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Vincent A. Parnabas

Nagoor Meera Abdullah

Mohamad Nizam Mohamed Shapie

Mohamad Rahizam Abdul Rahim

Faculty of Sports Science and Recreation, Universiti Teknologi MARA, Shah Alam Selangor

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Corresponding Author

Vincent Parnabas

Email: vincent@uitm.edu.my

Faculty of Sports Science and Recreation

UiTM Shah Alam

Phone: +603 - 5521 1892

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Vincent A. Parnabas, Nagoor Meera Abdullah, Mohamad Nizam Mohamed Shapie, & Mohamad Rahizam Abdul Rahim

Faculty of Sports Science and Recreation, Universiti Teknologi MARA, Shah Alam Selangor

Abstract

There are many reasons why individuals participate in sports or physical activities. There are two main types of motives for engaging in physical activities, which is intrinsic and extrinsic motivation. Previous research found that the six important motives, given by student-athletes for sport participation, were achievement, body shape, physical fitness, teamwork, learning new skills and challenges. However, research comparing the difference on motives for taking part in physical activities, especially on gender is limited. The aim of this study is to find the motives of taking part in physical activities among male and female student-athletes. A hundred student-athletes Purpose of Sport Questionnaire. Seven factors were derived from the questionnaire, Mastery or Cooperation, Physically Active lifestyle, Good Citizen, Competitiveness, High Status Career, Enhance Self-Esteem and Social Status or Getting Ahead. The sample was chosen from a Malaysian university. The result showed that there isn't any significance differences on the motives of taking part in physical activity between genders. Since the result showed that the main motive for both gender were physically active lifestyle, it is better to plan the facilities of sport to fulfill this motive. In addition, identifying the range of motives given by the result of this study, will help sports psychologists to provide adequate and variety of sports programmers to maintain interest among participants.

Keywords: *Motives, Physical Activities, Physical Active Life Style.*

INTRODUCTION

A motive is what prompts the person to act in a certain way, or at least develop an inclination for specific behavior (Kast & Rosenzweig, 1985). Motivation refers to “the reasons underlying behavior” (Guay et al., 2010, p. 712). Paraphrasing Gredler, Broussard and Garrison (2004) broadly define motivation as “the attribute that moves us to do or not to do something” (p. 106). Motivation can be described as the driving force in a person who encourages them to take action produced by the strain, as a result of unmet needs. Specific goals that they select and patterns of action they did to achieve their goals is the result of individual thought and learning (Deci & Ryan, 1985). In other words, motivation means the continuity of learning behaviour to achieve certain goals.

There are many reasons why individuals participate in sports or physical activities throughout their lives. Many peoples’ lifelong learning and engage in physical activity related to the purpose and benefits of participate. Research on Malaysian, found that the main reasons gives for engage in physical activities were health benefits, interest, sense of achievement, school or university activities, to socialize, reduce weight, competition, and to improve their body shape (Salman, 1977).

According to Deci and Ryan (1985), in Self-Determination Theory (SDT) had distinguish between different types of motivation based on the different reasons or goals that give rise to an action. There are two main types of motives for lifelong engaging in physical activities, which is intrinsic and extrinsic motivation. Extrinsic motivation is defined as the performance of a task in order to earn reinforcement (French, Henderson, Lavay, & Silliman-French, 2014). Extrinsic motivation refers to motives that comes from outside of an individual for example rewards such as money, prizes, t shirts and so on. Intrinsic motivation refers to motives that comes from inside an individual and is characterized by deriving interest, pleasure, and enjoyment from performing or learning a task (French et al., 2014). The motivation comes from the pleasure one gets from the task itself or from the sense of satisfaction in completing or even working on a task.

Furthermore, McClelland developed the achievement motivation theory, based on his ideas about a personality characteristic known as need achievement, or achievement motivation that he considered as being stable and observed across different situations. People who are high on his traits are strongly motivated to succeed in whatever they do, and are not motivated in avoiding failure, and do not think about failure at all (Boateng, 2009).

Each person may have different level of motivation depending on their lifestyle and are completely different from one another. Men and women have different level of motivation and are completely different from one another. Majority of men compete with each other especially in terms of sports in their life. Kilpatrik, Hebert and Bartholomew (2005), stated that men having higher levels of motivation than did the women for challenge, competition, social recognition, and strength and endurance.

According to Ingledew, Markland and Strömmer (2014), male and female adults participate in exercise for enjoyments, affiliation, appearance, challenge and competition. The main factor for women to involve in exercise is to improve their physical appearance. Women emphasize more importance on their appearance, weight management, and social benefits (Molanorouzi, 2015). Men tend to exercise to increase their muscle mass while women often exercise to try to lose their

weight (Zervou et al., 2017).

Physical activity is important to prevent many diseases. Research done by Booth, Roberts and Laye (2014) showed that physical inactivity is a primary cause of most chronic diseases, such as heart disease, cancer, and diabetes. According to the report of Centers for Disease Control and Prevention Chronic Disease Prevention and Health Promotion (2011), chronic diseases account for 70% of all deaths in the U.S., which is 1.7 million each year. According to the Medline Plus magazine (2021), inactive lifestyle can raise your risk of obesity, heart diseases (coronary artery disease and heart attack), high blood pressure, high cholesterol, stroke, metabolic syndrome, type 2 diabetes, certain cancers (colon, breast, and uterine cancers), osteoporosis, and increased feelings of depression and anxiety.

There is a need to do a research on those who engage in physical activity because motives often resembled the reasons people continue and learn throughout their lives. Studies of youth physical activity have consistently reported that male subjects are more active than female subjects and that physical activity declines with age (Troost, Pate, Sallis, Freedson, Taylor, & Dowda, 2002). However, since there is lack of research motivational factors influence on physical activity, especially on gender. It is important to emphasize that there are also differences based on gender-correlated motives in taking part in exercise.

AIMS OF THE STUDY

The objective of this study was to explore lifelong motives for participating in physical activities between genders.

MATERIALS AND METHODS

A 46-item questionnaire called Purpose of Sport Questionnaire designed by Duda's (1989) was used. Seven factors were derived from the questionnaire, Mastery or Cooperation, Physically Active lifestyle, Good Citizen, Competitiveness, High Status Career, Enhance Self-Esteem and Social Status or Getting Ahead. The samples of students targeted in the survey were athletes from the Faculty of Sport Science and Recreation, at University Technology MARA (UiTM). One hundred students, fifty-five males (n=55) and forty-five females (n=45), were selected to participate in the study.

RESULTS AND DISCUSSION

Respondents' Profile

The respondents' profile described levels of skill, gender, types of sport (team and individual), level of education and age. Table 1 shows the overall results of the respondents' profile of 100 athletes. The overall mean age for these respondents was 21.84 years old. The age of male respondents varied from 18 to 25 years, where the mean age was 21.66 years old. The age of females ranged from the minimum of 18 to the maximum of 24 years old. The mean age for female respondents was 21.20 years old.

The variable “skill of athletes” which is gathered through this study is categorized into four levels. They are national, state, district, and university. The result showed that, there were fifty-five males (n=55) and forty-five females (n=45). According to the levels of skill, there are 15 respondents had participated at national (n=15), whilst state (n=20), district (n=35) and university level (n=30). The course level of education showed that, Diploma (n=55) and Degree (n=45). The result based on types of sport, team (n=60) and individual (n=40).

Table 1: Respondents’ Profile (n=100)

Variables	Frequency	Percentage	Mean	SD
Skill of Athletes				
National	15	15		
State	20	20		
District	35	35		
University	30	30		
Course				
Diploma	55	55		
Degree	45	45		
Gender				
Male	55	55		
Female	45	45		
Types of sport				
Team	60	60		
Individual	40	40		
Age				
Male			21.68	1.57
Female			21.20	1.20
Overall			21.84	1.88

Cronbach Reliability Coefficients

In this study, Cronbach alpha coefficients were found relatively high, .87 (Table 2).

Table 2: Cronbach Reliability Coefficients (n=100)

Questionnaire	Cronbach’s Alpha
Purpose of Sport Questionnaire	.8707

Physical Activity Motives

The t-test shown that there were no significantly difference for motives in physical activities between genders. The motives were Mastery or Cooperation (t= 1.97, p>0.05), Physically Active Lifestyle (t= 1.22, p>0.05), Competitiveness (t= 1.38, p>0.05), Enhance Self Esteem (t= 1.55, p>0.05), Good Citizen (t= 1.10, p>0.05), High Status Career (t= 1.79, p>0.05), and Social Status or Getting Ahead (t= 1.15, p>0.05). Table 3 below shows the overall test results of sport motives and gender differences according to each motives.

Table 3: Motives of Gender Differences (n=100)

Motives	Gender	Mean	SD	T value
Mastery or Cooperation	Male	4.12	0.52	1.97
	Female	4.01	0.39	
Physically Active Lifestyle	Male	4.77	0.55	1.22
	Female	4.59	0.47	
Competitiveness	Male	4.52	0.53	1.38
	Female	4.33	0.46	
Enhance Self Esteem	Male	4.27	0.52	1.55
	Female	4.12	0.44	
Good Citizen	Male	3.72	0.57	1.10
	Female	3.55	0.50	
High Status Career	Male	3.66	0.51	1.79
	Female	3.61	0.48	
Social Status or Getting Ahead	Male	3.51	0.47	1.15
	Female	3.43	0.44	

* $p < .05$

The present research showed that the ranking for all motives between male and female respondents are the same. No significant differences found on the lifelong motives for taking part in physical activities. This finding was quite similar if compared to the research done by Nicholas, Pearce, Pentony and Pilz (2000) using the same questionnaire. There is a clear sense that men and women are similar when it comes to the things related to sport.

CONCLUSION

The result showed that there isn't any significance differences on the motives of taking part in physical activity between genders. It is the motive to take part in sports for physical reasons, notably health, weight, or keeping fit. Therefore there is a need to plan and attract people to participate in sport according to their sport participation motives. Since the result showed that the main motive for both gender were physically active lifestyle, it is better to plan the facilities of sport to fulfill this motive. In addition, identifying the range of motives given by the result of this study, will help sports psychologists to provide adequate and variety of sports programmers to maintain interest among participants.

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