

98 - THE MOTIVATION FOR YOUNG PEOPLE'S PRACTICE: A COMPREHENSIVE REVIEW

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1. Introduction

The present study is related to the Self-Determination Theory (SDT) and the sports practice of young people. In order to better understand the aspects that motivate young people, it is important to establish direct relationships between TAD and sports practice. A self-determined individual, according to TAD, is one who has natural tendencies and needs that function as support for the development of both the motivations and the psyche of individuals (DECI; RYAN, 1985).

Currently, it is important to know the reasons that lead young people to play sports, mainly because the teacher is the interventor or mediator of the didactic-pedagogical process of these young people. Therefore, the teacher should develop a pedagogy that allows the development of the practice, so that it is attractive, efficient and that creates the possibility of the young people being more active, autonomous and motivated for the sport.

This study is justified by the new possibilities in the research with the relation motivation -TAD. Since motivation is a subject that currently has a great relevance for the sports practice of both children and young people in Brazil. There are several studies in the field motivation, in several sports practices, however, there were no studies that carried out a more in depth analysis of the relation motivation, SDT and sports practice.

The sporting practice among young people has been the object of several studies over the years, either by the increase in the number of sedentarism and consequently of overweight / obesity, either by the increasing increase of sports competition, or even interest in interrelated social issues (GONÇALVES et al., 2015). In addition, sports practice is characterized as a phenomenon that goes beyond the benefits of a young person's physical health. It develops the socio-affective relations, the communicability, the sociability and mainly the motivation of the young towards the practice.

Deci and Ryan, established in the 80s, a theory used in the current motivational contexts of the sport, the Self-Determination Theory (SDT) (DECI; RYAN, 1985). This theory is grounded when a given individual can be motivated in different regulatory styles; intrinsic, extrinsic or amotivated. When the individual is intrinsically motivated, he performs the activity of his own accord, to satisfy himself, for pleasure, for well-being, for interest. When extrinsically motivated, the individual performs the practice by external factors, such as to satisfy an external demand or perform some behavior under pressure, expectations of results or other contingencies not inherent in the action in which it was motivated (DECI; RYAN, 1985).

In view of the above, the general objective of this research is to explore the national scientific production, about the reasons that lead young people to practice sports, according to the theory of self-determination.

3. Methodology

It is an integrative review, and aims to gather and synthesize research results on an issue in an orderly way, to contribute in a profound way to the knowledge of the subject in question. For the survey of the articles in the literature, some criteria were established for the choice of studies, in order to respond to the established objective of the study: (a) no review articles or international studies were used; (b) the articles selected shall be Portuguese speakers of Brazil; (c) only articles with emphasis on team sports; (d) study participants may be of both sexes; (e) age between 12 and 18 years; (f) articles from 2012 to 2017 will be used. The selection of articles published between 2012 and 2017 is intended to cover recent publications in order to give a more accurate picture of production, as well as to identify possible gaps and openings for new studies. Initially, the terms "self-determination", "motivation", "sport" and "practice" in the Portuguese health descriptors (DECS) were consulted, since the terms aim to achieve a greater representation of scientific production and for being part of the thematic of the study. Data were collected through an electronic search of articles in two databases: Scielo and Lilacs. Advanced search was performed with the terms "self-determination", "sport", "motivation", which aimed to find a greater number of findings.

From an exploratory reading, a total of 20 articles were selected, in which they went through another selection reading, remaining 9 articles. Finally, another reading was performed, this time interpretative, where a total of 4 articles were selected. The characteristics of the studies of this review are listed in the following table.

Table 1- Integrative Review Studies

N.º	Reference	Type of study	Characteristics of the sample	Objectives and methods	Results
1	Venâncio, P. E. (2011)	Theoretical	30 fields of athletes of the school of Santa Tereza, in the city of São Paulo, SP, Brazil.	Goal was to analyze the motivational factors that lead to the practice of sports in adolescents.	The main findings of the study are: the most frequent reasons for practicing sports are: fun, health, socialization, and the desire to be part of a team.

2	Guedes, N. E. J. (2011)	Instrument sections: his to r y ind obtaine information the mod practice training to the mod duration weekly fra of the tra sessions more exp sports re Reasons sports pr obtained data coll the questi Participati Motivati Question (P.M.O.) Question 30 equiv items, gr into eig motiva it factors	athletes (7 and 803 b both sex between of 12 an the Youth in Parana	Objective: T identify the moti onal com ents enc and to th phys practice of sp while in the Braz n you impo athle fun a ng t socio age ion. Sex age econ n an eccon sports and sp m od sign anti influence	The mos impo nt reas for ti
3	A live R (2011)	Use of Motivati Inventory Sports In (IMPD) c by Gaya Instrum e compose questio subdivide dim ensi sports com pete friendsh leisure a health.	The sam consisted male fut practitioners from the F Estadual Guadala college a from the State Col Caucaia ages ran from 11 years. T sample v divided groups v d differen objective 1: Scho Physical Education 2: Extra cu Futsal. G seleccio	Objective: T inve tate i onal factory group the high averri in th sport perfe anc cate. The group high averri in th friend ip. Meth leisu sect. Th were sign tive ant diffe ces the hea cate y.	In rellat to th sport hea and friend ip. leisu facto the r were sign and diffe ces the stud Group Had high averri in th sport perfe anc cate. The group high averri in th friend ip. Meth leisu sect. Th were sign tive ant diffe ces the hea cate y.
4	Gondes, H. T. al. (2011)	Use of a socio-demogra question (control depend variables sport pra and pra tim e). T inventor reasons regular p and / or s activitie (IM P R A F	The sam consisted total of 63 adolesce between t of 13 an years. Of 61 subjec were so Meth practice 25 regula practitioner	Objective: T identify the reas ple a ple a hea and soci st resu indic d a h level sect a laa quan tive stud	The mai reas regul practice of th sport ple a ple a hea and soci st resu indic d a h level sect a laa quan tive stud

Based on the presentation of the results, it can be seen that in the four articles studied, it was possible to note that the main reasons for sports practice are related to status, sports competence and pleasure factors.

The status factor is considered as one of the reasons for the sports practice of young people in article 1, most probably because they are male soccer players with plenty of training and coexistence. It is known that adolescence is a period of great discovery, of corporal modifications and of great behavioral changes, especially for the young, and thus, the search for approval, by success / status, culminates to show the full potential of the young person before the sport (HERNANDEZ, VOSER and LYKAWKA, 2004).

Studies such as that of Belmonte (2002) show that the status factor is the most motivating factor in sports practices for young males than young females. Hernandez, Voser and Lykawka (2004) clarify in their studies that the factor status, is predominantly the factor with greater motivational load for young futsal athletes. However, sporting practice in these studies may be favoring male desires by enhancing their motivation towards practice. The opposite happens, where the female sex does not have their expectations met and, objectively, the level of motivation is relatively lower than in the male sex. These data are in agreement with those of Souza et al. (2016), which show that young males are conditioned to participate in more competitive practices that promote status, need for affirmation, and protagonism, while girls are more attracted to participatory activities, of a social nature.

It is important to emphasize, among the aforementioned, that the category status, adds, within the concepts of self-determination, both extrinsic aspects introjetados, mainly of approval and social valorization directly, in the search for something for self-affirmation, in an intrinsic way, related to self-self-improvement, which portrays the search for satisfaction, pleasure, and desire that practical activity provides.

In Articles 2 and 3, the most important reason for young people is related to sporting competence. It is believed that the results were of great relevance to the competence, since in article 2, the sample consisted of young athletes of both sexes. In addition, factors such as the variance of sports, economic condition and age were decisive for young people to feel motivated to practice sports. In article 3 it can be said that competence is interconnected intrinsically with the youngsters, since they are not athletes and only practice sports in a more educative way - school.

The technical-sportive competence factor refers to the need for SDT competence, and can be defined as the inherent desire of young people to be effective in dealing with the environment, to perform tasks of challenge and to have the opportunity to use their capacities (DECI RYAN, 1985). The practice of sports makes the young person feel competent for something, that is, that he has the opportunity to be good at something, to feel good, to feel challenged and to develop his skills.

This evidences the findings of Rondini (2014) and Paim (2001) on competence as the main motivation for young people to practice a sport. In addition, the authors stress that competence highlights the potential of young people to favor their personal progress. Santos and Folle (2012) report in their studies with young people about sports practice, that the health factor is one of the main motivational factors followed later by the sports competence. Paim (2001) and Deci; Ryan (1985) reports in his studies that sporting competence is fundamental for young people to engage with other people so that they can experience challenges and exercise their potential. Thus, it can be said that the basic need for competence is paramount for a better development of intrinsic motivation, and also aims to link their relationship with the need for relationship to assist in the motivational construction of young people.

In article 4, pleasure was the main reason for sports practice by young people. Although young people are not athletes but young people who regularly practice school sports, it is clear from this that the levels of self-determination are high since pleasure strongly indicates the intrinsic motivation. Many studies denote pleasure, as the most expressive motive for practicing a sport, in different modalities, in initiation (GAYA, CARDOSO, 2004). In other studies such as Voser (2003), pleasure represents the main reason for the practice of futsal between young people. In studies with adult athletes in athletics, pleasure was one of the reasons most cited by athletes for the practice of sports (ZAAR; BALBINOTTI, 2011), and in studies by Silva et al. (2008) in school physical education students, Pleasure was one of the main reasons to practice. Thus, it is clear that pleasure is widely studied and evidenced as an intrinsic motivating factor for the practice of sports in different modalities, both for school sports and for competitive sports.

4. Final Considerations

With the results obtained in this integrative study, one can consider that the reasons that lead young people to practice sports are conditioned to status, competence and pleasure. These results, according to TAD, demonstrate that young individuals are more intrinsically motivated for both competence and pleasure. And motivated by status in an extrinsic and intrinsic way. Although the social question and health are not objectively mentioned by the youngsters in this study, many studies in Brazil report these factors as the dimensions that also best represent the intrinsic motivation for sports practice.

It should be noted that these results are important for studies of motivation and the theory of self-determination in conjunction with collective sports. Finally, we suggest more and new studies in this area, mainly involving motivation and TAD in sports practices, using comparisons between different sports, between the sexes, and age groups in order to extrapolate the limits of current knowledge.

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THE MOTIVATION FOR YOUNG PEOPLE'S PRACTICE: A COMPREHENSIVE REVIEW

The general objective of this research is to explore the reasons that lead young people to practice sports, according to the theory of self-determination. For this study an integrative review was performed. In the articles studied, the main reasons for the sports practice of young people are the factors: status, sports competence and pleasure. It is emphasized the importance of

the results approached for the motivation and the theory of self-determination together with the collective sports.

Keywords: Young, Motivation, Sport.

LA MOTIVATION POUR LA PRATIQUE DES JEUNES: UN EXAMEN COMPLET

L'objectif général de cette recherche est d'explorer les raisons qui conduisent les jeunes à pratiquer des sports, selon la théorie de l'autodétermination. Pour cette étude, une revue intégrative a été réalisée. Dans les articles étudiés, les principales raisons de la pratique sportive des jeunes sont les facteurs: statut, compétence sportive et plaisir. Il est souligné l'importance des résultats abordés pour la motivation et la théorie de l'autodétermination avec les sports collectifs.

Mots-clés: Jeune, Motivation, Sport.

LA MOTIVACIÓN PARA LA PRÁCTICA DE LOS JÓVENES: UNA REVISIÓN INTEGRAL

El objetivo general de esta investigación es explorar las razones que llevan a los jóvenes a practicar deportes, de acuerdo con la teoría de la autodeterminación. Para este estudio, se realizó una revisión integrativa. En los artículos estudiados, los principales motivos de la actividad deportiva de los jóvenes son los factores: estado, deportividad y placer. Se enfatiza la importancia de los resultados discutidos para la motivación y la teoría de la autodeterminación con los deportes de equipo.

Palabras clave: Joven, Motivación, Deporte.

A MOTIVAÇÃO PARA A PRÁTICA ESPORTIVA DOS JOVENS: UMA REVISÃO INTEGRATIVA

Resumo

O objetivo geral desta pesquisa é explorar os motivos que levam os jovens à prática esportiva, de acordo com a teoria da autodeterminação. Para a realização deste estudo foi realizada uma revisão integrativa. Nos artigos estudados, os principais motivos para a prática esportiva dos jovens são os fatores: status, competência esportiva e o prazer. Salienta-se a importância dos resultados abordados para a motivação e a teoria da autodeterminação em conjunto com os esportes coletivos.

Palavras-chave: Jovens, Motivação, Esporte.