

Original Paper

A Comparative Study on the Influencing Factors of Sports Participation between Male and Female College Students

TANG YAO^{1*} & CHENG YANG²

¹ Faculty of Psychology and Education, Universiti Malaysia Sabah, Kota Kinabalu, MALAYSIA

¹ Guiyang Institute of Humanities and Technology, Guiyang, CHINA

² Faculty of Physical Education, Guizhou Normal University, Guiyang, CHINA

* TANG YAO, Guiyang Institute of Humanities and Technology, Guiyang, CHINA

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Abstract

The sports participation of college students is affected by many factors. Due to the physical and psychological differences between male and female college students, the factors affecting college students' sports participation also show gender differences. An online questionnaire was distributed to students in four sports classes to investigate the influencing factors of male and female college students' participation in sports. A total of 100 valid questionnaires were received, including 36 male college students and 64 female college students. T-test was used for analysis. The results showed that two of the 29 investigated factors showed significant differences between men and women ($p < 0.05$ and $p < 0.01$). Conclusion: Male college students' sports participation is more likely to be affected by their lovers. Male college students practice sports skills to win sports competitions stronger than female college students.

Keywords

physical education, college sports, sports environment, school sports

1. Introduction

There are many advantages to participating in sports. However, college students' participation in sports is affected by many factors. Previous studies have shown that there are many factors affecting college students' participation in sports. Social culture, economy, peers, parents, sports facilities, sports events, and personal attributes will have an impact on college students' participation in sports (Sameer et al., 2021; Issah et al., 2015; Jaime et al., 2012; Rizwan et al., 2018). Due to the physical and psychological differences between men and women, and the social and cultural differences between different

countries, these factors also show differences between men and women, and different countries also show different differences (Yomi, 2014; LAURA, 2012). This study conducted a survey of college students in a large university in western China and compared the factors affecting male and female college students' participation in sports. The purpose of this study is to understand whether the influencing factors of college students of different genders participating in sports show gender differences.

2. Methods

2.1 Instrument

The questionnaire used in this study refers to the index system of campus sports culture in Chinese universities (Gu et al., 2010). This index system proposes the contents of campus sports in four aspects: sports material, sports system, sports spirit, and sports behavior. This study designed the questionnaire after adding and deleting some indicators as needed. A validity study is used to analyze whether the research item is reasonable and meaningful. The commonality value of all research items is higher than 0.4, which indicates that the research item information can be effectively extracted. In addition, the KMO value is 0.924, greater than 0.6, and the data can be effectively extracted. In addition, the variance interpretation rates of the four factors are 33.224%, 27.965%, 13.151%, and 4.605% respectively, and the cumulative variance interpretation rates after rotation are 78.944% > 50%. It means that the amount of information on the research item can be effectively extracted (Chung, 2004). Cronbach of the questionnaire α The reliability coefficient is 0.978, greater than 0.9, which indicates that the reliability quality of the research data is very high (Zhou, 2017).

2.2 Participants

This study was conducted in a college in western China, which was approved by the director of the college's sports department. The students involved in this study were full-time students in the second grade of the university. Finally, 100 valid ones were received. 36 male and 64 females, and their ages are 21 ± 2 years. All the recruited participants are voluntary, and the beginning of the questionnaire will also emphasize that this is a voluntary questionnaire. They can exit at any time during the answer to the questionnaire.

2.3 Procedure

This study adopts the online issuing questionnaires. This is a popular questionnaire distribution method in China. Respondents can log in to the questionnaire through their mobile phones and send back their answers. This is a very convenient questionnaire distribution and recycling square work, and it is more likely to be accepted by participants.

3. Results

This study compares the factors that affect the participation of male and female college students take part in sports, and designs a total of 24 options. SPSS was used to analyze the collected questionnaire

data. As Zhou (2017) stated that if we want to analyze the difference between the two groups of samples, we generally use a t-test to analyze whether there is a significant difference between X and Y ($p < 0.05$ or $p < 0.01$) (Zhou, 2017). The results are as follows:

Table 1. Influencing Factors of College Students' Participation in Sports

	Gender: (M \pm SD)		t	p
	male(n=36)	female(n=64)		
Because the school sports equipment/facilities make me feel good	3.25 \pm 1.11	2.98 \pm 1.15	1.126	0.263
Affected by school sports slogans	3.33 \pm 1.04	3.02 \pm 1.16	1.361	0.177
The sports sculpture in the school inspired me	3.17 \pm 1.13	3.03 \pm 1.15	0.567	0.572
Because the sports logo on campus inspired me	3.28 \pm 0.94	2.97 \pm 1.13	1.393	0.167
The school sports news inspired me	3.22 \pm 0.99	2.97 \pm 1.13	1.127	0.262
The school sports posters inspired me	3.33 \pm 1.07	3.02 \pm 1.12	1.384	0.170
Sports newspapers/books inspire me	3.39 \pm 1.02	3.14 \pm 1.05	1.144	0.255
Affected by school physical education rules	3.33 \pm 1.10	3.13 \pm 1.00	0.966	0.336
Affected by physical education classes	3.47 \pm 1.00	3.41 \pm 0.95	0.326	0.745
To pass the examination of physical education	2.78 \pm 1.15	2.95 \pm 1.16	-0.728	0.469
To win the game	3.36 \pm 0.99	2.73 \pm 1.16	2.732	0.007**
Affected by sports associations	3.28 \pm 0.94	3.11 \pm 1.06	0.794	0.429
To pass the physical fitness test	3.42 \pm 0.91	3.28 \pm 1.05	0.651	0.517
Because of a group that makes me happy	3.75 \pm 0.84	3.77 \pm 0.87	-0.087	0.931
Inspired by a certain sports star as an idol	3.56 \pm 0.84	3.19 \pm 0.99	1.879	0.063
Because the school sports concept	3.44 \pm 0.81	3.22 \pm 0.98	1.171	0.244
Because the atmosphere of the school sports culture festival infected me	3.47 \pm 0.84	3.14 \pm 1.01	1.673	0.098
Because a certain sports match inspired me	3.69 \pm 0.75	3.48 \pm 0.89	1.196	0.234
Because of the influence of peers	3.50 \pm 0.85	3.38 \pm 0.93	0.664	0.508
Because of the influence of teachers	3.39 \pm 0.84	3.28 \pm 0.98	0.553	0.581
Because of the influence of parents	3.17 \pm 0.74	2.95 \pm 1.10	1.036	0.303

	Gender: (M±SD)		t	p
	male(n=36)	female(n=64)		
For love or being encouraged by lovers	3.36±0.83	2.91±1.18	2.045	0.044*
I want to improve my sports skills	3.86±0.87	3.61±0.87	1.395	0.166
I want to be with my friend	3.64±0.93	3.44±0.92	1.044	0.299

* $p < 0.05$ ** $p < 0.01$

T-test was used to compare and analyze the influencing factors of male and female college students participating in sports, and the two influencing factors showed significant differences ($p < 0.05$). They are two factors: I practice sports skills to win the competition and I participate in sports for love or I am encouraged by my lover. The specific analysis shows that the factors for male and female college students to practice sports skills to win the competition show 0.01 level significance ($t = 2.732$, $p = 0.007$). The specific comparative difference shows that the average value of male college students (3.36) will be significantly higher than the average value of female college students (2.73). Male college students participate in sports to win the competition, which is stronger than female college students. Different genders, whether they participate in sports for love or are encouraged by their lovers, showed a significant difference of 0.05 level ($t = 2.045$, $p = 0.044$). The specific comparison shows that the average value of male college students (3.36) will be significantly higher than that of female college students (2.91). Male college students are more likely to participate in sports under the influence of their lovers.

4. Conclusion

Through a questionnaire survey on the factors of 100 college students participating in sports. Use t-test analysis to conclude. These factors were investigated to have an impact on the participation of male and female college students in sports, and there are gender differences between men and women. Male college students pay more attention to the competitiveness of sports than female college students, and they practice sports skills to defeat opponents, which is significantly higher than female college students. Male college students are also more likely than female college students to participate in sports encouraged by their lovers.

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