

Motivation Levels for Youth Participation in Recreational Sports:

Intrinsic and Extrinsic Influencing Factors

Mustika Fitri*, Novrizal Achmad Novan
Faculty of Sport and Health Science Education
Universitas Pendidikan Indonesia
Bandung, Indonesia
*mustikafitri@upi.edu, novrizal@upi.edu

Fitriani Dewi
School of Postgraduate Studies Universitas Pendidikan
Indonesia
Bandung, Indonesia
fitrianiidewi04@gmail.com

Abstract—Sports activity has been identified as a context where positive and negative experiences encountered by youth. However, the factors that lead to positive and negative personal development are relatively less discovered among sport participants. The aim of this study is to find out motivation levels on either positive or negative personal development of sports participation. The questionnaire in this study was given to youth in the community by containing two indicators, the level of sports participation was based on intrinsic and extrinsic factors. Both of these factors indicated the level of adolescent motivation influencing factors on sports participation. Participants in this study were 20 men (57.1%) and 15 women (42.9%) between the ages of 9 and 19 years. The results showed that motivation levels of sports participation on the high level was 9 youth (36%), the moderate level was 14 youth (56%), and the low level was 2 youth (8%). It can be concluded that the level of youth motivation to participate in sports is mostly moderate.

Keywords: *motivation, participation, recreational sports, sports activity*

I. INTRODUCTION

Sport has been identified as the most popular structured activity for youth participation [1]. In the United States, secondary school students participated in at least one school or out of school sports team in the previous years estimated at around 62% [2].

Weiss and Williams summarize the reasons why youth participate in sports. They suggested that youth participate in sports because of their adequate physical competence. (e.g., Improving skills, achieving goals), social acceptance (e.g., Making new friends, team atmosphere), and comfort (e.g., Leisure, happiness). These reasons point to the complexity of youth sports involvement and show that individuals (i.e., comfort) and environment (e.g. team atmosphere) is prominent to understand participation [3]. Weiss and Williams concluded that participation in youth sports could be increased by (a) ensuring that sports are fun, (b) creating a task-oriented motivational climate, (c) providing social supports, and (d) guiding children to help themselves. It confirms that comfort and motivational climate are prominent factors for long-lasting youth participation in sports.

Sport participation has been suggested that the other main objective of the youth sports program must be personal developing [4]. Comfort is consistently associated with on-going sports participation [5-8]. The results of their analysis said that comfort is the most prominent component related to teenagers' commitment to sports. Weiss argued that comfort can be comprehended as a partial mediator in conceptualizing commitment in sports [7].

Identifying factors associated with sports participation is important because it will help in informing future research [9,10]. Motivation is another prominent factor known as influencing sports participation [11,12]. One of promising approach is to focus on motivation since it is a factor believed to help maintain behaviour and individuals initiate [13]. Therefore, determining levels of motivation and its influence on sports participation would be beneficial [10].

II. METHODS

The questionnaire in this study was given to youth in the community by containing two indicators, the level of sports participation was based on intrinsic and extrinsic factors. Both of these factors indicated the level of youth motivation influencing factors on sports participation. Participants in this study were 20 men (57.1%) and 15 women (42.9%) between the ages of 9 and 19 years who participate in school sports or sports club in their society. The sample is limited to team sports regarding motivation that reflects an individual perception of social environment.

The results on Fig.1 showed that the level of sports participating motivation mostly high and moderate, on the high level was 9 youth (36%), moderate level was 14 youth (56%), and the low level was 2 youth (8%). Youth motivation level of sports participation was based on intrinsic and extrinsic factors, both of these factors indicated as the level of youth motivation influencing factors on sports participation. Study results of youth motivation influencing factors during sports participation could be described as follows:

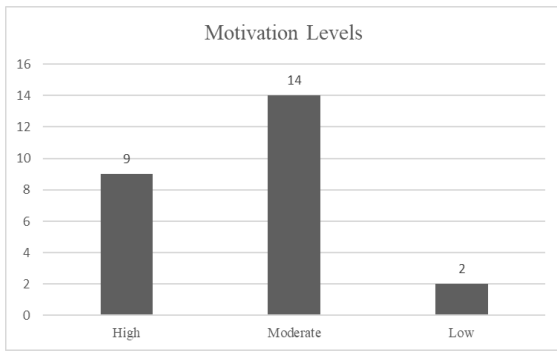


Fig. 1. Diagram of youth motivation level on exercise.

III. RESULTS

A. Intrinsic Factor

The results of research on intrinsic factors in this study were measured by 9 statements with a score range of 1-4 based on the physiological and psychological indicators. Results showed that the intrinsic factor of sport participation on the high level and low level was only 1 youth (4%), and the rest of them on moderate level were 23 youth (92%).

B. Extrinsic Factor

The results of research on intrinsic factors in this study were measured by 18 statements with a score range of 1-4 based on the physiological and psychological indicators. Results showed that intrinsic factor of sport participation on high level and low level was only 1 youth (4%), and the rest of them on moderate level were 23 youth (92%). Results showed that extrinsic factor of sport participation on the high level was 8 youth (32%), moderate level was 15 youth (60%), and low level was 2 youth (8%). The extrinsic factor in this study was based on exercise methods, coaches, facilities, and environment.

IV. DISCUSSION

Motivation is basically a mental condition that drives action and gives strength (energy) that leads to fulfilling needs, giving satisfaction, or else decreasing imbalance. Motivation is one of the prominent factors in improving an athlete's achievement.

The intrinsic factor is a factor that comes from within a person, which in this study is based on physical and psychological indicators. Results showed that the intrinsic factor of sport participation on the high level and low level was only 1 youth (4%), and the rest of them on moderate level were 23 youth (92%). With these results it can be indicated that youth have a high enough will and interest in sports activities participation.

While the results on extrinsic factors are factors that come from the outside which in this study was based on indicators of exercise methods, coaches, facilities, and environment. Results showed that the extrinsic factor of sport participation on high level was 8 youth (32%), the moderate level was 15 youth (60%), and low level was 2 youth (8%).

The moderate level means that extrinsic factors are less dominant driving factors than intrinsic factors. The results of moderate level mean extrinsic factors are moderately driving youth to participate in sports.

V. CONCLUSION

Results showed that motivation levels of sport participation on the high level were 9 youth (36%), the moderate level was 14 youth (56%), and the low level was 2 youth (8%). Thus, it can be concluded that the level of youth motivation to participate in sports is mostly moderate. The results of intrinsic factors that influence youth motivation are mostly on moderate levels with a percentage of 92%, while extrinsic factor was mostly on moderate levels as well with a percentage of 60%.

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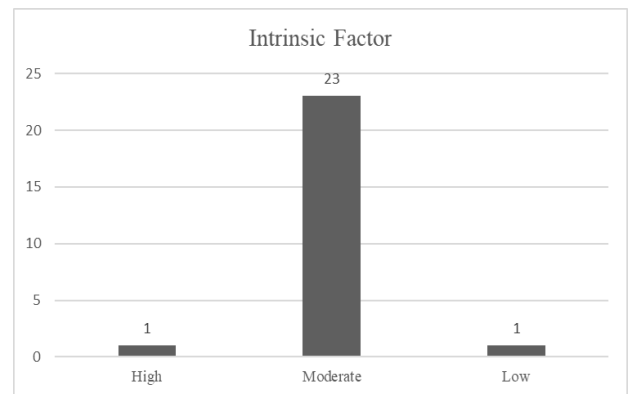


Fig. 2. Intrinsic factor results.

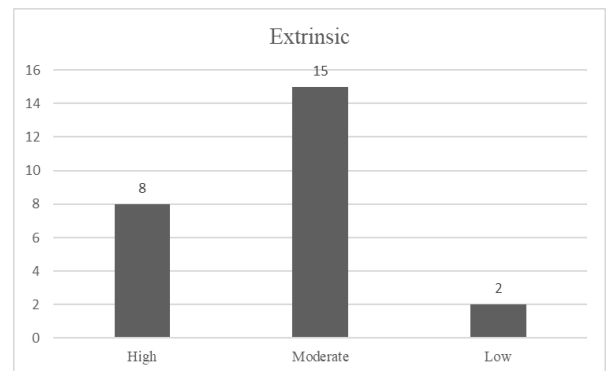


Fig. 3. Extrinsic factor results.

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