



DIFFERENCES IN MOTIVATION FOR PARTICIPATION IN SPORTS AMONG MALE AND FEMALE YOUTH OF GOA

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ABSTRACT

Sports is undoubtedly a fantastic way to keep oneself physically fit, mentally alert, socially well-adjusted and emotionally balanced. Motivation is the foundation all athletic effort and accomplishment. It is the ability to initiate and persist at a task. Measures have to be taken to identify the key motives for sports motivation in the youth of Goa in order to keep them moving. The purpose of the present investigation was to examine the differences in motivation for participation in sports in youth of Goa on the basis of gender. The subjects for the study 254 young men (N=173) and women (N=81) of Goa state participating in sports at various levels. Minimum inter-collegiate participation was the inclusion criteria adopted for the study. Hindi translated revised version of Sport Motivation Scale (SMS-6) with six factor by Mallett, et. al. (2007) was adopted for collecting data on motivation for participation in sports. The data was collected by the investigator during spare time of the subjects with proper orientation. Independent sample 't' test was calculated along with mean and standard deviation. It is concluded that the female sports persons are higher in motivation for participation in sports as compared to their male counterparts in Goa. Female have higher external regulation, identified regulation and overall sports motivation; whereas male have higher intrinsic motivation.

Key words: Goa, globalization, sports, motivation, gender.

1. INTRODUCTION

Goa in India within the coastal region known as the Konkan in western India is bounded by Maharashtra to the north and Karnataka to the east and south, with the Arabian Sea forming its western coast. It is India's smallest state by area and the fourth smallest by population. Goa is divided into 2 districts: North Goa and South Goa, which are further divided into 12 talukas. Goa was one of the major trade centers in India, thus it had always been attracting the influential dynasties, seafarers, merchants, traders, monks and missionaries since its earliest known history. Throughout its history Goa has undergone persistent transformation, leaving a profound impression on various aspects of its cultural and socio-economic development. Goa is popularly known for Sun, sand, and Sea (Sawant, 2013) but also a great repository of varied cultural forms. The State has a growing interest in the promotion of various forms of arts and hence its cultural ethos has led to fostering social understanding and emotional integration among the people of the State (Gokhale, Sawant, Ugavekar, 2014).

It is not at all an astonishing fact that the youth of Goa are unconditionally attached to its socio-cultural uniqueness. They always try to associate with their land, food, Konkani language, tourism and other aspects. Problems faced by Goa due to globalization in no way hinders the self-identification vehemence (Krishna Menon, 1993).

State being a world famous beach destination has witnessed the consequences of tourism and its impact on the culture mainly due to globalization and international tourists. In the last two decades, the traditional Goan culture like folk dances, music, festival celebrations etc. has taken a backdrop and western culture such as pub dancing, rave parties, casinos, nudism on the beaches, and sex trade has been at the forefront such (Gokhale, Sawant, Ugavekar, 2014).

Sports, leisure and recreation has been deeply rooted in the life style of Goans. Goa state has been contributing to National sports considerably since past. Due to immigration and out migration problems the youth of Goa are unable to focus on their health and fitness (Fernandes, Hayes and Patel, 2012). Sports is undoubtedly a fantastic way to keep oneself physically fit, mentally alert, socially well-adjusted and emotionally balanced (Shridhar, et. al., 2016). Motivation is the foundation all athletic effort and accomplishment. It is the ability to initiate and persist at a task. Motivation in sports is so important because it is inevitable to be willing to work hard in the face of fatigue, boredom, pain, and the desire to do other things. Measures have to be taken to identify the key motives for sports motivation in the youth of Goa in order to keep them moving. The purpose of the present investigation was to examine the differences in motivation for participation in sports in youth of Goa on the basis of gender.

2. METHODOLOGY

The subjects for the study 254 young men (N=173) and women (N=81) of Goa state participating in sports at various levels. Minimum inter-collegiate participation was the inclusion criteria adopted for the study. However, some of the subjects have participated at inter-University state levels and even National levels. Hindi translated revised version of Sport Motivation Scale (SMS-6) with six factor by Mallett, et. al. (2007) was adopted for collecting data on motivation for participation in sports. There are total six dimensions in the questionnaire: Amotivation, External regulation, Introjected regulation, Identified regulation, Integrated regulation and Intrinsic motivation. Four scattered questions were related to each dimension of the scale. The answers were scored on a 7 point Likert scale and ranged from 1 (does not correspond at all) and 7 (corresponds exactly). The data was collected by the investigator during spare time of the subjects with proper orientation. Independent sample 't' test was calculated along with mean and standard deviation.

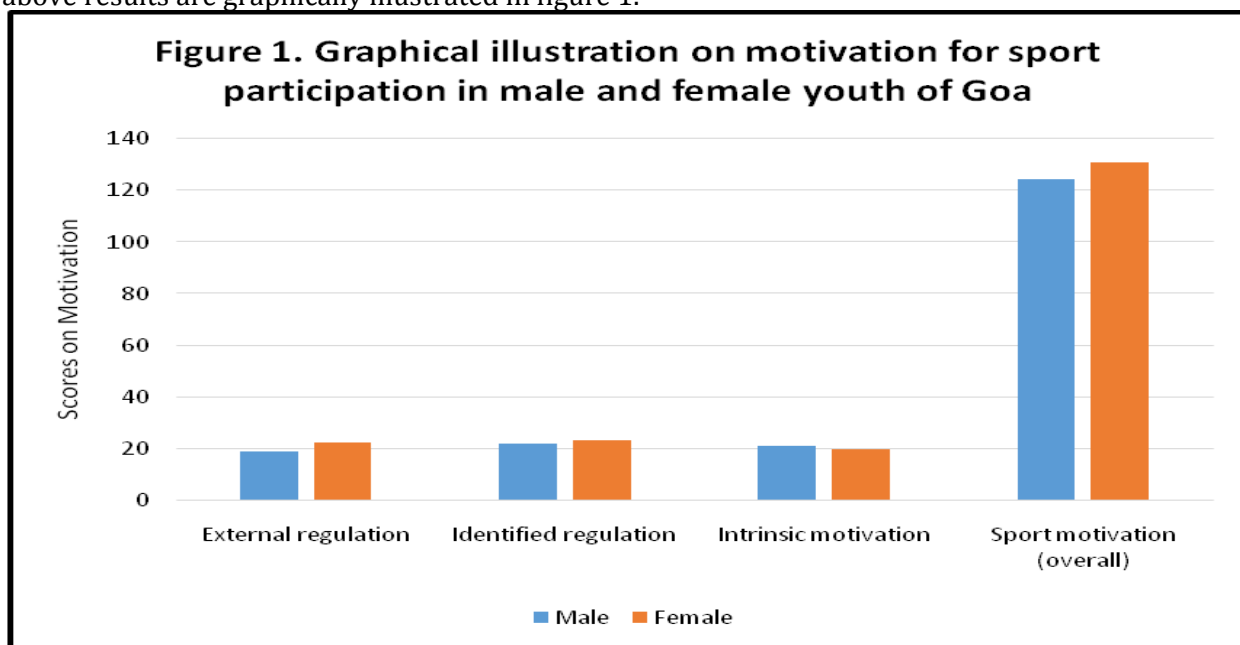
3. RESULTS

The raw data on sports motivation was subjected to descriptive statistics and to independent sample 't' test for comparing the mean score of men and women. the results are given in table 1.

TABLE 1
SUMMARY ON DIFFERENCES IN SPORTS MOTIVATION BETWEEN MALE AND FEMALE YOUTH OF GOA

	Gender	Mean ± S.D.	MD	σ_{DM}	't'	Sig (2 tailed)
Amotivation	Male	18.84±6.65	1.16	0.85	1.36	.173
	Female	20.00±5.54				
External regulation	Male	18.95±5.74	3.58	0.66	5.36	.000
	Female	22.53±2.54				
Introjected regulation	Male	21.36±5.29	0.89	0.65	1.35	.177
	Female	22.25±3.69				
Identified regulation	Male	22.17±4.93	1.20	0.61	1.97	.050
	Female	23.37±3.45				
Integrated regulation	Male	21.72±5.05	0.19	0.59	0.32	.753
	Female	21.91±3.61				
Intrinsic motivation	Male	21.29±5.26	1.40	0.68	2.05	.041
	Female	19.89±3.75				
Sport motivation (overall)	Men	124.34±21.00	6.55	2.52	2.59	010
	Women	130.89±12.53				

From table 1 it is evident that there is significant difference between male and female sportspersons in external regulation, identified regulation and overall sports motivation. It is observed that the external regulation, identified regulation and overall sport motivation is higher in female as compared to male. Male have higher intrinsic motivation as compared to female. The above results are graphically illustrated in figure 1.



4. DISCUSSION

In a study by Sarmento, Catita and Fonseca (2008) amateur football players had reported higher levels of amotivation when compared with the professionals. Self-determination theory (Deci & Ryan, 1985) suggests that athletes who compete in higher levels, characterized especially by focusing on winning, probably will be less self-determined and will present superior levels of amotivation and introjected regulation when compared with athletes who practice this sport at lower competitive levels. Wilson et al. (2004) concluded that in the female gender, introjected regulation was an important motivational force, because it appeared to strongly predict behaviours such as persistence, importance and effort put on a physical activity. The present results are contrary to that of Jiteshwar, et al. (2013) suggesting that there is no difference between male and females in sports achievement motivation level. In a study by Sarmento, Catita and Fonseca (2008) professional athletes had attributed significant higher levels of identified regulation when compared with the amateur players. It has been observed that the points of power need, approaching success and avoiding success motives of female handball players was higher than those of male handball players (Gacar, 2013). The differences found concerning the several motivation determinants in function of the competitive level, underline the existence of a complex relation between the competitive level and motivation (Sarmento, Catita and Fonseca, 2008). Soyera, Sari and Talaghirb (2014) believes that the democratic behavior, training and instruction behavior and social support behavior could be used more often by sport coaches. It seems that, in this way, athletes do not avoid failing and they could try to make more effort to be successful.

5. CONCLUSION

It is concluded that the female youth are higher in motivation for participation in sports as compared to their male counterparts in Goa. Female have higher external regulation, identified regulation and overall sports motivation; whereas male have higher intrinsic motivation.

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