

## NEW ZEALAND BODYBUILDER SURVEY

### Bodybuilding Opinions: “The Bodybuilder & Competing”

#### Introduction by Anne Probert

This paper is part of a series I am progressively releasing to bodybuilders in New Zealand who participated in my national survey concerning competitive bodybuilding. 382 bodybuilders responded to the survey and these papers provide insight into the lives and views of such participants.

**The survey included a list of 36 statements and participants were asked to define on a scale from 1 to 4 the extent they agreed or disagree with the statements. (1= strongly disagreed; 2= somewhat disagreed; 3= somewhat agreed; 4= strongly agreed).**

Although each statement pertains to many complex issues, for the purposes of simplicity, I have categorised them into several broad sections.

This paper documents the results of those statements which I have broadly categorised as relating to “**the bodybuilder and competing**”.

Specifically, it highlights bodybuilder responses i.e. their views, self-perceptions and opinions, with respect to the following survey statements:

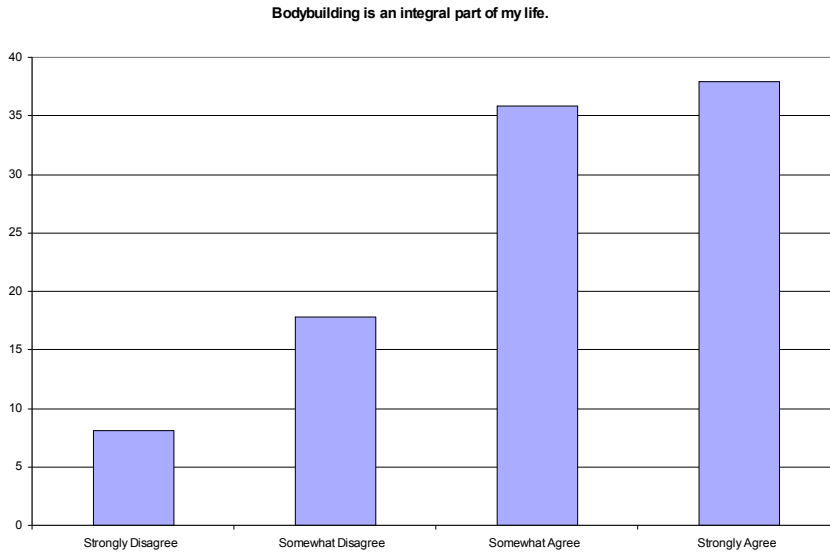
- **Bodybuilding is an integral part of my lifestyle**
- **I feel different from other people because I am a bodybuilder**
- **When preparing for a bodybuilding competition I feel in control of my life**
- **When preparing for a bodybuilding competition I feel in control of my emotions**
- **I believe I am a disciplined person and bodybuilding helps me to demonstrate this.**
- **Participating in bodybuilding competitions is something which I am involved in now, but isn't something I see myself doing long term.**
- **I consider those involved in bodybuilding to be mentally stronger than those who are not.**
- **Sometimes I wish I wasn't, or hadn't been, a bodybuilder.**
- **At bodybuilding events my prime aim is to win.**

## Survey Results

**Statement: Bodybuilding is an integral part of my lifestyle.**

**Outcome:** The majority of respondents "strongly agreed" with this statement.

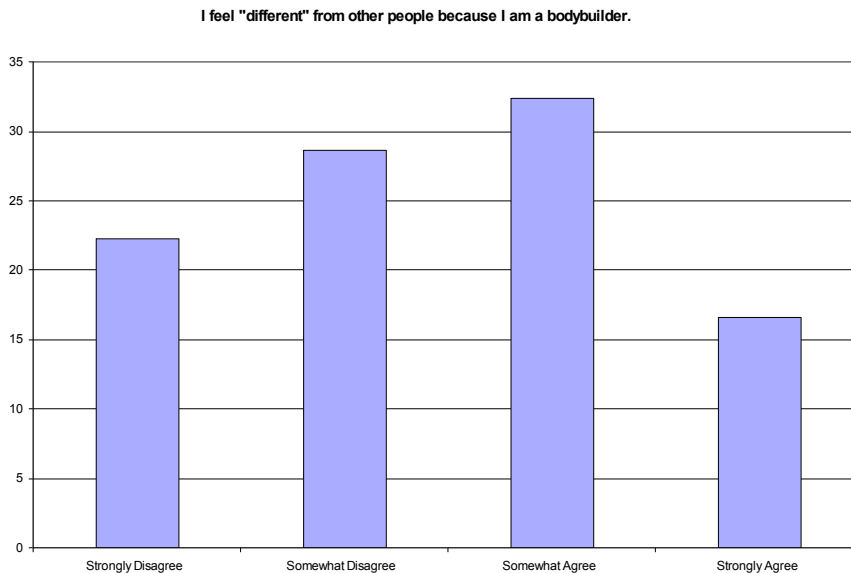
**Mean score: 3.04**



**Statement: I feel different from other people because I am a bodybuilder**

**Outcome:** the majority of respondents "somewhat agreed" with this statement.

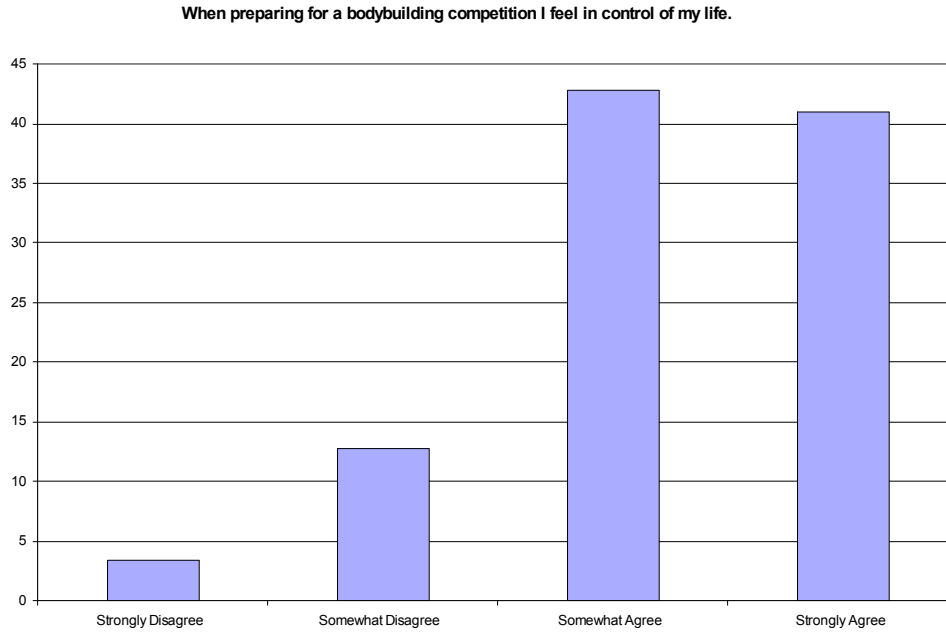
**Mean score: 2.43**



**Statement: When preparing for a bodybuilding competition I feel in control of my life**

**Outcome:** the majority of respondents "somewhat agreed" with this statement.

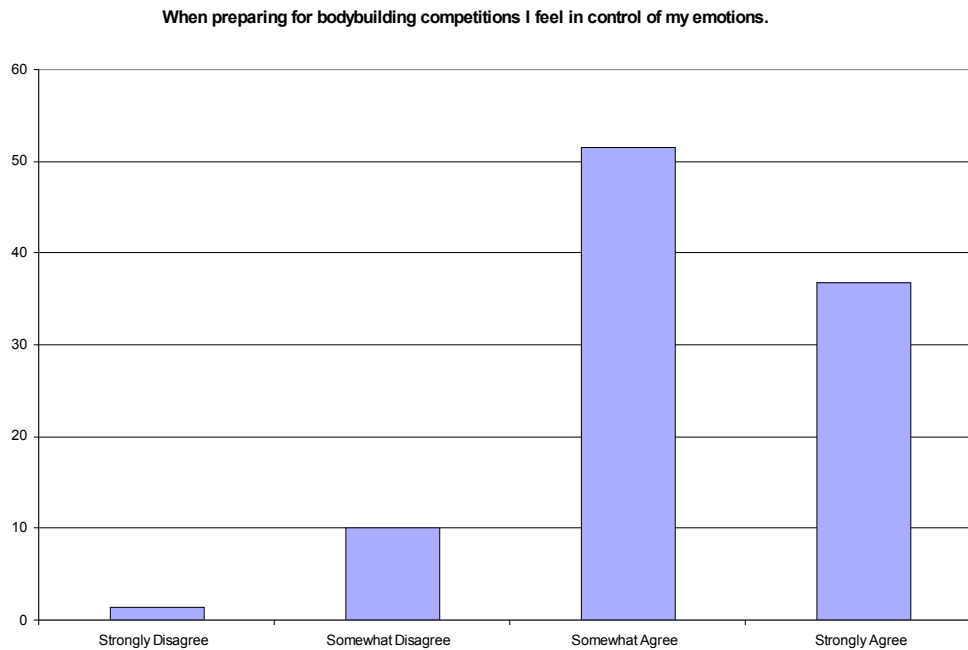
**Mean score:** 3.21



**Statement: When preparing for a bodybuilding competition I feel in control of my emotions**

**Outcome:** The majority of respondents "somewhat agreed" with this statement.

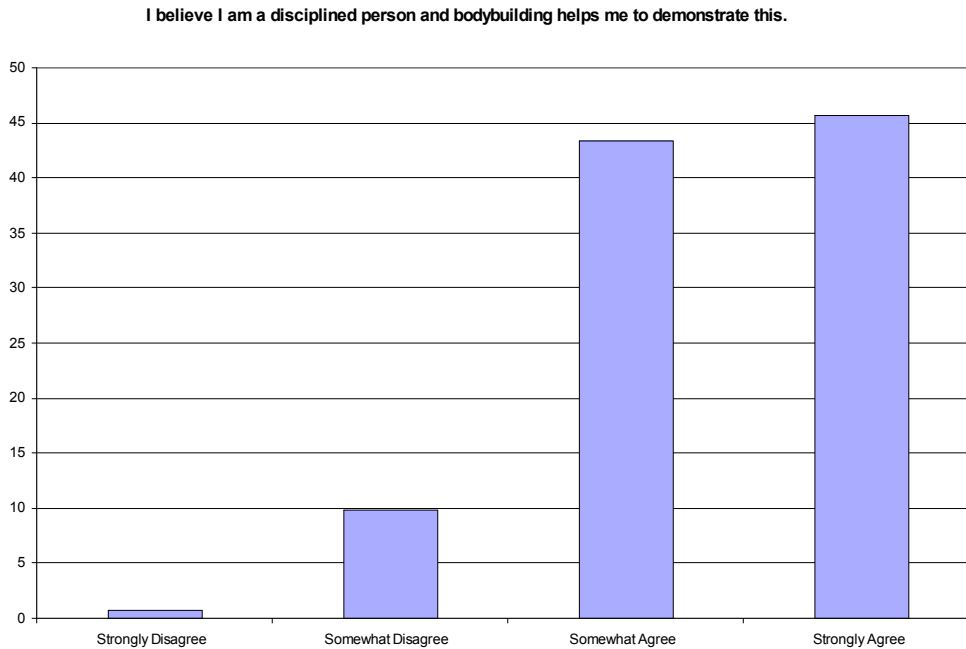
**Mean score:** 2.68



**Statement:** I believe I am a disciplined person and bodybuilding helps me to demonstrate this

**Outcome:** The majority of respondents “strongly agreed” with this statement.

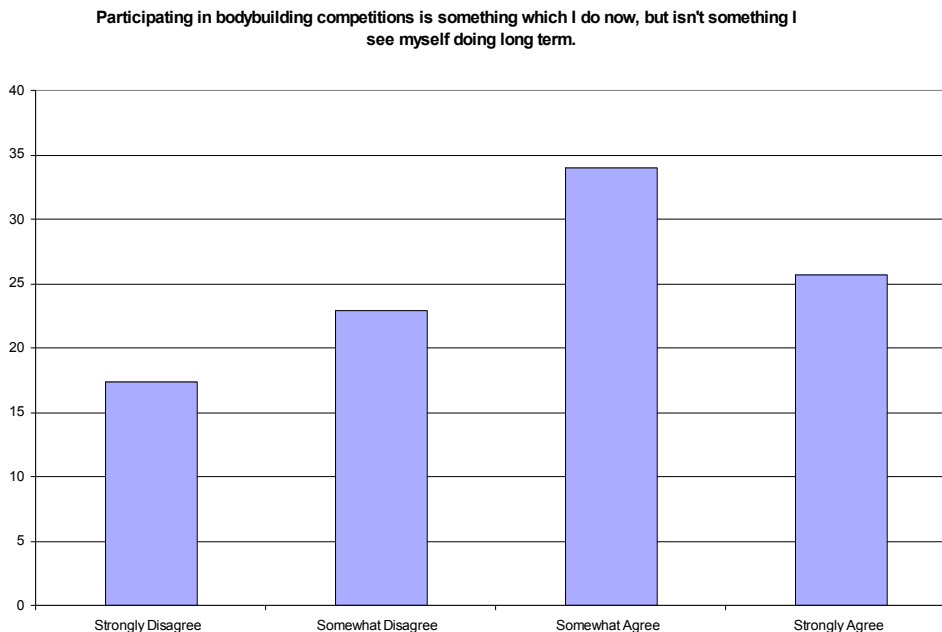
**Mean score:** 3.34



**Statement:** Participating in bodybuilding competitions is something which I am involved in now, but isn't something I see myself doing long term.

**Outcome:** The majority of respondents “somewhat agreed” with this statement.

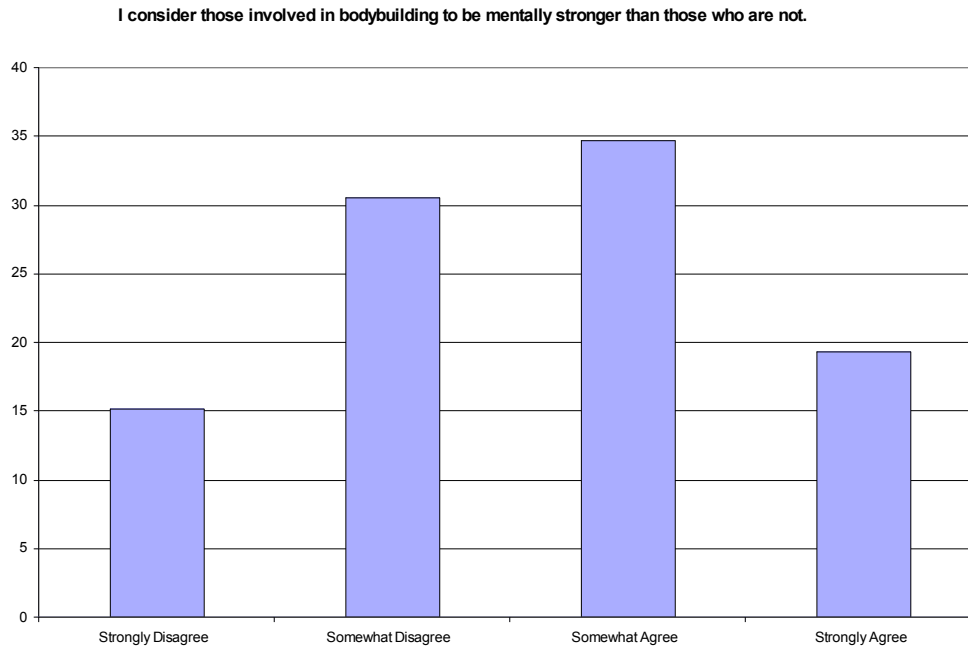
**Mean score:** 2.68



**Statement:** I consider those involved in bodybuilding to be mentally stronger than those who are not.

**Outcome:** The majority of respondents "somewhat agreed" with this statement.

**Mean score: 2.58**



**Statement:** Sometimes I wish I wasn't, or hadn't been, a bodybuilder.

**Outcome:** The majority of respondents "strongly disagreed" with this statement.

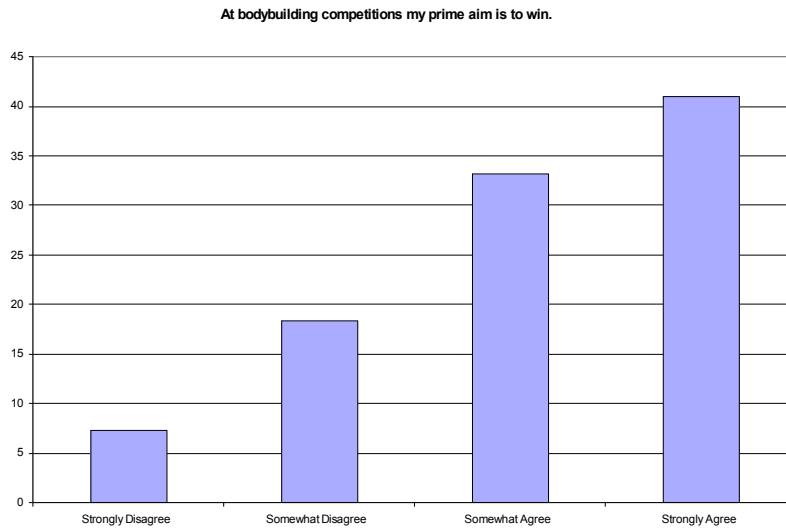
**Mean score: 1.53**



**Statement: At bodybuilding events my prime aim is to win.**

**Outcome:** The majority of respondents “strongly agreed” with this statement.

**Mean score: 3.08**



These results, in conjunction with other survey outcomes, provide preliminary insights on a range of issues. They will combine with more in-depth information, to be gathered via personal interviews with competitive bodybuilders in New Zealand, planned for 2006.