

PERCEPTION ON SPORTS' INVOLVEMENT AMONG UNDERGRADUATES OF UiTM SEREMBAN

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Abstract

Debates on different perception about sports occur because people had their own perception related to sports. This research showed the perception of sports involvement among undergraduates in UiTM Seremban. Quantitative research method used. The forms composed by four batteries of items related to game, training, "champion", and value of sport. The forms measure six concepts of sport: Competition, Education, Fun, Health, Socialization and Participation. Each concept could be measured by mark from zero (not important at all) to five (very important). The respondent was divided into three groups: undergraduates from Faculty of Sports Science and Recreation (FSR), Faculty of Administration Science and Policies (FSPP), Faculty Science Computer and Mathematic (FSKM) in Universiti Teknologi Mara (UiTM) Seremban. 28 undergraduates from three faculty-selected through stratified random samplings. Competition was the main aspect of sport. Education, socialization and fun were also important for all. Participation and health are less considered. "It is important for them to win every sporting event that they participate" as most important issues during game. UiTM graduates considered training as participation moment. "Training help to build good body posture" was considered as important things for a champion besides technical skill and honours. The UiTM undergraduates would suggest to practice sport "to get a good skill and techniques that can helped a person to success on the field" as benefit that they can get in joining sports. As the result, the result showed, competition as the main of involvement as perceived.

Keyword: perception, competition, socialization, technical skills.

INTRODUCTION

Sports in Malaysia were popular from both the participation and spectating aspect. Sports and physical activity gave benefit to health such as it could helped to lower the risk of blood lipids, blood pressure, metabolic syndrome, overweight and obesity, low bone mineral density, and depression in adolescents (Saimon et al., 2015). Every people are recommended to do at least 60 minutes of moderate intensity physical activity each day or do exercise three times per week. All movement that makes by the body contributes in increasing of energy expenditure.

Children considered sports and physical activities as fun activities. Thus, engagement in play without any specific purposes, which makes played different from structured activities such as sports and physical education. According to Corbin as cited in Grey et al., 2008, the motivation for children to participate in physical activities were their perception of competence and associated feelings of enjoyment and interest towards sport. Children will consider sports or physical activities as fun activities when they feel actively involved and did not perceive a threat of failing if they did not perform well and they could freely choose what activities that they want to involved (Fox & Ken, 1991).

Adolescent was encouraging to participate in sport because of the incentives that they could get, it was include competition, flexibility, strength, improving agility, controlling weight and mastery (Fox & Ken, 1991). According to Saimon et al. (2015) adolescents perceived physical activities as sports activities that could give benefit for a healthy body and mind, to keep fit, to improve body image, to reduce stress, and to occupy one's leisure time. People encourage in joining sport because they feel happy when they can socialize with their friends and making new friends (Skill & Osteras, 2011). Other than that, adolescent choose programs that provided benefit to them, adolescent whom active in sports, they played sport to get into competition. If they win the competition, they could get money or prize. Extrinsic and intrinsic rewards can attract people in participating an event or tournament. For an example, incentive can motivate student to attend out of school or university programs.

On the other hand, for youth who did not active in sport, they more to be a spectator of a sports. Through sport people got more knowledge about their bodies. Sports teach people

learn basic physical activities, skill, rules of the game”, fair play and respect, tactical and bodily awareness. Likewise for adult, according to Jones et al. (2011), the most popular response by adult about participating in sports are health, exercise and fitness, being with others, enjoyment. But for adult that did not participate in sports the main reasons given is because they busy with their work and health factors and studies by Salamudin & Harun (2013), found that physical inactivity in Malaysia has increasing and lead to major health risk among Malaysian. People lazy to involve in sport and focus more on their work, shopping, and going to watch movies rather than do recreational activities. So when they became fat and obesity they used sport or physical activities as tool to lose weight.

METHOD

This research based on quantitative research methods. The questionnaire composed two sections: Section A was the demographic data of respondents. The respondent required to complete the demographic questionnaire that encompass six items “A1-A5” (Gender, Age, Faculty, athlete or non-athlete, program). The questionnaire was designed in two languages (Malay and English). The respondents were required to complete the questionnaire either in Malay or English. Section B was perception of sports. The forms composed by five batteries of items related to game, training, “champion”, and value of sport. The forms measure six concepts of sport: competition, education, fun, health, socialize and participation. Each section includes 3 items, each item related to a concept. Each concept could be measured by mark: from zero (not important at all) to five (very important).

RESULTS

Demographic profile

Table 1: Respondent's Demographics Profiles

| Demographic | | Frequency (f) | Percent (%) |
|-------------|-----------------|-----------------|-------------|
| Gender | Male | 189 | 44.2 |
| | Female | 239 | 55.8 |
| Age | 18-20 Years Old | 154 | 36 |
| | 20-22 Years Old | 218 | 50.9 |
| | 23-25 Years Old | 56 | 13.1 |
| Athlete | Yes | 172 | 40.2 |
| | No | 256 | 59.8 |
| Faculty | FSR | 64 | 15 |
| | FSPP | 218 | 50.9 |
| | FSKM | 146 | 34.1 |
| Program | Degree | 214 | 50 |
| | Diploma | 214 | 50 |

Table 1 showed the percentages of demographic profile of respondent. For the gender, it was indicating that 55.8% (n = 239) were female and 44.2 (n = 189) were males who involved in the data collection for this study. The percentages of respondents' age from 20-22 years old had the highest percentage with 50.9% (n = 218). It was followed by respondents' age from 18-20 years old with 36% (n = 154). The lowest percentage is 23-25 years old with the percentage was 13.1% (n = 56). Table 1 showed that the highest percentage, 59.8% (n = 256) undergraduates in UiTM Seremban were non-athletes and only 40.2% (n = 172) was athletes.

The result showed the non-athlete athletes was highest than athlete because undergraduates from the other two faculties which were Faculty of Administration Science and Policies (FSPP), Faculty Science Computer and Mathematic (FSKM) had more undergraduates rather than Faculty of Sport Science and Recreation (FSR) and most of them did not engage in sport activities. Table 1 showed that 15% (n = 64) samples of undergraduate were from Faculty of Sport Science and Recreation (FSR), 50.9% (n = 218) from Faculty of Administration Science and Policies (FSPP) and 34.1% (n = 146) from Faculty Science Computer and Mathematic (FSKM). From table 1, it shows result for diploma and degree program in UiTM Seremban was same 50% (n = 214) for each program.

*Overall Overview**Table 2: Overall Perception of Sports Involvement among Undergraduates UiTM Seremban*

| Concept | Mean | Std. Dev |
|---------------|-------|----------|
| Competition | 2.291 | .740 |
| Education | 2.035 | .715 |
| Socialization | 2.013 | .692 |
| Fun | 1.995 | .880 |
| Participation | 1.982 | .689 |
| Health | 1.968 | .693 |

Table 2 showed mean score perception of sport involvement among undergraduates of UiTM Seremban. Competition was the main aspect of sport. Education, socialize and fun were also important for all participant involved but participation and health were less considered.

*Descriptive Statistic of Items**Table 3: Descriptive Statistic for Competition*

| Competition | Mean | Std. Dev |
|---|-------|----------|
| It is important for me to win every sporting event that I participate | 2.540 | 1.176 |
| A good Skill and techniques help a person to success on the field | 2.250 | .924 |
| If I am a champion, I have to win a lot of competitions and games | 2.084 | .927 |
| Education Training is important to improve my game techniques | 2.108 | .955 |
| They can learn to do sports activities correctly | 2.000 | .879 |
| If I am a winner, I must be the best and become an example to my teammates | 1.998 | .886 |
| Socialization During competition, I have to play well for the team | 2.129 | .916 |
| As a champion I will play well for the team and help my teammates to win the competition | 1.993 | .791 |
| They will get new friends when involved in sports | 1.918 | .882 |
| Fun I feel happy when I can participate in sports | 2.126 | 1.077 |
| I feel happy with my friends and have a quality time during training | 1.951 | 1.065 |
| They will feel fun when they involved in sports activities | 1.907 | .934 |
| Participation During training it easy for me to interact with coach and my team-mates | 2.124 | .906 |
| I have to respect rules, coaches and competitors in the match that I joined | 1.937 | .878 |
| Respecting the rules, referees and competitors is necessary especially for winner | 1.888 | .775 |
| Health Training help to build good body posture | 2.110 | .905 |
| During training physical activity is important for health | 1.998 | .864 |
| Having a healthy lifestyle | 1.797 | .817 |

In table 3 above showed the highest mean scores of items under competition was “it is important for me to win every sporting event that I participate” which is motive for them in joining game or competition is to get position in the final ranking. The lowest mean score was “If I am a champion, I have to win a lot of competitions and games”. This was because a quality of a “champion” is not based on how many times he/she has win the games, but the way they struggle to achieve a particular goal.

The second highest mean scores which was education as shown in table 3. It showed the highest mean scores of items under education was “Training is important to improve my game techniques” It was because during training coach taught and they learned the right technique and skills that can help them future. The lowest mean score was “If I am a winner, I must be the best and become an example to my teammates” as the way to achieve their desired self-goals. The third highest mean scores which was socialization as shown in table 3. It shows the highest mean scores of items under socialization was “during competition, I have to play well for the team” which is social is the common reason for people participating in sport and they high sportsmanship spirit to do the best for their groups and win the games. The lowest mean scores were “they will get new friends when they involved in sports”. This was because the priority was to play well for the team but at the same time, knowing new friends is one of the factors in joining sports. The highest mean scores which was fun as shown in table 3. It shows the highest mean scores of items under fun was “I feel happy when I can participate in sports”. This was because they feel pleasure when they can involve themselves in competition and expressed their talent.

The lowest mean scores “they will feel fun when they involved in sports activities” as sports are fun activities that can be done at any time without formal rules and pressure such as hiking, trekking, and so on. The fifth highest mean scores which was participation as shown in table 3. It shows the highest mean scores of items under participation as shown in table 3 was “during training it easy for me to interact with coach and my team-mates” as training is considered as the moment to improve communication with coach and with team-mates. The lowest mean score of “Respecting the rules, referees and competitors is necessary especially for winners” as it is the most important thing in getting a quality and fair match. The sixth highest mean score was health as shown in table 3. It shows the highest mean scores of items under health which shown in table 3 was “training help to build good body

posture” as sport can help in build a good body image. The lowest mean score was “having a healthy lifestyle” as sports can keep a healthy body and mind.

BATTERIES

Table 4: During the game, how important it is:

| Game | Male | | Female | |
|--|---------------|---------------|---------------|--|
| | Mean (SD) | Mean (SD) | Mean (SD) | |
| 1.1C It is important for me to win every sporting event that I participate | 2.540 (1.176) | 2.434 (1.145) | 2.253 (1.195) | |
| 1.2F I feel happy when I can participate in sports | 2.126 (1.077) | 1.958 (.988) | 2.259 (1.126) | |
| 1.4P I have to respect rules, coaches and competitors in the match that I joined | 1.937 (.878) | 2.079 (.844) | 2.167 (.969) | |
| 1.3S During competition, I have to play well for the team | 2.129 (.916) | 1.905 (.820) | 1.962 (.923) | |

The UiTM student consider “It is important for me to win every sporting event that I participate” as most important issues during game. However, the first battery shows a difference between gender groups: males consider more important to get position in the final ranking, female conversely consider enjoy in games as their choice.

Table 5: During the training, how important it is:

| Training | Male | | Female | |
|--|---------------|---------------|---------------|--|
| | Mean (SD) | Mean (SD) | Mean (SD) | |
| 2.2H During training physical activity is important for health | 1.998 (.864) | 1.915 (.840) | 2.063 (.879) | |
| 2.2F I feel happy with my friends and have a quality time during training | 1.951 (1.065) | 1.825 (1.035) | 2.050 (1.080) | |
| 2.3E Training is important to improve my game techniques | 2.108 (.955) | 2.037 (.964) | 2.163 (.945) | |
| 2.4P During training it easy for me to interact with coach and my team-mates | 2.124 (.906) | 1.994 (.872) | 2.226 (.921) | |

The UiTM undergraduates considered the training as participation moment: According to the males” training is important moment to improve their game technique. However, females consider training is important to improve communication with coach and teammates.

Table 6: Thinking at the “champion”. How important for a champion to:

| Champion | | Male | Female |
|---|--------------|--------------|--------------|
| | Mean (SD) | Mean (SD) | Mean (SD) |
| 3.1C If I am a champion, I have to win a lot of competitions and games | 2.084 (.927) | 1.984 (.866) | 2.163 (.967) |
| 3.2P Respecting the rules, referees and competitors are necessary especially for winner | 1.888 (.755) | 1.873 (.733) | 1.900 (.809) |
| 3.3H Training help to build good body posture | 2.110 (.905) | 2.100 (.891) | 2.117 (.918) |
| 3.4S As a champion I will play well for the team and help my teammates to win the competition | 1.993 (.791) | 1.931 (.722) | 2.041 (.839) |
| 3.5E If I am a winner, I must be the best and become an example to my teammates | 1.998 (.886) | 2.027 (.878) | 1.975 (.893) |

Training helped to build good body posture is considered as important things for a champion besides technical skill and honours. For males, training helped to build good body posture and as a champion good body image is important. For females, win a lot of competition and games was important quality of a champion.

Table 7: Think at One of Your Friends Who Do Not Practice Any Sports. You would suggest to sport:

| Value of sport | | Male | Female |
|--|--------------|--------------|--------------|
| | Mean (SD) | Mean(SD) | Mean(SD) |
| 4.1S They will get new friends when involved in sports | 1.918 (.882) | 1.910 (.867) | 1.925 (.895) |
| 4.2C A good skill and techniques help a person to success on the field | 2.250 (.924) | 2.270 (.909) | 2.234 (.937) |
| 4.3F They will feel fun when they involved in sports activities | 1.907 (.934) | 1.852 (.922) | 1.950 (.942) |
| 4.4H Having a healthy lifestyle | 1.797 (.817) | 1.773 (.776) | 1.816 (.850) |
| 4.5E They can learn to do sports activities Correctly | 2.000 (.879) | 2.027 (.841) | 1.979 (.910) |

The UiTM undergraduates would suggest to practice sport “to get a good skill and techniques that can helps a person to success on the field and female highlight the same things, which

was benefit of joining sports were to get a good skill and techniques that could helped a person to success on the field.

RESULTS

There were different perception of sport among undergraduates liked: Faculty of Sport Science and Recreation (FSR), Faculty of Administration Science And Policies (FSPP), Faculty Science Computer and Mathematic (FSKM):

Table 8: Perception of Sports Involvement between Faculties

| | Sum of square | df | Mean | F | sig. |
|----------------|---------------|-----|-------|--------|------|
| Between groups | 19.698 | 2 | 9.849 | 26.353 | .000 |
| Within groups | 158.830 | 425 | .374 | | |
| Total | 178.528 | 427 | | | |

*Significant level set at ($p < .05$)

According to table 8 using a One-Way Analysis of variance (ANOVA) conducted to explore the perception of sport between faculty. Respondents were separated into three groups based on faculty (Group 1: FSR; Group 2; FSPP, Group 3; FSKM). There was significant differences in perception of sport; $F(2, 425) = 26.353$, $P=0.00$ between FSR, FSPP, FSKM undergraduates.

CONCLUSION

Undergraduates in UiTM Seremban perceived competition as the main aspect of sports. education, socialize and fun were also important for the undergraduates. Participation and health were less considered. According to the result, perception of sport based on gender, age, athlete and non- athlete, faculty and program, element competition get the highest mean score compare to education, fun, health, socialize and participation. To win every sporting event that respondents participating were important issues during game. Males considered more important to get position in the final ranking, while females conversely considered to enjoy in games as their choice. Training as participation moment, to improve their game technique is important for males. However, females considered training was important to improve communication with coach and teammates. Training help to build good body posture was considered as important things for a champion besides technical skill and honours. For males,

training helped to build good body posture and as a champion good body image was important. Females considered, win a lot of competition and games was important quality of a champion. The UiTM undergraduates would suggested to practice sports to get a good skill and techniques that could helped a person to success on the field and female highlight the same things, which was benefit of joining sports was to get a good skill and techniques that helped a person to success on the field.

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