

The motives of university students towards training in bodybuilding halls

Field study in bodybuilding halls in Setif

دوافع الطلبة الجامعيين نحو التمرن في قاعات كمال الاجسام
دراسة ميدانية في قاعات كمال الاجسام بمدينة سطيف

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Abstract:

The current study aims to find out the motives of university students towards choosing to practice bodybuilding and exercise in sports halls ,and to achieve this, we have chosen a descriptive curriculum and designed a questionnaire directed to the category of students practicing inside bodybuilding sports halls were chosen in an intentional way, The results of the study, after collecting and analyzing the data, were that university students practice bodybuilding for motives that lie in self-esteem, getting an athletic body and filling free time .health motives also play an important role in their choice of bodybuilding sports with increasing awareness of maintaining health.

.Keywords: motivation, university students, training , bodybuilding.

ملخص: تهدف الدراسة الحالية الى معرفة دوافع الطلبة الجامعيين نحو اختيار ممارسة رياضة كمال الاجسام والتمرن في القاعات الرياضية ,ولتحقيق ذلك قمنا باختيار المنهج الوصفي وتصميم استبيان موجه الى فئة الطلبة الممارسين داخل قاعات رياضة كمال الاجسام تم اختيارهم بطريقة قصدية, وكانت نتائج الدراسة بعد جمع البيانات وتحليلها ان الطلبة الجامعيين يمارسون رياضة كمال الاجسام لدوافع تكمن في تقدير الذات والحصول على جسم رياضي وملئ وقت الفراغ كما تلعب الدوافع الصحية دورا مهما في اختيارهم لرياضة كمال الاجسام مع زيادة الوعي بالحفاظ على الصحة.

1. Introduction to the study:

Youth is considered a vital period in human life, as it is characterized by strength, activity and vitality. Therefore, the practice of recreational sports activities is necessary to meet the needs of this stage, young people have great energy that pushes them towards achievement and development, which makes recreational sports activity one of the necessities that meet their needs. In addition, this activity helps to unload negative energies and overcome the psychological stresses that may be facing them, strengthening their ability to face life's challenges with confidence and enthusiasm.

Bodybuilding is one of the sports that is of great importance, especially among young people, as its popularity has increased significantly and has become the favorite sport for many of them as bodybuilding halls have clearly spread in most neighborhoods and cities and its popularity has increased especially with the development of communication technology this sport has witnessed a great development thanks to scientific research that improved training and nutrition methods, which contributed to raising the level of athletic performance to new heights. with the advancement of Technology, Media competitions and television coverage of this sport have become one of the most prominent features of the Twenty-First Century, which led to an increase in its fame and spread globally.

Bodybuilders do not need to introduce themselves or the quality of the sports field they practice, their athletic and healthy body structure is proof that they are people who are aware of the importance of applying guidelines and tips by adopting healthy behaviors and making them a daily lifestyle (exercise, eating

healthy food, sleep, self-care avoid injuries and accidents, smoking, drugs and alcohol.(Falahi, Baali Sports Creativity 2022 P. 405)

The theory of motives in psychology is a fundamental framework for understanding the influence of motives on an individual's behavior and trends, where attention is focused on subjective forces that motivate behavior and direct it towards certain goals. Several theories have been developed to explain the concept of motivation, the most prominent of which is motivation theory, which explains how individuals respond to various stimuli, whether internal or external, and their impact on performance and achievement, In addition, the theory of needs shows how the fulfillment of basic needs contributes to the development of more complex motives, as they are classified from physiological needs to social and psychological needs and internal motives such as the desire for self-realization or proof of competence represent a powerful incentive that meets these needs while external motives such as rewards and social encouragement play a role in guiding, Coaches and psychologists work to understand these theories to develop effective strategies to support individuals in achieving their goals, both in sports and in other aspects of life.

As for the previous studies in this field, they are limited, as we did not find research that dealt with the subject of our research with the same variables that we relied on, however, we obtained some similar studies and theses that dealt with the relationship between motivation and physical activity in general, in addition to studying the relationship between body image and bodybuilding sports.among these studies, we find the study of student Ammar Ibrahim and Ben Saadi Nasim, which was a graduation note within the requirements of obtaining a master's degree at the University Center in tamsilat, entitled "motivation towards youth practicing bodybuilding sports" for the year 2012-2013. The study concluded that young people have great motives for practicing

bodybuilding, represented by psychological motives such as their love for this sport, gaining self-confidence, in addition to aesthetic and social motives such as developing social relationships, making friends and staying away from problems and moral deviations, as well as practicing bodybuilding due to living conditions of assaults and robberies.

We also find the study of student Mehdi sahsahi, which was a graduation note within the requirements of obtaining a master's degree entitled "bodybuilding sport and the extent of its impact on the practice of recreational physical activity in adolescents". This study aims to shed light on the relationship between bodybuilding and other recreational activities as well as to find out the reality of practicing bodybuilding among teenagers. the study has reached important results, including that the need for physical and sports activity has become necessary at the moment, and that bodybuilding has become one of the favorite sports among teenagers in their free time, as recreation and leisure are among the motives for their choice of this sport, in addition to the psychological pressures in adolescence, which are one of the reasons for their choice of bodybuilding, which positively influenced the practice of recreational physical activity.

We also find the study of Dr. abbassa Naguib from the Institute of Science and technology of physical activities and sports - qasidi murbah wargla, entitled "trends of students of the Institute of Science and technology of physical activities and sports towards the practice of physical activities and sports" for the year 2015. This study tried to reveal the students ' attitudes towards physical and sports activities and the influence of gender and academic level variables. The study concluded that there are statistically significant differences between males and females in the trends towards physical and sports activity, except after the experience of stress and risks, and there are no significant differences between first-and second-year students in the trend towards physical and sports activity.

As for previous studies in the Arab environment, we find a study by student Mousa Nader Hamdan entitled "motives for practicing sports activity among students of the Faculty of physical education" (2011-2012) at An-Najah National University in Nablus. this study aims to find out the motives for practicing sports activity among students of the Faculty of physical education, as well as differences in the degrees of motives for practicing sports activities depending on gender, academic level and place of residence. the results of the study concluded that there are significant differences for the gender variable, while there were no significant differences for the variables of academic level and place of residence, and there are also strong motives for physical activity and the student-athlete.

It is noted in previous studies that most of them touched on the topic of motivation among young people, and most of them came up with results proving the existence of psychological and social motives of young people towards physical activity in general and bodybuilding in particular, and they also showed the existence of gender differences and the lack of it between academic levels. Through all the above and our attempt to address the topic of our current study, we tried to raise the general question of the study Which came in the following form - the general question:

What are the motives influencing the choice of university students and their practice of bodybuilding?

Through this we have posed the following partial questions:

- 1 - Do university students practice bodybuilding for psychological motives?
- 2-Do health and fitness motives influence the choice and practice of university students for bodybuilding?

Research hypotheses:

. General hypothesis:

Psychological motives, health and fitness motives influence the choice and practice of university students for bodybuilding.

Partial hypotheses:

- 1) - university students practice bodybuilding for psychological motives.
- 2) - health motives, and fitness motives are those that influence the choice of students and their practice of bodybuilding sports.

1.2. The importance of research:

The importance of studying the topic we are considering lies in its theoretical and applied significance: - theoretical significance :

The current study is trying to shed light on the motives that make university youth accept to practice bodybuilding, and determine the nature of these motives and the extent of their strength, which enhances research and studies in the field of sports, as previous studies are very rare in this subject, hence the need to conduct more research and studies in this field, as for

- Applied importance: the importance of the current study is in the results that may result from this study, it can be employed in the sports field by knowing the nature of motives and intensity to benefit from them in increasing motivation towards other physical activities, and the study can be a reference for other studies.

1.3- Research objectives:

the current research aims at scientific objectives and practical objectives :

- The scientific objectives are to:

1-Find out the real reasons why students choose this sport .

2-studying the students ' motivations towards practicing bodybuilding to benefit from it in other fields.

3-identify the impact of practicing bodybuilding in satisfying the psychological needs that underlie the goals of youth.

- Practical objectives :

Based on the results obtained from the field study, which are solutions to the problem or phenomenon in order to directly benefit from these solutions in community service, identify phenomena and problems and find positive solutions to them.

2.The practical chapter :

2.1.Methodological methods followed :

2.2.Exploratory study:

In order to identify and identify difficulties and to ascertain the correctness of the tool used, it was necessary to conduct a survey study to determine the extent to which young bodybuilders responded to the idea of answering and understanding the questionnaire questions, as well as to diagnose motives as a preliminary step .the study was conducted on a sample consisting of 10 students practicing bodybuilding, where the questionnaire was distributed to them and they are part of the study community.

2.3.The human domain:

The study was conducted on 60 male university students

2.4.Time domain :

The study extended over a time range of 3 weeks from February 5, 2024 to February 26, 2025

2.5.Spatial domain:

Table No. (01) shows the distribution of sample members by bodybuilding halls in the city of Setif

NO	The Hall	Number of practitioners screened
01	WM fitness club	10
02	Walid Gold's Gym	10
03	Mokhtar Gym	10
04	BK GYM PRO	10
05	Hamza Gym	10
06	The Cag setif	10
07	Omega Gym Setif	10
	Total	70 students practising bodybuilding

2.6.Research Methodology :

2.6.1.Study population and sample: The population of our current study consists of all male university students who practice bodybuilding, where the original population of the study includes about 600 students, according to the statistics available with the administrators of bodybuilding halls, and the number here is approximate because the number is constantly changing due to the continuous turnout and withdrawal of practitioners.

The study sample consisted of 60 university students of male gender practicing bodybuilding, representing 10% of the study population, selected randomly. The researcher distributed 70 questionnaires and 60 of them were returned, which is approximately 90%, which is a sufficient percentage to represent the community.

2.6.2.Data collection tools: The researcher designed a questionnaire consisting of two axes, a first axis entitled psychological motivations consisting of 9 questions, and a second axis entitled health and fitness motivations consisting of 9 questions.

The researcher used a closed questionnaire, which consists of a set of questions containing closed questions that require the respondent to choose the appropriate answer, interspersed with two phrases containing semi-closed questions that give the respondent the freedom to choose the answer.

2.6.3.Scientific conditions of the tool:

2.6.3.1.Validity of the tool: In order to ensure the validity of the questionnaire, we presented it to a group of professors and based on their guidance, we modified the statements of the questionnaire and thus the questionnaire is characterised by validity (validity of the judges).

2.6.4.Statistical methods used in the study:

2.6.4.1Percentages: To find out the priority of motivations among students practising bodybuilding.

2.6.4.2.Cav-squared test: Calculating the Cav-squared test This test is called the goodness of fit or relative fit test and is one of the most important methods that use the expected frequencies when comparing a set of observed results or obtained from a real experiment with another set of hypothetical data developed on the basis of the hypothesis theory that is to be tested. (Farid Kamel Abu Zeina et al. 2006p213-212)

Where the observed frequencies are the observed or real frequencies and the expected frequencies are equal to the sum of the frequencies over the number of proposed choices, noting that the degree of freedom $1n=$, where it refers to the number of categories or groups and not the number of individuals in the sample. (Draghi, Natah Sports Creativity, 2024)

3. Exposure , analyses and result exam : (Presentation and interpretation of the results of the first hypothesis):

3.1-University students practice bodybuilding for psychological reasons.

Question 1: Do you enjoy bodybuilding?

The purpose of asking the question was to find out the psychological motivation behind the love of

Table 02 shows the results of the K-squared test for the first question of the first hypothesis

Answers	Répétition	Ratio	K squared	α	df	Sig	Statistical D
YES.	57	95%	48.6	0.05	1	0.001	Significant
No	3	5%					
Total	60	10%					

From the table, it is clear that the number of yes respondents is 57 (95%) and the number of no respondents is 3 (5%), where the value of K squared is 48.6 with a degree of freedom 1 and the degree of significance sig is estimated at 0.001, which means that the level of significance is greater than the degree of significance sig, and therefore we say that there is statistical significance at the significance level of 0.05

2)-Q2: Do you practice bodybuilding because it improves your physical appearance?

The purpose of asking the question is to find out the psychological motivation to be proud of one's appearance

Table (03) shows the results of the K-squared test for the second question of the first hypothesis

Answers	Répétition	Ratio	K squared	α	df	Sig	Statistical D
Yes	55	91.6%	41.56	0.05	1	0.001	Significant
No	5	8.4%					
Total	60	100%					

From the table, we can see that the number of yes respondents is 55 (91.6%) and the number of no respondents is 5 (8.4%), the value of K squared is 41.56 with a degree of freedom 1, and the degree of significance sig is estimated at 0.001, meaning that the level of measurement is greater than the degree of significance sig, so we say that there is statistical significance at the significance level of 0.05.

-Question 3: Do you think that having a good physical appearance increases your self-confidence?

The purpose of asking the question is to find out the psychological motivation of self-esteem

Table (04) shows the results of the K-squared test for the third question of the first hypothesis

Answers	Répétition	Ratio	K squared	α	df	Sig	Statistical D
Yes	48	80%	21.60	0.05	1	0,001.	Significant
No	12	20%					

Total	60	100%					
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From the table, it is clear that the number of respondents who answered yes is 48 (80%) and the number of respondents who answered no is 12 (20%). The C-value is 21.6 with a degree of freedom of 1 and the degree of significance of sig is estimated at 0.001, which means that the level of significance is greater than the degree of significance of sig, so we say that there is statistical significance at the significance level of 0.05

Question 4: Do you practice bodybuilding for self-defence?

The purpose of asking the question is to find out the psychological motivation of the practitioner's refusal to be a victim of other people's aggression and to rely on himself in his defence.

Table 05 shows the results of the K-squared test for the fourth question of the first hypothesis

Answers	Répétition	Ratio	K squared	α	df	sig	Statistical D
Yes	19	31.6%	8.06	.005	1	0.005	Significant
No	41	68.4%					
Total	60	100%					

From the table, it is clear that the number of respondents who answered yes is 19 (31.6%) and the number of respondents who answered no is 41 (68.4%). The value of K squared is 8.06 with a degree of freedom 1 and the degree of significance sig is estimated at 0.005, which means that the level of significance is greater than the degree of significance sig, so we say that there is statistical significance at the significance level of 0.05

Question 5: Do you see bodybuilding as a way to shine and attract attention?

The purpose of the question is to find out the psychological motivation of trying to attract the attention of others through beautiful physical appearance

Table (06) shows the results of the K-squared test for the fifth question of the first hypothesis

Answers	Répétition	Ratio	K squared	α	df	Sig	Statistical D
Yes	35	58.4%	1.667	0.05	1	1.97	Not Significant
No	25	41.6%					
Total	60	100%					

From the table, it is clear that the number of respondents who answered yes is 35 (58.4%) and the number of respondents who answered no is 25 (41.6%). The value of K squared is 1.67 with a degree of freedom of 1 and the degree of significance sig is estimated at 1.97, which means that the level of significance is less than the degree of significance sig, so we say that there is no statistical significance at the significance level of 0.05

Question 06 : Do you admire a celebrity bodybuilder?

The purpose of asking the question is to find out the psychological motive of admiring a well-known personality and trying to imitate them.

Table 07 shows the results of the K-squared test for the sixth question of the first hypothesis

Answers	Répétition	Ratio	K squared	α	df	Sig	Statistical D
Yes	41	68.4%	8.067	0.05	1	0.005	Significant
No	19	31.6%					
Total	60	100%					

From the table, we can see that the number of respondents who answered yes is 41 (68.4%) and the number of respondents who answered no is 19 (31.6%). The value of K squared is 8.067 with a degree of freedom of 1 and the degree of significance of sig is estimated at 0.005, which means that the level of significance is greater than the degree of significance of sig, so we say that there is statistical significance at the level of significance of 0.05

Question 07: Do you think that your physical beauty increases people's appreciation and admiration for you?

The purpose of asking the question is to find out the psychological motivation of trying to gain admiration and recognition through physical beauty.

Table (08) shows the results of the K-squared test for the seventh question of the first hypothesis

Answers	Répétition	Ratio	K squared	α	df	Sig	Statistical D
Yes	41	68.4%	8.067	0.05	1	0.005	Significant
No	19	31.6%					
Total	60	100%					

From the table, we can see that the number of respondents who answered yes is 41 (68.4%) and the number of respondents who answered no is 19 (31.6%), and the value of K squared is 8.06 with a degree of freedom 1 and the degree of significance sig is estimated at 0.005, which means that the level of significance is greater than the degree of significance sig, so we say that there is statistical significance at the significance level of 0.05.

Question 08: Do you do bodybuilding to fill your spare time?

The purpose of asking the question is to find out the psychological motivation towards utilising leisure time to engage in a sporting activity

Table (09) shows the results of the K-squared test for the eighth question of the first hypothesis

Answers	Répétition	Ratio	K squared	α	df	Sig	Statistical D
Yes	29	48.4%	0.067	0.05	1	0.79	Not Significant
No	31	51.6%					
Total	60	100%					

From the table, it is clear that the number of respondents who answered yes is 29 (48.4%) and the number of respondents who answered no is 31 (51.6%). The value of K squared is 0.067. with a degree of freedom of 1 and the degree of significance sig is estimated at 0.79, which means that the level of significance is less than the degree of significance sig, so we say that there is no statistical significance at the significance level of 0.05.

Question 09: Do you see bodybuilding as a way to relieve stress and anxiety?

The purpose of asking the question is to find out the psychological motivation of releasing tensions and stress through the practice of bodybuilding.

Table (10) shows the results of the K-squared test for the ninth question of the first hypothesis

Answers	Répétition	Ratio	K squared	α	df	Sig	Statistical D
Yes.	54	90	38.4	0.05	1	0.001	Significant
No	06	10%					
Total	60	100%					

From the table, we can see that the number of respondents who answered yes is 54 (90%) and the number of respondents who answered no is 06 (10%), and the value of K-squared is 38.4 with a degree of freedom of 1 and the degree of significance sig is estimated at 0.001, which means that the level of significance is greater than the degree of significance sig, which means that there is statistical significance at 0.05 significance level.

3.2.The results of the second hypothesis: Health and fitness are motivations for university students to practice bodybuilding

Theme 3: Health and Fitness Motivations

Question 1: Do you practice bodybuilding to maintain your health?

The purpose of the question is to find out if there is a health-related motive

Table (11) shows the results of the K-squared test for the first question of the second hypothesis

Answers	Répétition	Ratio	K squared	α	df	Sig	Statistical D
Yes	59	98.4%	56.067	0.05	1	0.001	Significant
No	01	1.6					
Total	60	100%					

From the table, we can see that the number of yes respondents is 59 (98.4%) and the number of no respondents is 01 (1.6%). The value of K squared is 56.067 with a degree of freedom of 1 and the degree of significance sig is estimated at 0.001, which means that the level of significance is greater than the degree of significance sig, so we say that there is statistical significance at the significance level of 0.05.

Question02 : Do you have a health issue that requires you to practice this sport? the purpose of asking the question is to find out if there is a motivation to address a health issue that necessitates the practice of the sport, i.e. the motivation to practice is therapeutic

Table 12 shows the results of the K-squared test for the second question of the second hypothesis

Answers	Répétition	Ratio	K squared	α	df	Sig	Statistical D
Yes	4	6.7%	45.067	0.05	1	0.001	Significant
No	56	93.3%					
Total	60	100%					

From the table, we can see that the number of yes respondents is 4 (6.7%) and the number of no respondents is 56 (93.3%), and the value of c-squared is 45.067 with a degree of freedom of 1 and the degree of significance of sig is estimated at 0.001, which means that the level of significance is greater than the degree of significance of sig, so we say that there is statistical significance at the level of significance of 0.05

Question 3: Do you practice bodybuilding in order to achieve an ideal weight?

The purpose of asking the question is to find out the motivation related to weight gain or weight loss to maintain an ideal weight.

Table (13) shows the results of the K-squared test for the third question of the second hypothesis

Answers	Répétition	Ratio	K squared	α	df	Sig	Statistical D
Yes	49	81.6%	24.067	0.05	1	0.001	Significant
No	11	18.33					
Total	60	100%					

From the table, it is clear that the number of yes respondents is 49 (81.6%) and the number of no respondents is 11 (18.33%). The value of K squared is 24.067 with a degree of freedom of 1 and the degree of significance of sig is estimated at 0.001, which means that the level of significance is greater than the degree of significance of sig, so we say that there is statistical significance at the level of significance of 0.05.

Question 04: Are you practising this sport on the advice of your doctor?

The purpose of asking the question is to find out the extent to which doctors guide patients towards bodybuilding.

Table (14) shows the results of the K-squared test for the fourth question of the second hypothesis

Answers	Répétition	Ratio	K squared	α	df	Sig	Statistical D
Yes	06	10%	38.4	0.05	1	0.001	Significant
No	54	90%					
Total	60	100%					

From the table, we can see that the number of yes respondents is 06 (10%) and the number of no respondents is 54 (90%), and the value of c-squared is 38.4 with a degree of freedom of 1 and the degree of significance of sig is estimated at 0.001, which means that the level of significance is greater than the degree of significance of sig, so we say that there is statistical significance at the significance level of 0.05.

Question 5: Do you practice bodybuilding to develop muscular strength?

The purpose of asking the question is to find out the motivation related to increasing muscle strength through bodybuilding

Table 15 shows the results of the K-squared test for the fifth question of the second hypothesis

Answers	Répétition	Ratio	K squared	α	df	Sig	Statistical D
Yes	54	90	38.4	0.05	1	0.001	Significant
No	06	10%					
Total	60	100%					

From the table, we can see that the number of yes respondents is 54 (90%) and the number of no respondents is 06 (10%), and the value of c-squared is 38.4 with a degree of freedom of 1 and the degree of significance sig is estimated at 0.001, which means that the level of significance is greater than the degree of significance sig, so we say that there is a statistical significance at the significance level of 0.05..

Question06: Do you have any other sporting activities besides bodybuilding?

The purpose of asking the question is to find out if there are other sporting activities besides bodybuilding that might motivate you to pursue bodybuilding.

Table 16 shows the results of the K-squared test for the sixth question of the second hypothesis

Answers	Répétition	Ratio	K squared	α	df	Sig	Statistical D
Yes	45	75%	15.00	0.05	1	0.001	Significant
No	15	25%					
Total	60	100%					

From the table, we can see that the number of respondents who said yes is 45 (75%) and the number of respondents who said no is 15 (25%), and the value of c-squared is 15 with a degree of freedom of 1 and the degree of significance of sig is estimated at 0.001, which means that the level of significance is greater than the degree of significance of sig, so we say that there is statistical significance at the significance level of 0.05.

Question 7: Do you do bodybuilding to get fit?

The purpose of asking the question is to find out if fitness is a driver towards bodybuilding

Table 16 shows the results of the K-squared test for the seventh question of the second hypothesis

Answers	Répétition	Ratio	K squared	α	df	Sig	Statistical D
Yes	58	96.6%	52.267	0.05	1	0.001	Significant
No	02	3.4%					
Total	60	100%					

From the table, we can see that the number of respondents who answered yes is 58 (96.6%), and the number of respondents who answered no is 02 (3.4%), and the value of c-squared is 52.26 with a degree of freedom, and the degree of significance sig is estimated at 0.001, which means that the level of significance is greater than the degree of significance sig, which means that there is statistical significance at the significance level of 0.05.

Question 8: Do you practise bodybuilding in order to develop your physical competence in other sports?

The purpose of the question is whether the motive of bodybuilding is to increase the level of physical fitness to improve performance in another sport, i.e. bodybuilding is only a means to achieve excellence in another sport.

Table 17 shows the results of the K-squared test for the eighth question of the third hypothesis

Answers	Répétition	Ratio	K squared	α	df	Sig	Statistical D
Yes	33	55%	0.6	0.05	1	0.439	Not Significant
No	27	45%					
Total	60	100%					

From the table, we can see that the number of yes respondents is 33 (55%) and the number of no respondents is 27 (45%), and the value of K squared is 0.6 with a degree of freedom of 1 and the degree of sig is estimated at 0.439 which means that the level of significance is less than the degree of significance of sig, so we say that there is no statistical significance at the significance level of 0.05.

Question 9: Do you participate in bodybuilding competitions?

The purpose of asking the question is to find out if students are motivated to become champions in this sport

Table (18) shows the results of the K-squared test for the ninth question of the second hypothesis

Answers	Répétition	Ratio	K squared	α	df	Sig	Statistical D
Yes	06	10%	38.4	0.05	1	0.001	Significant
No	54	90%					
Total	60	100%					

From the table, we can see that the number of respondents who answered yes is 06 (10%) and the number of respondents who answered no is 54 (90%), and the value of C-squared is 38.4 with a degree of freedom of 1 and the degree of significance of sig is estimated at 0.001, which means that the level of significance is greater than the degree of significance of sig, so we say that there is statistical significance at the level of significance of 0.05.

3.3. Interpret and discuss the results of the first hypothesis:

The results of the statistical test show that there are 7 statistically significant answers and 2 non-significant answers, which confirms the validity of the first hypothesis that university students practice bodybuilding for psychological reasons. The study showed that psychological motives such as love for bodybuilding, the desire to boast about appearance, self-esteem, imitation, gaining the admiration of others, and getting rid of stress and anxiety are all factors that drive students to practice this sport, while self-defence was not considered a major motive. The non-statistically significant results were represented in the fifth statement related to shining and attracting attention, as well as the eighth statement related to filling free time.

The existence of strong psychological motivations among students towards practicing this sport reflects its value and importance to them. Young people, who represent the majority of students, love this sport due to their desire for excellence and achievement. Young people at the beginning of their lives need self-confidence and the appreciation of others, and they seek to find their place in society, and they see physical and visual beauty as a way to achieve this.

The development in the fields of media, communication and cinema has influenced the thinking of today's youth, as their imitation of cinema and sports stars and celebrities has become an undeniable fact. Our study is consistent with the study of researcher Mahdi Sahsahi in 2011, which showed the existence of strong psychological motivations for adolescents to practice bodybuilding, and our study is also in line with what Mustafa Fahmy argued in 1985, who considered that attitudes towards physical activity are a way for adolescents to satisfy their needs related to love and social acceptance, as human behaviour is motivated by the desire for self-affirmation and self-fulfilment.

3.4. Interpret and discuss the results of the second hypothesis:

The results of the statistical test show that there are 9 statistically significant answers against 1 statistically significant answer, which confirms the validity of the second hypothesis in which we assumed that university students practice bodybuilding for health and physical reasons, and the study showed that health motives such as maintaining health and obtaining the ideal weight in addition to physical fitness motives such as gaining fitness and developing muscle strength, all influence students' choice to practice this sport, while the motives of treating health issues, doctor's advice about practicing this sport or competing for titles were not among the motives of students, as the results of the eighth statement came.

4.The general conclusion:

Through this study, we sought to understand the most prominent motives that make university students prefer to choose and practice bodybuilding, as well as the high demand for it among university youth, the results of the questionnaire have shown that there are strong motives among university youth to practice this sport, which was represented by psychological and health motives related to physical fitness. Students strive to practice this sport in order to boast of external and physical appearance, try to appear with an ideal and strong body, as well as get the recognition and admiration of others. Blind imitation of movie celebrities and athletes also plays a role in their choice of this sport.

The study also showed that students are aware of the importance of maintaining their health and physical fitness by practicing this sport, which indicates that they have strong motives to acquire a healthy and strong body.

5.Suggestions:

After completing the study and based on our findings, we propose the following recommendations:

- Paying attention to the general health of young bodybuilding practitioners by providing health care, appointing a specialist doctor in each gym to conduct periodic examinations and provide advice.
- Raising awareness and educating university students theoretically about this sport by providing books and magazines related to bodybuilding.
- Taking into account motivation and its impact on exercise in general and bodybuilding in particular to increase motivation in young people.
- Encouraging the opening of bodybuilding gyms and motivating young people to engage in this sport.
- Pay attention to the motives of young people and understand their thinking, ambitions and aspirations.

- Organizing forums and seminars in the field of bodybuilding to encourage university youth to practice it and clarify many mysterious things such as healthy nutrition and dietary supplements .
- Encouraging the conduct of similar studies to identify various deficiencies and provide the necessary devices and tools for bodybuilding sports.
- The need to educate families about the importance of practicing sports activity in general and bodybuilding in particular, and change the negative stereotype that many carry about this sport..

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