

## Differences in Men's Body Dissatisfaction Based on the Type of Exercise Motivation

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Exercising at a fitness center is one of the methods to obtain an ideal body shape. The purpose of this study was to determine whether there were differences in body dissatisfactions based on the type of exercise motivation. Participants were 100 male members of a fitness center who exercise at least twice a week for at least one hour per session. Measures used were body dissatisfaction questionnaire (Tylka, Bergeron, & Schwartz, 2005) and exercise motivation questionnaire by Markland and Tobin (cited in Vlachopoulos, 2012). Results showed a difference in body dissatisfaction between men with internal exercise motivation and those with external exercise motivation ( $Z = -3.142, p < .05$ ). Men who engaged exercises as driven by external exercise motivation had higher body dissatisfaction than those with internal motivation. This indicates that men with external exercise motivation were more dissatisfied with their body image, who were more likely to quit exercising if they did not obtain the expected result, or else they became obsessive with exercises because they were dissatisfied with their figures.

*Keywords:* body dissatisfaction, exercise motivation, muscle and fitness, male fitness

Salah satu cara pria memperoleh bentuk tubuh yang ideal adalah dengan berolahraga di pusat kebugaran. Tujuan penelitian ini adalah mengetahui apakah terdapat perbedaan *body dissatisfaction* bila ditinjau dari tipe motivasi berolahraga pria. Penelitian ini dilakukan di sebuah pusat kebugaran. Subjek adalah 100 pria yang berlatih minimal sebanyak dua kali dalam seminggu dan minimal selama satu jam setiap sesi. Instrumen penelitian yang digunakan adalah kuesioner mengenai *body dissatisfaction* (Tylka, Bergeron, & Schwartz, 2005), dan motivasi berolahraga (Markland & Tobin, disitat dalam Vlachopoulos, 2012). Penelitian ini memperoleh hasil bahwa terdapat perbedaan *body dissatisfaction* antara pria yang memiliki motivasi berolahraga internal dan pria yang memiliki motivasi berolahraga eksternal ( $Z = -3.142, p < .05$ ). Ketidakpuasan terhadap citra tubuh pada pria dengan motivasi berolahraga eksternal lebih besar daripada pria yang berolahraga karena motivasi internal. Hasil penelitian ini menunjukkan bahwa pria yang memiliki tipe motivasi berolahraga eksternal lebih tidak puas terhadap citra tubuhnya dan cenderung lebih mudah berhenti berolahraga apabila merasa bentuk tubuhnya tidak ideal, atau justru terlalu terobsesi untuk berolahraga karena tidak pernah merasa puas terhadap bentuk tubuhnya.

*Kata kunci:* ketakpuasan tubuh, motivasi berolahraga, otot dan kebugaran, kebugaran pria

People nowadays have increasingly concerned about their health, fitness and body shape. Increased public awareness on health and fitness have raised the number of fitness centers in Indonesia. There are many fitness centers in Indonesia, not only in capital cities but also in small cities and suburbs (Santoso, 2010). In Surabaya,

there are approximately 45 fitness centers located in different areas. Some fitness centers are located inside the shopping centers in Surabaya (Bugar, 2008).

According to Ongkowijoyo (2008), the growing number of fitness centers in Indonesia is related to the increasing number of individuals who are dissatisfied with their body. Men engage physical exercise in order to improve their appearances and gain muscular bodies. They exercise to improve their body images.

Body image is considered as feeling, attitude and evaluation of one's body and its functions (Hubley &

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