

MOTIVATION IN SPORTS PARTICIPATION OF HIGH SCHOOL
ATHLETES IN MENDEZ CAVITE

THESIS

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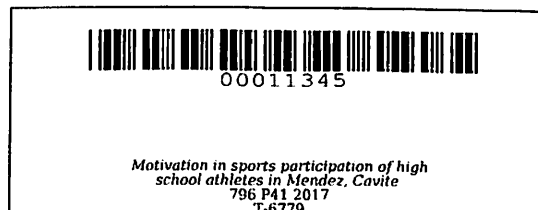
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MOTIVATION IN SPORTS PARTICIPATION OF HIGH SCHOOL ATHLETES IN MENDEZ CAVITE

Undergraduate Thesis
Submitted to the Faculty of the
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ABSTRACT

PERIDO, LESTER D. and TUPIL, REIGH JEFF S., Motivation in Sports Participation of High School Athletes in Mendez Cavite. Undergraduate Thesis. College of Sports Physical Education and Recreation, Cavite State University, Indang Cavite. May 2017. Adviser: Ms. Mary Ann R. Cardines.

A study was conducted in eight different high school in Mendez, Cavite, namely: Asis National High School, Tagaytay Mendez Academy, Saint Augustin School, Mendez Christian Academy, Mendez Nunez Montessori, Young Kwang International School, Anuling National High School and Palocpoc National High School to determine the motivation in sports participation of high school athletes in Mendez Cavite; determined the demographic profiles of the respondents in terms of age, sex and sports involvement; enumerate the motivating factors of respondents towards the participation in sports; and determined if there is a significant difference on the respondents motivating factor when grouped according to demographic profile.

This study employed the descriptive research design which involves collecting information regarding the demographic profiles and motivating factors of the respondents towards the participation in sports. Moreover, using different statistical tools, the significant differences of the respondents' motivating factors when grouped according to demographic profiles were determined.

A total of 160 high school served as respondents of the study. Survey questionnaire was used to gather necessary information that can help the researcher in this study. Questionnaires were distributed to the respondents during the respondents free time particularly on lunch breaks.

Findings of the study revealed that 56% of the respondents have ages between 15 to 17 years old; 53% were males; and 26% were engaged in sports like volleyball. In terms of motivating factors, more than half of the respondents (54%) were influenced by their friends to participate in sports, while 96% were motivated just to have fun. According to age, significant difference was observed in respondents' source of motivation as parents, school programs and availability in sports facilities in school. As to sex, no one influenced me (myself), to avoid dangerous influences, to relax and to make money were the factors that found to none significant differences. When the respondents were grouped according to sports, significant results were gathered in relatives, fitness benefits, to be involved in something positive, for the challenge and to make money as the factors that motivate them to sports.

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MOTIVATION IN SPORTS PARTICIPATION OF HIGH SCHOOL ATHLETES IN MENDEZ CAVITE.

Lester D. Perido

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An undergraduate thesis submitted to the faculty of the College of Sports Physical Education and Recreation, Cavite State University, Indang, Cavite in partial fulfilment of the requirements for the degree of Bachelor in Sports and Recreational Management with Contribution No. _____. Prepared under the supervision of Ms. Mary Ann R. Cardines

INTRODUCTION

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. Previous studies revealed that generally, there were some reasons underlying the participation of children and youth in sports and physical activities. These can be identified as fun, physical fitness, and skill development, achievement, status, being on a team, friendship, working off energy, situational motivations, being influenced by families, coaches, and some beneficial institutions. Table tennis, basketball, volleyball, swimming, and other athletic sports is included in sports programs both in and outside schools that helps the students in changing their lifestyles.