

Continued Sport Participation Constraints of University Student Athletes: Special Reference from University of Kelaniya

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Abstract: Sport is especially popular among physical activities, Sport or sports are all forms of usually competitive physical activity or games which, through casual or organized participation, aim to use, maintain or improve physical ability and skills while providing enjoyment to participants, and in some cases, entertainment for spectators. This study was thoroughly undertaken by the researchers by focusing on the problem that was identified from the preliminary observation and through experience. The main purpose of the study was to identify the most effective constraints to continued sports participation in the University of Kelaniya. Data were obtained from the 114 respondents which included the organizational manager and interviews were carried out with a range of people relevant to the field of study. In this research approach, exploratory research style and inductive research approach constraints may need to be updated. Constraints for continued sports participation in environments might differ significantly from those in competitive environments. The random sampling method was used to collect data. Data collection occurred using a single case design, which includes observation and Survey. SPSS software was used for the data analysis proceed. Constraints questionnaire which was designed to study to examine effective constraints to continued sports participation. There are different ways categorizing constraints. According to, constraints to continued sports participation can be grouped into three categories –structural, intrapersonal, interpersonal. Independent variables are Structural Constraints, Intrapersonal Constraints, and Interpersonal Constraints. Moderate variables are gender, Year, dependent variables are Participation Frequency. Researcher tested reliability validity test: Cronbach's Alpha 0.878. Researchers used FACTOR LOADING analysis to identify the most effective problem which was to continue participate Sports activity. Results suggest that Time Constrain is a most effective barrier to participating Sports. That barrier signifies the eigenvalue level of 0.911. The results from this study highlight the potential to learn more about the interplay of time constraints on sports participation by collecting the same information in other communities. Point of view, it would help planners, lecture time designers and Sports science and Physical Education departments in Universities.

Keywords: Interpersonal, Intrapersonal, Participation Constraints, Structural, University Sport

Date of Submission: 29-09-2017

Date of acceptance: 07-10-2017

I. Introduction

In current context, sports are a prior icon for a human life since it is beneficial to create both sound mentality and healthy life. Sports are popular all around the world. There are many people who engaged in sports as their career prospects, who have already won the life in many aspects such as popularity, money and healthy life style. Sports are a kind of art that articulate ones' capabilities and fortune of their lives. (Sandlin, 2014)

When analyzing the participation for sports within the university, it depicts a lower participation for sports by the undergraduates. (Sport Council, 2016). (Administration, 2016). Therefore, it is a questionable point why undergraduates show less continued participation in sports, since sports are popular all around the world. Hence, there is a need of searching the constraints affected to such lower continued participation. It is aimed to identify the constraints of participation in sports and to increase the taste of sports among university undergraduates through elimination of such constraints in order to increase awareness of benefits that can be gained through sport activities from this research.

Another special factor that causes to this research is even when university students enter in to the university, there is an orientation programmer for them, where students are encouraged to engage in sport activities; though it is happened so, there is still lower continued participation for sports among the university undergraduates. According to sport council of University of Kelaniya, though there are many programmers'

such as sports cooler nights, best sport person competition, still there is lack of participation in sports. (SportCouncil, 2016).

It is revealed that lack of knowledge, lack of money, effectiveness of encouraging factors, style of education, different tastes are some constraints for undergraduates' continued participation in sports through many researches. (Lee, Lee, & Min-Haeng, 2011).

Social Aspects of Sport and Leisure Participation

In the late 1960s, researchers found preliminary support for the idea that recreation activities are often characterized by the group structure of participants, with different groups having different objectives and needs (Burch, 1969). Burch (1969) postulated that the origins of leisure participation and continued involvement are more often influenced by individuals' social connections and circles of co-workers, friends, and family than by individual causes. Subsequent research built on Burch's seminal work has demonstrated that individual variation in leisure behavior is often well explained by social group influences (Field & O'Leary, 1973). Similarly, Stokowski (1990) suggested that leisure occurs in a social world and an individual's engagement is influenced and constrained by social circumstances, often beyond the control of the individual. However, leisure researchers have traditionally examined an individual's behavior at the expense of studying the social group (Arai & Pedlar, 2003; Mannell et al., 2006; Scott & Godbey, 1992). Sampling the disconnected individual in a random sample is potentially problematic though, because "the connectedness of humans is carefully sampled out" (Meyersohn, 1969, p. 55). Thus, while the act of participating in leisure has been recognized as a social experience, limited research has been conducted on the social or recreational group (Heuser, 2005; Scott & Godbey, 1992; Yarnal et al., 2008).

Research that has examined the social aspects of sport and leisure behavior has taken a social worlds or subculture perspective. A social world or subculture is a distinct 13 group in which members orient themselves in an identifiable way (Donnelly & Young, 1988; Unruh, 1979). Similarly, Scott and Godbey (1992) noted that social worlds represent a "unique scheme of life in which members share in a special set of meanings and in which various cultural elements are created and made meaningful by social world members and serve to set the social world apart from other social worlds" (p. 49). Early work in the area of recreation specialization speculated that individuals highly committed to an activity were part of a leisure social world that influenced the decisions they made in other aspects of their life including friendships, career, and vacation (e.g., Bryan, 1977). Social worlds in sport and leisure socialize members by setting norms related to leisure styles, clothing and equipment, meanings of activity participation, and behaviors associated with the activity (Donnelly & Young, 1988; Scott & Godbey, 1992; Wheaton, 2000).

Contrary to previous research arguing individuals progress and become more specialized the longer they participate in an activity (e.g., Bryan, 1977; Glancy, 1990; McIntyre & Pigram, 1992), Scott and Godbey's (1992, 1994) ethnographic work on adult bridge groups found that not all bridge players were interested in becoming more specialized. Rather, they concluded that there were two different groups of people, namely those who were interested in being serious players and those who were interested in being social players. The groups varied based on a number of characteristics including the recruitment of new players, style of game played, adherence to formal rules, creation of player partnerships, physical setting where games are played, conversations that take place during the game, characteristics of players, and the types of relationships formed. Further, the social players made a point of not progressing to the serious bridge group. 14 Thus, Scott and Godbey (1994) concluded that an increase in specialization may not occur over time for all participants, and as a result, specialization may be better conceptualized as membership in different social worlds, as opposed to a continuum of expertise. Similarly, in a study of women lawn bowlers, Heuser (2005) found that some of the women were not interested in being serious players and created a playing environment that met their needs (e.g., low competition, constant chatter between members, and a lack of concern for the specific rules). Instead, the women were interested in spending meaningful time with one another in a social and relaxed environment. Despite these findings, limited understandings of the various ways in which social groups influence recreational participation remain. (Wood, 2011)

II. Methodology

Research approaches are plans and the procedures for research that span the steps from broad assumptions to detailed methods of data collection, analysis, and interpretation. This plan involves several decisions, and they need not be taken in the order in which they make sense to me and the order of their presentation here. The overall decision involves which approach should be used to study a topic. Three research approaches are advanced: (a) qualitative, (b) quantitative, and (c) mixed methods. Unquestionably, the three approaches are not as discrete as they first appear. Qualitative and quantitative approaches should not be viewed

as rigid, distinct categories, polar opposites, or dichotomies. Instead, they represent different ends on a continuum. (Newman & Benz, 1998)

There are two alternative research dichotomies: Qualitative and quantitative, Deskwork and Fieldwork. Quantitative research is empirical research where the data are in the form of number. (Punch, 2005) The quantitative research approach was used in this study to reach the set objectives of the research. (Alzheimer Europe Office, 2009). The former involves the generation of data in quantitative from which can be subjected to rigorous quantitative analysis in a formal and rigid fashion. This approach can be further Sub-Classified into Inferential, Experimental and Simulation approach to research.

Inductive approach, also known in inductive reasoning, starts with the observations and theories are proposed towards the end of the research process as a result of observations. Inductive research “involves the search for pattern from observation and the development of explanations – theories – for those patterns through series of hypotheses”. No theories or hypotheses would apply in inductive studies at the beginning of the research and the researcher is free in terms of altering the direction for the study after the research process had commenced. It is important to stress that inductive approach does not imply disregarding theories when formulating research questions and objectives. This approach aims to generate meanings from the data set collected in order to identify patterns and relationships to build a theory; however, inductive approach does not prevent the researcher from using existing theory to formulate the research question to be explored. Inductive reasoning is based on learning from experience. Patterns, resemblances and regularities in experience (premises) are observed in order to reach conclusions (or to generate theory). (Dudovskiy, 2011).

In quantitative research behavior of variables are measured quantitatively. As current research is intended to reveal a most effective constrain for continued sport participation. It is necessarily considered as a quantitative research inductive research approach. As this study was exploratory in nature, it was intended to collect primary data as much as possible. Deriving accurate information from field surveys was highly dependent upon the survey methods constraints. The Data collected from Questionnaire was developed for the continued sport participation constraints in University of Kelaniya. Participation constraints questionnaires were designed to focus on three major factors. (1) Intrapersonal (2) Interpersonal (3) Structural. Seven General questions were designed in the questionnaire.

In this regard, both internal secondary data and external secondary data were simultaneously utilized. In collecting internal secondary data Newsletters and other internally published documentary evidences, relevant websites were applied. To collect the external secondary data, the sources such as textbooks, Journals, Publications and World Wide Web were referred. The most important stage of a study is the sampling and consequently it had to be handled properly. Therefore, the target group of this study was the sport players in University of Kelaniya. In the research, sample is represented by the athletes who are arriving to sport practices. In this case, stratified sampling and simple random sampling was as followings. Under stratified sample, couple of sub samples was selected; samples formed with first year, second year, third year and fourth year athletes. Then, simple random sampling was used to administer questionnaire for years. While collecting data from above samples. The questionnaires for data collection were both in Sinhala and English media. As it enables to collect data from both Tamil and Sinhala athletes.

III. Analysis of The Data

In this descriptive study, a questionnaire form will be developing to identify the constraint for sport participation. Primary data will use for this research. For presenting the data the out of the tools of measurements of central tendency including means, standard deviations, graphs, and tables were used. For the purpose of data analysis inferential statistical tools such as the “FACTOR analysis” analysis was used. The computer software, Excel 2016 and SPSS 22.0 were used to calculate the values for data presentation and analysis purpose.

Variables and Questions

Variables	Question numbers	Total number of Question
Intrapersonal	Q8-Q18	11
Interpersonal	Q19-Q27	9
Structural	Q28-Q37	10
General questions	Q1-Q7	7
Total number of question		37

Pilot Survey

Pilot survey holds a major part of the research. Several pilot surveys were basically done according to the model building. Pilot survey on University of Kelaniya was done on the 13th of December in 2016. There were four members in the operation and the team arrived at the location around 9.00a.m. There were several objectives that had achieved through the pilot survey. Pilot survey had been carried out to test the suitability of

the questionnaire to the particular site. Formulated basic questionnaire with 30 questions based on continued participation in sport was subject to Reliability, and validity test. In this case, 20 questionnaires were given to the tourists. According to the reliability test, positive value could be obtained. Therefore, the same questionnaire was employed for the research. Then the questionnaires were prepared in order to distribute among sample. This was done for the purpose of having a better confirmation regarding the reliability and validity of questionnaires.

Reliability Statistics

Cronbach's Alpha	N of Items
.878	30

3.1 Results and Findings

KMO and Bartlett's Test

KMO and Bartlett's Test

Kaiser-Meyer-Olkin Measure of Sampling Adequacy.		.557
Bartlett's Test of Sphericity	Approx. Chi-Square	418.430
	df	45
	Sig.	.000

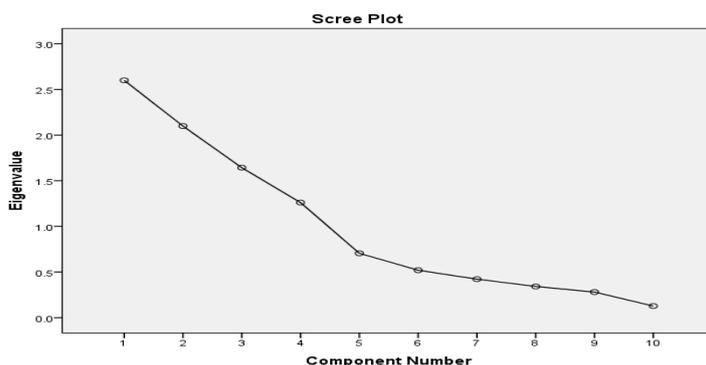
The KMO statistics recommends to be greater than 0.5. In this KMO value is 0.557, which falls in to the range of recommended value.

Total Variance Explained

Component	Initial Eigenvalues			Extraction Sums of Squared Loadings			Rotation Sums of Squared Loadings		
	Total	% of Variance	Cumulative %	Total	% of Variance	Cumulative %	Total	% of Variance	Cumulative %
1	2.600	26.002	26.002	2.600	26.002	26.002	1.975	19.751	19.751
2	2.099	20.990	46.993	2.099	20.990	46.993	1.972	19.725	39.475
3	1.643	16.431	63.424	1.643	16.431	63.424	1.857	18.572	58.047
4	1.261	12.606	76.030	1.261	12.606	76.030	1.798	17.983	76.030
5	.705	7.051	83.081						
6	.520	5.199	88.280						
7	.422	4.220	92.501						
8	.342	3.419	95.919						
9	.281	2.806	98.725						
10	.128	1.275	100.000						

Extraction Method: Principal Component Analysis.

According to the total variance explained, there are four constraints which have the Eigen value greater than 1. There are four components in the table which is automatically shown. In this study, the survey data reveals the obstacles in academic environment in the percentage of 76.03%. The other not revealed 23.97% percentage of obstacles suggestion for future research.



Constraints Components

According to the above screen plot, there are four components which have the Eigen value greater than one Failure in this study, the KMO value was less than 0.5, hence the researcher adjusted and removed the values less than 0.5 and after analyzing again below table was received.

Rotated Component Matrix

	Component			
	1	2	3	4
factor1g	.838			
factor1a	.822			
factor1k	.720			
factor3f		.909		
factor3h		.895		
factor2e			.911	
factor2d			.857	
factor3c				.846
factor3a				.816
factor2h				.608

Extraction Method: Principal Component Analysis.
 Rotation Method: Varimax with Kaiser Normalization. ^A
 a. Rotation converged in 5 iterations.

Through the rotated components matrix there are obstacles identifying under four components. These identified obstacles are Intrapersonal, Structural, Facilities and time. Mainly, impact for sports are continuous participation for lectures and also, there are some other factors like time and facilities which affect the continuous participation For University Sports. Intrapersonal Constraint

Intrapersonal Constraints Category

Questions	Eigen Value
I'm not fit enough	0.838
It makes me feel tired	0.822
I'm not skilled enough	0.720

Structural Constraint

Questions	Eigen Value
Transportation takes too much time	0.909
I have no reachable facility	0.895

Time Constraint

Questions	Eigen Value
I don't have time due to my University lectures	0.911
I don't have time due to work	0.857

Facility Constraint

Questions	Eigen Value
Facilities are inadequate	0.846
Facilities are poorly kept	0.816
My friends do not have time	0.608

IV. Conclusion

The current research examined the influence of constraints for sport participation. There were sport participants chosen for this study, respectively. The sample was 114 participants. There were two variables, one depends variables used in this study. Most participant constraints which is to sport participation was as dependent variable some results have been presented of a survey aimed at explaining effect of constraints for sport participation in Sri Lankan Universities. Due to the small size of the sample analyzed and the limited statistics performed. Firstly, researcher find out most affected constraints for sports participation and for that University administration should concern about time duration for sport participation to balance participation of each trails. Obstacles identifying under four components. These identified obstacles are Intrapersonal,

Structural, Facilities and time. Mainly, impact for sports are continuous participation for lectures and also, there are some other factors like time and facilities which affect the continuous participation for University sports.

V. Recommendation

Based on the finding of the researcher would recommend the followings to the participants of the sports participation and sports authority

- Sports authority should more concern about time duration and academic sessions about sport participation which time from University sport participants, because of the most sport participant's sensitive about this factor. Through that the University administrator can encourage or discourage each sport trails participate.
- Sport recreation managers can overcome these constraints by bolstering existing sporting programs.
- Adding public transportation or rerouting existing public transportation network via some sport area (Indoor stadium, Swimming pool) may alleviate the transportation issue to some extent.
- University resource managers can eliminate the inadequate facilities constraint by adding facilities to sport area and players wants as per expectation of different user groups.
- These constraints (e.g., lack of transportation, and inadequate facilities) can be lowered by income to some extent. Hence governments' policies in regard to income and education directly affect sport participation rates
- As the current study was delimited to intrapersonal, structural, time and facilities constraints, future studies should adapt the scale for use on other constraints (e.g., interpersonal, financial). In particular, an examination of the continued sport participations further research could include other recreation activities for the studies. This study has used only 114 sport participating data; further more studies could increase this sample size.

Obstacles which were not revealed in this study, 23.97% is proposed to be reveal in a future Research.

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M.L.M. Silva. "Continued Sport Participation Constraints of University Student Athletes: Special Reference from University of Kelaniya ." IOSR Journal of Sports and Physical Education (IOSR-JSPE) , vol. 4, no. 5, 2017, pp. 09–15.