

What's make university students participate in sports?

Abstract

The purpose of this study is to examine what are the extrinsic factors that contribute to university athlete's motivation to participate in sports during their study at university. A sample of 11 athletes university footballer in one of the University team in Kuala Lumpur were invited by the researchers for the study, however only five (aged range from 19 to 21 years old) willing to accept the invitation. All of them have signed an inform consent letter for a tape-recorded interviewed. The transcripts were content analyzed by the researchers who have a wide knowledge in the sports psychology area. Results showed that coaches and motivational words are the highest external factors that motivate them to participate in sports. This shows that the psychological factors of leaderships and verbal persuasion do play an important role to motivate athletes. On the other hand, friends, rewards, role model, and parents are other important factors that contribute to their willingness to participate. This means that their motivations are also encourages by sociological factors and materials. The other factors are the environment and supporters. Further recommendations were made for future research.