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Obraz własnego ciała i motywacja do ćwiczeń wśród Kanadyjek i Polek uczestniczących w zajęciach jogi i aerobiku

Body image and motivation to exercise within Canadian and Polish women participating in yoga or aerobics

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Objectives: The aim of this study was to examine the relationship between body image and the type of exercise as well as the connection between body image and motivation to exercise within Canadian and Polish women participating in aerobics or yoga classes.

Participants: In total 138 female participants were recruited for the study from fitness centers and yoga studios in Canada and Poland.

Methods: Body image was assessed by a self-report measure of frequency of negative body related emotions experienced in different situational contexts. Motivation to exercise was assessed by a self-report inventory measuring a variety of motivational orientations.

Results: Polish women who practice yoga were found to report significantly less negative body related emotions than the remainder of participants. Aerobics participants in both countries were characterized by higher weight management motivation compared to participants of yoga. Yoga participants, in turn, were characterized by higher positive health and stress management

motivation that aerobics participants. A significant correlation was found between high frequency of negative body related emotions experienced in different situational contexts and high weight management and appearance motivation. On the other high revitalization motivation correlated with less negative body related emotions.

Discussion: Exercising for weight and appearance reasons, might be a form of regulatory strategy to cope with distressing body image thoughts and feelings and could possibly increase body image distress in the long run. However, from a health promotion point of view weight and appearance motivation prompt one to pursue physical activity but is unlikely to sustain long term participation, for which revitalization motivation is more important. Therefore, well-being benefits should be emphasised without belittling the existing motives.