



Social dimensions of situational interest in young adults in an exergame setting: an exploratory study

The 19th ACAPS international congress
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Introduction



Smartphones, **exergames**, and virtual reality games seem to offer an interesting perspective **for promoting Physical Activity (PA)** (Kinnafick & al., 2016 ; Muellmann & al., 2016 ; Fu & al., 2019).

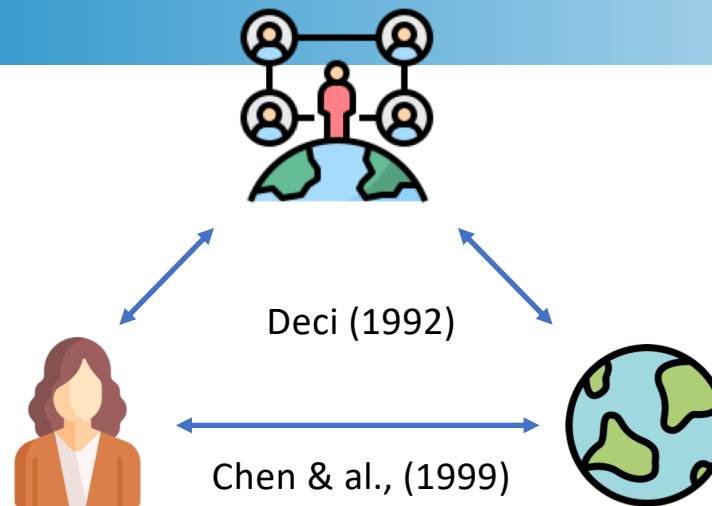


Evidence of exergames' effects on PA and Situational Interest (SI) (Sun, 2013 ; Gao & al., 2015 ; Pasco & al., 2016 ; Roure & al., 2019)



Multiplayer condition is identified as crucial for PA (Peng & Crousse, 2013 ; Faric & al., 2019 ; Roure & al., 2021)

Situational interest



Theory of interest
Deci (1992)
Krapp & al., (1992)

Personal interest
Stable

Situational interest (SI)
Fluctuating

Novelty

Challenge

Attention
demand

Exploration
intention

Instant
enjoyment

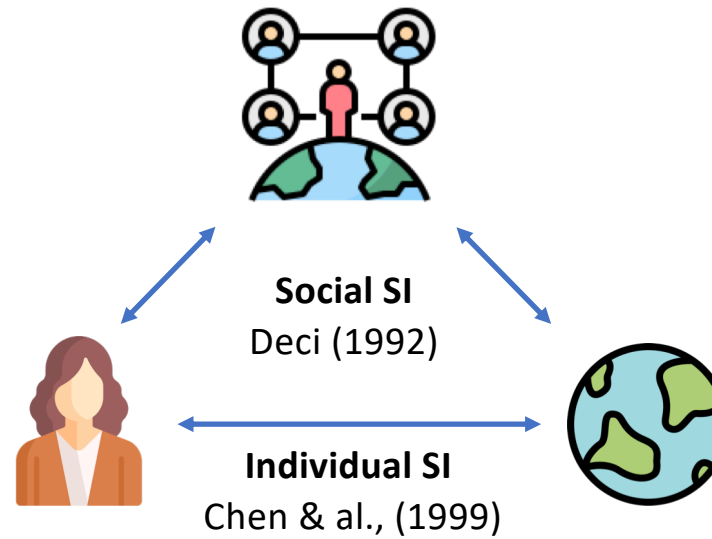
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Objective



Identify collective dimensions of situational interest



1

All SI dimensions have a social component.

2

There is one or more new SI dimensions

Materials and methods



Participants

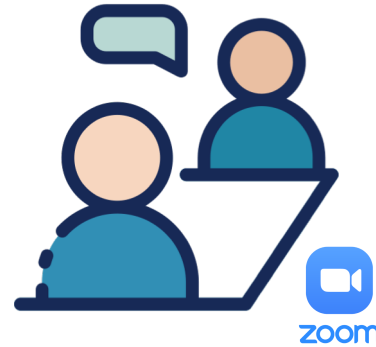
14 students
9 women, 5 men
Mage = 21.2

PA level (IPAQ,
Craig et al., 2003) =
Low (n=5)
Moderate (n=5)
High (n=4)



Situation

Cooperation
Competition
With support
Alone



Data collection

Retrospective verbalisations

Semi-structured interview
with visual recall
Average duration = 24 min
31 sec



Data analyses

Thematic analysis
(Braun & Clark, 2006 ;
2016)

Analysis using
Nvivo software

Results

Collective enjoyment	10 MUs	« We were really having fun together »	
Intention of collective exploration	23 MUs	« We could elaborate strategies »	
Collective challenge	Challenge with	7 MUs	« You have to be together to achieve the same goal, that's what was good »
	Challenge against	24 MUs	« There is a competition where you try to win against each other. It's more motivating »
Support	Co presence	63 MUs	« The fact that she is really present next door, it's still better »
	Doing together	30 MUs	« I think it's sharing it with Romane, it's cool to do it together »
	Communicating together	33 MUs	« It motivated me because I had someone to talk to »
	190 MUs		

Discussion

1

Continuity of the individual SI model

Collective challenge

Nunes & al., 2014

Collective enjoyment

Peng & Crouse, 2013

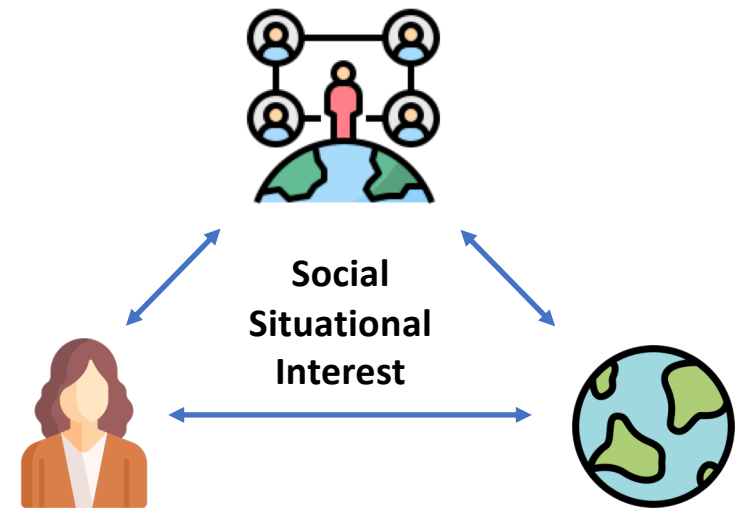
Intention of collective exploration

2

Evolution of the individual SI model

Support

Chan & al., 2019



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Conclusion



Interest

Expanding the theoretical framework of interest



Perspectives

Enrich the existing SI measurement scale (Roure & al., 2015)
Building an intervention study with the social dimension of SI

Thank you for your attention. Any questions ?

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