

Good research paper about motivation for sports participation in the community

[Sociology](#), [Community](#)



Sports and exercise play a significant role in the proper functioning of the body's systems and health. Physical activity has a direct influence in the cardiovascular system and is therefore significant in the treatment and management of heart diseases. The community should therefore be motivated to participate in the sporting activities. It can be done through individual motivation that will eventually impact on the motives of the entire community. The research was conducted in a group of adults who were actively involved in sporting activities at the time to determine the contributory motivational factors influencing the initiation and maintenance of the sporting activity (Waxman 49).

Results showed that parents join sporting activities due to the involvement and success of their children. It makes them want to be close to their children. Others join the sporting activity as they do not want to be left alone at homes. The fear of being incapacitated or dilapidated due to attack by various disorders such as peptic cancer and arthritis, urge to maintain good body health and condition. It also brings the desire to attain high levels of success in the sport, history of the family in the sport and congenial companionship were identified to be the key motives into sporting activities. Many sports are not year-round activities hence impacting negatively on the individual. It is solved through the rotation of the sports to keep the individual active physically throughout the year. Children have been motivated into the sports automatically as they interact with the game. Advertisement of the sport has greatly motivated children to indulge into the sport. Presence of sporting grounds is a key motivator in children into sports. Many schools offer sporting programmes to children not parting in sporting

activities. It arouses the interests of the child towards the sport (World Health Organization 85).

Continued participation in the sport is integral and therefore the community should be kept motivated. The research results revealed many contributory motives such as good health maintenance, personal satisfaction of mastery in handling the dynamic challenges and new techniques in the sport. There is also the joy of instructing others, gracious and pleasurable companionship with like-minded individuals, enjoyable and pleasure of the sport and the feeling of well being help in ensuring that the individual engages continually in the sporting activity without cessation (Stiles 87).

Massive and extensive research, studies and advertisement on the importance of exercise in health have been launched throughout the whole world. Time has now come that medical professions should capitalize the already generated in children, adolescents, adults and the old. It will save the community from many lifestyle diseases such as cardiovascular infections. A harmonious transition from childhood to adolescent and adolescent to adulthood without losing their enthusiasm towards a sport should be developed.

Work cited

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