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A study on motivational factor influencing participation in sports among male and female

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Abstract

The purpose of the study was to assess the motivational factor which influence the participation in sports among male and female. The study has been done on Kho-Kho players who practiced in Chattarsal Stadium and IGIPESH at New Delhi. The data was collected from 30 male and 30 female kho-kho players. The age of the subjects was ranging from 13 to 18 years. The subjects were interviewed by means of self-developed questions to collect necessary information in regard to different factors of motivation. The recorded data were later analyzed and interpreted. The percentage method was used to interpret the data. The result revealed that the most important factor was recognized as fun and fame.

Keywords: motivational factor, sports among male and female

Introduction

Sports is a psycho-social activity. It has both psychological and social dimensions, besides physical, psychological and technical aspects sport is an aspect of physical education, recreation and competition are its two poles axes on a common continuum. Motivation is a process by which an individual is inspired, go added or coaxed to do something. It is one of the most important condition, which aid learning. This psycho-physiological construct impels the individual to achieve his pre-determined goals. Motivation is purposive: without the presence of goals this process may not start at all. The goal may be biological in nature or purely sociological. A goal is the initiator of the activity in the organism and once the action is started, it must find some direction and some end. Greek philosophers, initiated the move to explain the nature of human motivation. Epicures set forth the proposition that use of motivation is to seek pleasure and avoid pain. However, they realized that immediate pleasure could, in the long run, bring therefore they argued that the goodness of a thing could be obtained only if the intellect was fully developed. The Greek believed that the essential of humans was intellectual ability, something animals lacked ^[1].

There are two types of motivation, namely 'Intrinsic' and 'Extrinsic' motivation. Intrinsic motivation is performing an action or activity for your own satisfaction. Extrinsic motivation speaks about the fame, money and recognition. Bergin (1988) ^[3] examined intrinsic motivation for learning, out of school activities, and achievements. And this study suggests that achievements and most specific common goals that they name are social relationship, goals-superiority and belongingness ^[2].

Gauld, Feltz and Weiss (1985) ^[9] conducted a study to assess participation motives of competitive swimmers. And the result of the study shown that the subject rated fun, fitness, skill improvement, team atmosphere and challenge as the most important motives for participation. Females were equivalent to male on achievement status and greater emphasis was laid in friendship and fun ^[3].

Objectives of the study

1. To identify the motivational factors which influence the participation in male kho-kho players.
2. To identify the motivational factors which influence the participation in female kho-kho players.

Methods and Procedure

Selection of subjects

A total number of 60 subjects (thirty male and thirty female) kho-kho players. The age of the subjects was ranging from 17-28 years.

Construction of questions for the interview

The question for the interview was to get maximum worthwhile and meaningful response from the subjects in the area of motivational factors.

Administration of interview

The subjects were interviewed in regard to the different factors of motivation and their influence in participation in Kho-Kho. The portable tape recorder was used for gathering the information.

Collection of data

The data for the study was collected from thirty (30) male and thirty (30) female Kho-Kho players from Chattarsal stadium and IGIPESS, New Delhi. Information was collected by tape recorder and was analyzed and interpreted by using percentage method of statistical technique.

Table 1: What motivated male kho-kho players to participate in this sport?

Variables	No. of responses	Percentage
Recognition	4	13.3%
Fun	7	23.3%
Health	4	13.3%
Interest	3	10%
Career	2	6%
Prize	2	6%
Fame	7	23.3%
Money	1	3.3%

In response to the above question 13.3% male kho-kho players exhibited motivated due to the social recognition that the discipline provides. The table also shows that 23.3% of male kho-kho players were motivated as the sport facilitate lots of fun and enjoyment. 13.3% get motivated due to health benefit, 10% players were motivated by self-interest, 6% players motivated as it acts as a vehicle for career opportunity, and another 6% players motivated by prize. Whereas, 23.3% players motivated because it gives fame and bring laurel to the players and only 3.3% players motivated because of money. Pie diagram of the percentage representation has been shown in Fig 1.

Pie-chart

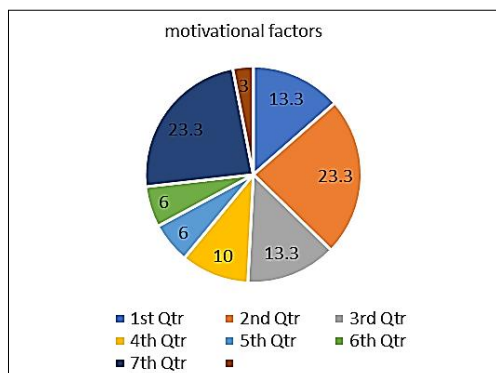


Fig 1: Percentage shown in clockwise direction from 12'o clock position as per representation given in table 1

Table 2: What motivated female kho-kho players to participate in this sport?

Variables	No. of responses	Percentage
Recognition	9	30%
Fun	7	23.3%
Health	5	16.6%
Interest	3	10%
Career	3	10%
Prize	2	6%
Fame	1	3.3%
Money	0	0%

In response to the above question 30% female kho-kho players exhibited motivated due to social recognition. The table no. 2 further reveals that 23.3% players motivated as the game facilitates fun and enjoyment, 16.6% players get motivated by health benefits, 10% players motivated by self-interest, 10% players motivated as it acts as a vehicle for career opportunity and another 6% players motivated by prize. Whereas, 3.3% players motivated because it gives fame and bring laurel to the players. Pie diagram the percentage representation has been shown in figure no. 2.

Pie-chart

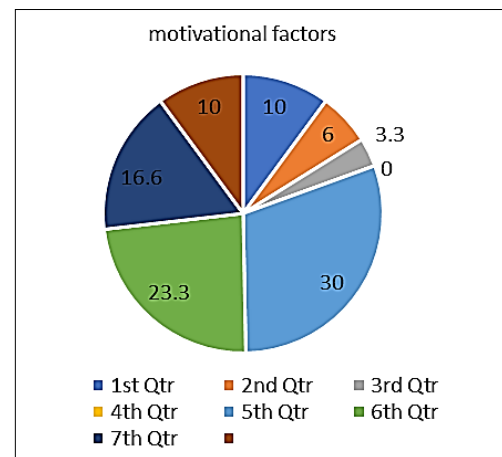


Fig 2: Percentage shown in clockwise direction from 12'o clock position as per representation given in table 2

Discussion of finding

The data collected on the subjects were computed on the basis of percentage method and findings revealed that 23.3% male and female players got motivated due to abstract fun and enjoyment while involving with sport. This could be due to the fact that while engaging in sport it provides free environment to express themselves and also to get involved with other people in a free environment. Especially, when the participant is not participating for competition. Whereas, 23.3% male get motivated to sport because it gives fame to them but in female the percentage is very low (3.3%). Probably in a society the boys are reared up in a pattern where their recognitions in the society is taken as gender identity. However, this particular factor may not have distinctly contributed to get motivated with fame factor. In social recognition the table shown the data is 30% female and 13.3% male players were motivated to practice kho-kho as this sport discipline provides them social recognition. The health was also recognized as one of the important factor for motivation to participate in sports. It is obvious that participation in sports yield many benefits including health. However, the money was least important factor for female. Whereas, male

have given very negligible importance to money factor.

Conclusion

The findings of this study revealed statistically 23.3% male and female players got motivated due to abstract fun and enjoyment while involving with sport. Whereas, 23.3% male get motivated to sport because it gives fame to them but in female the percentage is very low (3.3%). In social recognition the table shown the data is 30% female and 13.3% male players were motivated to practice kho-kho as this sport discipline provides them social recognition. The health was also recognized as one of the important factor for motivation to participate in sports in which 13.3 and 16.6 male and female participated in kho-kho due to the health factor.

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