

Motivations, constraints, and lifestyle adjustments associated with urban
Taiwanese women' s use of sport and health clubs

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Abstract

The current emphasis on women' s health and gender egalitarianism in Taiwan means that urban women are joining sport and health clubs in pursuit of self-development. The aim in this study was to develop and analyze the motivations, constraints, and methods of lifestyle adjustment in regard to urban women' s use of sport and health clubs in Taiwan. Participants were 373 women from 5 cities in Taiwan and tests were conducted using structural equation modeling. The results indicated that the motivations, constraints, and lifestyle adjustments with regard to leisure sports positively affected women' s participation in sports clubs. Specifically, although participation constrains acted as crucial antecedent variables influencing motivations to participate, they did not have any influence on lifestyle adjustments. Based on the results of this study, suggestions are made about management and policies of sport and health clubs.

Keyword : motivation, constraints, lifestyle adjustments, sport, health club, urban women, Taiwan.