

ATTITUDES TO EXERCISE AND SPORT

Gill, Gross and Huddleston (1979) Participation Motivation in Youth Sports. **International Journal of Sports Psychology Vol 14**

Aim: To identify reasons for participation in youth sports.

Method: Questionnaire

Participants: Approximately 1100 youths aged 8-18 attending Iowa Summer Sports School, participating in a wide range of sports, including 720 boys and 418 girls.

Procedure: A questionnaire consisting of a list of 30 possible reasons for participating in sport was administered to all participants at three one-week sessions during June-July 1979.

The questionnaire asked participants to rate each reason on a 3-point scale including:

- Important
- Somewhat important
- Not at all important

Results:

- Combined gender analysis showed 'improving skills' to have the highest rating, followed by 'fun', 'learn new skills', 'challenge' and 'fitness'
- Separate gender analysis showed that both boys and girls rated 'improving skills' the highest, but girls then rated 'fun' as second, whereas boys rated 'challenge' as second.