

## The Effects of Sports Values on Sports Motivation and Exercise Satisfaction among Participants

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### Abstract

*The purpose of this study was to find out the effects of values of sports on motives for sports participation and exercise satisfaction with participants. According to previous studies, values of sports were closely related to motives and these motives predict exercise satisfaction*

**Keywords:** Sports values, Sports motivation, Exercise satisfaction

### 1. Introduction

In particular, it is reported that participation in sports in daily life serves a very important role in mental health as well as positively influences improvement of quality of life (Parfitt & Gledhill, 2004). Previous studies on sports participation indicate that values of sports are a variable that positively influences exercise participation and immersion (Ahn, Lee & Kim, 2008).

Generally, a value is defined as belief in selective situations people encounter while they live normally or a basic element necessary for thinking and behavior (Lee, 2011). This value of sports based on general values is individual consciousness for participation in sport; individual consciousness generated from participation in sport; and a behavioral pattern for sports participation (Lee, Yun, & Kim, 2011). Particularly, it indicates that values of sports are closely related to motives for sports participation (Choi, Kim, & Cho, 2009). In addition, the motive, which is internal demands or needs that lead behaviors for a certain purpose, boosts human actions and is power to systematize certain direction such as instinct (Lim, Park, Kim, Park, & Yoo, 2010). In particular, they report that a motive is a predictor variable that someone decides exercise adherence and positively influences subjective stability (Park & Yoo, 2008).

In addition, exercise satisfaction, which is an emotional reaction of individuals, is an attitude and positive emotion in the process of exercise (Chelladurai, 1984). Exercise satisfaction is also defined as a subjective emotion to constantly keep healthy life without diseases (Yoo, Seong, Park, & Moon, 2010). According to a study, as people have been currently trying to have an active attitude to keep a healthy body and life, positive exercise satisfaction gives individual belief and emotions and finally makes people keep exercise (Oh & Lee, 2009).

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Ultimately, according to previous studies, values of sports are closely related to motives and these motives predict exercise satisfaction. Therefore, the purpose of this study is to find out the effects of values of sports on motives for sports participation and exercise satisfaction with participants in sports in daily life.

## **2. Study methods**

### **2.1. Study subjects**

The subjects of this study are 300 regular participants in sports in daily life at sports centers and clubs in capital areas in and researchers and assistant researchers collected data by the convenience sampling method.

### **2.2. Measurement tools**

First, to find out values of sports of participants in sports in daily life, the questionnaire used in a study by Choi, & Cho, in 2009, was revised and supplemented based on the questionnaire about values of sports by Kim, 2006. Second, A questionnaire about motives for sports participation, developed by Pelletier et al. in 1995, which was revised to be appropriately adapted to Korea by Mun, Kim, Choi & Moon in 2004, has been used after being revised for the purpose of this study. Third, A questionnaire about sports in daily life exercise satisfaction, developed by a study by Yoo, Seong, Park, & Moon in 2010, has been used.

### **2.3. Data analysis**

Data with unanswered questions and no reliability has been excluded from the analysis data out of the collected data and only effective samples have been analyzed by SPSS 21.0 and Amos 21.0. First of all, canonical correlation analysis has been implemented to verify the relation between measurement variables. Secondly, multiple regression analysis has been implemented to verify the influences of values of sports over motives for sports participation and exercise satisfaction and of motives for sports participation over exercise satisfaction.

## **3. Study results**

### **3.1. Correlation**

The result of correlation analysis to find out the relation between variables set in this study is as below [Table 1]. As a result of correlation analysis among values of sports, motives for sports participation and exercise satisfaction as [Table 1], they have partially positive or negative relations. A correlation coefficient among the variables is .031~.579, which is below .80, the multicollinearity standard, so there is no multicollinearity error and the discrimination is valid.

Table 1. The Result of analysis of the correlation between variables

	1	2	3	4	5	6	7	8	9	10	11	12
1	1											
2	.349**	1										
3	.165**	.087	1									
4	.442**	.227**	.188**	1								
5	.405**	.545**	.258**	.385**	1							
6	.060	.262**	.147*	.071	.384**	1						
7	-.190**	-.172**	-.046	.115	-.147*	.065	1					
8	.463**	.264**	.216**	.184**	.404**	.202**	-.078	1				
9	.269**	.453**	.184**	.208**	.632**	.399**	-.178**	.440**	1			
10	.192**	.390**	.213**	.280**	.534**	.493**	-.050	.269**	.579**	1		
11	.487**	.437**	.110	.286**	.574**	.176**	-.150*	.368**	.510**	.495**	1	
12	.320**	.116	.206**	.266**	.288**	.084	.031	.323**	.236**	.342**	.386**	1

1. Physical value, 2. Recreational value, 3. Economic value, 4. Characteristic value, 5. Intrinsic motive, 6. Extrinsic motive, 7. no motive 8. Physical function improvement, 9. Exercise capacity improvement, 10. Social skill improvement, 11. Psychological value, 12. Healthy life. \* $p < .05$ , \*\* $p < .01$ , \*\*\* $p < .001$

### 3.2. The effects of values of sports on motives for sports participation

The result of multiple regression analysis to find out the influences of values of sports of participants in sports in daily life over motives for sports participation is as below [Table 2].

Table 2. The effects of values of sports on motives for sports participation

	Intrinsic Motives		Extrinsic Motives		No Motive	
	$\beta$	t	$\beta$	t	$\beta$	t
Physical value	.140	2.432*	-.061	-.856	-.251	-3.536***
Recreational value	.439	8.308***	.269	4.092***	-.141	-2.166*
Economic value	.161	3.192**	.132	2.094*	-.042	-.678
Characteristic value	.193	3.471**	.012	.174	.265	3.868***
R <sup>2</sup>	.412		.087		.104	
F	42.379***		5.770***		7.048***	

### 3.3. The effects of values of sports on exercise satisfaction

The result of multiple regression analysis to find out the influences of values of sports of participants in sports in daily life over exercise satisfaction is as below [Table 3].

Table 3. The Effects of values of sports on exercise satisfaction

	Function improvement		Exercise capacity improvement		Social ability improvement		Psychological value		Healthy life	
	$\beta$	t	$\beta$	t	$\beta$	t	$\beta$	t	$\beta$	t
Physical	.423	6.498**	.083	1.269	-.038	-.574	.354	5.728**	.240	3.455**
Recreational	.116	1.949	.400	6.657**	.348	5.691**	.299	5.268**	-.011	-.175
Economic	.146	2.567*	.125	2.18*	.153	2.629*	.015	.271	.142	2.322*
Characteristic	-.057	-.906	.057	.897	.189	2.938*	.059	.994	.136	2.01*
R <sup>2</sup>	0.247		.238		.214		.322		.141	
F	19.887***		18.940***		16.457***		28.678***		9.908***	

### 4. The effects of motives for sports participation on exercise satisfaction

The result of multiple regression analysis to find out the effects of motives for sports participation of participants in sports in daily life on exercise satisfaction is as below [Table 4].

Table 4. The effects of motives of sports participation on exercise satisfaction

	Function improvement		Exercise capacity improvement		Social ability improvement		Psychological value		Healthy life	
	$\beta$	t	$\beta$	t	$\beta$	t	$\beta$	t	$\beta$	t
Intrinsic motive	.377	5.835***	.539	10.192***	.402	7.238** *	.582	10.091***	.316	4.678** *
Extrinsic motive	.059	.927	.199	3.799* **	.339	6.161** *	-.043	-.761	-.042	-.632
No motive	-.026	-.443	-.111	-2.271* **	-.013	-.254	-.062	-1.157	.080	1.280
R <sup>2</sup>	.166		.440		.383		.336		.090	
F	16.154***		63.681***		50.220***		40.908***		7.980***	

## 5. Discussion

Firstly, this study indicates that values of sports, motives for sports participation and exercise satisfaction have statistically significant differences depending on exercise experience and exercise participation frequency of participants in sports in daily life. This result supports previous studies (Shim & Oh, 2014) saying that values of sports have differences depending on exercise experience and exercise participation frequency and in particular, the longer exercise experience is or the more frequently people participate in exercise, the more easily values of sports vary. In addition, motives for sports participation vary depending on exercise experience and this study supports a previous study (Mun, Kim, Choi, & Moon, 2005), reporting the longer exercise experience is, the higher levels of motivation are and previous studies (Kim, & Yoo, 2013), reporting motives, particularly, psychological variables, vary depending on exercise participation frequency. It also has a similar result as one of a study (Lee, C., 2003).

Secondly, values of sports of participants in sports in daily life significantly influence motives for sports participation and exercise satisfaction. This result tends to be similar as a result of a study (Oh, 2000), reporting values of sports are a variable that makes people decide sports activities. In particular, it is in concordance with a result of studies (Choi, Kim & Cho, 2009), reporting values of sports influence motives for sports participation. It also tends to be similar as a study (Kim & Cheon, 2009), saying motives for sports participation positively influence leisure satisfaction and is in concordance with a result of studies (Kang & Jin, 2003), saying motives for sports participation positively influence exercise satisfaction and participants are satisfied with exercise. In addition, there are few studies, directly finding out the relations between values of sports and exercise satisfaction.

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