

The motivation for sport participation: as a review paper

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Abstract

Physical education is an important part of education to facilitate and coordinate the all dimensions of the human life through movement and exercise and helps to prosperity and develop good talent. Physical education is a social phenomenon in the desired direction through the participating in activities and mental and physical exercise, the underlying process of educating people and it was obtained the blossoming of the talents in all aspects, health maintaining and vitality, and increase moral virtues and improve the quality of life in all areas of personal and social. The aim of this study was to investigate the theory and research in the field of participants which it has been done in sport participation motivation. According to the survey, it can be concluded that several factors may be caused the cooperation of athletic participation, including such factors as rest and recreation factors, social factors, preventive and therapeutic agent, agent for improvement and learning skills and, of fitness, a private agent.

Keywords: Health, Physical activity, Motivation

Introduction

Sport and exercise as a way to spend leisure time, it is an activity that do not requires to special skills or strong will and considering interest to goal in mind to better it, anyone can participate. Sport as a factor for active recreation means that everyone can do it to improve the lives with at least cost to pay, regardless of age, gender, ability to provide health and social dependence (Karabakh, 2005). Sport is an activity that do not requires to special skills or strong will and everyone according to his interest and goal is to improve the company (Kanters, 2013). Public sport is a regular movement and collective effort to correct, change or development lacking in social systems and citizens voluntarily are participated in that movement (Chang, 1985). Duty of Public sport is responded to promote the welfare of all citizens and for their education. Public sport is related to comprehensive policy. The aim of the Public sport is efforts to promote sport among all segments of society that it works have effects such as health, social, educational and cultural development. Public sport is a reprehensive a policy for sports that provide the best opportunities possible for the greatest number of people and stimulate participants with different performance levels, to exercise great emphasis. The term "public sport" is a slogan and aims to encourage people to comment and participate in the exercise as well as inviting them to try to provide opportunities for all people. This work must be designed and constructed so that each participant with ambition and his abilities have the right to be champions. Therefore, the present study was to examine the literature and research in the field of participants in sport participation motivation which has been done.

Results

Attitude to public sport as an activity for leisure

Features of society are increasing the volume of leisure. Public sport should be ambitious and successful enough to fill up the time for people. Importance of the aspect of the exercise is to provide a variety of attractive programs for young people. Public sport can provide a useful hobby and it is a way to avoid of catastrophes such as alcoholism, smoking, drugs, AIDS. Programs of Leisure and recreational sports are very specific for children and youth and their role is very important. This program has a significant impact on education, culture and physical growth generation. Leisure and sports programs should enable children to learn exercise basic foundation and they can learn necessary skills as well as, the skill they usually do them. Physical education should teach children in schools to be permanently become interested in sports activities. Leisure and sports activities (fitness and corrective exercises, outdoor games and many fun games) play a very important role in the development of any society. Leisure programs for human beings, is essential for our physical health and mental condition. These programs influenced on culture and our work. In contrast, the sport of champions that is mainly emphasis on competition, the main features of the activities of public sport, recreational and off-line to the ideals of the Olympic movement and the focus is not only on competition.

Attitude to sport and physical activity

Evaluate ideas and cultural patterns over the centuries shows that sport and physical education in the context of the education system and the position of widespread use in various fields of social sciences to and distinguished as a mediator training for sociologists and other specialists. When the goals of education have been discussed, the role of physical education as one of the most important tools to achieve goals through planning programs lead to healthy and functional. Fields providing for the exercise in social studies, research and development spending as a mediator attitudes and human behavior was fulfilled at the first three decades of the twentieth century based on the scholars of researchers such as Luschen (1959), Sulton smith (1962), Kenyon Loy (1965) and others. General approach in this direction was the creation of a academic system that could respects, objectives and various fields of physical education in the light of the views and arguments and of course on the basis of basic and applied research, to explain and identify. With the establishment of functional links between sport, education and training, sporting activities became very valuable educational tools (Khuli, 2002). The answer to this question that physical education is seeking to which objectives in related peoples, an issue that drew the attention of many researchers., through the evaluation of elective objects, three areas identified for Physical Education: psychomotor, cognitive and emotional by Kirk in 1993. However, based on the theories of Tousignant (1983), Tinning and colleagues (1985) and Siedentop (1991), all on social arena agreed physical education, social safety was also added to the Kirk classification (Adelkhani, 2011) . Given that attitude effects on behavior and In other words, attitude and behavior have a causal relationship. The attitude to sport and movement activations is important for health as the origins of conscious behavior in order to achieve the objectives. In recent years, a trend in the field of public sport was increased among of teens and young adults with positive attitude in relation to the causes of many factors that can increase the tendency and the presence of the motivation (Bai, 2008).

Motivation and attitude to sport participation

Psychologists are known the target-oriented to describe the personality traits. They believe that the people have two goals task-oriented and self-focused. Each of these goal-oriented has provided the different motivations to run things. For example, goal-oriented focus on task makes athletes an incentive to acquire the skills that they need to find lots of sporting activities. On the other hand, self-goal-oriented is related to make positive comments on individual ability and avoid negative judgments to (Noorbakhsh and Mazraei, 2006). Some experts consider motivation as an important factor for access purposes. For example, Anshel (1993) has defined the motivation as a factor for the selection and the behavior and stability to achieve the goal. Motivations were also studied by psychologists in both intensity and direction. Highly motivated means how is motivated the person to achieve a specific purpose and power, and how much diligence of motivation is concerned and to target selection. What is the motivation of the performance? Why young people do find motivation to participate in some sports. Lose their motivation are pursued to participate in other sports, the targets. The needs understanding that can be task-oriented and self-goal-oriented to be followed, provide important component of motivation (Noorbakhsh and Mazraei, 2006).

The important incentives was stated for athletes to learn new skills, improve athletic skills available, feel the pleasure of physical preparation, enjoy the company of healthy competition and earn a reputation (Bai, 2008) . Harrison and Linch (2005) were stated that motivated athletes in sports was mostly external motives, because to

exciting feel for people they need to seek corporate activities that are consistent with their goals, targets the efforts and the duty to give (Huang, 2012). The goals also used to describe personality traits. This role implies readiness to participate in activities based on the motivation for what one wants to achieve. As this trend is stable, long-term and changing from one location to another, this preparation is called target-oriented. People have either task-oriented or self-goal-oriented. The task-oriented is reflecting the ability of the athlete to dominate the assignments or better skills.

Success criteria in terms of internal are defined as a self-referential and it is function of comparing current performance with previous performance person. The self-goal-oriented is related to make positive views about the ability of the person and avoiding from negative judgments on his ability. Type of goal orientation affects the motivation of people to participate in sports activities. Liukkonen (2004) and other researchers such as Linder and Sit (2003), Treasure (2000), Stibberg (2000), Mitt and Feltz (2001) and Zahariadis and Biddle (2000) have studied the motivations for their participation in sport and results the relationship between goal orientation and motivation. In other words, there is associated between the point of view of the individual's participation in sporting activities and goal-oriented interaction (Noorbakhsh and Mazraei, 2007).

Motivated people around the world tend to exercise universal

Attention to the public sport was conducted with different attitudes in the country from 1900 to 2000 which is included as enrichment, leisure or promotes health and wellness, or both attitudes among the people. Motivation tends to sport in some countries were: Latin America tends to motivate people Sport: fill leisure time. People North America: Health. Korean people: a cultural movement. Singapore: an activity for leisure, health and happiness. Australian: over life with sport. Malaysia people: the rule of ethnic and traditional values. Tourists were important factors in the development of sport in Australia, Spain, Poland, Bulgaria and Italy, and return to nature is the main focus to the sport for people, Germany, Australia, Finland, Italy, Romania and Bulgaria.

Recreation has motivated tend of America people to sport in the twentieth century and reflection of that is caused the progress in Germany and Greece. In South Africa, the public sport before 1970 was one of the goals and programs for white minority and then Senegalese has considered the public sport and then various peoples of the South African were attracted to the public sport by collapsing racist regime in 1994. Mozambique has incorporated public sport programs in the 1970s in their socialist regime. In Europe, 7 countries had experienced in public sport before 1945 that 5 countries were in East Europe. Public sport was developed in UK on 1970, in Greece and Poland due to increased public interest in the 1980s and in Finland the culture of sport as a saint for leisure time and the health is known. In Finland, Australia, Italy, Portugal, Bulgaria and Poland public sport was more attended by workers, and the public sport was very welcoming in Finland. Football was the main focus of the Hungarian people to the public sport, and voluntary services to the population have growth of the public sport in Bulgaria, Poland and East Europe provide (Supitr, 2002). Olympic was function of influence of public sport in 6 European countries, and Finland was the first country that developed the winners of the Olympic motto = healthy people as a culture. Four countries in Latin America before 1945 were run public sport programs, among of them Brazil and Argentina in the 1930s and 1940s were given to public sport and Europe has brought attention to public sport in terms of leisure, recreation and health of people and this was caused development of public sport in Latin America, especially Brazil.

Interests of Chileans championship sports was main obstacle of the tendency of people to the public sport, international competitions lead the development of sport for the people of Uruguay, Colombia, Chile, Venezuela and Mexico. In general, according to the head of the International Association of sport, the twentieth century was the century for health and fitness Olympic sports and century of twenty-first was the century of sport and recreation. In Russia, the favorite of people to watch the sports and extreme sports were focused to entertainment and sports-recreational and weekend activities (Davis, 2002; Bai, 2008). In Denmark the stress from competitive activity was changed towards free sports, this approach is more or less seen in other countries as well (Iumpkin, 1994; Bai, 2008). The latter approach is not means accepting one and reject the other, but also consider to the social demand. In Europe member states, a new wave of needs is interest in especially France. The underlying skating and recreational space is a priority. The popular sports are now less in focus in Scotland and particular attention are focused on the development of recreation areas for leisure time, these priorities approach have been well established in the model of Mull et al. (1997). This model represents a growing trend in the third millennium AD.

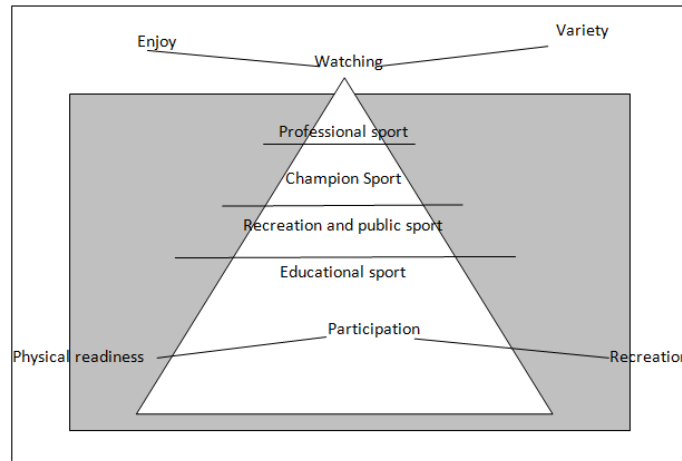


Figure: Hierarchical model of sport (Mol et al., 1997; quoted by Bai, 2008)

Figure, shows that the highest part is on the base of the pyramid and the move to the top of the reduced number of participants in the sport. On the other hand, the number of spectators in professional sport was most and in public sport training and was least. According to the two researchers, the development of professional is function of the public sport development, but not vice versa (Kapustin and Chernishev, 2002, Bai, 2008). Public sport and the championship are mixed together, but develop in different directions. Globalization and communication technology and social are demand factors for equalizations. Regardless to the negative aspects of globalization thinking, it must be admitted that this phenomenon is happening in the world sports (Ghafuri et al., 2005).

Discussion and Conclusion

Aim of this study was to examine the literature and research which has been done in the field of participants in sport participation motivation. According to the investigated studies it can be concluded that the attention to the public sport in the countries was conducted with different attitudes from 1900 to 2000, which can be noted in these cases: Latin Americans in the fields of public sport: motivates people to fill leisure time, North American people: Health, the Korean people: a cultural movement, the Singaporean: activity for leisure, health and happiness, the Australian people: living around the life with sports, and Malaysia people: the rule of ethnic and traditional values. The results from researchers groups have suggested that the high motivation of participants in the public sport is led to public health and so it's just entertainment, weight loss and treatment of diseases, and happiness gain and strengthen the body and soul are important motivation to attending in movement and sports. The results of other research are shown that the situation of public sport is not desirable in our society and should expand to educational and promote the sports facilities, and have to paid attention to sports to motivate people.

Also, there is a significant difference among of the orientation of motion activities and sports with gender, age, marital status and in the monthly cost for exercise. Many researchers have stated that people tendency was moves from sports championships to the public sport and men and women equally enjoy of participation in public sport, they are used these benefits for health, vitality and social relations. Sport as a leisure activity has decisive role in maintaining the physical and mental health of human beings. In fact, a healthy lifestyle requires mobility and sports activities. Viewpoints and sport participation motives of the people are so developed and diversified that has determined 100 motivational factors in this context (Green, 2005).

Conflict of interest

The authors declare no conflict of interest

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