

Behavioural Regulation Motives of Pediatrics Physical Activity : A Non-Communicable Disease Prevention and Control Strategy

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Abstract

Aim: The purpose of this study was to study Behavioural Regulation Motives of Pediatrics Physical Activity: A Non Communicable Disease Prevention and Control Strategy. **Material and Method:** Revised Behavioural Regulation and Motives for Physical Activity Questionnaire (R-BRMFAQ) was the accepted research instrument used in the study. The variables were measured and assessed using the SPSS version 23 package, with a cross-sectional average mean of 15.0 ± 3.0 and a one hundred percent answer rate with participants of two hundred and four (204), extending from 12-to-18 years using a random sample model of selection. **Results:** Majority of the children were more into physical activity due to extrinsic motivation with a sum of squares (SoS = 76.579 & 16.013) having a functional value of ($F = 2.169$ & 0.885), significant at (Sig. = 0.120 & 0.349) and intrinsic motivation with a sum of squares (SoS = 25.923) having a functional value of ($F = 2.276$), significant at (Sig. = 0.108). Also, majority of the children were more into physical activity due to appearance motive with a sum of squares (SoS = 31.941 & 15.373) having a functional value of ($F = 10.081$ & 21.862), significant at (Sig. = <0.001 & <0.001) and enjoyment motive with a sum of squares (SoS = 1.281) having a functional value of ($F = 1.698$), significant at (Sig. = 0.194). **Conclusion:** That behavioural regulation of pediatrics physical activity under survey is duly attracted to extrinsic and intrinsic motivations, when measured and assessed under school, sex and age. In addition, physical activity motives of pediatrics under survey are duly attracted to appearance and enjoyment motives. Hence, strongly recommended that, for sustainable pediatrics physical activity, behavioural regulation motives must be emphasized.

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Introduction

Physical movement is a key essential element in human day to day activities that is supported by bodily compartments such as muscles, ligaments and tendons. Physical activity can also be associated with the fundamentals of rational, bodily, shared and emotional wellbeing, with sole aim of keeping the openness of everyday performances of children and adolescents, deprived of