

Students Participation in Sporting Activities: A case study, University of Kelaniya, Sri Lanka

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Abstract

The University spends annually a considerable amount of their funds for the development of sport facilities. The amount spent on sport facilities has to be evaluated by comparing total spent with the number of students participating sporting activities. This condition indicates a verity of indicators. The administrators' states that the students are engaged in activities other than sports and the existing facilities are underutilized. Time restrictions arising from the existing academic schedule also affects the participation of students in sports. This kind of poor participation in sports activities by students cannot be ignored as the current undergraduates are the future human resources of the nation. It has to be emphasized that physical and mental well-being is a fundamental factor. As such it is very important to have a closer look at this demand and supply mismatch and which leads to fulfill the objectives of the university.

Data were collected for the study via a questionnaire which consists of closed questions. Data were gathered by the students following sport management module from the undergraduates who are engaged in sport activities at the Physical Education Division. All respondents in the sample (n=400) were being full-time students. Out of them 73%, 16.5%, 20.5% are represented in the stream of Arts, Science and Commerce and 58.8%, 19.0%, 14.3%, 8.0% level 1 to 4 undergraduates respectively. Through the structured questionnaire information on eight motivating factors for participation in sport activities were evaluated. Reasons given for participating in sport activities were varied and different in the case of each individual.

Key Wolds: Sport Motives, Motivation, Sport Participation, Undergraduate