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Analysis of Physical Activity Motives in Sports Communities in the City of Bandung

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Abstract

Physical Activity has an important role in maintaining the health and quality of life of the community. One form of physical activity participation that is developing in urban areas is through sports communities. This study aims to analyze the motives for physical activity in members of the sports community in the city of Bandung. The study used a quantitative approach with a cross-sectional observational design. The research sample was from 90 respondents who were active members of the running, swimming, and calisthenics communities in the city of Bandung. The instrument used is the Indonesian version of the Motives for Physical Activity Measure-revised (MPAM-R) questionnaire which has been tested for reliability. Data analysis was carried out descriptively and the One-Way ANOVA test. The results of the study show that the motive for physical activity of members of the sports community is in the good category in all dimensions of MPAM-R. The ANOVA test showed that there was no significant difference in the motive for physical activity between sports communities ($p > 0.05$). These findings indicate that the type of exercise is the main factor in shaping the motivation to engage in physical activity, but the community environment, exercise experience, and individual awareness of the benefits of physical activity have a more dominant role. Thus, the sports community can be an effective means in encouraging participation and sustainable physical activity of the community.

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INTRODUCTION

Physical activity has an important role in maintaining health and preventing various disorders that arise due to an inactive lifestyle (Park et al., 2025). Various studies show that participation in physical activity not only provides benefits for physical health, but also has an impact on psychological well-being, social skills, and overall quality of life (Singh et al., 2023). In big cities such as the city of Bandung, physical activity is starting to develop as part of people's lifestyles, one of which is starting to get involved in various sports communities that provide a place to exercise regularly, directed, and sustainably (Wolbring et al., 2022).

In line with these developments, the last few years have shown a significant increase in the number of sports communities in the city of Bandung (Salsabillah, 2025). Various communities such as calisthenics, swimming and running are increasingly in demand by the community because they offer group-based physical activity with the support of a positive social environment (Yang et al., 2022). This condition indicates that physical activity is no longer seen as merely an individual activity, but also as a means of social interaction that provides a collective experience (Gao et al., 2025). However, the motives behind individual participation in the sports community have not been fully scientifically understood (Shao et al., 2025). Therefore, research is needed to identify the factors that affect the participation and sustainability of individual involvement in community-based physical activities in the city of Bandung (Kovács & Szakál, 2024).

Studies on the motives of physical activity have been widely conducted in various contexts, but research that specifically examines sports communities at the city level, especially in the city of Bandung, is still limited (Dhaifullah et al., 2024). Each sports community has its own characteristics, both in terms of the purpose of formation, training patterns and the social dynamics formed within it (Osterlund et al., 2023). Thus, understanding the motives of members of the sports community in the city of Bandung is important to obtain a more comprehensive picture of the pattern of individual participation in physical activity (Motevalli et al., 2024) In addition, the results of this research are expected to provide a scientific basis for trainers, community managers, and other related parties in designing physical activity programs that are more in line with the needs and preferences of community members.

Referring to the background that has been described, this study aims to analyze the motives for physical activity in members of the calistic, swimming, and running community in the city of Bandung using the MPAM-R instrument (Ryan & Deci, 2000). This research is directed to identify the dominant motives and analyze the differences in motives between sports communities in the city of Bandung. Thus, this research is expected to provide a comprehensive picture of the motives of community-based physical activity and become the basis for the development of strategies to increase community sports participation more effectively in the future.

METHODS

This study uses a quantitative method with an observational design and a cross-sectional approach. This design was used to describe and analyze the motives of physical activity in members of the sports community in the city of Bandung in a measurement time period without providing intervention to respondents. The cross-sectional approach was chosen because it was able to provide an overview of the actual conditions regarding the motives of physical activity possessed by each participant according to the circumstances at which the study was conducted (Prieto-gonzález & Pacholek, 2025). This study uses three sports communities in the Bandung City area, namely the calisthenics, swimming and running communities. The selection of the City of Bandung is based on the high development of the sports community and increasing community participation in community-based physical activities. The sampling technique used is purposive sampling, adjusted to the inclusion and accessibility criteria of participants in each sports community in the city of Bandung with more than 20 members and has been an active member for at least three months. In addition, respondents must be willing to participate in the research and fill out the research instruments completely. The data of this study amounted to 90 respondents from 3 sports communities, namely calisthenics, swimming and running. The sample did not establish any specific age-related restrictions as long as the respondents were still registered as members of the community being studied. Respondents who did not fulfill the membership period or did not complete the questionnaire were categorized as research exclusions. The sampling technique was adjusted to the field conditions and accessibility of participants in each sports community in the city of Bandung which was held on December

05-16, 2025.

This research method uses the Motives for Physical Activity Measure-Revised (MPAM-R) instrument (Ryan, Richard M.; Frederick, Christina M.; Lepes, 1997). This instrument lists 5 dimensions that encompass fitness, appearance, competence, social, and enjoyment with 30 questions (Teixeira et al., 2012). In this study, the MPAM-R instrument has been retested by the author and translated into Indonesian by linguists and declared reliable with a cronbach alpha value of 0.754, making it suitable for measuring physical activity motives. The main variable in this study is the motive for physical activity which is measured through 5 dimensions on the MPAM-R instrument. In addition, the study also involved these variables by being analyzed to see the tendency of physical activity motives and possible differences in motives between the sports communities studied.

The research procedure begins with coordination and licensing with the manager of the sports community that is the location of the research. After that, respondents who met the criteria were given an explanation of the research objectives and asked for consent to participate through informed consent. Filling out the questionnaire is carried out in person or online according to the conditions of each community. The data that has been collected is then checked for completeness before entering the processing and analysis stage.

In this study, the potential for research bias has been minimized. All respondents have been assured to get the same information and explanation regarding the purpose and procedure of the research. The confidentiality of the respondent's identity is well maintained so that it is expected that the respondent can give an honest answer according to the actual conditions. The use of standard instruments also helps to maintain the consistency and reliability of the data obtained.

The data obtained was analyzed using descriptive statistics to describe the characteristics of the respondents as well as an overview of the motives for physical activity in each sports community. Furthermore, an inferential analysis was carried out using the One Way ANOVA test to see the differences in physical activity motives between the sports communities studied. If significant differences are found, the analysis is followed by a Post Hoc test to see which community groups have significant differences. All data analysis was carried out using the Statistical Package for the Social Sciences (SPSS) with a significance level of 0.05.

RESULTS AND DISCUSSION

The results of the analysis obtained include the characteristics of the respondents, the results of the descriptive analysis of the motives of physical activity, and the results of the difference test using One Way Anova between sports communities in the city of Bandung, so the results are obtained in the following **Table 1.**

Table 1. Characteristics

Characteristic	Calisthenics		Swimming		Running		Total Sample	
	n	%	n	%	n	%	n	%
Gender								
Male	23	76,7%	21	70,0%	16	53,3%	60	66,7%
Women	7	23,3%	9	30,0%	14	46,7%	30	33,3%
Age								
16-25	19	63,3%	4	13,3%	7	23,3%	30	33,3%
26-40	11	36,7%	23	76,7%	21	70,0%	55	61,1%
40-55	-	0%	3	10,0%	2	6,7%	5	5,6%
Frequency								
< 3 months	2	6,7%	21	70,0%	-	0%	23	25,6%
3 – 4 months	4	13,3%	7	23,3%	5	16,7%	16	17,8%
7 – 12 months	7	23,3%	2	6,7%	11	36,7%	20	22,2%
1 – 2 years	10	33,3%	-	0%	11	36,7%	21	23,3%

Based on the results **Table 1** of the analysis of respondent characteristics, a total of 90 participants were obtained from three sports communities, namely calisthenics, swimming, and running. Based on gender, the majority of respondents were men as many as 60 people (66.7%), while female respondents were 30 people (33.3%). This shows that the participation of community-based physical activity in the city of Bandung is still dominated by men.

Viewed in terms of age, respondents were dominated by the early adult age group of 26–40 years old as many as 55 people (61.1%), followed by 16-25 years old as many as 30 people (33.3%), and at least 40-55 years old as many as 5 people (5.6%). These findings suggest that the sports community is more followed by productive-age individuals who tend to have a high awareness of physical health and fitness.

Judging from the length of time they have been in the community, most of the respondents have been members for 1-2 years as many as 21 people (23.3%). Then followed by respondents who joined for 7-12 months as many as 20 people (22.2%), less than 3 months as many as 23 people (25.6%), 3-4 months as many as 16 people (17.8%), and more than 2 years as many as 10 people (11.1%). This suggests that most community members have relatively stable involvement

in community-based physical activity.

Table 2. Descriptive

Community	Interest/ Enjoyment		Competence		Appearance		Fitness		Social	
	M	SD	M	SD	M	SD	M	SD	M	SD
Calisthenics	40.67	5.671	44.70	3.914	37.43	4.636	31.17	3.553	29.70	4.324
Swimming	40.60	5.367	41.87	6.235	34.77	5.244	29.93	2.982	29.03	3.011
Running	40.97	4.222	43.03	4.351	39.30	6.819	29.50	3.684	29.00	3.658

The results **Table 2** of the MPAM-R descriptive analysis show that in general, the five dimensions of physical activity motives are relatively high in the three sports communities. In the calesthetic community, the dimension with the highest average value is competence (M = 44.70; SD = 3.914), while the dimension with the lowest average value was social (M = 29.70; SD = 4.324). In the swimming community, the most prominent dimension is appearance (M = 35.40; SD = 4.680), while the lowest score was found in the social dimension (M = 29.03; SD = 3.011). Meanwhile, in the running community, the highest dimension was appearance (M = 39.30; SD = 6.819) and the lowest were social (M = 29.00; SD = 3,658).

In general, all three communities showed a tendency that social motives had the lowest average compared to other dimensions. This indicates that the majority of community members are more motivated by personal factors such as fitness, competence, fun, and appearance than by social interaction aspects.

Table 3. One Way Anova

Characteristic	Calisthenics		Swimming		Running		F	h2
	M	SD	M	SD	M	SD		
Motives for Physical Activity	36.73	4.42	35.37	4.46	36.36	4.55	1.436	0.032
Interest/ Enjoyment	40.67	5.67	40.60	5.37	40.97	4.22	0.04	.001
Competence	44.70	3.91	41.87	6.24	43.03	4.35	2.50	.054
Appearance	37.43	4.64	35.40	4.68	39.30	6.84	2.46	.054
Fitness	31.17	3.55	29.93	2.98	29.50	3.68	1.92	.042
Social	29.70	4.32	29.03	3.01	29.00	3.66	0.34	.008

Table 3. The One Way ANOVA test was conducted to determine the difference in physical activity motives based on the five dimensions of MPAM-R between the calisthenics, swimming, and running communities. Based on the results of the One Way Anova test on the total motive of physical activity, a value of F = 1.436 was obtained with a significance value of p = 0.243 (p > 0.05) and an effect size value of η^2 = 0.032. These results show that there is no significant difference in the total motive for physical activity among members of the calistic, swimming, and running communities in the city of Bandung. The relatively small value of η^2 indicates that the average difference that appears descriptively has a weak and statistically meaningless influence.

In the Interest/Enjoyment dimension, the value of F = 0.04 is obtained with η^2 = .001. In the Competence dimension, the value of F = 2.50 with η^2 = .054, while in the Appearance dimension, the value of F = 2.46 with η^2 = .054. Furthermore, in the Fitness dimension, the value of F = 1.92 with η^2 = .042, and in the Social dimension, the value of F = 0.34 with η^2 = .008. All significance values are above 0.05 and η^2 values are in the small category, so the descriptively visible mean difference is not statistically significant.

Thus, the ANOVA results show that the type of sports community does not affect the difference in the motives of physical activity of members, so that the three communities have relatively similar motivational tendencies across all dimensions of MPAM-R.

The results of this study show that the motive for physical activity among members of the kalysis sports community, swimming, and running in the city of Bandung is at a relatively good level in all dimensions. Descriptive analysis showed that the dimensions of interest/enjoyment, competence, appearance, fitness, and social had a fairly high average value in all three communities. This motive indicates that individuals who are members of the sports community have a strong internal drive to participate in physical activity on a regular basis, whether for the purposes of pleasure, ability improvement, fitness, appearance, or social interaction (Frömel et al., 2022).

However, the results of the One Way ANOVA test showed that there was no significant difference between sports communities across all dimensions of physical activity motives. Relatively small F-values as well as η^2 that fall into the subcategory shows that the variation in average scores between communities is not statistically significant (Prasetyo et al., 2023). The results of this study show that the type of sports community that is followed, both calisthenics, swimming, and running, is not the main differentiating factor in forming the motive physical activity of its members (Vuckovic & Duric, 2024).

On the interest/enjoyment dimension, all three communities showed relatively similar levels of pleasure and interest in physical activity, with the running community having slightly higher average scores than swimming and calisthenics communities. This condition indicates that community-based sports activities are able to create an enjoyable sports experience, regardless

of the type of exercise performed. This suggests that a positive social environment and a supportive exercise atmosphere can increase an individual's intrinsic motivation to stay active in exercise (Berki et al., 2024).

Furthermore, the results on the competence dimension, descriptive results showed that the calisthenic community had the highest average score compared to the running and swimming communities, which indicated a tendency for members of the calisthenics community to be more motivated in improving physical abilities and skills. However, the difference is not statistically significant, so the urge to feel capable and physically thriving remains a relatively evenly distributed motive across the sports community (Prieto-gonzález et al., 2025).

In the appearance dimension, it shows that attention to physical appearance is one of the most prominent motives in all three communities, with the running community showing slightly higher average scores than the calisthenics and swimming communities. However, this difference is not significant, suggesting that the desire to maintain or improve physical appearance is a relatively equally important motivation for members of the sports community, regardless of the type of physical activity they participate in. (Ryu et al., 2025).

The fitness dimension also shows a similar pattern, where all communities have relatively balanced average scores, with the swimming community slightly superior descriptively compared to other communities. However, there was no statistically significant difference. These results indicate that maintaining physical fitness is a key underlying goal of individual involvement in the sports community. This similarity of motivation can be attributed to increasing public awareness of the importance of health and fitness as part of an active lifestyle.

On the social dimension, the average scores of the three communities were also relatively similar, with the running community scoring slightly higher than the swimming and calisthenics communities. However, the social dimension remains the lowest-scoring dimension compared to the other dimensions. This shows that while sports communities provide a space for social interaction, social factors are not the primary motive compared to personal motives such as pleasure, competence, and fitness. Nonetheless, the similarity of values on the social dimension suggests that the three communities are able to provide a relatively equal social experience for their members (Zhang et al., 2025)

Overall, the results of this study show that the sports community in the city of Bandung has a relatively equal role in shaping the motives of physical activity of its members. The absence of significant differences between communities suggests that an individual's motivation for physical activity is not directly influenced by the type of exercise followed. In contrast, community environmental factors, experiences during exercise, and individual levels of awareness of the benefits of physical activity have a more dominant role in shaping motivation to participate in physical activity (Osterlund et al., 2023). Thus, the community of calisthenics, swimming and running sports can be seen as an effective means in encouraging participation and sustainability of physical activity in general of the community.

Based on these findings, sports community managers are advised to continue to create a supportive and sustainable training environment to maintain member motivation. In addition, further research is expected to involve a larger sample, a more diverse community, and use longitudinal research designs to gain a deeper understanding of the factors that influence physical activity motivation.

CONCLUSION

This study shows that the motive for physical activity of members of the sports community in the city of Bandung is in a good category and relatively similar between communities. The absence of statistically meaningful differences indicates that the type of exercise is not the main factor in shaping the motivation for physical activity. The results of this study indicate that motivation to engage in physical activity is more influenced by common factors in the sports community, such as social environment, exercise experience, and individual awareness of the benefits of physical activity, compared to the different types of exercise followed. Thus, the sports community serves as an effective means in encouraging participation and sustainability of people's physical activities.

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