

Sport Motivation, Physical Activity, and Sustainable Lifestyle Behavior among Community Runners: Evidence from Tasikmalaya, Indonesia

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Abstract. This study examined the psychological and social mechanisms through which sport motivation influences physical activity and sustainable lifestyle behavior among members of running communities in Tasikmalaya, Indonesia. Sustainable lifestyle behavior was conceptualized as a multidimensional pattern of behavior involving healthy living practices, responsible consumption, and social participation that supports long-term individual and community well-being. Although previous studies have reported associations between sport motivation and physical activity, limited evidence has integrated motivational, psychological, and social pathways within a single explanatory model. This study employed a quantitative explanatory correlational design involving 120 running community members selected through purposive sampling. Data were collected using questionnaires and analyzed using Partial Least Squares Structural Equation Modeling (PLS-SEM) with SmartPLS 4. The results showed that sport motivation positively influenced exercise self-efficacy ($\beta = 0.641$, $p < .001$), running attitude ($\beta = 0.598$, $p < .001$), and community support ($\beta = 0.553$, $p < .001$). Exercise self-efficacy ($\beta = 0.381$, $p < .001$), running attitude ($\beta = 0.297$, $p < .001$), and community support ($\beta = 0.254$, $p = .002$) significantly predicted physical activity, while physical activity positively influenced sustainable lifestyle behavior ($\beta = 0.682$, $p < .001$). The model explained 57.4% of the variance in physical activity and 46.5% in sustainable lifestyle behavior. These findings indicate that sport motivation contributes to sustainable lifestyle behavior indirectly by strengthening exercise self-efficacy, developing positive running attitudes, and enhancing community support, which collectively encourage physical activity participation.

Keywords: sport motivation; exercise self-efficacy; running attitude; physical activity; sustainable lifestyle behavior



INTRODUCTION

Physical activity is one of the key determinants of health that contributes to the prevention of various noncommunicable diseases, improved mental health, and an enhanced quality of life for the population. Although the benefits of physical activity have been widely demonstrated, global participation rates in physical activity remain a serious concern. The World Health Organization (WHO) reports that approximately 31% of the global adult population or nearly 1.8 billion people do not meet the recommended minimum levels of physical activity (WHO, 2024). This figure has increased compared to previous years and is projected to continue rising, reaching 35% by 2030 if no effective interventions are implemented. This situation indicates that physical inactivity remains a global public health challenge that requires serious attention from various stakeholders.

The rising prevalence of physical inactivity not only increases the risk of cardiovascular disease, type 2 diabetes, cancer, and mental health disorders, but also imposes a significant economic burden on the global health system. The WHO (2022) estimates that health costs attributable to physical inactivity during the 2020–2030 period could reach approximately USD 300 billion. Therefore, the development of strategies capable of increasing public participation in physical activity has become a global priority aligned with the Sustainable Development Goals (SDGs) agenda, particularly the goal of improving public health and well-being (Organization, 2024).

In recent years, the rise of running communities has emerged as an intriguing form of community participation worthy of study. Running is no longer viewed merely as a recreational sport but has evolved into an integral part of urban lifestyles. Various running communities have sprung up in cities across Indonesia, serving as platforms for individuals to improve their fitness, expand their social networks, and cultivate active lifestyles. This phenomenon aligns with the rising trend of community-based sports, which have proven effective in increasing individual engagement in physical activity through social support and a sense of community (Meyer et al., 2023). In the city of Tasikmalaya, the growing activity of running communities demonstrates significant potential in encouraging the public to adopt a healthy and active lifestyle.

Nevertheless, high levels of public participation in running communities do not necessarily reflect consistent physical activity or the development of sustainable lifestyle behaviors. Many community members actively participate in specific activities but have

not yet made physical activity a part of their daily routine. This situation indicates that involvement in sports communities is influenced not only by environmental factors but also by psychological factors that determine the sustainability of an individual's exercise behavior. Therefore, a deeper understanding is needed regarding the factors that motivate individuals to remain physically active and integrate physical activity into their lifestyle (Zhan et al., 2023).

One of the psychological factors frequently examined in sports literature is sport motivation. According to Self-Determination Theory (SDT), motivation is a fundamental factor that explains why a person begins, maintains, or ceases their involvement in a particular activity (Ryan & Deci, 2020). Individuals with intrinsic motivation tend to demonstrate higher engagement, greater perseverance, and long-term commitment to sports activities compared to those driven solely by external motivation. Autonomous motivation has a significant positive relationship with physical activity levels among young adults (Hidayat & Rohyana, 2020; Tao et al., 2024). In the context of running communities, exercise motivation is a key factor determining the sustainability of members' participation in physical activity.

In addition to exercise motivation, the concept of self-efficacy also plays a key role in explaining physical activity behavior. According to Social Cognitive Theory developed by Bandura, self-efficacy describes an individual's belief in their ability to perform a behavior and overcome obstacles that may arise. Recent research indicates that exercise self-efficacy has a positive relationship with physical activity and acts as a psychological mechanism that mediates the influence of motivation on exercise behavior (T. Zhang et al., 2023). Individuals with high levels of self-efficacy tend to demonstrate greater consistency in maintaining physical activity compared to those with low self-efficacy.

Another important factor in the context of running communities is one's attitude toward running. A positive attitude toward sports has been shown to be associated with higher levels of intention and physical activity. According to the Theory of Planned Behavior, attitude is one of the primary predictors influencing a person's intention and behavior regarding a specific activity (Ajzen, 2020). Individuals who view running as an enjoyable, beneficial, and valuable activity tend to demonstrate more consistent engagement compared to those with negative perceptions of the activity. Thus, attitude

can serve as a mechanism explaining how exercise motivation translates into actual physical activity behavior.

In addition to individual factors, social support from the community also plays a significant role in shaping sports behavior. A supportive social environment can enhance a sense of belonging, strengthen commitment to sports activities, and help individuals overcome various barriers to maintaining physical activity. Social support provided by sports groups is positively associated with motivation, engagement, and the sustainability of physical activity (Ntoumanis et al., 2021; Turner et al., 2014). In running communities, interactions among members, group activities, and emotional support have the potential to reinforce members' sustained participation in physical activity. Therefore, community support is a relevant factor to consider in understanding the physical activity behavior of running community members.

Consistent physical activity not only provides health benefits but also has the potential to foster sustainable lifestyle behaviors. This concept refers to behavioral patterns that support both individual health and social and environmental sustainability through active living habits, good health management, and participation in activities that promote long-term well-being. Healthy lifestyle behaviors practiced consistently can develop into sustainable habits that support an individual's quality of life and well-being (Verplanken & Roy, 2022). Additionally, individuals with high levels of physical activity tend to exhibit better healthy lifestyle behaviors compared to those who are less active (WHO, 2024). However, the relationship between exercise motivation, physical activity, and sustainable lifestyle behaviors is still relatively rarely studied simultaneously, particularly within the context of running communities.

A review of previous research indicates that most studies have focused primarily on the direct relationship between sports motivation and physical activity, or between self-efficacy and physical activity. Research that integrates sports motivation, running attitude, community support, physical activity, and sustainable lifestyle behavior into a single conceptual model remains very limited. Furthermore, most studies have been conducted on athletes, college students, or the general population in developed countries, so empirical evidence from urban running communities in Indonesia remains relatively scarce (Tao et al., 2024; T. Zhang et al., 2023). These limitations indicate a research gap

that needs to be addressed to expand our understanding of the factors influencing physical activity and sustainable lifestyle behaviors within community sports groups.

Based on the above description, this study aims to analyze the relationship between sport motivation, exercise self-efficacy, running attitude, community support, physical activity, and sustainable lifestyle behavior among members of a running community in Tasikmalaya City. Specifically, this study examines the effect of sport motivation on exercise self-efficacy, running attitude, and community support, as well as the effect of these three variables on physical activity. Furthermore, this study also examines the effect of physical activity on sustainable lifestyle behavior.

Based on the theoretical framework used, the research hypotheses proposed are as follows: (H1) sport motivation has a positive effect on exercise self-efficacy; (H2) sport motivation has a positive effect on running attitude; (H3) sport motivation has a positive effect on community support; (H4) exercise self-efficacy has a positive effect on physical activity; (H5) running attitude has a positive effect on physical activity; (H6) community support has a positive effect on physical activity; and (H7) physical activity has a positive effect on sustainable lifestyle behavior. Thus, the main research question is how sports motivation influences physical activity and sustainable lifestyle behavior through psychological and social mechanisms among members of the running community in Tasikmalaya City.

METHOD

This study employed a quantitative approach using an explanatory correlational research design. The design was selected to evaluate the hypothesized relationships among constructs derived from Self-Determination Theory (SDT), Social Cognitive Theory (SCT), and the Theory of Planned Behavior (TPB). Specifically, the study examined a theoretically grounded structural model proposing that sport motivation is associated with sustainable lifestyle behavior through exercise self-efficacy, running attitude, community support, and physical activity. A cross-sectional survey was conducted, with data collected at a single point in time without manipulating any variables or providing interventions. Because the study adopted a cross-sectional correlational design, the findings provide evidence of theoretically informed associations rather than definitive causal relationships. This approach is widely recommended for

examining theoretical relationships among psychological and behavioral constructs in sport and physical activity research (Hair et al., 2022; Sarstedt et al., 2021).

The study used primary data collected through a structured online questionnaire administered via Google Forms. Before completing the questionnaire, all participants received information regarding the study objectives, voluntary participation, confidentiality of responses, and their right to withdraw at any time without consequences. Electronic informed consent was obtained from all participants before data collection commenced. The study protocol was reviewed and approved by the Institutional Research Ethics Committee of Siliwangi University.

The target population consisted of active members of running communities in Tasikmalaya City, Indonesia. Because the exact population size was unknown and participants were distributed across several independent running communities, purposive sampling was employed. Participants were eligible if they (1) were at least 18 years old, (2) were registered members of a running community in Tasikmalaya City, (3) had actively participated in community activities for at least six months, and (4) engaged in running at least twice per week.

A total of 120 respondents participated in the study. The sample size satisfied the minimum recommendation for Partial Least Squares Structural Equation Modeling (PLS-SEM), exceeding the ten-times rule based on the maximum number of structural paths directed toward an endogenous construct (Hair et al., 2022). In addition, an a priori statistical power analysis using G*Power indicated that the required minimum sample size for detecting a medium effect size ($f^2 = 0.15$), with a statistical power of 0.80 and a significance level of 0.05, was substantially lower than the final sample. Therefore, the sample size was considered adequate for testing the proposed structural model.

The research instrument consisted of six constructs: Sport Motivation (SM), Exercise Self-Efficacy (ESE), Running Attitude (RA), Community Support (CS), Physical Activity (PA), and Sustainable Lifestyle Behavior (SLB). Sport Motivation was measured using an adapted version of the Sport Motivation Scale-II (SMS-II) based on Self-Determination Theory. Exercise Self-Efficacy was assessed using the Exercise Self-Efficacy Scale, while Running Attitude was measured using items adapted from the Theory of Planned Behavior. Community Support was assessed using the Social Support for Exercise Scale. Physical Activity was measured using the International Physical

Activity Questionnaire-Short Form (IPAQ-SF). Sustainable Lifestyle Behavior was assessed using an adapted Sustainable Lifestyle Behavior Scale comprising indicators of healthy living practices, responsible consumption, and socially responsible participation. All latent constructs were measured using a five-point Likert scale ranging from 1 (strongly disagree) to 5 (strongly agree), except for the IPAQ-SF, which followed the standardized scoring procedures recommended by its developers before being transformed for structural equation modeling.

The questionnaire was translated and culturally adapted following established cross-cultural adaptation guidelines. Content validity was evaluated by three experts in sport psychology, physical education, and research methodology. A pilot study involving 50 respondents with characteristics similar to those of the target population was conducted to evaluate the clarity, readability, and comprehensibility of the questionnaire before the main survey.

Data were analyzed using IBM SPSS Statistics version 27 for descriptive statistics and SmartPLS version 4 for Partial Least Squares Structural Equation Modeling (PLS-SEM). Descriptive statistics included frequencies, percentages, means, and standard deviations. Structural model evaluation was performed using the bootstrapping procedure with 5,000 resamples to estimate standardized path coefficients (β), t-values, and p-values. Model quality was further assessed using the coefficient of determination (R^2), effect size (f^2), predictive relevance (Q^2), and model fit indices, including the standardized root mean square residual (SRMR) and normed fit index (NFI). Statistical significance was established at $p < .05$.

RESULT AND DISCUSSION

Before being used in the main study, the instrument was tested through a content validity process involving three experts in the fields of sports psychology, physical education, and research methodology. Next, a pilot test of the instrument will be conducted with at least 50 respondents who share similar characteristics with the study sample. Construct validity will be evaluated using measurement model analysis through outer loading values and Average Variance Extracted (AVE). An indicator is considered valid if it has an outer loading value of ≥ 0.70 and an AVE of ≥ 0.50 . The reliability of the instrument will be evaluated using Cronbach's Alpha and Composite Reliability (CR), with a minimum acceptable value of 0.70. Additionally, discriminant validity will

be tested using the Fornell-Larcker criterion and the Heterotrait-Monotrait Ratio (HTMT) to ensure that each construct possesses adequate discriminant power (Hair et al., 2022; Sarstedt et al., 2021).

The results of the convergent validity test were analyzed to determine the ability of each indicator to represent the construct being measured. Convergent validity was evaluated using factor loadings and Average Variance Extracted (AVE). Based on Hair et al. (2022), an indicator is considered valid if it has a factor loading of ≥ 0.70 and an AVE of ≥ 0.50 .

Table 1. Results of the Convergent Validity Test

Construct	Item	Loading Factor
Sport Motivation	SM1	0.821
	SM2	0.846
	SM3	0.804
	SM4	0.835
	SM5	0.873
Exercise Self-Efficacy	ESE1	0.851
	ESE2	0.832
	ESE3	0.813
	ESE4	0.845
	ESE5	0.864
Running Attitude	RA1	0.792
	RA2	0.824
	RA3	0.837
	RA4	0.808
	RA5	0.817
Community Support	CS1	0.821
	CS2	0.844
	CS3	0.816
	CS4	0.801
	CS5	0.835
Physical Activity	PA1	0.795
	PA2	0.817
	PA3	0.846
	PA4	0.824
	PA5	0.836
Sustainable Lifestyle Behavior	SLB1	0.853
	SLB2	0.861
	SLB3	0.842
	SLB4	0.814
	SLB5	0.833

Based on Table 1, all indicators have factor loadings above 0.70. These results indicate that all indicators adequately represent the construct being measured, thereby meeting the criteria for convergent validity. Subsequently, the results of the Reliability Test and Average Variance Extracted were evaluated using Cronbach's Alpha and Composite Reliability (CR). A construct is considered reliable if it has a Cronbach's Alpha and Composite Reliability value greater than 0.70. Additionally, the AVE value must exceed 0.50 to indicate good convergent validity (Hair et al., 2022).

Table 2. Reliability Test Results and AVE

Construct	Cronbach's Alpha	Composite Reliability	AVE
Sport Motivation	0.886	0.916	0.686
Exercise Self-Efficacy	0.897	0.924	0.709
Running Attitude	0.854	0.896	0.632
Community Support	0.871	0.907	0.661
Physical Activity	0.859	0.899	0.640
Sustainable Lifestyle Behavior	0.903	0.928	0.721

The results of the analysis show that all constructs have Cronbach's Alpha values ranging from 0.854 to 0.903 and Composite Reliability values ranging from 0.896 to 0.928. These values are above the recommended minimum threshold of 0.70. Additionally, all constructs have AVE values above 0.50. Thus, all constructs were deemed reliable and met the criteria for convergent validity. Next, the Discriminant Validity Test (Fornell-Larcker Criterion) was used to ensure that each construct possessed characteristics distinct from the others. The test was conducted using the Fornell-Larcker criterion, which requires that the square root of the AVE be greater than the correlation between constructs.

Table 3. Fornell-Larcker Criterion

Construct	SM	ESE	RA	CS	PA	SLB
Sport Motivation (SM)	0.828					
Exercise Self-Efficacy (ESE)	0.712	0.842				
Running Attitude (RA)	0.684	0.645	0.795			
Community Support (CS)	0.668	0.629	0.611	0.813		
Physical Activity (PA)	0.643	0.758	0.706	0.664	0.800	
Sustainable Lifestyle Behavior (SLB)	0.601	0.648	0.587	0.569	0.733	0.849

The bold diagonal values indicate the square root of the AVE for each construct. All diagonal values are greater than the correlations between other constructs. Therefore,

all constructs meet the criteria for discriminant validity based on the Fornell-Larcker approach. Based on the results of the validity and reliability tests, all research indicators have factor loadings above 0.70, AVE values exceeding 0.50, and Cronbach's Alpha and Composite Reliability values above 0.70. Additionally, the discriminant validity test using the Fornell-Larcker Criterion indicates that each construct possesses good discriminant ability. Thus, the research instrument is deemed valid and reliable, making it suitable for testing the structural model in the next stage.

Data analysis was conducted in two stages: descriptive statistical analysis and inferential statistical analysis. Descriptive analysis was used to describe the characteristics of the respondents based on gender, age, education level, length of time in the community, and frequency of running activities per week. The descriptive statistics used included frequency, percentage, mean, and standard deviation. Next, inferential analysis was performed using Partial Least Squares Structural Equation Modeling (PLS-SEM) to test the relationships between variables in the research model. PLS-SEM was chosen because it can accommodate complex models, does not strictly require a normal data distribution, and is suitable for research oriented toward theory development and behavioral prediction (Hair et al., 2022).

Pengujian model struktural dilakukan melalui prosedur bootstrapping dengan 5.000 subsampel untuk memperoleh nilai koefisien jalur (path coefficient), nilai t-statistics, dan p-values. Hipotesis penelitian diterima apabila nilai t-statistics $> 1,96$ dan nilai $p < 0,05$ pada tingkat kepercayaan 95%. Selain itu, kualitas model dievaluasi menggunakan nilai koefisien determinasi (R^2), effect size (f^2), serta predictive relevance (Q^2). Analisis data dilakukan menggunakan perangkat lunak IBM SPSS Statistics versi 27 untuk analisis deskriptif dan SmartPLS versi 4.0 untuk analisis model pengukuran dan model struktural. Penggunaan kedua perangkat lunak tersebut diharapkan mampu menghasilkan analisis yang akurat, komprehensif, dan sesuai dengan standar penelitian kuantitatif mutakhir dalam bidang psikologi olahraga dan aktivitas fisik.

A total of 120 members of the running community in Tasikmalaya participated in this study. The respondents consisted of 74 men (61.7%) and 46 women (38.3%). By age, the majority of respondents were in the 21–30 age group, totaling 49 people (40.8%), followed by the 31–40 age group with 39 people (32.5%), the 41–50 age group with 22 people (18.3%), those over 50 years old with 6 people (5.0%), and 4 people (3.3%) aged

18–20. Most respondents had been part of a running community for more than one year (67.5%) and ran at least three times a week (72.5%).

Table 4. Respondent Characteristics

Characteristics	Category	n	%
Gender	Male	74	61,7
	Female	46	38,3
Age	18-20 years	4	3,3
	21-30 years	49	40,8
	31-40 years	39	32,5
	41-50 years	22	18,3
	>50 years	6	5,0
Duration of membership	<1 years	39	32,5
	≥1 years	81	67,5

Descriptive Statistics of Research Variables

Table 5. Descriptive Statistics

Variabel	Mean	SD
Sport Motivation	4,24	0,57
Exercise Self-Efficacy	4,16	0,61
Running Attitude	4,28	0,52
Community Support	4,19	0,58
Physical Activity	4,11	0,63
Sustainable Lifestyle Behavior	4,05	0,60

The results of the analysis show that all variables had mean scores above 4.00, indicating that members of the running community have relatively high levels of exercise motivation, self-efficacy, attitudes toward running, community support, physical activity, and sustainable lifestyle behaviors.

Hypothesis Test Results

Table 6. Hypothesis Test Results

Hypothesis	Corelation	β	t-value	p-value	Decision
H1	SM → ESE	0,641	8,942	<0,001	Accepted
H2	SM → RA	0,598	7,836	<0,001	Accepted
H3	SM → CS	0,553	7,214	<0,001	Accepted
H4	ESE → PA	0,381	4,765	<0,001	Accepted
H5	RA → PA	0,297	3,782	<0,001	Accepted
H6	CS → PA	0,254	3,116	0,002	Accepted
H7	PA → SLB	0,682	9,863	<0,001	Accepted

Based on the results of the analysis, all relationships between variables showed t-statistics greater than 1.96 and p-values less than 0.05. Thus, all research hypotheses were accepted.

Coefficient of Determination (R^2)**Table 7.** R^2 Values for Endogenous Variables

Variabel Endogen	R^2
Exercise Self-Efficacy	0,411
Running Attitude	0,358
Community Support	0,306
Physical Activity	0,574
Sustainable Lifestyle Behavior	0,465

The R^2 value indicates that Sport Motivation explains 41.1% of the variance in Exercise Self-Efficacy, 35.8% of the variance in Running Attitude, and 30.6% of the variance in Community Support. Furthermore, Exercise Self-Efficacy, Running Attitude, and Community Support together explain 57.4% of the variance in Physical Activity. Physical Activity explains 46.5% of the variance in Sustainable Lifestyle Behavior.

Effect Size (f^2)**Table 8.** Effect Size Values

Corelation	f^2	Category
SM $\rightarrow$ ESE	0,698	Large
SM $\rightarrow$ RA	0,557	Large
SM $\rightarrow$ CS	0,441	Medium Large
ESE $\rightarrow$ PA	0,229	Mwdium
RA $\rightarrow$ PA	0,137	Small Medium
CS $\rightarrow$ PA	0,103	Small
PA $\rightarrow$ SLB	0,871	Large

Predictive Relevance (Q^2)**Table 9.** Q^2 Value

Variabel Endogen	Q^2
Exercise Self-Efficacy	0,281
Running Attitude	0,247
Community Support	0,213
Physical Activity	0,387
Sustainable Lifestyle Behavior	0,329

All Q^2 values are greater than zero, indicating that the model has good predictive power.

Model Fit**Table 10.** Model Fit Indices

Indicator	Value	Cut-off	Status
SRMR	0.067	< 0.080	good fit
NFI	0.912	> 0.900	good fit
RMS Theta	0.105	< 0.120	good fit

The SRMR value of 0.067 indicates that the model has a good fit with the empirical data. The NFI value of 0.912 indicates that the model has an adequate goodness-of-fit. The results are presented below in visual form

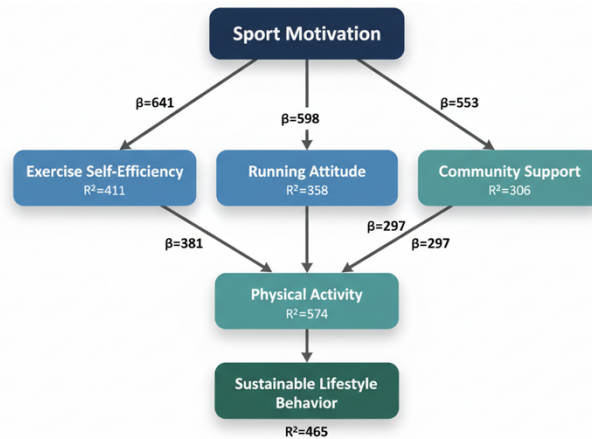


Figure 1. Summary of the Structural Model

The results of the study indicate that sports motivation has a positive and significant effect on exercise self-efficacy among members of the running community in Tasikmalaya City. These findings suggest that individuals with high sports motivation tend to have a stronger belief in their ability to maintain consistent physical activity. These findings align with Self-Determination Theory, which explains that autonomous motivation plays a crucial role in enhancing an individual's perception of competence regarding a particular behavior (Ryan & Deci, 2020). When someone runs for the sake of enjoyment, personal satisfaction, or health goals that originate from within themselves, that individual is more confident in facing training challenges and obstacles that arise while participating in physical activity. These research results support the findings of (Tao et al., 2024), who reported that intrinsic motivation has a positive relationship with self-efficacy and physical activity levels in young adults.

This study also found that sports motivation has a positive effect on running attitude. The results indicate that the higher a person's motivation to participate in sports, the more positive their attitude toward running. This finding can be explained by the Theory of Planned Behavior, which states that attitudes are formed through an individual's evaluation of the benefits and consequences of a behavior (Ajzen, 2020). Motivated members of the running community tend to view running as an enjoyable activity that is beneficial to health and provides psychological satisfaction. Therefore, motivation not only encourages individuals to participate in sports but also shapes

positive perceptions that support the sustainability of such behavior. This finding is consistent with the research by Hagger et al., (2022); Teixeira et al., (2020), which shows that intrinsic motivation is an important predictor of the formation of positive attitudes toward physical activity.

Further research findings indicate that sport motivation has a positive effect on community support. These findings suggest that individuals with high sport motivation tend to interact more actively with fellow community members, thereby receiving greater social support. In the context of a running community, motivated individuals typically attend group training sessions more frequently, participate in community activities, and build stronger social bonds with other members. These conditions foster an environment that supports sustained sports participation. This finding aligns with the research by Ntoumanis et al., (2021), which explains that a social environment that supports individuals' psychological needs can strengthen motivation and engagement in sports activities.

The results of this study indicate that exercise self-efficacy has a significant positive influence on physical activity. These findings support Social Cognitive Theory, which identifies self-efficacy as a primary determinant of human behavior (Bandura, 1986). Individuals who have high confidence in their ability to exercise are better able to overcome barriers such as fatigue, time constraints, weather conditions, and work-related stress. Therefore, they tend to be more consistent in maintaining physical activity compared to individuals with low levels of self-efficacy. These findings align with those of Zhang et al., (2022), who demonstrated that exercise self-efficacy is a strong predictor of physical activity participation in the adult population. In this study, exercise self-efficacy was also the most dominant predictor of physical activity compared to other variables.

In addition to exercise self-efficacy, running attitude has also been shown to have a positive effect on physical activity. These findings indicate that members of running communities who have a positive attitude toward running tend to be more active in engaging in regular exercise. This positive attitude can be formed through enjoyable exercise experiences, perceived health benefits, and social interactions gained while participating in a running community. These research results support the Theory of Planned Behavior, which states that attitude is one of the main factors influencing a

person's behavior (Ajzen, 2020). These findings are also consistent with the research by Rhodes et al., (2020), which found that a positive attitude toward physical activity is significantly associated with increased exercise frequency in adults.

This study also found that community support has a positive effect on physical activity. The social support provided by the community can take the form of emotional support, information, or guidance during exercise. In running communities, the presence of training partners, informal coaches, and group interactions can increase members' motivation to remain physically active. These findings reinforce the research by Meyer et al., (2023), which concluded that participation in sports communities can increase individual engagement in physical activity by strengthening a sense of belonging and social connections. Although the coefficient of influence for community support is smaller than that for exercise self-efficacy, these results indicate that social factors still play a significant role in shaping physical activity behavior.

The most significant finding of this study is the positive influence of physical activity on sustainable lifestyle behaviors. The results indicate that physically active individuals tend to exhibit healthier and more sustainable lifestyle behaviors. Regular physical activity not only improves physical fitness but also fosters positive habits that contribute to long-term quality of life. Individuals who are accustomed to exercising regularly generally have a higher awareness of health, diet, stress management, and other healthy lifestyle behaviors. These findings support the WHO, (2022) report, which emphasizes that physical activity is one of the key foundations for building a healthy and sustainable society. Furthermore, these research results align with Verplanken & Roy, (2022), who explain that healthy habits practiced consistently can develop into sustainable behaviors in daily life.

Overall, the results of this study indicate that sport motivation is an initial factor influencing the development of exercise self-efficacy, running attitude, and community support, which in turn contribute to increased physical activity and ultimately foster sustainable lifestyle behaviors. These findings expand the application of Self-Determination, the Theory of Planned Behavior and Social Cognitive Theory within the context of running communities in Indonesia. Unlike most previous studies that only examined the direct relationship between motivation and physical activity, this study integrates psychological, social, and behavioral factors into a single comprehensive

model. Thus, this study provides a new theoretical contribution to the field of sports psychology while offering empirical evidence that strengthening sports motivation can be an effective strategy for increasing physical activity and fostering sustainable lifestyles in urban communities.

From a practical perspective, the findings of this study have important implications for running community managers, local governments, and community sports organizations. Community development programs should not only focus on increasing membership or the frequency of activities, but also be designed to strengthen intrinsic motivation, improve exercise self-efficacy, and build positive social support. Strategies such as peer-runner mentoring programs, goal-setting training, and community activities that enhance social connectedness have the potential to increase the sustainability of members' physical activity. Ultimately, such approaches not only support improved individual health but also contribute to the development of a healthier, more active, and sustainable community.

CONCLUSION

This study confirms that sport motivation plays a significant role in shaping exercise self-efficacy, running attitude, and community support among members of running communities in Tasikmalaya City. These factors subsequently contribute to higher levels of physical activity, which in turn promotes sustainable lifestyle behavior. Among the predictors of physical activity, exercise self-efficacy emerged as the strongest factor. The findings support the relevance of Self-Determination Theory, Social Cognitive Theory, and the Theory of Planned Behavior in explaining physical activity behavior within community sports settings. Practically, the results highlight the importance of strengthening motivation, self-efficacy, and social support through community-based programs to encourage active and sustainable lifestyles. However, the study is limited by its cross-sectional design, self-reported data, and focus on a single city. Future research should employ longitudinal or experimental designs, involve broader populations, and incorporate additional psychological variables to further explain sustainable lifestyle behavior in sports communities.

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