

ABSTRACT

ATTRIBUTIONAL STYLES OF EXERCISERS VERSUS NONEXERCISERS

The current study focused on the role of attributions in exercise. A sample of 117 undergraduate psychology and kinesiology students completed a general inventory of explanatory style, as well as a domain-specific inventory of explanatory style. A subsample of participants completed a 2-week long exercise journal. Results demonstrated that those who regularly exercise at least 30 minutes per day, 5 days per week, with the purpose of improving fitness, physical performance, or health have a more optimistic explanatory style than nonexercisers. The current study also investigated possible differences in exercisers and nonexercisers on factors of Controllability and Intentionality; however, the dimensions yielded no significant differences between exercisers and nonexercisers. Findings of the current study provide insight into understanding attributional style and attribution retraining as a means of encouraging exercise behavior.

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