

MOTIVES OF STUDENTS FOR PARTICIPATION IN SPORT ACTIVITIES

Original scientific paper

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Abstract

This study analyzed the leading motives for sport activities and manifestations of trait anxiety in students from the University of National and World Economy (UNWE) participating in aerobic classes. The object of the study were 109 women, mean age 20.1 +/- 1.24. In the study are used: Participation Motivation Questionnaire – PMQ, (Gill, Gross, & Huddleston, 1983) including seven factors and Spielberger's State-Trait Anxiety Inventory (STAI). The results support the hypothesis of the influence of disposition determinant as trait anxiety over the dominance of different motives for sports activities, in particular - with aerobics. The high level of trait anxiety negatively affects the motives for occupation with sports, related to the experience of emotions and challenges of orientation achievements.

Keywords: *trait anxiety, State anxiety aerobics, Participation Motivation Questionnaire, State-Trait Anxiety Inventory, physical activity and sport, analysis of variance, regression analysis*

INTRODUCTION

The significance of the problem of the motives for taking up a sport and physical activity is determined by both the theoretical bases and the positions of the practice – physical education, elite sport, as well as the sport leisure. A huge amount of research are aimed at searching for differences in motives depending on the type of sport, age, gender and culture (Gill, et al., 1983; Zahariadis & Biddle, 2000; Trembath, Szabo, & Baxter, 2003; Yan & McCullagh, 2004). These studies shed additional light on the main reasons for inclusion in various forms of physical activity and sport.

Largely, the interest in sport and physical activity focuses mainly on their impact on physical and mental health, reducing the cardiovascular disease, obesity and osteoporosis. Impact on physical active behavior have different psychological, social and emotional factors. Physical inactivity or sedentary lifestyle is associated with many health problems including cardiovascular diseases, certain cancers, obesity, diabetes type II (Pannekoek, Piek, & Hagger, 2013). Despite the proven benefits of physical activity and the risks of a sedentary lifestyle, studies show that much of the population does not engage in sufficient physical activity (World Health Organization (WHO), 2014). Perception of competence, physical abilities, appearance, the pleasure of physical activity, social support from significant others, have the major influence on physical activity, desire for self-improvement, increased social status, need for belonging to a group (affiliations), receiving material rewards, striving to overcome obstacles and achieve the success. A number of empirical studies support the role of these motives on behavior and changes in it (Ilyin, 2000; Weiss, 1995, Domuschieva-Rogleva, 2011).

In many universities the students have health problems or have a sedentary lifestyle and are not actively involved in sports, which affects their physical and mental well-being. This fact led us to study the leading motives for sport activities.

Anxiety among the motivation is one of the many factors that determine the effectiveness of behavior and activity. In recent years, anxiety becomes a major psychological problem worldwide. The reasons may be sought in different directions, but a key role is cumulative time stress. People are subjected to bigger stress due to the accelerated pace of life, the high speed of technological change and the lack of sufficient time to adapt to these changes (Bourne, 2008).

Differentiation between anxiety as a state and as a trait of personality emerged in the mid-twentieth century. Charles Spilbargar creates a theory of anxiety, which outlines two basic types (Spilberger, 1989).

The trait anxiety is seen as a sustainable acquired behavioral disposition, personality traits conducive to the adoption of a wide range of objectively safer incentives as containing threats and respond to them with a situational anxiety, significantly exceeding the objectively necessary.

State anxiety refers to dynamic mental states. It occurs when the individual perceive a particular stimulus or situation like bearing in itself actual or potential elements of danger, threat, harm. In the context of the concept of genesis of stress situational anxiety is seen as a function of the ratio requirement - opportunities to meet the need. The low probability of satisfying the need, coupled with high necessity, determined by internal or external factors leads to the appearance of increased situational anxiety (Spilberger, 1989). Anxiety as a personality trait affects the performance

In individuals with low trait anxiety and experiencing high state anxiety facilitating the achievement of peak performance, while individuals with high trait and state anxiety, decreases the sports performance (Hardy, 1996).

The aim of the study is to reveal the characteristics and interrelationship of the motives for sport activities and trait anxiety in students from the University of National and World Economy in Sofia, who have chosen the aerobics as a sport.

Tasks of the study:

- To reveal the features of the motives for sports activities and trait anxiety on examined students;
- To analyze the impact of trait anxiety on the dominant motives for sports activities.

Our working hypothesis assumes that the level of trait anxiety affects the dominant motives for taking aerobics classes with students at the UNWE.

METHODS

For the achievement of this target and realization of the ensuing tasks we conducted research using the following tests:

1. Participation Motivation Questionnaire (PMQ) is a test that examines the possible reasons for occupation in sport (Gill et al., 1983). Used a 5 point scale Likert type. In adapting the questionnaire to study the motives for the occupation in sport for Bulgarian conditions, (Domuschieva-Rogleva, 2003) by factor analysis we outlined seven subscales measuring the following motives:

- achievements;
- teamwork orientation;
- energy release;
- emotions and challenges;
- skills;
- affiliation;
- fitness orientation.

2. The State-Trait Anxiety Inventory (STAI) (Spielberger, 1989). The test of Spilberger (1989) is developed on his theoretical concept of anxiety. Differentiation anxiety of

personal and situational determines the creation of two forms of evaluation STAY - Y - I (Assessment of state anxiety - S) and STAY - Y - II (assessment of trait anxiety - T). Each form contains 20 claims and 4-point scale "Likert type" evaluation of their intensity of expression. The range of scores is from 20 to 80. The increase of the bale is in the direction of increasing anxiety. We used the form for the study of trait anxiety.

Organization: studies were conducted during the school year 2014/15.

Subject of the research is 109 women, mean age 20.1 +/- 1.24, students of the University of National and World Economy, who's been chosen to participate in the aerobics.

RESULTS

The leading motives for sports activities within the respondents are generally associated with fitness orientation (M = 4,58; SD = 0,54), affiliation (M = 4,35; SD = 0,8), learning and skills (M = 4,28; SD = 0,55), followed by emotions and challenges (M = 4,19; SD = 0,59), energy realize (M = 3,6; SD = 0,54), teamwork (M = 3,48; SD = 0,8), orientation towards achievement (M = 3,39; SD = 0,82) (Table. 1.).

The results of our study confirm exported data from the literature that the desire to demonstrate good physical shape and physical competence placed first among the main reasons for sports activities, along with obtaining the pleasure and social support (Harter, 1987; Weiss & Ebbeck, 1996).

The analysis of variance of the experimental data reveals the following features in acts of the trait anxiety when respondents: M = 40.95; SD = 8,40; Min = 24; Max = 63. In relation to the standards of Bulgarian population they show that the analyzed indicator is in the normal range.

In accordance with the purpose of the study is applied a stepwise regression analysis. As an independent variable the influence of the trait anxiety was analyzed. In the role of dependent variables a consistently dominant seven motives for sports activities were analyzed.

Table 1. Average rate of motives for sports activities and trait anxiety for respondents

	Achievements	Teamwork	Energy release	Affiliation	Skills	Emotions and challenges	Fitness orientation	Trait anxiety
Respondents	3,39	3,48	3,60	4,35	4,28	4,19	4,58	40,95

Table 2. Influence of personal anxiety on the motives for occupation in sports

	Trait anxiety β (R^2)
Achievements	-.232** (.054)
Emotions and challenges	-.276** (.067)

It was found that the high level of trait anxiety negatively affects some of the leading motives for sports activities (Table. 2.). It affects most significantly the motives linking sport with the experience of emotions, action, fun and challenges. Less is the impact on the motives relating to achievements in sports.

CONCLUSION

The leading motives for sports activities are: orientation to maintain a good shape and moreover affiliation - the need for belonging, friendship, satisfaction with interper-

sonal interactions and the desire to feel important among the others.

The results support the hypothesis of the influence of disposition determinant as trait anxiety over the dominance of different motives for sports activities, in particular - with aerobics.

The high level of trait anxiety negatively affects the motives for occupation with sports, related to the experience of emotions and challenges, as well as the orientation achievements.

The study and disclosure of the impact of trait anxiety on the motives for sports activities is the basis for resolving a number of practical problems in the field of sport activities and optimizing the results in the sports practice.

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