

Understanding Sports Motivation among Adolescents residing in the USA



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Introductions

Goal: Understand how different types sub categories of motivation affect adolescents who are residing in the US based of gender (male/female) & age groups(14-16/17-18).

The two most common buckets of motivation are:

- Intrinsic motivation: Motivation that comes within, from internal factors such as their love and enjoyment for playing
- External motivation: Motivation that comes from external factors such as a trophy or doing it for your parents/friends

Introduction

Knowledge Gap:

- Many other studies have focused on physical and mental health, there was more limited research regarding specifically age and gender differences. My study explores this topic which will help. Furthermore by targeting adolescents we as a community can figure out how to make an impact on kids from a young age.

Supporting Studies:

- The theory of intrinsic versus extrinsic motivation was introduced by Edward L. Deci and Richard Ryan in their book "Intrinsic Motivation and Self-Determination in Human Behavior." According to the research, intrinsic motivation is characterized by engaging in an activity for its inherent satisfaction, while extrinsic motivation is driven by external factors.

Methodology

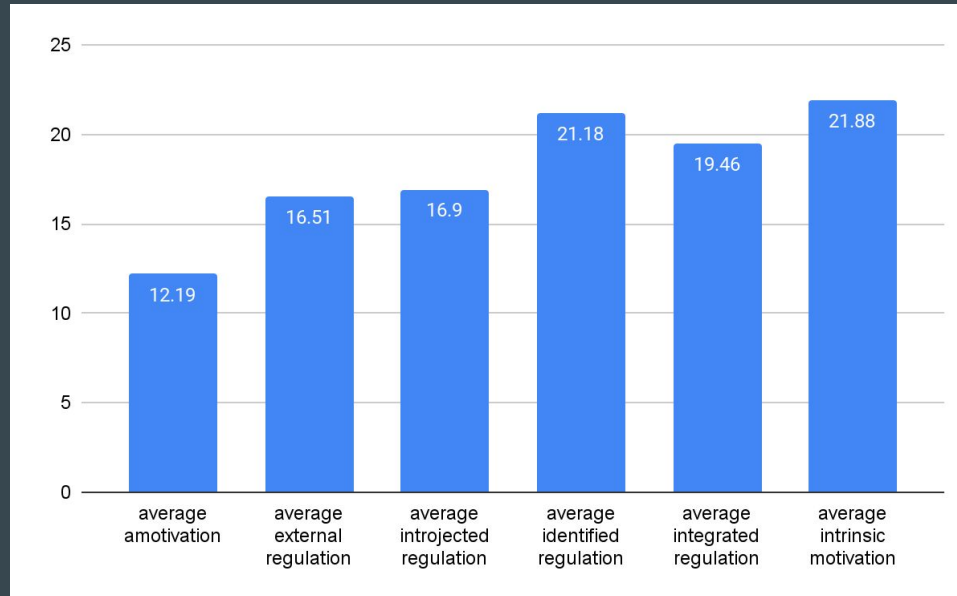
Aim: The aim of this study was to understand why adolescents in San Francisco participate in sports and if their reasons vary by age or gender.

Methodology: A google form, questions resembled and were modeled after 1-7 Likert scale, in which participants can answer whether they “Strongly Agree” or “Strongly Disagree” or even in between regarding how they resonate with the question. Each question score was correlated to a certain sub-category of motivation.

Ethics: People could opt out of the form whenever they wanted with no consequence. Furthermore, all the data was anonymous and will not be used for any other purpose or released to the public.

And the sub-categories include the following: amotivation, external regulation, introjected regulation, identified regulation, integrated regulation and intrinsic motivation.

Results and Discussion



Average score for each sub-section for the whole population

Results and Discussion

Across all six categories, there were no statistically significant differences between gender or age groups in any of the types of motivation. This suggests that both gender and age do not play a substantial role in determining the motivation to participate in sports (amotivation, external regulation, introjected regulation, identified regulation, integrated regulation, and intrinsic motivation) in this sample. The two factors that have the highest mean value in the population are intrinsic motivation at 21.88 and identified regulation at 21.18. These values show that motivation is very intrinsic and this also supports the conclusion which confirms that demographics don't play a substantial role in motivation. A study that supports the findings carried out by Almagro, Lopez, Suero, and Conde (2020) found that intrinsic motivation—such as enjoyment and personal challenge—was the most critical factor in driving sustained participation in sports among adolescents. This outweighed external factors like peer or parental influence. The research also revealed that demographic variables like gender and age had a very miniscule impact on participation levels.

Results and Discussion

These results were concluded after running various a two-sample independent t-test for each subcategory but also each for age and gender, making 16 t-tests. Based of our p-values with our significance level at 0.05 it was concluded that there was no significant difference between scores in age vs gender.

Furthermore, intrinsic motivation (21.88) and identified regulation (21.18) showing the highest mean values, indicating that motivation is largely intrinsic and unaffected by demographics. (shown on next slide)

Conclusion:

As we know, there is so no significant difference between race and age groups when it comes to their motivation. This means that efforts to encourage sports participation can be designed without needing to focus on specific age or gender groups, this could make it potentially easier for coaches and organization who are involved in adolescents sports.



Conclusion

Limitations: One limitation that came during the study was the lack of respondents. Not many people wanted to respond to the Google form which made it a little difficult to receive enough data. Another limitation is my location, since I wasn't able to go around the country or state to receive data I can only limit my findings to adolescents who are present in my area.

Implications: Future research could improve on these areas by including larger and more diverse groups and looking at how motivations change over time. In practical terms, this could imply that interventions or strategies to improve motivation in this context may not need to be tailored by gender or age.

Reference

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