



Motives Behind Participation in Sport Among the People from Different Segments of the Community

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Abstract: *Psychologically speaking, motives to participate in sport differ from person to person, gender to gender, age to age and so on. Each person enters the sport with different types of motivating factor. Every individual has a different type of mentality, mood, choice, taste and area of interest. The prime objective of the study was to determine the motivating factors of the players representing different segments of the community towards their participation. Responses were gathered from the professional and amateur male and female players representing different games. Mean and T-test were used for analysis of the data. Main findings include that maintenance of health was on top amongst the priorities of the all respondents followed by promotion of efficiency of the body, attainment of fun & recreation, promotion of the attributes of sociability and lastly skill-development was endorsed by the respondents regarding relationship between participation in sport and development of the skill-development.*

Key Words: Fitness, Health, Motivation, Recreation, Sociability, Sport

Introduction

It has been a matter of common observation that tens of millions of people from all over the world, representing all ages and having different socio-cultural & geopolitical backgrounds, participate in various types of sports activities. Sport is the universal activity; it always remains in progress in different forms throughout the year. “What” does attract today’s man and “Why” does he do sport, was the focal point of this study. To answer the above two “W”s is the main objective to understand the main motives that motivate the people towards the sport. With the passage of time and development of civilization, motives for participation in sport have been modified in conformity with the changes taking place in the thinking of human beings. As a matter of fact, reputation & recognition, attractive financial rewards, and acquisition of the physical fitness, fun, recreation and release of the mental tension are some of the common motives for participation in sport. The approach, contention and motives of the participants for participation in sport is the pivot around which the whole story of this research study revolves.

One or probably more than one motivating factor remain at work behind the participation of a person in any type of activity either it is a sport or any other undertaking of the daily life (Wagner, et al., 2013). Psychologically speaking, it may be the personal need, desire, taste, choice or liking of a person that motivates them to initiate the activity that may fulfil their need, serves their desire and satisfies their taste. The focus of this study was to know about the basic reasons behind participation in sport. Rickel K, Park RS, Morales J (2012) have confirmed a few common motives for participation in the sport like fun, mastery in making something, fitness, skill-development and friendship.

Rationale of the Study

As a matter of fact, we see massive participation and involvement of the people in all-round sport

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activities throughout the world. Sport has taken the shape of the universal activity, and very high volume of the people remain involved in either doing or watching different sports activities across the globe. Let us have a look at the statistics of the Beijing Olympic Games 2008, *“Between August 8 and August 24, 4.7 billion viewers who accessed television coverage of the Beijing Olympics officially translates into approximately 70 per cent of the world’s population, or more than two in every three people globally, as reported by market research firm The Nielsen Company”* see Nielsen, 2008 *“www.nielsen.com/us/en/insights/press-room/2008/the_final”*. It has been the greatest volume of man’s involvement in any event or activity of social life during the known history of human civilization. On the other hand, in the game of Football, according to a careful estimate, more than 3.5 billion people remain involved in either watching or playing the game throughout the world. This mega involvement on the part of man in the aforementioned two sporting activities reflects the vitality of this study. Perhaps sport has the speciality and uniqueness in terms of universality as there seems to have been no other field or walk of life that has the potential to attract such huge population at a particular time period. According to the real spirit of play, there is neither social, racial, classical, nor sectional discrimination with reference to participation in sport. There exists a common notion among the masses regarding the dignity of the field of sports that field of sports is free of racial and classical discrimination (Hoberman, 1997). And it is probably for the same reason that sport has taken the shape of universal activity. In the perspective of its global nature, the researcher decided to look into and explore the reasons that motivate the people towards participation in sport.

Statement of the Problem

This research study is entitled to determine the “Factors behind participation in sport among the individuals related to different segments of the community”.

The objective of the Study

The researcher has put forth the following main objective: -

1. To determine the factor that motivates the people to participate in sport.

Significance of the Study

In the global perspectives, the sport has not been an ordinary activity. Sport has the real potential to acknowledge its significance in the routine business of everyday life ([Ludwig DS., 2007](#)). At the national and international level, besides allocations of huge amounts for the promotion of facilities and conduct of sport competition, full-fledged ministries and independent departments have also been established. At the international level, a number of organizations, federations and associations have been functioning for the organization and supervision of the different sports events. Membership of the International Olympic Committee (IOC), the world’s governing body for the majority of the individual and team’s sport, founded on June 23, 1894, has reached the total of 206 nations throughout the world ([Badawy.B.A., Anani T.M, Mohamed El-Sayed, M.S. \(2010\)](#)). In addition to that, the sport has the distinction between remaining in progress across the globe throughout the year. In view of these two vital points, the researcher selected this topic so that to determine the motives behind participation in sport among the individuals related to different segments of the community.

As a matter of common observation, participation in sport has mostly been voluntary in nature. Every participant enters the activity of his/her own choice and taste. It is extremely significant for the sports authorities to have some know-how about the reasons for the involvement of the participants so that they may be in a position to better serve their interest and promote the activity. This study has been an effort to find out the motivating factors that motivate the participants to enter the sport. Once the motives for participation are determined, it proves to be very useful in connection with planning and adherence to physical activities ([Oyar et al., \(2001\)](#)).

Sports field serves as the real laboratory for preparation of the individuals for future practical life. A player is never at pains to adjust himself in society, and he proves him/herself a useful member of the society ([Ekmekeci et al., 2010](#)). The values and significance of games and sport have always been universal.

Play in progress can be seen in the space, on the mountains, in the plains and also on the surface of the water. It has been a universal activity, and its importance has always been acknowledged ([Hallal et al., 2006](#)).

This study has paramount significance on the ground that it would provide some basic information to the people about the viewpoint of the people from different segments of the community with reference to the participation in sport and a) attainment of the sound health, b) acquiring physical fitness, c) relief of the mental tension and getting recreation, d) promotion of the social attributes and e) development of the different playing skills among the participants.

Hypothesis

The researcher put forth the following hypothesis with reference to different factors offered to the respondents. The hypothesis is:

- H₁: Players of most sports have a similar opinion about the relationships between their participation in sport and different factors offered in the study.

Literature Review

All living creatures either it is a bird, beast animal or human beings, they all have on the very nature the essence of playing; therefore, they all play. But the approach of the later with reference to participation in sport differs from the other creatures. Psychologically speaking, we human beings happen to have the nature of logical reasoning and thinking in terms of good or bad and right or wrong. Accordingly, prior to initiating any activity, the benefits, advantages and drawbacks of the activity, if any, are taken into consideration. And before starting any activity, first, we match the activity with our own needs, taste, choice and desire, which in fact work as the motivating factors. If that activity is in conformity with our needs and satisfies our taste and desire, we then decide to start that particular activity. In the case of participation in sport, the same philosophy remains in action. The role of motivation in sports is very much significant as it serves as the driving and guiding force for dominating performance ([Hagger and Chatzisarantis, 2007](#)). Motivating factors regarding participation in sport differ from person to person, age to age and situation to situation. In the same perspectives, [Roberts, Treasure and Conroy \(2007\)](#) have confirmed that sports, motivation differs from individual to individual as it refers to their desire which moves and guides the behavior for doing something new. As a matter of common observation, advantages of the activity, personal need, taste and desire of the participant play the role of motivating factors with reference to participation in different types of sports activities. [Chin MK, Edginton CR \(Eds.\) \(2014\)](#) have found that fun & entertainment, sociability, and skill development are amongst the common motives for participation in sport and physical activities. Regarding vitality of the motivation [Murcia, Gimeno and Coll, \(2008\)](#) have found that motivation is the determinant factor causing a person to start an activity and gives impetus to the human behavior for doing the desired action. In addition to that, [Mihăilescu & Cucui \(2013\)](#) has affirmed that motivation provides bases for all sorts of athletics performance and achievements. To determine the factors behind participation in sport among the individuals related to different segments of the community is the focal point of this study.

There exists diversity in the approach of the participants with reference to motivating factors regarding their participation in sport. A number of reasons and motivating factors for participation in physical activities have so far been identified. Research has identified many different motives for participation in sport and physical activities ([Edginton et al., 2013](#)). [Oyar et al., \(2001\)](#) have found that skill development, fun, friendship, achievement or status, competence or competition, energy release, fitness and situational factors were the main motives for participation in sport & physical activities

Motivation and Sport

The term "Motive" is psychological in nature; having a broad sphere of meanings. The motive may be defined as the cause or reason for the action or activity that is alternately forming behaviour of the person. "Motivation expresses the needs and the wishes that regulate the direction, the intensity and the

continuation of a specific behavior” ([Cecchini JA, Mendez A, Muniz J, 2002](#)). Motivation is an internal stimulus that moves or direct a person to act or behave in a particular way so that to satisfy the inner self. Motivation is “the critical ‘force’ or energy that leads to task engagement or sustained involvement” ([Lindner KJ, 2002](#)). The motive is a complex phenomenon of different internal impulses that cause a person to act in a certain way or to behave in a fashion so that to achieve the desired objective. It is the output of the interaction of internal impulses and external factors associated with the target of a person. [Chin MK, Edginton CR \(Eds.\) \(2014\)](#) have identified that motivation is the internal force which stimulates action for reaching to the predetermined objective. To be simpler, motivation is the internal force that energies and determines different aspects of one’s action and behaviour.

Types of Motivation

Generally speaking, three types of motivation, intrinsic motivation, extrinsic motivation and motivation have been of common interest among the sport psychologists and sport sociologists. However, the last type is considering to be comparatively less important. “Two types of motivation, intrinsic and extrinsic, have been of particular interest to researchers in the field of sport psychology” ([Castelli et al., 2007](#)).

Intrinsic Motivation

[Arslan Y, Altay F \(2009\)](#) have identified that intrinsically motivated behaviour signifies the importance of the activity in terms of fun & entertainment inherent in the activity itself. The voluntary engagement in an entertaining activity is the outcome of intrinsic motivation ([Ekmekci et al., 2010](#)). Intrinsic motivation can be defined as an individual’s need to feel competency and pride in something. Intrinsic motivation deals with the innate feelings of a person associated with participation in any activity simply for the sake of satisfaction of the self and for the attainment of fun and entertainment inherent in the activity. Intrinsic motivation stimulates in response to the internal impulse for acquiring fun & recreation, sense of wellness and diligence and not for any other substantial reward ([Edginton et al., 2013](#)).

Extrinsic Motivation

Extrinsic motivation ncludes all those behaviours which are performed for the rewards that are external. Extrinsic motivation refers to the substantial gains associated with the activity ([Castelli et al., 2007](#)). Extrinsic motivation can be defined as the performance of an activity in order to attain some material benefits. An extrinsically motivated person focuses entirely on the reward, which is due to be attained after the accomplishment of the activity. Extrinsic motivation generally deals with the participation of a person in an activity for the substantial benefit or reward in the shape of high social status, prize, trophy or any other material gain. A person who participates in the activity in order to gain or to avoid something as a result of the completion of the activity is extrinsically motivated. Extrinsic motivation deals with external rewards associated with the activity ([Leate, C, Findly, Anne, B., 2007](#)). It reflects the desire of a person to do something and to have something. Engagement in the activity for the substantial benefits is the manifestation of extrinsic motivation ([Green, M., 2007](#)).

Amotivation

The constructs forming the basis for amotivation are primarily linked with the physical state and capability of the body wherein a person finds him/herself unable to undertake the activity. Amotivation refers to the state of mind declaring that the activity will not produce the required result. Amotivation may be regarded as the state of behaviour when a person disregards an activity considering that worthless on the understanding that s/he cannot perform well in the activity. Amotivation results in the state of mind when a person thinks of him/herself as incompetent for doing the activity ([Rickel K, Park RS, Morales J, 2012](#)). An amotivated person is neither intrinsically motivated nor s/he is extrinsically motivated.

Methodology

The term methodology includes a logical, systematic and workable arrangement of the steps followed in

the process of the conduct of research that starts with the collection of data and terminates at its final analysis. Responses were obtained through a blended method of online and personal interaction of the researcher with the respondents. In addition to online data collection, inter-District Badminton, Volleyball and Football, Zonal intervarsity Cricket competition and inter-Board Table Tennis held at Peshawar, Faisal Abad, Lahore, DIKhan and Bahawalpur n 2019 were the main venues for the collection of data. The viewpoint of the respondents in connection with their motives for participation in sports in terms of various factors like health, fitness, recreation, sociability and skill development were measured. The questionnaire was loaded with the different types of questions encircling all the aforementioned five factors. Respondents were asked to respond to the questions asked n perspectives of their participation in sports like; participate in sports for the attainment of health, participate in sports to have fitness, Recreation as the main motive behind my participation in sports, want to be with my friends and lastly, participate in sports to master the skill of the play.

Population of the Study

Population for this study comprised of the professional and amateur male & female players of five different games who use to participate in competitive as well as recreative sport activities.

Table 1. Showing Status-and-Game-Wise detail of the Population

Status	Game	Gender		Total
		Male	Female	
Professional	Athletics	18	15	33
	Badminton	19	16	35
	Cricket	32	14	46
	FootBall	35	15	50
	Table Tennis	22	24	46
	Volley Ball	26	28	54
Total Professional Respondent		152	112	264
Amateur	Athletics	21	19	40
	Badminton	31	26	57
	Cricket	42	18	60
	FootBall	40	12	52
	Table Tennis	23	23	46
	Volley Ball	38	15	53
Total Amateur Respondents		195	113	308

The above table shows status-and-game-wise detail of the male and female respondents. Total number of the professional respondents was 264 and that of the amateur respondents it was 308.

Sample Population

A sample for this study was selected from the teams representing fifteen different units/departments working at the national, provincial, district and local level. The selected sample comprised of the blended population of 572 professional and amateur players. Out of the total sample population, 416 respondents, (255 male & 161 female) responded. The researcher interacted with most of the professional respondents during the 32nd National Games 2012. In addition to that, students, teachers, doctors, lawyers, and business community was included in the amateur category of respondents; therefore, they were approached at different venues and at different timings as per the schedule convenient to them.

Instrument for Data Collection

After pilot testing, a closed-form questionnaire containing 45 different statements, encircling five different factors in connection with participation in sport was used in the study. Respondents were offered five different options, starting from strongly disagree at one end and strongly agree at the other.

Analyses of Data

Table 2. Showing Fifteen Different Combinations-of-Games

S. No	Combination-of-Games
1	FootBall versus Cricket
2	FootBall versus Badminton
3	FootBall versus Volley Ball
4	FootBall versus Table Tennis
5	FootBall versus Athletics
6	Cricket versus Badminton
7	Cricket versus Volley Ball
8	Cricket versus Table Tennis
9	Cricket versus Athletics
10	Badminton versus Volley Ball
11	Badminton versus Table Tennis
12	Badminton versus Athletics
13	Volley Ball versus Table Tennis
14	Volley Ball versus Athletics
15	Table Tennis versus Athletics

The above table shows fifteen different combinations-of-games. The opinion of the respondents about the relationship between participation in sport and five different factors was crossed examined through SPSS.

Findings and Conclusions

To determine the motives for participation in sport, five different factors including health, fitness, fun & recreation, sociability and skill-development were offered to the respondents representing six different games including Athletics, Badminton, Cricket, Foot Ball, Table Tennis and Volley Ball. The best way to come across the results was to mutually cross-examine opinion of the respondents representing different games. The combination-of-game wise analysis was done through SPSS to arrive at reliable results.

Table 3. Showing Combination-of-Game-Wise Responses about Different Factors

Significance Level	Health	Fitness	Recreation	Sociability	Skill-Development
Highly Significant at ** $p < 0.05$	4	2	7	7	5
Significant * $p < 0.10$	2	1	1	1	1
Insignificant	9	12	7	7	9

The above table shows that out of fifteen combinations-of-games, four, two and nine combinations-of-games have shown the highly significant difference of opinion, significant difference of opinion and insignificant difference of opinion about the relationship between participation in sport and promotion of health respectively.

Next factor was fitness; the above table indicates that players of two, one and twelve combinations-of-games have shown the highly significant difference of opinion, significant difference of opinion and insignificant difference of opinion about the relationship between participation in sport and promotion of fitness respectively.

Recreation was the third factor offered to the respondents, players of seven, one and seven combinations-of-games have shown the highly significant difference of opinion, significant difference of opinion and insignificant difference of opinion about the relationship between participation in sport and promotion of recreation respectively.

Sociability was the third factor offered to the respondents, players of seven, one and seven combinations-of-games have shown the highly significant difference of opinion, significant difference of

opinion and insignificant difference of opinion about the relationship between participation in sport and promotion of sociability respectively.

Skill-development was the final factor, response of the players shows that players of five, one and nine combinations-of-games have shown the highly significant difference of opinion, significant difference of opinion and insignificant difference of opinion about the relationship between participation in sport and skill-development respectively.

Summary of the Results

- A. The following four combinations of Game-wise response was recorded as highly significant n perspectives of the first factor “Health”.
 - 1. Athletics versus Badminton,
 - 2. Athletics versus Table Tennis,
 - 3. Athletics versus Volley Ball,
 - 4. FootBall versus Table Tennis.
- B. The following two combinations of Game-wise response was recorded as highly significant n perspectives of the second factor “Fitness”.
 - 1. Athletics versus Table Tennis,
 - 2. FootBall versus Table Tennis and
- C. The following seven combinations of Game-wise response was recorded as highly significant n perspectives of the third factor “Recreation”.
 - 1. Athletics versus Cricket
 - 2. Athletics versus FootBall
 - 3. Athletics versus Table Tennis
 - 4. Athletics versus Volley Ball
 - 5. Badminton versus Cricket
 - 6. Badminton versus Table Tennis and
 - 7. Badminton versus Volley Ball
- D. The following seven combinations of Game-wise response was recorded as highly significant n perspectives of the fourth factor “Sociability”.
 - 1. Table Tennis and Volley Ball
 - 2. Football and Volley Ball
 - 3. Football and Table Tennis
 - 4. Badminton and Volley Ball
 - 5. Badminton and Cricket
 - 6. Cricket and Volley Ball
 - 7. Badminton and Table Tennis and
- E. The following five combinations of Game-wise response was recorded as highly significant n perspectives of the first fifth “Skill Development”.
 - 1. Football and Volley Ball
 - 2. Football and Table Tennis
 - 3. Cricket and Volley Ball
 - 4. Badminton and Volley Ball
 - 5. Badminton and Table Tennis and

Discussion

Population selected for this study comprised of the amateur and professional players representing both genders. Players from the games of Athletics, Badminton, Cricket, Foot Ball, Table Tennis and Volley

Ball, were included in the study. Initially, the focus of this study was to determine the motives for participation in sport and physical activities among the individuals related to different segments of the community. This objective has positively been met as the study reveals that health, fitness, recreation, sociability and skill-development are the most common factors for the involvement of the players in different activities of sport. (See Table No 3). Findings of the in-hand study are in line with the findings of the different studies which have found that *“Having fun, being physically fit, making friends and achievement are all important motives for participation”* . . . ([Gernigon et al., 2000](#); [Kolt et al., 2004](#); [Kilpatrick et al., 2005](#); Cindy, H, Linder, K., 2006; [Garner, J., 2006](#); [Taylor, A., 2006](#); [Green, M., 2007](#)).

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