

UNIVERSITI TEKNOLOGI MARA

**DETERMINANTS OF MOTIVATION TO INVOLVE IN
SPORT AMONG FSR STUDENTS AT UITM SHAH
ALAM**

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MARCH 2022

AUTHOR'S DECLARATION

I declare that the work in this research project was carried out by the regulations of Universiti Teknologi MARA. It is original and is the results of my work unless otherwise indicated or acknowledged as referenced work. This research project has not been submitted to any other academic institution or non-academic institution for any degree or qualification.

I, at this moment, acknowledge that I have been supplied with the Academic Rules and Regulations for undergraduate, Universiti Teknologi MARA, regulating the conduct of my study and research.

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ABSTRACT

Numerous studies have discovered the factors of motivation that has major influence on individual engagement in sport activities. This study investigates the determinants of motivation to involve in sport among FSR students at UiTM Shah Alam. Quantitative method was applied and survey was distributed via google form to 356 UiTM Shah Alam students. Sport Motivation Scale-28 (SMS-28) is used to test the dimension of motivation which is consisting of intrinsic, extrinsic and amotivation dimensions. Descriptive statistics were used to determine the highest motivation factors involvement in sport activities among FSR Students at UiTM Shah Alam. Besides, SPSS version 26 was used to analyze data of the result. The result showed that intrinsic motivation is the highest dimension under motivation has the highest mean score (M= 4.05, SD=0.88). The result also showed that there is no significance difference (p-value = 0.87) between genders regarding motivation factors involvement in sport activities as well in male and female. Therefore, it is failed to reject the null hypothesis. Male (M= 3.68, SD= 0.57) reported had significantly higher participation in sport activities than female (M= 3.66, SD= 0.70). The study's findings will provide a greater understanding of the differences between genders regarding motivation factors involvement in sport activities.

Keywords: *SMS-28, Motivation, Sport Involvement, Intrinsic Motivation, Extrinsic Motivation, Amotivation.*

ACKNOWLEDGMENT

First of all, praises and thanks to the God, the Almighty for His Showers of blessings throughout my research work to complete this research successfully. Without His permission for providing me the spirit to complete the assignment I won't be able to complete this research project that is assigned to me.

I would like to express my sincere gratitude to Miss Aida Roha binti Abdul Rasid, my supervisor for guided and follow up with me in finishing my research project. I also appreciate for her patience, advice, thoughts, suggestions, and encouragement. Not forgetting to thank her to be source of inspiration for me in completing this task. Her vision, dynamism, sincerity and motivation have deeply inspired me. I am extremely thankful for what she has offered me. May Allah reward all her sacrifices and goodwill.

I am tremendously grateful for my parents and my family particularly my parents for their love, prayers, caring and sacrifices for educating and preparing me for my future. They have always been there for me when I needed them and have provided me with unending financial and spiritual support in order for me to finish my research project.

Thank you also to my friends who have volunteered to assist me by providing suggestions and support till this research project is completed. Last but not least, I'd want to express my gratitude to respondents from UiTM FSR Shah Alam students for their willingness to volunteer their time to assist me in completing my study. Thank you so much to everyone who has helped me with my project paper, both directly and indirectly.

LIST OF CONTENT

AUTHOR'S DECLARATION	i
TRANSMITTAL LETTER	ii
ABSTRACT	iii
ACKNOWLEDGEMENT	iv
TABLE OF CONTENTS	v
LIST OF TABLE	viii
LIST OF FIGURE	ix
LIST OF ABBREVIATIONS	x
LIST OF SYMBOLS	xi

CHAPTER 1: INTRODUCTION

1.1	Background of The Study	1
1.2	Statement of the Problem	2
1.3	Research Objectives	4
1.4	Research Questions	4
1.5	Research Hypothesis	4
1.6	Significance of the Study	5
1.7	Delimitations	5
1.8	Limitations	6
1.9	Definition of Terms	7
1.10	Summary	8

CHAPTER 2: LITERATURE REVIEW

2.1	Introduction	9
2.2	Motivation	9
2.3	Sport Involvement	11
2.4	The differences between genders regarding determinants of motivation in sport	12