

Perceived physical self-concept profiles: intention to be physically active and emotional regulation (pp. 179-196)

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The objectives of the study were to identify physical self-concept profiles and examine their role in the intention to be physically active and emotional regulation. A sample of 606 physical activity practitioners ($M_{age}= 34.19$, $SD= 13.05$), completed a series of self-report measures that evaluated physical self-concept, the intention to be physically active, and emotional regulation. Cluster analyzes revealed three profiles of physical self-concept. Profile b with relatively high physical self-concept experienced significant differences in intention to be physically active, self-blame, and positive reappraisal. Profile a with low physical self-concept showed significant differences in acceptance, rumination, and catastrophizing. Profile c with a very low physical self-concept revealed significant differences in blaming others. In conclusion, profile b with relatively high physical self-concept and with optimal scores in condition, attractiveness and strength is associated with a higher intention to be physically active and the use of functional emotional regulation strategies.