

Differences between gender and population groups, motivational variables and healthy lifestyles

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ABSTRACT

The objective of our study was to analyse the difference between genders in the population groups under and over 40 years old, in relation to healthy lifestyles variables such as the intention to be physically active, balanced diet, tobacco, rest, as well as motivational variables related to the practice of physical activity. The sample consisted of 858 subjects, aged between 18 and 77 years old (41.62 ± 13.30). The instruments used for collection data were the Behavioural Regulation Exercise Questionnaire, for the Intrinsic Motivation measurement, the Intentionality to be Physically Active Measurement Scale, for the intention of future practice measurement, and the Healthy Lifestyles Questionnaire, for the tobacco consumption, rest, balanced diet and respect to the meal schedule variables measurement. The results determined that men have more intention to be physically active, higher more self-determined motivation and greater balanced diet, than women, both in the group under 40 years, and in the group over 40 years. It was concluded that men have higher means in variables related to lifestyle, in relation to women. **Keywords:** Healthy lifestyle; Gender; Physical activity; Motivation.



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INTRODUCTION

The importance of adopting a healthy lifestyle from an early age is essential, and then maintain these habits in the adult stage (Hallal, et al., 2006). Regarding gender, Marcos, Borges, Rodríguez, Huescar, & Moreno (2011), stressed that the reasons for practice depend on the characteristics of the practitioners, adding that integrated motivation is key to achieving a greater commitment to practice. In their results they found that boys have a greater reason for affiliation and social recognition than girls, in addition to recognizing that the reasons at younger age are related to the image, and at older age the reason for health prevails. There are several studies (Lamonedá & Huertas, 2017, Práxedes, Sevil, Moreno, del Villar, & García, 2016) that establish that girls are still showing lower levels of participation in sports physical activities than boys. Therefore, the objective of our study was to analyse the difference between genders in relation to healthy lifestyles variable, in the population groups under and over 40 years old.

MATERIAL AND METHODS

Participants

The sample consisted of 858 subjects, with aged between 18 and 77 years (41.62 ± 13.30), from different areas of Spain. The following frequency groupings were made, between 18 and 40 years old (232 women, 192 men), and between 41 and 77 years old (223 women and 211 men).

Measures

It was used the Behavioural Regulation Exercise Questionnaire (BREQ-3) (Wilson, et al., 2006) in its Spanish version (González-Cutre, et al., 2010), composed of 23 items divided into the following factors: Intrinsic Regulation (Cronbach's Alpha = .93) composed of 4 items, Integrated Regulation (Cronbach's Alpha = .92) composed of 4 items, Identified Regulation (Cronbach's Alpha = .83) composed of 3 items, Regulation Introjected (Cronbach's alpha = .70) composed of 4 items, External Regulation (Cronbach's alpha = .82) composed of 4 items, amotivation (Cronbach's alpha = .72) composed of 4 items.

It was used the Intentionality to be Physically Active Measurement Scale (Hein, et al., 2004), validity to Spanish by Moreno, et al. (2007), which consists of five items that are grouped into one factor. In this study it was obtained a Cronbach's alpha value of = .87.

For healthy lifestyles measurement, it was used the Healthy Lifestyles Questionnaire (VHS) designed by Wold (1995), translated and validated by Leyton, et al. (2018). It consists of 12 items divided into the following factors: rest habits (Cronbach's alpha = .85) composed of 3 items, Tobacco consumption (Cronbach's alpha = .88) composed of 3 items, balanced diet (Cronbach's alpha = .71) composed of 3 items and respect to the meal schedule (Cronbach's Alpha = .70) composed of 3 items.

In all the questionnaires used, all the items are answered through a Likert scale of 5 points, whose range goes from the value 0, totally in disagreement to 5, totally according to the formulation of the question.

Procedures

First we elaborated the questionnaire in the Google Form platform, for the online questionnaire production. Later we administer the questionnaires through different channels (WhatsApp, Facebook, twitter).

Analysis

It was carried out the reliability analysis (Cronbach's alpha). It was carried out the Kolmogorov-Smirnov test and variances homogeneity using the Levene test, the results show a normal data distribution. Next, the descriptive analyses were carried out, and the variance analysis was performed by an ANOVA analysis with Tukey's Post Hoc. The program used to analyse the data obtained in the different questionnaires is the statistical program IBM SPSS Statistics 19.0.

RESULTS

In Table 1, it is shown the Anova analysis' results, between gender, for the population groups under and over 40 years old.

Table 1. Variance Analysis between the different dependent variables, in the population groups under and over 40 years old, based on gender

	Variables	Quadratic mean	F	P	Men mean	Women mean
< 40 years	Intention to be physically active	5.69	8.54	.00	4.44	4.20
	Intrinsic Regulation	5.30	5.86	.00	4.35	4.12
	Integrated regulation	14.89	13.16	.00	4.27	3.90
> 40 years	Intention to be physically active	5.69	8.54	.01	4.30	4.11
	Balance diet	5.30	5.86	.03	4.86	4.04
	Integrated regulation	14.89	13.16	.01	4.22	3.99

P: significant between .00 and .05.

DISCUSSION

According to Gutiérrez et al. (2018), the motivations differences according to gender exist, determining that in younger ages women tend more towards task orientation and greater intrinsic motivation towards practice (Berlanga, et al., 2018), which entails a greater intention to be physically active (Bermejo, et al., 2018). They also affirm that men tend more towards an orientation towards the ego, and therefore a more extrinsic motivation (Berlanga, et al., 2018). However, Ortuño et al. (2018), state that younger men have a greater intention to practice. In relation to a balanced diet, men obtained a higher average. This result agrees with Candía, et al. (2019). They concluded that women have a healthier diet than men, but as age advances, this diet improves quality, especially in men.

CONCLUSIONS

In both population groups, men have a greater intention to be physically active, more self-determined motivations and a more balanced diet.

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