Surveying on (intrinsic & extrinsic) motivation factors of women’s participation in public sport in Isfahan

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Abstract
Background: The aim of this research is determining the level of intrinsic & extrinsic motivation women’s participation in public sport in Isfahan.

Materials and Methods: the research is descriptive & the method of it is surveying & statistical population concluded all the women’s participation in twenty sporting station of Isfahan. The size of the sample is 400 persons that 387 of questionnaires are backed & also used random sampling in it, the tools of measuring of motivation of questionnaires of sport was SMS. The obtained data is used statistical methods such as; univariate t-test & univariate variance (ANOVO) for deductive analyzing

Results and Discussions: The results showed that the intrinsic & extrinsic motivation of women’s participation in public sport are higher than the average level (the mean of intrinsic motivation, 4.16, P=0.01 & the mean of extrinsic motivation 5.18, P=0.01) & also showed that the different significant. The obtained F showed the different significant P=0.05, too. The mentioned results showed that the main motivation of participants are, obtaining exhilaration, succulence, keeping physical & mental health & also obtaining calm & peace.

Conclusion: Main motivations of people that participate in sport are, obtaining exhilaration, keeping mental & physical health & calm. So, by attention to the findings can say that the sport is considered as calm tools, for keeping physical & mental health, obtaining exhilaration, happiness & these days, all people know about sport’s important roles in their life & health.

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Introduction

Sport have deep & mind meaning , in the current world & almost all countries try to develop & increase sporting activities & exercising, third world countries try to obtain success in sport that don’t backward global competition. So, sport is the public phenomenon then people & society will be used its benefits by developing it, providing its development for increasing, is considered as national duty. (Mehrbani, 2005)

Welcome of papers from public sport (sport for all) & paying attention of governments & non-profit organization to it, is considered as important social...
changes, although public sport is a fundamental factors for obtaining health, improving the level of people’s life but people participate in it as their culture, attitudes, believes & also their characteristics (age, gender, kind of job) & their motivation. (Molai Kohi, 2005)

In other hands, public sport causes to the participating of many of governmental & non-governmental organization. This kind of participation & investment are done in different reasons, so it must be surveyed in all kind of different reasons, so it must be surveyed all kind of factors & also women’s participation is one of the most important aspects in public sport.

Development in public sport is depend on the management & planning in different countries & for planning must be paid attention to the societies’ priorities to the public sport & for obtaining , not only the people’s favorites & tends is not enough, but also, all kinds of aspects of it must be surveyed in micro & macro level.

One of these aspects is to be familiar to the personal characteristics & motivations that they are tending to these activities. Different kind of organization & all kind of people can provide situations & conditions for employees, youth, retired and women by knowing goals & motivations for participating in public sport (Ramezani Khalil Abadi, 1994)

The role of motivation in sport participation

The factor or force that caused to the creation guidance & continuity of updating a behavior called motivation (Iso Aholo, 1999)

The first studies based on this hypothesis that there are two kinds of motivations; intrinsic motivation & extrinsic motivation.

Intrinsic motivation: it is related to the behavior that comes for obtaining an internal necessary & favorite (Deci, 1975) when a person have internal (intrinsic) motivation, he/she shows his/her behavior without needs to the external (extrinsic) factors (Deci & Ryon, 1985). This theory is used in many leisure studies (Weissinger & Bandanlos, 1995).

After many times, it is determined that the intrinsic motivation theory is not enough for explaining many of humanal behaviors, most of the research considered it as global & wide construct, but intrinsic motivation divided in to the three aspects in newest studies divided:

A) Obtaining knowledge, experience and understanding.

B) Understanding pleasure, doing it & satisfying the needs for competitiveness, supremacy.

C) Satisfying the sense of fascination to behavior about sporting behavior.

Sometimes, participation is just done for learning new sporting skill (Pelletier.Et.Al & his collegues, 1995) & sometimes, for determining personal abilities to him/her self (Valleranal & Loiser, 1999) & also for sense of fascination to the sport. In the last aspect, people obtain the sense of happiness, excitement, useful by doing that behavior which cannot find anything instead of it. Projects in different areas of public sport showed that the validity & reliability of theirs, which are about non-motivation & other kinds of dimensions of intrinsic motivation (Pelletier, 1995, Vallerand & Loiser, 1999)

Ramezani Khalil Abadi (1994) studied on 500 persons of people in 5 areas, South, West and East of Tehran with goals of classifying & identifying & comparing their motivation of participants of public sport & showed that the first motivation of them is, for obtaining exhilaration & pleasure, which are important in excitation & tendency 88.2 percent of people. Other participation motivations concluded:

Handling & feeling the benefits & positive effective of sport (%88), immunization against disease(%86.6), refreshing & safety (%49.4), the motivation of need to the physical activities (%72.2), discharging energy & disposal of pesticides (%74.4), decreasing weight (%60), enjoyment of social emotions (%57.8), treatment the physical & mental disease (%55), decreasing cost (%54), escape from life’s problems (%48.4), increasing & upgrading the religious dimension (%46.8), having the mental health (%45.2), filling leisure time (%42.6), advertising in group media (%42.2), having the fitness & muscular body (%40.4), inability to exercise & sports championship (%30.2), the best environment of public sport (%72.4), existence of knowledge & experienced coaches (%62.8), getting awards & rewards (%22.6).

Rozbahani did a research that called “comparation some of women’s participation in public sport (clubs, foot hills & parks)” & showed that the most of the women who participate in public sport were 30-40 years old, married & Diploma or lower than Diploma with husbands in the same education, in free job or house holder that their job place is near them. Their main goal participating in public sport are; keeping health, obtaining exhilaration, enjoyment, fitness & the reason of non-participation ware works house & caring their children. (Rozbahani, 2000)

Kozech chian researched in “surveying the students’ participation in sporting & social activities
Other research is done by Kilpatrick, Herbert & Bartholomew (2007) that they surveyed on motivation of students in participating physical activities & also on different between girls & boys ‘ motivation in sport & exercises because of intrinsic motivation such as joyment & exhilaration but girls’ motivation did because of extrinsic motivations such as personal appearance, decreasing weight & anxiety.

Materials and Methods

The descriptive & surveying are used in research, for decreasing & surveying the reasons of motivation (intrinsic & extrinsic) women’s participation in public sport in Isfahan.

The statistical population included all women who they participate in twenty sport station of Isfahan & the sample is selected by random method. In this research is used statistical index such as; frequency, percentage, standard deviation, tables & diagrams & for analyzing deductive data is used univariate t-test, ANOVO, t-dependent, Smirnov’s test & for determining the nature of hypothesis in society & homogeneity of variance is used Lovin’s test & for testing analyzing the data is used SPSS18 software (the meaningful level are considered as P≤0.05). The tools of sport motivation scale of questionnaires is SMS (Pilter, 1995), this questionnaire included 28 questions with five range options; never, low, almost, high, exactly & their scores are regularly; 1-2-3-4-5

Results and Discussions

At first, for specifying the normal & abnormal the data of surveying on (intrinsic & extrinsic) motivation factors of women’s participation in public sport in Isfahan are used Smirnov’s test, its results showed in table (1)

<table>
<thead>
<tr>
<th>Meaningful level</th>
<th>K-S-Z</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.001</td>
<td>1.17</td>
</tr>
</tbody>
</table>

*Meaning level is P≤ 0.05
Based on obtained results & paying attention to Smirnov-Calmogrov was between +1.96 & -1.96 & by 0.95 coefficients, we can accept the hypothesis that said the society is normal.

What is the level of intrinsic motivation of women’s participation in sports?

Table (2) shows the results of univariate t-test, the comparison of mean of intrinsic motivation of women’s participation in sport with average level.

<table>
<thead>
<tr>
<th>Average Level</th>
<th>Mean</th>
<th>Standard Deviation</th>
<th>T</th>
<th>Meaningful Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>4.16</td>
<td>0.93</td>
<td>27.40</td>
<td>0.001</td>
</tr>
</tbody>
</table>

For surveying the level of meaningful is used t-test ($\alpha=0.05$ level) in deductive analysis paying attention to the obtained mean 4.16 that is higher than average level (3) & obtained T is higher than critical value so we can say that, women have high intrinsic motivation in sporting participation. Table (3) shows the results of univariate t-test, comparing the mean of intrinsic motivation of women’s participation in sport with average level.

<table>
<thead>
<tr>
<th>Average Level</th>
<th>Mean</th>
<th>Standard Deviation</th>
<th>T</th>
<th>Meaningful Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>5.18</td>
<td>0.95</td>
<td>30.40</td>
<td>0.001</td>
</tr>
</tbody>
</table>

Discussion

What is the level of intrinsic motivation of women’s participation in sports?
The findings about first question showed that the obtained mean (4.16) is higher than the average level (3) on intrinsic motivation of women’s sport participation. In other words, women’s participation has more intrinsic motivation in public sport, so women tend to the public sport because of its exhilaration, happiness, excitement & enjoyment & they have more motivation to participating in public sport.

Kolt (2006) believed that sport & exercises must be make happiness & exhilaration in persons & so it is caused to the more motivation for doing sport & exercise.

Kilpartic & his colleagues (2007) said that sport must be cause to the people feel calm more than happiness when they are doing exercise. Results & findings of this research is same as the results of Ramezani Khalil Abadi (1994), Rozbahani (2000), Kuzeh chian (2001), Kholf (2003), Ravian & Geron (1995), Larsen (2005), Kolt (2006), Kilpartic (2007) ’s research & they are concluded that the main motivation of people that participate in sport are, obtaining exhilaration, keeping mental & physical health & calm. So, by attention to the findings can say that the sport is considered as calm tools, for keeping physical & mental health, obtaining exhilaration, happiness & these days, all people know about sport’s important roles in their life & health.

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