

## An exploratory study

### Pleasure and displeasure factors for physical activity in young inactive adolescents

A. Besseling <sup>1,2§</sup>, A. Mouton <sup>1,2</sup>, M. Evrard <sup>1</sup>, A. Sikivie <sup>1</sup>

<sup>1</sup> Department of Sport & Rehabilitation Sciences, University of Liège, Belgium

<sup>2</sup> Research Unit for a life-Course perspective on Health & Education – RUCHE, University of Liège, Belgium

**Introduction:** Over the last few decades, numerous studies have demonstrated the positive effects of physical activity on health (1). However, the onset of adolescence is marked by a decline in physical activity (2). For some students, physical activity is limited to physical education classes. Various factors influence this decline (3). These include the notion of pleasure (4). According to various authors, this notion is linked to the adoption of an active lifestyle (5).

**Objective:** The aim of this study is to highlight the factors of pleasure and displeasure for physical activity in young inactive adolescents in order to guide the practice of physical education teachers.

**Methods:** 52 inactive lower secondary school pupils were questioned via a semi-structured interview about their enjoyment of physical activity. A mixed method approach was used to analyze the data.

**Results:** This study shows that the enjoyment of intense physical activity is significantly lower than that of moderate physical activity. In terms of pleasure factors, more than half of those questioned stressed the importance of peers (30/52). Displeasure, on the other hand, is influenced by effort-related pain (20/52), morphology, physical capacity (16/52) and the gaze of others (14/52). The study also shows that the importance of these factors varies between boys and girls.

**Conclusion:** These results should serve as a basis for developing guidelines to help physical education teachers promote enjoyment in their classrooms. This will enable them to deal appropriately with inactive students who dislike physical activity.

**Keywords:** pleasure, displeasure, physical education, inactive students, adolescence

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<sup>§</sup>Corresponding author: Aurélien Besseling – e-mail: aurelien.besseling@uliege.be