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## **A STUDY ON INTEREST IN SPORTS PARTICIPATION AMONG COLLEGE STUDENTS OF GULBARGA UNIVERSITY: A SURVEY**

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### **Abstract**

Sports participation is an important part of students' physical, psychological and social development. The present study was conducted to examine the level of interest in sports participation among college students. A descriptive survey method was adopted for the study. A sample of 100 college students was selected for the survey. A simple self-developed questionnaire consisting of questions related to students' interest, participation frequency, motivation, health benefits, facilities and barriers was used for data collection. The collected data were analysed using frequency and percentage. The findings indicated that most of the students showed positive interest in sports participation. Health and fitness, enjoyment, social interaction and opportunities to improve sports skills were identified as important reasons for participation. Lack of time, academic workload and inadequate facilities were reported as major barriers. The study concludes that providing adequate sports facilities, regular competitions, encouragement and suitable opportunities can help increase students' interest and participation in sports.

**Keywords:** Sports Participation, Sports Interest, College Students, Physical Activity

### **1. Introduction**

Sports and physical activities are important components of a healthy and active lifestyle. Participation in sports provides students with opportunities to improve physical fitness, develop skills, experience competition and interact with others. Sports are not limited to physical development; they can also contribute to psychological and social development.

College life is an important period in which students develop habits that may continue into adulthood. Regular participation in sports can help students maintain physical activity and develop discipline, cooperation, confidence and a sense of responsibility. The World Health Organization recommends regular moderate-to-vigorous physical activity for young people and identifies physical fitness, cognitive outcomes and mental health among the areas associated with physical activity. Interest is one of the important factors influencing sports participation. A student may have access to sports facilities but may not participate if he or she lacks interest or motivation. Similarly, students who enjoy sports and receive encouragement from teachers, friends and family may participate more regularly.

Recent research has also examined the relationship between psychological factors and sports participation. A 2025 study involving adolescents found relationships among physical self-esteem, exercise motivation, social support and sports participation. Research on Indian adolescents has also reported differences in participation motivation according to age and gender, with factors such as health, fitness, friendship and social status influencing sports participation. Therefore, understanding students' interest in sports participation is useful for physical education teachers, college administrators and sports organizers. The present study attempts to identify the level of interest and major factors influencing sports participation among college students.



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## 2. Review of Literature

**World Health Organization (2020)** The World Health Organization published guidelines on physical activity and sedentary behaviour and emphasized the importance of regular physical activity for children and adolescents. The guidelines associate physical activity with improvements in physical fitness, cognitive outcomes and mental health. The recommendations also emphasize the importance of providing safe, enjoyable and equitable opportunities for participation. (World Health Organization)

**Monacis et al. (2020)** Monacis and colleagues examined motivation for participation in physical activity and sports among Indian adolescents. Their study identified factors related to sport participation, including friendship, health and fitness and social status. The study also observed differences in motivation across age groups and between sexes.

**Peng et al. (2025)** Peng, Chen, Wang and Yu examined the relationship between physical self-esteem and sports participation among adolescents. Their findings indicated that physical self-esteem was associated with sports participation and that exercise motivation and social support played important roles in this relationship.

## 3. Methodology

The descriptive survey method was used for the present study. This method was considered appropriate because the purpose was to collect information about students' interest, motivation and participation in sports from Gulbarga university Karnataka.

### Objectives of the Study

The study was conducted with the following objectives:

1. To examine the level of interest in sports participation among college students.
2. To identify the major reasons for students' participation in sports.
3. To examine students' views regarding the benefits of sports participation.
4. To identify the major barriers that reduce students' participation in sports.

**Sample** For the model survey, 100 Degree college students of Gulbarga university affiliated were selected. The sample included both male and female students studying in degree colleges.

### Sampling Technique

A simple sampling procedure was adopted to select the students for the survey.

### Tool for Data Collection

A simple self-developed questionnaire was prepared for the study. The questionnaire included questions related to:

- Interest in sports
- Frequency of sports participation
- Enjoyment of sports
- Health and fitness
- Competition



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- Social interaction
- Sports facilities
- Family and peer encouragement
- Academic workload
- Lack of time

The questionnaire was designed in simple language so that students could easily understand and respond to the questions.

### Statistical Technique

The collected data were analysed using frequency and percentage.  
 Percentage = Frequency ÷ Total Number of Respondents × 100

### 4. Data Analysis and Interpretation

**Table: Consolidated Data on Interest and Sports Participation among College Students (N=100)**

| Sl. No. | Survey Variable               | Response              | Frequency | Percentage |
|---------|-------------------------------|-----------------------|-----------|------------|
| 1       | Interest in Sports            | Highly interested     | 42        | 42%        |
|         |                               | Interested            | 38        | 38%        |
|         |                               | Moderately interested | 13        | 13%        |
|         |                               | Less interested       | 5         | 5%         |
|         |                               | Not interested        | 2         | 2%         |
| 2       | Frequency of Participation    | Daily                 | 18        | 18%        |
|         |                               | 3–4 times a week      | 32        | 32%        |
|         |                               | 1–2 times a week      | 30        | 30%        |
|         |                               | Occasionally          | 15        | 15%        |
|         |                               | Never                 | 5         | 5%         |
| 3       | Main Reason for Participation | Health and fitness    | 31        | 31%        |
|         |                               | Enjoyment             | 24        | 24%        |
|         |                               | Competition           | 15        | 15%        |
|         |                               | Social interaction    | 12        | 12%        |
|         |                               | Skill development     | 11        | 11%        |
|         |                               | Other reasons         | 7         | 7%         |
| 4       | Perceived Benefits of Sports  | Strongly agree        | 48        | 48%        |
|         |                               | Agree                 | 37        | 37%        |
|         |                               | Neutral               | 10        | 10%        |
|         |                               | Disagree              | 4         | 4%         |
|         |                               | Strongly disagree     | 1         | 1%         |



| Sl. No. | Survey Variable | Response           | Frequency | Percentage |
|---------|-----------------|--------------------|-----------|------------|
| 5       | Major Barriers  | Lack of time       | 30        | 30%        |
|         |                 | Academic workload  | 25        | 25%        |
|         |                 | Lack of facilities | 18        | 18%        |
|         |                 | Lack of motivation | 12        | 12%        |
|         |                 | Lack of guidance   | 8         | 8%         |
|         |                 | Other reasons      | 7         | 7%         |

## Interpretation

The consolidated table shows that 80% of the students were either highly interested or interested in sports participation. Regarding participation frequency, 50% of students participated in sports at least three times a week. Health and fitness (31%) was the major reason for participation, followed by enjoyment (24%). Further, 85% of students agreed or strongly agreed that sports provide important benefits. The major barriers were lack of time (30%) and academic workload (25%), followed by inadequate sports facilities (18%). Overall, the findings indicate a positive interest in sports participation among college students, although certain practical barriers affect regular participation.

## 5. Results of the Study

Based on the analysis, the following results were obtained:

1. A large majority of students showed positive interest in sports participation.
2. About 80% of the students reported that they were either highly interested or interested in sports.
3. Health and fitness were the major reasons for participating in sports.
4. Enjoyment was another important factor encouraging sports participation.
5. Most students believed that sports provide important physical and personal benefits.
6. Lack of time was the major barrier to regular participation.
7. Academic workload was another important factor affecting participation.
8. Inadequate sports facilities were also reported as a limitation by some students.

## 6. Suggestions

Colleges should provide adequate sports facilities, equipment and playing grounds and organize regular sports activities, intramural and inter-collegiate competitions to encourage students' participation. Physical Education teachers should provide proper guidance, motivation and opportunities for both beginners and skilled students. Equal opportunities should be given to male and female students, while recreational and enjoyable sports programmes should also be encouraged. Colleges should create a suitable balance between academic activities and sports by providing sufficient time for physical activities. Awareness programmes may be conducted to explain the physical, psychological and social benefits of sports participation. A supportive sports environment involving teachers, friends and college administration can further motivate students to participate regularly and develop a healthy and active lifestyle.

## 7. Conclusion

The present survey concludes that college students generally show a positive interest in sports participation. Health and fitness, enjoyment, competition and social interaction were identified as important factors encouraging participation.



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At the same time, lack of time, academic workload and inadequate facilities were identified as major barriers. Therefore, providing suitable facilities, regular opportunities, encouragement and proper guidance may help increase students' participation in sports. Regular sports participation can contribute to a more active and healthy college life.

## References

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