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The Driving Force: Relationships between Motivation, Physical Activity, Resistance Training, and Years Sworn in Incumbent Deputy Sheriffs

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ABSTRACT

INTRODUCTION

• Participation in physical activity (PA) and resistance training (RT) should provide physical and mental benefits to deputy sheriffs, in addition to job-related benefits. However, incumbent deputy sheriffs and law enforcement officers tend to be less physically fit than their counterparts.

• As motivation is a key factor in PA, this lower fitness level may reflect motivation variations whether from a lack of fitness standards or a shift in priority (i.e., shift work hours, family).

• To understand these variations, self-determination theory (SDT) characterizes motivation on a continuum ranging from intrinsic to extrinsic (intrinsic, identified, integrated, and introjected regulation). Leisure behavior can be categorized by the questionnaire (QBRE) comprising motivation ranging from external (introjected, identified, integrated, and introjected regulation) and external.

• Pearson correlations were used to assess relationships between motivation, years sworn in (PA, PT, and RT). Spearman’s correlations were used for nonparametric data. Pearson correlations were used for nonparametric data. Spearman’s correlations were used for nonparametric data.

RESULTS

• Correlations and descriptive statistics for types of motivation, PA and RT are shown in Table 1. Figures 1 and 2 display the relationships for years sworn with PA and external regulation, and for intrinsic motivation with RT, respectively. Table 1: Correlations, Means and Standard Deviations for Type of Motivation and PA and RT.

<table>
<thead>
<tr>
<th>Type of Motivation</th>
<th>Mean (SD)</th>
<th>PA</th>
<th>RT</th>
<th>r (p)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Identified Regulation</td>
<td>0.50</td>
<td>0.44**</td>
<td>0.01</td>
<td>0.03</td>
</tr>
<tr>
<td>Integrated Regulation</td>
<td>-0.02</td>
<td>0.00</td>
<td>0.00**</td>
<td>0.00**</td>
</tr>
<tr>
<td>Intrinsically Motivated</td>
<td>0.00</td>
<td>0.00</td>
<td>0.00</td>
<td>0.00</td>
</tr>
<tr>
<td>Amotivation</td>
<td>-0.01</td>
<td>0.00</td>
<td>0.00</td>
<td>0.00</td>
</tr>
</tbody>
</table>

• PA has been associated with Amotivation to be less physically fit than their counterparts. Motivation is an important factor in PA. The primary purpose of this study was to explore the relationships between different motivations and participation in both PA and RT in deputy sheriffs. A second purpose examined how years sworn was related to PA and motivation.

METHODS

• Dependent sheriffs (n = 60; gender: male = 46, female = 14) from one law enforcement agency (years sworn: 4.8 ± 3.5) completed a questionnaire administered by graduate students from California State University, Fullerton in the Spring of 2018. The participants arrived in small groups and completed the questionnaire independently in approximately 20-30 minutes.

• PA was assessed using the Godin Leisure Time Exercise Questionnaire2 considering the average frequency of moderate to vigorous physical activity over a 7-day period.

• RT was assessed through three items: engaging in resistance training, exercising regularly, and participating in RT. RT was scored from 1-5.

• Motivation was measured using the 24-item Behavioral Regulation in Exercise Questionnaire (BREQ-3).10

• All PA and RT measured were expressed as PA and RT means for all variables.

CONCLUSIONS

• In line with SDT, more intrinsic and autonomous motivations (intrinsic, integrated, and identified regulation) were associated with both PA and RT.

• However, the longer time since a deputy sheriff was sworn was associated with lower PA levels as well as external external (i.e., shift work hours, family).

• Additionally, more intrinsic forms of motivation are also more sustainable due to links to autonomy and competence in the behavior.9

• The primary purpose of this study was to explore the relationships between different motivations and participation in both PA and RT in deputy sheriffs. A second purpose examined how years sworn was related to PA and motivation.

Figure 1: Scatter plot for years sworn and PA (r = 0.34, p = 0.02). Figure 2: Scatter plot for years sworn and external regulation (r = 0.30, p = 0.02).

Figure 3: Scatter plot for intrinsic regulation and PA (r = 0.58, p < 0.01). Figure 4: Scatter plot for intrinsic regulation and RT (r = 0.65, p < 0.01).

REFERENCES


