

Descriptive analysis of the motivation for taking part in sport or physical activity.

Introduction

In recent years it's been acknowledged that physical activity is the tool to control and support a person's physical and psychological balance (Liba, 2000). Physical activity can provide many benefits and this what motivates individuals to participate in physical activity. According to Biddle and Mutrie (2007) these benefits can be achieved through team sports or gym-based activities. Motivation can be described as the energy and direction of behavior (Deci, 1980; Deci and Ryan, 1985). The energy component behind motivation is the amount of effort that is put into a certain activity and the direction component is the personal interest one has for the activity. According to Frederick and Ryan (2008) an individual who's intrinsically motivated tend to participate in physical activity over a longer period concentrating on the activity and skill development but the extrinsically motivated individuals who tend to spend a small duration participating in physical activity only concentrate on the rewards, the enjoyment and to look good for holidays and not on the related factors of the activity itself. An intrinsic motivated individual is likely to participate in gym-based activities due to personal accomplishment and a extrinsically motivated individual is likely to participate in team sport activities due to the social award side of it (Deci, 1975). Everyone is different therefore everyone's motivation differs from one another.

Going back to 1980s the self-determination theory has proven to show the most relevance in terms of studying motivation (Deci and Ryan, 1985). According to research done by Wilson, Rodgers, Rodgers, and wild (2006) it gives off an impression that the BREQ-3 is the only instrument that can positively measure each type of motivation that's based on framework of the self-determination theory designed by Ryan and Deci (1985). Not only can BREQ-3 determine motivation it can ensure that it's valid and reliable in doing so. It's clear that everyone needs some sort of motivation to participate in physical activity. It's recommended that children should do around 60 minutes of moderate intensity of exercise per day whereas adults should do around 30 minutes of exercise a day 5-6 times a week (Department of health, 2004). It's come to many people's attention that this guideline is not being achieved and to support this to the growth in the obesity of the population in children and adults prove that. In 2014 40% of women over the age 18 were deemed overweight and 15% obese. Also, in the year before it was reported that around 40-45 million children under the age of 5 were either overweight or obese. By using the BREQ-3 it can provide us with knowledge on how motivated people are in the current moment and how important it is to be motivated from a young age. The key outcome of this study is to discover motivation of taking part in physical activity.

Method

Participants

For this study the participants were gathered from the school of sport, health and outdoor Education. There was a total of twenty-eight partakers, thirteen of those took part in gym-based exercises and 15 of which took part in team sports. In the team sports group, there were four males and 11 females. In the gym-based group there were eleven males and two females. In the

team sports group, the mean age was 36.80 years old and the standard deviation was 11.75. In the gym-based exercise group the mean age was 25.69 years old and the standard deviation was 7.03.

Instrumentation and design

For this study the participants had to fill in a BREQ-3 questionnaire. The BREQ-3 questionnaire consisted of twenty-four questions which were questions that are along the motivational continuum, with amotivation at one end and intrinsic motivation at the other end (Ryan and Deci, 2017). The questionnaire had a five-point Likert scale, zero meaning 'not true for me' and four meaning 'very true for me'. The information that was being gathered was held in confidence and was used for research purposes. The BREQ-3 questionnaire was categorized into 6 different factors across the motivational continuum which are amotivation, external regulation, introjected regulation, identified regulation, integrated regulation and intrinsic regulation. The participants had no knowledge of which questions were part of each factor when filling out this questionnaire.

Results

The results gathered showed a similar correlation between the team sport and the gym-based exercise participants. The sport participants had a slightly less intrinsic regulation of 11.27 compared to the gym-based participants who had a mean of 13.25. The standard deviation between the sport and gym-based participants were very similar with only .10 difference. The sport participants standard deviation was 2.37 and the gym-based participants was 2.27. On the other end of the motivational continuum there was only a 0.33 difference between the mean of both sets of participants. The amotivation of sport was 1.00 however the mean of amotivation of gym-based participants was 0.77. This is suggesting there was only a small number of participants who felt they have any type of motivation to act upon (Ryan and Deci, 1985). The standard deviation of amotivation between both parties was similar with only 0.41 of a difference. In figure 1 the figures show that there wasn't much of a difference between the mean of external motivation between sport participants and gym-based participants. Not the same can be said about the standard deviation in this factor because there is a slightly bigger margin of 0.51. This shows only a small number of participants' behaviors were motivated by rewards and others. The highest mean factor for participation in physical activity for sport participants was 12.80 which was identified motivation whereas for gym-based participants the highest mean factor was 13.15 which was for intrinsically motivated. The highest standard deviation for sport participants was 4.11 which was for introjected regulation and with only a small margin the gym-based participants had a standard deviation of 3.81 for the same factor. It was expected that the sport participants had greater scores for physical activity participation because of the variety of sports however the gym-based participants had better consistency in terms of their standard deviation as it was lower throughout all the factors.

Figure 1. Mean results

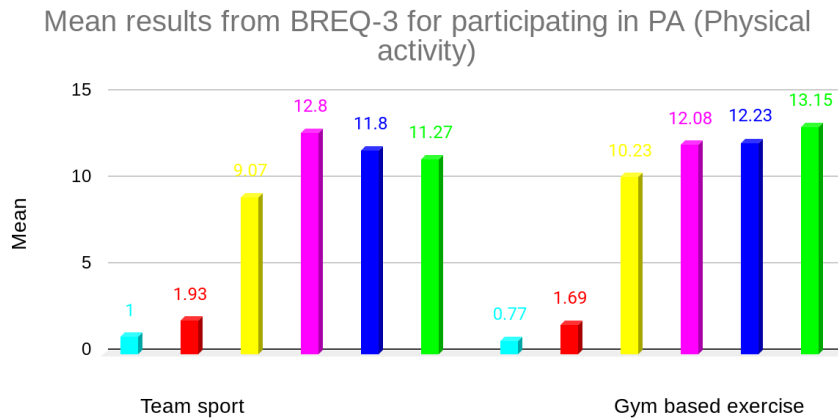
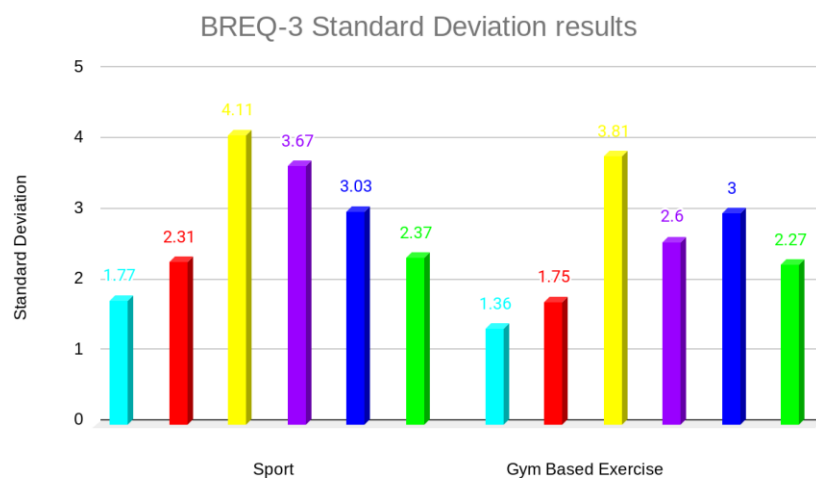


Figure 2. Standard Deviation results



Discussion

This study undertook a descriptive analysis of the motivation for taking part in sport. The two type of groups who took part in this study played sports and the other took part in gym-based activities. The groups were from the school of sport, Health Outdoor Education at the University of Wales Trinity saint David. Within this study it become clear that the participants who took part in sports were more extrinsically motivated whereas the gym-based participants showed greater signs of intrinsic motivation. It was expected that the participants who took part in sports showed higher levels of extrinsic motivation because it's usually done to obtain rewards and to avoid negative consequences (Deci and Ryan, 1985). It was also expected to see gym-based participants show greater signs of intrinsic motivation as it's usually individual based therefore it's done for their own pleasure and voluntarily. To further this study and understand the

participants motivation in more depth, it would be beneficial to see if sport participants took part in gym-based exercises and vice versa. According to Ntoumanis and Biddle (1999) to explore deeper bringing in culture and physical activity experience would be a great advantage to further this study.

The study done by Monteiro, Moutao and Cid (2018), Monteiro et al., (2019) Is supported within this study. Their study looked at the motivation of participants of sport and gym-based exercise contexts. Comparing the data in Figure 1 and figure 2 compared to the study done by above it showed similar results in terms of sport participants showing greater signs of extrinsic motivation and gym-based participants showing greater signs of intrinsic motivations. In their study it also showed how the self-determination theory is linked in with motivation. According to Howley (2001), for a sports participant to show higher levels of extrinsic motivation is likely because of the competitive component that is linked with the exercise. Therefore, the fundamental element of this is winning. On the other hand, gym-based participants have no competitiveness and can plan whenever they do their sessions showed greater levels of intrinsic motivation because it's all down to themselves and personal achievement. Therefore, by comparing both these studies would be realistic and both came up with similar results in terms of the motivation of the participants. Intrinsic motivation is the best type of motivation as it allows you to concentrate on your own achievement and not comparing it to anyone else. Whereas by being extrinsically motivated it comes with the stress off criticism from parents or coaches and this is usually in sports (Deci and Ryan, 1985). By being intrinsically motivated you can become to know more about yourself and show a greater sense of self satisfaction. Intrinsic motivation is the way to show appreciation of activities you like whilst enjoying them.

Word count 1488

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