



Relationship between Regulation of Exercise Behaviour and Motives for Physical Activity among Male Adults from Pune

Gawas, T. M.

PG Student, D.S.P.E., Savitribai Phule Pune University

Pethkar, V. U.

Associate Professor, D.S.P.E., Savitribai Phule Pune University

ABSTRACT

The present study aimed to examine the relationship between regulation of exercise behaviour and motives for physical activity among male adults aged 18–35 years from Pune. A descriptive correlational research method was adopted. A sample of 100 male adults aged between 18-35 years were selected using convenience sampling from people who participate in physical activity in S. P. Pune University premises. Data were collected using two standardized tools: the Behavioural Regulation in Exercise Questionnaire – 3 (BREQ-3) to measure regulation of exercise behaviour, and the Motives for Physical Activity Measure – Revised (MPAM-R) to assess motives for physical activity. Descriptive statistics (mean and standard deviation) and Pearson's Product Moment Correlation Coefficient were used for data analysis at a 0.05 level of significance. The results revealed that the mean score for regulation of exercise behaviour (REB) was 50.95 (SD = 18.11) and for motives for physical activity (MPA) was 127.79 (SD = 26.80). Pearson's correlation coefficient ($r = 0.943$, $p = 0.00$) indicated a significant positive relationship between regulation of exercise behaviour and motives for physical activity. The findings suggest that individuals with stronger intrinsic motives, such as enjoyment, competence, and fitness, tend to demonstrate better and more consistent regulation of their exercise behaviour. These results support the principles of Self-Determination Theory and highlight the importance of fostering internal motivation to promote long-term physical activity adherence among adults from Pune.

Keywords : Motives for Physical Activity; Regulation of Exercise Behaviour



Introduction

Physical activity plays a vital role in maintaining and improving both physical and psychological well-being. Regular engagement in exercise reduces the risk of non-communicable diseases, supports mental health, and enhances overall quality of life (World Health Organization, 2020; Warburton & Bredin, 2017). Despite widespread awareness of these benefits, physical inactivity continues to be a global health concern, particularly among adults in academic and professional settings.

In contemporary university environments, individuals face a range of pressures including academic demands, occupational responsibilities, and changing lifestyle patterns. These factors often reduce the time and energy available for regular physical activity, contributing to increasingly sedentary behaviours (Owen et al., 2010; Keating et al., 2005). At Savitribai Phule Pune University (SPPU), a diverse population of students, research scholars, and working professionals faces similar challenges.

Two core psychological constructs have been identified as central to understanding exercise participation: motives for physical activity and regulation of exercise behaviour. Motives refer to the reasons that initiate and sustain an individual's engagement in physical activity, including factors such as enjoyment, fitness, appearance, social interaction, and competence (Ryan et al., 1997). Regulation of exercise behaviour, as explained by Self-Determination Theory (SDT), refers to the degree to which behaviour is self-determined, ranging from amotivation and external regulation to integrated and intrinsic motivation (Deci & Ryan, 2000; Markland & Tobin, 2004).

Research indicates that individuals who engage in exercise for intrinsic reasons such as enjoyment and personal satisfaction tend to maintain more consistent exercise habits compared to those driven by external pressures. However, there is limited research exploring this relationship specifically within Indian university populations. Therefore, the present study aimed to examine the relationship between regulation of exercise behaviour and motives for physical activity among male adults from Savitribai Phule Pune University.

Materials and Methods

Method : A descriptive correlational research design was used to examine the relationship between regulation of exercise behaviour and motives for physical activity among male adults from Pune. This method was chosen to assess the existing psychological and behavioural conditions of the participants without manipulating any variables. The study aimed to describe the levels of regulation of exercise behaviour



and motives for physical activity and to determine the degree of association between these variables.

Subjects : The population consisted of male adults aged 18 to 35 years from Savitribai Phule Pune University who engaged in physical activity within the university premises. From which a sample of 100 male adults were selected using a convenience sampling technique.

Tools : Data were collected using the Behavioural Regulation in Exercise Questionnaire – 3 (BREQ-3) developed by Markland and Tobin to measure regulation of exercise behaviour, and the Motives for Physical Activity Measure – Revised (MPAM-R) developed by Ryan et al. to assess motives for physical activity among male adults. The BREQ-3 consists of 24 items that evaluate different regulatory styles of exercise behaviour grounded in Self-Determination Theory, including amotivation, external regulation, introjected regulation, identified regulation, integrated regulation, and intrinsic motivation.

The MPAM-R consists of 30 items designed to assess five motives for physical activity: interest/enjoyment, competence, appearance, fitness, and social interaction. Responses on both questionnaires were recorded on a Likert-type scale, with higher scores indicating greater levels of the respective construct.

Procedure : Permission was obtained from the concerned university authorities before data collection. The purpose of the study was clearly explained to the male adult participants, and confidentiality of their responses was assured. Participation in the study was voluntary. The Behavioural Regulation in Exercise Questionnaire – 3 (BREQ-3) and the Motives for Physical Activity Measure – Revised (MPAM-R) were administered to the participants individually using a Google form. Proper instructions were given to ensure accurate and honest responses. The collected responses were scored according to standardized scoring procedures. The data were then tabulated and analyzed using SPSS software to compute descriptive statistics (mean and standard deviation) and Pearson's Product Moment Correlation Coefficient to examine the relationship between regulation of exercise behaviour and motives for physical activity at a 0.05 level of significance.

Results

The data of the present study were collected to examine the relationship between regulation of exercise behaviour and motives for physical activity among adults from Savitribai Phule Pune University. A total of 100 participants aged between 18 to 35 years were selected for the study. Regulation of exercise behaviour was assessed using



the Behavioural Regulation in Exercise Questionnaire (BREQ-3), which categorized participants into different forms of motivation such as amotivation, external regulation, introjected regulation, identified regulation, integrated regulation, and intrinsic motivation. Motives for physical activity were measured using the Motives for Physical Activity Measure-Revised (MPAM-R) including dimensions such as fitness, appearance, competence, social, and enjoyment. Both variables were treated as quantitative measures. The collected data were analyzed using descriptive statistics and Pearson's Product Moment Correlation to determine the relationship between exercise behaviour regulation and motives for physical activity.

Table No. 1: *Descriptive statistic of Regulation of Exercise Behaviour and Motives for Physical Activity*

Statistical Measure	Regulation of Exercise Behaviour	Motives for Physical Activity
N	100	100
Mean	50.95	127.79
Std. Error of Mean	1.81	2.68
Std. Deviation	18.11	26.80

Table No: 1 indicates that participants demonstrated moderate levels of regulation of exercise behaviour and motives for physical activity. The purpose of this study was to examine the relationship between regulation of exercise behaviour and motives for physical activity among adults, for which 100 participants were selected. In order to measure their regulation of exercise behaviour and motives for physical activity, standardized questionnaires were administered. In case of regulation of exercise behaviour, the mean of their performance is 50.95 with a standard deviation of 18.11 and a standard error of mean 1.81, whereas for motives for physical activity, the mean of their performance is 127.79 with a standard deviation of 26.80 and a standard error of mean 2.68.

Table No. 2 : *Pearson's Correlation between Regulation of Exercise Behaviour and Motives for Physical Activity*

Variables	N	Pearson Correlation (r)	Sig. (2 tailed)
Regulation of Exercise Behaviour and Motives for Physical Activity	100	0.943	0



Pearson's Correlation Coefficient was computed to determine the relationship between the Regulation of Exercise Behaviour and Motives for Physical Activity, as illustrated in Table No. 2. For the total sample ($N = 100$), the calculated Pearson's correlation coefficient is $r = 0.943$, with an obtained p-value of 0.000. Since the p-value is less than the 0.05 level of significance, it indicates that there exists a statistically significant and very strong positive relationship between the two variables. This suggests that higher levels of exercise behavior regulation are closely associated with stronger motives for engaging in physical activity.

Discussions

The findings of the present study reveal a strong positive relationship between regulation of exercise behaviour and motives for physical activity ($r = 0.943$, $p = 0.00$). This indicates that individuals who possess stronger and more diverse motives for participating in physical activity tend to demonstrate higher levels of behavioural regulation in their exercise habits.

These findings are consistent with the principles of Self-Determination Theory (SDT), which proposes that behaviour is most effectively sustained when it is driven by internal or autonomous motivation (Deci & Ryan, 2000). According to SDT, individuals who engage in physical activity for intrinsic reasons such as enjoyment, competence, and personal fitness are more likely to develop well-regulated, self-determined exercise behaviours. The present study supports this perspective, as higher scores on the MPAM-R were associated with higher regulation levels on the BREQ-3.

Furthermore, the results align with the findings of Teixeira et al. (2012), who reported that autonomous motivation is a reliable predictor of long-term exercise adherence. External motivations such as appearance or social pressure may initiate exercise participation, but intrinsic motives such as enjoyment and perceived competence are more effective in sustaining it over time (Markland & Tobin, 2004; Ryan et al., 1997).

The study also highlights an important practical implication: designing exercise programs that focus on fostering intrinsic motivation—through elements of choice, mastery, and enjoyment—may be more effective in promoting consistent physical activity participation among university adults. Physical education professionals and fitness trainers at SPPU may consider incorporating motivational strategies based on SDT principles to improve exercise adherence.



Conclusion

The present study concluded that there is a significant positive relationship between regulation of exercise behaviour and motives for physical activity among male adults from Savitribai Phule Pune University ($r = 0.943$, $p = 0.00$). Individuals with stronger intrinsic motives such as enjoyment, fitness, and competence tend to demonstrate better and more consistent regulation of their exercise behaviour. The findings support the role of Self-Determination Theory in explaining exercise behaviour and underscore the importance of cultivating internal motivation to promote long-term physical activity adherence. Understanding these motivational dynamics can assist physical education professionals in designing more effective and person-centred exercise programs within university settings.

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