

Motivating Factors and Perceived Benefits Among Non-physical Education Majors in Joining Sports Activities and Sports Clubs in A Government University in Guandong Province, China

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Abstract: Chinese adolescents' propensity for game addiction and peer-relation could draw a lot of concern. They could have stressful situation in school that they give vent to socially unacceptable preoccupations. At times it could result to bullying, violence that intermittent eruption of aggression on and off campuses. These could emerge as social problem if not attended to immediately. Although there had been attempts for school to intervene or channel misdirected energies through personal development fora or classroom activities, but these short-lived and palliative. For this reason, this study is conducted as means to improve students perspectives and eradicate unacceptable habits that are unproductive. This study proposed that channeling student time using hours of physical activities through sports could be found effective with Chinese students as this was found effective among Korean students.

Keywords: Motivating factors, Perceived benefits, Sports clubs.

1. Introduction

It may be worthy to consider participation in sports activities which eventually became the means to join sports clubs as well. This could work wonders among students. As a matter of fact, schools are doing their best to address the issue of apathy or "I don't care attitude" among students. Ever since, there were regular school activities done for the benefit of the students. The school has encouraged student associations to do events on improving personality or social aspects of student development. There were invitations to some resource persons /motivational speakers to speak about matters to curb attitudinal problems and misbehavior prevalent among today's youth, yet it did not seem to work. As time goes on, students' needs begin to arise with the speed that slow response can find us in a different in the page already where response was for the past not any more appropriate to the current state of affairs. Presently, the increase in academic stress and with some friendly associations drew the students to some fun and interesting liaison, that are counter productive to do serious school work. For this reason, the concept of the researcher's investigation will be a deliberate educational approach required to foster good personality. Therefore, this study endeavor to attain for the student-respondents, hopes to determine what motivates them to participate in school activities in relation to their joining sports club, The researcher will investigate whether participating in sports activities via participation in school-related sports clubs would be an effective measure for them to be in direct pursuit of their aspirations.

2. Statement of the Problem

This study determined the motivation and the perceived benefits among non- Physical Education(P.E) students in joining Sports Club and in participating in sports activities in the school.

Specifically, this study answered the following problems;

2.1 What is the profile of the non P.E major student-respondents in terms of their; sex, age, grade level, sports engaged in, and frequency of sports activities participation?

2.2 What is the extent of assessment on the motivation considered by non -PE major students in joining the sports club and sports activities with regard to;

Learning a skill,

Realizing new opportunities,

Discovering shared experiences, and

Building teamwork ?

2.3 Is there a significant difference in the assessment of non-PE majors in considering the above cited motivational dimension when their profile is taken as test factor?

2.4 What is the assessment of the non-PE majors-respondents on the extent of perceived benefits derived from participation in sports club and sports activities with regard to;

Personal benefits,

Mental benefits, and

Emotional benefits ?

2.5 Is there a significant difference in their perception of the benefits derived from participation in sports club and sports activities when their profile is taken as test factor?

2.6 Are there significant relationships between the extent of motivation and the perceived benefits derived from participation sports club and sports activities ?

2.7 After the gathered results of the study, what physical fitness program maybe instituted in Physical Education for increased participation ?

3. Significance of the Study

The study is deemed important because of the benefits it

will be gained for the following:

Students: Because they are experiencing increasing academic pressure through course load and expectations that are affecting their outlook in life, it is valuable to take part in sports activities through sports club participation. Since students are vulnerable to anything that will ease them out of misery and problems, the long lasting benefits of physical activities will be a relief with high acceptability.

Teachers: It will increase teachers' self-efficacy levels and positively will support the development of renewed high-quality teaching and trust gained from work commitment. The research on sports activities and sports club participation could contribute to improve teaching practice.

School heads. Administrators: As Wei Xiaoyu (2022) said cultivating teacher teachers can effectively overcome the defects of heroic leadership mode in universities, and make most teachers' abilities displayed and recognized to improve outcomes for students, therefore recognizing and giving importance to the role of the teacher will ensure that plans for guiding activities in sports are appropriate and practical, and help to promote school reform.

School. As a learning organization, institutions need not only be the effectiveness of its school heads but also the development of teachers' leadership in assisting the needs of the students and all stakeholders to realize that mission and vision goals of school in education of the child.

Future researchers, it is beneficial to the development and deepening of the theoretical research and practical exploration of sports activities and sports club participation.

4. Scope and Delimitation of the Study

This research is mainly focused to determine the factors that motivated non-Physical Education students in joining Sports club after their participation in sports activities. It employed a research-made survey question to determine the extent of participation and the motivating factor in joining the sports club

The respondents of the study were delimited to non-PE major students of Guangdong University of Science and Technology. Their profile variables that such as sex, age, age, grade level, sports engaged in, and frequency of participation in sports activities status. The profile was the bases for comparison among the respondents assessment of their motivation for joining sports activities and clubs, and the perceived benefits derived from their participation. were compared as bases for differences in the distributed leadership and self-efficacy of The two constructs were the bases for associating variables that could be determine which influences, whom. Through the careful analysis and interpretation the result could mean a lot to the students, teachers and schools in general.

5. Research Hypothesis

The following null hypotheses tested at .05 level of significance;

Ho1: There is no significant difference in the assessment of Non-PE major on the extent of motivational factors derived from joining sport activities and sports activities when their profile is taken as a test factor.

Ho2: There is no significant difference in the assessment of the perceived benefits derived from joining sports club and sports activities when their profile is taken as a test factor.

Ho3: There is no significant relationship that exists between the respondents' assessment on extent of motivational factors and perceived benefits derived from joining sports activities and sport club.

6. Related Literature

Sports

Sports develop connections that bond together people from all walks of life., playing pick-up basketball at the gym was the fastest and easiest way to make friends and the easiest way to deal with failure. Health care professionals recommend physical activities through sports. Sports provide a positive attitude to learn to pick up oneself when one sees himself failing. In addition to that, exercising is a great way to get out of the stressful college life that is all about homework, presentations, and group projects. In fact, playing sports helps students relax and reduce their anxiety.

To sum up, playing college sports has some serious benefits. Besides just being fun, sports can help you perform better in school, relax more and worry less, deal with setbacks, work better with others and increase your energy — all of which helps you balance school and everything else going on in your life.

In the study conducted by Golja, P. & Robic T. in 2014, The objective of the study Exercise is a recognised means for improving quality of life. In general, students perform less sports Exercise is a recognised means for improving quality of life. In general, students perform less sports activity than previous generations. In contrast, however, children's participation in competitive sports has increased. The present study therefore aimed to assess how many students participate in sports clubs, how active in sports student (non)members are, and what actual effect sports clubs have on enabling sufficient sports activity. There were 213 in the first year of university studies (19-20 years). They were recruited for a study approved by the Slovenian Ethics Committee. They answered a questionnaire on their sports club membership and on their sports activity during organised sports training and/or in their free time. Results were statistically analysed and compared to our previous results obtained from primary and secondary school children. Results showed that only 16% of students participate in sports clubs, which is less ($p < 0.001$) than in primary and secondary school children. The average (SD) sports activity of student sports-club members is 11.7 (6.8) h/week, with students non-members being significantly ($p < 0.001$) less active with 4.6 (3.0) h/week. Participation in sports clubs is lower ($p < 0.001$) in female (15%) than in male (21%) students, which is similar to children. Conclusions: The results of the study demonstrate that sports clubs in Slovenia are important for promoting sufficient sports activity. Namely, most of the student members participate in sports activity more than the recommended 1 h/day and are more than two times more active than their peers. Females, however, participate less often in sports clubs, which calls for further attention. Se Jeong Kwon(2018) A relationship between personality and empathy in teenagers' school sports club participation. *Journal of Exercise Rehabilitation*14(5):746-757 DOI:10.12965/jer.1836320.160

Kwon study in (2022) aims to identify the relation between students' participation in sports club activities and personality and sympathy based on the findings obtained from personality

and sympathy study and understand what the interrelational characteristics are. This study investigated a total of 408 individuals (male, 58.3%; female, 41.7%) who have continuously participated in sports club activity in middle schools located at Seoul and Gyeonggi province, Korea. To look at the type of event that they selected, 127 individuals (31.1%) reported that "School sports club event is already defined in school." and 281 (68.9%) reported that "We can select among several school sports club events." The events that they participated in are that 79 individuals participated in basketball, 47 in line dancing, 96 in badminton, 2 in yoga, 31 in football, 129 in pingpong, and 20 in floorball. In conclusion adolescence is a period that adolescents are physically and mentally developed in terms of personality, morality, creativity, and sociality. During this period, learning and experience are very important for lifetime. Therefore, teenagers' school sports club activity can contribute to fostering positive and desirable personality and stabilizing emotional empathy among student participants. This study identified the relation between personality and empathy in adolescents, which was not studied before. As presented in previous researches, it can be found that positive personality can be cultivated by teenagers' communal activities in school life. The link to connect this with empathy factor is considered to be the very communal activity, sports.

In a study conducted by Razak, Jabal and Wahid in 2012, it showed that involvement in sports activity Razak, could improve one's life in terms of physical fitness and mental health. The participation of parents and children in sport activities is crucial in preventing the children from involvement in negative activities especially during their leisure time. This paper examined the involvement of students in sports activities during the school holidays. They normally have fewer activities and therefore may have the tendency to get involved in negative activities since there are less control from parents and teachers during this time. A total of 261 students from two daily schools in Pahang were involved in this study. Only 41 percent or a total of 107 students are interested in sports activities during the school holidays. The common sports activities involve are badminton, football, volleyball and netball. The result shows that students need additional facilities such as bowling center and swimming pool as an alternative sport activities. Providing the facilities according to their interest could give them more enjoyment and exposure to the new sport activities. The students could also experience healthy life style which could prevent them from joining unconstructive pursuits. Hence, the finding of this study is hoped to provide useful information in improving the quality of life among secondary school students in the rural areas.

6.1. Games and School Sports

In the 2021-22 school year, according to data from the National Federation of State High School Associations, the sport with the most participants for boys nationally was 11-player football with 973,792 participants. For girls, it was outdoor track and field, with 456,697 participants. Good sports activities for kids take the children's interests and personality in mind. Some kids love team sports such as basketball and soccer. Others thrive in individual sports such as gymnastics and archery. Then, there are lawn games for kids less sport-enthused. Thus, we've put together 50 excellent sports activity suggestions to suit various personalities and strengths. Looking beyond high school

sports, children from low-income families are much less likely to play sports than those from higher-income families, according to data on children ages 6 to 17 from the National Center for Health Statistics' 2020 National Health Interview Survey.

Ayan. S. in 2013 conducted a study on games and sports among children for the Turkish educational system entered into the process of a compulsory 12 years of school education starting from the 2012-2013 academic year. In this process, the name of the physical education lesson has been changed to "games and physical activities" in the primary schools that offer education for 4 years. The aim of the present study is to determine the game and sports preferences of the children who received education in the 2011-2012 academic year between the 4th and the 8th grades. The questionnaire of Celli, "Games and Sports" was translated into Turkish and was used as data collecting tool in the study. The population of the study consisted of 716 students. The subjects of the study included the preferred sports and games in open areas in winter and in summer, the preferred sports in closed areas, favorite games at home and favorite sports and games overall. The differences between playing games or sports in summer and in winter; playing games or sports in open and closed areas; playing individual games or sports or in a team; liking or not liking rough-and-tumble play were determined. The research results were supported with discussion.

7. Research Design

This study utilized a quantitative approach employing a descriptive-comparative-correlational approach. The survey approach was built on the researcher questionnaire on the extent of assessment on the motivational factors for joining in the sports activities and sports clubs and the perceived benefits derived. As a result, the researcher examined the significant statistical relationship between these two key factors. The questionnaire responses were examined quantitatively, allowing the study to assess the relationship between the research variables. The goal of this research is to create an enrichment in the Physical Education for physical fitness to integrate sports activities at the Guangdong University of Science and Technology in Guangdong Province, China.

8. Research Locale

The data for this study after its proposed acceptance were drawn from the students of Guangdong University of Science and Technology, founded in 2003, is a full-time undergraduate university approved by the Ministry of Education. It focuses on engineering, and offers coordinated development of management, economics, literature, arts and other disciplines. The University is located in Dongguan, "an important node city of Guangdong-Hong Kong-Macao Greater Bay Area", with two campuses, Nancheng and Songshan Lake, covering an area of more than 2,000 mu. The university has six secondary schools, namely Computer Science, Finance and Economics, Foreign Languages, Management, Mechanical and Electrical Engineering and Art Design, with over 32,900 full-time students. Guangdong University of Science and Technology has adopted the reform of "three year system" in public physical education teaching. Freshmen, sophomores and juniors are required to take physical education classes.

8.1. Respondents of the Study

This study targeted on the Non- PE students of Guangdong University of Science and Technology. The researcher employed the participation of the students randomly who are presently enrolled in Physical Education Grade 1,2,&3 , regardless of the program they are affiliated with. From the total PE students, Qualtrics calculator was utilized to get the samples from 7200 students, using Qualtrics, at 95 % confidence level and 5 % margin of error has resulted in a sample of 365 non-PE major students.

8.2. Research Instruments

Since this study employs a quantitative approach, the survey questionnaire was the main data gathering instruments to be used. As there are limited literature on sports activities , the research deemed it to develop questionnaire for the study. The content of which was based on the literature readings and guided by the researcher’s experience on the specialization. The effort poured out by the researcher after futile exhaustive searches for availability of appropriate questionnaires, thus a researcher -made questionnaire materialized. The required validation was done after proposal defense. The psychometric qualities was sought to make the study valid for the targeted measurement of the variables.

9. Data Analysis

The following statistical procedures was employed in the study to analyze the data acquired at the 0.05 level of significance using the Statistical Package for Social Sciences or SPSS software:

1. Frequency Count and Percentage

The researcher used this on the description of the student respondents; profiles based on their sex, age, Grade level, sports affiliated to, and frequency of sports activities participation.

2. Weighted Mean and standard deviation

First, the researcher utilized the tools to describe and analyze the respondents extent of motivation in participation in sports activities and clubs and benefits derived from.

The scale ratings are in four - point Likert scale as indicated below:

Table 1. Level score

Symbol	Mean range	Adjectival Description
4	3.51-4.00	Very Great Extent/Highly Motivated/ Highly Beneficial
3	2.51-3.50	Great Extent/Motivated/ Beneficial
2	1.51-2.50	Less Extent/ Slightly Motivated/Less Beneficial
1	1.00-1.50	None at All/ Not Motivated/ Not Beneficial

10. Summary of Findings

The relevant findings of the study are hereby summarized based on the data presented, analyzed and interpreted.

Profile of the Respondents

Of the 724 respondents who responded to participate in the study, majority are female, who were more than 21 years old and who were in Junior grade level and were engaged in intramural activities than recreational activities. Majority of these non-PE majors participate in sports activities

occasionally.

2. Assessment of the Extent of Motivation Considered by Non- PE Major Students in Joining the Club and in Joining Sports Activities

The overall assessment of the of the extent of motivation considered by the respondent students in joining the club sports activities was interpreted “Motivated”. The details showed that the non-PE majors were motivated by;

2.1 Discovering shared experience that ranked 1

2.2 Realizing new opportunities which ranked 2

2.3 Learning a skill which ranked 3

2.4 Building team work spirit which ranked 4

3. Difference in the assessment of the extent of motivation considered by non-PE major students when their profile was taken as test factor.

Using t-test or ANOVA, the comparison in the assessment among the non-PE major student respondents, generally showed no significant differences. The details revealed that:

3.1 In terms of sex, there was no significant difference in the assessment between male and female respondents with regard to extent of motivation in terms of personal benefits.

3.2 In terms of age, there was a no significant difference in the assessment between those respondents who were more than 21 years of age and those who were less than 20 years old.

3.3 In terms of grade level, there was no significant difference in the assessment among, freshmen, sophomore, and junior level, where Freshmen showed higher assessment, indicating “highly motivated” than the rest of grade level

3.4 In terms of sports activities engaged in, there was a significant difference in the assessment among the Non-PE major respondents who were engaged in recreational activities and intramural activities. Analysis showed that those who were highly motivated were those engaged in intramural activities.

Generally, in terms of frequency of participation in sports activities, there was no significant difference found among non-PE majors whether they do participate “once a month”, “twice a week”, “once a week” , “everyday”, or “occasionally”.

4. Respondents’ Assessment on the Extent of Perceived Benefits Derived from Participation in Sports activities and joining the club

The overall perception of non_PE-major respondents on the perceived benefits derived from sport activities and sports club participation was interpreted to mean “Benefited”. The details showed that;

4.1 In terms of Personal benefits, the non-PE major respondents were “Benefited.” The assessment showed that they feel more alive and free.

4.2 In terms of Mental benefits r . The respondents gained rating equivalent to “Benefited.” The non-PE major show great extent of agreeableness that there problem solving ability was put to good use.

In terms of Emotional factor.It obtained a “Highly Benefited” assessment. The non-PE major assessment discovered new acquaintances that help build their self confidence.

5. Difference in the assessment of the extent of perceived benefits considered by non-PE major students when their profile is taken as test factor.

Using t-test or ANOVA, the comparison in the perceived benefits derived among the non-PE major student respondents, generally showed no significant differences. The

details reveal that:

5.1 In terms of sex, there was significant difference in the assessment between male and female respondents with regard to extent of benefits derived from personal, mental and emotional.

5.2 In terms of age, there was no significant difference in the assessment between those respondents who were more than 21 years of age and those who were less than 20 years old. In terms of personal and emotional but not in mental benefits.

5.3 In terms of grade level, there was no significant difference in the assessment among freshmen, sophomore, and junior level, where Freshmen showed higher mean assessment, indicating greater benefits derived in their sports participation.

5.4 In terms of sports activities engaged in, there was a significant difference in the perceived benefits between the Non-PE major respondents who were engaged in intramural activities.

5.5 Generally, in terms of frequency of participation in sports activities, there was no significant difference found among non-PE majors whether they do participate "once a month", "twice a week", "once a week", "everyday", or "occasionally" in mental or emotional benefit, except in personal benefit.

6. Relationship Between the Extent of Motivation considered and Perceived Benefits Derived from sports activities and club participation

Using Pearsonr, generally, the correlation between extent of motivation considered and perceived benefits derived from sports activities and club participation was significant. It yielded a mild to high and positive correlation.

11. Conclusion

Based on the findings of the current study, the following conclusions are hereby forwarded:

1. It can be inferred that the respondents chosen to assess their motivation considered in their participation to sports clubs and sports activities where non-PE majors who can make an impartial assessment in terms of their sex, age, grade level, sports engaged in, and who frequently involved themselves in sports activities.

2. In essence, it can be deduced that non-PE majors assessment have considered option of discovering shared experiences in motivating them to participate in sports activities and in joining sports clubs.

3. Respondents' personal circumstances regarding motivation for current involvement in sports activities and sports club were not factors to be considered. Perhaps, engaging in intramural activities all their mature life can be basis to begin with.

4. Generally, the emotional benefits gained from participating in sports activities and sport club is foremost.

5. It can be inferred that the non-PE majors who decided to join sports activities and sport clubs are those adult male who have been engaged in competitive sports regardless with how often they participate more or less.

6. Now it can be inferred, that theoretical framework that espouses the dynamic interaction among non-PE majors reflects the correlated constructs between the motivations considered and utmost benefits that personally guided them.

12. Recommendations

Based on the findings and conclusions of the study, the following recommendations are hereby offered:

1. Since the assessed current status of the sports activities showed a low ranking in building team work spirit, there is a for the school and the physical education department to beef up their goals to encourage more students to take part in activities that will foster their holistic well-being.

2. There seems to be a disparity in the assessment of the motivated attributes for all students, where Freshmen are more charges with action for sports activities, it is suggested for the Physical education department to set a scientific and promotion channel for all students to take part in activities that will be of utmost benefits to their well-being physically, emotionally, mentally and perhaps spiritually.

In terms of activities, there seemed over emphasis on activities that could be male-related, or age-related on selected groups that seems to eclipse the real purpose of sports activities, it is therefore suggested to optimize the Physical education curriculum offerings and the sports field/ campus environment for equal exposure of all students to facilities, opportunities so that it will not just be some sort of competitive sports activities but recreational as well.

4. The researcher is endorsing the adoption of the proposed physical fitness program to the school administrators for the holistic development of the students.

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