

นิพนธ์ต้นฉบับ (Original article)

บริหารและการจัดการกีฬา (Sports Management)

## THE EXPERIENCE OF BARRIERS AFFECTING EXERCISE ADHERENCE OF UNIVERSITY STUDENTS IN UPPER NORTHEASTERN, THAILAND

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### ABSTRACT

This research was aimed to study the experience of barriers affecting exercise adherence of university students in upper northeastern, Thailand. Phenomenological study, data were collected through in-depth interviews with individual observations, field notes and tape record. The groups of main contributor who adhere to exercise were 12 person checks the reliability of the data and conclusions by the contributors. Data were analyzed by the researcher used the phenomenological analysis of data. The study barriers to exercise found that equipment and facilities are not available, weather conditions, family, friend, ready physically and mentally, timeless and travel. All factors that hinder by learning to jump over obstacles to the exercise of these individuals have resulted in adhere to exercise.

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**Key words:** Barrier, Exercise adherence, Phenomenological study

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**ประสบการณ์อุปสรรคที่ส่งผลต่อการยึดมั่นในการออกกำลังกายของนักศึกษามหาวิทยาลัยในภาค  
ตะวันออกเฉียงเหนือตอนบน ประเทศไทย**

ภูษณพาส สมณิล

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**บทคัดย่อ**

การวิจัยนี้มีวัตถุประสงค์เพื่อศึกษาประสบการณ์อุปสรรคต่อการออกกำลังกายของนักศึกษามหาวิทยาลัยในภาคตะวันออกเฉียงเหนือที่ยึดมั่นในการออกกำลังกาย เป็นการศึกษาเชิงปรากฏการณ์วิทยา โดยเก็บรวบรวมข้อมูลด้วยวิธีการสัมภาษณ์เชิงลึกเป็นรายบุคคลร่วมกับการสังเกต การจดบันทึกภาคสนาม และการบันทึกเทป กลุ่มผู้ให้ข้อมูลหลักเป็นนักศึกษามหาวิทยาลัยในภาคตะวันออกเฉียงเหนือที่ยึดมั่นในการออกกำลังกาย จำนวน 12 คน ตรวจสอบความเชื่อถือได้ของข้อมูลและข้อสรุปโดยกลุ่มตัวอย่างผู้ให้ข้อมูล วิเคราะห์ข้อมูลโดยผู้วิจัยซึ่งใช้การวิเคราะห์ข้อมูลแนวปรากฏการณ์วิทยา

จากการศึกษาประสบการณ์อุปสรรคต่อการออกกำลังกาย พบว่า อุปสรรคและสถานที่ไม่พร้อม สภาพอากาศ ครอบครัวยุ เพื่อนร่วมออกกำลังกาย ความพร้อมทางด้านร่างกายและจิตใจ ไม่มีเวลา การเดินทาง ทั้งหมดนี้ล้วนเป็นปัจจัยที่เป็นอุปสรรค โดยบุคคลเรียนรู้ที่ข้ามผ่านอุปสรรคต่อการออกกำลังกายเหล่านี้ไปได้ส่งผลให้บุคคลเกิดการยึดมั่นต่อการออกกำลังกาย

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**คำสำคัญ:** อุปสรรค, การยึดมั่นในการออกกำลังกาย, การศึกษาเชิงปรากฏการณ์วิทยา

## INTRODUCTION

Understanding how to make people start the habit of exercise which is a great challenge, but understanding to preserve the character of a person in the exercise to ensure that the following behavior is more difficult. This is what the researcher wants to study. Adhere to exercise (exercise adherence) which Rand and Weeks (1) has the meaning of the word "adherence" to the "level of behavior of patients who agreed to guide clinical practice. In healthcare, "by definition other words, this includes adherence (sticking to) a faith adherence (faithfully) to maintain standards of behavior for a reason, with the goal in mind. Nowadays, the word "compliance" is often used instead of switching to the term "adherence" But in fact, these two words have opposite meanings, namely "compliance" refers to the behavior associated with the consent of feelings that must follow and obey orders. So the person who started the practice and maintain the exercise program should adhere crediting (are adhering) than agree (are complying) the compliance program by Yoo (2) says that the behavior of adhere to exercise. A combination indistinguishable (complex) of the interaction between the factors of individual, social and cognitive factors are consistent with Irwin et al. (3) that said, the behavior adhered to encourage individuals to participate in an exercise program for a period of time. It must be understood that as a result of the influence of variables on the basis of population that demographic, physiologic and psychosocial variables. The most important things that affect the behavior of adhere to exercise is that the person must be a demand (need) and motivation to commit persons not motivated to exercise to make, no goals and no momentum. Finally, he is not chosen to exercise the person exercising it. The lack of motivation to exercise, it may result in the termination of activities in the future.

Support and encourage individuals exercise at an early age is the best age that is the age of knowledge and development of body and mind when the body healthy will make learning more efficient as well. Students who will be an asset to the nation are crucial to the development in the future should turn to exercise and healthy eaters and more. When entering the age of 30 years or more, it will have the opportunity to diseases such as heart disease, hypertension, diabetes, etc. Therefore, the best approach is prevention. Exercise regularly and continuously this can cultivated since childhood is important for promoting exercise behavior in childhood should be to maintain health and prevent disease in the long term to move into adulthood and old age are healthy and strong. Therefore, it should encourage students to exercise When students chose to exercise it should be encouraged to exercise constantly and consistently by promoting adhere to exercise should start from a young age is the age range of 15-24 years of research. At last found exercise behavior was younger could predict the behavior of exercise or physical activity in older adults Which according to the Bureau of Statistics National, found that the number of people in Thailand aged youth (15-24 years) have a 29.3 percent rate, which is regarded as exercising a little more. Up the region found that each region of the country has different exercises and in the Northeast, a region where the researcher is interested in studying the rate is very low compared to other sectors. Dishman (4) (5) found that 50 percent of

those who attend fitness programs to quit or stop exercising for a period of 3-6 months. McAuley (6) found the basis for success will encourage individuals born adhering to an exercise program it is also understood that there is little. Yoo (2) says that the behavior of adhere to physical activity are relevant factors which cannot apart is the personal factors, social factors and cognitive factors.

Anshel (1) has explained the meaning of motivation that motivation comes from the Latin (movere), which means "movement" (to move) by the tendency of human behavior that direction, and is selective in order to do anything. The tendency of such behavior will remain will be the goal for achievement. Therefore, the decision of individuals to exercise to reflect a focus on the needs and achievement expressed the source of motivation for a variety of reasons. This includes exercises to improve physical fitness, exercise to health looks physically good, weight control reducing social stress and so on.

In contrast, the motivation is the lack of motivation (Amotivation) by individuals who lack the motivation to exercise sends a negative effect on adherence, or the preservation of exercise which will ultimately make people quit exercise. Berger et al. (7) discussed the justifications and excuses for not exercising that "no time" by a common reason. The individual followed by a "no-energy" and "lack of motivation" These are the main plea, which hinders the exercise. Obstacles include minor the lack of a functional injury, lack of facilities, feeling comfortable the lack of exercise, and the fear of injury. Slight drawback is the lack of a safe place, the lack of child care, lack of partner programs, insufficient exercise, lack of support And lack of a good trip. This is purely an excuse to hinder the exercise of all by these reasons will affect the thought processes and behavior strategies to start and maintain the habit of exercise. This is a barrier Important parameters can predict the actions did not cooperate in carrying out what is beneficial to your health. Individuals to assess the benefits and obstacles encountered before. The barrier is causing unease is causing difficulties in the act or is it something that hamper a person's actions.

Obstacles to the idea of Pender (8), is a recognition that to stop the behavior may be actual or predicted. Like what barriers hinder individual behavior or incentives to avoid behavior, cognitive and emotional factors that specific behavior. When people are ready to act and low barriers the action will not happen if you are ready to act and have few obstacles as possible to do it more. The barrier is an important parameter that can predict the behavior of health by Phillips et al. (9) said that barriers to exercise can be divided into two categories: obstacles to the internal factors include the injured, appearance skills, exercise, etc. and the obstacles caused by external factors including a lack of income to travel and the weather co exercise facilities in the exercise so Pender et al. (10) said perceived barriers in recognition negative or recognition the various impedimenta cannot make any behavior because of the inconvenience environmental pay bills and do not have time to practice activities. Satisfaction with the service has been operating activities health makes lack of revenue from occupation. And lack of social support, etc. perceived barriers of action at the present time is a factor in the health belief model (Health Belief Model) and the results of several studies

The study found perceived barriers are the most influential factors to predict the performance of health activities (11), especially education about exercise.

For the reasons mentioned above, the researcher thus was born the concept of perceived barriers to exercise in many respects it is the researcher how to present the data in the study used the qualitative research by means of studying the phenomenon of the experience meets the conditions. The reality of those who are committed to fitness to be clear complete and accurate based on the experience barriers to exercise those who adhere to exercise by focusing on retention deeply natural. This will allow them to find and access the information in its entirety. Therefore, this study will reflect and understand the perceived barriers that affect a person's behavior, adherence to exercise clear and specific.

## METHODS

### Research design

This research is qualitative research methodology, phenomenological study means of data collection, in-depth interview with observation. The qualitative research will focus on the study of information from people who are qualified. Experience in the scrap and can provide information not fully meet the phenomenon of interest. The data collection is required to select the specific data. Meet the criteria set by the researchers. The researcher-depth interviews, searching, lifestyle, personal and lifestyle reasons, how to interview, how to have data to explain the feelings, thoughts of the primary. It is also a flexible way of storing data can be adjusted to suit individual and situational questions. The researchers used unstructured interview individualized guidance. Interview by problems and research objectives the framework for research to determine the issues. The experience covers obstacles to the exercise of those who are adhered to exercise. Before performing physical activities, began to practice physical activities and adhere to exercise. However, a cursory inquiry while the actual interview, the researcher who interviewed them and use discretion in deciding whether to use a word or question in any manner appropriate to the interview. The researcher must build good relationships with data providers to create trust in an interview and request permission to use the player during the interview with additional notes immediately after the interview, remove quotes verbatim from the tape recorder to get the full details by day to explore that data is complete or not and improvements to the next interview. Data were analyzed together during storage. Some of those interviewed may have questions on the content of the questions. The researcher may frame the questions used in the interview to interview for conformity between interviews. The interview can be a sequence of events and broadcasts in their own viewpoint.

### Sampling procedures

The populations in this study are those who adhere to exercise. That is who practice physical activities on a regular basis and exercise for at least 6 months at the gym, parks. Samples used in this study, a total of 12 people were 7 male and 5 female.

### RESULTS

Characteristics of adhering to an exercise that is the primary by physical activities composed of 12 types of dance aerobics, jogging, football, futsal, boxing, sepak takraw, basketball, handball, cycling, badminton and fitness, 7 males and 5 females.

From the experience of the individual factors that hinder the exercise is equipment and facilities not equipped to weather conditions, family and friends. The availability of physical and mental time travel information providers an obstacle. For example, the following interview;

"So it is not a device. Maybe I was not ready to start It's raining like this. ... .. If it's raining, it was a staff coach, he was a non-issue. Wear sneakers on the gym's it. No time to stop driving we were always together, "Code 07.

"There is just a matter of practicing it. ... I was not very good. It's a lot cleaner ... Otherwise, it will be switched to run around the field instead. It is basically a "code 08.

"Oh ... it's like ... when it rains like this ... it's no gym, takes the rain. It was felt that to stay ahead if the rain stopped very gradually draw the playing field again. If it is not stopped, splintered played it a week. Fans call her mother to call home I was playing. Little then return it to the game, then return it the "code 09.

"Some days my mother would not let go. But it strikes me as a friend to me, "Code 10.

"At this point, he did not spare them. I have no friends to play we had to play alone, "Code 11.

"There are too lazy sometimes it felt tired. I ... I ... I do not go to the gym more weight to me because I did not have to go to "Code 12.

Barrier to the exercise found that the experience of the individual factors that impede the exercise is facilities, weather, family, friend, the availability of physical and mental, time, and travel.

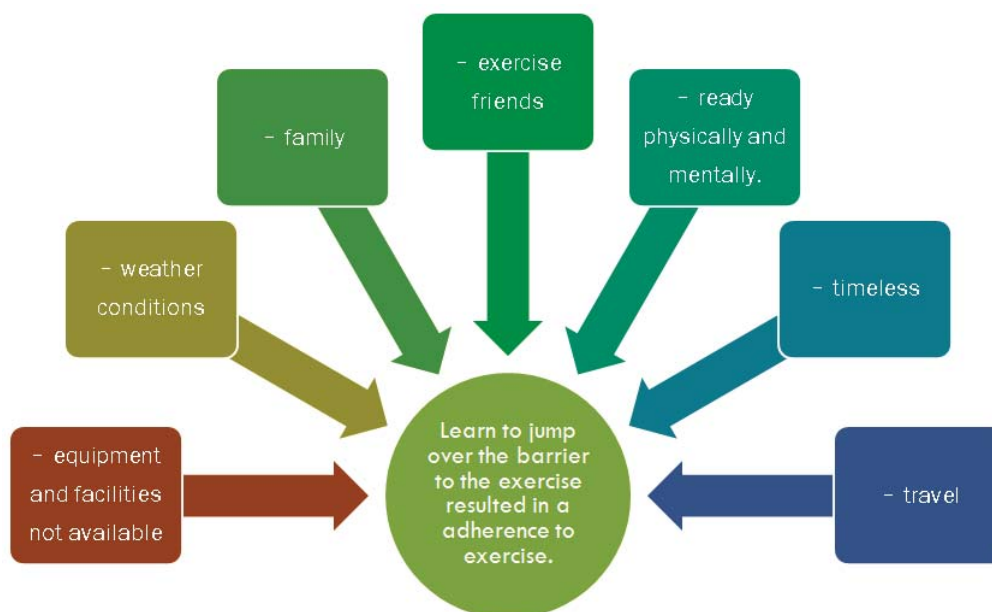


Figure 1 The experience of barriers to exercise.

## DISCUSSION

The study found that barriers to exercise, individual experience are factors that hinder the exercise is equipment and facilities not equipped to weather conditions, family, friends, the availability of physical and mental time and travel. All of these reasons were cited from the individual results of this study are consistent with results of previous research (12) were the major factors hindering the exercise. Such as you can understand the reasons cited by the study of Berger et al. (7) discussed the justifications and excuses for not exercising that "no time" by a common reason. The individual followed by a "no-energy" and "lack of motivation" These are the main plea, which hinders the exercise. Obstacles include minor the lack of a functional injury, lack of facilities. Feeling comfortable the lack of exercise and the fear of injury. Slight drawback is the lack of a safe place, the lack of child care, lack of partner programs, insufficient exercise, lack of support And lack of a good trip. This is purely an excuse to hinder the exercise of all. By these reasons will affect the thought processes and behavior strategies to start and maintain the habit of exercise. The study found that the factors that hinder the exercise can be divided into two major types of internal factors such as the availability of physical and mental and external factors such as weather conditions. By complying with Buffart et al. (13) and Phillips et al. (9) said that barriers to exercise can be divided into two categories: obstacles to the internal factors were injured, appearance skills, exercise, etc., and the obstacles caused by external factors including a lack of income to travel and the weather co exercise facilities in the exercise.

The most important aspect of this study can discuss that. Individual learning to jump over a barrier to the exercise resulted in a firm commitment to fitness has to be a demand (need) and motivation to act on the decision of individuals to exercise it to reflect a focus on demand and achievement expressed. Anshel (1) said that the party has no motivation to exercise, make no goals and no impetus Finally, jump over obstacles that hinder the exercise was not sent. The result was not chosen to exercise, the person exercising a period of time when the obstacles that hinder it may result in the termination of activities in the future if the lack of motivation to exercise. This will affect negatively adherence or treatment of conditions in the next exercise.

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