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Sedentary lifestyle and motivation to practice sports. Systematic review

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ABSTRACT

Sports practice establishes the development of physical activity, since this approach it generates the importance of doing it daily, to avoid sedentary lifestyle and maintain a healthy lifestyle. Objective: To analyze the most used approaches in the study of the relationship between sedentary lifestyle and motivation to practice sports. Methodology: Bibliographic search with specific inclusion and exclusion criteria, in academic Google, Dialnet metasearch, LILACS and electronic journals of various disciplines following the recommendations of the PRISMA standard. 3,180 scientific articles were extracted from which 17 were selected for review. Results: 80% of the studies affirmed the existence of a relationship between the variables. Most described that motivation and lack of physical activity, at a specific moment or sustained over time, increase the probability of completely abandoning their practice. Of the total studies, 80% were of a cross-sectional design, and the most vulnerable population was female. The non-availability of time, was the most described reason, among the measurement instruments used, highlight the "Questionnaire for regulation of behavior in sport", "Questionnaire of Motivational Climate Perceived in Sport" and the "Scale of Satisfaction of Psychological Needs in Exercise". In Conclusion: The relationship between sedentary lifestyle and motivation to practice sports with factors in behavior and lifestyle still require more information, especially in Latin America. The analysis in sedentary people to explain and know the motivation is limited for inferential reasons, given the high cost of these problems it is necessary to carry out more studies with rigorous designs and methodologies.

Keywords: motivation; sedentary lifestyle; sports; physical activity; habits; Lifestyle.

INTRODUCTION

Sedentary lifestyle is among the main causes of health problems globally, according to the World Health Organization (2015) describes that: 60% of the world population is sedentary together with normal or high food intakes, an energy imbalance is caused which can translate into alterations in the state of health, such as malnutrition due to excess. Buhring, Oliva, and Bravo (2009). In addition, it is associated as a factor with a worse quality of life and an increase in general mortality Cabrera de León, et al. (2007). It is essential that this conduct be considered within the social role as detrimental in all aspects that encompass its meaning.

Motivation can be determined as a process and factors that, through key moments of action based on behaviors, direct said actions towards an objective or, in turn, satisfy a need that are influenced by psychological impulses according to Descriptors in Health Sciences (2017). Within psychology, two main types of motivation are determined: extrinsic and intrinsic. In this way, the basic principle of human behavior is explained.

For the studies of the motivation of sports practice according to Moral et al. (2019) there have been multiple findings that answer the questions of the behavior of the human being in the face of the ability to perform, where the psychological factor is the one that intervenes first, it is In other words, the motivation in the human being can be fluctuating but it is not ruled out that it is managed and conscious.

DEVELOPMENT

METHODOLOGY

Systematic review of the scientific literature on the study objectives with a methodology that ensures a pertinent and precise recovery process as suggested by the recommendations of the PRISMA standard. Liberati and others (2009).

Inclusion criteria (IC):

- CI-1. Publication date between 2016 and 2021.
- CI-2. Studies of journals indexed in Dialnet.
- CI-3. Primary research papers in Spanish carried out on humans, with samples of more than 40 people, quantitative studies that analyzed the relationship between the two variables of interest: sedentary lifestyle and motivation to practice sports.
- CI-4. Studies whose analysis instruments for the sedentary lifestyle and motivation variables had demonstrable internal validation in at least one of them.

Exclusion criteria (EC).

Due to the lack of delimitation of the approach of the terms and of some factors associated with a sedentary lifestyle and the motivation to practice sports, the following were excluded:

Studies focused on people with any type of disability.

Studies for his degree based on nutrition and business marketing.

Bibliographic search.

The keywords and descriptors to generate the bibliographic search, in Spanish, were:

Two roots: "Sedentary lifestyle" and "Motivation"

Two secondary descriptors: "sports practice" "physical activity".

Several specific marginals: "Stress", "academic motivation", "Anxiety", "Rehabilitation" "Depression" and "Muscular pain".

The sources or databases from which information has been obtained are detailed in Figure 1.

RESULTS

A total of 3,180 articles were obtained. Once the inclusion and exclusion criteria were applied, 17 articles were found for the review: 17 from the Google academic database, of which 14 were repeated

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in the Dialnet metasearch engine searches, another 3 articles were found in different journals through from the LILACS search engine. The search methodology is described in the flowchart (Figure 1) carried out according to the recommendations of the PRISMA standard. Liberati and others (2009).

Selection and quality of studies

From the selected studies, a first classification was extracted according to the scientific and bibliometric value of the journals of origin of the articles, based on the Dialnet CI-2 quartiles, 8 articles located in the Q1 quartile, 2 in Q2, 5 in Q3 and 2 in Q4.

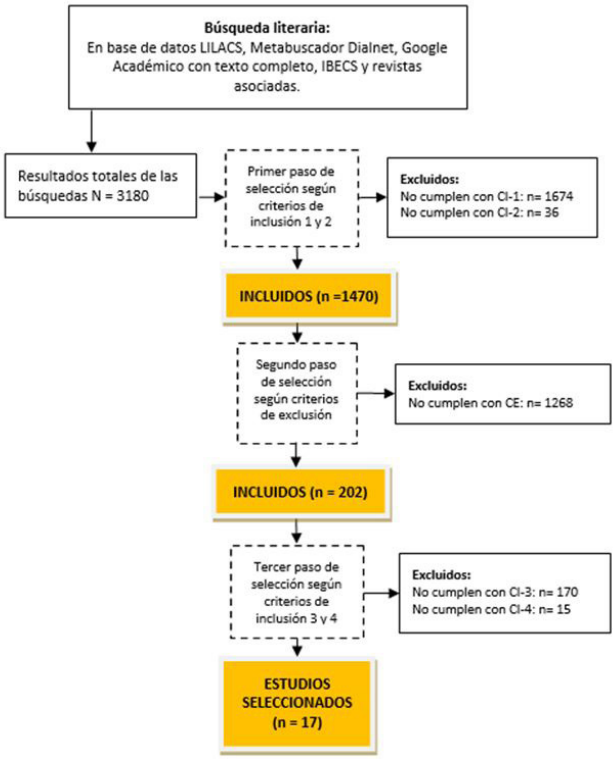

***Figure 1**: Flowchart of search methodology according to PRISMA recommendation.*

For the selection of studies, the title, abstract and keywords were explored according to the CI-3. Those whose summary or abstract did not deduce the relationship between sedentary lifestyle and motivation to practice sports were discarded.

In the complete reading of the articles selected as potentially relevant and once the exclusion criteria were applied, the quality assessment of the studies was carried out according to the criteria for health studies and health psychology, proposed by Bowling (2014); Perestelo (2013) (Tables I, II, III). A summary of the most relevant data from the analysis can be found in the Annex.

Association between a sedentary lifestyle and motivation to practice sports

80% of the studies affirmed the existence of a relationship between the sedentary lifestyle variables and the motivation to practice sports, most of them described a unidirectional relationship in which motivation and lack of physical activity, either at a specific moment or maintained over time, they increase the probability of abandoning the habit of movement altogether.

Only 5 articles according to Gomez and Fernandez (2020); Simon and others; Muñoz, Cardona, Segura, Arango, and Lizcano (2019); Zarauz (2016) and Fraguela, Varela and Varela (2020) expressed that the main motivation for practicing sports is enjoyment, however, other studies stated that the lack of time can be decisive Quesada and Gómez (2017), found that the autonomy of the actions leads to greater enjoyment and the probability of extending the time of sports practice Gómez and Fernández (2020) and Simón et al., regarding the ego and the misconception of body image causes a sedentary lifestyle, even Latorre, Jiménez, Párraga and García (2016) and Zarauz and Ruiz (2016) being statistically significant.

85% of the studies that met the objectives of the review focused on gender differences considering specific reasons in both men and women and common factors. Of all of them, competence stood out, a feeling of success that appeared in 23% of the articles, followed by health in 35% and enjoyment in 25% of the studies. Those with the lowest proportion were to develop a skill 12%, body image 10%, Interest 5% and social 3%.

Most common research designs and most used instruments.

***Table 1:** General description of the articles included in the review.*

Autor	País	Muestra (n)	Diseño	Correlación	Análisis de Regresión	Otros
Bermejo et al.[10]	España	Mujeres (145)	Transversal	X	X	b
Cerdá.[11]	España	Población General (201)	Transversal	X	X	b
Chacón et al.[12, 13]	España	Empleados (n1=56) Estudiantes (n2=528)	Transversal	X		d
Del Mar et al.[14]	España	Estudiantes (187)	Transversal	X		a,d
Gajardo et al.[15]	Chile	Estudiantes (604)	Transversal			
González et al.[16]	España	Estudiantes (775)	No experimental	X		
Grijalva et al.[17]	España	Usuarios (111)	Transversal	X		a
Moreno et al.[18]	España	Mujeres (361)	Transversal	X	X	
Quesada et al.[19]	España	Usuarios (94)	Transversal	X		
Rodríguez et al.[20]	Colombia	Adultos (1463)	Observacional	X	X	
Román et al.[21]	España	Deportistas (149)	Transversal	X	X	a,d
Sancho et al.[22]	España	Atletas (401)	Transversal	X	X	
Santamaría et al.[23]	España	Estudiantes (366)	Transversal			d
Vale et al.[24]	España	Estudiantes (2694)	Transversal	X		a
Valenzuela et al.[25]	España	Estudiantes (1164)	Transversal	X		
Vásquez et al.[26]	España	Estudiantes (1085)	Transversal	X		

[a]Chi cuadrado [b]Modelo de ecuaciones estructurales [c]Error cuadrático medio de aproximación (RMSEA) [d]Anova [e]GEE; GeneralizedEstimatingEquations.

***Table 2**: Critical evaluation of the literature according to criteria for health studies(1,8).*

Criterio	Si	No
1. Título es conciso y pertinente con los contenidos.	14	3
2. Fundamentación teórica congruente con los objetivos y/o hipótesis.	15	2
3. Objetivos y/o hipótesis claramente formulados.	14	3
4. Diseño adecuadamente descrito y metodología apropiada.	12	5
5. variables descritas con claridad.	15	2
6. Instrumentos utilizados validados y con datos psicométricos de fiabilidad.	14	3
7. Selección y descripción de la muestra y criterios de inclusión/exclusión.	14	3
8. Los estudios presentan consideraciones éticas.	12	5
9. Análisis estadístico apropiado.	15	2
10. Resultados presentados de manera clara y precisa. Responden a los objetivos/hipótesis.	13	4
11. Se presentan y discuten posibles limitaciones del estudio.	15	2
12. Se discuten las implicaciones prácticas de los resultados	14	3

Table 3: *Study quality assessment.*

Autor/año	Criterios de evaluación de la literatura											
	1	2	3	4	5	6	7	8	9	10	11	12
Bermejo et al.[10]	x	x	x		x	x	x	x	x		x	x
Cerdá.[11]	x	x	x	X	x	x	x		x	x		
Chacón et al.[12], Quesada et al.[19]	x	x	x		x	x	x	x	x	x	x	x
Chacón et al.[13]		x	x	x	x	x		x		x	x	x
Del Mar et al.[14]	x	x		x	x	x	x		x	x	x	x
Gajardo et al.[15]	x		x	x	x	x	x	x	x		x	x
González et al.[16]	x	x	x		x	x	x	x	x	x	x	
Grijalva et al.[17]			x	x		x	x		x	x	x	x
Moreno et al.[18]		x	x	x	x	x			x	x		x
Rodríguez et al.[20]	x	x		x	x	x	x	x	x	x	x	
Román et al.[21]	x	x	x	x	x	x		x	x	x	x	x
Sancho et al.[22]	x	x	x		x	x		x	x		x	x
Santamaría et al.[23], Valenzuela et al.[25]	x	x	x	x	x		x	x	x	x	x	x
Vale et al.[24]	x	x		x	x	x	x			x	x	x
Vásquez et al.[26]	x	x	x	x		x	x	x	x		x	x

Of the total number of studies found, 80% were cross-sectional, according to Bermejo, Almagro and Rebollo (2018); Sow (2019); Chacón and others (2017); Gomez and Fernandez (2020); Simon and others; Palma and others (2018); Proaño, Martínez and Jiménez (2020); Moreno, Marcos and Huéscar, (2016); Quesada and Gomez (2017); Latorre, Jiménez, Párraga and García (2016); Zarauz and Ruiz (2016); Valenzuela, Codina and Pestana, (2020); and Castañeda, Zagala, Arufe and Campos (2018), and 5% of the observational type Muñoz, Cardona, Segura, Arango, and Lizcano, (2019) and 5% non-experimental González and others (2019) (Table II).

Of the 17 articles reviewed, 15 described psychometric validations of all the measurement instruments of the variables described in the objectives of this review (Bermejo, Almagro, & Rebollo, 2018); Sow (2019); Chacón and others (2017); Gomez and Fernandez (2020); Simon, and others; González and others, (2019); Proaño, Martínez, and Jiménez, (2020); Moreno, Marcos and Huéscar (2016); Quesada and Gómez (2017)¸ Muñoz, Cardona, Segura, Arango, and Lizcano Cardona, (2019); Latorre, Jiménez, Párraga, and García, (2016); Zarauz and Ruiz (2016); Fraguela, Varela, and Varela (2020); Valenzuela, Codina, and Pestana (2020) and Castañeda, Zagalaz, Arufe, and Campos (2018). (Table I).

To measure the "motivational" psychosocial factors, the most representative instrument was the "Scale of Basic Psychological Needs in Exercise" Bermejo, Almagro, and Rebollo (2018) validated by Sánchez and Núñez (2007) and which appeared in 2 studies Bermejo, Almagro, and Rebollo (2018) and Valenzuela, Codina, and Pestana (2020), and finally the "Sports Conduct Regulation Questionnaire" (BRSQ-3) Cerdá (2019) that appeared in 3 articles Bermejo, Almagro, and Rebollo (2018); Cerda (2019); Latorre, Jiménez, Párraga, and García (2016).

For the measurement of the level of sedentary lifestyle, the most common was the "Ad-hoc creation of the same author that appeared in 5 studies González, et al. (2019);

Proaño, Martínez, and Jiménez (2020); Fraguela, Varela, and Varela (2020); Valenzuela, Codina, and Pestana (2020); Castañeda, Zagalaz, Arufe, and Campos (2018), then the Rapid Assessment of Physical Activity questionnaire Muñoz, Cardona, Segura, Arango, and Lizcano (2019) that appeared in 1 study, like the IPAQ, less used, appeared in 1 article Gómez and Fernández (2020).

Populations more vulnerable to sedentary lifestyle problems related to motivation.

Of the 17 total studies, 50% dealt with students, 12% studied samples of female athletes, users of a sports center, among others, as described in (Table II).

12% of the studies were based on a sample of women only, in most cases their representation was light, but with valid results.

Personal and/or psychosocial mediators in the motivation-sedentary relationship

The motivational factors most described in the reviewed literature were the "feeling of well-being" Bermejo, Almagro, and Rebollo (2018); Gomez and Fernandez (2020); González, and others, (2019); Proaño, Martínez and Jiménez (2020); Muñoz, Cardona, Segura, Arango and Lizcano and (2019); Fraguela, Varela and Varela (2020) and Valenzuela, Codina, and Pestana (2020) followed by the “enjoyment” Gómez and Fernández (2020); Simon, and others; Muñoz, Cardona, Segura, Arango, and Lizcano (2019); Zarauz and Ruiz (2016) and Fraguela, Varela and Varela (2020) and the “autonomy” Simón and others; Moreno, Marcos and Huéscar (2016) and Zarauz and Ruiz (2016), one and the other, presented competition factors and self-esteem on the one hand, despite adverse factors such as lack of time and ego control.

Less frequent were the "lack of family support" González and others (2019) and the "lack of interest" González and others (2019) and Muñoz, Cardona, Segura, Arango and Lizcano (2019). Other psychosocial factors reported such is the case of appreciation of body image, dependence on physical exercise, lack of support and community participation, not finding activities according to interests, among others. Individual factors that intervene as mediators include gender, age, habits or lifestyles, frequency and type of physical activity, and body mass index, among others. Specifically, 7 articles determined the female gender as a personal mediator in the relationship studied according to Cerdá (2019); Quesada and Gomez (2017); Muñoz, Cardona, Segura, Arango and Lizcano (2019); Zarauz and Ruiz (2016); Corbí, Palmero and Jiménez (2019); Fraguela, Varela and Varela (2020) and Valenzuela, Codina and Pestana (2020), another three male Moreno, Marcos and Huéscar (2016); Zarauz and Ruiz (2016) and Castañeda, Zagalaz, Arufe and Campos (2018), on the other hand, the relationship between age and the absence of sports practice concludes that young people (understand the age 18-20 years) are more prone to develop habits away from sports practice when there is no adequate stimulation.

DISCUSSION

The objective of this systematic review was to analyze the designs most used in the study of the relationship between a sedentary lifestyle and the motivation to practice sports. The results showed the association between competence, sensation of success, health and enjoyment, however, the findings are not exempt from controversy regarding protective and/or risk factors for this problem, as well as

subjectivity and suitable instruments for its measurement. . The heterogeneity of the studies, not only due to the samples studied, but also due to the type of design and the measurement of the variables, however the important methodological limitations, such as: the scarce psychological evaluation of some instruments or the lack of a There is a clear division between the type of motivation and psychological management, which leads to confusion when talking about the relationship between a sedentary lifestyle and the motivation to practice sports, which conditions the reliability of the results in this review study.

The unidirectional relationship in which motivation and lack of physical activity, either at a specific moment or maintained over time, increase the probability of completely abandoning the habit of movement. Patterns of behavior only cause the feeling of failure indistinctly in the population considered.

Gender plays a determining role in the directed tasks Cerdá (2019) although there is a bidirectional relationship between the study variables, perception is alien to the social role it plays, the process of designing a profile Proaño, Martínez and Jiménez (2020) and Quesada and Gómez (2017) guarantees that basic psychological needs can be satisfied in such a way that the massification of physical-sports practice is positive for sectors of society in general.

The unidirectional studies, which relate a sedentary lifestyle with the motivation to practice sports Cerdá (2019); Chacón and others (2017); González and others (2019) and Quesada and Gómez (2017) said problem appears described in the indices analyzed and a great variety in the subject of health, but with numerous contradictions some directed to leisure time and recreation according to Corbí, Palmero and Jiménez (2019) and Fraguela, Varela and Varela (2020) and others to competitive sport and how to avoid abandonment Proaño, Martínez and Jiménez (2020). As for the joint analysis of the "Theory of self-determination" Bermejo, Almagro and Rebollo (2018); Cerda (2019); Chacón and others (2017); Simon, and others; González and others (2019); Moreno, Marcos and Huéscar (2016) and Quesada and Gómez (2017) being a necessary contemplation to generate the analysis of the variables under study. Regarding the most common research designs to study the association between a sedentary lifestyle and the motivation to practice sports, 41% are transversal and carried out in the context of higher education Gómez and Fernández (2020); Simon, and others; Palma and others (2018); Corbí, Palmero and Jiménez (2019); Fraguela, Varela and Varela (2020); Valenzuela, Codina and Pestana (2020) and Castañeda, Zagalaz, Arufe and Campos (2018). Although it is true that through Cross-sectional studies have been able to describe the reasons for doing or not practicing sports and the most vulnerable groups, not in terms of age but gender, these studies share a limitation that may appear in particular due to the amount of research, it could be corrected with more experimental studies and/or with longitudinal designs and in Latin American countries, in which the monitoring of the variables will make it possible to establish significant relationships.

According to the instruments most used to measure the main variables (sedentary lifestyle, motivation, sports practice), the results reveal a notable variety between studies, highlighting the "Sports Behavior Regulation Questionnaire", the "Sports Behavior Questionnaire", Perceived Motivational Climate in Sport" and the "Psychological Needs Satisfaction Scale in Exercise". Something to highlight are the validations regarding the measure of motivation in sports practice, the same is not true for a sedentary lifestyle, in short, there is no abundant use of validated scales and questionnaires that collect various factors and different periods of time.

The population most vulnerable to the sedentary lifestyle and the motivation to practice sports, likewise the data show that they are women and students. In other words, this population is the most studied, due to the percentages of sedentary lifestyle provided by the WHO according to the World Health Organization (2015) as well as the mortality rate and the importance of the subject at the educational level, due to the values of absenteeism not only in centers sports but also in spaces within educational institutions, it is vital to guide sports practice to intrinsic motivations in order to avoid abandonment in sport and develop a more hedonistic practice that moves away from sedentary habits Chacón et al. (2017).

Regarding the motivational factors that appear less frequently related to the subject of study, "lack of family and community support" is significantly related to sedentary lifestyle González et al. (2019) and "lack of interest" González et al. (2019) and Muñoz, Cardona, Segura, Arango and Lizcano (2019) appears associated with intrinsic motivation based on autonomy.

CONCLUSIONS

The results of this review have provided sustainable evidence in the relationship between a sedentary lifestyle and the motivation to practice sports, with factors involved in both behavior and lifestyle. More information is still required, especially in Latin America, since the absence of research causes a deficit in the understanding of evolution based on specific psychosocial profiles. The studies determined that the analysis in sedentary people to explain and know the motivation is scarce, however the inferential reasons are explained.

The use of a systematic and structured search methodology and the analysis of the variables involved in the review are considered to be important strengths of the work; however, a possible limitation related to the rigidity of criteria when it comes to selecting the articles, which has prevented the analysis of other works that, even without being published in journals with a high bibliometric requirement, contributed data of interest to the subject.

AUTOR	STUDY/DESIGN	MUESTRA	INSTRUMENTOS DE MEDICIÓN	RESULTADOS
Chacón et al ., 2020[13]	Cuantitativo/descriptivo Transversal	Hombres 29 Mujeres 27 total 56	IPAQ; Cuestionario del empleado saludable	Los diferentes indicadores del empleado saludable con respecto a los tres niveles de actividad indica en primer lugar que en emociones positivas y actividad física alta el ítem 3 y 4 tienen la mayor puntuación con M= 5,14
Grijalva et al., 2020[17]	Transversal Cuantitativo	111 usuarios de centros deportivos de la ciudad de Quito. 56 hombres (50.45%) y 55 mujeres (49.55%)	Cuestionario estructurado en 6 bloques ad-hoc	Las mujeres tienen una frecuencia de asistencia mayor que los hombres, una mayor preferencia por la piscina como elemento para unirse a un centro deportivo y una tasa de abandono superior, principalmente por falta de tiempo.

Vale et al., 2020[24]	Transversal Cuantitativo	2694 estudiantes	cuestionario elaborado ad hoc para el estudio de los tiempos escolares y de ocio del alumnado de Educación Secundaria	El género es un factor determinante en la práctica de ocio deportivo juvenil, constatándose desigualdades en la frecuencia y preferencias de práctica y en la renuncia a actividades físico-deportivas que son de su agrado.
Valenzuela et al., 2020[25]	Cuantitativo	Estudiantes universitarios (N = 1164; 42%hombres; 57% mujeres) con una media de edad en años de M = 21.23	Cuestionarios incluyeron reportes de actividad física (frecuencia, intensidad, duración y tipo. Escala de Motivos para la Actividad Física (Moreno-Murcia et al., 2007) Escala de Satisfacción de Necesidades Psicológicas en el Ejercicio (Moreno-Murcia et al., 2012)	En una escala de Likert de 1 a 7, el motivo que recibió una puntuación más elevada fue el de disfrute (M = 5.90; DE = 1.18) seguido de los motivos de fitness/salud (M = 5.88; DE = 1.10),
Cerdá 2019[11]	Descriptivo Transversal	201 sujetos (50 hombres y 151 mujeres) que practicaban diferentes actividades en un centro deportivo. Sus edades oscilaban entre los 16 y los 68 años	Cuestionario de regulación de conducta en el deporte (BRSQ) Moreno-Murcia et al., (2011) compuesto por 36 ítems. Escala de Apoyo a la Autonomía (EAA) compuesta por 13 ítems, The Interpersonal Behavior Scale (IBS) de Pelletier et al. (2008) compuesta por 12 ítems. Escala de Estilo Controlador (EEC), compuesta por 9 ítems,	Los resultados mostraron que la percepción del soporte de autonomía por parte de los sujetos en las actividades dirigidas, les lleva a la satisfacción de sus necesidades psicológicas básicas, a un mayor disfrute y autonomía, y a una mayor motivación, así como que los hombres tienen mayor percepción del estilo controlador en las actividades, y mayor enfoque hacia la afiliación y el reconocimiento social que las mujeres, y a su vez las mujeres mayores resultados en cuánto al disfrute que los hombres.
González et al; 2019[16]	No experimental/ Descriptivo	775 estudiantes universitarios de las ocho provincias de las que se compone Andalucía (España), varones del 58.7% (n=455) y en féminas del 41.3% (n=320), cuya edad se encuentra comprendida entre los 21 y 35 años	Variable sexo cuestionario ad-hoc. Cuestionario de Clima Motivacional Percibido en el Deporte (PMCSQ-2) González-Cutre, Sicilia y Moreno (2008)	Se enfatiza la importancia que poseen los docentes de Educación Física a la hora de fomentar un modelo de clima motivacional en el grupo de clase, donde cada vez es más común dar importancia al proceso frente a los resultados, se potencia el trabajo cooperativo y se valora el esfuerzo para adquirir una mejora.
Rodríguez et al; 2019[20]	Observacional, Descriptivo.	1 463 adultos de 60 años y más de edad, residentes en la zona urbana de tres ciudades de Colombia	Versión en español del cuestionario de auto reporte RAPA (Rapid Assessment of Physical Activity) Vega-López S., Chávez A., Farr K. J., Ainsworth B. E.. 2014;7(1).	Como resultado, observamos que la prevalencia de realización de actividad física recomendada fue del 5,5%. Los factores asociados a esta baja prevalencia fueron la falta de apoyo de la familia, la falta de participación comunitaria y la falta de interés para hacer actividad física.
Santamaría et al., 2019 [23]	Transversal por encuestas basado en la muestra. descriptivo e inferencial	366 estudiantes de grado de la Universidad de Burgos (UBU), 239 fueron mujeres (65.3%) y 127,hombres (34.7%), con edades comprendidas entre 17 y 49 años (M =21.29; DE = 4.03)	Goal Content for ExerciseQuestionnaire (GCEQ) de Sebire, Standage y Vansteenkiste (2008)	A partir de la interpretación de los datos se determinó que el 48.6% de los estudiantes realiza, al menos, una actividad físico-deportiva semanalmente, y que el motivo principal es el cuidado de salud seguido del desarrollo de las habilidades, no encontrando motivos acerca de aspectos sociales. Menos de una cuarta parte del alumnado ha utilizado el servicio deportivo universitario.
Bermejo et al., 2018[10]	Cuantitativo/Descriptivo	145 mujeres que practicaban actividades físicas dirigidas, de edades comprendidas entre los 20 y los 75 años	Escala de las Necesidades Psicológicas Básicas en el Ejercicio (BPNES). Cuestionario de Regulación de la Conducta en el Ejercicio (BREQ3). Cuatro ítems diseñados para medir la intención de continuar con la práctica de ejercicio físico.	La regresión lineal revelaron que tanto la satisfacción de la necesidad de autonomía y de relación con los demás como la regulación identificada predijeron significativa y positivamente la intención de seguir practicando ejercicio físico, obteniendo una varianza explicada del 41%.
Gajardo et al; 2018 [15]	Cuantitativo	604 estudiantes de diversas carreras de la Facultad de Salud y Ciencias Sociales de una universidad privada de Santiago de Chile. La edad de los integrantes de la muestra fue 17 y 36 años.	Cuestionario de hábitos de vida saludable para estudiantes de la UCSH (Valenzuela, 2008).	Las carreras de kinesiología y fonoaudiología son las que presentan mayores índices de práctica de ejercicio físico, en tanto, psicología y trabajo social presentan los índices más bajos. Las mujeres presentan índices de sedentarismo superiores al 40%, en contraste con el 22,8% de los varones. Frente a la pregunta ¿cuáles son los motivos para no realizar actividad física? el no tener tiempo se presenta como la principal razón del sedentarismo en todas las carreras evaluadas.

Vásquez et al., 2018[26]	Transversal Descriptiva	De los 112.492 estudiantes matriculados en la Universidad de Sevilla, participaron en el estudio 1.085 alumnos (569 mujeres, 52%) con una edad media (σ = 3.05) de 21 años	Cuestionario cerrado y validado (Castañeda y Campos, 2012)	Revelan que los principales motivos de práctica están relacionados con la mejora de la salud, la satisfacción y la diversión. Se mantiene la tendencia motivacional por la que los hombres están más motivados por la diversión y la competición, y las mujeres por la salud y la estética. Los motivos aducidos para no haber practicado nunca o haber dejado de hacerlo son muy semejantes, y se centran en la disponibilidad temporal y el interés hacia la actividad física.
Chacón et al ., 2017[12]	Descriptivo y de corte Transversal	De un total de 676 estudiantes matriculados en el curso 2014-2015 se estimó que el número de alumnos necesario para que la muestra fuese representativa era de 528, con un error muestral del 0,02	Cuestionario ad hoc: se elaboró un cuestionario específico para el registro de las variables de tipo sociodemográfico. Cuestionario de experiencias relacionadas con videojuegos (Chamarro et al., 2014). Cuestionario sobre hábitos de consumo de videojuegos (López, 2012). Cuestionario de clima motivacional percibido en el deporte (PMCSQ-2): elaborado por Newton, Duda y Yin (2000) y validado al castellano por González-Cutre, Sicilia y Moreno (2008)	Se concluye que los universitarios con metas de logro en el deporte orientadas al Ego pueden presentar mayores problemas asociados al uso de videojuegos, principalmente por su búsqueda de motivaciones extrínsecas como la sensación de victoria, obtener mejor rendimiento que otros rivales o alcanzar nuevos retos.
Del Mar et al; 2017[14]	Cuantitativo Descriptivo Transversal	187 estudiantes, con edades comprendidas entre 18 y 54 años, presentando una media de edad de 32,05 años.	Cuestionario de autoestima de Rosenberg, formado por un total de 10 ítems. (Rosenberg, 1965; Atienza, Balaguer, y Moreno, 2000).	Con la prueba t, podemos decir que no se muestran diferencias significativas entre las variables, como diría que es su estado de salud y la frecuencia practica ejercicio físico. No obstante, algunos estudios muestran del mismo modo que el estudio presente que, en cuanto a las diferencias de género en relación con la percepción de la imagen corporal y la frecuencia de ejercicio físico, son las mujeres las que tienen una mala imagen corporal y realizan una escasa actividad física frente a los hombres que tienen una buena imagen corporal sobre sí mismos y prácticas ejercicio con mayor frecuencia
Quesada et al., 2017[19]	Transversal	94 participantes de un centro deportivo situado en la Región de Murcia. Del total de la muestra analizada el 48.9% eran hombres y el 51.1% mujeres, con edades comprendidas entre los 16 y 73 (M = 39,29, DT = 16,50).	Cuestionario de Medida de Motivos para Actividades Físicas-Revisado (MPAM-R).	Los diferentes perfiles motivacionales existentes entre los usuarios del centro deportivo estudiado se caracterizan por: el más numeroso es el primer perfil compuesto sobre todo por mujeres en activo, la zona preferida es la piscina y las razones de práctica son sociales y la diversión. Un segundo perfil donde prima el hacer ejercicio físico por competencia, salud y diversión, compuesto en su mayoría por hombres en activo y cuya zona de práctica es la sala de fitness. Por último el tercer perfil, el menos numeroso, motivado sobre todo por la apariencia, donde destacan los hombres jóvenes y los estudiantes, siendo la sala de musculación la preferida por la mayoría para hacer ejercicio físico.
Moreno et al., 2016[18]	Descriptivo Correlacional	15 y 65 años ha aumentado 20 puntos porcentuales, pasando de un 25% en 1980 a un 45% durante el año 2010. A	Goal Content for Exercise Questionnaire (GCEQ) de Sebire et al. (2008).	Los análisis descriptivos mostraron que el motivo salud tenía valores medios más altos en ambos grupos de mujeres, seguido del motivo imagen y desarrollo de la habilidad. En este sentido, los datos de los últimos estudios sobre el tema revelan que la práctica de actividades físicas orientadas hacia la salud
Román et al., 2016 [21]	Descriptivo Correlacional	149 deportistas, 126 hombres (M = 36.02 ± 10.62 años) y 23 mujeres (M = 28.18 ± 8.65 años).	Body Shape Questionnaire (BSQ) diseñado por Cooper, Taylor, Cooper y Fairburn (1987).La valoración de la DEF se realizó por medio de la Escala Revisada de Dependencia del Ejercicio (Exercise Dependence Scale-Revised, EDS-R; Symons, Hausenblas y Nigg, 2004).Cuestionario de la Regulación de la Conducta en el Ejercicio (BREQ-3) (Wilson, Rodgers, Loitz y Scime, 2006)	Revela que la regulación introyectada es un factor predictivo común en la DEF e IC. González-Cutre y Sicilia (2012a) empleando el EDS-R, incluyen además la regulación integrada y la regulación externa como predictores de la DEF. En el presente estudio, estas variables no han resultado ser predictores de la DEF, sin embargo, sí se incluye la regulación identificada. Otras variables como el BSQ, sexo, edad y llevar entrenando más de 12 años son predictores de la DEF. En concreto y en relación con la edad, en este estudio.

Sancho et al., 2016 [22]	Correlacional	5704 licencias federativas de atletas veteranos de pista, de los cuales 4727 son hombres y 977 son mujeres.	Escala de Motivación Deportiva de Carratalá (2003). Cuestionario de Percepción de Éxito de Cervelló (1996).Cuestionario de Satisfacción Intrínseca en el Deporte de Balaguer, Atienza, Castillo, Moreno, y Duda (1997); inventario de Percepción de las Creencias sobre las Causas del Éxito en el Deporte de Castillo et al. (2002)	Los veteranos españoles especialistas de pruebas de pista, coexisten los diferentes niveles de Autodeterminación, si bien prevalece claramente la motivación intrínseca, siendo superior en las mujeres. En ambos géneros, la percepción de éxito en el deporte por tarea es similar al ego, resultándoles muy satisfactorio obtener éxitos mediante el esfuerzo que implica su práctica. Siendo poco importante el uso de técnicas de engaño. Su motivación proviene principalmente de la satisfacción y diversión que les produce el logro personal, creyendo que el éxito será obtenido gracias al esfuerzo que les llevará a la superación de sí mismos y de los demás en competición, esperando también por ello una medalla y, mejor aún, un récord, sobre todo los hombres.

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