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Participation motivation in sport: a study on taekwondo athletes

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Abstract

The interest in the sport, participation motivation in sport is a significant influencing factor. Motivation has an effect on many cognitive processes that affect success. Therefore, depending On level of motivation of the athletes interest in the sport are wondering whether they present the difference of participation in sport. Interest in the sport and participation motivation in sport previously not found in the native literature a survey of this topic makes it important.This research interest and participation motivation in the sport of Taekwondo athletes according to demographic variables that aims to discover whether there is any difference. For this,94 female,144 Male,238 Taekwondo athletes in total on an empirical research was conducted.The scope of the research, the data needed for this research were obtained through a survey designed and data collected were analyzed using statistical methods.According to research findings, the period of weekly training, can't show any difference in terms of motivation and interest in the sport, however, according to the athletes age groups, genders, their year in sports (experience)and their educational level significant statistical differences were determined.

Keywords: Interest in sport, motivation, sport, taekwondo.

INTRODUCTION

Being healthy physically and psychologically, a great extent,can be possible with regular participation in physical activities, is stated (3,14,16). At the same time, away from the monotonous and routine daily life,which is one of the leading disorders of our age,on behalf of efficiently assess spare time and spending quality time,emerges as a major event in recreational sports both in terms of physical health and mental health (6). In this context, especially in the last ten years, young people's participation in sporting activities is observed regarding requests of residue compared to the previous year (25).

Children and young people's willingness to participation to sport and identifying what are the factors that motivate them, resulted as an important area of study for researchers. In this context, in reviewing the literature, various sports branches and in many studies that examine motivation in sport participation of individuals in different age groups is observed (7,18,22,24,27,28). An estimate of the factors that motivate individuals' participation in sport,also coaches, administrators and leaders in creating programs to meet the needs and expectations of individuals who have participated in sports quite important to them to offer contributions in studies is emphasized (3). Before examining the participation motivation in sport, it is useful to refer to the concepts of motivation and motive. In general terms,the review of the Science of Psychology and in the field the concepts of motivation and motive, nowadays, in many areas such as sports and business concepts that began to be mentioned. Push people to make a motion or to select one of many alternatives of motion, and relatively continuity factors is called motive. The influence of a motive and depending on the circumstances,resulting in a behavior, namely, resulting in an activity and process, which is continuing this activity is referred to as motivation (9). From the perspective of sports science, it is possible to say that motivation is one of the factors that play a key role in participation of individuals to sport (30). The researchers here point of interest is viewed as the foundation of an athlete for reasons which the sport is headed.In other words, why some individuals when choosing basketball as a sport, some choose football or volleyball? Other if that is the case, why spend 2-3 hours daily training or exercises for some athletes while devotes some 7-8 hours? The answer to these questions in sport

participation motivation is hidden. At the first studies on participation motivation in sport,learning skill development, entertainment, physical fitness, and making friends are the most important factors of success in the sport in the direction indicated (6,27). In addition, many in the research as the motivations that influence the orientation of sport "To obtain success and status", "Team membership and Spirit", "Energy Consumption / Physical Fitness", "Entertainment", "Making Friends", "Contestation/Tackling", "Motion - Being Active", "Skill Development" the elements have been identified (1,3,5,6,7,11,25,28). In addition, according to some studies, the elements of motivation such as "Competition", "Being, Healthy", "Weight Management", Exitement", "Belonging", "Freedom", "Risk-taking" and "Attractiveness" determined that the factors that influence sport orientation (14,17,18,27,31).

As can be seen;participation motivation in sports are examined in sport branches such as football, basketball, volleyball, or extreme sports. However, such has not been demonstrated in a research in the branch of taekwondo. Taekwondo which is a martial art of Korean descent (23), winning numerous medals in international competitions in Turkey are quite preferred and after football as a sport is a branch of sports that most athletes with (20,21). The basic condition for success in Taekwondo, like in other sports the physiological traits necessary in addition to requires a specific psychological preparedness. Motivation is an important factor in the success of an athlete or an athlete candidates. In this research, in addition to their participation motivation of that sport by Taekwondo athletes; according to the demographic characteristics their participation motivation in sports and interest in the sport whether any differences, going to have determined.

Research Hypotheses

When the literature is examined, age, gender and education such as demographic characteristics according to an important differentiation in participation motivation in sport, can be observed.

In the introduction section of the conceptual framework of the study and considering the results obtained from research in similar fields laid down, the scope of the research planned to be tested hypotheses and sub-hypotheses are expressed in the following way.

H_1. There is a relationship between sports participation motivation and interest in the sport.

$H_{1.1}$- The degree of interest in the sport and participation motivation in sport differ by gender.

$H_{1.2}$- The degree of interest in the sport and participation motivation in sport differ by age group.

$H_{1.3}$- The degree of interest in the sport and participation motivation in sport differ by education status.

$H_{1.4}$- The degree of interest in the sport and participation motivation in sport differ by the year in sports.

$H_{1.5}$- The degree of interest in the sport and participation motivation in sport differ by weekly sports time.

MATERIAL & METHOD

As this study scale Oyar et al. (19) by 5 Likert developed in the form of and Participation Motivation in Sport Scale consisting of 30 variables (PMQ). Also in addition to this scale to measure interest in sports, Senturk (27), consisting of 5 variables which used in the (2014)'s study, by leveraging the scale used 5-point likert prepared in the form a second survey was prepared.The expressions located on the scale used in order to examine the relationship between the interest of sports and sports participation motivation,in comparison with the scale of research that is similar to that used in the literature (14,17,18,27,31) is targeted to reach an accurate conclusion. Created in the scope of the research, the scale to be reliable,is important for the study to get reliable results. Reliability, is the measurement degree of measure the desired thing which consistent and stable in a manner by a test or scale (2).

In this regard, in order to determine the reliability of the scale used in the research, which is a common method of Cronbach's Alpha coefficient was examined. Scale the value of each of expressions in the expression-total is more than the critical value of 0.25. In addition, Cronbach's Alpha coefficient for the total scale has been identified as 0.832. This value reveals the reliability of the scale is high (10).

In addition to the descriptive statistics of the variables in the scale, in the analysis of the research hypothesis, the correlation analysis was used to determine of the relationship between interest in the sport and participation motivation of sport and to determine whether these two variables differ

according to demographic variables, one-way ANOVA analysis was used.

The scope of research, the cause of Taekwondo's being chosen, in Turkey, however, registered the number of licensed sportsmen in this sport, in all branches of sports 2. Order placed (32). The research population consists of Taekwondo athletes in Turkey under the age of 18.The choice reason of this age group, the age group of the research of the two variables in terms of the age range that has the critical of the age of starting sports.Start at an early age of the sport life, as in all sports, Taekwondo in the industry, for a long-term stability and success, is important.Therefore, interest in the sport at an early age and sport participation plays an important role in the success of sport.Taekwondo Federation of licensed athletes in Turkey, approximately 70% of littles categories within the group that is hosting the stars and teens under the age of 18 (www.turkiyetaekwondofed.gov.tr, date accessed: 05.06.2016). Research sample, by the easy sampling method chosen, 94% female, 144% Male taekwondo athlete constitutes a total of 238. In this situation, at the point of determination of orientation of motivation in sport, the healthier datas to deliver is intended to provide.

RESULTS

When the degree of interest in the sports and participation motivation of sport examined. the lowest score as 4.32 is observed that the belong to the friend sub-scale. The highest score as 4.60 is belongs to the sub-size of skill development.

In the study, to determine the relationship between interest in the sport and participation motivation of sport were applied to correlation analyses.In this context.when viewed on the level of the relationship by gender between participation motivation of sport and interest in the sport.just at the entertainment dimension ($r = 221$. $p < 0.05$) for women and concurrently for men. on all sizes. statistically significant correlation ($p < 0.05$) by positive aspect was determined. This finding revealed that for female athletes participating in the sport. the motivation of having fun is more dominant. It is observed on the Table 2 that there is a significant correlation between their interest in the sport and participation motivation of sports.

Table 1. Descriptive Statistics about participation motivation of sport and interestin sports.

Size	N	Minimum	Maximum	Mean	SD
Success Statute	238	2.00	5.00	4.56	0.53
Energy Consumption/Physical Fitness	238	1.20	5.00	4.49	0.50
Team membership and Spirit	238	1.00	5.00	4.53	0.62
Friend	238	1.33	5.00	4.32	0.72
Entertainment	238	1.25	5.00	4.47	0.63
Contest	238	1.00	5.00	4.48	0.69
Skill development	238	1.00	5.00	4.61	0.67
Motion. Being active	238	1.00	5.00	4.55	0.64
Interest in the sport	238	2.80	5.00	4.58	0.53

Table 2. Correlation analysis of interest in the sports and participation motivation in sport.

Gender		Interested In The Sport
		Female
Participation Motivation in Sport	Success / Status	.114
	Team membership and Spirit	.095
	Energy Consumption/Physical Fitness	.032
	Entertainment	.221*
	Friend	.144
	Contest	.171
	Motion/ Being active	.150
	Skill development	.073

* Correlation is significant at the 0.05 level (2-tailed).

Table 3. T-Test Analysis for Aimed at the degree of interest in the sport and participation motivation in sport differentiation by gender ($H_{1.1}$).

Dimension	Gender	N	Mean	SD	SE	p
Success / Status	Female	93	4.62	0.41	0.04	0.12
	Male	142	4.52	0.59	0.05	
Physical fitness/ Energy comsumption	Female	94	4.51	0.38	0.04	0.58
	Male	144	4.48	0.59	0.05	
The spirit of team membership	Female	94	4.62	0.55	0.06	0.05
	Male	144	4.46	0.66	0.05	
Friend	Female	94	4.38	0.68	0.07	0.35
	Male	144	4.29	0.75	0.06	
Entertainment	Female	94	4.59	0.50	0.05	0.03
	Male	144	4.39	0.70	0.06	
Contest	Female	94	4.59	0.50	0.05	0.03
	Male	144	4.40	0.78	0.06	
Skill development	Female	94	4.71	0.42	0.04	0.03
	Male	144	4.54	0.79	0.07	
Motion/ Being active	Female	94	4.72	0.40	0.04	0.00
	Male	144	4.45	0.74	0.06	
Interested in the sport	Female	94	4.65	0.45	0.05	0.19
	Male	144	4.56	0.54	0.05	

Table 4. Anova Analysis for Aimed at the degree of interest in the sport and participation motivation in sport differentiation by age group ($H_{1.2}$).

Dimension		n	Mean	SD	p	Sig. differences
Success / Status	12 years and under	76	4.78	0.36	0.004	12 years and under/ 13-16 years/ 17 and over
	13-16 Years	95	4.67	0.37		
	17 years and over	67	4.44	0.59		
	Total	235	4.56	0.53		
Physical fitness/ Energy comsumption	12 years and under	76	4.63	0.43	0.356	
	13-16 Years	95	4.53	0.53		
	17 years and over	67	4.46	0.43		
	Total	238	4.49	0.51		
Team membership Spirit	12 years and under	76	4.65	0.54	0.097	
	13-16 Years	95	4.64	0.4		
	17 years and over	67	4.44	0.76		
	Total	238	4.53	0.62		
Friend	12 years and under	76	4.68	0.46	0.029	12 years and under/ 13-16 Years
	13-16 Years	95	4.36	0.82		
	17 years and over	67	4.21	0.66		
	Total	238	4.32	0.72		
Entertainment	12 years and under	76	4.57	0.48	0.447	
	13-16 Years	95	4.53	0.75		
	17 years and over	67	4.39	0.56		
	Total	238	4.47	0.63		
Contest	12 years and under	76	4.59	0.62	0.629	
	13-16 Years	95	4.51	0.78		
	17 years and over	67	4.46	0.65		
	Total	238	4.48	0.69		
Skill development	12 years and under	76	4.8	0.36	0.339	
	13-16 Years	95	4.57	0.78		
	17 years and over	67	4.63	0.63		
	Total	238	4.61	0.67		
Motion/ Being active	12 years and under	76	4.79	0.38	0.202	
	13-16 Years	95	4.56	0.72		
	17 years and over	67	4.53	0.58		
	Total	238	4.55	0.64		
Interested in the sport	12 years and under	76	4.53	0.5	0.535	
	13-16 Years	95	4.62	0.45		
	17 years and over	67	4.64	0.53		
	Total	238	4.61	0.51		

'Participation motivation in sport' 'and' 'interest in the sport' scores Examined in terms of gender; on the entertainment. skill development and Motion/Being active sub sizes. a Statistically Significant difference between Male and female can be observed ($p<0.05$). Hence, the hypothesis ($H_{1.1}$) is accepted.

'Participation motivation in sport' 'and' 'interest in the sport' scores Examined in terms of age group; on the success status and friend sub sizes. a Statistically Significant difference can be observed. Hence. can be said that hypothesis $H_{1.2}$is partially accepted.

'Participation motivation in sport' 'and' 'interest in the sport' scores Examined in terms of education status; on the success status. Physical fitness/Energy comsumption. team membership spirit.Motion/Being Active and friend sub sizes.a Statistically Significant difference can be observed($p<0.05$).Hence.the hypothesis ($H_{1.3}$) is accepted.

Table 5. Anova Analysis for Aimed at the degree of interest in the sport and participation motivation in sport differentiation by education status ($H_{1.3}$).

Dimension		n	Mean	SD	p	Sig. differences
Success / Status	Primary school	34	4.79	0.34	0.000	Primary school/high school Intermediate school-high school
	Intermediate school	97	4.63	0.41		
	High school	104	4.41	0.63		
	Total	238	4.56	0.53		
Physical fitness/ Energy comsumption	Primary school	34	4.68	0.41	0.006	Primary School/High School
	Intermediate school	100	4.54	0.49		
	High school	104	4.38	0.55		
	Total	238	4.49	0.51		
Team membership Spirit	Primary school	34	4.72	0.49	0.006	Primary School/High School Intermediate School-High School
	Intermediate school	100	4.61	0.51		
	High school	104	4.39	0.72		
	Total	238	4.53	0.62		
Friend	Primary school	34	4.60	0.57	0.031	Pprimary School/High School
	Intermediate school	100	4.33	0.78		
	High school	104	4.22	0.69		
	Total	238	4.32	0.72		
Entertainment	Primary school	34	4.60	0.53	0.150	
	Intermediate school	100	4.51	0.66		
	High school	104	4.38	0.63		
	Total	238	4.47	0.63		
Contest	Primary school	34	4.56	0.62	0.721	
	Intermediate school	100	4.48	0.79		
	High school	104	4.45	0.60		
	Total	238	4.48	0.69		
Skill Development	Primary school	34	4.80	0.35	0.142	
	Intermediate school	100	4.61	0.78		
	High school	104	4.54	0.63		
	Total	238	4.61	0.67		
Motion/Being Active	Primary school	34	4.82	0.35	0.016	Primary School/High School
	Intermediate school	100	4.56	0.74		
	High school	104	4.46	0.59		
	Total	238	4.55	0.64		
Interested in the sport	Primary school	34	4.68	0.47	0.238	

Table 6. AnovaAnalysis for aimed at the degree of interest in the sport and participation motivation in sport differentiation by the year in sports ($H_{1.4}$).

Dimension		n	Mean	SD	p	Sig. differences
Success / Status	1 year and less	42	4.66	0.58		
	2-3 Years	77	4.66	0.45		
	4-5 Years	63	4.53	0.44	0.007	2-3 years/5 Years and over
	5 Years and over	56	4.37	0.65		
	Total	238	4.56	0.53		
Physical fitness/ Energy comsumption	1 year and less	42	4.65	0.39		
	2-3 Years	77	4.56	0.37		1 yıear and less/5 Years and over
	4-5 Years	63	4.52	0.39	0.001	2-3 years/5 Years and over
	5 Years and over	56	4.27	0.76		4-5 years/5 years and over
	Total	238	4.49	0.51		
Team membership Spirit	1 year and less	42	4.68	0.45		
	2-3 Years	77	4.59	0.50		1 year and less/5 Years and over
	4-5 Years	63	4.58	0.47	0.006	2-3 years/5 Years and over
	5 Years and over	56	4.28	0.90		4-5 years/5 years and over
	Total	238	4.53	0.62		
Friend	1 year and less	42	4.44	0.70		
	2-3 Years	77	4.42	0.59		2-3 years/5 Years and over
	4-5 Years	63	4.34	0.70	0.03	
	5 Years and over	56	4.08	0.88		
	Total	238	4.32	0.72		
Entertainment	1 year and less	42	4.60	0.44		
	2-3 Years	77	4.49	0.56		
	4-5 Years	63	4.48	0.52	0.273	
	5 Years and over	56	4.34	0.88		
	Total	238	4.47	0.63		
Contest	1 year and less	42	4.62	0.40		
	2-3 Years	77	4.47	0.67		
	4-5 Years	63	4.49	0.59	0.44	
	5 Years and over	56	4.37	0.92		
	Total	238	4.48	0.69		
Skill Development	1 year and less	42	4.74	0.38		
	2-3 Years	77	4.69	0.56		2-3 years/5 Years and over
	4-5 Years	63	4.65	0.52	0.017	
	5 Years and over	56	4.37	0.99		
	Total	238	4.61	0.67		
Motion/Being Active	1 year and less	42	4.75	0.38		
	2-3 Years	77	4.59	0.57		
	4-5 Years	63	4.58	0.45	0.031	1 year and less/5 Years and over
	5 Years and over	56	4.36	0.95		
	Total	238	4.55	0.64		
Interested in the sport	1 year and less	42	4.61	0.49		
	2-3 Years	77	4.63	0.47		
	4-5 Years	63	4.61	0.48	0.601	
	5 Years and over	56	4.51	0.60		
	Total	238	4.59	0.51		

'Participation motivation in sport' 'and' 'interest in the sport' scores Examined in terms of the year in sports; on the success status. Skill Development. Physical fitness/Energy comsumption. team membership spirit.Motion/Being Active and friend sub sizes. a Statistically Significant difference can be observed($p<0.05$). Hence. the hypothesis (H1.4) is accepted.

'Participation motivation in sport' 'and' 'interest in the sport' scores Examined in terms of the "Weekly Sports Time. no sub-dimension has a significant difference in that it is found($p<0.05$). Hence. the hypothesis (H1.5) was rejected.

Table 7. Anova Analysis for Aimed at the degree of interest in the sport and participation motivation in sport differentiation by weekly sports time ($H_{1.5}$).

Dimension		n	Mean	SD
Success / Status	Less than 5 hours	67	4.55	0.64
	6-12 hours	106	4.62	0.44
	13 hours and over	65	4.46	0.57
	Total	238	4.56	0.53
Physical fitness/ Energy comsumption	Less than 5 hours	67	4.56	0.60
	6-12 hours	106	4.49	0.49
	13 hours and over	65	4.48	0.42
	Total	238	4.49	0.51
Team membership Spirit	Less than 5 hours	67	4.63	0.50
	6-12 hours	106	4.51	0.70
	13 hours and over	53	4.51	0.52
	Total	238	4.53	0.62
Friend	Less than 5 hours	67	4.47	0.64
	6-12 hours	106	4.28	0.83
	13 hours and over	65	4.27	0.62
	Total	238	4.32	0.72
Entertainment	Less than 5 hours	67	4.51	0.63
	6-12 hours	106	4.49	0.68
	13 hours and over	65	4.41	0.51
	Total	238	4.47	0.63
Contest	Less than 5 hours	67	4.47	0.68
	6-12 hours	106	4.45	0.77
	13 hours and over	65	4.52	0.55
	Total	238	4.48	0.69
Skill Development	Less than 5 hours	67	4.66	0.62
	6-12 hours	106	4.54	0.79
	13 hours and over	65	4.72	0.37
	Total	238	4.61	0.67
Motion/Being Active	Less than 5 hours	67	4.56	0.63
	6-12 hours	106	4.57	0.74
	13 hours and over	65	4.56	0.44
	Total	238	4.55	0.64
Interested in the sport	Less than 5 hours	67	4.54	0.57
	6-12 hours	106	4.63	0.48
	13 hours and over	65	4.53	0.53
	Total	238	4.59	0.51

DISCUSSION

In this research, in addition to their participation motivation of that sport by Taekwondo athletes;according to the demographic characteristics their participation motivation in sports and interest in the sport whether any differences, going to have determined. Within the scope of the research method referred to as "There is a relationship between participation motivation in sport and interest in the sport" the hypothesis is accepted, and by men and women differences have also emerged. When 'Participation motivation in sport' 'and' 'Interest in the sport' scores examined in terms of gender,for all sub sizes as Entertainment, Contest, Skill Development, Motion/Being Active, the arithmetic average of the answers of the girls are higher than men is observed. Of these dimensions, did motivated the girl athletes more than male athletes in the sport of Taekwondo to the participation. Indeed Oyar et al. (19) as a result of the work they have done, women give attention to the Motion/Being Active and Entertainment sub-sizes more than men, have shown parallelism. In addition, the literature is examined, gender is a source of a significant difference on participation motivation in sport, is observed (4,8,12,15,19). There are some studies where the difference between the female and male groups is minimal (1,28).

Many factors that may cause this condition, especially the difference in the sample groups or sport branches are likely to be effective. Empirical research done on these differences are thought to contribute to the literature. When 'Participation motivation in sport' 'and' 'Interest in the sport' scores examined in terms of age groups, on the “success status” and “friend” sub sizes,a statistically

significant difference was observed.Indeed, the sports athletes of all ages their participation motivations may vary, and every child participating in sports affected by different motive, is known. Advancing age was observed a decrease in participation in sports by internal reasons (13), on the other hand it is possible to say that it is much more interest in participation in sports by younger age. Furthermore, to be high of the participation motivation of young athletes which included in the study sample and also according to the age group it has been found to be significant difference,emerged.Therefore,keeping their motivation high and maintain the continuity of the athlete in the industry will be possible with the identification of the causes of participation in the sport in question and will have a positive impact on their performance. The duration of participation in sport; when the results of the analysis which differentiation of education, sports year and daily training period, are examined, it is seen that there are significant differences. Briefly, the educational backgrounds of individuals and the total period of their interested in sports, is examined, according to these variables, it is observed that the athletes have differences in participation motivation in sports. Especially, the motivation and interest of the beginners are much more than other individuals who had played sports in the same branch for many years.All educational and environmental features of individuals and their sports experiences also affect the cause of their participation in sports. Because, the individuals participate in the sports according to the qualification of stimuli they received from the environment and created for the reasons involved in the sport according to their own specifications. For example, in the Şirin's study (2008), "Team Membership/Spirit" and "Friendship"becamemore important for the beginners, is observed. This finding, while dealing with sports increases, "team membership/spirit" and "friendship" shows that the increase in the arithmetic average for the subscales. This means that, while dealing with sports increases to make friends and participation in sports to become a member of a team, has been interpreted as less important for athletes. Also, when considering daily training period, more training hours for daily training makes the athletes more elite and is therefore "success / status" or "competition" may be considered as reasons to participate in sports. The findings of this research as a whole, all demographics features of athletes can be a factor that can affect sports participation motivation, is understood.Indeed, according to age, gender and educational status in participationmotivation of athletes, significant differences have been identified.In addition to the personal aspects of athletes, feedbacks from the important environment such as family,friends, coaches and their approaches can affect their reasons of participation in sports. Therefore, in future research, these variables also can be made of studies that examine the impact of participation motivations. Besides, according to the year of interested in the sport of athletes, on the participation motivation, a differentiation was observed. The researches are a need for scrutinizing the reasons. As in all scientific research it has been mentioned in a number of limitations in this study. The study population is relatively narrow and limited to the demographic characteristics of the variables taken into consideration, from a certain perspective has enabled the evaluation of research results. To be held on larger sample masses also designing and examining empirical researches which will allow to study for different variables in a combination is expected to offer meaningful contributions to the literature.

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