

Self-efficacy, Physical Activity Enjoyment and BMI Status of Turkish University Students

**Ökkes Alpaslan Gençay¹, Selçuk Gençay¹, Ebru Elif Aydın¹,
Yagmur Akkoyunlu² and Gökalp Demir³**

¹Department of Physical Education and Sports Teaching, School of Physical Education and Sports, Kahramanmaraş Sutcu Imam University, Turkey

²Department of Trainer Education, School of Physical Education and Sports, Dumlupınar University, Turkey

³Department of Sport Management, School of Physical Education and Sports, Marmara University, Turkey

KEYWORDS Exercise. Health. Fitness. Participation. Sport

ABSTRACT This study examined the self efficacy and physical activity enjoyment, and their possible associations with body mass index (BMI) and gender between university students. The sample was comprised of 173 participants, 86 males and 87 females ranging in age from 18 to 32 years. The participants completed the Self-efficacy Scale and the Physical Activity Enjoyment Scale. Analysis of data revealed there were no significant differences in both physical activity enjoyment and self-efficacy scores for genders ($p > 0.05$), while there was a significant difference in BMI for gender ($p < 0.05$). There were no significant differences for the physical activity enjoyment ($p > 0.05$), while there were significant differences between self-efficacy ($p < 0.05$) and BMI levels according to physical activity participation ($p < 0.05$). These differences show that higher physical activity enjoyment and self-efficacy levels affect participation in physical activity and it would lead to ideal BMI levels for university students.