

A Systematic Review of Motivation to Participate in Competitive Sport among Athletes

^{1*}Wadee A Alkuhaili, ²Zainal Abidin bin Zainuddin, ³Zainudin Bin Abu Bakar¹

¹Faculty of Education, Sports Science Department, Taibah University, Madinah 41411, Saudi Arabia

^{1,2,3}Faculty of Social Sciences and Humanities, School of Education, University Technology Malaysia, Johor Bahru, Malaysia

Abstract

The purpose of this review is to identify gaps and trends of competitive sport motivation and how previous literatures studied this topic to improve the motivation in competitive sport environment using the theory of planned behavior. The review design is a narrative review. The method applied in this study is to review four different databases, using keyword search related to the topic, theoretical framework and factors related to sport participation. The result is summarised to 26 studies with 12,317 participants, with an age range from 11 – 21 years old which include the use of TPB but in different aspects of sport. However, some studies did not use TPB as framework but instead used variables that are related to the theory of planned behavior, such as influence of coaches, parents, and peers in youth athlete sport. They used quantitative, qualitative, and mixed method approaches.

The finding indicated that TPB is one of the most important theoretical frameworks to investigate sport participation behavior and how it affects the motives of athletes to continue their participation. However, there are many factors that enhance sport participation, such as supportive environment created by important others (Coaches, parents, and peers); furthermore, control that prevent athletes are also important factors to study and identify the obstacles that hold athletes from continuing to participate in sport particularly the obstacles that is not under athletes' control.

Key Words: Planned Behaviour Theory, Competitive sports, athlete's participation, organised sports

Introduction

Motivation makes individuals to take action and more reason why they think and act the way they do (Eccles, Wigfield, & Schiefele, 1998). Studying motivation has values because it provides the academic and practical understanding needed to comprehend reasons for our actions. It elucidates the motivation behind behaviour, revealing why one individual achieve a golden medal in a sport, while the other quits from second or third practice (Clancy, Herring, MacIntyre, & Campbell, 2016). It is not easy to study motivation because many different components interact to produce motivation. For example, internal and external motives (Bollók, Takács, Kalmár, & Dobay, 2011), individual need to be socially active to make new friendship through sport involvement and sometime the fame and money motivate them to participate in sport (Nxumalo & Edwards, 2017). In the sport context, motivation is one of the most essential factors that might influence sporting achievement (Sarı & Bayazit, 2017). This achievement related to how much effort that athlete makes to be successful within a certain sport discipline (Crozier & Spink, 2020)

Although individuals participate in sport in general for leisure and health reasons, there are numbers of advantages for sport participation than just can be found in competition. Competitive sport participation required a high standard of achievement by applying more effort to achieve important

outcomes. Physical aspect such as skills, tactic, techniques, and fitness that need athletes to push hard in the practice and competition to improve it. Furthermore, building self-discipline that is important for athletes to improve this skill in different life aspects such as schooling (Garcia & Subia, 2019) and knowing how to deal with disappointing moment during competitive sport participation. Lastly, some of these benefits include friendship and teamwork (Alkuhaili, bin Zainuddin, Alsayegh, Sayyid, & Altowerqi, 2021).

Many studies investigate motivation in different levels and the outcome are not always similar. This is because motivation of participation is changeable or depend on many factors for sport involvement such as ages, gender, perceived ability, and type and level of sport or the influence of surrounding people like family, coach, and friends (Molinero, Salguero, Tuero, Alvarez, & Márquez, 2006). For example, enjoyment is the reason for children to participate in sport (Taliaferro et al., 2010). Subsequently, extrinsic considerations such as level of success, earnings, rewarding, coaches or others are usually less significant reasons for children and young people to engage in sport (Gould et al., 1985) while what mostly motivate adults to participate in sport is health and well-being aspects (Cannella, Villar, Serrat, & Tulle, 2021). Moreover, the other level of sport participation is the level of participation in competitive sport or recreational sport. According to Crane and Temple (2015) participation in competitive sport result in high anxiety and fear of failure, at the same time reducing participants enjoyment and their self-confidence. There are few studies investigating the motivation in competitive sport using TPB especially within one specific sport (Naylor, 2011).

According to Pensgaard and Roberts (2002) the athletes point out the importance of supportive surrounding environment such as coaches. Thus, this review is using theory of planned behaviour (TPB) because the theory studying elements of the environment such as subjective norms and perceived behavioural control which the individuals cannot determine a certain behaviour if their control over the behaviour is incomplete (Alselaimi, 2010). Therefore, the concept of behavioural control is incorporated in TPB to explain the association between behavioural intention and the actual behavior (Salawi, 2014) an example, of an athlete who has a high motivation to participate (behaviour) but does not do so due to environmental conditions such as lack of family support. Furthermore, TPB has a better predictive ability particularly in field of health, exercise, and leisure. However, TPB can explain the social norms which is a significant variable for athletes' environment in sport. Moreover, perceived behavioral control are added to TPB to help the theory successfully explain the behavior that is not under control.

The aim of this review is to identify the gaps of competitive sport participation using TPB and understand the factors that influence the competitive sport participation to help authorities and people in field of competitive sport have a clear vision when they make decisions related to participation in competitive sport.

Method

Using four databases to search the topic: Science Direct, Google scholar, Psycnet, and Wiley online library. The search was conducted using the following terms: Competitive Sport AND Theory of planned behaviour. Population of the review were the male and female athletes, the age of the athletes is between 11 – 21, having wide range because these are ages of the competitive sport athletes,

although a study put the age to be above 25 years.

Some of the criteria used in selecting the articles are majorly the one written in English language. The approach of article must be clear such as quantitative, qualitative, or mixed methods. Initial search resulted into 378 articles that uses the theory of planned behaviour in exercise area which published between 1995 and 2021. After applying the selection criteria, the number reduced to 150 papers. Then removing duplication and some articles that were not related to the topic of TPB in competitive sport, the number further reduced to 100 articles. Scrutinizing for specific information that support the topic of Theory of Planned Behavior in competitive sport, the number finally reduced to 26 articles that is most appropriate for the topic.

Theoretical Framework

Theory of planned behaviour was used in this review, as guide theoretical framework because it definite as effective theoretical framework for predicting a specific behavior (Jensen, 2018). This theory was vastly used to predicate the human behavior in many social psychology studies (Park, Hsieh, & Lee, 2016). According to Kwan and Bryan (2010) the elements of TPB describe the individuals' motivation to perform the behavior. Attitude towards behaviour refer to the degree to which a person has a favorable or unfavorable evaluation or appraisal of the behavior in question (I. D. Ajzen, B. L. , 1991). Subjective Norms is described as summary of an individual's perceptions of social influence such as beliefs that signify others want them to participate in the target behavior (Hagger et al., 2007) , and perceived behavioral control is related to the individual's perception of the ease or difficulty associated with performing a behavior. All these three considerations lead to increase of a behavioral intention influencing the intention of a person to act. Another topic that guide this review is the competitive athletes population that play one specific sport, either individual or team sport as good fit population, but because there are no match studies in one sport; the review include study with multisport articles.

Results

General Findings

The review critically analyse 26 studies. 16 studies do not use theory of planned behavior, while 7 of them use TPB as framework and 3 of these studies use Intention with other factors. These studies were mostly from north American countries; Canada (n=5) and United States of America (n=6) others are European countries such as United Kingdom, Germany and French; Australia too and Korea. The participants were 12,317 in total and the percentage of male is 65% and female 35% and most of these studies focused on adolescent and children. The review tried to focus on studies that investigate area of competitive sport, 7 of these studies were on individual sport and 10 are team sport and about 5 are multi sports. The sports were (soccer, swimming, fencing, Basketball, and ice hockey) Most of the methodology of studies were mostly quantitative approaches using questionnaires and two qualitative approaches using interviews and one study was mixed method.

Table 1: Demographic Information of the Studies

Year of Publication	Number of the Studies	% of the Studies	
1990 – 2000	2	7.6%	
2001 – 2010	9	34.6%	
2011 – 2021	15	57.6%	
Publication Region			
North America	11	42.3%	
Europe	8	30.7%	
Australia	4	15.3%	

Asia	2	7.6%	
Africa	1	3.8%	
Total number of participants			12,317
less than 500	16	69.5%	
more than 500	3	13.0%	
more than 1000	4	17.3%	
Participant of the study			
Child participants	4	16.6%	
Adolescent participants	4	16.6%	

Adult participants	2	8.3%	
Mix participants	14	58.3%	
Gender of participants			
Male	8	34.7%	8,007
Female	3	13.0%	4,310
Male & Female	12	52.1%	
Sports type			
individual sports	7	41.1%	
Team sports	10	58.8%	
Sport in the study			
Fencing	1	6.2%	
Swimming	4	25%	

Soccer	5	31.2%	
Hockey	1	6.2%	
Gymnastics	1	6.2%	
Basketball	3	18.7%	
Handball	1	6.2%	

Competitive Sport Participation using TPB

Some studies used theory of planned behavior to investigate the environmental aspects of competitive sport to predict the athletes' participation. This type of study can lead to understanding the determinants of sport participation and withdrawal. However, these determinants are important for policymakers and sport authorities attempting to improve public health and organize sport as well (Nache, Bar-Eli, Perrin, & Laurencelle, 2005) and identify the obstacle that may hold these athletes from reaching the maximum participation in sport competitions.

TPB considered intention as intervention to explain the proceedings that attitude, subjective norms, and perceived behavioural control have on impact. According to I. Ajzen (1991) the more beneficial the disposition, social standard, and presumed behavioral influence towards behaviour, for example, when individuals favourably judge conduct, agree that significant others say they ought to do it, and have power over it, the greater their goal ought to be to participate in behaviour. Intention is considered as the basic precursor to behavior, since individuals are required to conduct their actions despite a sufficient degree of effective control over a certain behaviour. Nonetheless, since many

actions are not fully controlled by one's will, in addition to will, assumed behavioral regulation may be deemed the utility of the expected behavioral hypothesis in forecasting behavioral purpose, and behavior in general.

This study investigates many factors and elements, factors that related to the players themselves such as enjoyment and their motivation. The surrounding environmental factors such as parents, coaches, peers, positive environment, barrier of participation, and even the previous participation and the relationship while engaging in sport in general and competitive sport specifically.

Table 2: Description of the Reviewed Studies

Author	year	Attitude	S.Norms	PBC	Intention	Others
Kwan, B.M. Bryan, A.D.	2010	Y	N	N	Y	affect response
NAYLOR, M. E.	2011	N	N	N	N	impotent of previous participation (previous behaviour)-- important of psychological benefit to explain combat sport participation (fencing as combat sport)
NXUMALO, S.A. & EDWARDS, S.D.	2017	Y	N	N	N	This study showed that making money and fame are the important determinants factor to participate in sport. However, the control beliefs that prevented many women from participation in sport is fear of injury and schooling.
Gardner, L., Magee, C. & Vella, S.	2017	N	N	N	Y	Enjoyment + supportive environment + intention - -- enhance S. participation
Crane, J.&Temple, V.	2015	N	N	N	N	Intrapersonal constraints are important in identify facilitating participation and drop out from sport
Vella, S. A., Clifff, D. P., Mageeb, C. A.,&Okelya, A. D.	2014	N	N	N	N	The psychological difficulties may lead to drop out participating in sport
Chan, D. K., Lonsdale, C.& Fung, H. H.	2012	N	N	N	N	Social impact of mother and coaches in sport involvement.

Nico W. VanYperen	1995	N	N	N	N	low performance level leads to negative feelings about the social climate when there is lack of parental support.
SARRAZIN P., VALLERAND R., GUILLET E., PELLETIER L. & CURY F.	2002	N	N	N	N	coach has influence in the individual motivation
Atkins, M. R., Johnson, D. M., Force E. C., Petrie, T. A.	2015	N	N	N	Y	positive environments encourage positive psychological outcome that can support intention of athletes to continue participation in their sport.
Nache, C. M., Bar-Eli, M., Perrin C.&Laurencelle, L.	2005	Y	Y	Y	Y	the result help authority to improve organize sport and enhance the athletes healthy lifestyle when they become adults.
Ullrich-French, S. & Smith, A. L.	2009	N	N	N	N	mother ,peers and friend in the team related to continue to participate in competitive sport.
Gardner, L. A., Magee, C. A.,& Vella, S. A.	2017	N	N	N	Y	coach- athletes relationship are important in sport participation more than any relationship and coach - athlete relationship can compensate any relationship.
McDonough, M. H. & Crocker, P. R. E.	2005	N	N	N	N	Friendship quality may also play a more critical role in specific contexts, such as stressful experiences, rather than influencing general motivation to participate in a sport

Mudrak, J.	2010	N	N	N	N	extrarenal factors such as economic barrier and change conditions and dissatisfaction. Focusing in mastery than achieve top point especially in the beginning of sport career and no pressure on the athletes.
Christoph Rottensteiner Niilo Konttinen Lauri Laakso	2015	N	N	N	N	coaches should focus in the task-involving climate such as intra- individual progress and self-comparison to maintain sport participation for athletes.
Fraser-Thomas, J. Cote , J. & Deakin, J.	2007	N	N	N	N	the important role of parents, coaches and peers in the youth involvement in sport and improvement their sport experience.
Gucciardia, D. F.& Ben Jackson	2015	N	N	N	N	for improve the organized sport it must focus on the association of 3 things coach athletes relationship, perceived motivational climate and continue participation. Which mean positive coach athletes relationship and creating a positive climate combine ego -involving ability to compare and positive relationship between the team (interpersonal relationship) and task-involving; all this in the everyday practices to build up a motivational environment for the team.

Kim, Y. and Kim, E-S.	2021	Y	Y	Y	Y	attitude and subjective norms are more related to intention , again a professional of coach and the quality are important to give a good feedback.
K. Mummary& L. Wankel	1999	Y	Y	Y	Y	athletes should believe in their effort, the important other surround them encourage the behaviour and believe in their ability to do the behaviour , all these beliefs to enhance the intention.
Kroshus, E., Baugh, C. M.,Daneshvar, D. H.& Viswanath, K.	2014	Y	Y	Y	Y	knowing about athletes problems and concern and discuss it with them may change athletes intention and behaviour
Anderson, A. G.& Lavallee,D.	2008	Y	Y	Y	Y	PBC more important than intention in the early staps of training I think because opinion of athletes if the adherence to training easy or difficult can determine if he or she can continues to practice.
Henk Erik Meier , Malte Jetzke&Cosima von Uechtritz	2020	N	N	N	N	The countries attracted to participate in sport competition that highly populated and intensity which make their success prospects low
Valentina Cannella, MS1,* , Feliciano Villar, PhD1 , Rodrigo Serrat, PhD1 and Emmanuelle Tulle, PhD2	2021	N	N	N	N	we need to know the different aspects of the nature of senior people participation in competitive sport. We need more research in the body of older people participation in competitive sport.

Vissek, A. J. Achrati, S. M. Mannix, McDonnell, H. M. Harris, B. S. & DiPietro, L.	2015	N	N	N	N	3 most important determinants are positive dynamic of the team, trying hard, and positivity of the coach.
Fraser-Thomas, J., Côté, J., & Deakin, J.	2008	N	N	N	N	parent and coach has critical role in youth sport.

N: No, the study did not study the factor. Y: Yes, the study did study the factor.

Discussion

There are not too many studies that investigate competitive sport participation using TPB. Thus, this review attempt to identify the gaps and trends of competitive sport motivation specially in developing countries. To improve the sport environment in certain level and to plan the path of this sport, studying the factors that influence this sport environment are necessary. Most the studies are conducted in western countries such as Canada, United Kingdom, and Australia. These studies have a good result that may contribute to enhance the different level of competitive sport and understand the requirement of the sport environments.

TPB is one of the well-known theories that help researchers to identify behaviour of human in different aspects of life such as health, business, and physical activity. According to I. Ajzen (1991) one of the most often utilized health theories to anticipate and clarify motivation and behavior connected to physical activity is the theory of planned behavior (TPB).

Many studies showed that positive attitude is one of the important factors that impact the behavior (Kwan & Bryan, 2010). In another study of female students, result shows that they generally have a positive attitude towards sports participation (Nxumalo & Edwards, 2017) but they are controlled by beliefs such as education and studying are important than sport and participation in sport may result in injuries. On the other hand, study of Gucciardi and Jackson (2015) mentioned that positive attitudes and perceived behavioural control as proximal antecedents of intentions are important, in turn, intentions and perceived behavioural control both emerged as substantive considerations for understanding sport participation. Moreover, it is not only attitudes and perceived behavioural control are impact intention to perform the behavior but also subjective norms, according to Kim and Kim (2021) attitude and subjective norms were related to participation intention among fencing members. It can be noticed that attitude showed in all these studies as important elements to predict intention to behave the action.

Furthermore, subjective norms have a great influence in children and adolescent athletes' effort, enjoyment and competence in sport involvement (Chan, Lonsdale, & Fung, 2012). Keeping a good social relationship can appear to contribute to continuation behaviors of participation in the sport (Ullrich-French & Smith, 2009). Study of (Gardner, Magee, & Vella, 2017) revealed that coaches as important people in sport and athlete relationship are important for continuation of athletes to participate in sport and may compensate the lack of other supportive relationships for children and

adolescents' athletes. Moreover, friendship quality may also play a major critical role, not only in the sport participation in general, but in specific contexts, such as stressful experiences (McDonough & Crocker, 2005) as the friendship connection high help athletes to pass the stressful moments. Avoiding overly strong pressures to achieve and emphasizing development of personal mastery over achieving top scores in competition during the early stages of their sports career (Mudrak, 2010). Thus, If sport programmers, coaches, and parents begin to consider some of the implications such as building appropriate sport programs and focusing into improve the physical and psych social of individuals, we may begin to see youths having more positive sport experiences throughout their development, and staying involved in competitive sport (Fraser-Thomas, Côté, & Deakin, 2008). Furthermore, the fun practice plans that coach provide related to continue of athletes to participate in sport, as three elements are important, positive coach, positive team dynamic, and trying hard (Visek et al., 2015).

Perceived behavioral control appears to be more important than intention in predicting adherence in the early stages of a new training approach (Ailsa G. Anderson and David Lavalley, 2008). Perceived behavioural control emerged as substantial consideration for understanding sport continuation (Gucciardi & Jackson, 2015). Psychological difficulties are one of these controls that may prevent children from maintaining regular sport (Vella, Cliff, Magee, & Okely, 2015). Moreover, perceived behavioral control were related to participation intention among fencing members. It explained 26% of the variance on intention (Kim & Kim, 2021).

Intention is indicator of sport participation behavior (Gardner et al., 2017). Study of (Mummery & Wankel, 1999) illustrated that for strong intention the participants should believe in using their efforts and believe and comply with important other feel that if they should do the behavior and believe in their abilities to do the behavior. Making an interventions to address this concerns of the athletes and their obstacles, this may be effective way to change intention and behavior (Kroshus, Baugh, Daneshvar, & Viswanath, 2014).

Conclusion

This review tries to highlight the importance of competitive sport motivation and the gaps and trends that may give an opportunity to study this topic using theory of planned behavior. The 26 studies have illustrated trends about research designs, the ages of athletes who participate in sport and theoretical framework. Furthermore, importance of intention on participation in sport. Intention including attitude, subjective norms, and perceived behavioral control. These considerations positively influence the participation in sport particularly in western countries.

Reference

- Ajzen, I. (1991). The theory of planned behavior. *Organizational behavior and human decision processes*, 50(2), 179-211.
- Ajzen, I. D., B. L. . (1991). Prediction of leisure participation from behavioural, normative, and control beliefs: An application of the theory of planned behaviour. *Leisure Sciences*, 13, 185-204.

- Alkuhaili, W. A., bin Zainuddin, Z., Alsayegh, M. A., Sayyd, S. M., & Altowerqi, Z. M. (2021). The identification of salient beliefs for saudi fencing athletes toward participation in competitive sport. *Psychology and Education Journal*, 58(2), 4280-4287.
- Alselaime, A. (2010). *Using the Theory of Planned Behaviour to Investigate the Antecedents of Physical Activity Participation among Saudi Adolescents.pdf*. (Doctor of Philosophy).
- Bollók, S., Takács, J., Kalmár, Z., & Dobay, B. (2011). External and Internal Sport Motivations of Young Adults. *Biomedical Human Kinetics*, 3, 101-105.
- Cannella, V., Villar, F., Serrat, R., & Tulle, E. (2021). Psychosocial Aspects of Participation in Competitive Sports Among Older Athletes: A Scoping Review. *The Gerontologist*.
- Chan, D. K., Lonsdale, C., & Fung, H. H. (2012). Influences of coaches, parents, and peers on the motivational patterns of child and adolescent athletes. *Scandinavian journal of medicine & science in sports*, 22(4), 558-568.
- Clancy, R. B., Herring, M. P., MacIntyre, T. E., & Campbell, M. J. (2016). A review of competitive sport motivation research. *Psychology of Sport and Exercise*, 27, 232-242.
- Crane, J., & Temple, V. (2015). A systematic review of dropout from organized sport among children and youth. *European physical education review*, 21(1), 114-131.
- Crozier, A. J., & Spink, K. S. (2020). Coach and peer normative perceptions in relation to youth athlete effort. *International Journal of Sport and Exercise Psychology*, 18(1), 24-32.
- Eccles, J. S., Wigfield, A., & Schiefele, U. (1998). Motivation to succeed.
- Fraser-Thomas, J., Côté, J., & Deakin, J. (2008). Understanding dropout and prolonged engagement in adolescent competitive sport. *Psychology of Sport and Exercise*, 9(5), 645-662.
- Garcia, M. G., & Subia, G. (2019). High school athletes: Their motivation, study habits, self-discipline and academic performance. *International Journal of Physical Education, Sports and Health*, 6(1), 86-90.
- Gardner, L. A., Magee, C. A., & Vella, S. A. (2017). Enjoyment and behavioral intention predict organized youth sport participation and dropout. *Journal of physical activity and health*, 14(11), 861-865.
- Gucciardi, D. F., & Jackson, B. (2015). Understanding sport continuation: an integration of the theories of planned behaviour and basic psychological needs. *J Sci Med Sport*, 18(1), 31-36. doi:10.1016/j.jsams.2013.11.011
- Hagger, M. S., Chatzisarantis, N. L., Hein, V., Pihu, M., Soos, I., & Karsai, I. (2007). The perceived autonomy support scale for exercise settings (PASSES): Development, validity, and cross-cultural invariance in young people. *Psychology of Sport and Exercise*, 8(5), 632-653.
- Jensen, J. R. (2018). *ASSESSING COLLEGE STUDENT PERCEPTIONS OF PARTICIPATING IN SWIMMING AS A PHYSICAL ACTIVITY.pdf*. (DOCTOR OF PHILOSOPHY).
- Kim, Y. J., & Kim, E. S. (2021). Analysis of Korean Fencing Club Members' Participation Intention Using the TPB Model. *Int J Environ Res Public Health*, 18(6). doi:10.3390/ijerph18062813
- Kroshus, E., Baugh, C. M., Daneshvar, D. H., & Viswanath, K. (2014). Understanding concussion reporting using a model based on the theory of planned behavior. *Journal of adolescent health*, 54(3), 269-274. e262.
- Kwan, B. M., & Bryan, A. D. (2010). Affective response to exercise as a component of exercise motivation: Attitudes, norms, self-efficacy, and temporal stability of intentions. *Psychol Sport*

- Exerc*, 11(1), 71-79. doi:10.1016/j.psychsport.2009.05.010
- McDonough, M. H., & Crocker, P. R. (2005). Sport participation motivation in young adolescent girls: The role of friendship quality and self-concept. *Research Quarterly for Exercise and Sport*, 76(4), 456-467.
- Molinero, O., Salguero, A., Tuero, C., Alvarez, E., & Márquez, S. (2006). Dropout Reasons in Young Spanish Athletes: Relationship to Gender, Type of Sport and Level of Competition. *Journal of Sport Behavior*, 29(3).
- Mudrak, J. (2010). Sprinters in the course of a marathon: Withdrawal from elite competitive sport in adolescence. *Gifted and Talented International*, 25(2), 125-136.
- Mummery, W. K., & Wankel, L. M. (1999). Training adherence in adolescent competitive swimmers: An application of the theory of planned behavior. *Journal of Sport and Exercise Psychology*, 21(4), 313-328.
- Nache, C. M., Bar-Eli, M., Perrin, C., & Laurencelle, L. (2005). Predicting dropout in male youth soccer using the theory of planned behavior. *Scandinavian journal of medicine & science in sports*, 15(3), 188-197.
- Naylor, M. E. (2011). *An Alternate Conceptualization of the Theory of Planned Behavior in the Context of Sport Participation.pdf*.
- Nxumalo, S., & Edwards, S. (2017). Attitudes of female university students towards participation in sports. *African Journal for Physical Activity and Health Sciences (AJPHEs)*, 23(1.2), 226-240.
- Park, S. H., Hsieh, C.-M., & Lee, C.-K. (2016). Examining Chinese College Students' Intention to Travel to Japan Using the Extended Theory of Planned Behavior: Testing Destination Image and the Mediating Role of Travel Constraints. *Journal of Travel & Tourism Marketing*, 34(1), 113-131. doi:10.1080/10548408.2016.1141154
- Pensgaard, A. M., & Roberts, G. (2002). Elite athletes' experiences of the motivational climate: The coach matters. *Scandinavian journal of medicine & science in sports*, 12(1), 54-59.
- Salawi, A. A. (2014). *Barriers, Attitudes and Self-efficacy of People with Disabilities in Recreational Sport Activities Participation in Saudi Arabia*. Universiti Sains Malaysia,
- Sarı, İ., & Bayazit, B. (2017). The relationship between perceived coaching behaviours, motivation and self-efficacy in wrestlers. *Journal of Human Kinetics*, 57, 239.
- Ullrich-French, S., & Smith, A. L. (2009). Social and motivational predictors of continued youth sport participation. *Psychology of Sport and Exercise*, 10(1), 87-95.
- Vella, S. A., Cliff, D. P., Magee, C. A., & Okely, A. D. (2015). Associations between sports participation and psychological difficulties during childhood: a two-year follow up. *Journal of science and medicine in sport*, 18(3), 304-309.
- Vissek, A. J., Achrati, S. M., Mannix, H. M., McDonnell, K., Harris, B. S., & DiPietro, L. (2015). The fun integration theory: toward sustaining children and adolescents sport participation. *Journal of physical activity and health*, 12(3), 424-433.
- Altowerqi, Zayed M., et al. "Prevalence of metabolic syndrome among former athletes." *Int J Mech Prod Eng Res Dev* 10.3 (2020): 7135-40.
- Sudhakar, S., and G. Mohan Kumar. "To compare the effects of static stretching and eccentric training on hamstring flexibility in collegiate male athletes." *International Journal of Physiotherapy and Occupational Therapy* 2.2 (2016): 39-44.

- Edirin, Edenedo Edward, and Akarah Emmanuel Oghenebrorien&Tayire Favour Okagbare. "Budgeting as a Panacea to Sports Development in Universities in South-South Nigeria." *International Journal of Educational Science and Research (IJESR)* 8.3: 71-76.
- Hazari, Nida Fatima, and V. Vijaya Lakshmi. "Assessing the Effectiveness of E-Learning Education Material on Nutrition and Health Attitude of Rural Women: A Quasi Experimental Study." *International Journal of Educational Science and Research (IJESR)* 7.5 (2017): 63-70.
- Ozturk, Mehmet, and Ehsan Rahimi Alishah. "Examination of Knee Osteoarthritis in Retired Professional Athletes and Nonathletic Individuals." *International Journal of General Medicine and Pharmacy (IJGMP)* 7 (2018): 1-10.
- Oh, Joonggeun. "The relationship between physical education teachers' relatedness support and students' psychological needs and study motivation." *Turkish Journal of Computer and Mathematics Education (TURCOMAT)* 12.10 (2021): 1056-1064.