

What motivate Borneo international marathon runners?

ABSTRACT

The most obvious reason for participating in endurance or aerobic exercise is to obtain health and fitness benefits; however, marathon runners voluntarily expose themselves to stress and strain well beyond what is necessary to achieve these advantages. This study aims to examine the motivation of runner in marathon event. The instruments used in this study is The Motivations of Marathoners Scales ($\alpha=.71$ to $.86$). It was administered to 240 runners (mean age 27.2 ± 7.3 years; mean BMI 22.76 ± 4.21 ; 120 males and 120 females) who participating in Borneo Marathon 2018. Descriptive and Inferential statistics (t-test and one-way ANOVA) were employed to analyse the data. Psychological motives, Physical Health Motives, Social Motives and Achievement Motives were identified at a moderate level. No significant differences were observed between genders except for Physical Health Motives. The value of the mean difference shows that men Physical Health Motives are higher compared to women. There are significant differences between race categories except Achievement Motive and, no significant differences between race categories, except for Physical Health Motives and, no significant differences between BMI. In conclusion, the Physical Health Motives Future research should investigate the effectiveness of motivation interventions in enhancing community to participate in the future marathon event.