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Psychological preparation and motivation for exercise

How to Build Consistent Habits and Mental Strength for Physical Activity

Tina Jeromen, sport psychologist

How to Build Consistent Habits and Mental Strength for Physical Activity

Let's start with the question: "What keeps you moving (or not)?"

Write in a Chat.

Physical activity has a significant impact on quality of life and **serves as an important tool for balancing** life—work obligations on one side, and being active, have social connections and do something for relaxation, on the other.



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Understanding motivation can:

- Increase your efficiency as you work toward your goals
- Drive you to take action
- Encourage you to engage in health-oriented behaviors
- Help you avoid unhealthy or maladaptive behaviors, such as risk-taking and addiction
- Help you feel more in control of your life
- Improve your overall well-being and happiness



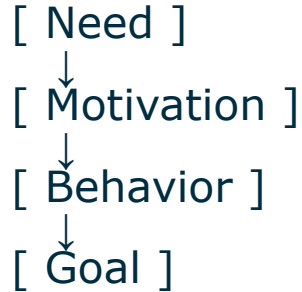
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What is motivation?



Motivation is a **goal-directed** reasons for a particular **behavior**, triggered and maintained by specific **needs**.

Motives are all **factors that stimulate and sustain our activity** (e.g., needs, drives, goals, values, emotions, attitudes, interests, habits).



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What is motivation?

Motivation is the **process** that initiates, guides and maintains goal oriented behaviours.

In everyday terms = “why a person does something.” It is the driving force behind human actions.

- helps people take action
- encourages people to choose health oriented behaviours
- improve people's well being and happiness

It has 3 **components**:



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The Major Components of Motivation

Activation



Persistence



Intensity



verywell



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3 major components of motivation:

Activation is the decision to initiate a behavior. An example of activation would be enrolling in psychology courses in order to earn your degree.

Persistence is the continued effort toward a goal even though obstacles may exist. An example of persistence would be showing up for your psychology class even though you are tired from staying up late the night before.

Intensity is the concentration and vigor that goes into pursuing a goal. For example, one student might coast by without much effort (minimal intensity) while another student studies regularly, participates in classroom discussions, and takes advantage of research opportunities outside of class (greater intensity).



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The degrees of motivation:

The **degree** of each of these components of motivation can impact whether you achieve your goal.

Strong activation, for example, means that you are more likely to start pursuing a goal.

Persistence and intensity will determine if you keep working toward that goal and how much effort you devote to reaching it.



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The Types of Motivation

The two main types of motivation are described as being either extrinsic or intrinsic.

Extrinsic motivation arises from outside of the individual and often involves external rewards such as trophies, money, social recognition, or praise.

Intrinsic motivation is internal and arises from within the individual, such as doing a complicated crossword puzzle purely for the gratification of solving a problem.



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study of the EXERCISE MOTIVATION - GENDER DIFFERENCES

- All have high level of intrinsic motivation
- **male** runners in comparison to female runners
 - strongly motivated for running by development of perceived competence through running
 - feel more pressured to improve time and achieve results
 - have more prominent ego goal orientation.
- **Female** runners evaluate their success predominately by self-referenced criteria of success, based on personal skills improvement and learning.
- **Motives:**
 - Male: competition, social recognition, approval,
 - female: weight control, illness avoidance, body image, stress management, positive health influence, maintenance of mobility and the sense of group affiliation.



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Tips for Improving Your Motivation

All people experience fluctuations in their motivation and willpower.

- Adjust your **goals** to focus on things that really matter to you.
- Break it up into smaller, more manageable steps + set your sights on achieving only the first step.
- Improve your confidence: gaining more confidence in yourself and your skills can impact your ability to achieve your goals.
- Remind yourself about already achieved things and your strenghts (to keep self-doubts from limiting your motivation)
- and also make improvements in the week areas so you feel more skilled and capable.



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If you don't feel any motivation:

- change your behavior. Act **as if** you felt motivated, and your actions may change your emotions.
- *For example, rather than sit on the couch in your pajamas all day waiting for motivation to strike, get dressed and get moving. You might find that taking action will increase your motivation, which makes it easier to keep going.*
- So ask yourself, “What would I be doing right now if I felt motivated?” *Consider what you’d be wearing, how you’d be thinking, and what actions you’d be taking. Then, do these things, and see if your motivation level increases.*



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Causes of Low Motivation

- **All-or-nothing** thinking
 - If you think that you must be absolutely perfect when trying to reach your goal or there is no point in trying, one small slip-up or relapse can zap your motivation to keep pushing forward.
- Believing in **quick fixes**
 - It's easy to feel unmotivated if you can't reach your goal immediately but reaching goals often takes time.
- Thinking that **one size fits all**
 - Just because an approach or method worked for someone else does not mean that it will work for you. If you don't feel motivated to pursue your goals, look for other things that will work better for you.



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Theories of Motivation

The instinct theory of motivation

suggests that behaviors are motivated by instincts, which are fixed and inborn patterns of behavior. Psychologists such as William James, Sigmund Freud, and William McDougal have proposed several basic human drives that motivate behavior. They include biological instincts that are important for an organism's survival—such as fear, cleanliness, and love.

Drives and Needs

- We have a biological need for food, water, and sleep. Therefore, we are motivated to eat, drink, and sleep. The drive reduction theory of motivation suggests that people have these basic biological drives, and our behaviors are motivated by the need to fulfill these drives.

Abraham Maslow's hierarchy of needs is based on a desire to fulfill basic physiological needs. Once those needs are met, it expands to our other needs, such as those related to safety and security, social needs, self-esteem, and self-actualization.

Arousal Levels

- The arousal theory of motivation suggests that people are motivated to engage in behaviors that help them maintain their optimal level of arousal. A person with low arousal needs might pursue relaxing activities such as reading a book, while those with high arousal needs might be motivated to engage in exciting, thrill-seeking behaviors such as motorcycle racing.



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How to Build Lasting Motivation, SMART goals

SMART Goal

S – Specific: What exactly do you want to accomplish?

M – Measurable: How will you know you've achieved it?

A – Achievable: Is it realistic and within your ability?

R – Relevant: Why is this goal important to you?

T – Time-bound: By when will you achieve this goal?

Use exercise goal-setting example.

S Run Lj marathon (42) in october.

M to complete the M, run-walk, or half

A its a young person, is athletic

R raising money poor ch.

T ok



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Mini Workshop

SMART Goal

Students draft a personal SMART goal for training or health.
Ask for 1–2 volunteers to share.

How to Build Lasting Motivation, Motivation Reflection

- What is your main reason for setting this goal?
- Which type of motivation drives you the most? (Physical, Psychological, Social)
- What challenges might get in your way?
- What strategies will help you stay on track?
- Who can support you in achieving this goal?



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Mentorship Mindset

How to support others: encouragement, feedback, **writing a short plan for motivating a friend.**

Highlight importance of understanding values.

- different people are doing it, so it is doable
- even elite athletes were on this point sometime in their career
- Slowly but surely
- we have slow groups, try first!
- being there is also important (it's important to participate, not to win)
- 21 is 21 km no matter the time
- You are doing it for yourself, not the audience
- (after training): see you again, you are welcome on the next training
- highlight how it affects life in general: better mood, health ...
- your body is stronger every day
- you will have good memories
- positive things you find at the beginning - try again
- healthy lifestyle is important for the future "ages"



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Wrap-Up & Reflection

What was most useful?

“What will you apply in your training—or when encouraging others?”



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