyment Motivation	12-15	183	7.12	.850	7.00	7.24
	15-18	21	7.38	1.024	6.92	7.85
Competence Motivation	12-15	183	7.22	.838	7.10	7.35
	15-18	21	7.33	.796	6.97	7.70
Appearance Motivation	12-15	183	6.40	.858	6.27	6.52
	15-18	21	6.52	1.078	6.03	7.01
Fitness Motivation	12-15	183	5.05	.319	5.00	5.10
	15-18	21	5.05	.218	4.95	5.15
Social Motivation	12-15	183	5.02	.165	4.99	5.04
	15-18	21	5.10	.301	4.96	5.23

Table 6: Exercise Motivation Statistics of Adolescents due Age Range (N-Total = 204)

Exercise Motivation of Adolescents	Analysis of Variance Statistics				
	Sum Square Values	Df Values	Mean Square Values	F Values	Significant Values
Enjoyment Motivation	1.281	1	1.281	1.698	.194
Competence Motivation	.225	1	.225	.324	.570
Appearance Motivation	.294	1	.294	.378	.539
Fitness Motivation	.000	1	.000	.000	.983
Social Motivation	.117	1	.117	3.499	.063

4. Discussion

Physical activity motivation of teenagers when appropriately accomplished, checked and assessed will convey countless community healthiness identical to intellectual, societal, bodily and emotional aptness in their regular occupations. It assists as educative and rehabilitation procedures for resourceful drive inequity (RDI) in adolescents and young adults, which is mostly due to bodily lethargy in learning institutes such as schools and homes [32, 33]. Henceforward, resourceful drive inequity in adolescents and young adults will convey countless uneasiness such as psychological, bodily, and societal discomforts in the all-embracing progress in adolescents and young adults [32, 33]. Additionally, this can be demonstrated in teens and young adults exercise motivation under school-based research, gender and the age range among high schools.

In the schools setting, monitoring and evaluation of exercise motivation shows that adolescent physical activity (APA) is significantly influenced by the motivation to look at the benefits of exercise, compared to six schools, which is a suggestion to promote exercise among young people, youths and teens in learning institutions. This study is linked to epidemiological surveillance observations on the functioning of children and adolescent physical activity, epidemiological studies of the motivation of children to exercise, and the motivation for primary school students: a public health education survey [31, 30, 32, 33].

Sexuality being a focus point of the monitoring and evaluation of exercise motivation findings indicates that, physical activity motivation of adolescents (PAMA) proved male sexuality more than females engaged in exercise more due to competence and appearance motivations respectively when compared, which is a suggestion of physical activity motivation practiced amongst young adults, youths and teens in learning institutions. This study is linked to epidemiological surveillance observations on the functioning of children and adolescent physical activity, epidemiological studies of the motivation of children to exercise, and the motivation for primary school students: a public health education survey [31, 30, 32, 33].

Age range being an attention theme of the monitoring and evaluation of physical activity motivation findings indicates that, physical activity motivation of adolescents (PAMA) proved teens within the age range of years fifteen to eighteen (15-18) do take part in exercise due to enjoyment and social motivations respectively when compared, which is a suggestion of physical activity motivation practiced amongst young adults, youths and teens in learning institutions. This study is linked to epidemiological surveillance observations on the functioning of children and adolescent physical activity, epidemiological studies of the motivation of children to exercise, and the motivation for primary school students: a public health education survey [31, 30, 32, 33].

5. Conclusion and Recommendation

Conclusively therefore, paybacks resulting from willingly being attractive to physical activity motivation due to enjoyment, competence, appearance, fitness and social motivations by young adults, youths and teens will bring about complete mental wellness. Majority of the pupils monitored, evaluated and scored were more attracted to physical activity because of enjoyment, appearance, competence and social motivations rather than fitness motivation. It thus provides an internal motivation tool for adults, youths and teens who exercise: monitoring public health education and evaluation

Commendably, young people, teens and adults with physical activity motivation are often focused on the form of recreation, appearance, ability and social motivation among others to maximize the benefits resulting from low physical activity (LPA), moderate physical activity (MPA) and dynamic physical activity (DPA). Also, that, exercise should be considered close to the angle of public health education in order to promote mental health in educational institutions such as home and school for adults, youth and teens, which are fundamental to human development.

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