

# 11th ASEAN Council of Physical Education and Sport (ACPES) International Conference 2025



Contribution ID: 117

Type: **Oral**

## Sport Motivation Levels of Adolescent based on Demographic Status

*Friday, October 3, 2025 10:15 AM (15 minutes)*

Participation in sports and physical activities has been long believed to bring positive impacts on health. Motivation is one of determinant factors influencing a person involvement in sports and physical activities. This study aimed at examining sport motivation levels of adolescents according to their sex and residential status. This study is a cross-sectional study involving 501 students aged 17-21 years majoring sport and health related subjects. The study used Sport Motivation Scale-II to measure the sample sport motivation level. The Mann-Whitney test was carried out to compare the sport motivation level between male and female students as well as sport motivation levels of students coming from rural and urban areas. The study found that there was a significant difference between sport motivation levels of male and female participants, with male participant gaining higher sport motivation level. Meanwhile, according to residential status, there was no significant difference in sport motivation levels between students coming from rural and urban areas. The study suggests that a gender specific approach might provide better impacts on improving sport motivation levels of adolescents.

**Authors:** Mr MUKHLISIN, Mukhlisin (Universitas Pendidikan Indonesia); Ms PUTRI, Wulandari (Universitas Pendidikan Indonesia)

**Co-authors:** Ms ANIRA, Anira (Universitas Pendidikan Indonesia); Mr BUDIANA, Dian (Universitas Pendidikan Indonesia); Mr BUDIMAN, Didin (Universitas Pendidikan Indonesia); Ms GUMILANG, Eva Sri (Universitas Pendidikan Indonesia); Mr SLAMET, Suherman (Universitas Pendidikan Indonesia); Ms STEPHANI, Mesa Rahmi (Universitas Pendidikan Indonesia); Mr SUMARNO, Gano (Universitas Pendidikan Indonesia); Mr WIBOWO, Ricky (Universitas Pendidikan Indonesia)

**Presenter:** Mr MUKHLISIN, Mukhlisin (Universitas Pendidikan Indonesia)

**Session Classification:** Coaching, Leadership, and Athlete Development

**Track Classification:** Coaching, Leadership, and Athlete Development