



COMPARATIVE STUDY OF MOTIVATION TO EXERCISE OF STUDENTS BETWEEN THREE FACULTIES IN THAILAND NATIONAL SPORTS UNIVERSITY CHON BURI CAMPUS

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Abstract

The understanding of motivational exercise has an important role in students' participation in physical exercise. Different genders and difference faculties result in different motivations. With the sample group of 234 students from Thailand National Sports University of Chon Buri Campus, including the Faculties of Education, Faculty of Liberal Art, and Faculty of Sport and Healthy Science, the purpose of this study was to investigate the significant differences in motivation between different faculties and between different genders, and to find out the differences in the motivations of students participating in exercise among the three faculties of Thailand National Sports University. Through questionnaires mathematical statistics was used to analyze whether there were differences between physical motivation and gender and faculties. Finally, the relevant conclusions were obtained through comparative analysis. The study's conclusions were shown that the mean difference was significant at the 0.05 level. The mean score of 116 males was 4.17 (S.D. = 0.49) and the mean score of 68 females was 4.08 (S.D. = 0.52). From the data analysis the t-test result between males and females was 1.19 with the Sig (0.53) > Sig (0.05). So, no significant difference was found between males and females. Significant differences were found between Faculty of Education and Faculty of Liberal Arts, and between Faculty of Education and Faculty of Sports and Health Science. However, no significant difference was found between Faculty of Liberal Arts and Faculty of Sports and Health Science.

Keywords: Motivation of Exercise, Thailand National Sports University Chon Buri Campus

Introduction

College stiffness exercise is the main means of physical exercise. It promotes body growth and physical development through the selection and learning of exercise and fitness programs. According to the related research on college students' physical exercise and fitness, it can be seen that domestic college students do not have enough understanding of physical fitness and their level of understanding is low. In terms of physical fitness knowledge, domestic college students have insufficient knowledge of physical fitness and have a low level of understanding. There are three main problems: -1) there is insufficient understanding of metabolic assimilation and dissimilation in human exercise, and there is no timely replenishment after exercise consumption, resulting in excessive consumption of substances and energy in the body; 2) unclear exercise load value Scope, domestic and foreign related research shows that the range of effective value of physical exercise is more than 120-140 times/minute, unreasonable low-intensity exercise load cannot promote physical fitness, unreasonable high-intensity exercise load Seriously increase unnecessary physical burden; and 3) do not understand physical fitness, physical fitness mainly refers to the ability of the human body to adapt to the outside world's skills and ability to fight disease. Undergraduates do not understand the influence of physical fitness and the external environment, and adopt physical exercise in an untimely environment such as bad weather, which will have direct or indirect impact on human development. (Zhang Chao, 2017). Through many studies on Chinese domestic college students, we can know that physical exercise plays an important role in improving physical health and is also an important means of developing mental health. Different people have different motivations for exercise, this thesis is designed to study the motivation of exercise of students among three faculties of Thailand National Sports University Chon Buri campus in order to better understand the students' physical condition and physical health and mental health status, and provide some suggestions for the students' exercise.

Research objective

1. Comparative study of exercise motivation difference between male and female.
2. Comparative study of exercise motivation difference among the three faculties.

Research hypothesis

1. Male and female have different significance in motivation of exercise.
2. Different Faculties have different significance in motivation of exercise.

Research variable

1. Dependent variable is motivation of exercise.
2. Independent variable are gender (use t-test); faculty (use f-test)

Research methods

1. Literature review

In this paper, a lot of psychology, sport psychology, sports science research methods, and sports statistical methods were reviewed and other books; and in China knowledge Infrastructure, China

Academic Journal Network Publishing, Chinese Master's thesis Full-text database; Google Academic; Cambridge University Institutional Knowledge Base and other systems were retrieved to provide a large number of papers on physical exercise and motivation, through the relevant documents and books for a theoretical basis.

2. Questionnaire survey

2.1 preparation phase

2.1.1 Determine the research subject and research purpose: "Study of Motivation in Exercise of Students among Three Faculties in Thailand National Sports University". The purpose of this study was to better understand the motivation of students to participate in physical exercise, study the motivation between different faculties' students, so as to better motivate students to participate in physical exercise, so that teachers can pay more attention to students and understand the motivation of students' exercise. So they give some professional advice and guidance

2.1.2 Organize and collect relevant literature: This paper collects and analyzes the academic research on the motivation of students at home and abroad for the research topic, and provides the theoretical basis for this paper.

2.1.3 Identify research methods and processes: According to the purpose of literature research and collation, the research method of "Questionnaire" developed, and the three basic processes of "preparation, implementation and completion" are studied.

Data collection

Research population: 234 students from three faculties in Thailand National Sports University, Chon Buri Campus. Institute of Physical Education Chon Buri Campus was officially renamed Thailand National Sports University in 2019. Referred to as: IPE (Institute of Physical Education). There are 17 campuses of Thailand National Sports University. Thailand National Sports University Chon Buri Campus is the largest campus in Thailand, and sub-campus area includes: Chiang Mai; Krabi; Maha Sarakkan, etc. There are three faculties in Thailand National Sports University Chon Buri Campus - Faculty of Education, Faculty of Liberal Arts and Faculty of Sport and Health Science. From the Registration Office's information about the students, there are totally 417 students in Faculty of Education from the first to the fourth years, (120, 112, 95 and 90 respectively). There are 340 students in Faculty of Liberal Arts from the first to the fourth years (97, 97, 78 and 68 respectively). There are 177 students in Faculty of Sports and Health Science. Therefore, there are all 934 students in three faculties. According to the book "How to Design and Evaluate Research in Education" which is written by Fraenkel, Wallen, & Helen. (Jack R. Fraenkel, Norman E. Wallen, & Helen H. Hyun, 2015) It is directed for students to take their first course in education research because this field continues to grow so rapidly with regard to both the knowledge it contains and the methodologies it employs.

1. Provide students with the basic information needed to understand the research process, from idea formulation through data analysis and interpretation.

2. Enable students to use this knowledge to design their own research investigation on a topic of personal interest.

3. Permit students to read and understand the literature of educational research. They said that the data from 100-1000 person we needed were 15%-25% to calculate. The stratified sampling was used in this study. So we can know the samples were $140 \leq x \leq 234$. The questionnaire was sent to teachers in three faculties to help the researcher to collect the data.

Data Analysis

Statistics analysis was performed on the data obtained before and after the experiment by computer statistical software SPSS.

1. Finding there is a difference between male and female that there was a significant difference.

2. Comparing there are significant differences in exercise motivation between Faculty of Education; Faculty of Liberal Arts; Faculty of Sport and Health Science; the mean difference is significant at the 0.05 level.

Research results

Table 1 Comparative the male and female t-test

Motivation	Male		Female		t	Sig.
	\bar{X}	S.D.	\bar{X}	S.D.		
Exercise motivation	4.17	0.49	4.08	0.52	1.19	0.53

From the table 1 we can see the male \bar{X} is 4.17 and the Std. Deviation of male is 0.49 in exercise motivations; About the female we can see the \bar{X} is 4.08 and the Std. Deviation is 0.52; t-is 1.19 and the Sig (0.53) > Sig (0.05), so we can know that there haven't significant Exercise motivation in male and female.

Table 2 Descriptive about three faculties

Variable	Variance	SS	df	MS	F	Sig.
Exercise motivation	Between Groups	4.64	2.00	2.32	9.94	.00
	Within Groups	53.94	231.00	0.23		
	Total	58.58	233.00			

From the table 2 we can see that the between group SS (sum of square) is 4.64 and the df is 2.00; the MS (mean square) is 2.32; and the within group SS (sum of square) is 53.94 and the df is 231; the MS (mean square) is 0.32; the F is 9.94 and the Sig (0.00) < sig (0.05) level. We can know the three faculties have significance.

Table 3 Multiple Comparisons about three faculties

Faculty	\bar{X}	Physical of Education	Liberal Arts	Sport and Health Science
		4.29	3.99	4.07
Physical education	4.29		0.30*	0.23*
Liberal Arts	3.99			-0.08
Sport and health science	4.07			

*The mean difference is significant at the 0.05 level

From the table 3 we can see that *the mean difference is significant at the 0.05 level. So we can know \bar{X} (Faculty of Education) is 4.29; \bar{X} (Faculty of Liberal Arts) is 3.99; \bar{X} (Faculty of Sport and Health Science) is 4.07. And it shows that faculty of Education and faculty of Liberal Arts have the difference is 0.30, we can know it has difference between Faculty of Education and Faculty of Liberal Arts; between Faculty of Education and Faculty of Sport and Health Science we can see the difference 0.23, so we can know the two faculties have significant. Compare the Faculty of Liberal Arts and Faculty of Sport and Health Science. We can know the difference about -0.08, the two faculties haven't significant.

Discussions

Comparative Study of Motivation to Exercise of Students between Three Faculties in Thailand National Sports University Chon Buri Campus. Fan (2018, p.5) studied the relationship between Exercise Behavior, Basic Psychological Need, Autonomous motivation and Self-Efficacy of College Students. Research objective: This study intended to revise the measurement tool to measure the self-motivation of college students to participate in extracurricular physical exercise. At the same time, it discussed the autonomy motivation of extracurricular physical exercise and the mechanism of basic psychological needs and self-efficacy affecting exercise behavior, and constructed a theoretical model to promote college students' participation in extracurricular physical exercise behavior. Some guidance was provided for colleges and universities to improve students' extracurricular physical exercise level.

Under the perspective of sports motivation comprehension self-determination theory and self-efficacy theory, this paper explored the influence of basic psychological needs, autonomous motivation and self-efficacy on exercise behavior. The theoretical model of promoting college students' extracurricular physical exercise behavior can explain college students to some extent. The extracurricular physical exercise behavior, the satisfaction of three basic psychological needs (capability needs, autonomy needs and relationship needs) can promote the self-motivation and self-efficacy of college students to carry out extracurricular physical exercise, and thus affect their exercise behavior.

Zhao (2009, p.5) studied The Research on Sports Motivation of CUBAN Female - player. This study took all female athletes and some male athletes of the ten women teams in the CUBA Southwest

Division as the research object, studied the athletes' motivation level and related factors, and understood the factors affecting their internal and external motivations improved the level of motivation for sports; on the other hand, tried to find some effective means and methods to stimulate and improve the motivation of athletes, and provided theoretical basis for training services, psychological selection and management of coaches. There was no significant difference in the motivation of sports participation between the CUBA male athletes and the CUBA female athletes. Both of them showed strong tendency to participate in sports. They were performed between CUBA female athletes with different sports performances, different grades and different team roles. Comparative analysis showed that there were significant differences in internal motivation between CUBA female athletes with different sports performances; factors affecting Chinese CUBA female athletes' sports motivation were various, including: hobbies affecting internal motivation, exercise, improve motor skills, etc.; earned credits for external motivations, and won scholarships.

Cao (2016, p. 6) investigated and analyzed of the Status Quote of College Students' Physical Exercises in Shandong Province. The Third Plenary Session of the 18th CPC Central Committee proposed "strengthening physical education and extracurricular exercises to promote the physical and mental health of young people, physical and mental health, etc." Promote quality education, the state attached importance to sports, and school sports would also have new development. An important part of school physical education was extracurricular physical exercise, which was used to supplement the in-class teaching in school physical education, which was conducive to improvement. The crucial effect of the teaching effected on the classroom and the realization of the goal of physical education in schools.

The sports awareness of college students in Shandong Province has gradually increased. The motivation of college students in Shandong Province to participate in physical exercise was relatively clear. The students in Shandong Province participate in physical exercise in various forms and rich in content - the venues and projects of students participating in sports activities in Shandong Province. There were many factors affecting the physical exercise of college students in Shandong Province, such as personal interest, personal time arrangement, personal exercise habits, high learning pressure, lack of time, and venue equipment.

Suggestion

It is suggested that different people have different motivation of exercise, you can choose the best exercise to yourself, students need to keep exercise and make more and more progress in their daily exercise or daily study.

Scientific and regular exercise habits help students maintain physical and mental health, when you keep exercise your body will be stronger and will be happy, make more and more progress in your life, so we should establish the right motivation for exercise.

Schools need to carry out mental health education courses or publicity regularly so that every student is let to participate in exercise. A correct concept of motivation of exercise should be

established and the students should be developed to form good exercise habits.

The teacher should supervise the students to carry out physical exercise, so that students can form a good exercise motivation, not only the students are supervised during the student exercise, but also there should be corresponding exercise guidance to prevent the students from being injured.

Students should establish correct motivation of exercise, learn scientific exercise, and participate in various exercise programs or games by the schools.

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