Blázquez, A. y Feu, S. (2012). Motivación en actividad física mantenimiento en mujeres de municipios pequeños / Motivation for the practice of keep-fit physical activities for small town women. Revista Internacional de Medicina y Ciencias de la Actividad Física y el Deporte vol. 12 (47) pp. 571-588 Http://cdeporte.rediris.es/revista/revista47/artmotivacion304.htm

ORIGINAL

MOTIVATION FOR THE PRACTICE OF KEEP-FIT PHYSICAL ACTIVITIES FOR SMALL TOWN WOMEN

MOTIVACIÓN EN ACTIVIDAD FÍSICA MANTENIMIENTO EN MUJERES DE MUNICIPIOS PEQUEÑOS

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Código UNESCO / UNESCO code: 6106.08 Motivación / Motivation; 6399 Otras especialidades sociológicas (del deporte) / Other sociological specialties (Sports)
Clasificación Consejo de Europa / Council of Europe classification: 15. Psicología del deporte / Sport psychology, 16. Sociología del deporte / Sport sociology

Recibido 2 de octubre de 2010 **Received** October 2, 2010
Aceptado 22 de diciembre de 2010 **Accepted** December 22, 2010

AGRADECIMIENTOS

Agradecimiento a los técnicos deportivos participantes en el Programa de Dinamización Deportiva, usuarias de los programas de gimnasia de mantenimiento y Consejería de los Jóvenes y del Deporte.

ABSTRACT

This research aims to study the motivations in the registration and adherence of the women participants in the physical activity (PA) programs to keep-fit of the Sport Dynamics Programme in towns smaller than 20.000 inhabitants of Extremadura. For this, it was conducted a survey among 3967 women from 267 municipalities. The results show that health is the main reason for registration and adherence. With older age, more women choose health as the main reason and it is abandoned the idea of the aesthetics and body image as a reason to practice PA. Other reasons such as relationships with others, recreation or the

preparation are selected minority as reasons to practice in a PA program to keep-fit. Women subjectively perceive improvement in various health-related factors on three levels: physical, wellness for themselves and social relations.

KEY WORDS: health, practice grounds and adherence, physical activity, fitness, women, sports dynamic, small town.

RESUMEN

El estudio tiene como objetivo estudiar las motivaciones en la inscripción y adherencia de mujeres participantes en programas de AF mantenimiento del Programa Dinamización Deportiva en poblaciones menores 20.000 habitantes de Extremadura. Se encuestaron 3967 mujeres de 267 municipios. Los resultados muestran que la salud es el principal motivo de inscripción y adherencia. Con la edad más mujeres eligen la salud como principal motivo disminuyendo la idea de estética como motivo para practicar AF. Otros motivos como la relación social, recreación o preparación deportiva son elegidos minoritariamente como motivos de práctica en un programa de AF mantenimiento. Las mujeres perciben subjetivamente una mejora en distintos elementos vinculados a la salud en tres niveles: físico, bienestar consigo mismas y relaciones sociales.

PALABRAS CLAVE: salud, motivos de práctica y adherencia, actividad física, gimnasia de mantenimiento, mujeres, dinamización deportiva, municipio pequeño**.**

INTRODUCTION

Among the different models proposed by Olivera and Olivera (1995), it is important to note the rise in recent years is having the narcissistic model and development of physical activity programs for older adults (Hernández Mendo, 2001) which includes programs fitness training. The concept of fitness training refers to that exercise regularly characterized by low impact exercises with no sudden and rapid movements, where muscle tension work is complemented by the flexibility, coordination and postural correction (Moreno and Marin de Oliveira, 2003). These programs are aimed at improving health through exercise more individualized, safe and motivating, promoting adherence to practice (Meredith, 1988; Quenneville and Sidney, 1992, Fox, 1993; Mahoney, 1993; Morrow and Gill, 1995), and where the expressive and rhythmic component (music, games.) do have an attraction to the female audience (Macías and Moya, 2002). In fact, women participate in such practices in a much higher percentage of men (Eagle, Sicily, and Orta Muyor, 2009, Lopez and Rebollo, 2002, Macias and Moya, 2002).

Motivation for Physical Activity

Motivation is what determines the origin, direction and persistence of behavior (Sage, 1977), one of the most researched areas within Psychology of Sport since 1938 when Murray appeared list consists of 12 motifs of biological needs and 28 psychological needs of practicing exercise regularly (Martinez, Andrade and Salguero, 2005). The motivations of physical and sport practice are varied (Durrand 1988; Pavon Moreno Gutierrez and Sicily, 2003), among which include: competition, personal ability, adventure, hedonism and social relationships, fitness, health and medical self-image (Pavón et al, 2003). To Durrand (1988) the main reasons for physical activity (PA) are the self or status motivation, fun, energy release, search for recreation, skills development, social, practical and fitness equipment. Recent studies find that fun, keeping fit and health are the main reasons for practicing AF (Rodriguez-Romo, Bonet-Pascual and Garrido-Muñoz, 2009).

The motivations for the practice of physical and sporting activity has been had studied from different perspectives or variables (Yilmaz and Akandere, 2003; Trail, Anderson and Flink, 2002) and personal factors (age, gender, educational level, professional occupation, orientation goals etc.) or environmental factors (working conditions, family climate, environment, goal orientation etc.).

Motivation and gender

Some studies have had found differences in the practice of motivational AF by gender (Castillo and Balaguer, 2001; Cecchini, Mendez and Muñiz, 2002; Pavón and Murcia, 2008; Ruiz, 2001; Ruiz Garcia and Diaz, 2007; Rodriguez-Romo et al., 2009). Ikulayo (1998) indicates that most of the women choose to participate in physical and sport practice for psychological and socioeconomic reasons because the benefits of these factors are more important than the negative factors associated with cultural and religious beliefs. Some work suggests that adult woman makes aesthetics AF motivated, caring weight and body image (Anderson, 2003; Foster, Hillsdon, Cavill, Allender, and Cowburn, 2005, Pavón and Moreno, 2008), other studies indicate that aspects involved by the social and health (Gutierrez, 1995; Flood and Hellstedt, 1991), while for men, the most important reasons are the aspects of competition and winning, along with the fitness / skill (Eagle et al, 2009; Pavón and Murcia, 2008; Macias and Moya, 2002) and social reasons (Pavón and Murcia, 2008).

Motivation and age

Garcia Rebollo, Martinez and Oña (1996) in a study of sporting habits of the Granada province indicate the majority population interest is the practice exercise regularly by health reasons and fun. However, other studies have had found differences related to age. With age the health motivation increases and the need for social relationships (Cabañas, Martinez and Del Riego, 2004, Ruiz et al., 2007). Regarding social relations some jobs are seeing a rise in interest

in this cause AF with increasing age, while other studies have found that the younger you are interested in the AF for fun and better social relationships (Garcia Hernandez , Ona, Godoy and Rebollo, 2001).

The motivation for physical appearance increases with age among physically active people, but decreases with age among the inactive (Loland, 1999). Other studies have found that AF practice in younger women are motivated by the wishes of improving their physical appearance (Eklund and Crawford, 1994; Gill and Overdorf 1993, Hellin, Moreno and Rodriguez, 2004; Pavón and Moreno, 2008).

Motivation and social climate

The psychological climate also influences the motivation to practice AF (Weiss and Ebbeck, 1996, Smith, 1999), with the peer group that influences self-perceptions and self-esteem. Elaborating on this regard, Carron, Hausenblas and Mack (1996) studied six aspects of social influence (other people, family, class members, instructors, social cohesion and task cohesion) and six types of sports involvement (adhesion, obedience, efficiency, intention, attitude, and satisfaction), showing that there are four social aspects that influence a greater extent than others: family support and attitudes towards exercise, task cohesion and adhesion behavior, the importance of others and attitudes toward exercise, and support from family and obedience behavior.

The demographics seem to determine the performance of AF for maintaining health in urban environments where there seems to be a higher level of AF practice in rural settings (Martin, et al., 2005, Moreno and Gutierrez, 1998; Reis, et al., 2004, Rutten et al. 2001), although this may be related to work conditions, the perceived lack of opportunities, or socioeconomic conditions rather than real lack of rural areas (Tay et al. 2004). However, school was found to Extremadura in rural settings carry a healthier lifestyle than urban (De la Cruz and Pino, 2010). Some research has also found that a higher social level favors greater AF practice most disadvantaged social environments (Moreno and Gutierrez, 1998).

Motivation and characteristics of sport

Marin Moreno and De Oliveira (2003) concluded in their study that users of traditional physical activity programs such as gymnastics valued more maintenance-related reasons than health factor of fitness, give us no significant differences between the aquatic and land.

Another of interest study on the basis of physical and sport practice, in a 50,000 inhabitant's city, as an adjustment between supply and demand, concludes that program user's participant's taekwondo, swimming, fitness, aerobics and gymnastics Maintenance attending primarily motivated by health concerns,

physical improvement and stress relief (Moreno, Rodriguez and Martinez, 1997).

The monitor or teacher presence seems to be an attraction element of one sex or the other or both, in the case of favoring the maintenance gymnastics female presence (Eagle et al., 2009). Similarly the frequency of practice seems to be also associated with finding health motivation as the main benefit is in the form (Cabañas et al., 2004; Pavón and Murcia, 2008).

The objective of this research is to study the reasons for enrollment and adherence to AF practice and maintenance programs of women participating in the Sports Program Revitalization. This program is funded by the Government of Extremadura and the Provincial Councils for hiring specialists in AF. So mime pretending to know the users' satisfaction with their improvement on the physical, social and welfare herself depending on the age of participants. This type of program has the advantage of proximity to users and low cost to participants as well as an opportunity to practice directed AF, the absence in many rural locations such establishments also promote private.

METHOD

Population and Sample

AF programs for maintenance that develop within Revitalization Program Sports associations of Extremadura municipalities are open to the public. 4099 surveys were conducted initially, all users who want to participate, 3967 of which were women, 107 men and 25 were not specified sex. For this study only women were selected program participants (n = 3967) and assuming a sampling error of 1% to 95% in a population of 6564 users in this program. Respondents residing in 267 villages of Extremadura with fewer than 20,000 inhabitants, Table 1.

Instrument

A questionnaire was designed to identify closed questions which were the main reason for enrolling in a maintenance AF program and what was the main reason for staying in it. The question was meant to encourage a user's actual position and avoid a general answer and uncompromising. Through a five-step Likert scale (1 = no improvement, 5 = a lot of improvement) asked clients about their perception of personal improvement in the physical condition, in their relationships with others and being good about themselves with AF who were developing maintenance. Contextual questions were also to meet weekly practice days, how long they have doing the AF maintenance and age. Before moving the instrument to the sample assessment questionnaire asked a group of experts in the maintenance of AF Dynamized sports program to adapt the appropriateness of the questions and their wording.

Statistical Analysis

Given the nature of some nominal data, statistical analyzes were made by analyzing contingency tables the degree of association between the variables through the contingency coefficient (C) and the degree of relationship between each ones of the variable levels through the corrected residuals (RTC)> 1.96 or <-1.96 (95% confidence level). We performed a descriptive analysis of the sample and core of activity. For correlational analysis assumptions were analyzed to choose the type of test to determine the most appropriate non-parametric tests were. Statistical analysis was performed with SPSS 17.0 software.

RESULTS

The mean age of all participants was 57 ± 15.53 years. To analyze the homogeneity given in each locality groups, classes, conducted an analysis of the average of the standard deviations in each of the locations (*SD* = 9.74). Table 1 shows that participants in AF maintenance programs with less than 25 years are rare (3%), as well as over 74 years (9.6%). The age range where more women involved is between 65 and 74 years (30.9%) followed by the ranges of 45 to 59 years (22%) and 25-44 years (20.7%). The largest number of participants reside in towns between 1000 and 5000 inhabitants, 53.2%, well ahead of the localities of less than 1,000 inhabitants, 37.8%.

Table 1. Distribution of participants by age and place of residence population

Ages		Range of inhabitants				Total
		Less than 1000 inhabitants.	From 1000 to 4999 inhabitants.	From 5000 to 9999 inhabitants.	From 10000 to 20000 inhabitants.	
Less than 25 years	Count	22	83	10	3	118
	% Within Age	18.6%	70.3%	8.5%	2.5%	100.0%
	% Within inhabitants Nº	1.5%	4.1%	2.8%	3.9%	3.0%
	% Of total	.6%	2.1%	.3%	.1%	3.0%
25 to 44 years	Count	229	471	93	26	819
	% Within Age	28.0%	57.5%	11.4%	3.2%	100.0%
	% Within inhabitants Nº	15.3%	23.2%	26.0%	33.8%	20.7%
	% Of total	5.8%	11.9%	2.3%	.7%	20.7%
45 to 59 years	Count	360	382	104	28	874
	% Within Age	41.2%	43.7%	11.9%	3.2%	100.0%
	% Within inhabitants Nº	24.0%	18.8%	29.1%	36.4%	22.0%
	% Of total	9.1%	9.6%	2.6%	.7%	22.0%
60 to 64 years	Count	230	267	50	3	550
	% Within Age	41.8%	48.5%	9.1%	.5%	100.0%
	% Within inhabitants Nº	15.3%	13.1%	14.0%	3.9%	13.9%
	% Of total	5.8%	6.7%	1.3%	.1%	13.9%
65 to 74 years	Count	501	633	77	15	1226
	% Within Age	40.9%	51.6%	6.3%	1.2%	100.0%
	% Within inhabitants Nº	33.4%	31.2%	21.5%	19.5%	30.9%
	% Of total	12.6%	16.0%	1.9%	.4%	30.9%
75 or more years	Count	157	196	24	2	379
	% Within Age	41.4%	51.7%	6.3%	.5%	100.0%
	% Within inhabitants Nº	10.5%	9.6%	6.7%	2.6%	9.6%
	% Of total	4.0%	4.9%	.6%	.1%	9.6%
Total	Count	1499	2032	358	77	3966
	% Within Age	37.8%	51.2%	9.0%	1.9%	100.0%
	% Within inhabitants Nº	100.0%	100.0%	100.0%	100.0%	100.0%
	% Of total	37.8%	51.2%	9.0%	1.9%	100.0%

65% of respondents attending gymnastics classes two days a week maintenance while 31% do so three days, four days for 4% and 2% do five days a week. Only 1% does the activity one day a week. As lead while participating in such a program takes 32% between 1 and 3 years, 28% over six years, 22.1% less than a year and 17.9% has been active between 4 and 6 years.

Relationship between reasons for enrollment and adherence to AF maintenance

We have had studied the association between the motives of AF program enrollment and grounds maintenance of adherence to it. The Chi-square results show a strong association between the main reason for enrollment in AF maintenance and the main reason for adherence to the same ($X^2_{(df = 16)}$ = 6114.12, p <.01). Through the contingency coefficient was found that there was a high association between the variables (C = 779).

Through the analysis of the descriptive and the RTC of the contingency table could be observed trends and associations between enrollment and adherence reasons. The results in Table 2 indicate that the main reason for enrollment (77%) and adherence to AF is health maintenance (73.3%). A total of 68.5% of

the sample was written to AF maintenance program and remained in it for health reasons.

Besides health reasons the following inscription were recreation (7.7%) and aesthetics (5.7%) and relate to people (5.3%). Moreover, other reasons besides health adherence were: recreation (8.2%), preparation for sport (7.4%) and aesthetics (6.7%). Once the activity starts, a very high percentage of those who were motivated to improve health FAs continue doing maintenance for the same reason (93.5%). These data are confirmed by the RTC to indicate that there are many more cases than expected in health as the reason for enrollment and adherence to AF maintenance (RTC> 1.96).

Table 2. Crosstabulation between registration motives and reasons for adherence to AF maintenance

		Reasons of practice adherence					Total
Enrollment Reason		Aesthetics	Health	Recreation	Social relations	Preparation for sport	
Aesthetics	Count	170	83	8	4	1	266
	% Enrollment Reason	63.9%	31.2%	3.0%	1.5%	.4%	100.0%
	% Reasons adhesion	75.2%	2.7%	2.6%	1.9%	.6%	6.7%
	% Of total	4.3%	2.1%	.2%	.1%	.0%	6.7%
	RTC	**42.3**	-18.4	-3.0	-2.9	-3.2	
Health	Count	33	2711	66	70	19	2899
	% Enrollment Reason	1.1%	93.5%	2.3%	2.4%	.7%	100.0%
	% Reasons adhesion	14.6%	89.0%	21.6%	33.5%	11.4%	73.3%
	% Of total	.8%	68.5%	1.7%	1.8%	.5%	73.3%
	RTC	-20.5	**40.8**	-21.3	-13.4	-18.5	
Recreation	Count	11	85	205	16	6	323
	% Enrollment Reason	3.4%	26.3%	63.5%	5.0%	1.9%	100.0%
	% Reasons adhesion	4.9%	2.8%	67.0%	7.7%	3.6%	8.2%
	% Of total	.3%	2.1%	5.2%	.4%	.2%	8.2%
	RTC	-1.9	-22.6	39.1	-.3	-2.2	
Social relations	Count	2	44	11	113	3	173
	% Enrollment Reason	1.2%	25.4%	6.4%	65.3%	1.7%	100.0%
	% Reasons adhesion	.9%	1.4%	3.6%	54.1%	1.8%	4.4%
	% Of total	.1%	1.1%	.3%	2.9%	.1%	4.4%
	RTC	-2.6	-16.5	-.7	36.1	-1.7	
Preparation for sport	Count	10	124	16	6	138	294
	% Enrollment Reason	3.4%	42.2%	5.4%	2.0%	46.9%	100.0%
	% Reasons adhesion	4.4%	4.1%	5.2%	2.9%	82.6%	7.4%
	% Of total	.3%	3.1%	.4%	.2%	3.5%	7.4%
	RTC	-1.8	-14.8	-1.5	-2.6	37.9	
Total	Count	226	3047	306	209	167	3955
	% Enrollment Reason	5.7%	77.0%	7.7%	5.3%	4.2%	100.0%
	% Reasons adhesion	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	% Of total	5.7%	77.0%	7.7%	5.3%	4.2%	100.0%

Relationship between reasons for enrollment and age

Through a cross tabulation study, association between enrollment reasons, nominal variable, and age of the users of the AF maintenance programs. Table 3 shows that for women less than 25 years the main reason for registration is aesthetics (38.1%) followed by health (33.9%) and preparation for sport

(19.5%). From age 25 health stands as the main reason for most users, being the first inflection point between 25 and 44 years (52.9%) and the second from 45 years where more than 70 % choose health as the main reason. By contrast, in the aesthetic variable shows us that with the age decreases the number of people who choose this option.

The results of Chi-square ($X^2_{(df = 20)} = 677.15$, $p < .01$) indicate that there is an association between variables, although once valued the contingency coefficient was found that the association was average ($C = 382$). Although the association is average, the RTC analysis shows that after 60 years there are more cases than expected who value health as the main reason for enrollment (*RTC*> 196), Table 3. Furthermore, in women under 45 are more cases where explicit expected main reason for enrollment in a program of AF aesthetics and preparation for sport (*RTC*> 1.96), while from 60 years there are fewer cases than expected (*RTC* <-1.96). It is also important to note that health is more important for women over 60 who interact with people. No cases have been found more than expected in relationships with others as a reason for enrolling in the program.

Table 3. Reasons for enrollment in a program maintenance AF function of age

Reasons for enrollment		Ages						Total
		Less than 25 years	25 to 44 years	45 to 59 years	60 to 64 years	65 to 74 years o	75 or more years	
Aesthetics	Count	45	138	50	8	20	6	267
	% Enrollment Reason	16.9%	51.7%	18.7%	3.0%	7.5%	2.2%	100.0%
	% Within Age	**38.1%**	16.9%	5.7%	1.5%	1.6%	1.6%	6.7%
	% Of total	1.1%	3.5%	1.3%	.2%	.5%	.2%	6.7%
	RTC	**13.8**	**13.0**	-1.4	-5.3	-8.6	-4.2	
Health	Count	40	433	628	444	1043	318	2906
	% Enrollment Reason	1.4%	14.9%	21.6%	15.3%	35.9%	10.9%	100.0%
	% Within Age	**33.9%**	**52.9%**	**71.9%**	**81.0%**	**85.1%**	**83.9%**	73.3%
	% Of total	1.0%	10.9%	15.8%	11.2%	26.3%	8.0%	73.3%
	RTC	-9.8	-14.8	-1.1	**4.4**	**11.2**	**4.9**	
Recreation	Count	9	89	84	48	63	29	322
	% Enrollment Reason	2.8%	27.6%	26.1%	14.9%	19.6%	9.0%	100.0%
	% Within Age	7.6%	10.9%	9.6%	8.8%	5.1%	7.7%	8.1%
	% Of total	.2%	2.2%	2.1%	1.2%	1.6%	.7%	8.1%
	RTC	-.2	3.2	1.8	.6	-4.6	-.4	
Social relations	Count	1	27	40	28	58	19	173
	% Enrollment Reason	.6%	15.6%	23.1%	16.2%	33.5%	11.0%	100.0%
	% Within Age	.8%	3.3%	4.6%	5.1%	4.7%	5.0%	4.4%
	% Of total	.0%	.7%	1.0%	.7%	1.5%	.5%	4.4%
	RTC	-1.9	-1.7	.3	.9	.8	.6	
Sport preparation	Count	23	131	72	20	42	7	295
	% Enrollment Reason	7.8%	44.4%	24.4%	6.8%	14.2%	2.4%	100.0%
	% Within Age	19.5%	16.0%	8.2%	3.6%	3.4%	1.8%	7.4%
	% Of total	.6%	3.3%	1.8%	.5%	1.1%	.2%	7.4%
	RTC	**5.1**	**10.5**	1.0	-3.6	-6.4	-4.4	
Total	Count	118	818	874	548	1226	379	3963
	% Enrollment Reason	3.0%	20.6%	22.1%	13.8%	30.9%	9.6%	100.0%
	% Within Age	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	% Of total	3.0%	20.6%	22.1%	13.8%	30.9%	9.6%	100.0%

Relationship between adherence reasons AF and age

Through a contingency table, study association, between enrollment reasons, nominal variable, and age of the users of the AF maintenance programs.

Among the under 25s the main reason for staying in the program of physical activity is health (43.2%) followed by aesthetics (30.5%) and preparation for sport (16.1%). Noting the health reason, it was found that within the old rate, the choice of this motif increases gradually with increasing age and that after 45 years more than 75% of women stated that physically active to improve or maintain health.

The Chi-square results indicate that there is an association between the variables ($X^2_{(df = 20)}$ = 603.02, p<.01), although once valued the contingency coefficient was found that the association was average (C = 364). Although the association is average, the analysis of RTC reports that after 60 years there are more cases than expected who value health as the main reason to stay on a maintenance program AF (*RTC*> 196), Table 4 . Meanwhile, in the under 45 years are more cases where explicit expected as the main reason to stay in a program of AF aesthetics and preparation for sport (*RTC*> 1.96), while that from the 60 years there are fewer cases than expected (*RTC* <-1.96).

Table 4. Reasons for staying in a program of maintenance AF depending on the age.

Reasons for enrollment		Ages						Total
		Less than 25 yo	25 to 44 yo	45 to 59 yo	60 to 64 yo	65 to 74 yo	75 or more yo	
Aesthetics	Count	36	128	44	3	11	4	226
	% Enrollment Reason	15.9%	56.6%	19.5%	1.3%	4.9%	1.8%	100.0%
	% Within Age	**30.5%**	15.7%	5.1%	.5%	.9%	1.1%	5.7%
	% Of total	.9%	3.2%	1.1%	.1%	.3%	.1%	5.7%
	RTC	**11.8**	**13.8**	-1.0	**-5.6**	**-8.7**	**-4.1**	
Health	Count	51	503	676	446	1056	318	3050
	% Enrollment Reason	1.7%	16.5%	22.2%	14.6%	34.6%	10.4%	100.0%
	% Within Age	**43.2%**	61.6%	77.6%	81.1%	86.2%	84.6%	77.1%
	% Of total	1.3%	12.7%	17.1%	11.3%	26.7%	8.0%	77.1%
	RTC	**-8.9**	**-11.8**	.4	**2.4**	**9.1**	**3.6**	
Recreation	Count	10	71	88	45	63	28	305
	% Enrollment Reason	3.3%	23.3%	28.9%	14.8%	20.7%	9.2%	100.0%
	% Within Age	8.5%	8.7%	10.1%	8.2%	5.1%	7.4%	7.7%
	% Of total	.3%	1.8%	2.2%	1.1%	1.6%	.7%	7.7%
	RTC	.3	1.2	3.0	.4	-4.1	-.2	
Social relations	Count	2	31	35	45	74	22	209
	% Enrollment Reason	1.0%	14.8%	16.7%	21.5%	35.4%	10.5%	100.0%
	% Within Age	1.7%	3.8%	4.0%	8.2%	6.0%	5.9%	5.3%
	% Of total	.1%	.8%	.9%	1.1%	1.9%	.6%	5.3%
	RTC	-1.8	-2.1	-1.9	3.3	1.4	.5	
Sport preparation	Count	19	84	28	11	21	4	167
	% Enrollment Reason	11.4%	50.3%	16.8%	6.6%	12.6%	2.4%	100.0%
	% Within Age	16.1%	10.3%	3.2%	2.0%	1.7%	1.1%	4.2%
	% Of total	.5%	2.1%	.7%	.3%	.5%	.1%	4.2%
	RTC	**6.5**	**9.7**	-1.7	-2.8	-5.3	-3.2	
Total	Count	118	817	871	550	1225	376	3957
	% Enrollment Reason	3.0%	20.6%	22.0%	13.9%	31.0%	9.5%	100.0%
	% Within Age	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	% Of total	3.0%	20.6%	22.0%	13.9%	31.0%	9.5%	100.0%

Subjective perception in improving health in terms of age

Asked to what extent users were satisfied with their improved physical condition, in their relationships with others and being good about themselves with AF who were developing maintenance. Respondents answered these questions on a Likert scale of five steps showing high satisfaction with their improvement at the physical (M = 4.51 ± 0.70), in their relationships with others (M = 4.37 ± 0.93) and feeling good about themselves (M = 4.61 ± 0.64). Through the Spearman correlation coefficient was found that there was a relationship between the variables low despite being statistically significant, the results showed that the trend of older women who had had a more positive assessment of the AF on your fitness (r_s = 0.085, p<.01), their relationships with others (r_s = 0.221, p<.01) and feel better about themselves (r_s = 0.075, p<.01).

DISCUSSION

For the determination of women as objects of study have been determining the results of sampling at the entire population would participate finding that 97.4% were women. These results confirm the findings of several studies which found

a majority of women in this type of activity (Eagle, et al, 2009; Macias and Moya, 2002, Lopez and Rebollo, 2002).

The localities in which more women are participating localities with fewer than 5000 inhabitants is considered equally in rural areas. In these localities physical activity programs in the private sphere, gyms and fitness rooms are usually scarce and therefore women attend municipal programs.

Analysis of AF maintenance groups generally indicated that class groups in each locality were heterogeneous with age. Girls fewer than 25 participate in these programs are limited. This circumstance should be studied further in the countryside to find possible causes such as studies outside the town, into work or other activities more attractive to their motivation.

Of note is the high percentage of female participants between 65 and 74 years old, which justifies the need to include in future studies in women this age population. Until recently the limit of the population were 65 but from the year 2000 is included in surveys habits and reasons for the practice of physical activity sports age range of 65-74 years (García-Ferrando, 2001). However, in Spain the habits and physical motivations sports women 65 to 74 years are not mentioned therein, as well as in subsequent studies by the same author, study among 2001-2006.

A 42.7% of the female participants are aged between 25 and 59 years, studies are required on contextual issues that affect access to the activity, knowledge and need for it, an activity that satisfies their concerns and reconciling work and family life through appropriate times.

Health was the main reason for registration to AF maintenance program, where at least three quarters of the respondents had chosen this as the main reason. Minority some users chose as the main reason for enrollment in the program: recreation, aesthetics and relate to people. This same trend continues in the grounds of adherence to practice once they have participated in the program. These results confirm the findings of numerous investigations that found in health the main reason for practicing AF (Garcia, et al., 1996; Ikulayo, 1998, Pavón and Moreno, 2008), especially in the practice of AF maintenance (Cabañas , et al., 2004, Moreno, et al., 1997).

It is possible that the reasons for registration and maintenance of AF in a practice may be different or not depending on the age of the users. Therefore, we studied if there was any connection between the reasons before beginning actual practice and after trying in their own practice. Almost all of the women who started the maintenance program AF motivated by health (93.5%) remain in the program for the same reason, a fact that is confirmed by the residuals corrected to 95% confidence. This result shows that the activity satisfies the expectations that the user had deposited on it. Similarly, is confirmed by the high value in the subjective perception that gave the users about the

improvements that this activity gives them physically, in relationships with others and feeling good about her. The AF promotes improved health perception in three areas, physical, mental and social (Devis, 2000; Downie, Fyfe and Tannahill, 1990; Janisse, Nedd, Escamilla and Nies, 2004; Olmedilla, Ortega y Madrid, 2008, Stathi, Fox, and McKenna, 2002).

Age as a determinant of the reasons for enrollment and adherence to practice.

The opinion of the reasons for enrollment and adherence to the practice of AF evolves with age (and Akandere Yilmaz, 2003; Trail, et al., 2002). The results indicate that the aesthetics and health are the main reasons for enrollment in women under 25 years, but when we analyze the evolution of these two reasons according to age shows that the trend is very different, increases with age overwhelmingly the number of users who say they signed up for health reasons and descending the number of women who do it for aesthetics. The other reasons are still far behind the review of health as the main reason for enrollment in a program of physical activity.

Once the program starts from the view of the AF under 25 has changed slightly as health becomes the main reason for continued adherence of aesthetics, observed in the age distribution for each of these reasons for the opinion about the main reason is health adhesion.

After 45 years there has been a big turning point in the opinion on the basis of enrollment and adherence and that over 70% of women choose health as the main reason to enroll and keep practicing AF maintenance. This whole trend is confirmed by the residuals corrected to 95% confidence.

Young women consider aesthetics as a major reason for the practice of physical activity (Eklund and Crawford, 1994; Gill and Overdorf 1993, Pavón and Murcia, 2008), at least at the same level of health. This review is losing weight with age to reinforce health as the main reason for enrollment and adherence to a maintenance program AF (Cabañas, et al., 2004; Ruiz, et al. 2007)

Apparently, it may be surprising that health is more important for women over 60 who interact with people, but we must clarify that we are talking about women in rural areas where social relations are apparently simpler than in urban areas. However, it has been shown that older women show a higher value to the improvement of their social relations from AF maintenance program.

Although one cannot establish any causal link, given the nature of the data, the results show a trend in this type of PA programs regular maintenance to a greater perception of improvement in various areas involved with health, physical, psychological and social, as age increases. That is why the AF can be attributed some psychological component which itself contributes to the perception of welfare participants.

It is important to take into account the heterogeneity of the ages that make up the class of AF maintenance, as this could guide practitioners towards objectives of improving fitness less demanding and more based on healthy physical activity.

CONCLUSIONS

Health is the main reason for enrollment and adherence to AF maintenance in dynamic sports programs at the municipal rural Extremadura. With age most women choose health as the main reason and diminish the idea of aesthetics and body image as a reason to practice AF. Other reasons such as the relationship with the other, recreation or elected minority preparation as reasons to practice in AF maintenance program. Women perceive subjectively improved various health-related items at three levels: physical, being themselves and in social relations.

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