

# A Study on Motivational Readiness of University Teachers and Government Administrative Officers to be Physically Active

Md. Robiul Islam, Md. Zafiroul Islam

**Abstract**— Research studies have revealed that people of all ages can improve their health by simply participating in moderate level of physical activity and developing a positive attitude towards the documented benefits into their daily routine. Despite the documented benefits, regular participation in physical activities has been lower than the desired level. In most cases the motivation of change for participating in regular physical activities has been limiting this positive attitude to be developed. Under this background the present study was undertaken to analyze the motivational readiness of University teachers and Govt. Administrative officers to be physically active. Thirty-five (35) university teachers (male) of Jashore University of Science and Technology and fifteen (15) Govt. Administrative officers (male) from Jashore District administration were selected as subjects. Motivational readiness to be physically active was assessed by a questionnaire prepared on the basis of the Flow-Chart developed by Blair et.al. (2001). Data were analyzed to categorize the subjects into five layers on the basis of motivational readiness. Results indicated: (i) 46% of University teachers and 39% Govt. Administrative officers were not doing any physical activities for health and fitness indicating no motivational readiness to be physically active; (ii) 42% of University teachers and 34% of Govt. Administrative officers were doing physical activities irregularly indicating less motivational readiness; and (iii) 12% of University teachers and 27% of Govt. Administrative officers were doing physical activities regularly as per desired level for health and fitness indicating high motivational readiness.

**Index Terms**— Administrative officers, Motivational Readiness, Physically active, University teachers

## 1 INTRODUCTION

THE relationship between physical activity and the good health has been very well documented. To date research studies have indicated that the regular exercise is associated with increased life expectancy and reduced risk of hypokinetic diseases including coronary heart disease, diabetes, lower back pain and other issues, hypertension, stroke, some kinds of cancer, osteoporosis obesity and mental ailments including stress and mood disturbances (World Heart Federation-2017).

Regular participation in Physical activity programs also positively influences health promoting behaviors and discourages the use of tobacco, alcohol, and drugs. Extensive research has clearly revealed that people of all ages can enhance their health by simply incorporating moderate levels of physical activity into their daily routine (The U.S. Department of Health and Human Services). There has been a relentless effort to promote health awareness and a number of international health organizations of various sizes such as World Health Organizations (WHO), World Health Assembly, Global Health Council etc. provided numerous recommendations regarding the necessity of physical activity in our daily life. They have advocated participation in physical activity irrespective of age and sex.

According to health scientific research one should do at least 30 minutes' moderate exercise a day for 5 days a week in continuation of at least six (6) months as a form of habit. People can engage themselves in daily physical activity by just simply developing a positive attitude towards the documented bene-

fits for participating in physical activity. Despite the documented benefits of regular exercise, the participation level has

been lower than the desired level. According to the World Health Organizations (WHO) in 2016, 23% of men and 32% of women aged 18+ years were insufficiently physically active globally. Over the past 15 years, levels of insufficient activity did not improve (28.5% in 2001; 27.5% in 2016). Physical inactivity contributes to some 3.2 million deaths a year and it is the fourth highest risk factors for death in the world (World Heart Federation-2017).

There may be many reasons behind this but in most cases lack of Motivational Readiness for participating in daily physical activity has been identified as a limiting factor for this. Under this background, the present investigation was planned to study and analyze the motivational readiness of the people in higher strata of the society for participating in physical activity workouts on a regular basis to be healthy.

## **2 METHODOLOGY**

### **2.1 The Subject:**

Thirty-five (35) University Teachers (male) from Jashore University of Science & Technology and fifteen (15) Administrative Officers (male) from different Public Departments of Jessore District working under the direct supervision and control of Bangladesh Government were randomly selected as subjects.

### **2.2 Procedure for collecting data:**

Motivational Readiness for participating in physical activity on a regular basis was the criterion measure for this study. A questionnaire developed on the basis of the Flow-Chart, provided by Blair et.al. (2001) for determining the state of readi-

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ness for participating in physical activity for maintaining health and fitness, was used as tool to measure motivational readiness of the subjects. The questionnaire included four (4) questions to identify five (5) levels of motivational readiness. In level-5 the subjects who were doing physical activities for a minimum period of 30 min a day for five days a week on a regular basis for last six months were included. They were considered as persons with highest level of motivational readiness to be physically active. In level-4 those who were doing physical activities like level-5 but not on a regular basis were included. They were considered as the persons with medium level of motivational readiness to be physically active. In level -3 those subjects were included who were found to do physical exercises but neither in proper doses nor on a regular basis. They were considered as the persons with low level of motivational readiness. In level-2 the persons who did not do any physical exercise for health and fitness due to some reasons were considered. Out of them those who expressed that they would like to do physical exercise if they get suitable situations and opportunities. They were the category of persons having lowest level of motivational readiness to be physically active. The remaining persons who expressed that they did not like to do physical exercise for health and fitness even they are provided suitable situations and opportunities, they were included in Level -1 and considered as the group having no motivational readiness to be physically active.

**2.3 Figures**

Information received from the subjects in form of data has been presented in Table -1

Table-1

Motivational readiness of Administrative Officers & University Teachers

Group	No of Subjects	Responses indicating				
		Level-1	Level-2	Level-3	Level-4	Level-5
Govt. Administrative Officers	15	2 (13%)	4 (26%)	4 (27%)	1 (7%)	4 (27%)
University Teachers	35	8 (23%)	8 (23%)	9 (25%)	6 (17%)	4 (12%)

**3 RESULTS & DISCUSSION**

It is seen from the Table-1 that 13% of the govt. administrative officers and 23% of the university teachers were in level -1 having no motivational readiness to be physically active. Twenty-six per cent (26%) of the govt. administrative officers and 23% of the university teachers possessed lowest motiva-

tional readiness to be physically active. They were in level-2. Twenty-seven per cent (27%) of the govt. administrative officers and 25% of the university teachers exhibited low motivational readiness to be physically active. They were in level -3. Only seven per cent (7%) of the govt. administrative officers and 17% of the university teachers possessed medium level of motivational readiness to be physically active to be in level -4. Twenty-seven per cent (27%) of the govt. administrative officers 27% and 12% of the university teachers were found to be in level -5 having highest motivational readiness to be physically active.

**4 CONCLUSION**

Comparing the groups, it is evident that Govt. Administrative Officers possess greater motivational readiness to be physically active than the university teachers. This might be due to the fact that the administrative officers were more aged and having age related problems for health and fitness. On the other hand, the university teachers from Jashore University of Science and Technology were younger and most of them were below forty years of age. They did not have age related problems for health and fitness yet.

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