

## **Contents**

|   | <b>Page</b> |
|---|-------------|
| The Title Page  |             |
| Abstract in Malay Language.                           | I           |
| Abstract  | iv          |
| Acknowledgement                                       | vi          |
| Chapter 1 Introduction                                | 1           |
| 1.1 Background of Study                               | 1           |
| 1.2 Statement of the Problem                          | 7           |
| 1.3 Purpose of the Study                              | 8           |
| 1.4 Research Questions                                | 9           |
| 1.5 Significance of the Study                         | 10          |
| 1.6 Limitation of the Study                           | 10          |
| 1.7 Operational Definition of Terms                   | 12          |
| Chapter 2 Literature Review                           | 13          |
| 2.1 Theoretical-based Studies of Sport Participation  | 13          |
| 2.1.1 Harter's Competence Motivation Theory           | 14          |
| 2.1.2 Achievement Goal Orientation Theory             | 19          |
| 2.1.3 Cognitive Evaluation Theory                     | 22          |
| 2.1.4 Social Exchange Theory                          | 25          |
| 2.2 Sport Participation Motives of Athletes in Sports | 27          |

|   |    |
|---|----|
| 2.1.1. Sport participation motives in team and individual sports                                      | 34 |
| 2.2.2 Sport participation motives with respect to years of experience                                 | 36 |
| 2.2.3 Sport participation motives as a function of age  | 36 |
| 2.2.4 Sport participation motives as a function of gender   | 38 |
| 2.3 Sport Participation Motivation Inventory  | 40 |
| Chapter 3 Methodology   | 42 |
| 3.1 Subjects  | 42 |
| 3.2 Procedure   | 42 |
| 3.3 Questionnaire Design  | 44 |
| 3.4 Instrumentation   | 44 |
| 3.5 Questionnaire Analysis  | 46 |
| Chapter 4 Analyses and Results  | 47 |
| 4.1 Sport participation motive items in relation to male and female hockey players.                   | 52 |
| 4.2 Sport participation motive factors in relation to male and female hockey players                  | 59 |
| 4.3 Sport participation motive items in relation to Under-15 and Under-18 age group hockey players.   | 62 |
| 4.4 Sport participation motive factors in relation to Under-15 and Under-18 age group hockey players. | 68 |

|   |    |
|---|----|
| 4.5 Sport participation motive items in relation to less than three years and more than three years of experience in sport participation .  | 72 |
| 4.6 Sport participation motive factors in relation to less than three years and more than three years of experience in sport participation. | 78 |
| Chapter 5 Conclusion  | 81 |
| 5.1 Summary and conclusion.   | 81 |
| 5.1.1 Sport participation motive items in relation to male and female players   | 81 |
| 5.1.2 Sport participation motive factors in relation to male and female players   | 83 |
| 5.1.3 Sport participation motive items in relation to Under-15 and Under-18 age group hockey players  | 84 |
| 5.1.4 Sport participation motive factors in relation to Under-15 and Under-18 age group hockey players                                      | 85 |
| 5.1.5 Sport participation motive items in relation to less than three years of experience and three or more years of experience.            | 86 |
| 5.1.6 Sport participation motive factors in relation less than three years of experience and three or more years of experience.             | 88 |

|  |    |
|--|----|
| 5.2 Recommendations  | 84 |
| 5.2.1 Motive system for hockey lessons in Physical Education             | 85 |
| 5.2.2 Promoting skill development and co-operation as fun and enjoyment. | 91 |
| 5.2.3 Promoting Intrinsic Motivation                                     | 92 |
| 5.2.4 The role of coaches.   | 93 |
| 5.2.5 Further research in sport participation.                           | 94 |
| References   | 95 |
| Appendix I The original questionnaire on Sport Participation Motivation  |    |
| II The translated version in Malay Language.                             |    |
| III The eight motive factors derived from the thirty motive items        |    |
| IV List of schools involved in the survey                                |    |
| V Pilot Study  |    |
| The questionnaire distributed to the students.                           |    |

## List of Tables

|   | Page |
|---|------|
| Table 1 The mean scores and standard deviation of motive items  | 47   |
| Table 2 The Likert scale, frequency and percentage in the motive item "I want to improve my skills"         | 49   |
| Table 3 The mean scores and standard deviation of the sport participation motive factors of hockey players. | 51   |
| Table 4 The mean scores and standard deviation of sport participation motive items in relation to gender.   | 52   |
| Table 5 One-way analysis of variance of the motive items in relation to gender.                             | 55   |
| Table 6 The mean scores and standard deviation of motive factors in relation to gender.                     | 59   |
| Table 7 One-way analysis of variance of the motive factors in relation to gender.                           | 61   |
| Table 8 The mean scores and standard deviation of motive items in relation to age group.                    | 62   |
| Table 9 One-way analysis of variance of the motive items in relation to age.                                | 66   |
| Table 10 The mean scores and standard deviation of the motive factors in relation to age.                   | 69   |
| Table 11 One-way analysis of variance of the motive factors in relation to age.                             | 71   |
| Table 12 The mean scores and standard deviation of the motive in relation to year of experience.            | 73   |
| Table 13 One-way analysis of variance of the motive items in relation to year of experience.                | 75   |
| Table 14 The mean scores and standard deviation of the motive factors in relation to year of experience.    | 78   |
| Table 15 One-way analysis of variance of the motive factors in relation to year of experience.              | 80   |
| Table 16 The results of the Pre-test and Post-test in a pilot study.  |      |