

## **Effect of Partner and Individual Exercise on Motivation and Fitness**

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### **ABSTRACT**

Research has shown that motivation is a key component for exercise adherence. Some have reported that exercising with a partner is more effective to obtaining goals rather than working out individually.

**PURPOSE:** To assess motivation and fitness levels between individual and partnered workouts after four weeks of training. **METHODS:** Sixteen participants (age:  $24.3 \pm 2.2$ , height:  $67.4 \pm 3.2$ , weight:  $187.9 \pm 44.6$ ) performed baseline testing, four weeks of circuit training, and post testing in either individual (IG) or partnered (PG) sessions. The participants were also given a motivation questionnaire pre and post tests. ANOVAs were used to determine differences in how long they lasted on the Bruce, Bruce submaximal RPE, and Bruce submaximal HR from pre- to post-testing between IG and PG. Significance was set with  $\text{Alpha} < .05$ . **RESULTS:** There was no significant difference for any of the measured variables between the groups,  $p > .05$ . **CONCLUSION:** In this convenient sample, exercising alone or with a partner did not affect motivation or fitness variables after four weeks of training. Motivation may be affected by personality, competitiveness, social insecurities, or other variables.