

# **Motivation, Satisfaction and Quality of Life in Participating in Recreational Sports in Macao Senior High School Students**

## **Abstract**

This study aimed at exploring the differences of the motivation, satisfaction and quality of life (QOL) in Senior high school students in Macao who, under the different background factors (gender, grade, body mass index - BMI), participating in recreational sports. The research was divided into two phases. The first phase was the pilot study. Questionnaires were distributed to each class (one class from each grade of Form 4 to Form 6) in the selected five high schools, and 164 valid questionnaires were obtained successfully. After item analysis, factor analysis and reliability test, a formal questionnaire was available. The second phase was used convenience sampling method to distribute the formal questionnaires to each class (two classes from each grades of Form 4 to Form 6) in the selected eight high schools), and a total of 1567 valid questionnaires were successfully received. The results showed that (A) around 80% of the students took part in recreational sports, but 20% of the students did not; male students with a normal BMI had a higher proportion of participation in recreational sports, but there was no significant difference from students in different grades. Male students had a higher proportion of participation in the medium and high level exercise of the recreational sports, but female students had a higher proportion of participation in the low level one.(B) The main recreational sports in which the senior high school students would like to participate were ball games and outdoor sports. The main reasons that they did not take part in recreational sports were no time

and had not enough sports venues and equipments. (C) male students had a higher motivation than the female to participate in recreational sports. The motivation for good health was higher in Form 5 students than in Form 4, and BMI did not affect the motivation of recreational sports. (D) male students had higher scores than females in the recreation satisfactions with aesthetic, relaxing mood, psychology and physiology. Scores of social education and aesthetic in Form 6 students were higher than Form 4, and BMI did not affect the level of satisfaction with recreational sports. (E) male students had higher scores than the female in QOL and leisure dimension. Grades and BMI did not affect the evaluation of QOL. (F) The dimensions of motivation of recreational sports, satisfaction of exercise and QOL reached moderate relationships mostly. (G) The participation in recreational sports between motivation and satisfaction were positively and highly correlated, in the meanwhile, QOL and leisure physical activity were positively and lowly correlated. The results showed that the majority of Macao Senior high school students would like to participate in recreational sports and male students had a higher exercise frequency than the female. Gender and grades could affect the student's motivation and satisfaction to participate in recreational sports. Participation in recreational sports between motivation and satisfaction were positively and highly correlated high whereas QOL and leisure physical activity were positively and lowly correlated. The results suggest that it should be noted the characteristics of participation in recreational sport of the senior high school students in Macao, and higher motivation to participate in recreational sports get more intense in satisfaction and people who participate in recreational sports would enhance to a certain extent QOL.

**Keywords:** Recreational sports, Motivation, Satisfaction, Quality of life, Macao high school students