

# Exercise Motives and Personal Factors' Effect on Physical Activity of Soccer Players in Albania: A Cross-Sectional Quantitative Study

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## Abstract

This study investigates the potential impact of personal self-efficacy and exercise motives on physical activity levels among soccer players in Albania. The study involved a sample size of 400 participants, utilising the purposive sampling technique. The study employed a cross-sectional research design, adopting a quantitative research approach. The data analysis was conducted using the structural equation modelling (SEM) technique with the assistance of the AMOS software. The findings indicate that the various dimensions of exercise motives have a significant influence on individuals' engagement in physical activity. Interpersonal motives demonstrate a significant and favourable correlation with physical activity, highlighting that individuals driven by social and interpersonal factors are more inclined to participate in physical activity. In contrast, the coefficients of body-related and psychological motives do not exhibit statistical significance in predicting physical activity. On the other hand, there is a notable and positive correlation between fitness motives and personal self-efficacy with physical activity. This suggests that people are more likely to engage in physical activity if they have strong self-confidence and fitness goals. The findings of this study contribute to the comprehension of the motivations and obstacles encountered by soccer players from Albania, thereby offering significant insights for the development of targeted interventions. Practitioners have the opportunity to utilise the inherent allure of soccer, highlighting its positive impact on health and cultivating environments that encourage the adoption of healthier and more physically active lifestyles. Additional investigation is warranted to delve into the intricacies of cultural nuances and demographic adaptations in order to augment the precision and reliability of survey outcomes.

**Keywords:** exercise motivation, personal factors, physical activity, soccer, Albania

## Introduction

In the present context characterised by heightened levels of stress, engaging in physical activity assumes a crucial role in maintaining a healthy lifestyle, offering a multitude of advantages for individuals across various age groups and diverse backgrounds (Goodyear et al., 2023). Regular physical activity is crucial for skill development and overall well-being in sports, such as soccer (Zacharko et al., 2023). The growing popularity of soccer as a widely embraced sport in numerous countries has led to an increased recognition of the significance of physical activity and its association with soccer (Parpa et al., 2023). Soccer serves as both a recreational activity and a means of promoting a healthy lifestyle and fostering social integration among individuals (Parpa et al., 2023). The advantages of consistent physical activity extend beyond the realm of soccer, encompassing various dimensions of physical well-being, psychological welfare, and social engagement (Zacharko et al., 2023). Exercise motives and personal factors, such as self-efficacy, have been found to significantly influence individuals' engagement in physical

activities, particularly in the context of soccer (Hewitt et al., 2022; Zambrano Bermeo, Estrada Gonzalez, & Guerra, 2023). These studies have demonstrated the importance of exercise motives and self-efficacy in relation to engagement in physical activities.

Taking into consideration the previous discourse, the exercise A wide range of factors that encourage people to engage in physical activity influence the motivations displayed by soccer players (Hewitt et al., 2022). The motivations underlying engagement in physical activities related to soccer can differ among individuals. According to Maltby and Day (2001), some people's primary motivations may be interpersonal ones, such as the development of friendships and social ties within the soccer community. Some individuals may find motivation in health-related factors, as they aim to enhance their physical well-being and mitigate the likelihood of developing long-term medical conditions. Motivations pertaining to the body may encompass desires for a specific physique or body composition, whereas psychological motivations may be associated with the alleviation of stress and the promotion of improved mental well-being (Hewitt

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et al., 2022). Fitness motives encompass the aspiration to augment athletic performance and abilities (Eko Bagus et al., 2021).

Moreover, it has been observed that engaging in physical activity (PA) can lead to various health advantages (Patterson et al., 2021). Lewis et al. (2017) highlighted the observation that a mere 49% of the American population engages in physical activity, taking into account the associated health risks. This study aims to examine the potential impact of exercise motivations on the physical activities of college freshmen. Additionally, it seeks to objectively measure physical activity using wearable technologies, specifically through the utilisation of information and communication technology (ICT) procedures. Moreover, this study closely examines the present physiological condition of individuals and their sedentary habits. The aforementioned function, integrated into wearable devices, establishes a dependable log of participants' behaviours within the specific research context. Hence, it is imperative to examine these underlying motivations within the framework of Albanian soccer players, as this is essential for devising interventions that effectively encourage physical activity.

On the other hand, the role of personal self-efficacy, the concept of personal self-efficacy, derived from Bandura's Social Cognitive Theory, pertains to an individual's confidence in their capacity to effectively perform tasks and attain desired outcomes (Zambrano Bermeo et al., 2023). According to Dereceli, Toros, and Yildiz (2019), personal self-efficacy is a significant factor that influences the level of involvement of soccer players in physical activities. Soccer encompasses a multifaceted interaction of abilities, encompassing various aspects such as dribbling, passing, endurance, and teamwork (Dereceli et al., 2019). Individuals who possess elevated levels of self-efficacy in soccer-related tasks exhibit a greater propensity to participate in physical activities associated with the sport (Wei, Su, & Hsu, 2020). Therefore, it is imperative to investigate the impact of personal self-efficacy on the physical activity levels of soccer players in Albania in order to gain insight into the psychological determinants that drive their engagement.

There have been a lot of discussions about the importance of exercise motivation and personal factors in relation to physical activity. However, most of the research that has been done so far has focused on soccer players in countries with strong soccer traditions (Cetinkalp & Turksoy, 2011; Hewitt et al., 2022; Maltby & Day, 2001; Wei et al., 2020; Zambrano Bermeo et al., 2023). Moreover, prior research frequently examined the influence of individual factors, such as health motivations or personal self-efficacy, on

engagement in physical activity (Hewitt et al., 2022; Zambrano Bermeo et al., 2023). However, an area that has received relatively little attention is the examination of the combined impact of exercise motives and personal factors, specifically personal self-efficacy, on the physical activity levels of soccer players in Albania.

The primary objective of this study is to address the existing knowledge gap by examining the influence of exercise motives and personal self-efficacy on the levels of physical activity among soccer players in Albania. Through this endeavour, our objective is to offer a more extensive comprehension of the determinants that influence physical activity within this particular demographic, illuminating the distinct dynamics present in Albanian soccer and providing valuable insights that can guide customised interventions aimed at fostering active lifestyles among soccer players in the nation. The previously mentioned restricted viewpoint may also make a substantial contribution towards a more comprehensive comprehension of this phenomenon and its diverse determinants within the Albanian context. The research is structured into five distinct chapters, namely: introduction, literature review, research methodology, data analysis and interpretation, and finally, discussion and conclusion.

## Theoretical and Empirical Literature Review

### Exercise Motives

In their study, Ryan and Deci (2019) undertook the endeavour of categorising exercise motivations into two distinct groups: intrinsic and extrinsic motivators. This classification was based on the theoretical framework of "self-determination theory (SDT)". Self-Determination Theory (SDT) is a theoretical framework that explores the decision-making process of individuals based on their intrinsic motivation and personal autonomy (Ryan & Deci, 2019). Ingledew, Markland, and Strömmer (2014) further extended their research by integrating organismic integration theory (OIT), a sub-theory derived from self-determination theory (SDT), into their investigation of exercise motivations. Organisational and Industrial Psychology (OIT) encompasses the categorization of various forms of motivation based on the degree of control (regulated) and autonomy (voluntary) that influence the motives themselves. This framework includes concepts such as self-actualization and self-regulation (Ryan & Deci, 2022).

Markland and Ingledew (2007) developed the "Exercise Motivation Inventory (EMI)," a comprehensive tool consisting of 44 components categorised into 12 dimensions, within the domain of exercise motivation.

Considerations such as affiliation, attractiveness, competitiveness, enjoyment, physical well-being, societal expectations regarding health, prevention of illness, personal development, recreational pursuits, societal recognition, stress management, and weight management are encompassed within these factors. The objective of this study was to conceptualise and comprehensively examine the various personal motivations that prompt individuals to participate in physical exercise. The initial model's evaluation of fitness and health-related subsections exhibited significant statistical deficiencies, leading to the subsequent development of EMI-2. The revised iteration of the study incorporates two supplementary variables, namely challenge and strength/endurance, thereby adequately addressing the aforementioned concerns (Ingledeew et al., 2014)

Nevertheless, prior research utilising the "Exercise Motivation Inventory-2 (EMI-2)" scale has predominantly concentrated on discerning the factors that drive individuals to engage in exercise, frequently overlooking the assessment of their tangible physical activities. Kulavic, Hultquist, and McLester (2013) conducted a study that examined various factors related to student body weight index and disparities among different groups. Additionally, the study explored the differences in motivation and barriers to physical activity (PA) between conventional and non-traditional students. In a study conducted by Guedes, Legnani, and Legnani (2013), university students were examined to explore the associations between socio-demographic factors (such as gender, age, financial position, and body mass index) and exercise objectives (specifically illness avoidance and social recognition).

Previous research studies that have utilised the EMI-2 questionnaire have frequently relied on self-reported measures to assess individuals' engagement in physical activities. In a study conducted by Kilpatrick, Hebert, and Bartholomew (2005), university students were examined to identify differences in motivations for engaging in sports as opposed to exercise. The results of their study indicated that individuals' involvement in sports was primarily motivated by factors such as competition, affiliation, enjoyment, and challenge (Fricke, 2022). In contrast, reasons related to health and appearance were found to be more significant in driving participation in exercise activities. Furthermore, the study conducted by Cho and Beck (2016) revealed that international students exhibited unique motivations for engaging in physical exercise. These motivations encompassed aspects such as affiliation, challenge, and competition, which played a significant role in shaping their choices regarding

involvement in competitive activities or their avoidance of such activities. The study conducted by McDonough et al. (2020) examined the impact of exercise on physical activity levels among college students. The findings revealed a significant increase in physical activity when exercise was incorporated, as compared to traditional exercise methods such as treadmill workouts.

In their study, Ednie and Stibor (2017) utilised a multivariate regression model to examine the impact of EMI-2 parameters on the exercise habits of undergraduate students. The results of their study demonstrated the significance of physical activity for stress reduction, pleasure, competition, and weight management among this particular demographic. Based on their research findings, it has been observed that individuals are more likely to experience heightened motivation towards engaging in physical exercise when they incorporate a systematic approach and establish personalised goals and motivations. Additionally, the study conducted by Piskozub (2013) investigated the engagement of undergraduate students in physical activity, highlighting the significant factors of stress management, enjoyment, competition, and weight management. Significantly, the study also unveiled disparities in exercise motivations among students hailing from diverse academic institutions. The aforementioned studies collectively provide valuable insights into the multifaceted motivations that underlie individuals' participation in physical activities across different demographic groups.

### **Physical Activities**

Scholars have explored different mechanisms in order to understand individuals' propensity to participate in physical activities. The development of sophisticated wearable devices has provided researchers with improved tools for monitoring individuals' physical activity (PA) (Evenson, Goto, & Furberg, 2015; Xie et al., 2018), including exercise, dietary patterns, and sleep habits (Franssen et al., 2020). The field of human health has been significantly impacted by the advent of information and communication technology (ICT) during the digital age, inadvertently promoting sedentary behaviours. The prevalence of sedentary behaviour is widely recognised as a significant global health concern (Willumsen & Bull, 2020), as evidenced by the alarming statistic that approximately 80% of individuals worldwide are classified as inactive (Nordh et al., 2017). Numerous studies have provided substantial evidence supporting a robust correlation between sedentary behaviours and negative health consequences (Henson et al., 2015; Katzmarzyk et al., 2019). In light of the potential for sedentary behaviour



to result in significant health consequences, it is crucial for researchers to comprehend the underlying factors that drive individuals and the subsequent effects of these motivators on their physical activity.

It is important to acknowledge that sedentary behaviours are frequently reported by individuals themselves (Silva et al., 2015). Kastelic et al. (2022) emphasised the importance of utilising wearable technology to obtain objective measurements when examining the distinct challenge of studying sedentary behaviour. Recent advancements in wearable technology have enabled the monitoring of an individual's sedentary behaviours (Keadle et al., 2019). As accurately indicated by Smith (2017), the provision of mere suggestions regarding the appropriate level of physical activity may prove insufficient in effectively motivating individuals to modify their behaviours. Hence, it is becoming increasingly apparent that the inclusion of motivational strategies targeting the reduction of sedentary behaviours is imperative in the implementation of behaviour change initiatives (Mercer et al., 2016). Additionally, individuals who engage in sedentary lifestyles may face obstacles that impede their participation in physical activity (Lewis et al., 2017). Moreover, it is crucial to consider an individual's current physical state, encompassing factors such as blood pressure, weight, body fat, and height, when evaluating physical activity (Jones & Rikli, 2002). Several studies have employed an individual's present physical condition as a potential indicator of their involvement in physical activity (Hewitt et al., 2022; Wilson et al., 2012). The incorporation of data concerning an individual's present physical condition provides valuable insights regarding their foundational level of physical fitness.

### Personal Factors

Psychological personal self-efficacy refers to a collection of internal factors that have a significant impact on an individual's participation in physical activities (Gill, Williams, & Reifsteck, 2017). This pertains to the cognitive state, drive, self-conception, belief in one's abilities, and emotional state of an individual (Sum et al., 2018). The multifaceted nature of self-efficacy in relation to physical activities is of significant importance. First and foremost, it assumes a crucial role in facilitating personal enjoyment and satisfaction, thereby fostering sustained engagement over an extended period. Furthermore, it has been found that self-efficacy, which refers to an individual's confidence in their capability to carry out physical activities, plays a crucial role in influencing their motivation to commence and maintain exercise regimens (Cetinkalp & Turksoy, 2011).

A high level of self-efficacy has the potential to enhance an individual's confidence in engaging in and persisting with

physical activities (Neace et al., 2022). Ultimately, an individual's overall dedication to sustaining an active lifestyle can be influenced by their emotional well-being, which encompasses stress management and mood. The likelihood of individuals persisting in physical activities is increased when they perceive a decrease in stress levels and an improvement in emotional well-being. This highlights the significant influence of psychological and personal factors in fostering long-term engagement in physical activity (Cetinkalp & Turksoy, 2011). The identification and acknowledgment of these factors can contribute to the formulation of customised approaches and interventions that augment individuals' motivation, self-efficacy, and emotional resilience, thereby promoting the cultivation of healthier and more physically engaged lifestyles (Zambrano Bermeo et al., 2023).

### Exercise motives and physical activities

Gaining insight into the impacts of exercise motives on physical activity is an essential component of research in exercise psychology and public health. An examination of the existing body of research demonstrates that exercise motives have a significant impact on individuals' participation in physical activities. The relationship in question has been extensively examined through the application of self-determination theory (SDT), as demonstrated by the work of Ryan and Deci (2019). Based on Self-Determination Theory (SDT), various forms of motivation exist in relation to engaging in physical exercise, encompassing both intrinsic motivation, which originates internally, and extrinsic motivation, which stems from external incentives. There is a consistent correlation between engagement in physical exercise and heightened levels of intrinsic motivation, which are driven by personal enjoyment and inherent satisfaction derived from physical activity. Research conducted by Teixeira et al. (2022) has demonstrated that individuals who participate in physical activities primarily for the purpose of enjoyment and personal fulfilment exhibit a higher likelihood of sustaining long-term exercise habits (Ryan & Deci, 2022).

To promote enduring exercise adherence, it is imperative to emphasise the significance of intrinsic motivation, autonomy, and perceived competence. This implies that the implementation of strategies and initiatives focused on improving intrinsic motivations, such as the development of enjoyable and satisfying exercise routines, may yield greater efficacy in promoting consistent physical activity. Moreover, a study conducted by Rodrigues et al. (2023) has provided evidence indicating that individuals who perceive their engagement in exercise as autonomously selected and aligned with their personal values and

interests are more prone to manifest intrinsic motivation, thereby resulting in elevated levels of physical activity. A recent investigation conducted by [Panão and Carraça \(2020\)](#) revealed that there exists a correlation between various exercise motivations, such as interpersonal, physical well-being, body-related, psychological, and fitness motivations, and engagement in physical activities. Therefore, previous research has shown that exercise motives play a crucial role in maintaining long-term participation in physical activities. These findings offer valuable insights that can inform the creation of effective strategies for promoting physical activity. Therefore, study formulated following research hypothesis,

**H1:** *Interpersonal motives have an association with physical activities of soccer players in Albania.*

**H2:** *Health motives have an association with physical activities of soccer players in Albania.*

**H3:** *body related motives have an association with physical activities of soccer players in Albania.*

**H4:** *Psychological motives have an association with physical activities of soccer players in Albania.*

**H5:** *Fitness motives have an association with physical activities of soccer players in Albania.*

#### **Personal factors and physical activities**

Extensive research has been conducted in the field of exercise psychology to investigate the influence of psychological and personal factors on physical activity. Self-efficacy, a prominent psychological factor, pertains to an individual's belief in their capacity to execute a particular behaviour, such as consistently participating in physical exercise. According to Bandura's Social Cognitive Theory, the concept of self-efficacy is of utmost importance in the decision-making process of individuals when it comes to initiating and sustaining physical activity. Several scholarly investigations, such as the research conducted by [Huang et al. \(2023\)](#) and [Olson and McAuley \(2015\)](#), have provided evidence supporting a direct correlation between self-efficacy and levels of physical activity. Individuals exhibiting elevated levels of self-efficacy tend to demonstrate a greater propensity for establishing ambitious objectives, persisting in the face of obstacles, and sustaining regular engagement in physical activities over an extended duration.

Furthermore, studies conducted by [Jones, Alicea, and Ortega \(2020\)](#) have yielded findings suggesting that individuals who possess intrinsic motivation and a heightened sense of autonomy in relation to their exercise choices exhibit higher levels of adherence to exercise programmes and derive greater well-being advantages. The existing body of literature consistently emphasises the importance of psychological personal factors, specifically

self-efficacy, in shaping physical activity behaviours. These factors are of utmost importance in influencing individuals' beliefs, attitudes, and behaviours pertaining to exercise, providing valuable perspectives for the formulation of effective interventions and strategies aimed at promoting and sustaining engagement in physical activity. Thus, based on previous discussion, study formulated a following research hypothesis,

**H6:** *personal self-efficacy has significant impact on soccer player physical activity in Albania.*

#### **Research design and data collection procedure**

The researcher utilised a quantitative research methodology, employing a self-administered survey instrument to collect data. Additionally, a cross-sectional research design was employed ([Mann, 2003](#)). The research instrument used to assess exercise motives in this study was derived from a previous study conducted by [Markland and Ingledew \(1997\)](#), in which it was evaluated across five distinct dimensions. The dimensions encompassed in this study include interpersonal motives, which are assessed through the examination of social recognitions, affiliations, and competition. The subsequent dimension pertains to psychological motives, which are assessed through the evaluation of stress management, revitalization, enjoyment, and challenge. Moreover, health motivations are assessed through indicators such as health pressure, positive health, and health avoidance. Body-related measurements encompass weight management and physical appearance. The assessment of fitness motivations encompassed the evaluation of physical strength and agility. The concept of self-efficacy, as explored in the research conducted by [Zambrano Bermeo et al. \(2023\)](#), is considered a significant personal factor. Finally, the physical activity was derived from the research conducted by [Congsheng, Kayani, and Khalid \(2022\)](#). The questionnaires were assessed using a five-point Likert scale.

The research instrument was disseminated to a sample of 400 soccer players in Albania, who were then asked to complete a self-administered questionnaire. The data collection procedure utilised a purposive sampling technique, whereby individuals were deliberately chosen based on their alignment with the study's objectives. In this study, the researchers sought to collect data from a heterogeneous cohort of soccer players in Albania. To achieve a representative sample, the participants were purposefully selected based on their diverse age groups, genders, and years of experience in playing the sport. The questionnaire was administered to the participants, who independently completed it. The inquiry encompassed the variables of age, gender, and duration of playing experience ([Koniyo, 2022](#)).

A total of 340 individuals successfully completed the survey instrument, out of a sample size of 400. The data was subsequently collected, organised, and prepared for the researchers' examination. The data was collected and analysed using AMOS and SPSS software. The research was conducted on a sample size of 400 soccer players, and the findings regarding their demographic profile are presented in Table 1 below. The results presented in Table 1 indicate that the participants predominantly consisted of males. The survey encompasses participants from various age groups, with the largest proportion falling within the 18–25 age range. This is followed by individuals aged 26–35, 36–45, and those above the age of 45 (8.8%).

It is noteworthy that a significant proportion of participants, specifically 21%, fall into the age bracket below 18 years, suggesting a substantial presence of younger individuals engaged in gaming activities. The survey encompassed individuals with varying levels of playing experience, wherein 38% reported having engaged in the activity for a duration of 1 to 5 years, 32% for 6 to 10 years, and 9% for a period exceeding 10 years. Furthermore, it is noteworthy that 21% of the participants had commenced their engagement in the activity of interest only in the recent past. The findings, encompassing diverse age cohorts and levels of expertise, are expected to provide a comprehensive understanding of the soccer players in the nation. Table 1 provides a projection of the previously mentioned results.

**Table 1**

*Demographic Profile*

Demographic Characteristic	Number of Participants	Percentage
<b>Total Participants (N)</b>	<b>400</b>	
<b>Gender</b>		
- Male	340	
<b>Age</b>		
- Under 18	70	21%
18-25	125	37%
26-35	50	15%
36-45	65	19%
above 45	30	8.8%
<b>Years of Playing Experience</b>		
- Less than 1 year	70	21%
- 1-5 years	130	38%
- 6-10 years	110	32%
- More than 10 years	30	9%

**Inferential Statistics**

The data in this study was analysed using AMOS's structural equation modelling (SEM) application. This selection approach was deemed more suitable and has been previously employed in analogous research endeavours. The analytical process consisted of two distinct stages: the measurement model and the structural model. The following section presents a comprehensive overview of the specifications and characteristics of each of these models.

**Construct Measurement**

Prior to assessing the model utilised in this study, it is imperative to ascertain the validity and reliability of the construct (F. Hair Jr et al., 2014). In order to accomplish this, the study initially focused on assessing the

discriminant validity and measurement validity of the measurement model. The results of this evaluation are presented in Table 2. In order to ensure convergent validity, it was imperative to establish that the factor loadings exceeded 0.5, thereby indicating the reliability of the indicators. In addition, it is imperative that the study adhere to the criteria set forth by Peterson and Kim (2013) as well as F. Hair Jr et al. (2014). These criteria include a minimum Cronbach's alpha value exceeding 0.70, a composite reliability (CR) value surpassing 0.70, and an average variance extracted (AVE) value greater than 0.5. According to the data presented in Table 2, it can be observed that all of the specified criteria have been satisfied. This outcome instils confidence in the accuracy and reliability of the measurement model.

**Table 2**

*Convergent Validity*

Construct	R square	t-value	AVE	Alpha	CR
Affiliation (AFF)	0.82	18.002***	0.89	0.92	0.88
Appearance (APP)	0.71	23.891***	0.74	0.89	0.81
Challenge (CHA)	0.52	18.452***	0.67	0.88	0.85
Competition (COM)	0.41	13.986***	0.72	0.90	0.73
Enjoyment (ENJ)	0.84	21.345***	0.83	0.84	0.83
Health pressures (HEP)	0.71	21.932***	0.75	0.83	0.74
Ill-health					
Avoidance (HEA)	0.75	21.427***	0.73	0.92	0.89
Nimbleness (NIM)	0.79	19.99***	0.69	0.78	0.75
Positive health (PH)	0.47	18.923***	0.68	0.85	0.82
Revitalization (REV)	0.76	16.00***	0.67	0.82	0.73
Social recognition (SR)	0.83	14.859***	0.69	0.83	0.78
Strength (STR)	0.49	14.233***	0.78	0.85	0.84
Stress					
Management (SM)	0.38	10.90***	0.73	0.87	0.81
Weight management (WEM)	0.37	26.990***	0.70	0.83	0.75
Personal psychological factors (PPF)	0.62	27.891***	0.73	0.79	0.77
Physical activities (PHA)	0.67	10.744***	0.83	0.82	0.78

**Discriminant validity**

The concept of discriminant validity holds significant importance within the field of structural equation modelling (SEM), as it serves to evaluate the degree to which distinct latent constructs in a model are separate from each other (Voorhees et al., 2016). The Fornell-Larcker criterion is a commonly used approach for assessing discriminant validity within the framework of AMOS and structural equation modelling (Afthanorhan, Ghazali, & Rashid, 2021). This criterion necessitates the comparison of the square root of the average variance extracted (AVE) for each construct with the correlations

between said construct and all other constructs within the model. The assessment for our set of constructs was conducted using AMOS in our analysis. The findings demonstrate robust discriminant validity, as the square root of the average variance extracted (AVE) for each construct consistently surpasses the correlations between that construct and all other constructs (Afthanorhan et al., 2021). This finding implies that the underlying factors in our theoretical framework are clearly differentiated and do not exhibit problems of multicollinearity, thereby strengthening the reliability and credibility of our structural equation model. The aforementioned outcomes are anticipated and presented in Table 3 below.

**Table 3**

*Discriminant Validity*

construct	AVE	Sqrt(AVE)	AFF	APP	CHA	COM	ENJ	HEP	HEA	NIM	PH	REV	SR	STR	SM	WEM	PPF	PHA
AFF	0.89	0.944	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
APP	0.74	0.861	0.572	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CHA	0.67	0.818	0.534	0.584	-	-	-	-	-	-	-	-	-	-	-	-	-	-
COM	0.72	0.849	0.478	0.578	0.577	-	-	-	-	-	-	-	-	-	-	-	-	-
ENJ	0.83	0.911	0.539	0.621	0.470	0.450	-	-	-	-	-	-	-	-	-	-	-	-
HEP	0.75	0.866	0.455	0.571	0.456	0.409	0.544	-	-	-	-	-	-	-	-	-	-	-
HEA	0.73	0.855	0.504	0.555	0.449	0.387	0.552	0.488	-	-	-	-	-	-	-	-	-	-
NIM	0.69	0.829	0.482	0.536	0.447	0.375	0.566	0.487	0.499	-	-	-	-	-	-	-	-	-
PH	0.68	0.824	0.437	0.534	0.396	0.349	0.548	0.426	0.408	0.577	-	-	-	-	-	-	-	-
REV	0.67	0.818	0.411	0.490	0.346	0.302	0.507	0.415	0.413	0.524	0.523	-	-	-	-	-	-	-
SR	0.69	0.829	0.478	0.541	0.382	0.366	0.571	0.461	0.453	0.539	0.598	0.541	-	-	-	-	-	-
STR	0.78	0.883	0.496	0.556	0.412	0.368	0.523	0.444	0.455	0.532	0.572	0.527	0.581	-	-	-	-	-
SM	0.73	0.855	0.465	0.558	0.397	0.332	0.555	0.467	0.426	0.554	0.575	0.559	0.591	0.566	-	-	-	-
WEM	0.70	0.837	0.442	0.551	0.390	0.343	0.545	0.433	0.417	0.529	0.561	0.536	0.586	0.521	0.540	-	-	-
PPF	0.73	0.855	0.464	0.557	0.385	0.330	0.553	0.465	0.428	0.540	0.560	0.548	0.587	0.521	0.525	0.523	-	-
Physical PHA	0.72	0.852	0.264	0.532	0.285	0.430	0.353	0.345	0.228	0.240	0.360	0.348	0.587	0.521	0.525	0.523	0.72	-



## Regression Results

The study generated a set of findings from a structural model analysis following the measurement of the construct. In order to test the research hypothesis, bootstrapping techniques were utilised. The findings from the regression analysis suggest a statistically significant and positive relationship between interpersonal motives and physical activity ( $\beta = 0.27$ ,  $p < 0.01$ ). This implies that individuals who are driven by social and interpersonal factors are more likely to engage in greater amounts of physical activity. In contrast, the coefficients for body-related motives, psychological motives, and health motives do not exhibit statistical significance ( $p > 0.05$ ) in predicting physical activity. Nevertheless, there is a noteworthy positive correlation

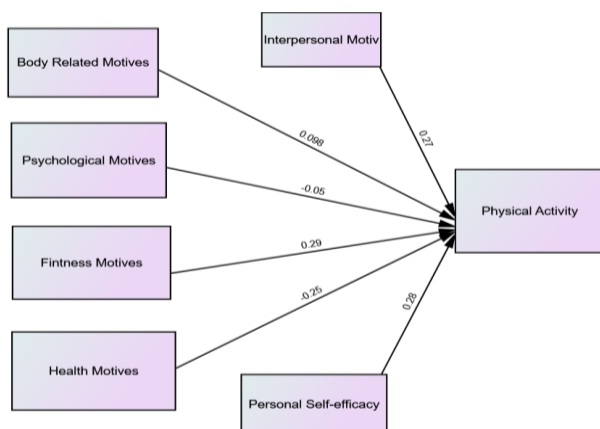
between fitness motivations and physical activity ( $\beta = 0.29$ ), indicating that individuals who are driven by fitness-related factors and possess specific personal attributes are more inclined to participate in physical activities. The relationship between personal self-efficacy and physical activity is of particular significance, as evidenced by a strong positive correlation ( $\beta = 0.28$ ,  $p < 0.001$ ). This highlights the considerable influence that individual characteristics have on an individual's levels of physical activity. Overall, the findings of this study underscore the importance of social factors, fitness factors, and personal variables as influential factors in promoting physical activity. However, it appears that other motivational elements and psychological factors have limited influence within this particular model. The aforementioned outcomes are anticipated and presented in Table 4.

**Table 4**

### Hypothesis Results

Relationships	$\beta$	SE	T statistics	Sig.
physical activity<- Interpersonal Motives	0.27	0.12	2.25	0.01***
physical activity<- Body-related motives	0.098	0.15	0.651	0.44
physical activity<- Psychological motives	-0.05	0.08	0.625	0.99
physical activity<- Fitness motives	0.29	0.13	2.30	0.02**
physical activity<- Health motives	-0.25	0.11	2.27	0.04**
physical activity<- Personal self-efficacy-	0.28	0.05	5.60	0.001***

\* Statistically significant 0.001, \*\* statistically significant 0.05



**Figure 1:** Beta Values

## Discussion

Physical activity (PHA) plays a vital role in the preservation of both physical and mental well-being. However, there are various factors that can impact an individual's level of participation in exercise. In the specific context of Albania, soccer players encounter distinct challenges and motivations. One primary concern that soccer players may confront pertains to the accessibility of

high-quality facilities and coaching, as the provision of sports infrastructure can exhibit variability across different geographical areas. Furthermore, socio-cultural factors, exemplified by the fervent enthusiasm for soccer in Albania, possess the capacity to function as both an impetus and a hindrance to engaging in alternative modes of physical exercise. Upon examining exercise motivations and personal self-efficacy, it becomes apparent that soccer players in Albania are predominantly driven by a profound passion for the sport, with the ultimate objective of attaining professional success, thereby aligning with their individual goals and aspirations.

Moreover, the individual's personal self-efficacy plays a substantial role in their dedication to soccer as a means of engaging in physical exercise. Therefore, in accordance with the preceding discourse, the primary aim of this study was to examine the influence of exercise motives and personal self-efficacy on the engagement in physical activities among soccer athletes in Albania. The results of the structural equation modelling (SEM) analysis revealed a statistically significant positive correlation between interpersonal motives and levels of physical activity (PA) in Albania. The findings indicate that individuals residing



in Albania who exhibit a propensity for social interactions and group activities are more inclined to participate in physical activity.

Nevertheless, it is imperative to take into account cultural factors and social norms that may exert an influence on these motivations. Physical activity (PHA) is crucial for maintaining both physical and mental well-being, according to research by Kastrati and Georgiev. However, there are various factors that can influence an individual's participation in exercise. In the specific context of Albania, soccer players encounter distinct challenges and motivations. One potential challenge that soccer players may face pertains to the availability of high-quality facilities and coaching, as the provision of sports infrastructure can differ across different geographical areas. Furthermore, socio-cultural influences, exemplified by the fervent enthusiasm for soccer in Albania, possess the capacity to function as both an impetus and a hindrance to engaging in alternative forms of physical exercise.

Upon examining exercise motives and personal self-efficacy, it becomes apparent that soccer players in Albania are predominantly driven by a profound passion for the sport, with the ultimate objective of attaining professional accomplishments that are in harmony with their individual goals and aspirations. Furthermore, the individual's personal self-efficacy plays a crucial role in their dedication to soccer as a means of engaging in physical exercise. Therefore, drawing from the preceding discourse, the research aim of this study was to examine the influence of exercise motivations and personal self-efficacy on the engagement in physical activities among soccer athletes in Albania. The results of the structural equation modelling (SEM) analysis revealed a statistically significant positive correlation between interpersonal motives and physical activity (PA) levels in Albania. The findings indicate that individuals residing in Albania who exhibit a propensity for social interactions and group activities are more inclined to participate in physical activity.

However, it is imperative to take cultural aspects into account in the year 2020. In order to promote physical activity among Albanians, it is imperative to emphasise the significance of social support and community engagement. In contrast to interpersonal motivations, body-related motives exhibit a lesser influence on physical activity levels in Albania, suggesting a lack of significant association between the two. This suggests that concerns regarding one's physical appearance and body image may not serve as significant drivers of public health action in this particular scenario. In a study conducted by [Afthanorhan et al. \(2021\)](#) on Albanian teenagers, it was found that

factors beyond body-related motives and physical health awareness (PHA) played a more significant role in promoting physical activity (PA), particularly social support. Nevertheless, the impact of psychological motives on the levels of PHA in Albania is found to be statistically insignificant. This observation suggests that the Albanian population may not prioritise stress reduction, mood enhancement, and psychological well-being as the primary drivers for engaging in physical exercise. The results obtained are consistent with prior research on the subject matter ([Hewitt et al., 2022](#)).

The presence of fitness and health motivations has been found to exert a positive and noteworthy impact on the levels of physical activity (PHA) in Albania. This finding suggests that people are more likely to engage in regular physical activity when they have concerns about their physical health and well-being. The aforementioned findings are consistent with the outcomes of a study conducted by [Shehu \(2015\)](#), which emphasised the significance of health-related incentives in fostering physical activity in Albania. In addition, personal self-efficacy has been found to exert a positive and statistically significant influence on the levels of physical activity in Albania. Personal characteristics encompass a range of attributes such as individual preferences, established routines, and lifestyle choices. The findings of this study indicate that customising physical activity interventions based on individual preferences and needs has the potential to effectively enhance participation rates.

The results presented in this study are corroborated by prior research ([Afthanorhan et al., 2021](#); [Zambrano Bermeo et al., 2023](#)). Therefore, according to the regression findings presented above, it can be inferred that interpersonal motives, fitness motives, health motives, and personal self-efficacy play a significant role in driving physical activity levels in Albania. Conversely, body-related and psychological motives seem to have a limited impact on physical activity engagement. Nevertheless, it is crucial to acknowledge that these findings must be interpreted within the framework of the particular population and cultural elements present in Albania. Additional investigation is required in order to comprehend the intricate interaction of motives and factors that influence physical activity within this particular geographic area.

### **Contributions and Suggestion**

This study has made a valuable contribution to the existing body of literature within the specific context of Albania. The study theoretically emphasises the importance of cultural and socio-cultural factors in influencing

motivations for engaging in physical activity. Furthermore, the categorization of exercise motives into interpersonal, body-related, psychological, fitness, and health motives offers a more nuanced understanding of the factors that influence physical activity within this particular context. The theoretical contributions of the study highlight the significance of adapting interventions to align with these motivations and recognising the restricted impact of certain motives, such as body image concerns and psychological well-being, within this particular population. In contrast, empirical research provides significant insights for policymakers, sports organisations, and health professionals who aim to enhance the promotion of physical activity among soccer players in Albania.

To begin with, through the acknowledgment of the central drive among soccer players in Albania, which is their passion for the sport and their aspiration for professional achievement, researchers and practitioners can develop interventions that effectively utilise and enhance this inherent motivation. The implementation of strategies that highlight the correlation between soccer and holistic well-being and physical fitness could potentially strike a chord with this demographic, thereby motivating them to partake in supplementary physical pursuits. Additionally, the research highlights the significance of personal self-efficacy, encompassing attributes such as discipline, dedication, and social support, in maintaining long-term adherence to physical activity. This insight can be utilised by practitioners to formulate support systems and programmes that cultivate a sense of community and offer the requisite discipline and structure to facilitate consistent engagement in physical activity.

Several suggestions can be made to improve the effectiveness of promoting physical activity in this situation based on the results of the in-depth study that looked into why soccer players in Albania work out and how much they believe they can improve their own performance. First and foremost, it is imperative to leverage the profound enthusiasm for soccer in Albania by incorporating physical activities related to the sport into regular training regimens. This intervention has the potential to sustain the motivation levels of soccer players while simultaneously addressing the disparity between their passion for the sport and the necessity of engaging in more diverse forms of physical exercise.

Additionally, it is imperative to prioritise initiatives that are focused on enhancing access to high-quality sports facilities and coaching. This is particularly crucial in areas where infrastructure is lacking, as it will help to guarantee that all individuals involved in soccer have equal

opportunities for engaging in physical activity. Furthermore, it is imperative to incorporate health and fitness-oriented objectives into soccer training regimens, with a particular focus on highlighting the enduring health advantages associated with consistent engagement in physical exercise beyond the realm of competitive soccer. The objective of these recommendations is to synchronise the promotion of physical activity with the distinct motivations and obstacles encountered by soccer players in Albania, with the ultimate goal of cultivating a healthier and more active lifestyle within this demographic.

## Conclusion

This research elucidates the complex array of factors that impact physical activity levels among soccer players in Albania. This statement underscores the complex relationship between exercise motivations and personal efficacy in influencing the physical activity environment within this particular context. The primary driving force behind soccer players in Albania is a profound and ingrained enthusiasm for the sport, coupled with ambitions for achieving professional success. These aspirations are closely intertwined with their individual objectives. Furthermore, it is crucial to acknowledge the importance of social interactions and group activities as influential factors in promoting physical activity. The aforementioned results highlight the significance of taking into account cultural intricacies and societal conventions when formulating strategies to enhance physical activity levels among soccer players in Albania. Moreover, the research underscores the significant importance of health and fitness-related incentives in promoting engagement in physical exercise, indicating that an emphasis on overall well-being and physical health strongly resonates with soccer players from Albania.

However, the findings of the study suggest that body-related and psychological factors have a restricted impact, suggesting that body image concerns and psychological well-being may not be the primary driving forces within this particular group. The aforementioned observations possess significant ramifications for policymakers, sports organisations, and health professionals who aim to augment the engagement of soccer players in Albania in physical activity. Designing interventions that capitalise on individuals' inherent passion for soccer and prioritise the promotion of health and fitness advantages, while taking into account personal preferences and social encouragement, could potentially yield successful outcomes in terms of enhancing and maintaining physical activity levels within this distinct setting. It is highly

recommended to conduct additional research in order to gain a more comprehensive understanding of the cultural complexities and dynamic changes that shape physical activity patterns in Albania.

Furthermore, it is crucial to consider the limitations of the survey instrument employed in this research, namely the Exercise Motivations Inventory-2 (EMI-2). It is worth noting that the sample population consisted solely of young adults, which may not necessarily be the most suitable group for capturing a comprehensive understanding of exercise motives. Hewitt et al. (2022) suggest that the utilisation of the survey tool (EMI-2) may not be equally feasible for all demographic groups. Consequently, the findings obtained from the survey may display discrepancies when applied to diverse demographic groups, owing to the potential misalignment of indicators. In a recent study conducted by Kim and Cho (2022), the authors successfully validated the use of EMI-2

as a tool for assessing motivation in the context of college students. The findings of their study also indicated that a 5-point Likert scale could potentially be more appropriate for measuring motivation in this population. Potential future research endeavours may involve the modification of EMI-2 indicators to enhance their relevance and alignment with the unique characteristics and preferences of individuals from diverse demographic backgrounds. This modification has the potential to improve the survey's utility and precision in evaluating exercise motivations across various demographic groups.

Additionally, it is worth noting that this study did not incorporate any moderating or mediating variables in the analysis of the relationship between the independent and dependent variables. Consequently, the findings may have limited explanatory power. Future research should consider the inclusion of moderating or mediating variables to enhance the robustness of the study.

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