23 - MOTIVATIONAL FACTORS THAT LEAD PEOPLE TO THE PRACTICE OF MUSCULATION

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INTRODUCTION

The present study aimed to describe motivational aspects that are related to the practice of bodybuilding, addressing the knowledge about the main factors that lead bodybuilders to academies. In this sense, the regular practice of physical exercises brings innumerable benefits to the individual such as: improvement of the quality of life, health, aesthetics, well-being and reduction of cardiovascular diseases (CASTRO; MONTEIRO; PALMA; RESENDE, 2010).

According to data from the Brazilian Academy of Academies (ACAD), it is estimated that 2.8 million Brazilians practice gymnastics in health centers, in order to promote health improvements, since physical exercises reduce blood pressure, adipose tissue and muscle mass increase (NOGUEIRA et al., 2013).

Scientific study indicates that high levels of motivation to practice physical activity have brought benefits to the health of gymnastic gymnasts (CUNHA, 2016). Bodybuilding is an activity that is gaining many fans throughout Brazil, being defined as a physical activity developed with physical exercises that can be used progressive resistance, provided through resources such as bars, dumbbells, washers, extenders or even the body between other accessories (FLECK et al., 2004).

According to SAMULSKI (1995), motivation is characterized as an active, intentional and goal oriented process, which depends on the interaction of personal factors resulting from the intrinsic and environmental will that lead individuals to the practice of physical activity (extrinsic). According to this model, motivation presents an energetic determinant (activation level) and a determinant of behavioral direction (intentions, interests, motives and goals). We can classify motivation in some types, but the one that stands out most for this cause in physical activity is that of Motivation by cognitive impulse. It is believed that motivation is the important role for sport, since it provides the basis for a good initiation, orientation, maintenance in sports practice, and can be determined by individual, social, environmental and cultural factors.

From this motivating the students, knowing the hierarchy and the reasons why the students may want to practice a particular activity, when properly explored, can become important information for the teacher and, at the same time, a challenge, because the quality will relate the two elements and will influence the student's involvement in their tasks and their choices (MINELLI et.al, 2010).

The importance of instigating a student in different forms of motivation induces several benefits, such as behavioral and affective, bringing the importance of working to stimulate the practice of this modality. Bodybuilding is one of the sporting practices that grows most in number of practitioners. Individuals seek the practice of bodybuilding for various purposes, such as: aesthetically improving (increasing muscle volume), reducing fat percentage, treating and / or preventing chronic diseases, combating physical inactivity, physical conditioning, or simply improving the quality of life (GIANOLLA, 2003).

Strength training consists of exercises that use the voluntary contraction of the skeletal muscles against some form of resistance, which can be achieved through the body itself, free weights or machines (ACSM, 2002; Fleck and Kraemer, 2006; Lopes, 2008) .

For the prescription of training in bodybuilding the professional must have a solid base in some scientific knowledge such as: human anatomy, human and exercise physiology, training theory, sports pedagogy, kinesiology and motor learning (LIMA, CHAGAS, 2008). In training theory it is of fundamental importance to have, for example, knowledge of the principles of sports training, as these determine the program and method to be used, as well as the organization of the same.

With respect to the physiology content, it is interesting to have knowledge about forms of muscular contraction, and it is necessary to know when it is an isometric, static or dynamic contraction (concentric and eccentric). It describes a muscular activation in which there is no perceptible change in the length of muscle fibers (Mcardley and Katch, 2008). On the other hand, it is important to understand the forces acting on the human body, to know how to manipulate them, and thus to improve physical performance, as well as to prevent injuries (SMITH; WEISS; LEHMKUHL, 1997).

It is difficult to define exactly the concept of motivation, since it has been used with different meanings. Generally speaking, motive is everything that drives the person to act in a certain way or at least that gives rise to a propensity for a specific behavior. This impulse to action can be triggered by an external stimulus (provided by the environment) and can also be generated internally in the individual's mental processes (CHIAVIENATO, 1997 apud ARAUJO et al., 2007)

Motivation by Cognitive Impulse. It is, in a way, a consequence of the ego-aggrandizement motivation. The need to achieve a goal, progress, or avoid failure, can lead to learning supported by this type of motivation, considered as a cognitive impulse. This is due to the fact that there are some external factors that lead people to practice physical activity, such as the influence of friends, when satisfaction is only a consequence of action.

Externally Motivated Behaviors: those behaviors in which the person is brought into action by an external reward.

METHODOLOGICAL DESIGN

The present study is characterized as a field research, of the quantitative type, with a cross-sectional design, which aims to observe facts and phenomena exactly as they occur. The population of this study consisted of weight students of both sexes, aged between 20 and 80 years, enrolled regularly for at least three months in the gym, and practicing bodybuilding at least twice a week. For the data collection, an interview was carried out, applying a Motivation Inventory to the Regular Practice of Physical Activity (IMPRAF-54), adapted by Balbinotti, with questionnaires, containing 54 items each, grouped into six blocks, evaluated on a scale of the type Likert, bidirectional graduated, ranging from 1 to 5 points, where: (1) this motivates me very little, (2) this motivates me little, (3) more or less- I can not say- I have doubt, (4) motivates a lot and (5) this motivates me a lot. In this way, it is possible to gather information about what motivates the practitioners to practice regular physical activity.

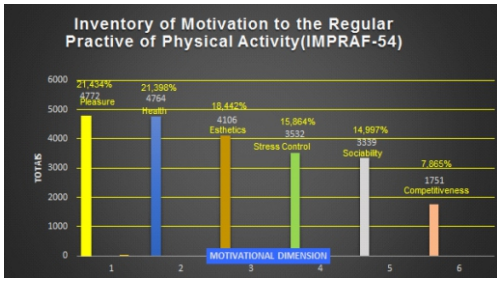
The participation of the collaborators in the research was in accordance with Resolution 466/12 of the National Health Council (CNS), using the Term of Free and Informed Consent. After the data collection was carried out the treatment of the same. For quantitative analysis, the descriptive statistics were used, whose function is the ordering, summarization and description of

the data collected and the results obtained.

In the detailed analysis of the data the MS Excel was used for the calculations of percentages and elaboration of graphs, as well as for records of the results.

PRESENTATION AND DISCUSSION OF RESULTS

The following topics present important information regarding the results obtained in the study of the Motivation Inventory to the Regular Practice of Physical Activity (IMPRAF-54). The main theme of this questionnaire is the "Characterization of the sample of the research motivational factors that lead people to practice bodybuilding". Next, the results of the Inventory analysis, consisting of questionnaires, were answered by 143 bodybuilders, located in the Center and another in the Northern Zone of Porto Alegre.



GRAPHIC 1- GENERAL CLASSIFICATION TABLE - IMPRAF-54

GRAPHIC 2 – RANGE OF PARTICIPANTS

FIGURE 1 - AGE GROUP COMPARATIVE FRAMEWORK

In general, analyzing Graph 1, it can be seen that the six most relevant motivational factors (IMPRAF-54), which lead people to search for academies, are: Pleasure, with 21.434% first place in the preference of practitioners, followed by Health, with 21.398%, that is; practically on the same level. Next came Estética, with 18.442%, Stress Control, with 15.864%, Sociability, with 14.997% and, finally, Competitiveness, with 7.865% of the total votes.

We performed a complementary analysis, with the age groups of 20-30 years and 31-40 years, in order to detect possible variations. The result is shown in Figure 1, where it is possible to observe that the inventory of the range of 20-60 years coincides with the preferences of the new tracks studied. Competitiveness, besides being the last one in general preference, was the one that presented the most significant variation.

Thus, we observe that the motivation factor Pleasure is the main cause that leads people to feel satisfaction in practicing the modality of bodybuilding. However, we find that Health should be considered as important as Pleasure.

In the same perspective of the study we emphasize the need for the individual to create interest in committing themselves to perform the tasks with dedication, so that the actions become positive and pleasurable, justifying for themselves the time spent in these activities. Once the individual is motivated in the activity the more he will have the pleasure in practicing it. Therefore, the professionals who work in the academies are the link between the individual and the place of physical activity.

It is fundamental that the Physical Education professional understands that it is not only the quality of his / her class that is sufficient to keep the student motivated, it is essential that he / she is close to the student and the teacher, since the student should be considered an important element in the their classes (MARCELINO, 2003).

Carvalho (2002) tells us that regular practice of physical activity directly reduces the risk of developing chronic degenerative diseases.

The aesthetics, with 18.442% preferably of the people interviewed, occupied the third place in the general classification. In a study carried out by Agricola and Mariano (2009), in the city of Pontalina, Goiás, it was observed that young people who practice bodybuilding tend to have an obsessive behavior, turned to aesthetics, causing these practitioners to seek, the improvement of appearance.

According to Gody (2000), the human being, in his concern to have the perfect body, has forgotten health, which must be accompanied by quality of life, thus making physical activity an instrument for this. Its practice helps in disease prevention.

Next, we have Stress Control and Sociability. Stress is defined as physical, mental or emotional exhaustion, which