

# **Motivation in Physical Education and Intention for Future Physical Activity Participation in Macau Junior High School Students**

## **Abstract**

The purpose of this study was to investigate the gender and grade differences and the correlations of expectancy-value related beliefs, motivation in physical education and intention for future physical activity participation, also, to examine the prediction of intention for future physical activity participation in Macau junior high school students. According to the convenient sampling rules, whole students of every random class of 30 classes including grade 1 to grade 3, 1201 junior high school students from ten schools were invited to participate in this study. The results indicated that: (1) In terms of the differences of expectancy beliefs, males reported higher expectancy-related perception than females. In terms of the differences of expectancy beliefs, males had higher psychological cost of failure and cost of others' expectation than females. In terms of the differences of motivation in physical education (PE), males showed higher intrinsic motivation, introjected regulation, and lower amotivation. (2) For expectancy-related beliefs, expectancy-related perception was negatively related to required effort. For task value beliefs, cost of failure and cost of others' expectation were positively related to task value. Expectancy-related perception correlated with cost of others' expectation and task value positively. Required effort was positively related to psychological cost of failure and cost of others' expectation, and negatively related to task value. With respect to motivation in PE, intrinsic motivation had low correlation with introjected regulation, moderate correlation with external regulation, and negatively moderate correlation with amotivation. Among the correlations between expectancy - task value beliefs and motivation in PE, expectancy-related perception was positively related to intrinsic motivation, negatively and lowly related to introjected regulation and amotivation,

positively and moderately related to introjected regulation. Required effort was positively and lowly related to intrinsic motivation and introjected regulation. Task value had positively moderate correlation with intrinsic motivation and external regulation, and negatively correlation with amotivation. Cost of failure was lowly related to introjected regulation and amotivation. Cost of others' expectation correlated with introjected regulation and external regulation lowly and positively, while negatively with amotivation. (4) Intention for future physical activity participation can be significantly predicted by expectancy-related perception and task value, or by intrinsic motivation, amotivation and external regulation, or by intrinsic motivation, task value, expectancy-related perception and amotivation. The highest predicting equation was the predictors of intrinsic motivation, task value, expectancy-related perception and amotivation. (5) Compared with the similar study in Taiwan, there were different characteristics in expectancy-value related beliefs, motivation in PE, and correlations between them as well as intention for future PE. The results suggest gender differences exist in expectancy-value related beliefs, and motivation in PE. Intention for future PE can be predicted by expectancy-related perception and motivation in physical education.

**Kew words:** Expectancy-related beliefs, task value beliefs, Motivation in PE, Intention for future PE, Macau junior high school students, Comparative study