

Students Participation and Attitude towards Sport: A Case Study in Malaysia

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Abstract

Sport is an activity that involve competition among participants that relating to physical and skills of an individual or a team. Sport is important, to help all level of human being to have a balanced life style. Sport among students is a must. Their busy class schedules need also be supported by outdoor activities. Balanced between academic and co-curricular activities will lead to healthy lifestyle. This will help them to reduce their stress level on the subjects they study and their compact routine. Thus, this research investigated on student's participation and attitude towards sport. A survey using the Google Form platform has been done among foundation students. The link of the questionnaire was accessible to all the students for easy access to the questionnaire. 171 students participated in this research. Descriptive statistics were used to summarized, plotting the graphs, calculating the statistics, and producing tables to describe the data set. Graphs and tables were performed to show their responses. Most of the students agreed that sport is an essential element in their life. Male students find more enjoyment in sports than female students. The findings also revealed that urban and rural students are being competitive with each other in sports.

Keywords: Attitude, Participation, Sport, Students

Introduction

Sports is a human activity involving physical effort and skill as the major focus of the activity, with aspects of competition or social involvement, where the activity's rules and patterns of behaviour are formally governed by organizations and is generally recognized as a sport (Tomporowski & Pesce, 2019; Barnett, Cliff, Morgan & van Beurden, 2013). Sports require not only physical strength, but also mental strength to devise winning strategies (Newman, 2020; Sabato, Walch, & Caine, 2016). Chess and scrabble games are two examples of sports that simply need the use of the intellect (Tenemaza Kramaley & Wishart, 2020).

Sports are commonly practised in schools and universities to ensure that everyone to be active outside of their studies (Baron-Thiene, & Alfermann, 2015). Sports can also provide a source of income (Dong, 2022). Not everyone can enjoy the same sports; for example, boys are more likely to enjoy football, whilst girls are more likely to enjoy netball. There are variety of sports in which the students can participate.

Even though, there are a lot of interesting sport activities, still the participation of the students are low (Rowe, Adam, & Beasley, 2004). Time constrain, health problem, not interested in physical activities are some of the reason of this lack of participation in sport. To investigate about this issue, a preliminary survey has been conducted regarding the participation and attitude of the students towards sports. This case study has been done in one of the Centre of Foundation Study in Malaysia. Questionnaire has been distributed among the Foundation Studies students. This survey identified number of students who enjoy sports and how sports can bring benefits to them in their daily life.

Literature Review

Sport is one of the popular activities among children as well as adult. Sport has got a lot of implication towards society and economy (Miragaia & Soares, 2017). Many sport activities which involve skills and knowledge, physical, and mental activities have been introduced to help building healthy lifestyle (Wibowo, 2019; Leyton, Batista, & Jiménez Castuera, 2019). There are many factors contributing to the interest in sport. One of them is motivation. Researches regarding college student's motivation towards sport show that college students like to involve in sports activities that consisting of fun, leisure, improving performance or skills, challenging, meeting new friends, success, winning, and gaining healthy body (Berki, Piko, & Page, 2020; Kondrič, Sindik, Furjan-Mandić, & Schiefler, 2013; Memon, Ali, Attiq Ur Rehman Memon, & Feroz, 2018; Vallerand & Losier, 1999).

Most of the students agreed that sports bring benefit to their life. By participating in sport, they are at a good mental state, less stress and free from tension of their study or work. They can easily make friends and enhance their social relationships (Allen, 2003; Fenyves, Dajnoki, Kerezsi, & Bába, 2019; Lawler, Heary, & Nixon, 2020). Thus, the objectives of this research are (i) to collect and identify respondents' backgrounds, (ii) to investigate sports beneficial for the students, and (iii) to examine the competitiveness among students in sports.

Methodology

This research is descriptive in nature. Descriptive research use summary, graphs, statistics, and tables to describe a data set. This method is very useful in helping people to get an easy and quick understanding of the data set without the need to examine all of the data values individually. The methodology of this research is focusing on the questions of "what" and 'why' of the research being study.

Subsequently, primary data was used in this study. The data was collected by the researchers on their own. In this research, primary data was collected from questionnaires that were answered by 171 students out of 181 from Centre of Foundation Study, using Google Form platform. The sample was chosen based on convenience sampling technique. Scale of 1 strongly disagree to 5 strongly agree was used in the questionnaire. The link of the questionnaire was accessible to all the students for easy access.

In order to explore about students participation and attitude towards sport, the following are the hypothesis involved:

H₁: Student background has an impact on their participation and attitude toward sports

H₂: Students are competitive among each other in sport

H₃: Students agreed that sports bring benefit to their life

The following are the set of questions asked in the questionnaires:

- 1) Have you participated in sports at your previous school(s)?
- 2) Do you currently participate in any sport?
- 3) Types of sport you currently participate in
 - i. Volleyball
 - ii. Basketball
 - iii. Netball
 - iv. Football
 - v. Futsal
 - vi. Badminton
 - vii. Tennis
 - viii. Golf
- 4) It gives me a feeling of wellbeing
- 5) It releases stress
- 6) It helps me keep fit
- 7) It increases my physical abilities
- 8) My friends participate
- 9) Can meet new people there
- 10) It gives me a chance to travel abroad
- 11) It gives me other financial benefit
- 12) I like competitions
- 13) I like prizes
- 14) There may be personal publicity
- 15) Certain sports are prestigious
- 16) I'm used doing sports from school
- 17) There are good coaches for my sport/s
- 18) I don't have sporting habits from my former school
- 19) My academic commitments don't give me time to do so
- 20) The equipment / attire needed is too expensive
- 21) There are no facilities for learning new sport which I would like to take up
- 22) Sports are childish
- 23) My friends don't like me to do sports
- 24) Sports is waste of time
- 25) My friends don't do sports
- 26) My religion prevents me from doing sports
- 27) I have some health problems
- 28) There is risk of injuries
- 29) Sports attire exposes body
- 30) I find spectators unpleasant
- 31) I'm reluctant to walk to and from the sports field
- 32) The level of competition at this Foundation Centre is too high
- 33) I found it difficult to be selected for teams

Data Analysis and Results

Respondents Profile Analysis

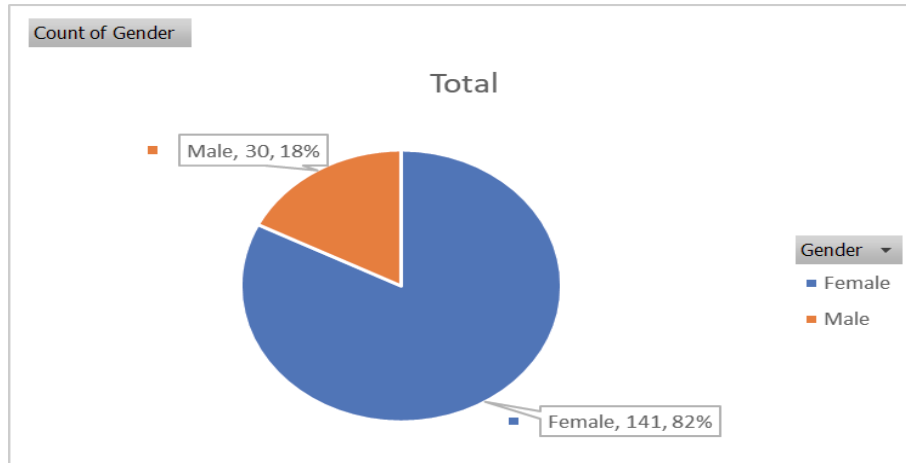


Figure 1: Respondent's gender

Source: Author (2022)

Figure 1 revealed a pie chart about student's gender in Centre of the Foundation Study. From the pie chart, female students have the highest frequency which is 141 (82%) while male has only 30 (30%).

Table 1: Frequency and Percentage of Student's State of Origin

State of Origin	Frequency	Percentages (%)
Johor	14	8.1871
Kedah	42	24.5614
Kelantan	7	4.0936
Melaka	5	2.924
Negeri Sembilan	6	3.509
Pahang	8	4.6784
Perak	19	11.1111
Perlis	6	3.509
Pulau Pinang	19	11.1111
Sabah	1	0.5848
Sarawak	3	1.7544
Selangor	22	12.8655
Terengganu	15	8.7719
Wilayah Persekutuan Kuala Lumpur	4	2.3392
	171	100

Source: Author (2022)

By looking at Table 1, most of the students are from Kedah. It represents those 42 students are from Kedah with mean of 24.5614%. On the other hand, the least state of origin is from Sabah,

which is only 1 student representing 0.5848% of the students. Besides that, the second-highest number of the students are from Selangor with 22 students, representing 12.8655% of the students. There are also 3 students who came from Sarawak representing 1.7544% of the students, which means the total of the student from East Malaysia is 4 students leading to 2.3392% population of the students.

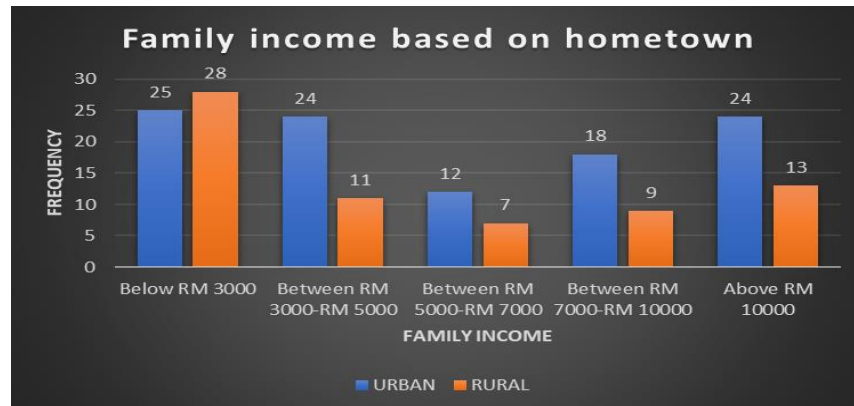


Figure 2: Students family income based on their hometown
 Source: Author (2022)

Based on Figure 2, majority of the students were living in the urban city rather than rural hometowns, this can be seen from the number of students who live in urban city are 103 while from rural hometown are only 68 students. The result indicates that most of the students who live in urban and rural hometowns have a family income below RM3000, representing 25 students from urban and 28 students from rural hometowns. On the other hand, the second major of students' family income was above RM10000, Figure 2 also shows that 24 students were from urban and 13 students were from rural hometowns. Based on this information, it can be concluded that many students in Centre of Foundation Study are from T20 factions. In addition, the least students' family income is between RM5000 until RM7000, for both urban and rural hometowns, which formed only 12 students from urban and 7 students from rural hometowns.

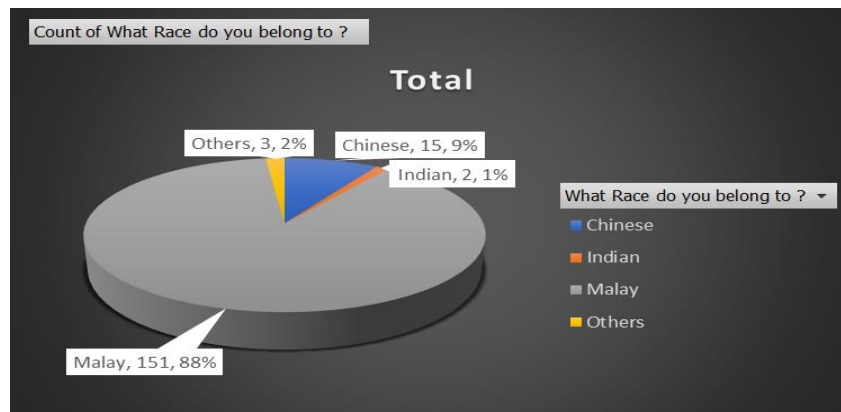


Figure 3: Students' Race
 Source: Author (2022)

Based on Figure 3, most of the students were Malay, represented 151 (88%). While, Chinese students were only 2, representing 9% of the overall respondents. There were 2 Indian students answering the questionnaire which forming 1%. On the other hand, other races only have 3 students (2%).

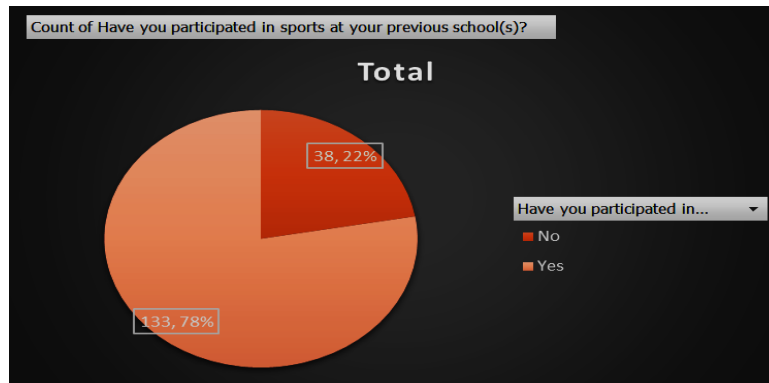


Figure 4: Participated in sports at their previous school
Source: Author (2022)

Figure 4 shows that 133 students are from Centre of Foundation Study participated in sports activities at their previous school, representing 78% of the population. While the other 38 students have not participated in sports before, forming 22% of the population. In conclusion, most of the students in Centre of Foundation Study have participated in sports before they enter university.

The pie chart in Figure 5 shows that most of the students in Centre of Foundation Study did not currently participate in any sports, which is 127 students represent 74% of the students. Only 44 students answered 'yes' in the survey, which is forming 26% of the respondents. It can be concluded that majority of the students are not active in sports when they entered foundation level.

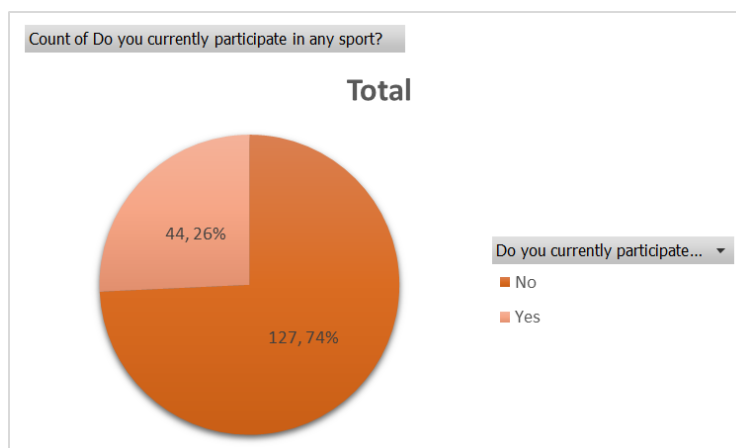


Figure 5: Participation of students in any sports
Source: Author (2022)

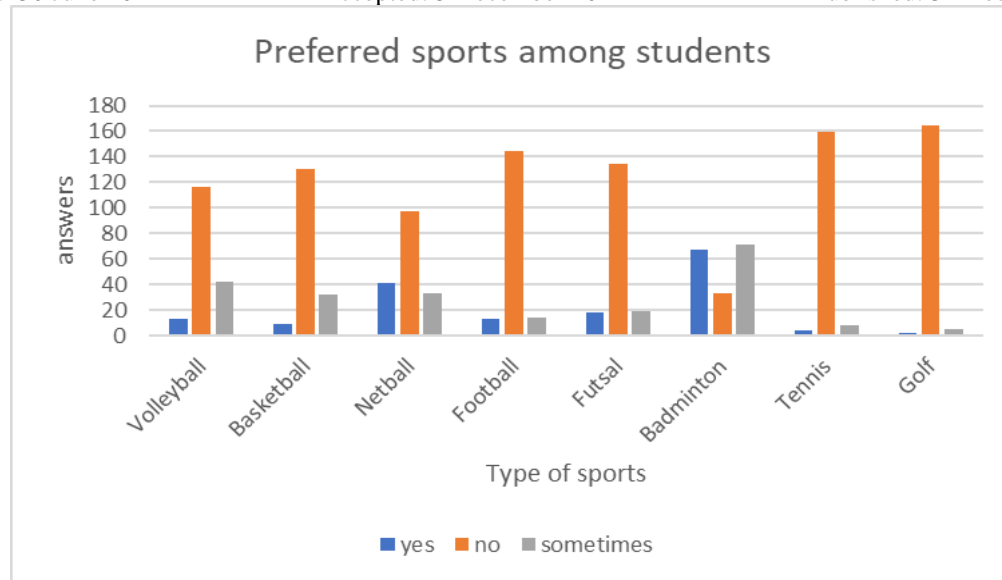


Figure 6: Preferred sports among the students

Source: Author (2022)

Figure 6 revealed the highest answered ‘yes’ in the survey of preferred sport was badminton which is 67 students. The second most preferred sport is netball presenting 41 students. While the least preferred sport is golf which answered ‘no’ by 164 students. In addition, tennis was found to be the second least preferred sport by 159 students. Furthermore, badminton is a sport that most of the students ‘sometimes’ preferred, answered by 71 students.

Further Analysis

Investigation on Sports Beneficial towards Students based on Gender

Referring to Table 2, it can be seen that mean of scores of students answered are more than 4.5, which means students in Centre of Foundation Study agreed that sports bring benefit to their life. Male students find more enjoyment in sports than female students.

Table 2: Number of Frequency, Median, Mean, Mode, and Standard Deviation for Mean Score of Different Gender

Gender	frequency	mean	median	mode	Standard deviation
female	141	4.5278	4.8333	4.75	1.13848
male	30	4.8164	4.9167	5.1667	1.02535

Source: Author (2022)

Examination on Agreement of Competitiveness among Students in Sports

Table 3 represents the level of agreement of competitiveness in sports among students in the Centre of Foundation Study. The mean score for urban and rural show the value of more than 4 and this indicate that the students are being competitive among each other in sports. The mean score of the competitiveness of the students are 4.2185 for urban and 4.4596 for rural. The standard deviation for urban is 1.2376 and the standard deviation for rural is 1.2366.

Table 3: Range of Mean Score based on the Agreement of Competitiveness in Sports

Hometown	Frequency	Mean	Median	Mode	Standard Deviation
Rural	68	4.4596	4.25	5	1.2366
Urban	103	4.2185	4.25	4.25	1.2376

Source: Author (2022)

Evaluation on the statement of limitations about sports

Table 4 shows the level of agreement that has been answered by students, this part of the questionnaire was focusing more on the limitation that has been felt by the students. Students were given 14 questions and they were required to answer this specific survey about the limitation towards sports by selecting the level. Based on Table 4, if the student's answer level was between 1 and 3, this means that the students disagreed about sports having some limitations. If the student's answer level was between 4 and 6, that means the students agreed about the limitation to do sports. The outcomes have shown that the mean of students who disagree and agree about the limitation in sport are 1.6632 and 1.8182, respectively. It is not surprising that majority of the students disagree about the limitation in sports because Centre of Foundation Study has provided a lot of facilities for the students to enjoy their sports activities. On top of that, Table 4 tell us that students in Centre of Foundation Study have chosen level 1 as the highest, while the least chosen level was 6.

Table 4: Range of Mean Score based on the Agreement of Limitation in sports.

Statement about limitation of sports	Range (N)							
	Disagree (1-3)			Mean score for disagree	Agree (4-5)			Mean Score for agree
	1	2	3		1	2	3	
1	33	30	27	1.9333	34	25	22	1.8519
2	30	17	44	2.1538	34	29	17	1.7875
3	21	30	40	2.2088	44	21	15	1.6375
4	27	31	45	2.1748	43	14	11	1.5294
5	120	35	7	1.3025	3	5	1	1.7778
6	96	44	13	1.4575	9	6	3	1.6667
7	117	36	10	1.3436	3	3	2	1.8750
8	77	35	22	1.5896	22	7	8	1.6216
9	120	32	10	1.3210	4	4	1	1.6667
10	79	39	17	1.5407	12	19	5	1.8056
11	23	30	42	2.2000	43	28	5	1.5000
12	44	34	36	1.9298	27	21	9	1.6842
13	36	32	54	2.1475	33	11	5	1.4286
14	33	34	51	2.1525	35	12	6	1.4528
Total				1.8182				1.6632

Source: Author (2022)

Conclusion

Sport is an important co-curricular activity for children as well as adults. Nowadays, there are variety of sport activities to fill in our free time and also at the same time and lead us to a healthy lifestyle (Wibowo, 2019; Leyton, Batista, & Jiménez Castuera, 2019). This research investigates students from Centre of Foundation Study participation and attitude towards sport activities. Most of the students agreed that sports bring benefit to their life. Male students find more enjoyment in sports than female students (Jaakkola, Wang, Soini, & Liukkonen, 2015; Lauderdale, Yli-Piipari, Irwin, & Layne, 2015). This may be due to male are more attach to the outdoor activities such as football, cycling to name a few. The findings also revealed that urban and rural students are being competitive with each other in sports. This shows that the location/hometown are not matter in term of sport activities. In addition, when referring to the level of agreement, majority of students disagreed about there are limitation for them to do sport activities, since the Centre provided a lot of facilities for the students to enjoy sports.

From the findings of this research, it can be say that sport has some contribution in one life. However, more motivation and promotion about the benefit of sports activities should be done to attract participation from female students. Many activities for urban and rural area must be conducted to make sure all level and different background of students willingly to involve in sport activities in near future (Allen, 2003; Lawler, Heary, & Nixon, 2020). This study can be one of preliminary study in exploring students' point of view regarding sports.

In conclusion, everybody has different point of view and opinion which is based on their own perspective about sport. It is believed that sport is the best way to distract the negative energy and make our life become less stressed. By doing or involve in sport, it will lead to a healthy lifestyle.

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