



## INVESTIGATION THE REASONS FOR PARTICIPATION IN NATIONAL-LEVEL MALE TAEKWONDO PLAYERS

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### ABSTRACT

The purpose of the study was to investigate the motivational factors influencing participation of National level male Taekwondo Players. One Hundred fifty male National level male Taekwondo Players representing their state in 38<sup>th</sup> national senior and 39<sup>th</sup> Senior national Taekwondo tournaments held at Dehrdoon (UK) from 8june-11 June-2023 were subjects of this study. The age of subject ranged from 20 to 25 years of age. The Participation Motivation Questionnaire (PMQ) prepared by Gill. Gross and Huddleston to assess motives of children to be involved in sports was administered on all the subjects during Senior national Taekwondo tournaments (M/F). The descriptive statistics, mean ranking, and Analysis of Variance followed by Scheffe's test of Post-hoc comparisons .were computed. The statistical analysis of data indicated that National-level male Taekwondo players, demonstrated significant variation in their reasons for participating in the sport. This confirms that participation motivation is multifaceted and not uniformly experienced among athletes. The results also revealed highly significant differences among the eight motivational factors within male groups. This indicates that individual players within each gender prioritize certain motives over others, such as Achievement, Team Work, Skill Development, and Energy Release.

**Keywords:** Motivation, Participation, National level, male players, Taekwondo

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## 1.INTRODUCTION

Motivation plays a vital role in sports as it influences why and how adolescent Foot ball Players engage in the activities they choose, affecting the quality of their engagement and ultimately the outcome of their effort. Research on motivation in sports and physical education has utilized the Eccles et al., expectancy-value model of achievement choice (Eccles et al., 1993; Eccles & Harold 1991) and achievement goal theory (Duda et al., 1995; Duda 1989) to predict the choices and goal orientations of Foot ball Players . The Eccles et al. expectancy-value model of achievement choice is a social-cognitive theory, which explains motivational factors that individuals use to make decisions about achievement choice. According to the model, individual's achievement performance, effort, persistence and choice of achievement tasks are influenced by their expectancy-related beliefs and task values they attach to achievement tasks (Fredricks & Eccles 2002; Eccles & Harold 1991; Eccles et al., 1983).

The Eccles et al., model is based on the premise that the choices that one makes are primarily guided by one's expectancy related beliefs and subjective task values of the activity.

Motivation is process by which an individual is inspired to undertake a task. It is psycho physiological condition of the organism, which causes it to work or strive to fulfill its needs thus motivation is a study of some activity of an individual and is persistence in that activity, until the goal is reached. This clearly indicated that motivation is purposive.

The concept of motivation is used in explaining the causes as to why some individuals have greater desire to compete and win than others. This is clearly reflected in fact that between two equally skillful individuals, who are challenged by a difficult task, one is more capable of achieving success than the others (Atkinson,1964).

Motivation plays a crucial role in energizing, initiating, directing, and sustaining behavior—reflecting both activation and purposeful intent. In practical life, motivation is highly valued due to its impact on outcomes. It serves as a driving force behind actions, making it a central concern for individuals in leadership or guiding roles, such as managers, teachers, coaches, and parents, who are responsible for encouraging others to take action.

In physical education and sports, the problems of motivation are varied and have far reaching consequences. Competition may be enjoyable for the spectators but if is extremely "killing" for the Foot ball Players , even though the solace of success may turn it into a enjoyable activity after wards. The coach can motivate the Foot ball Players in two ways: First, by making use of intrinsic of subjective motivational devices exploiting the natural urge for activity considers competition not as an artificial situation but a natural one and participates in it whole heartedly : and by extrinsic or objective method to stimulate learning ; reward, award, points, certificates, marks, badges and the likes are some of the objective motivational devices that psychologists insist are desirable and lasting modification in the behaviour of the individual. Extrinsic motivation is considered to the less natural and inferior because the attention is fixed on the material gain occurring from performance and not on the performance itself.

An issue of central importance for those studying children's sports understands motivation in young athletes. Motives for sport psychologists and physical educationists have examined

sport participation for many years. The reasons why individuals decide to participate in an achievement activity certainly constitute an important component of the subjective meanings of that activity (**Maehr and Braskamp,1986**) A useful theory of sport achievement motivation should allow an insight into the variety of participation motives evidenced in athletics contents. **Duda and White** addressed this issue, in recent work. High school, intercollegiate, and recreational athletes completed the Participation Motivation Questionnaire in terms of their present sport involvement. Seven reasons for participation emerged- competition, affiliation, energy release, skill development, improving one's fitness and gaining recognition status (**Duda and White, 1994**) .

The insights drawn from this research will help coaches, sports psychologists, and policymakers in creating targeted interventions and support mechanisms that enhance participation, satisfaction, and retention in the sport. Furthermore, it will contribute to the broader understanding of gender dynamics in Indian sports, with potential implications for other martial arts and competitive disciplines.

The present study is confined to exploring the various reasons behind participation in the game of Taekwondo among Indian male players. It aims to identify and analyze the intrinsic and extrinsic motivational factors that influence athletes' decisions to engage in Taekwondo. The research includes national-level Taekwondo players from different regions of India, thereby providing a broad overview of the motivational trends across diverse cultural and social backgrounds.

## **2.METHODOLOGY**

### **2.1 Sample**

One hundred Taekwondo players representing their state teams in various national level tournaments, were selected as the subjects for this study. The age ranged the players was from in between 20 to 25 yrs, The stratified sample was for males to ensure representation from senior age groups. within each stratum, participants were selected randomly to avoid bias.

### **2.2 Instrumentation**

The participation motivation questionnaire prepared by Gill, ei.al. (1983) consists of 30 items reflecting possible reasons for taking part in a sports Subjects were requested to indicate on a 3 point Likert-type scale (1=not at all important. 2=some what, important, and 3= very important) the relative value of each motive influencing their participation in Taekwondo. The authors had identified eight factors. Factor I included items that seemed to represent achievement or status motivations.. This inventory was utilized in a sports setting to explore the motivations behind sports participation. The authors confirmed the original questionnaire's reliability and validity.

In order to ensure full co-operation from the subjects, the scholar had a meeting with them in presence of their respective coaches and managers, the purpose of the study was explained to them and doubts if any were clarified. All the subjects voluntarily extended their full co-operation and the coaches of respective teams ensured that the subjects were made available for the collection of data.

### 2.3 Statistical Analysis

The present study employed descriptive statistics, percentage, and ranking order to analyze the reasons for participation among Taekwondo players in India, considering both gender players. These statistical tools provided a clear understanding of the frequency and distribution of various motivational factors influencing participation in Taekwondo competitions

### 3. RESULTS

To examine difference in participation motivation of mean factor scores were calculated separately for male taekwondo players. The mean, and standard deviation for different factors has been presented in Table 1.

**TABLE 1**  
**DESCRIPTIVE STATISTICS OF MEAN FACTOR SCORES OF REASONS FOR PARTICIPATION IN TAEKWONDO AS PERCEIVED BY MALE AND FEMALE TAEKWONDO PLAYERS**

S.NO	Factors	N	Mean	S.D.
1	Achievement/Status	150	6.00	1.25
2	Team Work	150	8.03	1.54
3	Fitness	150	5.74	1.42
4	Energy Release	150	9.79	1.81
5	Other	150	6.02	1.63
6	Skill	150	3.85	1.24
7	Friends	150	5.81	1.43
8	Fun	150	6.09	1.39

To examine difference in participation motivation of mean factor scores were calculated separately for male taekwondo players. The t-ratio was employed for different factors has been presented in Table 2..

**TABLE 2**  
**ANALYSIS OF VARIANCE OF MEAN FACTORS SCORES OF DIFFERENT FACTORS OF REASONS OF PARTICIPATION IN TAEKWONDO**

Source of Variance	Sum of Squares	df	Mean Square	F-ratio
Between Groups	3277.746	7	468.249	214.82*
Within Groups	2598.087	1192	2.180	
Total	5875.832	1199		

Significant at .05 level

.05(7, 1192) = 2.01

Data presented in Table-2 indicated that there was highly significant differences among various factors of participation motivation in the game of Taekwondo expressed by the male Taekwondo players, as the F-ratio of 214.82 was much more than the required F- value of 1.94 at .05 level for national level male Taekwondo players..

As the obtained f-ratios were significant, Scheffe's Test of Post hoc comparisons was computed to find out the significant of difference between ordered paired factor means for male Tai-Kwando players, separately and the data pertaining to this has been presented in table-3

**TABLE 3**  
**SIGNIFICANCE OF DIFFERENCE BETWEEN ORDERED PAIRED MEAN FACTOR SCORES OF DIFFERENT FACTORS OF REASONS OF PARTICIPATION AS EXPRESSED BY NATIONAL LEVEL MALE TAEKWONDO PLAYERS**

Achievement/ Status	Team Work	Fitness,	Energy Release	Other	Skill	Friends	fun	MD	CD
6.00	8.03	-	-	-	-	-	-	2.03*	0.64
-	-	5.74	-	-	-	-	-	0.26	
-	-	-	9.79	-	-	-	-	2.79*	
-	-	-	-	6.02	-	-	-	0.02	
-	-	-	-	-	3.85	-	-	2.15*	
-	-	-	-	-	-	5.81	-	0.19	
-	-	-	-	-	-	-	6.09	0.09	
-	8.03	5.74	-	-	-	-	-	2.29*	
-	-	-	9.79	-	-	-	-	1.76*	
-	-	-	-	6.02	-	-	-	2.01*	
-	-	-	-	-	3.85	-	-	4.18*	
-	-	-	-	-	-	5.81	-	2.22*	
-	-	-	-	-	-	-	6.09	1.94*	
-	-	5.74	9.79	-	-	-	-	4.05*	
-	-	-	-	6.02	-	-	-	0.28	
-	-	-	-	-	3.85	-	-	1.85*	
-	-	-	-	-	-	5.81	-	0.07	
-	-	-	-	-	-	-	6.09	0.35	
-	-	-	9.79	6.02	-	-	-	3.77*	
-	-	-	-	-	3.85	-	-	5.94*	
-	-	-	-	-	-	5.81	-	3.98*	
-	-	-	-	-	-	-	6.09	3.70*	
-	-	-	-	6.02	3.85	-	-	2.17*	
-	-	-	-	-	-	5.81	-	0.21	
-	-	-	-	-	-	-	6.09	0.07	
-	-	-	-	-	-	5.81	6.09	0.28	

\*Significant at 0.05 level

It is quite obvious from the table 3 that there were significant differences among national level male taekwondo players in their reason of participation motivation factors in between achievement status-team work followed by energy release and skill; between team work-fitness followed by energy release, other, skill, friend and fun; between fitness-energy release followed by skill; between energy release-other followed by skill, friend and fun; between other-skill, as the paired mean differences of above mentioned participation motivation factors were higher than the calculated confidence interval of 0.64. and paired mean differences rest of the participation motivation factors were lesser than the calculated confidence interval (CI) of 0.64.

**4. DISCUSSION**

The present study aimed to investigate the motivational factors influencing participation in Taekwondo among national-level male players. Male Taekwondo players displayed distinct preferences for specific motivational items, indicating variation in their reasons for participation. The mean scores and standard deviations calculated for each of the eight motivational factors—Achievement/Status, Team Work, Fitness, Energy Release, Other, Skill, Friends, and Fun—are presented in Table 1 revealing the general trends of motivational emphasis among the two groups.

To further explore intra-group differences, **Analysis of Variance (ANOVA)** was conducted separately for male players to assess differences among the eight motivational factors. The results, presented in 3 revealed a highly significant difference among the various motivational dimensions for male Taekwondo players, with an F-ratio of 214.82, which was much greater than the critical value of 0.64 at the 0.05 level.

Following the significant ANOVA result, Scheffé's post-hoc test was conducted to determine which factor pairs differed significantly. The post-hoc analysis (Table 4) showed that **male** players exhibited significant differences in motivation between the following pairs: Achievement and Team Work **followed by** Energy Release **and** Skill , Team Work and Fitness **followed by** Energy Release, Other, Skill, Friend, and Fun: Fitness and Energy Release **followed by** Skill , Other, and Skill, Friend, Fun, & Other.

## 5. CONCLUSIONS

1. National-level male Taekwondo players, demonstrated significant variation in their reasons for participating in the sport. This confirms that participation motivation is multifaceted and not uniformly experienced among athletes.
2. The ANOVA results revealed highly significant differences among the eight motivational factors within male groups. This indicates that individual players within each gender prioritize certain motives over others, such as Achievement, Team Work, Skill Development, and Energy Release.

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