Motivation Factors To Participate In Physical Education (PE): A Study Among Secondary School Girls In Singapore

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Agenda

- Introduction
- Objectives of study
- Methodology
- Results
- Summary
- Intervention
- Conclusion
1. Introduction:
How this study started

- Students met at SingHealth in 2008
- Practical topic which would benefit the girls in our school
- Focus is on the psychological aspect
- Developing interest for exercise by changing beliefs and behaviour
1. Introduction

Reasons for girls not exercising

- Lack of interest and motivation among girls to exercise
- Girls are self conscious about their image
- Girls have different interest
- Diet over exercise (Biddle, Wang, 2003)
2. Objectives of study

- To understand the baseline motivational determinants associated with physical activity
- Come up with an intervention to improve motivational beliefs in girls
- Compare the motivation scores of Singapore girls with same age girls from UK
- Try to change the beliefs and perceptions to increase level or participation in physical activity of girls in our school
3. Methodology

- Longitudinal Study over 4 years from 2008 to 2011
- Presentation based on results of first survey in May 2008
- Survey based on a 5 point scale: 1-strongly disagree to 5-strongly agree
- Various psychometric Instruments and motivation theories used
The psychological scales and the number of questions in each scale.

<table>
<thead>
<tr>
<th>Variable</th>
<th>Meaning</th>
<th>No. of questions in survey</th>
</tr>
</thead>
<tbody>
<tr>
<td>External Regulation</td>
<td>Externally Influenced behavior</td>
<td>4</td>
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<tr>
<td>Identification</td>
<td>Desire to take part in a certain activity</td>
<td>4</td>
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<td>Introjection</td>
<td>Internally controlled behavior</td>
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<tr>
<td>Intrinsic Motivation</td>
<td>Enjoyment of activity</td>
<td>4</td>
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<tr>
<td>Entity</td>
<td>Belief that skill level is fixed and cannot be changed</td>
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<tr>
<td>Incremental Belief</td>
<td>Desire to learn and improve</td>
<td>6</td>
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<tr>
<td>Ego</td>
<td>Belief in high skill standard</td>
<td>7</td>
</tr>
<tr>
<td>Task</td>
<td>Effort put in</td>
<td>5</td>
</tr>
<tr>
<td>Amotivation</td>
<td>Lack of motivation</td>
<td>3</td>
</tr>
</tbody>
</table>
3. Methodology:
Sample selection

- Girls from SCGS:
  - 2008 – Secondary 1 and 2
  - 2009 – Secondary 2 and 3
  - 2010 – Secondary 3 and 4
  - 2011 – Secondary 4
3. Methodology:

Data collection (survey)

- Letters sent to the parents of all Secondary 1 and 2 pupils to seek consent for their children on taking the questionnaire
- Survey questionnaires given to Secondary 1 and 2 pupils
- Results brought to SingHealth Centre for Health Services Research for data analysis.
4. Results (May 2008 survey):

Response rate

- Response rate of 86%.
- An additional question was asked to find out if the girls get influenced by the people around them. The result showed that Girls were influenced by teachers $(2.97 \pm 1.01)$ and parents $(2.72 \pm 0.9)$ to engage in physical activity to remain fit. (measured on 4 point scale, higher scores showing higher influence)
4. Results: Singapore: $N = 449$; UK: $N = 516$
5. Summary

- High perceptions about their own skills (Ego) is main factor causing other factors to have results as shown before. Inference: Singapore girls do not feel need to improve as they feel that they are good enough.
- Task, Identification and Introjection are affected
7. Intervention (August / September 2008)

- Students' feedback stated music was a motivating factor.
- Students were allowed to use music devices on school track while running, e.g., iPod.
- Intervention planned to increase Identification (desire to exercise) and Task (amount of effort put in).
- Girls would be motivated to exercise with the use of music.
8. Conclusion

- This study focuses on the psychological aspect
- Girls are not under compulsion to exercise
- Intervention has seen success and there is an increase in the number of girls exercising
  (Based on figures collated – number of pupils exercising during recess time)
- Results for this year’s survey revealed at end of year
Thank you

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