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The reality of motivation and interest of sport of the people in Khammouane province, People's Democratic Republic of Laos

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Abstract

Through commonly used scientific methods in the field of sport, this study examined the current motivation and sport interest of people in Khammouane province, Lao People's Democratic Republic during the 2016-2020 period. This study provides an important scientific foundation to create a stable motivation and interests in sports for people, contributing particularly to the future development of the "Sport for All" movement in Khammouane province.

Keywords: Participate, awareness, sport for all, Khammouane province, Laos

Introduction

The Platform of the Lao People's Revolutionary Party affirmed: "The right social policy for human happiness is a great motivation to bring into play all the creative potentials of the people in the cause of building the Democratic Republic of Vietnam. Lao People's Government has gradually developed", and stated that one of the important aims of the social policy is to "ensure and constantly improve the material life of all members of society in terms of food, accommodation, travel, study, rest, cure diseases and improve physical fitness".

Khammouane is one of the cultural, tourist and economic centers of the Lao People's Democratic Republic. Therefore, the province offers many advantages in the development of sport for all movement, especially sports for ethnic minority. Recently, with the focus from the Party committees and authorities, Khammouane government outlines a strategy for the development of sport for all in the following years, which is "expanding and improving the scale and quality of sport for all in the coming years".

At present, sport for all activities have played a very important role in improving health and building a healthy lifestyle. Many forms of sports and physical training are popular such as: Jogging, Ayurvedic exercises, Running for health. Participating in folk games and sports such as: Lao martial arts, boat racing, stick pushing, Tug of war, crossbow archery, Sepaktakraw, Petanque... are included in local festivals and have become annual traditional tournaments.

However, according to experts, there are still some disadvantages and barriers in the province's sport movement, such as number of regular sport participators is low, people's awareness about sport for all is limited,... Therefore, assessing the motivation and interest of sport of the people in Khammouane province, Lao PDR is critical.

Research Methods

Data collection and analysis, interview and qualitative investigation and statistic were mainly applied in the study.

Results and Discussion

In order to investigate the motivation and sport interests of the people in Khammouane province, the study conducted a survey of 2,100 people in the province across all ages, from children to the elderly. The survey was conducted between January and March, 2020.

The results are presented in Figure 1.

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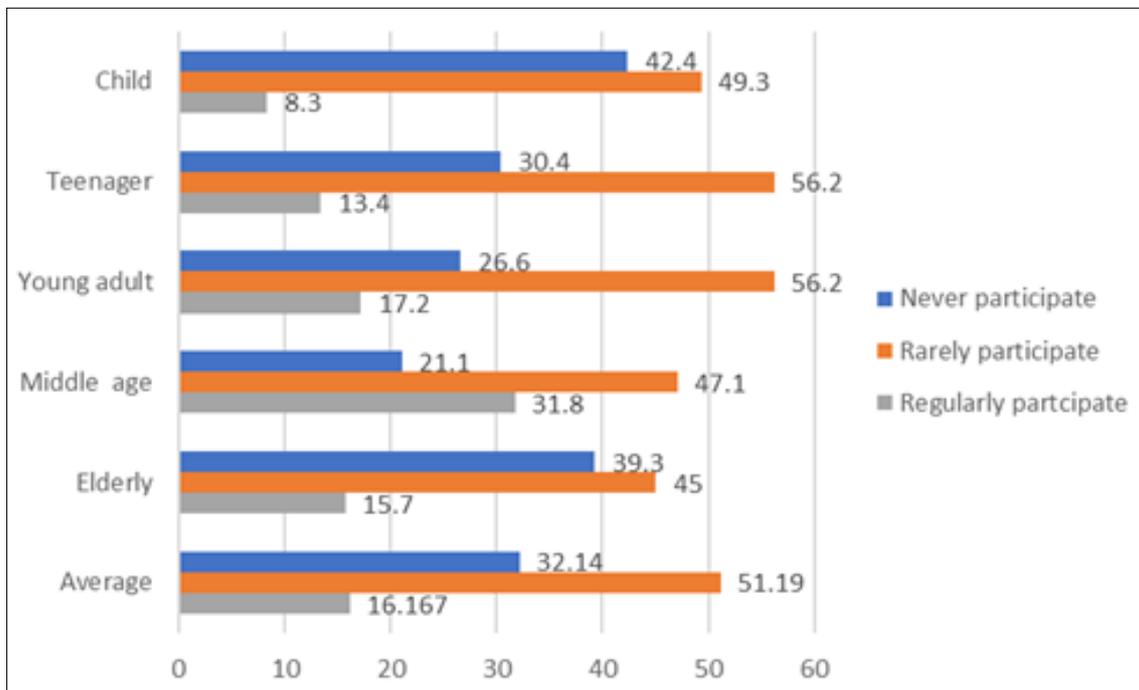


Fig 1: Frequency of sport participation in Khammouane province (%)

Figure 1 shows that the number of people who practice sports regularly is low (16.67%) compared to the rate of non-exercisers in the whole country (30%). Meanwhile, the number of people who rarely practice sport accounted for 51.19% - a rather high rate. The remaining number of people who do not play sport accounts for 32.14%. Elderly accounts

for the highest participation rate of 39.3%, followed by young adults with 26.6% and middle-aged with 21.1%, the lowest are teenagers and children with 17.2% and 8.3%.

The study also examines the motivation and sport interest by surveying 1,325 individuals playing sport in Khammouane province. The results are presented in Table 2 and Figure 2.

Table 2: Sport motivation of people in Khammouane province (%)

No	Sport motivation	Child (n=212)	Teenager (n=316)	Adult (n=312)	Mid-age (n=315)	Elderly (n=170)	Average (n=1325)
1.	Sport passion	6.13	10.44	25.32	36.50	34.11	22.49
2.	Habit	30.18	4.74	9.61	26.03	38.82	19.39
3.	The attraction of friends and relatives	47.16	57.27	58.65	69.84	28.82	55.32
4.	Realize the effect of sport	6.60	10.44	25.64	84.44	95.88	41.96
5.	Use actively free time	3.30	7.911	40.06	49.52	48.23	29.81
6.	Entertainment	17.45	28.16	33.97	63.17	46.47	38.49
7.	For good health	11.79	17.08	82.69	90.15	93.52	58.86
8.	Be professional athlete	16.50	11.70	6.41	7.93	5.88	9.58
9.	Will training	7.54	12.97	87.82	94.60	88.23	58.79
10.	Be perfect	9.90	16.13	95.51	98.73	91.17	63.09

*Note: 6-<12 year old: Child; 13-<20 year old: Teenager; 20-<35 year old: Young Adult; 35-<60 year old: Mid-aged; ≥60 Elderly

Table 2 illustrates that the sport motivation of Khammouane province's people is quite diverse, with the average motivation rates ranging from 9.58% - 63.09%. The most common responses for the motivation to play sports is to become a perfect one (63.09%), followed by playing sport to have good health for study and working (58.86%), followed by will training (58.79%) and the attraction of friends and relatives (55.32%). The less common response for motivation are realizing the effect of sport (41.96%), entertainment (38.49%), using actively free time (29.81%), sport passion (22.49%) and habit (19.39%). The least common motivation to practice sports is to become a professional athlete, which only accounted for 9.58%.

Notably, the motivation to play sports because of passion and habit are not so commonly chosen by respondent slow with only 22.49% and 19.39% respondents chose these two options. This pattern shows that the habit of playing sport is not really considered an important part of a healthy lifestyle.

At the same time, sport for all activities have not yet attracted a large number of people.

When analyzing sport motivation across different age groups, the figure also shows that the elderly and middle-aged people participate in physical training mainly because of motivation such as: Realizing the effect of sport; To have good health; Become a perfect person and will training (between 84.44% and 98.73%). The young adult group focuses on the same motives: Become perfect person; Will training; To have good health (between 82.69% and 95.51%). Notably, the motivation to participate in sport is generally lower in teenagers and young adults compared with the older age groups. This is mainly due to the attraction of friends and relatives (47.16% - 57.27%), whereas the other motivation is less common (3.30% - 17.08%). This pattern may suggest that the younger age groups are less motivated to participate in sports.

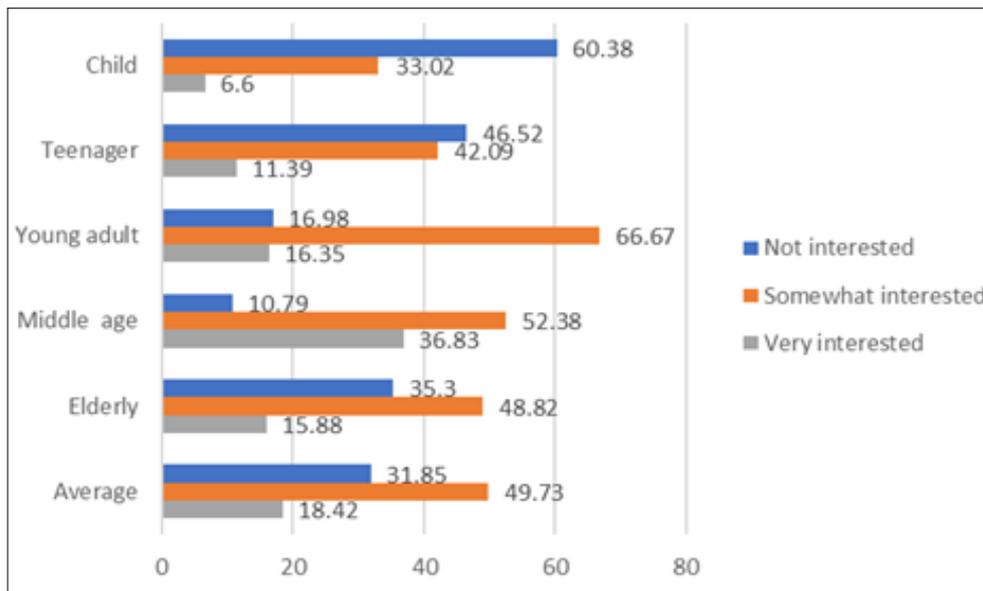


Fig 2: Interest in sport participation of people in Khammouane province (%)

Figure 2 shows that the majority of people in Khammouane province are either not interested or somewhat interested in sports (31.5% and 49.73%) while young adults, middle-aged adults and elderly, mostly reported to be somewhat or very interested in sports (48.82 - 66.67%), very few teenagers and children reported the same (6.6% - 11.39%). At the same time, teenagers and children were the least likely to be interested in sports of all age groups (46.52% and 60.38%). According to the above figure, both motivation and interest in playing sport are different across the age groups. As people grow older and play sports for a certain period of time, they may become more aware of the meaning of sport and become more motivated improve their physical and mental health. Therefore, their interest in sports are more consistent. Younger people may think that playing sports is just for entertainment, and their decision may mostly be motivated by friends rather than themselves. Therefore, younger people's interest in sport is often not high and consistent.

Conclusion

The research found the motivation and sport interest of the people in Khammouane province, Lao People's Democratic Republic is still fairly low and different across age groups. Age is proportional to motivation and level of interest. This study provides important foundation to create and maintain interests in sports, contributing to promoting the "Sport for All" movement in Khammouane province.

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