

LIFE SATISFACTION AND THE MOTIVATION TO ADOPT PHYSICAL ACTIVITY IN FEMALES OF MIDDLE AND LATE ADULTHOOD

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Among the key factors which influence the quality of experiences in middle and late adulthood are physical health and bodily changes. Females are tuned positively to introducing changes in lifestyle (incl. physical activity). The motivation to participate in physical activity is influenced by the way how women perceive themselves, especially in terms of bodily self perception.

This study examines the associations between perceived life satisfaction, the type of individual set goals, and satisfaction with bodily self concept as related to physical activity.

The study examined factors influencing the motivation to adopt physical activity in a sample of 41 females in middle and late adulthood (aged 40–65). The methods applied were the Life Satisfaction Questionnaire (LSQ) and the Monitoring of Motivational Factors and Bodily Self concept (Monitoring) in the course of the six-month regular performance of physical activity (hereinafter PA).

Identifying body shape goals goes along with their reaching for the support of an increase in one's satisfaction with bodily self-perception. The regular physical activity of these women positively influenced their perceived well being, too. Non body shape goals do not have any clear relationship to the perception of individual well-being and bodily self perception. More than one factor has an influence on the increasing well being of exercising women than only just regular physical activity. No significant associations between the perceived level of life satisfaction and personal satisfaction with bodily self perception was found.

The study has confirmed the significance of internalized individual goals for motivation to practice regular PA, which reflect themselves in the experiences and feelings of satisfaction with their physical and mental state in women of middle and late adulthood. To indentify the factors motivating women to take up physical activity, the multidimensional approach needs to be applied.

Keywords: Women, middle age, motivation, physical activity, life satisfaction, bodily self perception, well being.

INTRODUCTION

The quality of experiences in women of middle and late adulthood as related to bodily self perception (physical perception)

The period of middle and late adulthood is found in the latter half of an average life length. Certainty in personal attitudes and behavior, the stability of a hierarchy of individual values and the acquired relative security in social relations are confronted with a natural change in one's personal roles. The reflection over one's life and the emotional situation stemming from it concerns personally important relationships. Females evaluate their professional roles, their relationships to partners and children, their appearance, health and other individually important facets. The lifestyle which has become prevalent and fixed to a certain extent in each woman provides a certain level of security, predictability and ease, yet simultaneously it evokes feelings of stagnation, invariability, the absence of authenticity in emotional relationships and the absence of new stimuli. Females

in the period of middle and late adulthood review and re-assess the factors that influence their overall life satisfaction. Among the key factors which influence the quality of experiences in middle and late adulthood are physical health and bodily changes.

In our socio-cultural area, aging is often associated with negative connotations and it is exactly the visible changes in physical appearance which women can perceive as causing a gradual loss of their own value. In our culture, womanhood is still based on a young looking appearance. The source of body dissatisfaction in women is the discrepancy between perceived body image and ideal body image (Grogan, 2000). Media, especially, create and present an ideal body image to women. The incapability to match such an ideal then leads to negative self assessment, self reproaching, feelings of guilt, a decrease in self confidence and to searching for various forms of coping behavior (Lazarus, 1981). Grogan (2000) applies Festinger's theory of social comparison to explain the effect which the media have on bodily perception. The theory argues that we are attempting

to meet our needs of self evaluation through comparing ourselves with others. For this purpose, we use messages presented by the media. The majority of people believe that to be thin is in their own interest. They do not assume that each individual has his/her own biologically determined natural weight which suits his/her body. Each individual has his/her specific clustering of genes genetically passed on from his/her parents which affects one's tendency towards thinness or obesity. Body shape should be a means of achieving health and efficacy, not a means of showing conformity with society. Natural weight is thus such a weight at which the person is biologically the healthiest. These facts cause changes in attitudes towards an individual's perception of one's bodily beauty. Females' reactions are different: resignation, denial, or a realistic attitude. Changes in physical appearance can, however, have positive consequences, too. The willingness to change one's lifestyle and adopt a healthy one increases. We can argue that regarding this aspect, the social pressure women face becomes here a positive factor. Females are more often than males tuned positively to introducing changes in lifestyle (Vágnerová, 2000).

The changes in the perceived bodily scheme that are associated with the onset of aging are usually accompanied with negative emotional reactions and feelings of loss of the relationship to one's own self. The consciousness of bodily scheme develops throughout life as a result of experiencing our own body and comprehensive image of our body as of a physical object. The bodily scheme is a significant part of one's identity; we have an attitude toward our body, assess it, have an emotional relationship to it, accept it or refuse it (Vágnerová, 2004). The relationship between bodily self concept and one's overall self evaluation is mostly expressed by the evaluation of one's own physical appearance, which can be, however, influenced only a little. Due to its subjectivity.

We can ask to what extent is the predominantly positive or negative evaluation of one's own physical appearance a permanent characteristic of a female's personality. Yet, the changes associated with the onset of aging tend to rather affirm the strain of unsatisfactory self concept. The perception of physical attraction, or its decrease, is an essential factor when assessing the quality of experiencing this life period. For some women, the decrease of bodily beauty presents a strong subjective stress (Vágnerová, 2000). In recent years, there has been a growing tendency in women to react to their physical changes and confront them with the cult of thinness. Stewart (2004) points at the danger of developing eating disorders in women and the consequential need for therapy resulting from inadequate concentration on the perception of one's own body.

Physical self concept is not, however, only one dimensional based on one's physical appearance, but

includes other facets of perceived sport competency, strength, endurance, physical condition and health. The multidimensional approach to physical self concept can become a goal in various physical activity programs. The increase in physical self respect and general self respect has an influence on psychological health and life satisfaction, and moreover it improves psychological well being (Fox, 2000).

Physical activity can be effective in coping with the syndromes associated with menopause, especially in supporting positive changes in body image and bodily perception (Ortí & Donaghy, 2004).

Dosedlová and Slováčková (2008) argue for the importance of the analysis of the relations of the psycho-somatic unity of being. They focus on bodily self concept, health enhancing behavior and selected personal characteristics as prerequisites for life satisfaction. Medeková (2005) investigates the influence of physical activity on somatic, motoric and psycho-social development of personality. Štěrbová, Hrubá, Harvanová, Elfmark and Otipková (2008) investigated the personal characteristics of females in relation to the adherence to physical activity. Cviková, Mižáková and Skybová (2007) discuss the relationship between psychosocial factors and obesity. They confirm the importance of a multi-dimensional approach to physical activity due to its multi-faceted character.

Motivational factors towards physical activity

In the literature, there is no consensus on how to define motivation. Ford (1992) describes the concept of motivation as an integrated cognitive and emotional process supported by personal goals, which one follows, and which support and manage one's behavior so that he/she can reach these goals. Roberts (2001) examines the area of goals and suggests that motivation is a dynamic and comprehensive cognitive process based on the subjective evaluation of meeting a chosen goal. Maehr and Nicholls (1980) claim that personal goals can be culturally or socially determined, but they can also be applied as a part of motivation if an individual adopts them as his/her own. Such motivation is then reflected in goals, activities and their significance for the individual. In the context of physical activity, Fox (2000) relates this to the choice of activities which one would possibly do. The choice is related to self perception, perception of personal competencies and they thus become a part of personal identity.

Roberts (2001) emphasizes the performance component in motivation. In the social-psychological-cognitive theory (Kuhl, 1983; Werner, 1985), the concept of motivation to performance is accompanied by variables which are associated with self concept, awareness of oneself, and explanations of one's own behavior. An important aspect of motivation to perform is the increase

of the feeling of one's own value and the experience of pride in one's own performance. Biddle (1997) and Roberts (2001) confirm this theory and add that people are motivated to participate in activities in those areas of life where they experience positive feelings of competence and self efficacy. If people perceive themselves as being successful in activities they do, they are more motivated to fulfill their dreams and meet their goals. Expectations to meet goals must be realistic, otherwise they can become demotivating (Roberts, 2001).

One of the factors of motivation to make changes in an established lifestyle is regular physical activity (Heinzelmann & Bagley, 1970; Marcus et al., 1998). Song, June, Kim and Jeon (2004) confirm this in their research, which shows that six-months of a regular exercise program with applied dance aerobic pieces can motivate people in late adulthood to adopt healthy lifestyle habits.

McAuley et al. (1994) has examined the effect of physical activity on one's own well being in late adulthood. He examined the roles of social support and participation in physical activity. His findings show that personal well being significantly increases after physical activity intervention and this state lasts for six months after the intervention. The frequency of exercising also had a positive effect on life satisfaction, which is understood as a broader concept in this study than well being. Reducing of feelings of loneliness and the improvement of social relationships were identified in study participants. Similar results were also found in a study by Spink and Carron (1992).

Women exercise more frequently than men with an aim to lose weight and strengthen the body and for appearance related reasons (Frederic & Ryan, 1993; McDonald & Thompson, 1992; Tiggemann & Williamson, 2000). Women of middle age associate physical activity mainly with changes in body shape and therefore they participate in physical activity due to body focused motives. Among the body shape goals (i.e. appearance related goals), women rate losing weight, improving body shape and strengthening of muscles. Among the non body shape goals (i.e. non appearance related goals) are e.g. physical and psychological well being, feeling stronger, sleeping better, enjoying physical activity, enjoying outdoor activities, aerobic exercise, relaxing, having fun, and stress reduction (Segar et al., 2006). "External" motivation, which is a priori focused on physical appearance and is enhanced by cultural ideals conveyed and supported in the media can lead to starting participation in physical activity and exercise programs, but it will not have a lasting effect (Biddle & Mutrie, 1991; Ryan et al., 1997). If physical activity in middle aged women is dependent on unrealistic weight loss expectations or body shape motives, then not meeting these expectations and the feeling of fail-

ure can cause a break in exercising (Polivy & Herman, 2000) until another wave of "trying it again" - motivation appears. Annessi (2004) has examined two motives in women with a prevailing sedentary lifestyle which influence the decision to start regular physical activity. One of them is to improve their perceived health and the other one is to improve appearance. He has concluded that there is no significant relationship between either of the motives and the extent of participation in exercising. Harvanová, Štěrbová and Hrubá (2007) identified similar findings since they did not find any associations between the type of goals (body shape, non body shape) and the short term adherence to regular physical activity over a period of six months.

Snyder and Kivlin (1975) have proven in their study that women who exercise regularly show a more positive attitude towards their own body, especially concerning the level of their energy and health. Another finding of the study was that women perceived their physical activity as satisfying and beneficial. Lyons and Miller (1999) emphasized three factors in exercising women: pleasant physical activity, self acceptance (of "oneself in her body") and non dietary eating. Females enjoyed the atmosphere of relaxation and friendship in the experimental sport program. They considered themselves to be healthier, to be more themselves and bad dietary behavior was reduced.

The motivation to participate in physical activity needs to be examined along with adherence. Annessi (2004) points out the importance of clearly defined goals such as that of stimulating factors enhancing targeted behavior and such as that of measurements of one's own progress (fitness improvement, weight loss, body shaping, etc.). This "goal setting theory" emphasizes the need for clear planning of how to achieve one's goals. Furthermore, the self regulatory theory argues that goal setting, self monitoring and self motivation are necessary in order to carry out the intended behavior and to surpass personal and situational obstacles (Tomarken & Kirschenbaum, 1982). McAuley et al. (1994) suggest that perceived self efficacy, and success or failure at achieving the set goals expected on its basis, is one of the key factors influencing the adherence level, which also complies with Bandura's self efficacy construct (Bandura, 1973). In women who decided to participate in regular aerobic physical activity, an association between the partial components of life satisfaction and personal dimensions related to performance has been proven. Women, in whose personal profile endurance, belief in success, courage, independence, internality, and balance effort predominate, show a higher level of life satisfaction and they have a good predisposition to adherence to physical activity. The social support provided within organized regular physical activity helps participants to cope with the strains of changes typi-

cal for women in middle and late adulthood (Štěrbová, Hrubá, Harvanová, Elfmark, & Otipková, 2008).

THE AIM OF THE STUDY

Our study examines the associations between perceived life satisfaction, the type of individually set goals, and a satisfaction with bodily self concept related to physical activity in women of middle and late adulthood.

RESEARCH QUESTIONS

1. Is there a relationship between the perceived overall life satisfaction (Life Satisfaction Questionnaire – LSQ) **(1)** and the satisfaction with one's physical appearance (bodily self perception) **(2)** in the period of six months of regular physical activity and after it has finished?
2. Is there a relationship between the body shape **(3)**, the non body shape goals **(4)** and the satisfaction with bodily self perception in the period of six months of regular physical activity? (see page 4 and 5)
3. Is there a relationship between the body shape, non body shape and the satisfaction with well-being **(6)** in the period of six months of regular physical activity?
4. Does regular physical activity influence the satisfaction with bodily self perception **(5)**?

Women participants

The sample consisted of 41 women with an average age of 47.32 ± 5.38 years. Among the criteria to be met were age, an interest in regular physical activity, a sedentary lifestyle, and health status which would allow for participation in a specially designed physical activity program. Women were addressed using informative leaflets advertised in public transportation and through the official webpage of Palacký University. In the course of regular physical activity, women undertook repeated psychological measurements. Regular physical activity was focused on aerobic exercise and lasted for 6 months. The activity was organized, carried out in a group and led by a professional instructor. The frequency of exercises was three times a week.

Other characteristics of the sample were: education achieved (10.41% had elementary education or vocational training, 29.17% achieved secondary education with a certificate of secondary education, and 60.42% had a degree from a college or a university); family status (81.25% were married or lived in a partnership, 14.58% of the women were divorced and 4.17% lived alone with-

out a partner); parenthood (91.67% had children, 8.33% of the women were childless).

METHODS

The methods applied to collecting the data were an introductory interview, Monitoring of Motivational Factors and Bodily Self concept (Monitoring) (Štěrbová & Hrubá, 2005) and the Life Satisfaction Questionnaire (LSQ) (Fahrenberg, Myrtek, Schumacher, & Brähler, 2001).

The introductory interview was to identify the individual goals set by women (body shape, non body shape) for regular physical activity.

Monitoring of Motivational Factors and Bodily Self concept (Štěrbová & Hrubá, 2005) was created for the purpose of the research project Physical Activity and Inactivity of the Inhabitants of the Czech Republic, which is being carried out at the Faculty of Physical Culture. The questionnaire was verified in a pilot study in order to identify whether the questionnaire can be applied in the area of physical activity. Monitoring assesses five areas: satisfaction with meeting the set goal, satisfaction with bodily self perception, satisfaction with one's physical condition, satisfaction with well being and a subjective assessment of the benefits of regular physical activity on a five scale measure (agree, rather agree; I don't know; rather disagree; disagree). The questionnaire covers four areas: 1) the motivation of a participant to engage in the physical activity program; 2) experience as a starting point – the essential aspect is the quality of the experience, not the accuracy in performing the activity; 3) the support of self expression – the feelings experienced while performing the activity; 4) the support of feedback – after a certain period the participants can suggest some changes to be made in the questionnaire. The main purpose of the method applied is the self monitoring of the individuals, which is to bring awareness of one's feeling during physical activity, which should lead to an increased adherence to physical activity. The questionnaire is aimed for the general public, not for professional athletes. Monitoring was applied after 3 and 6 months of regular physical activity.

The Life Satisfaction Questionnaire (Fahrenberg, Myrtek, Schumacher, & Brähler, 2001) is aimed at the objective assessment of the overall life satisfaction and assessment of ten different aspects of satisfaction (health; job and profession; finances; leisure; spouse/partner; children; self; sexuality; friends and relatives; home; general life satisfaction). The questionnaire was applied during and after the physical activity program.

When processing the data, the women were divided into several groups. According to the goals they have

chosen the groups were group I (body shape goals) and group II (non body shape goals). According to the answers in Monitoring, the answers “agree” and “rather agree” were ranked in the category of “satisfied” – group A, the answer “I don’t know” is group B, and the answers “rather disagree” and “disagree” are ranked under the category “dissatisfied” – group C.

Statistical processing of the data was done using the STATISTICA program, version 8.0. Basic statistical characteristics were computed (standard deviation, reliability intervals, absolute and relative frequency) and graphs describing the subject of study were created.

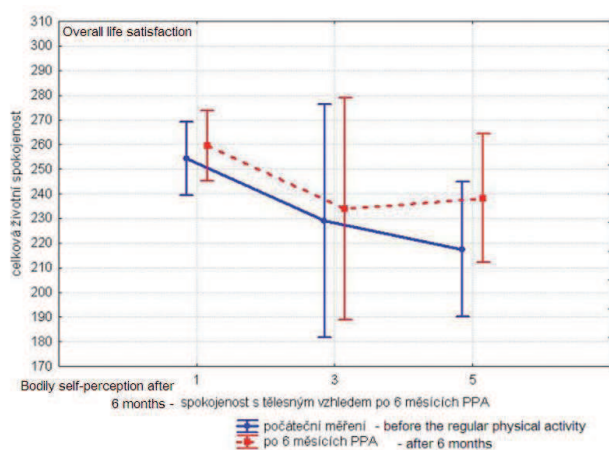
RESULTS

Question 1

Is there a relationship between perceived overall life satisfaction (Life Satisfaction Questionnaire – LSQ) and satisfaction with bodily self perception in the period of six months of regular physical activity and after it has finished?

Fig. 1

Relationship between overall life satisfaction before the onset of the regular physical activity program and after 6 months and the satisfaction of bodily self perception at the end of the program (after 6 months)



The total score which can be reached in the Questionnaire of Life Satisfaction on the scale of overall life satisfaction is 343 points. The overall life satisfaction (vertical axis) was measured in women before they started the regular physical activity program and at its end (after 6 months). Values 1, 3, 5 (horizontal axis) mark the groups of women differentiated according to their answers in the Monitoring section of the questionnaire (questions regarding their satisfaction with bodily self perception) i.e. 1 = group A (answers “agree”

and “rather agree” were ranked under “satisfied”); 3 = group B (answers “I don’t know”), 5 = group C (answers “rather disagree” and “disagree” were ranked under “dissatisfied”).

Women who were “satisfied” (group A) in the course of regular physical activity with their overall life satisfaction stated satisfaction with their bodily self perception in the Monitoring. This trend was kept after six months, too and at the same time there was a slight improvement in the perception of the overall life satisfaction in these women. In women who assessed their satisfaction with bodily self perception as “I don’t know” (group B), overall life satisfaction was lower than in group A, and there was no change after six months. Women who were “dissatisfied” (group C) with their bodily self perception showed the lowest overall life satisfaction, but after six months of performing regular physical activity, they showed the highest increase in their overall life satisfaction (Fig. 1).

Question 2

Is there a relationship between body shape and non body shape goals and satisfaction with bodily self-perception in the period of six months of regular physical activity?

TABLE 1

Satisfaction with bodily self perception in relation to the type of set goal after 3 months of regular physical activity

Bodily self perception after 3 months of regular PA		Body shape goals (group I)	Non body shape goals (group II)	
Satisfied (group A)	Number	10	13	23
	Columns sums	55.56%	56.52%	
			Total	56.10%
I don't know (group B)	Number	2	3	5
	Columns sums	11.11%	13.04%	
			Total	12.20%
Dissatisfied (group C)	Number	6	7	13
	Columns sums	33.33%	30.43%	
			Total	31.70%
Group I + II	Number	18	23	41
	Columns sums	43.90%	56.10%	100.00%

TABLE 2

Satisfaction with bodily self perception in relation to the type of set goal after 6 months of regular physical activity

Bodily self perception after 6 months of regular PA	Body shape goals (group I)		Non body shape goals (group II)	
	Number		Number	
Satisfied (group A)	Number	12	10	22
	Columns sums	80.00%	66.67%	
	Total			73.33%
I don't know (group B)	Number	0	2	2
	Columns sums	0.00%	13.33%	
	Total			6.67%
Dissatisfied (group C)	Number	3	3	6
	Columns sums	20.00%	20.00%	
	Total			20.00%
Group I + II	Number	15	15	30
	Columns sums	50.00%	50.00%	100.00%

In women who had set body shape goals – group I (lose weight, strengthen physique, re-shape figure), 55.6% were satisfied (group A), 11.1% answered “I don't know” (group B), and 33.3% were dissatisfied (group C) with their bodily self perception after three months (TABLE 1). After six months of regular PA (TABLE 2), 80% were satisfied (A) and 20% were dissatisfied (C).

In women, who had set non body shape goals – group II (improving condition, improving health, enhancing regular physical activity, better feeling about life, being active, re-starting physical activity, improving fitness), 57% were satisfied (A), 13% answered “I don't know” (B), and 30% were dissatisfied (C) with their bodily self perception after three months (TABLE 1). After six months (TABLE 2), 66.7% were satisfied (A), 13.3% answered “I don't know” (B), and 20% were dissatisfied (C) with their bodily self perception. There was not such an increase with satisfaction with bodily self perception as in women with body shape goals (I.).

Question 3

Is there a relationship between the body and non body shape goals and satisfaction with well being in the period of six months of regular physical activity?

After three months of exercising (TABLE 3), 89% of women who had set body shape goals (group I) perceived their well being as improved in comparison to that before the beginning of exercise and 11% perceived it as being the same. After six months of regular PA (TABLE 4), 93% perceived their well being as being

better than at the beginning, and 7% as the same. In women who had set non body shape goals (group II), all 100% of women were more satisfied with their well being in comparison to the onset of exercising after three months (TABLE 3). After six months of regular physical activity (TABLE 4), 93% of women were more satisfied and 7% perceived their well being as being the same. In the course of regular physical activity, most women perceived their well being as being better than at the beginning of the PA program.

TABLE 3

Satisfaction with well being in relation to type of a set goal after 3 months of regular PA

Well being after 3 months of regular PA in comparison to the onset of exercises	Body shape goals (group I)		Non body shape goals (group II)	
	Number		Number	
Better	Number	16	23	39
	Columns sums	88.89%	100.00%	
	Total			95.12%
The same	Number	2	0	2
	Columns sums	11.11%	0.00%	
	Total			4.88%
Group I + II	Number	18	23	41
	Columns sums	43.90%	56.10%	100.00%

TABLE 4

Satisfaction with well being in relation to type of a set goal after 6 months of regular PA

Well being after 6 months of regular PA in comparison to the onset of exercises	Body shape goals (group I)		Non body shape goals (group II)	
	Number		Number	
Better	Number	13	14	27
	Columns sums	92.86%	93.33%	
	Total			93.10%
The same	Number	1	1	2
	Columns sums	7.14%	6.67%	
	Total			6.90%
Group I + II	Number	14	15	29
	Columns sums	48.28%	51.72%	100.00%

Question 4

Does regular physical activity influence satisfaction with bodily self perception? (TABLE 1-4)

In the course of regular PA, women assessed their satisfaction with bodily self perception as: 56% satisfied (group A), 12% "I don't know" (group B), and 32% dissatisfied (group C). After six months of regular PA, 73% were satisfied (A), 7% answered "I don't know" (B), and 20% were dissatisfied (C). Regular PA increased satisfaction with bodily self perception.

In the course of regular PA, women assessed their well being: 95% assessed it as better than before the exercise, 5% as being the same. After six months of regular PA, 93% of women were more satisfied with their well being and 7% assessed it as being the same. Regular PA influenced the satisfaction with well being in almost all women. Women stated that physical activity promoted "enjoyment of physical activity, satisfaction, relaxation, I feel better both physically and mentally" in them, regardless of whether they had set body shape (group I) and non body shape goals (group II). Regular PA thus influences satisfaction with bodily self perception.

DISCUSSION

A positive attitude is a possible factor associated with the feeling of satisfaction in women of middle and late adulthood with their appearance, their body and or "in the body". Regular PA has become an asset that increases overall life satisfaction. The changes associated with the onset of aging cause stress associated with an unsatisfactory self concept (Vágnerová, 2000).

We can conclude that physical activity increases the quality of experiencing and thus the quality of life. Physical activity in women of middle and late adulthood becomes the "improving" source of energy and strength.

At the beginning of regular physical activity, motivation is an important factor which is related to how women perceive themselves in terms of appearance. Women were motivated to partake of aerobic exercise due to the individual goals they had set themselves for PA. In compliance with the research by Maehr and Nicholls (1980), women in our sample, too, started physical activity with goals that were defined culturally and socially - "to lose weight, to strengthen muscles, to shape one's figure, to reduce overweight". Similar body shape goals, such as weight reduction, figure shaping and strengthening muscles, are stated by Segar et al. (2006). Achieving these goals led to an increase in bodily self perception in women in our sample. The external motivation represented by body shape goals became one of the factors leading to PA practicing. Despite this, body shape goals are not sufficient to cause regular PA adherence (Biddle

& Mutrie, 1991; Ryan et al., 1997). That's why they need to be examined when studying the importance of regular PA (Dosedlová & Slováčková, 2008; Medeková, 2005; Cviková, Mižáková, & Skybová, 2007; Štěrbová, Hrubá, Harvanová, Elfmark, & Otipková, 2008). Adopting body shape goals is influenced by the media. In our sample, body shape goals such as "to lose weight" were related to changes in one's appearance as the major PA motivation rather than health improvement. Monitoring of motivation factors and bodily self concept (Štěrbová & Hrubá, 2005) has made women assess their satisfaction with meeting the goals, their body, physical condition, well being and allows women to subjectively assess the benefits of regular physical activity. Due to this assessment, the goals can be adopted as inner and motivation to physical activity can be enhanced (Maehr & Nicholls, 1980). According to Bandura's social cognitive theory, the expected result of our behavior and perceived self efficacy are the basis of our success or failure in meeting the goals we have set ourselves (McAuley et al., 1994).

The choice of either body shape or non body shape goals does not affect significantly females' adherence to regular PA (Annesi, 2004; Harvanová, Štěrbová, & Hrubá, 2007). The findings in our study have, however, shown that meeting body shape goals is easier for women to assess and control. A perceived change in bodily self perception which is in accordance with such goals then brings feelings of positive self experiencing. Regular PA in women of middle and late adulthood increases their satisfaction with their bodily self perception and increases their overall life satisfaction. The period of middle and late adulthood can bring on stress associated with developmental changes (Vágnerová, 2000), which could be dealt with using various coping strategies (Lazarus, 1981). These can include physical activity as a means of enhancing positive experiencing and the perceiving of changes in one's appearance (Ortí & Donaghy, 2004).

Our study has shown that non body shape goals (improving one's condition, improving one's health status, improving one's lifestyle, becoming active) as the preliminary motivation factor to regular PA does not influence their satisfaction with bodily self perception. In the course of regular PA, most women assessed their well being as better in comparison to the condition before the onset of the exercises. The choice of body shape and non body shape goals does not produce a key affect on experiencing well being. There are more factors that can be reflected in well being. In women of middle and late adulthood, the other key factors influencing their well being are satisfaction with children, housing and friends (Hrubá, Otipková, Štěrbová, & Harvanová, 2007). For women in our sample, regular PA did not present the only factor to increase their life satisfaction (according to the LSQ). Regular PA brought positive feelings to

them (Monitoring). To identify the factors motivating women to participate in physical activity, the multidimensional approach needs to be applied.

Our findings show that in order to secure efficacy of the exercise and experiencing of satisfaction with bodily self-perception in women, it is important for the instructors to assist in defining goals, creating individual plans, and to reflect positive feelings related also to health.

CONCLUSION

Regular physical activity (RPA) in women of middle and late adulthood is a means that can increase overall life satisfaction and satisfaction with bodily self perception and well being. Physical activity brings to women positive emotions that influence their satisfaction with their own bodily self perception. The motivation to participate in physical activity influences how women perceive themselves, especially in terms of appearance. Body shape goals are easier to be assessed and controlled for women and reaching them increases satisfaction with bodily self perception. Physical activity influences the perception of well being in women. Our study has not confirmed a significant relationship between the type of a goal set (body shape, non body shape) and satisfaction with well being. More factors have an influence on increasing the satisfaction with the well being of exercising women than only regular physical activity. Regular physical activity is a mean for increasing one's satisfaction with bodily self perception. To identify the factors motivating women to physical activity, the multidimensional approach needs to be applied.

The area of life satisfaction, goals chosen, and bodily perception related to regular physical activity, was studied as a part of a broader study of women in the middle and late adulthood periods of their lifespan. The women examined had achieved mainly secondary and university education. We cannot suggest that the same motivation and goals chosen would apply to women of different levels of achieved education

RECOMMENDATION

The approach to physical activity suggested e.g. by instructors and lecturers should consider the sex of the participants and the age group with their specific motivation. All the participants in the RPA program (the instructor and the target group) had to clarify the goals to be attained (body shape, non body shape) and they had to be returning to these goals in the course of the RPA program, because women or this age perceive RPA as one of the ways of how to increase their satisfaction with their physical appearance.

The opportunity to perform regular physical activity is extremely important to women in middle and late adulthood since regular physical activity is reflected in their overall life satisfaction.

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ŽIVOTNÍ SPOKOJENOST A MOTIVACE K POHYBOVÉ AKTIVITĚ ŽEN VE VĚKU STŘEDNÍ A POZDNÍ DOSPĚLOSTI

(Souhrn anglického textu)

Jedním z klíčových faktorů ovlivňujících prožitkovou kvalitu období střední a pozdní dospělosti jsou fyzické zdraví a tělesné změny. Zvyšuje se ochota změnit a přijmout zdravější životní styl (včetně pohybové aktivity). Motivaci k pohybové aktivitě ovlivňuje u žen to, jak vnímají sebe sama v otázkách vzhledu.

Studie se zaměřuje na vztah mezi subjektivně vnímanou životní spokojeností, druhem individuálně sta-

novených cílů a spokojenosti s tělesným sebepojetím, souvisejícím s pohybovou aktivitou.

Práce zkoumá v souboru 41 žen ve věku střední a pozdní dospělosti (40–65 let) faktory ovlivňující právě motivaci k pohybové aktivitě. Byly užity metody Dotazník životní spokojenosti (DŽS) a dotazník monitorující faktory tělesného sebepojetí (Monitoring) v průběhu šestiměsíční pravidelné pohybové aktivity (PPA).

Stanovení „body shape“ cílů vede prostřednictvím jejich dosažení ke zvýšení spokojenosti s tělesným vzhledem. Pohybová aktivita takto orientovaných žen ovlivňuje pozitivně také vnímání jejich well being. Non body shape cíle nemají jednoznačný vztah k vnímání well being a tělesného vzhledu. Na zvýšení well being cvičících žen s non body shape cíli se podílí více faktorů. Neprokázal se jednoznačně statisticky významný vztah mezi vnímanou úrovní životní spokojenosti a spokojeností s tělesným vzhledem.

Studie podpořila význam zvnitřněných individualizovaných cílů pro motivaci k pravidelné PA, které se promítají do prožitkové oblasti a pocitů spokojenosti s fyzickým a duševním stavem žen ve věku střední a pozdní dospělosti. Pro mapování faktorů motivace těchto žen k PA je nezbytný multidimenzionální přístup.

Klíčová slova: ženy, střední a pozdní dospělost, motivace, pohybová aktivita, životní spokojenost.

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