

UNIVERSITY TEKNOLOGI MARA

**MOTIVATION FACTORS ON TRAMPOLINE
ACTIVITY**

NOOR ZURIATI BINTI AHMAD ZALILAH

Research Project Submitted In Partial
Fulfilment of the Requirement for the Degree Of
Bachelor of Sport Science (Hons.)

FACULTY OF SPORT SCIENCE AND RECREATION

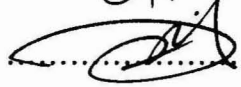
JULY 2019

AUTHOR'S DECLARATION

I, Noor Zuriati Binti Ahmad Zalilah (I/C Number: 961113-10-5048) hereby, declare that this work has not previously been accepted in the substance of any degree, locally or overseas, and is not being concurrent, submitted for this degree and any other degree. This research project was the best result of my independent work and investigation, except where otherwise stated. I absolve Universiti Teknologi Mara (UiTM) and Faculty of Sport Science and Recreation from any blame because of my work. All verbatim extracts have been distinguished by quotation marks and sources of information have been specifically acknowledged.

Name of Student : **Noor Zuriati Binti Ahmad Zalilah**
Student I.D. No. : **2017652104**
Programme : **Bachelor of Sport Science (Hons.) – SR243**
Faculty : **Sport Science and Recreation**
Thesis : **Motivation Factor on Trampoline Activity**

Signature of Student : 

Signature of Supervisor : 

Date : July 2019

ABSTRACT

Motivation can be defined as the psychological that lead an individual to behave in a certain manner, which drive one to behave like that or makes one enthusiastic about performing a task. This study is aimed to determine the type of motivation factor which consist of 'success/status', 'fitness/skill', 'extrinsic reward', 'team', ;friendship/fun', 'energy release'. The purpose of this study to identify whether these six variable that have significant different motivation type between genders participate in trampoline activity and the type of motivation factor those participate on trampoline activity. The participant involved (n=170) that using convenience sampling. The instrumentation that used on this study was Participation Motivation Questionnaire (PMQ). On this study used for analyse the data was Independent T-Test for analyse the significant different between gender. While, the descriptive analysis used to determine the gender, age, race and frequency of demographic factor. Based on Independent T-test shown extrinsic reward whereas p value is (0.10 = $p < 0.05$) was significant between others factors. Hence, this study was show participant on trampoline activity to play trampoline because of the external factor.

Keywords: Motivation, Psychological, Participant, Independent-test, Extrinsic reward

TABLE OF CONTENTS

	PAGE
AUTHOR'S DECLARATION	i
ABSTRACT	ii
ACKNOWLEDGEMENTS	iii
TABLE OF CONTENTS	iv
LIST OF TABLES	vii
LIST OF FIGURE	viii
CHAPTER 1: INTRODUCTION	
1.1 Background of the study	1
1.2 Problem statement	2
1.3 Research objectives	3
1.4 Research questions	3
1.5 Operational Terms	4
1.5.1 Physical activity	4
1.5.2 Trampoline Activity	4
1.5.3 Motivation	4
1.6 Significant of the study	5
1.7 Limitation	6
1.7.1 Cooperation of the participant	6
1.8 Delimitation	6
1.8.1 Study focus only at Jumpstreet Petaling Jaya	6
CHAPTER 2: LITERATURE REVIEW	
2.1 Introduction	7
2.2 Physical activity	7
2.3 Trampoline Activity	8
2.4 Motivation	8

2.5 Extrinsic Reward	10
CHAPTER 3: RESEARCH METHODOLOGY	
3.1 Introduction	11
3.2 Research design	12
3.3 Sampling technique	12
3.4 Instrumentation	12
3.4.1 Demographic Data	12
3.4.2 Participant Motivation Questionnaire (PMQ)	13
3.5 Data collection procedure	13
3.6 Data analysis	14
3.6.1 Independent sample T-test	14
3.6.2 Descriptive analysis	14
CHAPTER 4: RESULTS	
4.1 Introduction	16
4.2 Demographic data	16
4.3 Participation Motivation Questionnaire (PMQ)	19
4.3.1 The result Significant different motivation type	20
4.3.4 The result Type of motivation factor	22
CHAPTER 5: DISCUSSIONS, CONCLUSION AND RECOMMENDATIONS	
5.1 Introduction	23
5.2 Discussion	24
5.2.1 Motivation Type Between Gender	24
5.2.3 Type of Motivation	26
5.3 Conclusion	27
5.4 Recommendations	28
REFERENCES	29
APPENDICES	32