Why do people like or not like running?

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With my major assignment, I will be seeing the various reasons why people like or do not like running. This is one of the most interesting topics and there are a lot of reasons why I picked it. Running is one of the most widely done sports in the world. In the United States alone, almost 60 million people participated in running, jogging and trail running in 2017. But it is an Olympic sport and it can be done by almost everyone. I connected with this because I have been running since I was a little kid and it runs in the family to run. So this is an easy topic for me to understand and ask people about why or why not they like it. Running is one of those things that can help you a lot but if you do not take care of your body properly it can hurt you very badly. People tend to not do it because it tends to be hard for some more than others. Some people are flat-footed and that can hurt your shins and put a lot of pressure down on your legs and then you can get hurt more than someone who runs on their toes. The people who run on their toes are more natural runners' is doesn't put a lot of pressure on their shins or legs to say and then it easier for them to want to run.

The subject is a very widespread thing because there are just people who run and then there are people who can run for their sports with a ball in it. Then that changes how people view running because they see it has more than a meaning than just running to run for say. A lot of people see no point in just running to run they see it as pointless. People would rather do the stair master to get exercise or bike or some other forms of activities people who run to run are

deemed as crazy. I want to see why people my age or older like or do not like running I find it very interesting because it is a very open-ended question. There are many reasons why people run and do not run, and I know mine but seeing why other people do it and do not do it interest me a lot.

Methods

So, what I was going to start out doing was going online and looking up the health benefits to running. That is a big thing why people do it because some people may hate it but they do it because it keeps them in shape or just does get some type of cardio in because they don't just want to do nothing that day. Then after I looked at the benefits of running I looked up the reasons why running is not good for you because to pro there are always cons and you can't just look at why something is beneficial there are always side effects if you do something too much. Then my other thing is to create my questions in my survey for when I ask the people I interviewed and really dig deep on why they run and what makes them get up every day and do it. Why it is fulfilling on the inside to do it. My age range was twelve and up because anyone can run, and I was just doing people I know because it's a lot of data to input if I put everything on my social media. So, I send the survey out to thirty people that I knew and had them answer for me some that ran and some that didn't.

Survey

The survey is going to have eight questions these were questions that were simple but got to the point as to why the person ran or didn't run. I wanted to see the main simple reasons why

people ran and didn't. Sometimes something as simple. I made it in a way as a simple send out in a thing called survey monkey and then I put the results in an excel spreadsheet to make it simple for me to look at all the data then compile it all so its not all of the place. I made it so that some answers were a simple yes, a no then some was fill in a blank and I just would look at their response then put it in the sheet. I did each section on the spreadsheet in order to the number section to keep it easy to follow for when you are ready for everything.

Question One

How old are you?

Fill in the bank

Question Two

Do you like running?

Yes/No/kind of

How many times a week do you run?

0

1-2

3-4

4-5

6-7

Why do you like or not like running?

Fill in the blank

Would you run if it was easy for you?

Yes/No/maybe

Do you think running is good or bad for you individually?

Good/Bad/Kind of

Is running fun when it's in a sport with a ball or object or in a game?

Yes/No/Kind of

If you had time in the day to run would you?

Yes/No/Maybe

Results

Interviews

The interviews were private and with no one around I decided to interview people that I know run and have had good and bad experiences with running so they can show the good and the bad they have had with it. These people I thought would be good for this because I personally know them and it would be easy for them to explain why they do or do not like running because I have experienced the good and bad with them while running. I asked both people I interview two good questions the first one is, why you run and what benefits it has to your life? I asked this because I want them to tell me why they run and what impacts in their life make them want to go get up in the run. A lot of people run for many reasons as I have known and researched so this is one that I thought would be good to ask simple and to the point. Then

For the second for the question I asked what bad effects have run had on your life or just body in general. This is a good one because it shows what things have held them back from running and you can't just talk about the bad when you are doing things like this. I know from personal experiences I have had many setbacks and showing what other peoples are open people's eyes that even though people like running everyone has those bad experiences.

First Interview Coach Deek Age 46 Conducted 3/1/2020

First Question

Why you run and what benefits it has to your life?

The reason I run is that I have always loved it as a kid it was in my family blood. It helps me mentally and I can do it for the rest of my days until I'm super old. It gives me the benefits of being able to run with the kids I coach and be able to push them and connect with them over the past decade that I have coached it's more than running to me as a hobby it's a lifestyle. Running is a part of me as the kids I coach. I am healthier than a lot of people my age because I run, and I am very thankful for that. I do not know what I would be without it. It's something that is induvial and pushes me because you count on yourself. Many people when they are my age don't want to push their bodies like I do when I run Iv ran the flying pig ten years in a row and I think that has pushed me the most.

Second question

What are the bad effects that running has had on you?

I have had a good amount of injuries from running because it can make you tight and not at limber if you do not stretch properly. That is the biggest thing if you do not stretch and say when

I would run two times a day that can take a toll on your body. The biggest thing with running is making sure that you are eating properly and that you are icing and stretching. No one is perfect so you must make sure you do those things. Then just mentally when I can't hit certain mileage in a week because my body is sore It can get to me and you just have to stay positive. When you are hurt it can get to you a lot because you can't run as you used to and it can get you in a slump.

First Interview Liam Gallagher Age 20 conducted 3/20/2020

First Question

Why you run and what benefits it has to your life?

Running is something that I can do for fun or just get some cardio in. I started running a lot in middle school as a sport and it was something, I could always fall back on that was fun for me. It brought me my best friends that I will have for a lifetime. Its something I can do that gets my mind off school. It is something that I can push myself with because I am the one doing It but when I'm with my friends it can also push. Running is something in my life that I don't know what I would have done with. The sport aspect of the course and just being able to do it for the rest of my life. Even though it took away from my gains in high school I still loved it.

Second question

What are the bad effects that running has had on you?

I have been injured from running because of not stretching and just shin splints but in general, when I would not hit my splits in high school it would get to me mentally. Just when you have trained a lot for that one race a week and you don't get your goal it can take a toll on you and mess with you. Its something to where your breathing can be where it wants to be but your legs are going as fast as you want them to and it sucks. It can put you in a dark place when you aren't hitting what you know you should be.

Findings

When going through the test results I would look at all the people's age and then factor in if they have run, or not in high school or just played a sport. Then After looking at everything I have noticed that people like doing it because it keeps them in shape if they really don't like it. This is understandable then there are the people who just flat out don't like running because it hurts, or they do not see a purpose in it which is fine by them it's how your body responds to it. Then the people who liked it were the ones who were on the more positive side of the survey they were the ones who liked it a lot not just to get good cardio in but the ones to want to just do it for fun.

When you go through articles and scientific findings people are going to run based on if it is good for them and them just like it. People are prone to do things that are good for them if it is easy for them to do and it is all by your preference if running is easy or hard for you. No one can answer that question for you if running is hard for you or not. People from when I was doing my survey the older ones were more biased because they have been running their whole life and love it. But I wish I would have interviewed more older people. For that information, I looked online and one of the reasons I saw why older people didn't run because they felt they did not have time to run. Which is understandable for people being very busy and have busy lives. When I was conducting the interviews, I knew a lot of what the subjects were going to say but what I gained from it was there are a lot of factors why people run. Running can bring people together and you can do it with people and make lifelong memories and push yourself. The only person you are cheating is yourself if you cut a run short it can hurt you. Then there are the mental aspects when you do not hit your goal it can mess with your mind. You just must get yourself out of those bad spaces when you can't hit your goal. But then are the things to where

running takes things in your life that are stressing you out and makes them go away because all you are thinking about is that next step you are going to take

Conclusion

Running is what you make it, there is no general answer to why people do not like or running. Running affects people in good and bad ways and making it into one general thing is impossible. You take what you want from running it can be used for cardio is can be used to get your mind off something or you just do it because you like it. Then there are the things that can injure you and people just think it's boring or it's hard. Running for a lot of people is a love-hate relationship.

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