

**MOTIVATIONS AND BARRIERS TO SPORTS PARTICIPATION AMONG ACADEMIC
SCHOLARS AT CAVITE STATE UNIVERSITY – MAIN CAMPUS**

Undergraduate Thesis
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DHANNA REGINA G. QUIZON
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ABSTRACT

QUIZON, DHANNA REGINA G. Motivations and Barriers to Sports Participation among Academic Scholars in Cavite State University – Main Campus. Undergraduate Thesis. Bachelor of Sports and Recreational Management. Cavite State University, Indang, Cavite. April 2013. Adviser: Mr. Victor F. Piores.

The study described the demographic profile of the participants; determined the motivations and barriers to sports participation among academic scholars at Cavite State University – Main Campus; determined the factors that motivated the academic scholars to participate in sports; and determined the barriers that hindered academic scholars from participating in sports. An attempt was also made to correlate demographic profile with both motivations and barriers to sports participation.

A total of 278 academic scholars served as participants of the study. Personal interviews and surveys were conducted with them to gather the needed information. Descriptive statistical tools, Pearson's Chi Test, and Pearson's Product Moment Correlation were used to analyze the data of the study.

Findings of the study showed that majority of the academic scholars were female, 15 to 19 years old, and single. Their average monthly family income fell between PhP 11,000 to PhP 20,000. Most of the parents of the academic scholars attained college education.

The most influential persons who motivated the academic scholars to participate in sports were their friends. The most common motivations of academic scholars to

participate in sports were to have fun, to be with friends and to improve skills, and to satisfy the need to achieve.

Top reasons why academic scholars did not participate in sports were: that their parents/guardians would not allow them, they were busy, and they were shy and uncomfortable.

Results of statistics showed that gender influenced the academic scholars' motivations to sports participation. However, gender did not serve as barriers to sports participation. Age, civil status, monthly family income, parents' education, and category of scholarship did not influence the academic scholars' motivations and barriers to sports participation.