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## A comparative study on participation motivation among graduate and post graduate students of physical education

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### Abstract

The purpose of the study was to compare participation motivation among graduate and post graduate students of physical education, 40 students including male and female, comparing 20 graduates (B.P.ED) and 20 post graduates (M.P.ED), randomly selected for the study. The age of the students ranged between 21- 27 years. The variable selected for the study was participation motivation, which was a psychological characteristic in sports psychology. To collect data for participation motivation, Gill Gross and Huddlestone, 1973 questionnaire was used to compare the variable among students of physical education. The value of mean and standard deviation of the test was computed by applying 't' test at 0.05 level of significance. In the study there was insignificant differences found on the trait of participation motivation among graduate and post graduate students of physical education.

**Keywords:** participation, motivation, psychological, characteristic, psychology

### Introduction

In recent years, studies in sports psychology have focused heavily on understanding the main reasons that motive the youth and children to participate in sports. Sports orientation takes place when the competition level of an individual is directed to the goal and the achievement of this goal. Sports participation gives individuals opportunities to evaluate their own performance, exhibit their skills and think over their personal objectives. Besides, among the causes of young athletes participation in sports is also important for body health and performance targets. Especially, "sports participation motivation" has been determined as a concept that needs to be explored in youth sports and a large number of studies have been conducted to identify the reasons that drive individuals to participate in sports and physical activities and to categorize these reasons. Modern sports psychologists and researchers have tried to prepare a theoretical basis to better understand sports participation of youth and find out the underlying motives. Motivation is regarded as a key factor that affects participation of athletes in a certain sport.

### Procedure and methodology

A total of 40 students both male and female comparing 20 graduate (B.P.ED) and 20 post graduate (M.P.ED) students of physical education were randomly selected for the study. Subjects were selected from S.G.G.S Khalsa College Mahilpur, which is affiliated to Panjab University Chandigarh. The age of the students ranged between 21- 27 years. The variable selected for the purpose of the study was participation motivation. The scores on participation motivation were obtained by using Gill Gross and Huddlestone, 1973 questionnaire. This questionnaire includes:

- States Achieved
- Team
- Fitness
- Energy release
- Skills
- Friendship

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- Fun
- Others

The main projections of the statements offered in the questionnaire on the first factor are those related to action and friendship. This encompasses motives such as: I like the action, I like to have something to do, I like to have fun, I like the team spirit, I like being on a team, I like the challenge, I like to get exercise, I like to get out of the house. Therefore, this factor was named sport action with friends. The second factor is defined by motives related to the popularity and importance sportspeople achieve through sports, i.e. victory (I want to be popular, I like to feel important, I like the rewards, I want to gain status or recognition, I like to compete, I like to win). Therefore, that factor was named popularity.

This is 30 items questionnaire used to assess the participation motivation. Prior to the collection of data, the subjects were clearly informed about the purpose and they were also motivated sufficiently. They were encouraged to give their proper and realistic answers. Statistical analysis for the psychological variable was used to calculate Mean, Standard deviation and 't' test was applied at 0.05 level of significance.

### **Results and discussion of findings**

For comparing the two groups both graduate and post graduate students of physical education on participation motivation. The Mean, standard deviation and 't' test were computed. The findings are presented below in the table. The mean and standard deviation of both groups along with the significance of difference by way of 't' test has been presented on the trait of participation motivation.

### **Significance of differences between graduate and post graduate students of physical education on participation motivation**

Group	Mean	Standard deviation	't' ratio
Graduate students	12.56	4.09	0.42
Post graduate students	12.16	3.73	

T value (n-2=38)2.00 at 0.05 level

The above table indicates that the mean of graduate and post graduate students of physical education on the trait of participation motivation was 12.56 and 12.16 respectively. The obtained 't' value was 0.42 which was found to be in significant at 0.05 level of significance. On the basis of these data analysis, there was insignificant difference found among graduate and post graduate students of physical education in terms of participation motivation.

### **Conclusion**

Insignificant difference was observed in participation motivation among graduate and post graduate students of physical education. The study also indicated that the graduate students had higher mean in terms of participation motivation than post graduate students of physical education. Physical education teachers should conduct the participation motivation test to evaluate mental strength and motivation level of the students of physical education. This test also enhances the performance of students in terms of motivation. Motivation for sport activities has become a very popular area of interest among sport psychologists. In our research we found the latent structure of sports students' types of motives as consisting of six factors (dimensions), similar as in other researches.

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