

ANALYSIS OF THE MOTIVES BEHIND PARTICIPATION IN SPORTS AND RE-CREATIVE ACTIVITIES

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ABSTRACT

The word fitness is not confined to just the physical aspect today, rather, it has been replaced by the term "total physical fitness". Not only the physical Educationists but also all the knowledgeable people today talk about the same term, which is a dimension of fitness viewed as the capacity to function in every way at one's best. When the term total fitness is used in its modern context, it include the emotional, social and mental, as well as the physical component. Attainment of the total fitness has become quite essential for every one to over come the fatigue and the pressures of the today's competitive and fast life. For the purpose, a habit of regular exercise and active participation in leisure time re-creative activities can play a very pivotal role. Keeping in view the above, this study was launched to assess the perception of the community regarding the sports and re-creative activities, and to analyze the motives behind participation by the people in such activities. The basic object was not only to know, why certain people do participate in sports or leisure activities but to inculcate the habits of participation in such activities more positively and purposefully. The population for the study comprised of the community members from the locality, taking part in some activities one way or the other. A sample of 150 out of the population was randomly selected for acquiring relevant information.

The findings of the study revealed that most of the people avoid solitary participation in any of the sports or re-creative activity, rather, they intend a partnership in this regard. The prime purpose of participation in the activities was found as enjoyment and fun, and it was perceived, that these activities are a source of gatherings and social contacts, rather than a mode of developing health and physical fitness. Quite interestingly it was a general assumption on part of most of the respondents that their