

Title	活動量向上支援のための身体活動促進システムとモチベーションに関する研究
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# A Study of Physical Activity Promotion System and Motivation for Supporting an Improvement of Active Mass

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For supporting an improvement of active mass, this paper proposes a physical active promotion system with the behavior contingency to prevent from facing negative reinforcement.

There are three purpose of this research. First, I investigated this system whether it can improve the active mass of the experiment participants. Second, I investigated whether the activity strengthening occurs for the behavior contingency to prevent from facing negative reinforcement. The last, I investigated how the motivation for physical activity of the experiment participants has been changed by this system.

This physical active promotion system was made by using this school environment. This system forcibly improves the active mass of the experiment participants. The results have been changed depends on their consciousness and character, so I made a study about them separately.

From the result of this experiment, almost all can improve the active mass by setting the quota. And the activity strengthening occurs if it is effective. Not reducing the motivation of those active for physical activity And There is a possibility that if used for a long period of time, improved motivation of those reluctant for physical activity.

That becomes apparent, the effectiveness of the system is demonstrated.