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Some Motives of women practicing physical fitness in bodybuilding halls

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Abstract:

The study aimed to identify some motives of women's tendency towards practicing physical fitness in bodybuilding halls for the category (25-55 years), depending on the descriptive approach and using the research tool "questionnaire". The study was conducted on women who practice physical fitness in bodybuilding halls located in Oum el bouaghi (Basma Hall, Makomadas Hall, Team Academy for Professionalism, Khalifeh Al-Rubaie complex). Where they numbered 110 women out of 220 practicing women during the period 1-30 March 2022. The study concluded that there are three types of motivations that affect women in order to practice physical fitness, which are psychological motives, health motives and self-motivations.

Keywords: Motives ; women's practicing physical fitness ; Psychological ,health and self-motivations.

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1. INTRODUCTION

Recent years have witnessed a great interest in practicing sports, not only for competition, but as a kind of treatment for various diseases, and to prevent the effects and damages resulting from lack of movement, as well as relieving the pressures of daily life such as tension, anxiety, depression, etc. as it usually helps "to raise the level of fitness." physical activity for better health, a longer life, and more activity, as well as helping to reduce the risk of heart disease, diabetes, lower back pain, and obesity, in addition to developing cognitive aspects related to health and nutrition, and developing positive attitudes towards practicing sports activity (Al-Atoum, 2009, P 501), that is why most countries raise awareness of the importance of sport and the need to practice it at different ages and for both sexes, The researchers "concluded that there is an inverse correlation between the level of physical activity and obesity, heart disease, and diabetes" (belacel. H and Naceur A.2022. p28).

because of its strong connection to the physical and psychological health of a person, In order to increase the number of people practicing sports," local sports experts rely on many variables in choosing the type of recreational physical activities, such as: The prevailing customs and traditions in a society, such as cultural heritage and beliefs, as well as taking into account the type of children's programs that are not suitable for adults, and women's programs are sometimes not suitable for men (Cherifi and others.2023.p297)

Knowing the motives of individuals towards practicing a particular activity is extremely important, as it leads a person to continue or stop that activity, and motives occupy an important place in psychology, as they are the basis for explaining human behavior in all its manifestations. To do a specific activity, and this behavior is directed towards a specific goal that satisfies the need behind the motive. The motives for participating in various human activities differ towards any activity, whether it is sporting, cultural, artistic or social, according to the differences between individuals and their interests and desires "Despite the difference in the point of view of some scholars in the field of sports psychology in explaining the concept of sports motives, there is almost agreement among them about the important role that motives play in moving and directing behavior (Allawi, 2002, p 40).

The increase in the number of obese women as a result of reduced muscular effort, and after the lethargy that afflicted them as a result of the little muscular effort they exert in their daily work made them rely on exercise in general and physical

fitness in particular for many reasons “reducing weight, or reducing the proportion of Fat in the body, or to gain the lost agility and beautify the figure, so she seeks to achieve herself through exercise and restore balance to her body. (Amira Hamdan, 2017, p3)

No matter how many causes and different circumstances, the main reason for the spread of diseases (cardiac system - blood pressure - diabetes - cancer - asthma and respiratory diseases - kidneys - obesity ...) is the lack of exercise, as physical fitness has become the modern and first requirement for doctors to avoid symptoms of physical inactivity and sedentary behaviour. disease. Despite the view that still prevents women from proving their worth and their physical and functional abilities in many societies, especially societies that still believe that their role does not go beyond the scope of caring for the home and the small needs of the family," there are evidence, research and scientific studies confirm that it is necessary to encourage women to practice sports because it is a national duty, as they are the ones who gives birth to generations, and in that God Almighty says “ هُوَ الَّذِي يُصَوِّرُكُمْ فِي الْأَرْحَامِ " (سورة آل عمران ، الآية 6) That is, the basic formation of any person starts from the womb, and if the wombs are weak, this will affect the nature of strong generations that are able to bear hardships and difficult responsibilities,

Obesity represents a risk factor for all life's stages, it has been shown that maternal obesity, in addition to raising the risk of pregnancy complications, can have a negative impact on the newborn's health. According to The Developmental Origins of Health and Disease (DOHAD) hypothesis, exposure to certain environmental factors during early life and development may have an impact on individual's health in childhood and later life (Oudjedi, Said aissa, 2020, P 40).in addition, the women's bodies are made up of muscles, bones, joints, ligaments, and physiological devices just like in a man, all of which were created to function and move. “ Modern sports refer to this fact, as well as to the importance and necessity of exercising for women in all stages of life. (Masouda bin Othman, 2018, p 01).

Also, even though there is a rejection by a large segment of society of the principle of women of all ages practicing physical fitness, the different motives within each woman make this principle a basic requirement in life, and with the development of science, many bodybuilding halls for women have been established.

the interest of women in fitness halls has increased recently compared to previous years. This shift made us wonder about the motives that make women go to physical fitness, despite the existence of the social heritage that opposes this to a large extent, hence we could ask an important question:

What is the extent of the influence of some motives on women's orientation towards physical fitness in bodybuilding halls for the category (25-55) years?

Through our conversation with many women who practice sports during the exploratory study, as well as the discussion with female trainers, athletes, and students of the Institute of Science and Technology of Physical and Sports Activities in Oum El-Bouaghi regarding the subject, we proposed three hypotheses after the main hypothesis:

Some motives have an impact on women's orientation towards physical fitness in bodybuilding halls for the category (25-55 years).

- 1 .Health motivation has an impact on women's orientation towards physical fitness in bodybuilding halls for the category (25-55 years).
- 2 . Psychological motivation has an impact on women's orientation towards physical fitness in bodybuilding halls for the category (25-55 years).
- 3 . Self-motivation has an impact on women's orientation towards physical fitness in bodybuilding halls for the category (25-55 years).

The objectives of our research can be clarified by identifying the impact of health, psychological and self-motivation on the orientation of women towards practicing physical fitness in bodybuilding halls for the category (25-55) years.

The first study: is the study of Marzouk, Al-Sharifi, and Al-Khalaf (2019) under the title: “Motives for practicing physical activity on health and psychological status in women’s fitness centers in Kuwait.” This study aimed to identify the health, physical and psychological motives that drive Kuwaiti women to join fitness centers in Kuwait. The descriptive approach was used in it through a questionnaire. The study sample included (657) female participants with health and physical motives and (714) female participants. Women with psychological motives, and were chosen by the simple random method. The results of the study showed that there is a positive relationship between exercise and health and physical motivations among women in fitness centers, and between exercise and psychological motivations. there is also a positive relationship between health and physical motives as well as between psychological motives, and finally, there is a positive relationship between health and physical motives and the practical qualification, while there is no significant relationship between

psychological motives and the educational qualification of women in fitness centers in the State of Kuwait.

2.Fitness:There are many linguistic concepts of the term physical fitness among physical education scientists and physiologists found in a variety of sources," "KORYAKVRSKI" defines it as physical fitness as a result of the influence of education sports in body systems that diagnose the level and development of motor ability as well as the concept of physical fitnessit gives the same concept of physical attributes, motor traits, or physiological susceptibility and motor characteristics (Hanafi Mukhtar, 1988.p 62-63). The concept of physical fitness includes the basic physical characteristics of a sport that affect its growth and development. The purpose of developing physical fitness is access to competence as a basic rule for proper construction and access to higher achievement. Physical fitness in its modern concept includes elements that did not exist in the fifties of the last century, Proper nutrition and the percentage of body fat have become among the basic components of physical fitness. " It is no longer acceptable for the individual to be physically fit to a high degree and have a high percentage of fat accumulated in his body, or for his food to be deficient in its basic components or unbalanced, because this will inevitably affect his athletic performance (Shehata and Farouz, 1996). "According to the opinion of LLARON and BOCHER from America as well as the experts J.KOZIK FR.PAVCK from Czechoslovakia, the concept of physical fitness includes a group of mental, psychological, moral, social, cultural, artistic and physical capabilities (Darwish, Hussein, 1984, p 35) .“Hockey 1981 defines it as the physical state through which an individual can stand with his daily burdens with high efficiency, he adds that it is an individual matter that means the ability of the individual himself to accomplish his work and daily activities within the limits of his physical capabilities, and the ability to perform daily activities depends on the physical components and psychological, mental, emotional and spiritual of this individual. (Fadel Aziz, 2015, p 8)

2.1 Physical fitness was divided into two, General fitness: means the ability of a fitness practitioner to enable his physiological organs and body organs to carry out their vital functions efficiently and effectively in a comprehensive and balanced manner, through general physical or sports activities.

Special fitness: " It is the ability of a person practicing fitness to enable his physiological systems and body organs to carry out their functions efficiently and effectively, to meet the requirements of physical and motor activities of a special

nature (Rahima. 2009.p12). To perform a range of work throughout the day with endurance, strength, speed and agility without feeling tired at the end of the day, as well as by avoiding all kinds of external or internal pressure.

2.2. Motives: idiomatically: a state of internal tension that stimulates and directs behavior, and is seen as “a state or internal forces that contribute to moving behavior and directing it towards achieving a specific goal (Nashwan, p. 40, 2001).

Motivation) The subject of motivation has been known to many psychologists, so its definition has varied, including THOMAS: It is a general word concerned with regulating behavior to satisfy needs and searching for Objectives.” (THOMAS, 1991, P32). Imran (2004) defines them as: “A set of internal feelings that push the learner to engage in learning activities that lead to achieving the desired goals, which are important and necessary for learning and teaching to occur.(RuwaidaZuhair Abdullah, 2012, p. 205.)

There are several concepts related to motivation:

Motivation is an intrinsic force that drives behavior and directs it towards achieving a specific goal, This self-power is perpetuate behavior and its continuity as long as the need exists.

“ which appears for the organism to feel the lack of bodily and learned requirements. It appears, for example, when a cell in the body is deprived of food, water, or other things. energy and pushes him in the direction that achieves his satisfaction (BaniYounis, 2007, p17-18)

We also find the **incentive**: factors that activate behavior in order to satisfy the needs of physiological origins associated with the survival of the organism. Incentives are a directed deficiency, that is, they are directed towards a specific action and create an active rush towards achieving goals, so they are the basis of the motivation process.” Where this tension makes the individual ready to make special responses towards a specific topic in the external environment or to distance himself from a specific topic in order to satisfy his need or restore his physiological balance. (BaniYounes, 2007, p18)

There is also the **motive** that Vinacke defines by saying;” it is referring to the stimuli of the external environment that help to activate the motivation of individuals, whether this motivation is based on physiological or social dimensions. Prizes and rewards are examples of these motives. Success and fame, for example, are among the motives for achievement. On this basis, the need arises for the living being as a result of depriving it of a certain thing, and it



follows that the motive (stimulus) arises that mobilizes the energy of the living being and directs its behavior in order to reach the motive (goal) “. (KhalifaAbd al-Latif, 2000, p 79). as for procedurally, we mean by it the degree of response of the respondents to identifying the motives that push women to leave their homes to fitness centers, whether these these motives are health, psychological or subjective.

3–Methods and Materials:

Because the research methods are multiple, the choice of the method depends on the nature and type of the problem, and accordingly, the descriptive analytical method was used to collect data, due to its suitability to the nature and objectives of the study.

The limits of the study :

3.1.human limits: The original research population is the entire population of subjects, as they share the same characteristics of the studied phenomenon, which is the women practicing fitness in the halls of bodybuilding on the level municipality of Oum El-Bouaghi. And taking into account that conducting the study on the community as a whole takes effort, money and time, we conducted the study in four halls: “Basma Hall”, “Makomadas Hall”, “Team Professional Academy”, “Khalafia Al-Rubaie Complex”, and it represents the total community of the study in (220 (Mrs.

Study sample: The study sample was randomly selected from the original research community estimated at 110 women, or 50% of the total community, and they were classified according to Table No (1):

	number of participants	Sample
Basma Hall	50	25
Makomadas Hall	70	35
Team Professional Academy	60	30
Khalafia Al-RubaieComplex	40	20
Total	220	110

Distribution of the sample according to age, educational qualification and occupational status **Table No (2):age . education level and occupation**

Age group	25-30 = 47	31-35 = 26	36-40 = 21	41-45 = 8	46-50 = 4	51-55 = 4
education level	University 73	Secondary 28	Preparatory 5	Primary 4		

Occupational status	Employee 43	free business 26	home work 41
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3.2 Spatial limits: Our study regressed at the level of the municipality or city of Oum El-Bouaghi(eastern Algeria) , as it was conducted in four halls to practice physical fitness, as shown in the previous table

Temporal limits: The questionnaire was distributed from March 1, 2022 to March 30, 2022.

3.3 Study tool:

In order to collect the required data about the study, we designed a questionnaire as a tool to measure the motivations of women towards practicing physical fitness in bodybuilding halls, using the questionnaire that Amira Hamdan used in her study, as the questionnaire included three axes with 10 questions for each axis: The first one is health motives, the second is psychological motives, and the third axis is personal motives. The questionnaire has been reviewed by a group of experts from the Institute of Science and Techniques of Physical and Sports Activities at Oum El-Bouaghi University. They suggested delete deleting some items and replacing them with others, in terms of linguistic significance, repetition of some phrases, as well as replacing the third axis of motives Personality to subjectivity, since personality pertains to the individual in his personality, while subjectivity relates to the importance of the individual who he feels it towards himself and usually maintains it, as well as the inclinations that arise in the individual, which he considers as his great motivator. that is why the questionnaire was formulated in its final form for three axes: health motives, psychological motives, and self-motives, where women record the extent to which the statements match them by answering that they apply, sometimes or not, so that we collect them in the end and reach a conclusion that answers our questions.

The scientific background of the study tool:

Validity: based on similar studies and research, books and sources, and the opinion of professors those who were presented with the primary measurement tool, as they numbered 5 university experts with specialization in an institute Science and Techniques of Physical and Sports Activities at Oum El Bouaghi University. It has been shown that the tool is true to what it measures.

Stability: After the experts approved the measurement tool, the questionnaire was distributed to a group of 6 women practicing physical fitness, and then the same questionnaire was re-distributed to the same individuals after 10 days, and after calculating the difference between the pre and post-results using Pearson coefficient For the linear correlation, it was found that there is a correlation estimated at 0.80, and therefore the coefficient of validity is 0.89, which indicates a good stability rate for the measurement tool.

Objectivity: We have been keen on the foundations of objectivity which are:

- Not to involve oneself in issuing judgments.
- Make the necessary changes and modifications according to the professors' directives so that the tool can meet the conditions of objectivity.
- * The questionnaire is characterized by easy expressions and is accessible to all.
- * The phrase carries one idea so that the answer is conclusive.

Positive and negative phrases, where the punctuation varies from 3-2-1 in the positive to 1-2-3 in the negative phrase.

4-Results and discussion :

4-1 Analyzing and discussing the results of the first hypothesis: Health motivation has an impact on women's orientation towards physical fitness in bodybuilding halls for the age group (25-55) years

Table N 3 Health motivation has an impact

N	phrases	apply		sometimes		not apply		K ² tab	K ² cal	decision
		repet	%	repet	%	repet	%			
01	I would like to improve my health.	109	99.10	1	0.90	/	0	5.99	214	signific
02	The practice of physical fitness raises the efficiency of the cardiovascular system, thus preventing me from developing high blood pressure	103	93.66	5	4.54	2	1.81		180	signific
03	Practicing physical fitness increases the efficiency of the respiratory system, thus preventing me from developing asthma, for example	95	86.36	10	9.09	5	4.54		139	signific
04	Physical exercise relieves stress	94	85.45	13	11.81	3	2.72		135	signific
05	Doing physical fitness does not help me stimulate blood circulation.	10	9.09	1	0.90	99	90		160	signific
06	I do fitness in order to expend excess energy.	65	59.09	31	28.18	14	12.72		36	signific
07	Practicing physical fitness does not increase my strength.	3	2.72	12	10.90	95	86.36		140	signific
08	Practicing physical fitness helps me work out longer.	84	76.36	24	21.81	2	1.81		98.2	signific
09	Practicing physical fitness does not help me relax from the hassles of my daily work	10	9.09	21	19.09	79	71.81		74	signific
10	Practicing physical fitness helps me prevent disease.	101	91.81	9	8.18	/	0		170	signific

Based on the obtained results, we noticed that all the expressions have a statistical significance at the level of significance $\alpha = 0.05$ and the degree of freedom Df =

2, and accordingly, most of the practitioners practice physical fitness for the sake of health motives, because this motive greatly affects them and the extent of awareness development among women in different Ages and different levels of education, which made them care more about their health, as doctors advised and directed patients to exercise instead of medicines in order to preserve human physical health and prevent disease, as well as in order to spend excess energy, increase strength, work for a longer period, and to relax from the troubles of my daily work And to avoid High blood pressure, asthma and high nervous pressure, as the results of many Arab researches and studies the presence of many health benefits as a result of the regular exercise of physical training, and those appear Studies of the term health-related fitness permanently and frequently, the simplest definition of health-related fitness Health is the ability of the body's systems (heart, lungs, blood vessels, and muscles) to function efficiently and to be able to participate in a variety of activities without excessive or apparent fatigue. Women's regular exercise has a close relationship with their physical health, as many studies have proven women should practice low-to-moderate-intensity exercise for at least half an hour Daily works to improve their quality of life, and gives her many benefits such as gaining physical fitness and strength physical activity, maintaining an ideal weight, controlling appetite, improving sleep quality and preventing diseases, And get rid of the fatal health problems resulting from the so-called lack of movement diseases, and “ those interested in sports and health sciences, advise the general public to practice sport at least 150 minutes (two and a half hours) of moderate-intensity exercises such as brisk walking, or 75 minutes (1 hour and 15 minutes) of vigorous exercise such as running (or an equivalent combination of the two) each week. It is a good idea to divide the exercise into short rounds as long as every single run lasts at least 10 minutes. (Salama, 2009).

Our study is consistent with the study of Al-Kharouf and Majali (2019), who studied “the motives for practicing physical activities among participants in fitness centers in Amman” and reached the following results: The most important motives are acquisition of Physical fitness, health, and psychological aspects, as well as there are no statistically significant differences on any variable age on all fields of the study tool except for the field of programs and facilities .Our study also shares with the study of Majid S and Nihad E.A (2009), who studied "the motivations for practicing among female soccer players in Jordanian clubs" and reached the following results: Technical motives, physical fitness, psychological, professional, social and economic motives, as well as the variable of experience, age and educational qualification did not have a clear effect on the discrepancy in the motives of soccer players in Jordanian clubs, as well as the motives of sports practice among soccer players in clubs Jordanian positive motives, in addition to the lack of financial support in the clubs and neglect of the media and marketing

aspect of the game, and the lack of training courses for the female component in this game.

In the same context, the study of Fayez Abu Arida and others (2006), who studied "the motives for participating in sports teams among students who excel in mathematics at Yarmouk University" reached the following results: The motives for participating in sports teams came as follows: athletic achievement, physical fitness and health. Sports, psychological and social tendencies, developing mental and cognitive, physical and recreational abilities. Bader Dwaikat (2004), who studied "Motives for Participation in Competitive Sports Programs for Team Games among An-Najah National University Students," confirmed that the level of motives for participation in competitive sports programs in all fields combined came to a large degree, as the percentage reached (85.4%) and was the highest ranking, the order of motives according to their importance was as follows: technical performance dimension (86.6%), social dimension (85.2%), personal dimension (84.8%), psychological dimension (84.8%). and The study of Chelghoum and Chaouki "The problem of absenteeism from work many studies confirm that women are more absent from work than men, and this is due to many reasons, the most important of which is the state of health and their weak constitution that prevent them from committing to work throughout the year" (Chelghoum DJ. Chaouki.G.2023.p111) , And the responses of the sample individuals align with the conclusions drawn from the survey study, which encompassed a wide range of research and studies on physical activity and health conducted by Heddouche aissa ,” leading to the finding that regular physical activity reduces the risk of some common problems and illnesses, such as overload weight , hypertension, cardiovascular disease, type 2 diabetes, osteoporosis, as well as colon and breast cancer. In addition, playing sports has a positive effect on mental well-being and quality of life. Active people live longer. As they age, they are also in better intellectual shape and require less care” (2024.p131-137) . Therefore, our hypothesis is confirmed.

4-2. Analyzing and discussing the results of the second hypothesis: The psychological motivation has an impact on women's orientation towards practicing physical fitness in bodybuilding halls for the category (25-55) years.

Table No (4): The psychological motivation has an impact

N	phrases	apply		sometime		not apply		K ² tab	K ² cal	decisi on
		re pet	%	repe t	%	repet	%			
11	Practicing fitness teaches me to take responsibility	92	83.6	15	13	3	2.72	5.99	127	signifi c
12	I practice fitness in order to get away from the pressures of life.	93	84.5	16	14.5	1	0.90		132	signifi c
13	Practicing physical fitness does not increase my self-confidence.	4	3.63	1	0.90	105	95.4		191	signifi c
14	Practicing fitness teaches me to rely on myself.	94	85.4	12	10.9	4	3.63		135	signifi c
15	Practicing fitness makes me happy	96	87.2	14	12.7	/	0		146	signifi c
16	Exercising makes me feel anxious.	5	4.54	5	4.54	100	90.9		164	signifi c
17	Practicing physical fitness creates opportunities for me to connect with others	79	71.8	29	26.3	2	1.81		83	signifi c
18	Practicing fitness breaks my daily routine	93	84.5	12	10.9	5	4.54		130	signifi c
19	After the end of the gym class, I feel uplifted	92	83.6	18	16.3	/	0		129	signifi c
20	Practicing physical exercises does not help me to relieve myself	2	1.81	10	9.09	98	89.1		154	signifi c

Based on the results obtained in the previous table, we noticed that all the expressions have a statistical significance at the level of significance $\alpha = 0.05$ and the degree of freedom $Df = 2$, and accordingly, most of the practitioners also practice physical fitness for the sake of psychological motives, since women bear most of the various pressures and internal conflicts. Women carry many responsibilities at the same time and thus making them more vulnerable to psychological and neurological diseases, which appear, for example, in bouts of anxiety, severe depression, tension, loss of self-confidence...

(Rethorst, Wipfli, & Landers 2009) indicate that exercise eliminates anxiety and depression, and increases the feeling of happiness due to the secretion of hormones (endorphins and serotonin), and this feeling and psychological comfort is an important reason for women to repeat the exercise, physical activity contributes a major role in the prevention of various psychological crises. Therefore, we affirm that psychological motivation has a great impact on exercise because it has many advantages for women, such as reducing the level of anxiety and tension, raising morale, increasing feelings of happiness, and avoiding

psychological stress. It also returns to shouldering responsibility and gains women's confidence by herself.

Our study agrees with the study of (Hana Abdullah Marzouk and other. 2019), who studied "The impact of motives for practicing physical activity on women's health and psychological status at fitness centers in the State of Kuwait, their study reached The following results: There is a positive relationship between exercise and health and physical motivations of women, there is a positive relationship between exercise and psychological motives for women, there is a positive relationship between health and physical motivations and between Psychological motives among women participating in fitness, and finally there is a Positive relationship between health and physical motives and education qualification.

Our study also shares with the study of "Amal M and Fawzia M (2018), who studied "the role of sports practice in achieving psychological security for married women." The results of the study concluded that sports practice contributes to achieving psychological security for married women, and this is confirmed by both Hani and Ismail (2014) showed that sports practice improves the psychological aspect. Through exercise, women are able to get rid of life pressures, so sports work to get rid of nervous tension, psychological exhaustion, and get rid of depression. so that the individual, through playing, can promote emotions, self-control, and achieve psychological adjustment. By practicing sports, the individual can feel pleasure, joy, psychological comfort, and mood, and he can also control himself in various situations. in this context, sport is the most important basic channel to achieve satisfying and emptying the energy that exists within the human body. Sports have also become a destination for many women due to their psychological need to overcome the contemptuous view they suffer from in our societies " the inferiority view of women and outdated perceptions prevail in society, which perpetuate bias towards men and impose permanent guardianship over them, similar to patriarchal authority for single women and the dominance of the husband's authority over the married woman" (Daouia B. Houidi A.2021.p127)

These results are consistent with the study of Rabhi mhamed (2024), who studied "the effects of swimming on reducing psychological stress and anxiety among housewives , The research concluded that practicing swimming has a significant impact in reducing the severity of anxiety as a trait and condition, as well as psychological pressure, including enjoying a kind of psychological health and therefore our hypothesis is verified.

4 - 3 Analyzing and discussing the results of the third hypothesis: self-motivation has an impact on women's orientation towards practicing physical fitness in bodybuilding halls for the category (25-55) years

Table No (5): : self-motivation has an impact

n	phrases	apply		sometimes		not apply		K ² tab	K ² cal	decision
		repet	%	repet	%	repet	%			
21	Practicing physical fitness helps me to weave new relationships	81	73.6	25	22.7	4	3.63	5.99	86	signific
22	Practicing physical fitness helps me maintain my level of physical fitness	109	99.1	1	0.90	/	0		214	signific
23	Practicing physical fitness helps me maintain an ideal weight	103	93.6	6	5.45	1	0.90		180	signific
24	Practicing physical fitness improves my image among my female relatives.	80	72.7	23	20.9	7	6.36		80	signific
25	Doing physical fitness develops patience and endurance.	91	82.7	18	16.3	1	0.90			signific
26	Practicing physical fitness does not help me in my personal elevation.	4	3.63	3	2.72	103	93.6		180	signific
27	I do fitness to improve my overall body shape.	103	93.6	5	4.54	2	1.81		180	signific
28	Doing physical fitness weakens my determination and resolve	8	7.2	1	0.9	101	91.8		170	signific
29	Practicing physical fitness does not help me achieve my inclinations	5	4.54	8	7.27	97	88.1		149	signific
30	My family relatives wish to do physical fitness with me when I talk to them about its benefits.	81	73.6	29	26.3	/	0		91	signific

Based on the obtained results, we noticed that all the expressions have a statistical significance at the level of significance $\alpha = 0.05$ and the degree of freedom $Df = 2$, and accordingly, most of the female practitioners also practice physical fitness for self-motivation, as we recorded that there are tendencies within each female that pushes her to practice physical fitness, due to the difference and multiplicity. The reasons may be in order to weave new relationships, and to improve the image of the practice among its female relatives, or in order to maintain the ideal weight and the general shape of the body, as it may be for the sake of personal

advancement, the development of patience and endurance, and the strengthening of persistence and determination.

Hence, we see that sport for women of all ages is not just a specific exercise that they do for one specific goal, but rather it is more than that, as it is considered a pillar in their daily life, and each of them has a specific self-motivation that has a strong impact on the practice of physical fitness, and (Hamid Abdul Al-Salam 1985) indicated that:” motives are considered internal forces that move the individual to perform an action, and that motives increase in various ways, as social sites and awareness programs, which focus on the importance of exercising, especially for women, and thus increases motivation and tendencies more towards exercising sports “. (1985 p85).

Our study agrees with the study of Amira H. Shteivi A (2017), who studied “motives for practicing fitness.”The level of physical fitness among women in fitness centers in the northern governorates of the West Bank, Palestine”, she concluded that the level of psychological and social motives for women's exercise of physical fitness in fitness centers was very high, and the level of fitness and health of women who practiced physical fitness in fitness centers was high Also, the level of aesthetic and personal motives for women's exercise of physical fitness was very high. The results also found that the most family members contribute to the development of women's motivation towards physical fitness are: friends, then husbands, then mothers. Our study also agrees with the study of Burooj Kamal (2022), who studied “the motives for women’s exercise of physical activity in sports halls in light of the variables (age, educational level, social status)” and concluded that there were no differences in the motivations for women’s exercise of physical activity in Fitness halls are attributed to the variable of age, educational level, and social status, as confirmed by the study of (Zawy Ali and MajraloAhlam 2017), who studied “Algerian women’s attitudes towards practicing sports activities and its relationship to physical self-affirmation,” and they reached the following most important results: There is a correlation Weak positivity among girls' attitudes towards physical and sports activities and physical self-affirmation. The study of Muhammad Mahdi Yahya Al-Houri (2012), was in the same context ,ho studied "physical self-perception among the motor-disabled players and its relationship to the state of sports competition anxiety in athletics competitions in the Republic of Yemen" and he reached the following results: There are varying levels of physical self-perception among the motor-handicapped, and also There are varying levels of anxiety among these players during the competitions, and most importantly, the results showed that there is a relationship between the physical self-perception of the motor-disabled players and the state of anxiety during competitions in athletics in the Republic of Yemen, that is, in the sence that the weaker of the physical self-perception of the motor-

disabled players, the more this leads to a higher level of anxiety during sports competitions, and therefore our hypothesis is verified.

After the results reached in this study, we were able to reach the following conclusions:

- There is an increase in the number of women practicing sports in general and physical fitness in bodybuilding halls in particular in the various regions of the state, as it has become not limited to the large urban areas, but rather included the various municipalities of the state.

- There is a development in our society in terms of sports awareness, which made women think about their health first, under the saying that prevention is better than cure.

- Psychological motives motivate and influence women to practice physical fitness in order to reach stability psychological through physical activity and fitness programs inside the halls of bodybuilding.

- The human self requires the fulfillment of its demands, and for this reason, self-motivation is positively related to women practicing fitness.

- Although the research sample differed in terms of age (25-55), educational level (university)

Secondary - Intermediate - Primary) and occupational status (employed - self-employed - staying at home) .All of them agree that there is a significant impact on health, psychological and subjective motives for practicing exercise

5- Conclusion:

No matter how many studies are on the subject of exercise and no matter how much we talk about it and its great role that positively affects women in all different aspects, we cannot get enough of it because of its great importance. As studies increase daily to include all the effects of sport on the different aspects of life for man, whether it is the health field, Psychological, functional physiological, or therapeutic, as we discover with each study new effects that improve human life through exercise.

All this amount of studies and research must be compatible with the awareness of practicing sports to achieve the desired effects in it, so the educational and societal system must be flexible to allow the largest possible number of people to practice sports or physical fitness, whether it is outside or inside public sports facilities or private halls.

Based on the results obtained, represented in the type of motives that make women practice physical fitness (health motives, under the saying, that prevention is better than cure, and psychological motives that motivate and influence women to practice physical fitness in order to reach psychological stability, in addition to human self-motivations that require the fulfilment of their demands) we can say that women are exposed to a large percentage of various diseases, psychological

pressures and self-influences that are generated within them until they become motives that affect them And motivates her to practice physical fitness, and women tend to achieve the various internal motives in a way that benefits herself by improving femininity, awareness and reducing stress and depression, so she finds herself inside the halls of bodybuilding.

Referrals and references:

Considers Times New Roman font, size 10, and interlines spacing 1, and a space before the reference. The bibliographic sources of the scientific material in the article are only those from which quotations are made, and precise exactly page / The referrals and references are arranged sequentially as they appear in the text of the text, and are all listed according to the American Psychological Association (APA) method as follows:

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