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Motivation of Participating in Dance Exercise among UiTM Shah Alam Students

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Abstract

This study aims to determine the motivation for participating in dance exercises among Universiti Teknologi Mara Shah Alam students. A total of 110 respondents were involved in this study. The result showed that Positive Health has the highest mean with $M=4.56$ ($SD=0.572$). The highest mean for males and females is also Positive Health with $M=4.59$ ($SD=0.596$) and $M=4.53$ ($SD=0.557$). There is no significant difference in motivation factors for participating in dance exercises between gender with a p -value is 0.459, $p>0.05$. Based on the result, males and females had the same motivation to participate in dance exercises for a healthy lifestyle.

Keywords: Motivation; Dance Exercise

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1.0 Introduction

Dance is recognised as a physical activity that contributes to wellness and health. Encouraging ordinary participation in physical activity is a global public health priority of the World Health Organization (WHO) (Md Mizanur et al, 2019). A thorough review of the evidence that dancing has significantly enhanced health and wellbeing (Calutt, 2012). Some Malaysians are too busy with their lives and have neglected to look after their well-being. Dance can be a form of recreation that can provide relaxation and postmodern fitness techniques that can be used to restore weighed bodies through activities (Arcangeli, 2017). Besides, dance is also a distinct type of physical activity, due in particular to the expressiveness and extreme range of motion required by the performer (Paschalis et al., 2002).

Motivation can be considered a critical factor in encouraging and maintaining physical activity. Despite the many health benefits offered by physical activity, a significant percentage of university students do not meet recommendations (Sáez et al, 2021). University years are a critical time for promoting and maintaining an active lifestyle. In the theory of self-determination, to allow for consideration of its many facets, motivation is described simply as "how people move themselves to act" (Boren, 2017). Concerning participation motives, enjoying various types of dances can improve their dance skills because dance keeps them fit and safe (physical condition) and because it helps them to maintain social ties or even form new ones (affiliation) (Filippos, 2016). Motivation is described as those personality factors, social variables and cognitions that come into play when an individual undertakes a task for which he or she is judged, competes with others or attempts to achieve some level of excellence. Moreover, motivation was developed in a three-level model of exercise in which he theorised that dispositional motives, or goals of life, influence participatory motives and influence behavioural regulations that influence participation (Kimbrough, 2017). The actual term 'aerobic' means 'with oxygen. However, when used as an adjective, it comes alive to identify a form of exercise that combines rhythmic dance-like movements with stretching and strength-training routines to improve flexibility, muscle

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strength and cardiovascular fitness. In Malaysia, people are more like using fun steps or more commonly referred to as step aerobics, and Zumba fitness, the average amount of calories burned is about 500-600 in an hour (Ho, 2012). Dancing was not only a joy but also leading health and beauty for the resident. The dance of any form has been a treatment method since ancient times and is an integral part of all therapeutic rituals (Sivvas et al., 2015). Thus, this study aims to determine the motivation for participating in dance exercises among Universiti Teknologi Mara Shah Alam students. The objective of this study are i) to identify the motivation factors for participating in dance exercises among UiTM Shah Alam students, ii) to determine the motivation factors for participating in dance exercises between gender iii) to investigate the significant difference in motivation factors in participating in dance exercise between gender.

2.0 Literature Review

2.1 Motivation

The principle of motivation plays a crucial role in the study of human behaviour. Regarding participation in physical activities, its study allows us to understand "why" one is involved and the mechanism by which people decide to engage in physical activities. Factors such as enjoyment and affiliation serve as an internal incentive for action, while factors such as physical condition are related to external motivation (Filippos et al., 2016). In psychology, a motive is commonly described as a psychological arousal condition affecting people's behaviour. Psychological arousal, such as the need for love and companionship, will motivate people to connect with others (Martin, 2019). There is clear evidence that women are more likely to exercise to lose weight, tone up, and improve their attractiveness than men. It may be because women are under greater pressure than men to achieve cultural beauty. One study of college-age women showed that exercising for purposes of body shape or appearance was correlated with adverse outcomes such as decreased body satisfaction, lower body esteem and lower self-confidence. Fitness motives can also be known as physical activity motives (Segar et al., 2006). Several researchers have identified that the reasons for wanting to be involved can be divided into motivations of an intrinsic or extrinsic nature. Extrinsic motivations include enhancing one's appearance or health and social factors with physical activity (Niven et al., 2009).

2.2 Dance Exercise

Usually, aerobic dance exercises were conceived as aerobic exercises to improve physical health, endurance and cardiovascular fitness. As a beneficial exercise to maintain health, low-impact aerobic dance exercise was recommended, especially in people with low fitness or in the elderly population. Aerobic dance exercises include several dance elements, including various patterns, steps and moves. Often the dance routines are combined as a long choreographic sequence to improve the complexity and the enjoyment of performing the dance exercise (Kimura et al., 2012).

Dance programs help improve youth physical activity and lead to the growth of creative skills, constructiveness, self-esteem and self-confidence. One of the methods that can be used to reduce non-communicable diseases (NCDs) is physical activity programmes. However, traditional physical activity programs such as running, walking and playing professional sports are not popular with everyone. Dance is accessible to all, regardless of gender, age, education, physical and mental health or fitness levels. Also, dance transcends language barriers, brings maximum relaxation and reduces tension. It is recognised as an active type of physical activity to improve physical and mental wellbeing within population subgroups that often have lower rates of physical activity participation (Svobodova, 2017).

2.3 Motivation for Participating in Dance Exercise Between Gender

Dance is a favourite of young people's physical activity, particularly girls. Dance can be a necessary means of growing young people's physical activity levels. More women engage in dance intervention in adults than men since dance leads to increased physical activity, the prevention of non-communicable diseases (NCDs), and stress reduction (Svobodova, 2017). The girls typically expressed their curiosity, excitement and satisfaction with dancing, while the boys indicated a lack of interest and dissatisfaction because they preferred to play sports. These findings are consistent with similar research studies, which showed that girls prefer the dance content to a greater extent (Amado et al., 2016).

More specifically, the EMI-2 scale was used to test the exercise motivation of college students. Results from the previous study showed that males were more likely motivated by intrinsic factors and females by extrinsic factors. The results indicated that female students were highly induced to agree on five factors in weight management, enjoyment, health pressures, ill-health avoidance, and nimbleness. The study results indicated that female students were more likely to be biased in agreeing on issues related to extrinsic factors such as health issues and weight management. Conversely, six factors were more favourable for male students. They included competition, revitalisation, challenge, affiliation, strength and endurance, and nimbleness. This result showed that male students were biased to respond to the questions that were related to intrinsic factors such as competition (Kim & Cho, 2020).

3.0 Research Methodology

3.1 Research Design

In this study, the researcher applied the descriptive research design and quantitative method. The online survey method via Google Forms is used to distribute the questionnaire to the respondents from Universiti Teknologi Mara (UiTM) Shah Alam students, who have been involved in dance exercises and the respondents answered the questions individually.

3.2 Sample of Study

In this study, the target population is males and females who studying at Universiti Teknologi Mara (UiTM) Shah Alam. The total sample used is 110 respondents. Based on Roscoe (1975), the rules of thumb for determining the sample size is larger than 30 and less than 500 are appropriate for most research.

3.3 Instrument

In this study, the web-based questionnaire using google form was used as the research instrument. A questionnaire instrument was constructed to measure demographic profiles along with other important variables. A set of questionnaires adopted from the previous study was used to gather data. The structure of the questionnaire consists of two sections as follows:

3.3.1 Section A: Demographic Profile

This section consisted of six questions. The questions are gender, age, education level, how many days per week and how many minutes on average have you exercised in the past one month, how important is an exercise to the respondent, and how would respondent rate their physical fitness overall.

3.3.2 Section B: Exercise Motivations Inventory (EMI-2)

Section B consisted of a question that measure exercise motivation levels from the previous study. The questionnaire is adopted from Markland (1997), namely The Exercise Motivations Inventory – 2 (EMI-2). It initially consists of 14 factors which are (1) stress management, (2) revitalisation, (3) enjoyment, (4) challenge, (5) social recognition, (6) affiliation, (7) competition, (8) health pressures, (9) ill-health avoidance, (10) positive health, (11) weight management, (12) appearance, (13) strength and endurance, and (14) nimbleness. The 51 items consist of motivation-level questions in the dance exercise. The items measure using a five-point Likert Scale (1 = Very not true to 5 = Very true).

3.4 Data Analysis

The data was collected and analysed using the Statistical Package for Social Science (SPSS) version 26.0. The descriptive method is used to measure the level of motivation in dance exercise among Universiti Teknologi Mara (UiTM) Shah Alam students. The independent T-test is used to compare the gender of Universiti Teknologi Mara (UiTM) Shah Alam students.

4.0 Findings

Table 4.1 shows the findings for the demographic profile. The data shows the gender involves 62 female respondents (56.4 %) and 48 male respondents (43.6%). The most age group of respondents is between the age of 23 – 24 years old, with 67 respondents (60.9%). Followed by the age group between 21 – 22 years old with 29 respondents (26.4%). Next, 8 respondents represented the age group between 19 – 20 years old (7.3%) and the least respondents is above 25 years old with 5.4%. For the level of education, it shows that most respondents are Degree students with 99 respondents (90%). Followed by Diploma students, with only 11 respondents (10%).

Meanwhile, there were no respondents among Master and PhD students. Table 1 also shows that most respondents exercise on days or weeks, representing 92 respondents (83.6%). Meanwhile, only 18 respondents exercise in minutes or each time in the past one month with 16.4%. Besides, 59 respondents answered exercise is extremely important with 53.6%, which is the most respondents. Followed by 48 respondents answered somewhat (43.6%) and only 3 respondents are representing not at all answered with 2.8%. Meanwhile, most respondents choose their physical overall at an average rate with 78 respondents (70.9%). Followed by an excellent rate with 22 respondents (20%) and only 10 respondents representing a poor rate with 9.1%.

Table 4.1: Respondents' demographic profile

Variable	Category	Frequency (n)	Percentage (%)
Gender	Male	48	43.6
	Female	62	56.4
Age	19-20 years	8	7.3
	21-22 years	29	26.4
	23-24 years	67	60.9
	Above 25 years	6	5.4
Education Level	Diploma	11	10
	Degree	99	90
	Master	0	0
	PhD	0	0
How many exercised	Days or week	92	83.6
	Minutes of each time	18	16.4
Importance of exercising	Extremely	59	53.6
	Somewhat	48	43.6
	Not at all	3	2.8
Physical fitness overall	Excellent	22	20
	Average	78	70.9
	Poor	10	9.1

Table 4.2 shows that Positive Health has the highest mean score which is 4.56 (SD=0.572) and the score on the Likert scale for this dimension is 'very true for me'. While the lowest mean is Health Pressures with a score is 3.27 (SD=1.125) and the score on the Likert scale for this dimension is 'neutral' in motivation factors in participating dance exercise among UiTM Shah Alam students.

Table 4.2: Motivation factors in participating dance exercise among UiTM Shah Alam students

Rank	Dimensions	Mean	Std. Deviation
1	Positive Health	4.56	.572
2	Strength and Endurance	4.37	.730
3	Ill-Health Avoidance	4.36	.708
4	Appearance	4.32	.856
5	Nimbleness	4.30	.745
6	Revitalisation	4.27	.613
7	Affiliation	4.24	.739
8	Enjoyment	4.22	.647
9	Weight Management	4.21	.772
10	Stress Management	4.20	.611
11	Challenge	4.11	.740
12	Competition	3.80	.952
13	Social Recognition	3.50	.983
14	Health Pressures	3.27	1.125

Table 4.3 shows that the highest mean value that motivates males and females of UiTM students participating in dance exercise is also Positive Health with scores of 4.59 (SD=0.596) and 4.53 (SD=0.557). Furthermore, the lowest mean value is Health Pressures for both genders with a score for the male group is 3.45 (SD=1.139) and the female group is 3.14 (SD=1.105).

Table 4.3: Motivation factors in participating dance exercise between gender

Factors	Group	n	Mean	Standard Deviation
Stress Management	Male	48	4.28	.627
	Female	62	4.13	.594
Revitalisation	Male	48	4.29	.688
	Female	62	4.25	.554
Enjoyment	Male	48	4.26	.702
	Female	62	4.19	.606
Challenge	Male	48	4.15	.853
	Female	62	4.08	.646
Social Recognition	Male	48	3.62	1.162
	Female	62	3.40	.816
Affiliation	Male	48	4.23	.836
	Female	62	4.25	.660
Competition	Male	48	4.02	.915
	Female	62	3.62	.952
Health Pressures	Male	48	3.45	1.139
	Female	62	3.14	1.105
Ill-Health Avoidance	Male	48	4.41	.643
	Female	62	4.32	.758
Positive Health	Male	48	4.59	.596
	Female	62	4.53	.557
Weight Management	Male	48	4.31	.702
	Female	62	4.13	.819
Appearance	Male	48	4.30	.823
	Female	62	4.33	.887
Strength and Endurance	Male	48	4.51	.668
	Female	62	4.26	.763
Nimbleness	Male	48	4.37	.797

Overall	Female	62	4.24	.704
	Male	48	4.20	.606
	Female	62	4.06	.496

Table 4.4 shows that based on overall factors, there is no significant difference in motivation factors for participating in dance exercise between gender, and the p-value is 0.459, $p > 0.05$. Social Recognition is the only factor that had a significant difference of motivation factors in participating in dance exercise between gender which the p-value is 0.015, $p < 0.05$ and it indicates that the Social Recognition factor has low p values compared to other factors.

Table 4.4: The difference of motivation factors in participating dance exercise between gender

Dimensions	p value	T
Stress Management	.864	1.310
Revitalisation	.291	.342
Enjoyment	.347	.577
Challenge	.310	.472
Social Recognition	.015	1.153
Affiliation	.915	-.109
Competition	.190	2.176
Health Pressures	.775	1.422
Ill-Health Avoidance	.941	.689
Positive Health	.483	.476
Weight Management	.336	1.184
Appearance	.344	-.141
Strength and Endurance	.193	1.785
Nimbleness	.663	.927
Overall	.459	1.299

** $p < 0.05$ (2 tailed)

5.0 Discussion

These findings are discussed based on the research objectives. Positive Health has the highest mean score, which is 4.56 (SD=0.572) while the lowest mean is Health Pressures with a score is 3.27 (SD=1.125). Based on the previous study done by Lindholm (1997), internal health is essential to escape from inner discomfort or to gain some inner pleasure, and health motives are vital to life. Meanwhile, the findings on motivation factors on gender showed that the highest mean is Positive Health for both gender which showed male is 4.59 (SD=0.596) and female is 4.53 (SD=0.557). While the lowest mean is Health Pressures which stated that the male group is 3.45 (SD=1.139) and the female group is 3.14 (SD=1.105).

From a previous study, the females are more attracted to Positive Health, Appearance, Ill-Health Avoidance, Strength and Endurance, and Affiliation factors. While males are more attracted to Positive Health, Strength and Endurance, Ill-Health Avoidance, Nimbleness, and Weight Management factors (Kim & Cho, 2020). Based on the results, the mean for the male group is slightly higher than the female group. This result is contradicted by a previous study where females are more motivated involve in dance exercises (Amado et al., 2016). In addition, this finding also supports the previous study done by Kim and Cho (2020) where males were more likely motivated by intrinsic factors and females by extrinsic factors.

Based on overall factors, there is no significant difference in motivation factors for participating in dance exercise between gender, which is the p-value is 0.459, $p > 0.05$. It shows that either males or females had the same motivation to participate in dance exercises for a healthy lifestyle.

6.0 Conclusion

Dancing is a popular form of physical exercise and studies clearly show that dancing can improve psychological wellbeing. The main objective of this study is to identify the motivation for participating in dance exercise among UiTM Shah Alam students. This study found that the average mean of motivation factors of the student is moderate and above. It shows that UiTM Shah Alam students do not lack motivation as they are eager to participate in dance exercise. This study contributed to the institution on how important dance exercise is. Additional studies are needed to describe and compare different types of dancing along with their motivational basis.

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