

**Jogging Trail Behavior: Effect of intrapersonal and structural constrains on jogging trail behaviour. (Special reference in kiribathgoda-Dalupitiya jogging trail)**

B.A.D.W.Ashika<sup>1</sup>

Performing a physical activity on a regular basis will help to improve overall health and fitness, as well as to decrease the risk for many chronic diseases. there have been many efforts to increase physical activity which mostly focused on the intrapersonal. jogging is the most commonly reported and the most accessible form of leisure time physical activity among general population. However little is known about the factors that influence jogging in leisure time physical activity. the main purpose of this study to identify intrapersonal factors that affect jogging trail behaviour. Primary data were collected using semi structured interview and analyzed using Atlas ti 7.0. The study identified that intrapersonal factors such as motivation to walk, knowledge about walking and physical activity, physical fitness, mental fitness, emotion on walking and routing and time priority is directly influencing on jogging trail behaviour. Similarly, considering findings of this study some structural constrains factors also affect on jogging trail behaviour.

*Key words: Physical activity, Jogging trail, Intrapersonal constrains.*

---

<sup>1</sup> Department of Sport Science & Physical Education, Faculty of Social Sciences, University of Kelaniya, Sri Lanka. uokashii@gmail.com