

Older Adults' Intrinsic and Extrinsic Motivation Toward Physical Activity

Marie Dacey, EdD; Amy Baltzell, EdD; Len Zaichkowsky, PhD

Objectives: To examine how motives discriminate 3 physical activity levels of inactive, active, and sustained maintainers. **Methods:** Six hundred forty-five adults (M age = 63.8) completed stage-of-change and Exercise Motivations Inventory (EMI-2) scales. Exploratory factor analysis established psychometric properties of the EMI-2 suitable for older adults. **Results:** Six factors emerged in the EMI-2: health and fitness, social/emotional benefits, weight

management, stress management, enjoyment, and appearance. Enjoyment contributed most to differentiating activity levels. Moderators of age and gender were delineated. **Conclusions:** Intrinsic motivation and self-determined extrinsic motivation distinguish older adults' activity levels.

Key words: aging, physical activity, intrinsic motivation, self-determination

Am J Health Behav. 2008;32(6):570-582
