Surveying on (intrinsic & extrinsic) motivation factors of women’s participation in public sport in Isfahan

Background: The aim of this research is determining the level of intrinsic & extrinsic motivation women’s participation in public sport in Isfahan. Materials and Methods: the research is descriptive & the method of it is surveying & statistical population concluded all the women’s participation in twenty sporting station of Isfahan. The size of the sample is 404 persons that 783 of questionnaires are backed & also used random sampling in it, the tools of measuring of motivation of questionnaires of sport was SMS. The obtained data is used statistical methods such as; univariate t test & univariate variance (ANOVO) for deductive analyzing Results and Discussions: The results showed that the intrinsic & extrinsic motivation of women’s participation in public sport are higher than the average level (the mean of intrinsic motivation, 61.4, P=0.01 & the mean of extrinsic motivation 81.5, P=0.01) & also showed that the different significant. The obtained F showed the different significant P=0.0, too.

The mentioned results showed that the main motivation of participants are, obtaining exhilaration, succulence, keeping physical & mental health & also obtaining calm & peace. Conclusion: Main motivations of people that participate in sport are, obtaining exhilaration, keeping mental & physical health & calm. So, by attention to the findings can say that the sport is considered as calm tools, for keeping physical & mental health, obtaining exhilaration, happiness & these days, all people know about sport’s important roles in their life & health.

Keywords: Intrinsic & extrinsic motivation, women’s sporting participation

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این صفحه به معنای تاییدیه نمایه سازی مقاله در پایگاه استندارس سیویلیکا می‌باشد. در هر لحظه به منظور تایید اصل این گواهی می‌توانید وضعیت ثبت مقاله را از طریق لینک فوق به صورت آنلاین کنترل نمایید.