

Relationship between gender and motivational aspects in obese adults to exercise in gyms

Abstract

The present dissertation aims at identifying the main reasons that influence the turnover of overweight and obesity in the fitness facility. The sample consisted of 50 individuals with body mass index (BMI) of 24.99 kg/m², of both sexes, aged at least 18 years. To perform the data collection was a structured questionnaire containing five closed questions. Among the findings had an average BMI of 31.6 kg/m². When asked about the main reason for the practice gym, 70% of respondents have said aesthetics as a priority health being in second place with 28%. The distance (48%) and the motivation of the classes (36%) were the most considered reasons positively at the gym to change, as the price and the environment were the least considered by the whole group. When used chi-square test was not detect any significant difference between the sexes and turnover reasons. However, when considered two age groups, young adults (20-39 years) and middle-aged (40-59 years) was found significance $p = 0.05$, where the younger value adjustment to the teacher as a reason for stay in the gym. It can be concluded that aesthetics is the main purpose for which demand is a gym for exercise, especially among women. The distance and the adaptation to the teacher were the most cited reasons to change the gym, but no significance when comparing the sexes, different from that found ($p = 0.05$) for younger adapting to the teacher as a reason for turnover.

Keywords: exercise, overweight, obesity, motivation

Volume 10 Issue 1 - 2020

Júlio César Chaves Nunes Filho,¹ José Herberon Paula Batista,² Luís Felipe Viana Correia,³ Robson Salviano De Matos,¹ Prodamy da Silva Pacheco Neto,⁴ Marília Porto Oliveira Nunes³

¹Federal University of Ceará, Brazil

²University Center Estácio of Ceará, Brazil

³University of Fortaleza, Brazil

⁴Trás-os-Montes e Alto Douro University, Portugal

Correspondence: Júlio César Chaves Nunes Filho, Federal University of Ceará, Rua Martinho Rodrigues, 1301, apt 503A, Bairro de Fátima CEP 60411-280 – Fortaleza, Ceará, Brazil, Tel 55 85 986013011, Email juliocesare@yahoo.com.br

Received: January 28, 2020 | **Published:** February 24, 2020

Introduction

Overweight and obesity are considered one of the main problems affecting the world population and are linked to some of the most prevalent diseases in modern society, such as high blood pressure and diabetes mellitus. According to Francischi¹ obesity can be considered the main nutritional disorder linked to developed countries. Currently, we can see the increasing number of overweight/obese individuals. The data show that until 2013, there were about 2.1 billion overweight or obese people in the world, an increase of 27.5% between the years 1980 and 2013. In Brazil, the data from the Ministry of Health point to a rate 17.9%, being overweight greater among men (56.5%) against 49.1% of women.²

In addition to arterial hypertension and diabetes mellitus, individuals with excess fat face different other limitations, many of which are directly associated with the performance of activities of daily living (ADLs), such as difficulties in locomotion, decreased and impaired joint movements, in addition to rejection in the labor market, low self-esteem and prejudice. According to Ades & Kerbaux³ obesity is a complex condition, of physiological, psychological, social and situational origin. There are two factors that are linked to excessive weight gain, they are: exogenous factors (eating disorder, physical inactivity/physical inactivity) and endogenous factors (genetics, physiological disorders). However, the endogenous condition corresponds to only 2 to 4% of cases.

Currently, physical exercise has been used as a key part in the treatment of individuals with obesity, being placed as one of the main strategies within programs to reduce body fat. Regular physical exercise results in the most diverse benefits for the body, among them the improvement in cardiovascular and respiratory capacity,

decrease in blood pressure in hypertensive patients and improvement in glucose tolerance and insulin action.¹ However, the poor structuring of the activity and the improper application of stimuli to overweight/obese individuals can generate unsatisfactory responses and, in the most cases, harmful to practitioners. Overweight in general promotes changes in postural alignment which associated with mechanical overload, especially in support structures such as the spine, knees and feet, can lead the individual to pain and discomfort. Due to the number of tasks to be performed daily and the constant lack of time experienced by today's society, we can see gyms as one of the most accessible activities for different types of public, with the advantage of the large volume of gyms and the flexibility of schedules. This practice, when you directed, it presents an excellent option for improving the quality of life, as it provides numerous health benefits, such as the reduction of body fat.

The great increase in the number of gyms in Brazil is due to the strong need to preserve health and quality of life on the part of the population, as well as the search for the long-dreamed perfect body. It is estimated that Brazil is fourth in the world in terms of weight training and gymnasiums. However, according to Bartholomeu⁴ despite of the large increase in the number of academies, the continuity of these students is low and is linked to different factors that directly and indirectly contribute to the individual's commitment within the activity and favors the wide turnover of students within the academies. However, studies targeting specific audiences such as overweight/obese individuals and the way in which different factors are linked to their attendance within gym exercise programs are scarce. The present study aims to investigate and analyze the main factors that influence the turnover of overweight and obese students in gyms.

Material and methods

The research was observational, transversal, with a quantitative approach, carried out from May to October 2018, in 05 sports training centers, located in 05 different regions, in the city of Fortaleza-Ceará.

To participate in the research, each volunteer should be older, they have been enrolled in the bodybuilding modality for not less than 12 weeks, they have had practiced exercise in at least three different gyms with a body mass index above 24.99kg/m². The study was carried out with 100 individuals over 18 years of age, of both sexes and with a BMI above 24.99kg/m². To be inserted in the study, the subject should inform that he had practiced exercise in at least three different gyms. Weight and height measurements were used to identify the individuals' BMI, according to the following formula BMI=weight (kg)/height(cm)² among those who appeared to be overweight. For the definition of overweight and obesity, the standard recommended by the World Health Organization was used, which considers overweight BMI from 25kg/m².

To measure height, the individuals must be barefoot with their heads free of props, erect with their arms extended along the body, head up, looking at a fixed point at eye level. After that, the individuals had to leave the head, shoulders, buttocks and heels in contact with the stadiometer and finally, height measurement was made with the cursor at an angle of 90° in relation to the stadiometer scale with the individual in apnea inspiratory. For the measurement of weight, individuals were asked to be barefoot. Then they were positioned in the center of the scale, where it was verified that the weight was correctly divided in both feet and the weight was read after the scale remained stable. At the time of collection, a professional Sanny Stadiometer and a Plena scale were used.

After that, the data collection continued through the application of a structured questionnaire containing closed questions. Initially, it was questioned in how many places the individual had already practiced physical exercise. In addition to age and sex, the questionnaire addressed questions such as weekly training frequency and how long the practice has taken. It was also questioned the main reason for the practice of physical exercise (health, aesthetics, conditioning) and what led to the rotation of gyms (distance, motivation of classes, adaptation to the teacher, not reaching the goals, price, environment). In the last question, each one had the option of answering yes or no. All questionnaires were answered in the academies under the researcher's supervision. For the analysis of the results, the SPSS 22.0® Program was used, and descriptive statistics were performed through frequency, mean and standard deviation. For inferential statistics, the chi-square test was used with a significance level (p<0.05) between genders.

Results and discussion

Were evaluated 100 individuals with age between 18 and 58 years, with an average of 30.3 (±8.9 years), 60% of whom were female. The overall mean BMI in the group was 31.6 (+6.5kg/m²). While the average for women was 31.2(+5.7 kg/m²), for men it was 32.3 kg/m² (Table 1).

The prevalence of obesity has been gradually increasing in recent years. About 1.6 billion people over the age of 15 were classified as overweight and 400 million were within obesity standards in 2005. Forecasts for 2015 were approximately 2.3 billion overweight people and over 700 million obese.⁵

Coelho Findings et al.⁶ and Costa et al.⁷ showed a difference of 3.7% and 13%, respectively, in BMI values between men and women. In the present study it was possible to observe a difference of only 0.98% between the sexes, the prevalence being higher in the male audience.

Table 1 Body mass index (BMI), of the total group studied and by sex

IMC values (Kg/m ²)			
BMI	Total	Male	Female
Average	31.6 (+6,5)	32.3 (+5.7)	31, 2 (+6,1)
Maximum value	48	48	41.4
Minimum value	26.4	28.3	26.4

±, standard deviation; BMI, body mass index

Regarding the main reason for the practice of physical exercise, it can be observed that the aesthetic factor was placed as the main factor by 80% females and 55% for males. Health was pointed out as the main reason in 45% of men and 16.7% in women, with an association between gender and reason for the practice of exercise p = 0.034 (Table 2).

Table 2 Main reason to practice physical exercise

Reasons	Male	Female	P
Aesthetic	22 (55%)	48 (80%)	0,034
Health	18 (45%)	10 (16,7%)	
Physical conditioning	0 (0%)	2 (3.3%)	

Value obtained by the Chi-Square test, with p=0.05

Aesthetics has become one of the main reasons why people start and maintain physical activity today. The means of communication such as TV advertisements, magazines, and social media have a strong influence on the lifestyle of the population. A search for a perfect and muscular body attracted many people and increase the adherence and the maintenance into practicing exercises at gym.⁸ Several socio-cultural factors directly influence the relationship that an individual has with his body. These factors lead men and women to a range of dissatisfactions and concerns with the presentation of their body image, inducing them to practice physical exercise and to adhere to habits and attitudes aimed at improving their physical appearance.⁹ This situation was observed in the present study, when the men and the women had aesthetics as their main motivation. Regarding the reasons that led to the turnover of gyms, there was an association of gender with distance learning (p=0.034), motivation of classes (p=0.045) and adaptation to the teacher (p=0.03). For the other reasons, there was no association (p>0.05) (Table 3).

According to Bartholomeu et al.,⁴ the constant change of gyms is quite common, in the view of the frequent search of practitioners for more favorable environments and that encourages the continuity of the practice of physical exercise. However, this assertion is not in line with what the group studied in this study replied, since the academy's environment was a little considered. For Liz & Andrade¹⁰ lack of time is one of the main causes of low adherence and maintenance of the population in the practice of physical activity in gyms today.

Generally, this situation is caused by an excessive and exhausting workday, in addition to domestic and family duties, which occupy a good part of people's time and energy. Thus, many individuals give up the practice of physical activity because they are unable to manage the exercise within the daily time.

Table 3 Association between gender and student rotation in academies

Distance	Male	Female	P
Yes	24 (60%)	24 (40%)	0.034
No	16 (40%)	36 (60%)	
Class motivation			
Yes	18 (45%)	18 (30%)	0.045
No	22 (55%)	21 (70%)	
Adaptation to the teacher			
Yes	10 (25%)	22 (36.7%)	0.03
No	30 (75%)	38 (63.3%)	
Failure to obtain results			
Yes	12 (30%)	120 (33.3%)	0.47
No	28 (70%)	40 (66.7%)	
Month fee			
Yes	6 (15%)	16 (15%)	1
No	34 (85%)	24 (85%)	
Environment			
Yes	4 (10%)	12 (20%)	0.51
NO	36 (90%)	48 (80%)	

Value obtained by the Chi-Square test, with $p=0.05$

When we consider individuals with overweight or obesity, the incidence of motor and joint limitations is considered an extremely relevant factor. According to Chacur et al.,¹¹ articular limitations have a limited effect on activities of daily living (ADLs). Among them is walking, which undergoes changes due to increased joint stress generated by excess weight, which can considerably hinder the constancy of individuals who use walking to move to the gym, causing migration to places closer together. The lack of motivation or the monotony presented in the classes also prominence in Aroni's work; Zanetti; Machado.¹² to the authors, this fact may be linked to the visible difficulty encountered by the Physical Education professional in knowing his interventions and adding the acquired technical knowledge to the daily routine presented in the gyms. For them, an effective motivation is transmitted to others (students, athletes, etc.) through professionals and leaders.

The adaptation to the teacher was a reason where significance was observed when related to the association between genders. It was seen that 25% of men and 36% of women pointed out the importance of adapting to the professional as a reason for changing the gym. Oelze; Mosque; Dias¹³ says that, in general, what makes regular physical exercise lasting is the teacher-student relationship. According to the authors, the student/teacher relationship relies not only on technical

knowledge, but also on friendliness and charisma, along with cordiality and attention. In a study by Bartholomeu⁴ the factor of adaptation to the teacher found values similar (30%) to those found in the present study. In research by Dos Passos¹⁴ when comparing the motivation between practitioners of aerobic and resistance exercises, it was found that in the first group they were motivated more by aesthetics and competitiveness than the second. In the study by Da Silva¹⁵ it was found in two different cities in Brazil, that in young women between 18 and 25 years old the main motivation for the practice of physical activities is aesthetics.

About the objectives not achieved, this may be linked to the great immediacy shown in today's society, where the search for "quick" results becomes a constant need. In general, changing the lifestyle is a considerably slow and difficult process.¹⁶ This study selected some options, such as the methodological type of research, transversal, which is related to cause and effect. In addition, a small sample of 100 participants can be considered as a limiting factor in the research. Even so, this research becomes important, because little is known about the motivation of adults who are unsuspecting to practice and give up physical exercises. Even so, in the future research with a greater number of participants is suggested to strengthen the findings of this study.

Conclusion

It is concluded for this research, that in obese adults, the gender is associated with the motivations for the practice of exercises as well as for the evasion in gyms. Aesthetics is the main factor for the interest of customers in the gym, while distance and low motivation in the classes are the main factors for dropping out. Considering the practice of physical activities as one of the main non-pharmacological factors to fight obesity and several other pathologies, it is believed that professionals should be more attentive to the encouragement of physical exercise practices for obese people who maintain their sharp and prolonged motivation. Thus providing better results for their health.

Acknowledgments

None.

Conflicts of interest

Author declares there is no Conflict of interests.

Funding

None.

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