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## Motivational Profile of Crossfit Practicers of Curitiba-Pr



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### ABSTRACT

The **objective** of the present study was to verify the motivational profile of Crossfit® practitioners in the adherence period ( $\leq 6$  months of practice) and to compare it to that of practitioners of the same modality in the period of residence ( $\geq 1$  year of practice). The study **consisted** of 28 Crossfit® practitioners, 14 male and 14 female, ages 15-50, from the city of Curitiba-Paraná. The adherence group consisted of six women and eight (8) and the permanence group consisted of eight (8) women and six (6) men. The data collection **instrument** used was: Motivation Inventory to Physical Activity Practice (IMPRAFE-54) motivational approach through six factors, they are: Stress control; Health; Sociability; Competitiveness; Aesthetics and Pleasure Analysis of the data: The **analysis** took place through the SPSS statistical program. the averages of the scores obtained. It was performed Student's test (t test) for independent samples in order to verify significant differences in the profile versus time motivation practice and sex. We adopted  $p \leq 0.05$  as significance level. **Results:** After analyzing the data it was verified that the dimensions of greater relevance for the subjects were: pleasure, health and esthetics. This result persisted when the dimensions were regulated by the variables "practice time" and "sex". A curious fact was that the "competitiveness" dimension presented the lowest scores, for both sexes regardless of the time of practice. Statistical analysis showed that there was no significant difference ( $p \leq 0.05$ ) between the dimensions for men and women, nor was there a significant difference when comparing the groups of different practice times (adherence \ permanence). **Conclusions:** Through the present study it was possible to identify that the motivational dimensions that best describe crossfit® practitioners are: pleasure, health and esthetics. This fact is repeated for both men and women, regardless of the time of practice. In addition, the competitiveness dimension presented the lowest mean in both groups. Despite the findings in the present study, it is suggested that more studies be performed with more significant samples.

## INTRODUCTION

Physical activity is recognized as an indispensable aspect of health promotion, and this is reflected in the widespread dissemination in media vehicles of the benefits of regular physical activity. As a consequence of the dissemination of health information, the fitness market undertakes to offer a wide variety of training modalities, aiming at physical conditioning, aesthetics and well-being. Various modes and methods emerge, spread and become obsolete at a rather frightening rate. However, it is perceived that little is known about what factors are paramount for such seasonality and instability of the modalities offered in the academies. Crossfit® is one of the modalities that emerges in the national and world scenario, as a methodology that aims at the insertion of individuals in an active life. This modality seeks to offer its practitioners a level of high and generalized conditioning, promising to make their bodies prepared for a wide variety of everyday situations. The purpose of the modality is, according to Glassman (2015, p.3) "to create a program that would better prepare practitioners to face any physical challenge; to prepare them both for the unknown and for the unseen. " Thus, the modality compiles elements of Olympic weight lifting, gymnastics and other modalities in an attempt to simultaneously develop physical abilities such as: cardiovascular/respiratory resistance, muscular endurance, flexibility, power, coordination, agility, balance accuracy. The presence of elements that are not widespread among those practicing physical activity, coupled with a competitive environment, seems to be one of the attractive factors in the sport, which has attracted a lot of the public from Curitiba. According to the official website of the modality, more than thirty boxes (name given to the place of practice of the sport) are licensed in the capital of Paraná, one of the Brazilian capitals that has more places to practice. Despite the great appeal for the modality, little is known about which aspects are decisive in the adherence of the practitioners to this modality, as well as more information about the profile of the public that adheres to this modality. This information can be relevant in the consolidation of the modality in the fitness market, as well as in the improvement of an appropriate intervention proposal to the public of Paraná.

From this perspective, the relevance of identifying which motivational aspects are related to adherence and adherence in the modality, in Curitiba practitioners, since, according to Delai and Santos (2003, p.7), "when a person searches for everything and any kind of physical

activity she needs reasons to do it, and it is extremely important to know what motivates these people to join, stay or even to abandon some physical activity.

Therefore, identifying the motivational dimensions related to the practice of crossfit, as well as motivational changes inherent to the modality, observing differences and similarities between the female and male public, becomes relevant for the formulation of strategies that guarantee the adherence and adherence of the practitioners of the modality.

## **METHODOLOGY**

The present study aims to identify which motivational aspects are related to adherence and adherence of individuals to the crossfit® modality. In this way, it presents a qualitative descriptive character. This type of research, according to Thomas and Nelson (2009), is a status study where its value is based on the premise that problems can be solved and practices improved through objective and complete observation, analysis and description (THOMAS and Nelsson, 2009).

## **POPULATION AND SAMPLE**

The research sample consisted of 28 Crossfit® practitioners, 14 males and 14 females, aged between 15 and 50 years, from the city of Curitiba-PR. Subjects were divided into two groups: Adherence ( $\leq 6$  months of practice) and permanence ( $\geq 1$  year of practice). The adherence group consisted of six (6) women and eight (8) men, and the permanence group consisted of eight (8) women and six (6) men, aged between 20 and 40 years. There is no minimum (6) six months, from the city of Curitiba-PR. The sample was selected in a non-probabilistic way for convenience (THOMAS and NELSON, 2002), avoiding individuals that did not correspond to the criteria analyzed.

## **INSTRUMENTS AND PROCEDURES**

The present study will use the Inventory of Motivation to the Regular Practice of Physical and/or Sports Activities (IMPRAFE-54) as a way to measure the motivational dimensions of the studied subjects. This questionnaire evaluates six dimensions of motivation related to the regular practice of physical and/or sports activities: stress control, health, sociability, competitiveness, aesthetics and pleasure. This questionnaire is composed of 54 items, grouped in 9, that describe reasons that encourage people to practice a sport regularly or

physical activity (s). The new (9th) block is composed of repeated questions, used as a verification scale. The answers of this questionnaire are obtained through bidirectional scale of likert type, graduated between "1-this motivates me very little", until "this motivates me very much" According to Balbinotti (BALBINOTTI, BARBOSA, 2008, page 78). The satisfactory results obtained guarantee its use. Your application will be carried out digitally. The questionnaire will be scanned through google docs and its link will be made available to practitioners of the sport through social networks. In order not to compromise the results of the research, incompletely completed questionnaires were discarded.

## **DATA PROCESSING AND STATISTICS**

The results obtained will be treated through simple descriptive statistics, calculated through SPSS software, a statistical program widely used in scientific research. To analyze the probability of significance, the t-test for independent samples will be performed, adopting the relevance value when:  $P < 0.05$ . In order to perform such analysis, the subjects were divided into two (2) groups, considering their practice time in the modality: adherence ( $\leq 6$  months), permanence ( $\geq 1$  year).

## **RESULTS AND DISCUSSION**

After the analysis of the data, it was possible to verify that, compared to the crude means of the scores, there was a similarity between the results obtained between the "adhesion" group and the "permanence" group, which can be observed in Table 1. In relation to the " (M = 33.65), health (M = 32.28) and Aesthetics (M = 28.85). In relation to the "adherence" group, the variables that stood out were: Pleasure (M = 32.21), Aesthetics (M = 29.21) and Health (M = 28.85). It is observed that the variables that stood out were the same in both groups, alternating only orders, however, the Pleasure variable presented the highest mean in both groups; According to Barbosa (2006, p.16), "this variable can be considered as the one most commonly responsible for the maintenance of physical activity practice." Therefore, it is understandable that this variable should be highlighted in the present study.

**Table 1 - Description of the averages of the dimensions with the control by "time of practice"**

	<b>Training time</b>	<b>N</b>	<b>average</b>	<b>D.P</b>	<b>Mean standard error</b>
<b>Stress</b>	<i>Accession</i>	14	26,4286	6,39368	1,70878
	<i>Permanence</i>	14	25,2142	8,12573	2,17169
<b>Health</b>	<i>Accession</i>	14	28,8571	6,80336	1,81827
	<i>Permanence</i>	14	32,2867	8,73039	2,3330
<b>Sociability</b>	<i>Accession</i>	14	22,7143	5,29773	1,41588
	<i>Permanence</i>	14	25,8571	8,18871	2,18852
<b>Competitiveness</b>	<i>Accession</i>	14	19,0000	10,47341	2,79914
	<i>Permanence</i>	14	20,5000	11,66025	3,11633
<b>Aesthetics</b>	<i>Accession</i>	14	29,2143	7,07301	1,89034
	<i>Permanence</i>	14	28,8571	6,63159	1,77237
<b>Pleasure</b>	<i>Accession</i>	14	32,2143	3,19082	0,85278
	<i>Permanence</i>	14	33,6429	4,78149	1,27791

Another factor that showed relevance in both groups was the "esthetic" variable. aesthetics, especially the corporal, appears as a value of extreme importance in our society (garcia, 2003). it is common for the thought that exercise is an important component of aesthetic change, the data presented here corroborate this perspective, since the premise of the crossfit ® method is that it is possible to remodel the body through this training methodology. in this perspective, the aesthetic dimension includes reasons related to the search for a body and aesthetic model (established by cultural contexts), where sport and physical activity play an important role in the construction and maintenance of this image (GARCIA and LEMOS, 2003, p.16). "the health dimension also remembered by the participants of this research, representing the third dimension with higher score in both groups  $m = 28.85$  (adhesion),  $m = 32.28$  (permanence), a fact that is not surprising since the benefits of physical activity are widely diffused, knowing that "physically fit individuals are better able to perform tasks cognitive abilities under moderate levels of physical stress than less physically fit individuals. "(RODIN, 1989, p. 130). Sociability is a recognized dimension for producing behavioral and psychological changes because "sports practices allow, on the one hand, the conviviality with friends and, on the other hand, the obtaining of new friends." (BARBOSA,

2006, p.15), however, in this work this variable  $m = 22.71$  (adhesion) and  $m = 25.85$  (permanence) were not prominent in both groups. In the same perspective, the stress control dimension did not stand out in both groups (adhesion  $m = 26.43$ , permanence  $m = 26.43$ ), however, it is admitted that this fact may be due to the characteristics of the modality and the as the practice of physical exercise and high cardiorespiratory capacity seem to generate protection against the unwanted effects of stress (Rodrigues, 2007). Some results were at least surprising, mainly because they were contrary to common sense among practitioners. The variable "competitiveness" presented the lowest mean between the two groups  $m = 19.00$  (adhesion) and  $m = 20.50$  (permanence). The constant attempt to overcome the personal records, reduce the execution time of the workout and carry out activities with increasingly higher loads, does not seem to be a factor that generates competitiveness among the participants of this sample. Despite this, the literature attributes competitiveness to each individual's personality profile. People's competitiveness can be either victory-oriented or goal-oriented. People with orientation toward victory have a focus on interpersonal comparison and on winning the competition (Barbosa, 2006).

Compared to the crude means, a comparison test of means for independent samples (t-test) was performed. We observed from table 2 that none of the items presented significant difference in relation to the adhesion and permanence group. These results induce us to think that motivational factors do not change with practice time. However, we can not generalize the results, since the sample (n) of the present study is too small to confirm this fact. Some studies on the subject have found different results, however, none of them referred to the modality that we propose to investigate, making it impossible to establish any type of comparisons.

**Table 2: T-test for comparison between means of dimensions with the control of the variable "practice time"**

		Teste T					confiance			
		F	Sig	t	gl	Sig	averages	diference	down	up
<b>Stress</b>	<i>Accession</i>	2,176	0,152	0,439	26	0,664	1,21429	2,76336	-4,46589	6,89446
	<i>Permanence</i>			0,439	24,637	0,664	1,21429	2,76336	-4,48123	6,9098
<b>Health</b>	<i>Accession</i>	0,245	0,625	-1,159	26	0,257	-3,42857	2,95811	-9,50905	2,6519
	<i>Permanence</i>			-1,159	24,535	0,258	-3,42857	2,95811	-9,52676	2,66962
<b>Sociability</b>	<i>Accession</i>	2,874	0,102	-1,206	26	0,239	-3,14286	2,6066	-8,50079	2,21508
	<i>Permanence</i>			-1,206	22,26	0,241	-3,14286	2,6066	-8,54495	2,25923
<b>Competitiveness</b>	<i>Accession</i>	1,317	0,262	-0,358	26	0,723	-1,5	4,18888	-10,11036	7,11036
	<i>Permanence</i>			-0,358	25,706	0,723	-1,5	4,18888	-10,11516	7,11516
<b>Aesthetics</b>	<i>Accession</i>	0,754	0,393	0,138	26	0,891	0,35714	2,59127	-4,96929	5,68357
	<i>Permanence</i>			0,138	25,893	0,891	0,35714	2,59127	-4,97036	5,68465
<b>Pleasure</b>	<i>Accession</i>	4,783	0,038	-0,93	26	0,361	-1,42857	1,53632	-4,58652	1,72938
	<i>Permanence</i>			-0,93	22,662	0,362	-1,42857	1,53632	-4,60932	1,75217

Table 3 shows the crude means of the motivational dimensions controlled by the variable sex, regardless of the time of practice. It is noted that there was again a similarity between the groups. This fact is proven when we verify that the dimensions: Pleasure, esthetics and health were the highest in both groups. In relation to the male group the Pleasure appears as more relevant (M = 33,15) followed by Health (M = 23.21) and Aesthetics (M = 26.65).

**Table 3 - Description of the means of the dimensions with the control of the variable Sex**

	Sex	n	X	sd	EP
Stress	Male	14	26,0000	6,83880	1,82775
	Female	14	25,6429	7,80145	2,08503
Health	Male	14	28,2143	9,06539	2,42283
	Female	14	32,9286	5,88955	1,57405
Sociability	Male	14	25,5000	6,48964	1,73443
	Female	14	23,0714	7,42619	1,98473
Competitiveness	Male	14	24,7857	11,27406	3,01312
	Female	14	14,7143	8,07111	2,15710
Aesthetics	Male	14	26,6429	7,36527	1,96845
	Female	14	31,4286	5,24352	1,40139
Pleasure	Male	14	33,1429	4,11109	1,09874
	Female	14	32,7143	4,14039	1,10657

In relation to the female group, the most important dimension was health (x = 32.93), followed by pleasure (x = 32.71) and aesthetic (x = 31.43). It is observed that all the variables that are highlighted in the analysis regulated by the variable "sex" are the same as the analysis regulated by "practice time" (alternating only the orders).

Relevant observation is that in relation to the competitiveness variable, men score almost double when compared to women (Male = 24.78; Female = 14.71). These results indicate that the competitiveness factor is more relevant for the male audience.

Finally, the t-test was performed for independent samples controlling the variable "sex", but again no statistically significant differences were obtained in any of the six dimensions (table 4). These results indicate that in the present sample the sex of the individuals does not seem to be a factor of differentiation of motives for the practice of the modality.



**Table 4- Comparison between averages of dimensions with the control of the variable "sex".**

		Diference con fiance								
		F	Sig.	t	GI	Sig.	averages	difference	down	up
Stress	Male	2,176	,152	,439	26	,664	1,21429	2,76336	-4,46589	
	Female			,439	24,637	,664	1,21429	2,76336	-4,48123	6,90980
Health	Male	,245	,625	-1,159	26	,257	-3,42857	2,95811	-9,50905	2,65190
	Female			-1,159	24,535	,258	-3,42857	2,95811	-9,52676	2,66962
Sociability	Male	2,874	,102	-1,206	26	,239	-3,14286	2,60660	-8,50079	2,21508
	Female			-1,206	22,260	,241	-3,14286	2,60660	-8,54495	2,25923
Competitiveness	Male	1,317	,262	-,358	26	,723	-1,50000	4,18888	-10,11036	7,11036
	Female			-,358	25,706	,723	-1,50000	4,18888	-10,11516	7,11516
Aesthetics	Male	,754	,393	,138	26	,891	,35714	2,59127	-4,96929	5,68357
	Female			,138	25,893	,891	,35714	2,59127	-4,97036	5,68465
Pleasure	Male	4,783	,038	-,930	26	,361	-1,42857	1,53632	-4,58652	1,72938
	Female			-,930	22,662	,362	-1,42857	1,53632	-4,60932	1,75217

## CONCLUSION

Through the present study, it was possible to verify which are the motivational dimensions that best correspond or influence the behavior of crossfit® practitioners from Curitiba-PR. It was observed that the dimensions most reported by individuals were: pleasure, health and aesthetics; this fact occurred both when the data were regulated according to age and the time of practice, indicating that the intrinsic motivation presents a higher prevalence for the individuals of this sample. These results indicate that there is no significant difference in the motivational profile of practitioners of the sport, regardless of practice time or gender. The most prominent dimensions are not surprising, therefore, although the reasons for the practice of activity are related to the characteristic of the modality, several studies have shown that the reasons for adherence to physical activity may be similar among several different modalities. However, we must take into account that the composition of the sample may have influenced such results. Another intriguing situation was the fact that the "competitiveness" dimension was the one that obtained the lowest score in all stages of the analysis, indicating that this factor is not essential to adhere to or remain in the modality, in opposition to

common sense, that the modality investigated here is highly competitive. It is reiterated that understanding the motivational profile of practitioners of a physical activity modality can be a useful tool for sports and physical activity professionals to retain more students in their classes, making this subject a potential field of study. Although the importance of the psychological aspects in the adherence and maintenance of the practice of physical activity and of the numerous studies investigating factors of motivation for several modalities is clear, few studies have investigated the crossfit® modality. Therefore, it is recommended that new studies be performed, with larger samples and with methodological profiles that give greater reliability to the results.

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