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## A comparative study on motives for physical activity measures among adolescents in different communities of Karnataka

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### Abstract

The aim of the present study was to establish differences in motives for physical activity measure among adolescents of different communities of Karnataka. The data was collected from 120 Football players equally from different communities such as Siddhi, Tibetan and Ethnic groups of Karnataka, age ranges from 14-17 years. The scores on motives for physical activity measure were collected by Ryan, Frederick, Lepes, Rubio, and Sheldon (1997) scale which consists of five motives for physical activity measure subscales. Statistical technique ANOVA was used to establish differences among the selected groups. The results showed that there is a significant differences found in selected groups of Karnataka in motives for physical activity measure level. It is considered that facilities, Importance of health, motivation and others participation in sports and physical exercise increases the motivation of players and it gradually makes a player more skillful.

**Keywords:** Motives for physical activity measure, adolescents and communities/ groups

### Introduction

There's a vibrant energy surrounding sports stadiums and school fields and it can only mean that football season is upon us. If your child is into football or is thinking of getting into the sport, you should by all means support it. Not only is football loved all over world, it also promotes extraordinary physical fitness, improves the inclination for team work, and fortifies mental capabilities that are necessary for any child's growth.

Playing football sport is a good physical exercise. It also provides various other benefits to the kids, children and youths including other age group people. It is generally played in the schools and colleges for the health benefits of the students. It helps in improving the student's skill, concentration level and memory power. This is a game which makes a person physically, mentally and socially healthy and well being. It is a great source of entertainment which refreshes mind and body. It helps a person to tackle all the common problems of daily life.

The sports psychology has interests both in psychological factors field that have an impact towards the participation and performance in sports, as in the psychological consequences field that derive of it. The psychologist researchers study and investigate the motivation, personality, the aggressive and violent behaviour, the movement and athlete physical condition, the emotional processes and those related to intellect, as well as other ways of participation to the sports activity, that have the role to facilitate the executions, the quality of the sports act and of the athletic skill in training. Education represents a factor that bonds the hereditary premises and the environment conditions; it orientates and guides the process of training and developing the personality in order to achieve some formative and explicit results. Another vision upon education shows that it represents a systematic process organised and continuous of humanization and socialisation, of assimilation and progressive storage of the multitude of socio-cultural environmental elements.

Goals enhance performance primarily by increasing motivation. Goal theorists (eg. Loche, 1996;) have identified four direct ways that goals influence behaviour motivationally. They are Focus attention on a specific task or tasks, Increase effort and intensity, Encourage persistence in the face of future or adversely and Promote the development of new task or problem-

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solving strategies (Horn, T.S.2008) [7]. Extrinsic motivation results from external rewards; Intrinsic motivation comes from within the person. Both external and internal motives are important in sports and sports psychologists can work with both extrinsic and intrinsic motives to improve the performance of the individual. Intrinsic motives for taking part in sport include excitement, fun, love of action and the enhance to demonstrate and improve our skills (Jerris, M 2002) [8].

The presence of a strong drive in an attitude is usually considered to be pre-condition for outstanding performance. The drive theory holds that performance increments are linearly stated to increased motivation. Motivation explores the capacity of work of an individual. He willingly takes risks and confronts challenges which may take insurmountable in the absence of strong motivation Sondhu G. S (1992).

Motivation is an important subject in the field of psychology. If players are not motivated, they will not perform the activity again and again but leave them aside if they cannot produce or perform them well once. It is believed that word motivation has been derived from a Latin word "movere" which implies to move or to bring changes. Motivation helps in determining the behaviour of the player motivation itself is a condition in which a player is stimulated to achieve some specific goals. Level of motivation affects the level of performance of an individual to a lot of extend. An individual with high levels of motivation can achieve greater or good results, while it is difficult for an unmotivated or improperly motivated player to achieve such goals. Motivation is a process which promotes an individual to behave in a particular manner for attainment of some specific objectives.

### Purpose of the study

The main purpose of this study was to analyze the level of motives for physical activity measure among adolescent football players from different communities of Karnataka.

### Statement of the problem

Whether any significant differences in motives for physical activity measure among adolescent football players from different communities of Karnataka?

### Hypothesis

The levels of motives for physical activity measure in adolescent football players were significant differences in selected groups of Karnataka.

### Delimitations

The study was delimited to the male adolescents of Siddhi, Tibetan and ethnic Indian, who are currently residing in Karnataka state. Age of the subject's was delimited to the range of 14 to 17 years. The study was delimited to those, who participated at the Taluka level / Cluster level and above in the game of football and The study was delimited to the selected physiological variable Motives for physical activity measure.

### Methodology

As discussed earlier the main purpose of the study was investigating the varying level of motives for physical activity measure among different communities of Karnataka. For this purpose the standardized Ryan, Frederick, Lepes, Rubio, and Sheldon's "Motives for physical activity measure" (MPAM-R) Questionnaire (1997) was administered. It consisting of total 30 questions, it has divided into five parts. Each

measuring factors are intended to assess the strength of five motives for participating in physical activities is such as weight lifting, aerobics, or various team sports. The motives are Fitness, Appearance, Competence/Challenge, Social and Enjoyment. Total 120 male adolescents participated from Siddhi, Tibetan and Ethnic Indians groups of Karnataka.

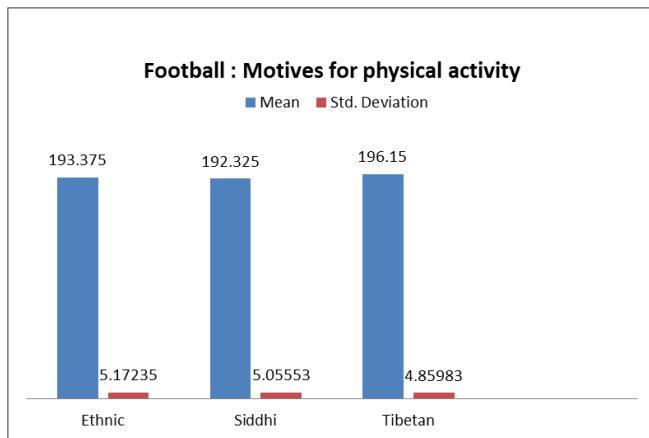
### Analysis of the Data and Results

The significance of the differences between the means of selected groups was found out by descriptive test (Table-1). The data were analyzed by ANOVA test with 0.05 levels of confidence (Table-2) presented in below tables.

**Table 1:** Descriptives of Motives for physical activity measure of Basketball players in different groups of Karnataka.

Football	N	Mean	Std. Deviation	Minimum	Maximum
Ethnic	40	193.3750	5.17235	180.00	204.00
Siddhi	40	192.3250	5.05553	178.00	204.00
Tibetan	40	196.1500	4.85983	181.00	206.00
Total	120	193.9500	5.24501	178.00	206.00

Table: 1. It has been understood that the Ethnic group who were playing Football had Motives for physical activity score of  $193.37 \pm 5.17$ , followed by Siddhi group of  $192.32 \pm 5.05$ , followed by Tibetan group of  $196.15 \pm 4.85$ . It showed that Tibetan group had a higher level of Motives for physical activity, whereas Siddhi group had a score lower than the other two groups. The diagrammatic representation of comparison Motives for physical activity of Football players in different groups of Karnataka is shown in Figure 1.



**Fig 1:** Comparison of Motives for physical activity of Football players in different groups of Karnataka.

**Table 2:** Analysis of variance for the Comparison of Motives for physical activity measure of football players in different groups of Karnataka.

Groups	Sum of Squares	Df	Mean Square	F	Sig.
Between	77.450	2	38.725	.553	.577
Within	8191.875	117	70.016		
Total	8269.325	119			

Analysis of variance shows that there exists statistically insignificant mean differences of motives for physical activity measure scores of football players from different groups of Karnataka ( $F=0.553, p<0.577$ ). So from this we can conclude that hypothesis which was proposed by researcher is not accepted.

### Discussions of findings

The results of ANOVA revealed that there is no significant difference in the three selected groups. The study further supports that the Tibetan group were better than the other two groups, the reason being a rich sports culture connotations, they are bestowed with the skills. Football is the major game played by these Tibetans in which regular football tournaments and matches have enhanced the popularity of the game which remains a firm favourite among Tibetans based in Indian camps. Most games are played even today as a major influencing part of their culture. Thus making it essential to understand the sports they play as it also speaks greatly about the history and culture of Tibet. In the case of Siddhis and Ethnic groups, they are not being provided with good facilities in spite of intrinsic motivation when compared with Tibetan groups.

The study further recommends; there should need more support, facilities, coaching, opportunities for the athletes that are involving in sports in order to bring the best out of them which will trigger high performance in them both at the national and international level.

**Supportive studies:** Exercise is a natural activity in humans. Indeed, it has been widely held that humans are intrinsically motivated to exercise their capacities, both physical and mental (White, 1959, Ryan, 1993). However in modern cultures which are not always readily available, exercise has increasingly become a programmed activity. Rather than being a spontaneous behaviour done for fun and challenge, exercise is thus often accomplished for extrinsic reasons such as improved fitness or appearance. An important question thus becomes whether such extrinsic motives can sustain exercise over time. There is a great deal of existing literature pointing to ways in which intrinsic motivation can be enhanced that is applicable to exercise (Deci & Ryan, 1985; Frederick & Ryan, 1995) [4, 5].

Results of study I suggested that initial motives for participating in a physical activity were differentially associated with adherence and attendance. Specifically, competence and enjoyment motives were predictive of greater adherence and attendance to one's chosen activity. By contrast body related motivations, which Frederick and Ryan (1993) conceptualized as largely an extrinsic focus, were not significantly associated with greater adherence.

When extrinsic rewards are offered for participating in an activity, they may either support or hinder intrinsic motivation and regulation (Biddle, 1999). If a reward is offered that supports the basic need of competence, then intrinsic motivation may be improved. For example, positive feedback may promote intrinsic motivation, unless it is given in a higher pressure situation. In contrast, if the reward is perceived to be controlling, meaning that the goal of engaging in the behavior is to obtain the reward, then the absence of the reward will result in a decrease in the behavior and intrinsic motivation.

It is also discussed how sports are more likely played for intrinsic enjoyment. Still it was the interplay of intrinsic and the more common extrinsic (fitness, health) 16 motives that need to be considered together in determining motivation quality (Ryan & Deci, 2007).

### Conclusion

From the study it may be concluded that Tibetan group adolescent players were having more motives for physical activity measure scores compare to ethnic and siddhi group

adolescent players in Football game but no significant differences were found among selected different adolescent football players.

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