



**UNIVERSITI PUTRA MALAYSIA**

**MOTIVES FOR SPORTS PARTICIPATION AMONG SPORT  
SCIENCE AND RECREATION MALAY STUDENT-ATHLETES,  
UNIVERSITY TECHNOLOGY MARA (UiTM), SHAH ALAM**

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**MOTIVES FOR SPORTS PARTICIPATION AMONG SPORT SCIENCE AND  
RECREATION MALAY STUDENT-ATHLETES, UNIVERSITY  
TECHNOLOGY MARA (UiTM), SHAH ALAM**

**By**

**VINCENT PARNABAS**

**Thesis Submitted to the School of Graduate Studies, Universiti Putra Malaysia, in  
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**December 2002**



Abstract of thesis presented to the Senate of Universiti Putra Malaysia, in partial fulfillment of the requirement for the degree of Master of Science

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**Chairman: Prof. Dr. Hj. Azimi Hj. Hamzah**

**Faculty: Educational Studies**

There is a need to conduct a research on sport participation with those who had already taken part in sports, especially on Malay student-athletes because motives may not only be the reason why people start taking part in sports, but also often they are the reason why people continue to participate in sports. Furthermore, by understanding the motives of student-athletes to participate in sports, an effort can be made, in structuring the sports environment so that needs of the Malay student-athletes can be met.

The study was concerned with sport participation motives among Malay student-athletes of Sport Science and Recreation Faculty at University Technology MARA (UiTM). The purpose of this study was to identify the main motives for sport participation. The study also determined the differences in motive by gender (male and female), courses (Diploma



and Degree) and level of representation in sports (school, university, district, state and country).

The research employed quantitative research methodology based on responses from questionnaire. Purpose of Sport Questionnaire designed by Duda (1989) was employed as instrument. The sample consisted of 300 Malay student-athletes, who had participated in sport either at school, university, district, state or country level. A five-point rating Likert-type scale was used. The statistical package SPSS was used for data analysis. Percentages, means and standard deviations were computed for the criteria indicators. Independent t-tests and ANOVA were computed to determine significance between means of the groups, and were used to test for significant.

The findings showed that the sport participation motives of respondents were highest in Mastery or Cooperation, followed by Physically Lifestyle, Competitiveness, Enhance Self Esteem, Good Citizen, High Status Career and Social Status or Getting Ahead.

T test was used to examine the differences of sport participation motives between genders. Female respondents recorded higher scores than the male respondent on the following motives: Good Citizen, Competitiveness, High Status Career, and Enhance Self Esteem. However, there were no significant difference between the scores of female and male respondents on the motive of Mastery or Cooperation, Physically Active Lifestyle, and Social Status or Getting Ahead.



It was found that the Degree respondents achieved higher means in Mastery or Cooperation, Physically Active Lifestyle, Enhance Self Esteem, Good Citizen and High Status Career. Whereas, the Diploma respondents had only scored the higher mean in the following motives: Competitiveness and Social Status or Getting Ahead.

The effect of level of sport representation on motives for participating in sport was only significant on the motives of Mastery or Cooperation and High Status Career.

The results of this study are consistent with previous findings. The present research only used student-athletes as participants. Therefore, it is recommended that a future study should do a comparative study on the motives for participation in sports among student-athletes and non student-athletes. A future replication of this study with comparison to other races in Malaysia is necessary.

Abstrak tesis yang dikemukakan kepada Senat Universiti Putra Malaysia sebagai memenuhi sebahagian daripada keperluan untuk ijazah Master Sains

**MOTIF PENGLIBATAN DALAM SUKAN DI KALANGAN PELAJAR ATLIT  
MELAYU SAINS SUKAN DAN REKREASI, UNIVERSITI  
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Adalah perlu untuk melakukan suatu kajian terhadap motif orang yang terlibat dalam sukan, terutamanya terhadap pelajar-atlit Melayu kerana motif mungkin bukan merupakan sebab utama seseorang terlibat dalam sukan tetapi merupakan sebab bagi melanjutkan diri atau berada dalam sukan. Dengan mengetahui motif pelajar-atlit Melayu, usaha boleh dilakukan, sedapat yang mungkin, untuk merangka persekitaran sukan yang memenuhi keperluan atlit.

Tujuan kajian ini adalah untuk mengenal pasti motif-motif penglibatan pelajar-atlit dalam sukan, di Fakulti Sains Sukan dan Rekreasi, Universiti Teknologi MARA (UiTM). Di samping itu, kajian ini juga bertujuan untuk menentukan perbezaan motif-motif penglibatan dalam sukan antara jantina (lelaki dan perempuan), kursus (Diploma dan Sarjana Muda) dan tingkat penglibatan dalam sukan (sekolah, universiti, daerah, negeri dan negara).



Data kuantitatif menggunakan kajian diskriptif dikumpulkan melalui borang soal-selidik. Soal-Selidik Tujuan Penglibatan dalam Sukan (Purpose of Sport Questionnaire), yang dicipta oleh Duda (1989) digunakan dalam kajian ini. Bilangan sampel respondennya adalah 300 pelajar-atlit Melayu, yang pernah mewakili untuk sekolah, universiti, daerah, negeri atau negara. Skala gaya Likert 5 angka telah digunakan. Data dianalisa dengan menggunakan Statistical Package for Social Science (SPSS) dan dipersembahkan dalam bentuk peratus, min dan sisihan piawai. Selain itu, T-test dan ANOVA telah digunakan untuk menentukan signifikan antara min kelompok.

Hasil kajian menunjukkan bahawa motif penglibatan responden tertinggi dalam Penguasaan atau Kerjasama (Mastery or Cooperation), dan diikuti dengan Gaya Hidup Aktif (Physically Active Lifestyle), Persaingan (Competitiveness), Peningkatan Kendiri (Enhance Self Esteem), Warganegara yang baik (Good Citizen), Kerjaya tinggi (High Status Career) dan Status Sosial (Social Status or Getting Ahead).

Ujian t telah digunakan untuk menentukan perbezaan motif penglibatan dalam sukan antara lelaki dan perempuan. Dapatan menunjukkan bahawa responden perempuan lebih tinggi dalam motif-motif berikut: Warganegara yang baik (Good Citizen), Persaingan (Competitiveness), Kerjaya tinggi (High Status Career), dan Peningkatan Kendiri (Enhance Self Esteem). Manakala, tidak terdapat perbezaan signifikan dalam motif Penguasaan atau Kerjasama (Mastery or Cooperation), Gaya Hidup Aktif (Physically Active Lifestyle), dan Status Sosial (Social Status or Getting Ahead).



Dapatan menunjukkan responden Sarjana Muda memperolehi min yang tinggi dalam Penguasaan atau Kerjasama (Mastery or Cooperation), Gaya Hidup Aktif (Physically Active Lifestyle), Peningkatan Kendiri (Enhance Self Esteem), Warganegara yang baik (Good Citizen) dan Kerjaya tinggi (High Status Career). Manakala, responden Diploma hanya memperolehi min yang tinggi dalam motif Persaingan (Competitiveness) dan Status Sosial (Social Status or Getting Ahead).

Kesan terhadap tingkat penglibatan dalam sukan, menunjukkan adanya signifikan dalam dua motif, iaitu motif Penguasaan atau Kerjasama (Mastery or Cooperation) dan Kerjaya tinggi (high Status Career).

Dapatan kajian ini adalah hampir sama dengan kajian sebelumnya. Walaubagaimana pun, kajian ini hanya menggunakan pelajar-atlit Melayu sebagai responden. Sebagai kajian masa depan adalah dicadangkan untuk memperbandingkan antara pelajar-atlit dan pelajar bukan atlit. Juga kajian yang sama boleh dilakukan terhadap kaum Malaysia yang lain.





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I certify that an Examination Committee met on 20<sup>th</sup> December 2002 to conduct the final examination of Vincent a/l A. Parnabas on his Master of Science thesis entitled “Motives for Sports Participation Among Sport Science and Recreation Malay Student-Athletes, University Technology Mara (UiTM), Shah Alam” in accordance with the Universiti Pertanian Malaysia (Higher Degree) Act 1980 and Universiti Pertanian Malaysia (Higher Degree) Regulations 1981. The Committee recommends that the candidate be awarded the relevant degree. Members of the Examination Committee are as follows:

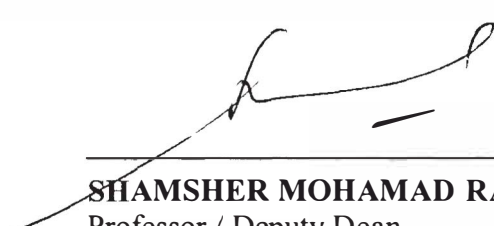
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## DECLARATION

I hereby declare that the thesis is based on my original work except for quotations and citations, which have been duly acknowledge. I also declare that it has not been previously or concurrently submitted for any other degree at UPM or other institutions.



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VINCENT A/L A. PARNABAS

Date: 22 /02/03

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# CHAPTER I

## INTRODUCTION

During the last 30 years, the world has experienced a phenomenal growth in interest and participation in sports by a large number of people in the developed countries (Willis and Campbell, 1992). In particular, types of sports that promote physical fitness and also improve the overall health of participants have become an important part of many people's lives (Wann, 1997; Gavin, 1992; Willis and Campbell, 1992). In fact, regular sports participation is an important aspect of a healthy lifestyle, that helps to prevent disease, improve health and quality of life (Gavin, 1992). Most developing countries including Malaysia, are also embracing sports participation as a means of improving the health of their citizens and reducing their healthcare costs. However, the number of Malaysians actively engaged in sports, as an exercise tool is limited (Siti Sa'aidah, 1997). Besides studying the general population, research is needed in understanding as to why Malay student-athletes participate in sports. Research of such nature will not only form the basis of attracting the general population to participate in sports, it is also explain why individuals participate in sport activity. It does also ensure Malay student-athletes to retain their influence in sports. In other words, several questions may be raised to find out what other motives for Malay student-athletes to continue participating in sports. The Malays who are the majority race in Malaysia were chosen as participants for the study. We now review the literature on the importance of the Malay race, religion and culture in Malaysia.

The Malay cultural personality is gentle, polite, passionate and well bred (Ismail Noor and Mohammed Azaham, 2000). Manners are paramount in one's daily habits of action. Much of Malay's modes of behaviours are derived from Islamic teaching.

The Malays are practicing Muslims, and Islam has a major influence on the lives of all Malays. Islam is generally accepted as a guiding beacon in the daily lives of the Malays. The Malay mindset is based mainly on his or her Muslim cultural heritage. Culture is moulded through a set of Islam values, and values determine character; and the Malays are rich in Muslim cultural traditions and customs passed down through ages (Ismail Noor and Mohammed Azaham, 2000). Muslim culture has always been a bedrock of Malay identity. Malay Muslim culture incorporates sport, language, literature, customs and social mores.

What has made the Malays wholesome as a people is that the combine mix of religion and cultural heritage has brought the best in them, since the fusion of vertical accountability to God Almighty and lateral accountability to his or her fellow human beings takes precedence over other things mundane.

Most Malays are practicing Muslims, as Islam is the official religion of this Malaysia. Islam has influence in their daily life. Even Malay culture embraces Islam in every aspect of life. Islam is practiced in their daily life and culture. This is different from other ethnic or groups in Malaysia, like Chinese and Indians, whose life are not governed by religion. The unique blend of religion and culture in the life of Malays

makes it interesting and important to study every aspect of their life including sport. It is, therefore, considered important for research to be undertaken to investigate the motives Malay student-athletes give for their participation in sports. The research is also important because most of the research on the motives for participation in sports conducted in Malaysia, focus on Malaysian as a whole. This means that the previous research have studied all the three major races of Malays, Indians and Chinese. None of the previous research on the motives of Malaysians for participating in sport focused on one race. The present study is aimed at addressing this problem by studying the motives Malay student-athletes give for participating in sports. Using Malay student-athletes as participants for the present research is also important, as Malays are the majority race in Malaysia. The Malays form about 55 percent of the total population of Malaysia.

Most of the research in Malaysia focuses on Malaysians as the whole. Malaysians are belonging to three major races, Malay, Chinese and Indian. Even though there were a few researchers on Malaysian motives taking part in sports but none of them focus only one race, especially on Malays as the majority people in the country.

### **Background of study**

Research has indicated that 70 percent Malaysian do not take part in sports (Siti Sa'aidah, 1997). However, taking part in sports brings many health benefits to participants (Pargman, 1998). Research is, therefore, needed to find ways of motivating people to take part in sports in Malaysia.



Several theories of motivation have been used to understand motives (Weinberg and Gould, 1995; Anshel, 1994). Those theories were personality theories of motivation, cognitive evaluation theory, social learning theory, competence motivation theory, and intrinsic and extrinsic theory.

There is a need to do a research on those who had already takes part in sports, especially on Malay students-athletes because motives may not be why people start takes part in sports, but often they are the reasons people continue (Gavin, 1992). Furthermore, by understanding what Malay student-athletes motive to participate, an effort to be made, where possible, to structure the sports environment so that the needs of the athletes can be met (Gould, Feltz and Weiss, 1985). In other words, understanding motives of those who are already involve in sports can help coaches, teachers and individuals to improve coaching, maintain motivation, prevent burn out and lower drop out rates (US Swimming, 1996). These benefits, among others, have prompted a need for understanding motives among athletes or those who are already take part in sports, especially an understanding of why Malay student-athletes initiate, continue and withdrawal from participation.

### **Sport Participation Motives in Malaysia**

There are many reasons why individuals begin to participate in sports. In Malaysia, 9research has been conducted with 1005 multi-ethnic (example Malay, Chinese, Indian, Bumiputera Sabah, Bumiputera Sarawak and Orang Asli), in relation to sports participating, found that the main reasons gives for student-athletes participation were

health benefits, interest, sense of achievement, school or university activities, to socialise, to reduce weight, to involved in competition, and to improve their body shape (Salman, 1977). This present study sought to extend Salman's (1977) research in this area and to increase our understanding of the reasons for Malay student-athletes participation in Malaysia.

There are other researches conducted using Malaysian sample. For example, in a research study of 200 student-athletes from University Putra Malaysia, it was found that the six important motive, out of 30 motive, given by students for sport participation were achievement, body shape, physical fitness, team work, learning new skills and for challenges (Sim Poh Chuen, 1994). The same study also found that friendship and want to become popular are the lowest motive for sport participation among student-athletes at Universiti Putra Malaysia.

A survey of a sample of Universiti Putra Malaysia student-athletes, which noted six important motives for participating in sports ranked as following: adequate facilities, health, socialization, personal interest, the structure of sport programme, and academic reasons (Rahim Harun, 1985).

Research done by Mior Othman Mior Mat Ramle (1987) at Hulu Langat showed that, 61.7% participated in sports for health reasons, 18.3% as hobby, 10.0% for socialization and 3.3% for fun.

## **Sport Participation Motives Overseas**

Past studies, showed that the major motives student-athletes have for their participation are enjoyment, to improve their skills, to be with friends, for arousal, thrills and excitement, and to become physically fit (White & Duda, 1994; Duda, 1989; Gill, Gross and Hudleston, 1983). Gill *et al.* (1983) took the first step in identifying the major motives that student-athletes have for participating in youth programs. Gill *et al.* (1983) determined that motives vary according to the gender of the student-athletes. Factor analyses suggested 'Achievement or Status', 'Team', 'Fitness', 'Energy Release', 'Situational Factors', 'Skill Development', 'Friendship', and 'Fun' as the dimensions of participation motivation. Gould *et al.* (1985), confirmed the work of Gill *et al.* (1983), and found that gender, age, ability, and level of experience also influence participation motives. Ryckman and Hamel (1993) indicated that high school athletes higher in perceived ability rated intrinsic factors higher than extrinsic factors. Flood and Hellstedt (1991) examined the sport participation motives of intercollegiate athletes. 'Competitive' aspects of participation were found more important than 'Social' or 'Fitness or Skill' motives among athletes. This present investigation sought to extend the previous research in this area and to increase our understanding of the reasons for Malay student-athletes participation in sports.

Motivation is concerned with arousal, direction and persistence of behaviour towards the achievement of a specific goal (Pargman, 1998; Franken, 1982). The present research will evaluate the motives that encourage Malay student-athletes participation in sports. Scanlan, Carpenter, Simons, Schmidt, and Keeler (1993a) identified five main motives



for student-athletes to engage in sports. They are namely, sport enjoyment, personal investment, social constraints, involvement opportunities and involvement alternatives. Sport enjoyment and personal investment were dominant predictors for sport participation (Scanlan *et al.*, 1993a). Subsequent research has led to the confirmation and also modification of the reasons assigned by Scanlan *et al.* (1993a) as the motives for sports participation (Carpenter and Coleman, 1998; Carpenter and Kieran, 1997; Carpenter, 1995; Carpenter, Scanlan, Simons, and Lobel, 1993; Scanlan, Carpenter, Simons, Schmidt, and Keeler, 1993b). Vallerand and Losier (1999) were one of the latest researchers to outline the motives student-athletes gave for participating in sports. They found that there are four main reasons as to why student-athletes' participate in a sport: to seek new sensations, master complex skills, conquer challenges, and to seek certain goals. The present study will expand on the motives identified by Scanlan *et al.* (1993a) by investigating the extent to which Malay student-athletes used the specific motives stated below for participating in sports.

Motives for taking part in sports include the following motives: Mastery or cooperation, physically active life style, good citizen, competitiveness, high status career, enhance self-esteem and social status or getting ahead.

### **Statement of the Problem**

Sports has grown in popularity among Malaysians since the hosting of the 1998 Commonwealth Games, for which Malaysia invested over £300 million in sports facilities. As a result of the Commonwealth Games, sports facilities have been greatly