

Motives for participating in dragon boating with breast cancer

PHYSIOLOGICAL AND PSYCHOLOGICAL ASPECTS

Background & Objectives

Every year, around 2.3 million people worldwide are diagnosed with breast cancer. One in eight women develop the disease at least once in their lifetime and more and more survive the cancer or live with it. Physical activity is seen as an important means of maintaining long-term health – especially in prevention and aftercare. Dragon boating in particular offers the potential to support people suffering from breast cancer during treatment and in aftercare¹.



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Quality of live meets motivation



The present study addresses the extent to which health status may affect motives to participate in dragon boat sports in the presence of breast cancer, and to test the hypothesis whether lower health-related quality of life (QOL) leads to stronger expression of motives.

Method

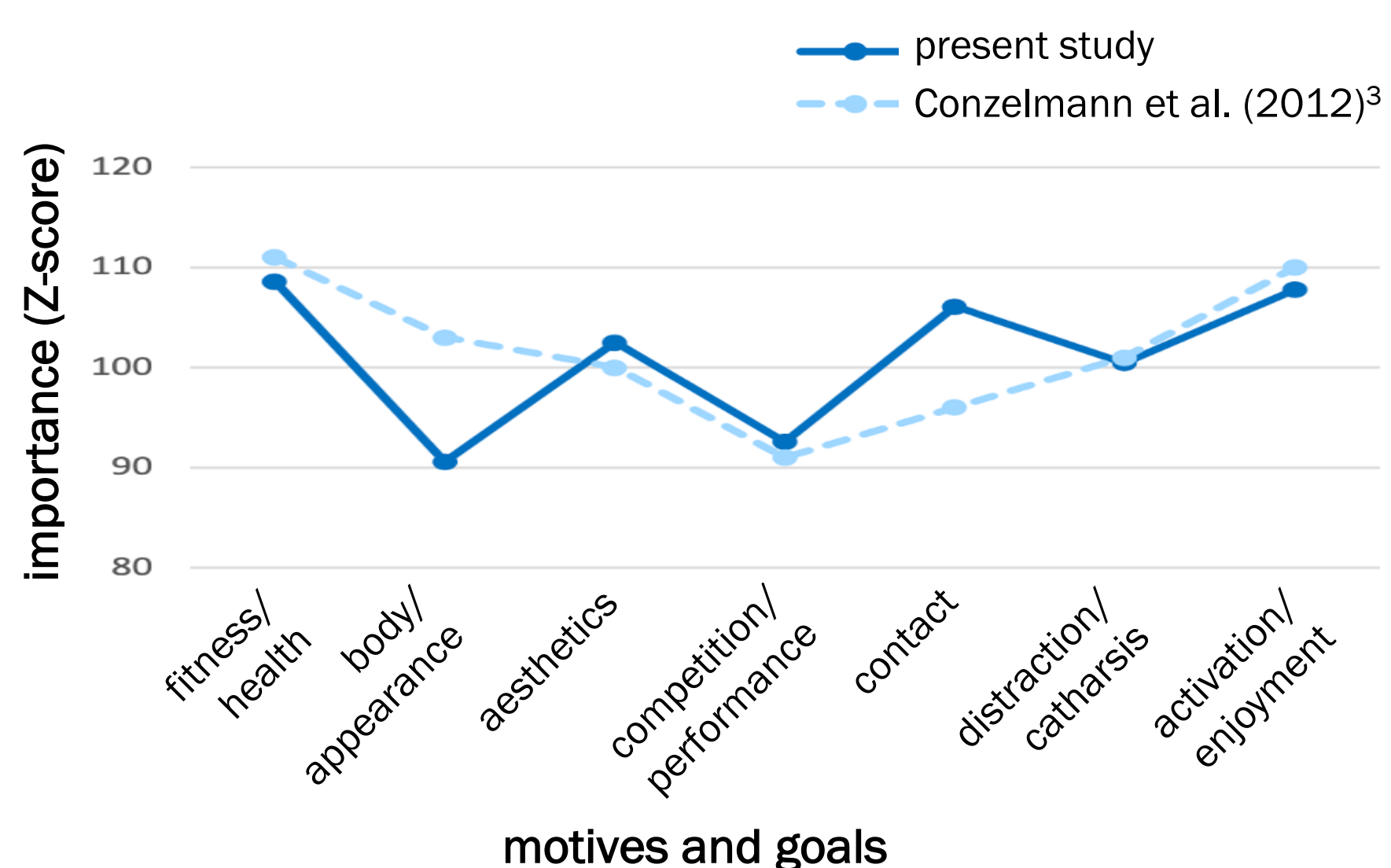
- Correlational cross-sectional design
- Standardized questionnaires:
Health-related QOL measured by Short Form Health Survey (SF-36)²
Motives to participate in dragon boating measured by Bern Motives and Goals Inventory (BMZI)³

Results

SF-36 (Descriptive statistics)

SF-36 scales	M	SD	Cronbach's α
physical functioning	79.48	17.44	.86
social functioning	72.31	22.91	.81
pain	65.33	25.82	.91
emotional well-being	63.28	16.55	.85
role functioning: emotional	59.72	43.16	.86
role functioning: physical	58.85	40.05	.84
general health	56.74	18.94	.74
energy/fatigue	48.89	18.85	.88

Motives (compared to norm sample)



Regression analyses

Motive distraction/catharsis

The overall model was significant,
 $F(8, 135) = 4.93, p < .001, R^2 = .23$.

Three significant predictors:

Lower psychological wellbeing ($\beta = -0.31, p = .013$),
lower physical functioning ($\beta = -0.24, p = .035$) and
lower social functioning ($\beta = -0.23, p = .046$)

led to



an increased use of dragon boating for distraction from problems and for stress relief.

Motive contact

The overall model was not significant,
 $F(6, 136) = 1.30, p = .263, R^2 = .05$.

Motive aesthetics

The overall model was significant,
 $F(2, 141) = 5.54, p = .005, R^2 = .07$.

One significant predictor:

Experiencing a lower QOL concerning severe and frequent pain resulted in



a more pronounced motive for aesthetics ($\beta = -0.25, p = .011$).

Pink paddler community in Germany



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Discussion & Implications

- The lower the health-related QOL in terms of psychological wellbeing, physical and social functioning, the more paddlers use dragon boating as an **emotion-oriented coping strategy** to distract themselves from stress and health problems.
- The lower their health-related QOL in terms of pain, the more they use dragon boating as **meaning-based coping strategy** through the motive of aesthetics.
- Valuable implications (e.g. **specific train-the-trainer programs**) can be derived from the results for the long-term recruitment of paddlers. The study provides an important contribution to strengthening dragon boating as a potential rehabilitation sport for breast cancer.

References

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Contact Information

Simone Spangler – info@simonespangler.com

M.A. Sport Sciences/Sport Psychology, B.Sc. Psychology, State Exam Music Education (Piano, Double Bass)

Sportpsychological expertise (asp), music physiology (UdK), systemic counseling (SG) – MusicRocksMountains