

Role of Sports in the Development of Motivation as a Psychological Parameter Among the Students

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Abstract

This research study aimed to assess the role of sports in the development of motivation as a psychological parameter among students. The study's population consisted of both male and female physical education students enrolled in all universities, both public and private universities. KP, Pakistan. Two hundred twenty-six (226) students as a sample of the study. Under the direction of the study supervisor, the researcher created a Likert-type scale with five options that included 21 items in order to gather the necessary data. The researcher personally contacted every respondent during the collection of data. A self-made questionnaire with pertinent questions was created by the researcher for data collection, and the researcher personally distributed the questionnaires to the respondents and collected them once they had been completed. The appropriate statistical tools were used in accordance with parametric data after the gathered data was processed using statistical software for social sciences (SPSS, Version 24). Based on data analysis and findings, the researcher concluded that sports are a universal tool which promotes motivation among students. Likewise, the study also concluded that sports participation helps the students to have good motivation toward their goals, and healthy lifestyle activities such balanced diet, exercise, hygienic practices and disciplined behaviors.

Keywords: Healthy lifestyle, motivation, psychological parameter, physical education students, sports

INTRODUCTION

A sound body has a sound mind, this phrase reflects the idea that we participate in different games for the sake of recreation, joy and satisfaction for our children. Sports participation and bringing our kids into this field are crucial. Participating in sports helps our kids avoid a number of social ills that are prevalent in today's society and divert them from more social and enjoyable activities. Participating in sports also fosters self-control, cooperation, and accountability. It shapes our children's future for a better future by fostering the development of beneficial habits, mental toughness, and physical strength that all add to a well-rounded personality [1].

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Participating in sports is vital to human existence. Participation in sports largely depends upon individual interest and motivation [2, 3]. Along with sports activities, the players need some picnics and recreational facilities to rebuild the player's mode. It is a source of amusement and will boost the courage of the players, as well as a source of motivation [4].

Motivation is necessary and is the basic factor of a player or sportsman [5]. Motivation is the basic foundation of all athletic effort and achievement. All of the other mental components—confidence, intensity, focus, and emotions—are useless if you don't want to learn how to get better in sports. You

need to be driven to put in the effort necessary to reach your objectives and reach your full potential as an athlete [6].

Sports help young people develop their social skills. Youth participation in sports fosters social connections in addition to health. Youth sports involvement is influenced by a variety of factors. These elements include the government's and parents' financial support of their children, a lack of infrastructure, societal attitudes about sports, and restricted access to trained trainers. In addition, lack of knowledge about the advantages of sports and academic pressure also prevent people from participating. In order to overcome these obstacles and create an atmosphere that values cooperation and physical activity, parents, schools, and communities must work together to promote active participation in sports [7].

One needs to have a good physical status to participate in sporting activities. Physical status includes stable physical as well as mental health. A person who is in good physical and mental health can readily demonstrate their value in both society and athletics [8].

Sports boost social qualities like self-confidence, self-esteem and motivation among the students. Conversely, there is a lack of interest among the students in participating in sports. Why are students so disinterested in sports and what factors curb them from participation? What ways should be adopted to promote sports in society? Do students seek awareness about the role of sports in the development of self-confidence, motivation and self-esteem and how sports promote all the basic social qualities? To keep all these things in mind, the researcher conducted this particular study under the title "Role of Sports in the Development of Motivation as a Psychological Parameter among the Students"

METHODOLOGY OF THE STUDY

In order to arrive at certain findings and conclusions, the researcher will follow these steps.

Research Design

The researcher used a survey research approach in this study to investigate how sports contribute to the growth of motivation, self-worth, and confidence.

Population of the Study

This study was connected to sports and its role in the development of motivation on its participants. Consequently, because physical education and sports are closely related, the study's population consisted of both male and female physical education students enrolled at all universities (both public and private).

Sampling and Sampling Technique

The researcher took 30% of the students as a sample through a random sample technique. The total number of students who were enrolled in physical education programs in both public and private sector universities was fourteen hundred and forty (1440). So, for more authentic results, the researcher took 30% of students as samples from each university. Thus, the researcher selected Two hundred twenty-six (226) students as a sample of the study.

Tool Used for Data Collection

Under the direction of the study supervisor, the researcher created a Likert-type scale with five options that included 21 items in order to gather the necessary data. The researcher personally contacted every respondent during the collection of data.

Validity of the Instrument

The researcher developed the initial draft of a questionnaire comprised of 40 items and sent it to ten (10) experts in the concerned field. In this regard, the content validity method was applied. The

researcher considered all the suggestions of the experts. Finally, the researcher used 21 21-item questionnaires for reliability.

Reliability of the Instrument

The questionnaire was preceded by the co-efficient alpha on the entire scale in order to estimate the internal consistency reliability.

Analysis of Data Process

A statistical package for social sciences (SPSS, Version 24) and a number of statistical tools, including percentage, mean, test standard deviation, and others, were used to process the gathered data.

PRESENTATION OF DATA

Figure 1 depicts the age-wise frequency of respondents (N=226). Respondents aging 18-22 years were 114 (50.4%), respondents aging 23-27 years were 95 (42 %) and the respondents aging above then 28 years were 17 (7.5%).

The above Figure 2 indicates the gender wise frequency of respondents (N=226). Male respondents were 144 (63.7%) and female respondents were 82 (36.3%).

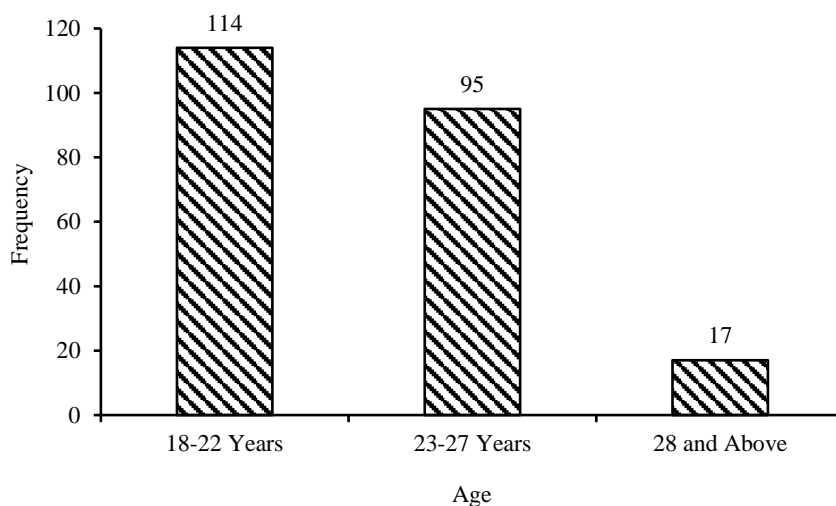


Figure 1. Showing the age-wise frequency of respondents.



Figure 2. Showing the gender-wise frequency of respondents.

Table 1. Independent sample t-test showing the gender wise-response of respondents about the role of sports in developing motivation among the students.

Gender Based							
Variables	Gender	N	Mean	Std.	T	Df	Sig
Motivation	Male	144	2.6097	.42744	.570	224	.000
	Female	82	2.5793	.29927			

The above Table 1 shows the gender-wise response of respondents about the role of sports in developing motivation (N-226, Male-144, and Female-82). The mean and standard deviation were used to express the data. Responses of male respondents about the role of sports in developing motivation was $2.6097 \pm .42744$. Responses of female respondents about the role of sports in developing motivation were $2.5793 \pm .29927$. The t value was .570, Df was 224 and P value was .000.

RESULT & DISCUSSION

The result of the current study reveals that sports promote motivation as a psychological parameter among the students such as responses of male respondents about the role of sports in developing motivation was $2.6097 \pm .42744$. Responses of female respondents about the role of sports in developing motivation were $2.5793 \pm .29927$. The t value was .570, Df was 224 and P value was .000. Such findings are supported by Dhahi et al (2022) and Vallerand, (2007) Sports help in developing a sense of motivation among the players [9, 10]. Sports players experience increased motivation as a result of both internal and external motivators. The authors further argued that motivation refers to the spirit associated with internal and external factors motivating the players toward sports participation.

Winning prizes, trophies and incentives are the external motivational factors motivating athletes toward sports participation [11]. The study indicated that extrinsic motivation (monetary rewards, positive feedback) can enhance performance and intrinsic motivation [12]. The study conducted by Makki & Abid (2017) also shows that intrinsic and extrinsic motivation have a positive correlation with employees' task performance and intrinsic and extrinsic motivation have an impact on employees' task performance [13]. Additionally, research indicates that women are more intrinsically motivated than men. These results are consistent with those of the current study as well.

CONCLUSION

Based on data analysis and findings, the researcher concluded that sports are a universal tool which promotes motivation among students. Likewise, the study also concluded that sports participation helps the students to have good motivation toward their goals, and healthy lifestyle activities such balanced diet, exercise, hygienic practices and disciplined behavior. The study also showed that both intrinsic and extrinsic motivational elements are linked to sports motivation, which has a big impact on students' performance and personal growth. Students are motivated by the happiness and fulfillment they get from playing sports on an intrinsic level, but extrinsically, peer, teacher, and family support, praise, and awards are crucial. Participation in sports also promotes self-confidence, teamwork, and resilience—all of which are beneficial to kids' general wellbeing and success in both extracurricular and academic endeavors. In order to raise a generation of driven, disciplined, and fit people who are prepared to handle life's obstacles, it can be extremely beneficial to incorporate sports into educational institutions.

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