



## EXAMINING MOTIVATION FOR SPORTS PARTICIPATION IN YOUTH OF GOA PARTICIPATING IN INDIGENOUS AND NON-INDIGENOUS SPORTS

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### **ABSTRACT**

The state of Goa has one of the most extensive health systems in India, prevention, early detection and management of lifestyle disorders and other non-communicable diseases is of prime importance. Youth concerns have been recognized by the National Youth Policy. Research led by the authors in the state of Goa has reported strong relationships between reproductive tract complaints, tobacco and alcohol use, depression, and experiences of violence, indicating that these diverse outcomes may influence each other and/or may share similar risk factors. Physical activities, sports and other allied activities play an important role in dealing lifestyle related disorders prevailing in the state of Goa. A detailed assessment of motivations for participation in physical activities and sports is the need of the hour. Hence, researcher was of specific interest to examine and compare the motivation for sports participation in youth of Goa participating in indigenous and non-indigenous sports. The subjects for the study were 254 young men (N=173) and women (N=81) belonging to the state of Goa. Their age ranged between 16 to 25 years. All the subjects were amateur sportspersons playing from inter-collegiate to National level. The sports persons in indigenous sports events (N=43 in boys and N= 29 in girls) included Kabaddi and Kho-kho; and the non-indigenous (N=130 in boys and N= 52 in girls) included football, cricket, volleyball, Table tennis, Badminton, Hockey, Handball etc. Data on motivation for participation in sports was collected through The 24-item Sport Motivation Scale (Mallett, et. al. (2007). Purposive random sampling was used in the present investigation. The data was collected by the researcher himself during spare time of the subjects with proper orientation. Independent sample 't' test was calculated along with mean and standard deviation. Male and female youth of Goa participating in Non-indigenous sporting events like football and cricket have greater motivation than their counterparts in indigenous sports events.

**Key words:** youth, Goa, sports, indigenous, football, health, non-communicable diseases, motivation.

## 1. INTRODUCTION

In our Goa also called, “The pearl of the East”, is one of the states of India known for attracting tourists, both national and international. Having a population of about 1.5 million people, among other things Goa is known for its churches, temples, beaches, forts, music festivals, cuisine, cultural festivals etc (Falleiro, 2015). The uniqueness of this place is the beautiful blend of Portuguese and Goan culture which is vividly seen in the cuisine, lifestyle and architecture of houses and monuments which adds to the beauty and extraordinary experience of this destination. Goa is said to be India's richest state with a per capita income of two and a half times that of the country; and it was ranked the best placed state by the Eleventh Finance Commission for its infrastructure and ranked on top for the best quality of life by the National Commission on Population based on 12 Indicators (*Economic Survey* 2013–14, 22). Fourth smallest state in India in terms of population and smallest in terms of area, Goa has a coastline of about 105 kilometers. Having a total of about 269 kms of National Highways, one major port (besides five minor ports), one airport, besides rail connectivity, Goa is well connected to other parts of the country. The Goa state, in spite of its small size, generally ranks among the top 12 tourist destination states in India (Chari, 2014).

The popular costal belt of Goa has lost its uniqueness, distinctiveness and charm due to ill effects of globalization and commercialization. This haphazard development coupled with poor quality facilities, amenities, overcrowding and littering on beaches, misbehavior by hawkers, drugs and run of the mill activities has pulled down the image of Goa (Kamat, 2010; and Falleiro, 2015).

Recent surveys and statistics showed an alarming increase in Hypertension, Diabetes Ischemic Heart Disease, Cardiovascular Disease, Cancer etc all leading to a high morbidity & mortality. The spurt in these cases is mainly attributed to the stressful life and change in lifestyle like food habits and a sedentary and affluent life. Government of Goa has attained the goal of "Health For All" by the year 2000 A.D. through its various health and medical care programmes. Goa is therefore considered as one of the best performing states in the matter of health & medical care. Although, the state of Goa has one of the most extensive health systems in India, prevention, early detection and management of lifestyle disorders and other non-communicable diseases is of prime importance (Citizen Charter, 2008).

There is a growing evidence base in developing countries of the effectiveness of interventions targeting health outcomes in youth [13–15]. There are nearly 350 million people aged between 10 and 24 years in India (un.org). Youth concerns have been recognized by the National Youth Policy (NYP, 2003). Research led by the authors in the state of Goa has reported strong relationships between reproductive tract complaints, tobacco and alcohol use, depression, and experiences of violence, indicating that these diverse outcomes may influence each other and/or may share similar risk factors (Patel, and Andrews, 2001). Conditions such as depression are associated with “non-traditional” lifestyles and urban residence (Pillai, et. al., 2008). These include school-based, curriculum-oriented psycho-education usually led by adults (Chen, et. al., 2006) information communication approaches

(Mbizvo, et. al., 1997) and community-based interventions delivered by peers, health workers, or provision of health services (Reddy, et.al, 2002).

Physical activities, sports and other allied activities play an important role in dealing lifestyle related disorders prevailing in the state of Goa. Football is a sensational non-indigenous sport having greatest impact on the youth of Goa. Indigenous sports like Kabaddi and Kho-Kho can equally contribute to overall wellbeing of youth. Such cost effective activities need to be promoted especially in the youth to establish healthy and fit society (Speizer, Magnani and Colvin, 2003). There were pilot projects like 'YuvaMitr' ("friend of youth" in the Konkani language) to assess the acceptability, feasibility, and potential effectiveness of a multicomponent, population-based intervention in improving a range of priority health outcomes for youth aged 16–24 years in urban and rural communities in Goa (Balaji, et. al, 2010). A detailed assessment of motivations for participation in physical activities and sports is the need of the hour. Hence, researcher was of specific interest to examine and compare the motivation for sports participation in youth of Goa participating in indigenous and non-indigenous sports.

## **2. METHODOLOGY**

### **2.1 Selection of Subjects**

The subjects for the study were 254 young men (N=173) and women (N=81) belonging to the state of goa. Their age ranged between 16 to 25 years. All the subjects were amateur sportspersons playing from inter-collegiate to National level.

The sports persons in indigenous sports events (N=43 in boys and N= 29 in girls) included Kabaddi and Kho-kho; and the non-indigenous (N=130 in boys and N= 52 in girls) included football, cricket, volleyball, Table tennis, Badminton, Hockey, Handball etc.

### **2.2 Instrumentation**

Data on motivation for participation in sports was collected through The 24-item Sport Motivation Scale (Mallett, et. al. (2007). The scale was based on Self Determination Thoery and consisted of six subscales with four items attached to each. The Sport Motivation Scale has strong psychometric properties (Pelletier et al.; Vallerand & Losier, 1999). Confirmatory factor analysis was used to support the factor structure, while correlations between subscales and criterion measures were consistent with theoretical predictions. The answers were scored on a 7 point Likert scale and ranged from 1 (does not correspond at all) and 7 (corresponds exactly).

### **2.3 Research Design**

Purposive random sampling was used in the present investigation.

### **2.4 Statistical Technique**

The data was collected by the researcher himself 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 sport motivation scale was subjects to appropriate statistical analysis and the results of men section are presented in table 1.

**TABLE 1**  
**SUMMARY OF ‘T’ TEST ON DIFFERENCES IN SPORTS MOTIVATION BETWEEN MALE YOUTH OF GOA PARTICIPATING IN NON-INDIGENOUS AND INDIGENOUS SPORTS EVENTS**

Sub scales	Events	Mean ± SD	t	Sig. (2 tailed)	Mean Difference	Std. Error Difference
<b>Amotivation</b>	Non-indigenous events	21.02±4.91	1.343	.181	1.13936	.84864
	Indigenous events	19.88±4.54				
<b>External regulation</b>	Non-indigenous events	20.55±4.34	1.550	.123	1.22057	.78762
	Indigenous events	19.33±4.87				
<b>Introjected regulation</b>	Non-indigenous events	23.35±2.72	4.111	.000	2.35385	.57262
	Indigenous events	21.00±4.51				
<b>Identified regulation</b>	Non-indigenous events	22.64±3.97	1.084	.280	.84776	.78203
	Indigenous events	21.79±5.66				
<b>Integrated regulation</b>	Non-indigenous events	22.78±3.47	2.432	.016	1.59088	.65424
	Indigenous events	21.19±4.40				
<b>Intrinsic motivation</b>	Non-indigenous events	22.48±3.65	3.076	.002	2.26762	.73729
	Indigenous events	20.21±5.53				
<b>Sport motivation (overall)</b>	Non-indigenous events	132.82±13.64	3.405	.001	9.42004	2.76621
	Indigenous events	123.40±20.86				

From table 1 it is evident that there is significant difference in introjected regulation, integrated regulation, intrinsic motivation and overall sports motivation among male youth of Goa participating in non-indigenous and indigenous sports events. Results of female section on sport motivation in non-indigenous and indigenous sports events are given in table 2.

**TABLE 2**  
**SUMMARY OF 'T' TEST ON DIFFERENCES IN SPORTS MOTIVATION BETWEEN FEMALE YOUTH OF GOA PARTICIPATING IN NON-INDIGENOUS AND INDIGENOUS SPORTS EVENTS**

	<b>events</b>	<b>Mean ± SD</b>	<b>t</b>	<b>Sig. (2-tailed)</b>	<b>Mean Difference</b>	<b>Std. Error Difference</b>
<b>Amotivation</b>	Non-indigenous events	20.12±5.53	.250	.804	.32228	1.29120
	Indigenous events	19.79±5.65				
<b>External regulation</b>	Non-indigenous events	22.04±2.44	2.410	.018	1.37533	.57066
	Indigenous events	23.41±2.50				
<b>Introjected regulation</b>	Non-indigenous events	22.04±3.50	.678	.500	.58223	.85880
	Indigenous events	22.62±4.06				
<b>Identified regulation</b>	Non-indigenous events	22.73±3.38	2.290	.025	1.78647	.78029
	Indigenous events	24.52±3.33				
<b>Integrated regulation</b>	Non-indigenous events	20.19±2.37	6.606	.000	3.49735	.52945
	Indigenous events	23.69±2.12				
<b>Intrinsic motivation</b>	Non-indigenous events	19.63±3.17	4.634	.000	3.26194	.70391
	Indigenous events	22.90±2.77				
<b>Sport motivation (overall)</b>	Non-indigenous events	126.75±9.09	4.450	.000	10.18103	2.28774
	Indigenous events	136.93±11.15				

From table 2 it is apparent that there is significant difference in external regulation, identified regulation, integrated regulation, intrinsic motivation and overall sports motivation among female youth of Goa participating in non-indigenous and indigenous sports events.

#### **4. DISCUSSION**

It is understood that the male youth of Goa participating in Non-indigenous sports events like football, cricket, Basketball etc. have higher motivation than their counterparts in indigenous sports like Kabaddi and kho-kho in terms of introjected regulation, integrated regulation, intrinsic motivation and overall sports motivation.

It is found that the female youth of Goa participating in Non-indigenous sports events have higher motivation than their counterparts in indigenous sports in terms of external

regulation, identified regulation, integrated regulation, intrinsic motivation and overall sports motivation.

To Tsitskari, et. al. (2015) it seemed the that cultural variations may play a significant role in the conceptualization of motivation. Comparing sport motivation between sport participants of different cultures or nationalities will give a more focused approach to define and segment international sport consumer markets.

Research by Allen (2003) provided support for a social view of motivation in youth sport. Participants endorsed two types of social motivational orientations, and there was support for the social motivation approach as an additional explanation of female adolescents' sport interest and enjoyment. It is encouraging that adolescent females, for which a decline in sport participation has frequently been reported (Armstrong & Van Mechelen, 1998; U.S. Dept. of HHS, 1996), are interested in and enjoy their sport involvement. Although further research is needed to clarify the relationships among social and physical ability motivation variables, this study sheds some light on the contribution that a social motivation approach makes toward understanding the views of adolescents which may influence their motivation to participate in sport.

Motivation for sport activities has become a very popular area of interest among sport psychologists. Kondric, et. al. (2013) found the latent structure of sports students' types of motives as consisting of six factors (dimensions), similar as in other researches. Statistically significant factors of differences in motivation to participate in sport activities among sports students from three different countries were found. Significant sex differences in motivation to participate in sport activities for all sports students from three different countries were also found. Relevant age-based differences among the students was not found. The importance of the pleasure to be gained from participating in sports was reinforced.

The reasons for differences observed in motivation for sports participation may be attributed to negligence of indigenous sports and games in the state of Goa and greater emphasis laid on football and cricket. In spite of wide spread Western influence on socio-economic and cultural aspects of Goa, indigenous activities need to be promoted at youth levels in order to derive benefits of such inexpensive activities. Indigenous sports activities, in fact, uphold Indian culture in its true spirit.

## 5. CONCLUSION

Male and female youth of Goa participating in Non-indigenous sporting events like football and cricket have greater motivation than their counterparts in indigenous sports events.

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