



## Levels Of Motivation And Self-Confidence Among Generation Z Members At Joglo Gym With Limited Facilities

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### ABSTRACT

Generation Z is widely recognized as a digital-native generation with strong exposure to technology and social media, which significantly influences their lifestyle, including exercise behavior and psychological development. This study aimed to analyze the levels of motivation and self-confidence among Generation Z members at Joglo Gym despite the limitations of available training facilities. The study employed a quantitative descriptive approach involving 29 respondents selected through purposive sampling based on specific criteria, namely active Generation Z gym members who regularly participated in physical exercise activities. Data were collected using motivation and self-confidence questionnaires and analyzed using descriptive statistics and Pearson correlation analysis. The findings revealed that the average motivation score of respondents was categorized as high (127.60), while the average self-confidence score was categorized as very high (163.00). Furthermore, the correlation analysis demonstrated a significant positive relationship between motivation and self-confidence ( $r = 0.386$ ;  $p < 0.05$ ). These results indicate that internal psychological factors, particularly motivation and self-confidence, play a more dominant role in maintaining exercise consistency compared to external factors such as luxurious facilities or sophisticated equipment. The findings also demonstrate that Generation Z members can adapt creatively to environmental limitations while maintaining strong commitment toward achieving fitness goals. In conclusion, mental resilience through strong motivation and self-confidence is a crucial determinant of exercise adherence among Generation Z individuals. Future research is recommended to involve broader samples and explore different socioeconomic and environmental contexts to obtain more comprehensive findings.

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## INTRODUCTION

The rapid advancement of digital technology has significantly shaped the lifestyle and behavioral patterns of Generation Z, including their perspectives on physical activity and fitness participation. Generation Z, commonly categorized as individuals born between 1997 and 2012, is recognized as a digital-native generation that is highly



connected to mobile technology, social media, and online information systems. This technological familiarity influences how Generation Z accesses health information, develops exercise habits, and constructs psychological dimensions such as motivation and self-confidence in sports participation. Recent studies have demonstrated that digital exposure through social media platforms contributes substantially to increasing awareness of healthy lifestyles among Generation Z through the influence of fitness content creators and online communities (Tyas, 2024; Faus et al., 2022). The emergence of fitness influencers on platforms such as Instagram, TikTok, and YouTube has transformed exercise behavior into both a health-oriented and socially expressive activity.

In the context of sports participation, motivation plays a crucial role in sustaining healthy lifestyle behaviors. Motivation is often conceptualized as an internal and external driving force that encourages individuals to engage in regular physical activity to achieve certain goals, including physical fitness, body image improvement, stress reduction, and social recognition. According to self-determination theory, motivation in exercise participation can arise intrinsically through enjoyment and personal satisfaction or extrinsically through rewards and social validation. Previous findings have emphasized that strong motivation is essential for maintaining healthy behavior patterns and improving overall quality of life (Rahmawati & Rumini, 2020). For Generation Z, whose daily life is closely associated with sedentary digital activities, the existence of motivation becomes increasingly important in encouraging active participation in sports and fitness programs.

Physical activity is also strongly associated with the development of self-confidence and psychological well-being. Exercise participation has been proven to improve self-concept, emotional stability, and psychological resilience while simultaneously reducing anxiety and stress levels (Handayani & Fithroni, 2018). Regular physical activity contributes positively to mental health because exercise stimulates endorphin production, enhances body satisfaction, and improves social interaction. Furthermore, Araya et al. (2022) reported that consistent exercise behavior significantly improves overall quality of life, particularly in dimensions related to emotional regulation and mental health stability. This condition indicates that exercise participation is not merely associated with physical fitness outcomes but also closely related to psychological empowerment.

Within the current digital era, fitness centers and gymnasiums have become one of the most preferred sports environments among Generation Z. Gym participation offers not only opportunities for physical training but also social interaction, self-expression, and identity formation. Interestingly, participation in fitness activities is not always dependent on luxurious facilities or modern equipment. Observations at Joglo Gym reveal that despite limited facilities and modest infrastructure, Generation Z members continue to demonstrate high enthusiasm for exercise participation. This phenomenon raises important academic questions regarding the psychological factors that sustain exercise adherence among Generation Z individuals within constrained fitness environments. Specifically, understanding the relationship between motivation and self-

confidence in such contexts becomes increasingly relevant for sports psychology and sports coaching research.

Research concerning Generation Z and sports participation has expanded considerably in recent years. Several studies have focused on the influence of digital culture on exercise behavior and psychological well-being among young adults. Mylsidayu (2023) found that high dependence on technology does not reduce Generation Z's interest in sports participation; instead, digital culture shapes diverse motivational orientations related to physical health, social interaction, appearance enhancement, and psychological satisfaction. This finding suggests that Generation Z possesses adaptive behavioral characteristics that integrate technology and physical activity simultaneously. Other studies have emphasized the role of social media in encouraging active lifestyles among young individuals. Faus et al. (2022) demonstrated that exposure to fitness-related social media content positively influences health awareness and exercise participation among Generation Z. Similarly, research by Al'Farisi et al. (2025) explained that regular physical activity contributes significantly to improving mood, emotional regulation, and quality of life among Generation Z populations. These findings reinforce the assumption that sports participation serves as an important psychological coping mechanism within the modern digital environment.

From the perspective of sports psychology, motivation has consistently been identified as one of the primary determinants of exercise adherence. Intrinsic motivation, such as enjoyment and personal achievement, has been linked to long-term participation in physical activity programs, whereas extrinsic motivation often relates to appearance, social recognition, and peer influence (Deci & Ryan, 2017). Research conducted by Ntoumanis et al. (2021) further emphasized that autonomous motivation predicts greater consistency in exercise participation and stronger psychological well-being outcomes. In fitness environments, motivation is also closely associated with self-efficacy and confidence in performing exercise tasks.

Self-confidence represents another important psychological construct in sports participation. Individuals with higher self-confidence tend to exhibit stronger persistence, greater emotional control, and higher commitment to training programs. Studies in sports settings have shown that exercise participation contributes positively to body image satisfaction and social confidence among adolescents and young adults (Moreno-Murcia et al., 2019). Moreover, self-confidence can influence exercise adherence because individuals who believe in their physical abilities are more likely to maintain consistent participation despite environmental limitations.

Several previous investigations have also explored environmental factors influencing exercise behavior. Research by Sallis et al. (2020) indicated that facility accessibility and environmental support significantly affect participation rates in physical activity programs. However, psychological commitment may sometimes outweigh infrastructural limitations. Individuals with strong internal motivation and self-confidence often maintain exercise consistency despite inadequate sports facilities. This phenomenon aligns with resilience theory, which suggests that psychological

strength can compensate for environmental constraints. Although numerous studies have investigated motivation, self-confidence, and sports participation separately, studies specifically examining these variables within limited-facility gym environments remain relatively scarce. Most previous studies focused primarily on urban fitness centers equipped with modern infrastructure, digital support systems, and premium training facilities. Consequently, the psychological experiences of Generation Z members exercising in modest or rural gym environments have not been adequately explored in contemporary sports science literature.

Despite the growing body of literature regarding Generation Z and exercise psychology, several important research gaps remain unresolved. First, most previous studies have concentrated broadly on sports participation and psychological well-being without specifically examining the interaction between motivation and self-confidence within the gym ecosystem. Existing studies generally emphasize exercise behavior in educational settings, recreational sports, or general fitness participation without exploring contextual environmental characteristics such as limited training facilities. Second, previous investigations predominantly focused on modern urban fitness centers with advanced infrastructure and technology integration. Consequently, limited empirical evidence exists regarding how Generation Z maintains exercise motivation and self-confidence within fitness centers that possess minimal facilities and limited equipment availability. This gap is academically important because environmental constraints are often assumed to reduce exercise adherence and psychological satisfaction. Third, current literature rarely addresses the resilience characteristics of Generation Z members who continue to participate actively in sports despite infrastructural limitations. The majority of studies emphasize external motivational drivers such as social media influence, fitness trends, or appearance orientation. However, internal psychological factors that sustain exercise persistence in resource-constrained environments remain underexplored.

Observations conducted at Joglo Gym demonstrate a unique phenomenon in which Generation Z members continue to exhibit high enthusiasm, exercise consistency, and confidence despite inadequate facilities. This situation indicates that psychological dimensions such as intrinsic motivation, self-confidence, and mental resilience may function as dominant determinants of exercise participation. Nevertheless, empirical studies specifically investigating this phenomenon have not yet been identified in either SINTA-indexed or Scopus-indexed literature.

Based on the identified research gaps, this study aims to analyze the levels of motivation and self-confidence among Generation Z members at Joglo Gym with limited facilities. Specifically, the study seeks to identify the dominant motivational orientations of Generation Z participants and examine how self-confidence is maintained within a constrained fitness environment. The novelty of this study lies in its focus on the psychological characteristics of Generation Z within a rural or limited-facility gym context, which has rarely been explored in previous sports psychology research. Unlike prior studies that primarily examined modern fitness centers with luxurious

infrastructure, this research investigates how internal psychological factors can sustain exercise adherence despite environmental limitations. Furthermore, this study integrates the dimensions of motivation and self-confidence simultaneously within a single fitness ecosystem analysis, thereby offering a more comprehensive understanding of exercise psychology among Generation Z populations.

The findings of this study are expected to contribute theoretically to the development of sports psychology and sports coaching literature, particularly regarding motivational resilience in constrained sports environments. Practically, the results may provide strategic recommendations for fitness center managers, sports coaches, and policymakers in designing effective motivational approaches that prioritize psychological empowerment rather than dependence on luxurious sports facilities.

In conclusion, the phenomenon of high exercise enthusiasm among Generation Z members at Joglo Gym despite limited facilities represents an important issue within contemporary sports psychology research. Understanding the interaction between motivation and self-confidence in this context may provide valuable insights into how internal psychological strength influences exercise persistence and healthy lifestyle behavior among digital-native generations. Therefore, this study is expected to fill existing research gaps while contributing meaningful empirical evidence to the development of sports science and fitness psychology literature targeting SINTA-indexed academic publications.

## **METHODS**

This study employed a quantitative descriptive correlational design to examine the levels of motivation and self-confidence among Generation Z members at Joglo Gym with limited facilities. Quantitative research is widely used in sports psychology and behavioral studies because it allows researchers to analyze phenomena objectively through numerical data and statistical procedures (Fraenkel et al., 2012). The descriptive correlational approach was selected because the study not only aimed to describe the psychological characteristics of respondents through statistical distributions, percentages, means, and standard deviations, but also to investigate the relationship between motivation and self-confidence variables (Jatmiko et al., 2020; Kotronoulas et al., 2023). This design is considered appropriate for identifying psychological tendencies within specific sports communities and understanding associative relationships between variables in natural fitness environments.

The population of this study consisted of all active members of Joglo Gym. The sample was determined using a non-probability purposive sampling technique, which is frequently recommended in behavioral and sports science research when participants must meet specific characteristics relevant to the research objectives (Etikan & Bala, 2017). The inclusion criteria required respondents to belong to Generation Z, specifically individuals born between 1997 and 2012, and actively participate in physical exercise at Joglo Gym at least two to three times per week. Both male and female respondents were included in the study. Based on these criteria, 29 respondents were selected as the

research sample. Although relatively small, this sample size is considered sufficient for descriptive correlational studies focusing on localized community profiles within limited-facility sports environments (Lakens, 2022).

The research instruments consisted of a motivation questionnaire adapted from the Sport Motivation Scale (SMS) developed by Pelletier et al. (1995), containing 22 items measured on a 1–7 Likert scale. The adaptation process included translation and contextual modification to fit the fitness center environment. Meanwhile, self-confidence was measured using a questionnaire based on Lautser’s theoretical framework (Ghufron, 2010), consisting of 48 statements with a 1–4 Likert scale. Previous studies have shown that Likert-scale psychological instruments are effective for assessing exercise motivation and confidence among young adults (Ntoumanis et al., 2021; Moreno-Murcia et al., 2019). Instrument validity and reliability testing were conducted using JASP 0.96 software. The reliability analysis demonstrated high internal consistency, with Cronbach’s Alpha coefficients of 0.865 for the motivation instrument and 0.937 for the self-confidence instrument, exceeding the recommended threshold for psychological measurement reliability (Taber, 2018). All questionnaire items were declared valid based on item-total correlation significance values.

Data analysis was conducted using descriptive and inferential statistical procedures through JASP 0.96 software. Descriptive statistics included mean scores, standard deviations, percentages, and interval categorizations. Prior to hypothesis testing, data normality was examined using the Shapiro–Wilk test, which is recommended for small-sample quantitative studies (Ghasemi & Zahediasl, 2019). Since the data were normally distributed ( $p > 0.05$ ), Pearson’s Product-Moment Correlation analysis was applied to determine the direction and strength of the relationship between motivation and self-confidence variables. This statistical approach enabled the study to provide both descriptive psychological profiles and empirical evidence regarding the association between the examined variables among Generation Z members at Joglo Gym.

## RESULTS AND DISCUSSION

### Result

#### Motivation Levels of Generation Z Members at Joglo Gym

The descriptive analysis results indicate that the motivation levels of Generation Z members at Joglo Gym were generally categorized as high. The analysis involved 29 respondents who actively participated in fitness activities despite the gym’s limited facilities. The statistical findings revealed an average motivation score of 127.60, with a minimum score of 92.00 and a maximum score of 147.00. These findings suggest that most respondents possessed strong internal motivation to engage consistently in physical exercise activities.

**Table 1.**  
Statistical Analysis of Motivation Levels

Valid	Mean	Std. Deviation	Minimum	Maximum
29	127.60	13.66	92.00	147.00

To obtain a clearer understanding of respondents' motivational characteristics, the scores were further categorized into interval-based classifications.

**Table 2.**  
 Frequency Distribution of Motivation Levels

Category	Class Interval	Frequency	Percentage
Very Low	22.0–40.8	0	0%
Low	40.9–59.7	0	0%
Quite Low	59.8–78.6	0	0%
Medium	78.7–97.4	1	3.4%
Quite High	97.5–116.3	7	24.1%
High	116.4–135.1	11	37.9%
Very High	135.2–154.0	10	34.5%

Based on Table 2, the majority of respondents demonstrated high and very high levels of motivation. Specifically, 37.9% of respondents were classified in the high category, while 34.5% were included in the very high category. Only one respondent (3.4%) fell within the medium category, and no respondents were identified in the low or very low categories. These findings indicate that the motivation of Generation Z members at Joglo Gym remains strong despite infrastructural limitations. The results suggest that internal psychological factors, such as enjoyment, self-improvement goals, and fitness awareness, play a more significant role than the availability of sophisticated exercise facilities.

### Self-Confidence Levels of Generation Z Members at Joglo Gym

The descriptive analysis also demonstrated that Generation Z members at Joglo Gym possessed very high levels of self-confidence. The average self-confidence score reached 163.00, with a minimum score of 119.00 and a maximum score of 191.00. These results indicate that respondents generally perceived themselves positively regarding their exercise abilities and physical competence.

**Table 3.**  
 Statistical Analysis of Self-Confidence Levels

Valid	Mean	Std. Deviation	Minimum	Maximum
29	163.00	17.67	119.00	191.00

**Table 4.**  
 Frequency Distribution of Self-Confidence Levels

Category	Class Interval	Frequency	Percentage
Very Low	48–84	0	0%
Low	85–120	1	3.4%
High	121–156	10	34.5%
Very High	157–192	18	62.1%

The results presented in Table 4 show that most respondents were categorized within the very high self-confidence level, accounting for 62.1% of participants, while 34.5% were categorized within the high category. Only one respondent (3.4%) demonstrated low self-confidence, and no respondents fell into the very low category. These findings indicate that limited facilities did not negatively influence the confidence of Generation Z members at Joglo Gym. Instead, the respondents demonstrated

optimism, resilience, and confidence in achieving their exercise goals despite environmental constraints.

### Normality Test Results

Before conducting correlation analysis, a normality test was performed using the Shapiro–Wilk method because the sample size was fewer than 50 respondents.

**Table 5.**

Shapiro–Wilk Normality Test Results

Variable	Statistic (W)	Significance (p)	Description
Motivation	0.938	0.088	Normal
Self-Confidence	0.963	0.397	Normal

The results indicate that both variables had significance values greater than 0.05 ( $p > 0.05$ ), confirming that the data were normally distributed. Therefore, parametric statistical analysis using Pearson’s Product-Moment Correlation could be applied.

### Correlation Analysis Between Motivation and Self-Confidence

**Table 6.**

Pearson Correlation Analysis

Variable	Pearson Correlation (r)	Significance (p)
Motivation – Self-Confidence	0.386	0.038

The Pearson correlation analysis demonstrated a significant positive relationship between motivation and self-confidence ( $r = 0.386$ ;  $p = 0.038$ ). These findings indicate that higher levels of self-confidence are associated with stronger motivation to engage consistently in fitness activities. The positive correlation suggests that confidence in physical abilities reinforces exercise persistence and training consistency among Generation Z members at Joglo Gym. Overall, the findings of this study demonstrate that psychological factors, particularly motivation and self-confidence, play an essential role in sustaining exercise participation among Generation Z individuals even within limited-facility fitness environments.

### Discussion

The findings of this study demonstrate that Generation Z members at Joglo Gym possess high levels of motivation and very high levels of self-confidence despite the gym’s limited facilities. These results indicate that psychological factors play a dominant role in sustaining exercise participation among young adults, even when environmental support and training infrastructure are minimal. The average motivation score of 127.60 and self-confidence score of 163.00 suggest that Generation Z members prioritize internal satisfaction, self-development, and health awareness over material or infrastructural considerations. This finding supports the perspective that modern fitness participation among Generation Z is strongly influenced by intrinsic psychological orientation rather than solely by external environmental conditions (Ryan & Deci, 2017).

The high motivation levels identified in this study confirm that Generation Z demonstrates a strong commitment toward maintaining physical fitness and healthy lifestyles. This phenomenon is closely associated with the growing awareness of health

and body image among digital-native generations. Previous studies explained that Generation Z tends to consume fitness-related content through social media platforms, which indirectly shapes exercise behavior, fitness aspirations, and psychological motivation toward physical activity (Faus et al., 2022; Tyas, 2024). Social media exposure has transformed exercise from merely a health-related activity into a lifestyle identity that combines physical appearance, self-expression, and social belonging (Mylsidayu, 2023). Consequently, the high motivation observed among Joglo Gym members may partly result from digital culture influences that encourage continuous self-improvement and physical competence. Furthermore, the findings support Self-Determination Theory proposed by Ryan and Deci (2017), which explains that intrinsic motivation emerges when individuals experience competence, autonomy, and relatedness during physical activity participation. Members of Joglo Gym appear to exercise not because of luxurious facilities but because they experience enjoyment, achievement, and satisfaction during training. This internal motivational orientation is highly important because intrinsically motivated individuals tend to demonstrate greater exercise adherence and consistency compared to those motivated purely by external rewards (Ntoumanis et al., 2021). In the context of this study, limited facilities did not reduce motivation because members perceived exercise participation as a meaningful personal activity rather than merely a recreational trend.

The absence of respondents within the low motivation category also indicates that exercise participation among Generation Z members at Joglo Gym reflects relatively stable behavioral commitment. This finding is consistent with previous research showing that young individuals who regularly engage in physical activity often possess stronger psychological resilience and better emotional regulation (Al'Farisi et al., 2025; Rahmawati & Rumini, 2020). Exercise participation has been widely associated with stress reduction, mood improvement, and psychological well-being enhancement (Araya et al., 2022). Thus, the members' motivation to continue exercising despite environmental limitations may derive from the psychological benefits they experience during and after physical activity sessions.

An important finding of this study is that limited facilities did not become a barrier to maintaining exercise motivation. This result challenges the conventional assumption that modern fitness participation is highly dependent on sophisticated equipment and luxurious training environments. Previous studies have emphasized that environmental support can facilitate physical activity participation (Sallis et al., 2020), yet this study demonstrates that internal psychological strength may compensate for infrastructural inadequacies. Radebe et al. (2025) argued that positive affective experiences such as enjoyment and personal accomplishment are stronger determinants of exercise persistence than external facilities alone. Similarly, Weyland et al. (2022) explained that positive emotional experiences during exercise contribute significantly to habit formation and long-term participation consistency.

The findings also reveal that Generation Z members at Joglo Gym possess very high levels of self-confidence. The majority of respondents were categorized within the very

high confidence level, indicating strong beliefs in their physical abilities and training capacities. This result aligns with previous research demonstrating that regular physical activity positively influences self-confidence, self-esteem, and body satisfaction (Collado-Mateo et al., 2021; Moreno-Murcia et al., 2019). Exercise participation improves body image perception and physical competence, which subsequently enhances confidence in performing sports-related activities.

Interestingly, no substantial gender differences were observed regarding motivation and self-confidence levels. Both male and female members exhibited similarly strong psychological characteristics. This finding suggests that the psychological benefits of exercise participation are experienced relatively equally across genders within Generation Z populations. Previous studies have reported that fitness participation contributes to empowerment, emotional regulation, and psychological stability among both male and female young adults (Saputra, 2017; Handayani & Fithroni, 2018). Therefore, the gym environment may function as an inclusive space that supports self-development regardless of gender differences.

The very high self-confidence levels identified in this study also reflect the role of exercise participation in building psychological resilience. According to Bandura's social cognitive theory, self-confidence develops through mastery experiences, repeated successes, and positive self-perceptions during task performance (Bandura, 2019). In the context of Joglo Gym, members likely experience gradual improvements in physical strength, exercise technique, and endurance, which reinforce their confidence and willingness to continue training consistently. This process is further strengthened by optimism and adaptive coping mechanisms developed during regular physical activity participation (Supervía et al., 2022).

Another important finding is that self-confidence remained high despite limited training facilities. This condition indicates that confidence among Generation Z members is not solely dependent on external environments but rather on internal perceptions of capability and achievement. Previous studies have shown that confident individuals tend to perceive obstacles as challenges rather than barriers (Astuti et al., 2024). Consequently, members at Joglo Gym may develop creativity and adaptability in modifying training methods according to available resources. Kalén et al. (2021) explained that individuals with higher cognitive and psychological adaptability can maintain effective training performance despite environmental constraints. This adaptive behavior appears evident among Joglo Gym members, who continue exercising consistently with limited equipment availability.

The correlation analysis further revealed a significant positive relationship between motivation and self-confidence ( $r = 0.386$ ;  $p = 0.038$ ). This finding suggests that increasing self-confidence is directly associated with stronger exercise motivation. The relationship between these variables supports previous studies indicating that confidence acts as a psychological mediator that strengthens persistence and commitment toward physical activity participation (Li et al., 2023; Wiedenman et al., 2023). Individuals who believe in their physical abilities are more likely to establish

consistent exercise routines because they perceive themselves as capable of achieving desired fitness goals.

The moderate positive correlation identified in this study also supports the reciprocal relationship theory between motivation and confidence in sports psychology. Motivation encourages individuals to participate actively in exercise activities, while successful participation experiences subsequently strengthen self-confidence (Hidayat et al., 2023). This cyclical process creates positive reinforcement that sustains long-term exercise adherence. Consequently, members with strong confidence are more motivated to continue training, while consistent exercise participation further enhances their confidence and psychological resilience.

From a practical perspective, the findings of this study provide important implications for sports coaching, fitness management, and physical activity promotion programs. The results indicate that effective exercise participation does not necessarily require luxurious facilities or expensive equipment. Instead, psychological empowerment, motivational climate, and supportive social environments may play more substantial roles in sustaining participation among Generation Z populations. Fitness center managers and sports coaches should therefore focus on developing motivational strategies, positive reinforcement systems, and psychologically supportive training environments that encourage enjoyment, competence, and self-confidence.

Nevertheless, several limitations of this study should be acknowledged. The relatively small sample size and focus on a single gym environment limit the generalizability of the findings to broader Generation Z populations. In addition, the cross-sectional design only captures psychological conditions at one point in time and cannot explain long-term behavioral changes. The use of self-report questionnaires also introduces the possibility of social desirability bias, where respondents may provide idealized answers regarding their motivation and confidence levels. Despite these limitations, this study contributes valuable empirical evidence regarding exercise psychology among Generation Z populations within limited-facility fitness environments and offers meaningful insights for future sports psychology and fitness participation research.

## CONCLUSION

This study concludes that Generation Z members at Joglo Gym demonstrate high levels of motivation and very high levels of self-confidence despite the gym's limited facilities. The descriptive analysis revealed that the average motivation score reached 127.60, while the average self-confidence score was 163.00, indicating strong psychological readiness among members to maintain consistent exercise participation. Furthermore, the Pearson correlation analysis showed a significant positive relationship between motivation and self-confidence ( $r = 0.386$ ;  $p = 0.038$ ), confirming that increased self-confidence is associated with stronger motivation to engage regularly in fitness activities. These findings indicate that psychological factors, particularly intrinsic motivation and confidence in physical abilities, play a more dominant role in sustaining exercise behavior than the

completeness or luxury of training facilities. The results also suggest that Generation Z members possess adaptive and resilient characteristics, enabling them to remain committed to physical activity despite environmental limitations. Therefore, gym managers are encouraged to improve routine maintenance and optimize existing facilities to enhance members' comfort and safety during training. In addition, members should continue developing optimistic attitudes and positive exercise habits to sustain long-term psychological well-being. Future studies are recommended to involve larger samples and include additional variables such as social support, exercise satisfaction, and environmental adaptation to obtain a broader understanding of exercise psychology among Generation Z populations in different fitness contexts.

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