

**The Level of Passion for Sports
among Malaysian Population.**

Gunathevan Elumalai¹, Shariffah Mamat², Mohd. Salleh Aman³, Mohd Nahar Azmi
Mohamed³, Tengku Fadilah Tengku Kamalden⁴ & Shahhanim Yahya²

¹ Sultan Idris Education University, Malaysia

² Ministry of Youth and Sports Malaysia

³ University Malaya, Malaysia

⁴ University Putra, Malaysia

E-mail: gunathevan@fsskj.upsi.edu.my

ABSTRACT

The passion for sports appears to be a part of practicing sports culture among Malaysians. The influence of passion for sports indirectly contribute towards the practice and enculturing sports in every individual. A survey study was conducted using the questionnaire produced by Institute for Youth Research Malaysia (IYRES, 2019). Total of 8468 Malaysians aged 13 and above based on gender, age, locality, marital status and ethnicity participated in this study. Descriptive analysis showed the level of passion for sports have not yet become a practice among the Malaysian people because the achievement of the index score was 41.1 which is low for the year 2019 based on IYRES norm. Inferential analysis proved that gender, age and marital status are factors that influence the achievement in passion for sports domain scores and the indicators of feeling of attachment and dedication also at low level. These three factors reflects the personality of a person in the practice of sports culture. Cultivating the passion for sports in daily lives is not something easily achievable. A comparison of achievement between 2018 and 2019 shows the score levels of passion for sports among Malaysian in 2018 was 42.0 whereas in 2019 the score was 41.1. The achievement seems to have dwindled even but still at lower levels. The findings of this study reveals that passion as a strong inclination toward a self-defining activity that one likes or even loves to do, finds important, and in which one invests time and energy. In fact, passionate activities become part of one's identity because they are so important and highly appreciated.

Keywords: Sports Passion, Sports Culture, Attachment, Dedication & Practices

INTRODUCTION

A target of 50% sports culture among Malaysian by year 2020 is one of the goals in the Strategic Plan of the Ministry of Youth and Sports Malaysia 2016-2020 [1]. Various efforts have been taken by the Ministry of Youth and Sports (KBS) in collaboration with various parties to enhance the practice of Sports Culture among Malaysians which includes Involvement, Passion for sports, Volunteering, Spending and Facility. These 5 aspects are made as domains in the formation of sports culture index among Malaysians. The domain of passion for sports refers to the score of love and willingness to do sports exercise or active recreational activities in daily lives [2]. There are 2 indicators in the domain of passion for sports. First is the feeling of attachment which refers to the scores of deep attachment towards sports exercise or active recreations which are directly involved in reading, writing or updating relevant sports, exercise of active recreations. Secondly is the dedication which shows deep devotion towards sports, exercise or active recreation such as allocating time to follow the developments in sports, exercise and active recreation and also sacrificing comfort to watch those events. According to Lopes & Vallerand (2020), passion is a strong inclination toward a self-defining activity that one likes or loves to do, give important by spending time and energy. They want an affective experience during and after activity engagement because it will give them a positive energy and increases in physical well-being over time.

Participating in an activity regularly and love an activity dearly will enhance the desire to keep on practicing if one is to engage in the activity for longer time or life long. It is an internalization process which influenced by the social environment as well as by personal factors. Parents, coaches, peers and facilities are some of the social environment factors. Mean while the personal factors are individual differences and personality processes [4]. Passion for sports or activities related to sports is an internal desire which automatically appear in any individuals without other peoples influence. The intrinsic motivation will keep the participation in certain activity for life long because self satisfaction is the motif rather than materialistic achievement. The autonomous or voluntarily involvement in any kind of activities will enhance the sports culture [3].

Vallerand et.al (2003), introduced Dualistic Model of Passion (DMP) which divide passion for sports in to two categories. Harmonious passion and obsessive passion. Harmonious passion more to self satisfaction but obsessive passion based on the best achievement in sports or activity involved. Martin (2016), proved that harmonious passion brings more positive impact compare to obsessive passion among university athletes. Harmonious passion contributes well-being and healthy life style in athletes' daily life. This research also determine that gender influence the level of passion in sports. Male populations' passion for sports or activities related to sports higher than females.

Social network and human relationship developed by passion for sports. Participation in sports activities regularly enhanced socialism and positive behaviour. Healthy life style and fitness can be maintained and contributes towards well-being of individuals whom have passion for sports [6]. The impact of passion for sports on well-being is undeniable. Philippe, Vallerand & Lavigne (2009), proved that people who involved in any kind of sports activities with passion in their daily life have high level of well-being compare to those who never participate in any sports activities. Based on this factors, the aim of this study is to determine

the level of passion for sports among Malaysian population which contributes to Sports Culture Index with two indicators namely attachment and dedication.

METHODOLOGY

This study was conducted among 8468 respondents with a return rate of $\pm 20\%$ were chosen to significantly represent 25.95 million Malaysians above 13 years old in 2019. Choosing of respondents was done with diverse backgrounds, including those in the public realm, in higher education institutions, the unemployed and the general public. Respondents were selected using the Proportionate Random Sampling method according to states and population.

The instrument for the study was adapted and refined from the 2018 Malaysian Community Sports Culture Index questionnaire which was developed by the Malaysian Youth Development Research Institute (IYRES). There are 12 main sections to elicit data from the study respondents. It consists of demographics and 5 domains used to obtain the Malaysian Sports Culture Index. This instrument represents each domain and indicators which would give accurate information about the practice of sports culture among Malaysians.

Data collection process was done with the help of 250 local youths who were appointed as IYRES Community Enumerators (ICE) or interviewers. The Training of Trainer (TOT) and briefing was given and monitored by IYRES researchers. Every enumerators were given Data Collection Manual to assist them in the data collection proses. Questionnaires were distributed door to door at predetermined locations representing sample fractions according to ethnicity, urban and rural localities; housing locations such as squatter, flats, terraces, luxury homes, villas; gender; and age categories. Data collection process took 2 to 4 weeks for every state starting from April to May 2019.

The process of data analysis has been carried out by way of scoring according to the procedure done in 2018. This is because, this study is a continuation of the study done in 2018. Scores for each domain are obtained by summing the indicator scores within that domain based on their weightage. These weights vary according to their importance and have been established through various platforms with sports development experts and statistical experts. The Malaysian Sports Culture Index score ranges from 0 to 100 where 100 is the maximum score. Here is the formula used to calculate scores for each domain. Based on this formula, scales showing the category of score levels for each index were developed according to domains (Figures 1 and table 1).

$$\text{Index} = \frac{M-1}{S_T - S_R} \times 100$$

Which refers to:

M Min Score

S_T Highest Scale Value

S_R Lowest Scale Value

Figure 1: formula used to calculate scores for each domain

Table1: Score and level of passion for sports

Score	Level
0	Nil
1 - 49	Low
50 - 69	Moderate
70 - 84	High
85 - 100	Very high

FINDINGS

The following are the results of studies derived from data collected across Malaysia. This study Data is analysed based on demographic factors such as gender, age category, locality (rural- city), marital status and ethnicity. The findings of the study are described based on demographic factors and comparisons between 2018 and 2019.

Overall score of passion for sports

The findings of the study proves that the passion for sports domain which include indicators of attachment and dedication is at low level with a score of 41.1. Separate analysis of attachment indicator gives a score of 35.2 whereas dedication indicator is 46.9. (Table 2). The low scores indicate the willingness of Malaysians to spend time to watch, read, share information or write about sports is still low. The willingness to spend money to buy tickets and reading materials too is low.

Table 2: Passion for sports domain scores 2019

Detail	Score & level
Passion for Sports	41.1 (Low)
Indicator on attachment	35.2 (Low)
Indicator on dedication	46.9 (Low)

The Impact of Gender on the Scores of Passion of Sports

Gender analysis showed that the passion for sports domain score for male was 45.0 while the female were 37.2. Analysis according to Indicators showed that Attachment indicator scores for male at 38.2 and 32.3 for females. The Dedication Indicator Score for men was 51.9 and for women 42.1. The findings of the study prove that the passion for sports for both sexes are

low. Attachment scores for both sexes were also found to be low. Dedication Indicator Score for men at moderate but low for women (Table 3).

The findings clearly show significant difference which proves that the levels of dedication indicator among males is better than females in the passion for sports domain between both genders. The advantage is due to the willingness of men to spend time, staying up late and wading discomfort in watching sports compared to girls. Men are also keen to share information, comment on games and idolise teams especially football at both national and international levels.

Table 3: Passion for Sports Domain Scores According to Gender

	Male	Female
PASSION FOR SPORTS	45.0 (Low)	37.2 (Low)
Indicator on Attachment	38.2 (Low)	32.3 (Low)
Indicator on Dedication	51.9 (Medium)	42.1 (Low)

Impact of Age on the scores of Passion for Sports

The findings on the scores of passion for sports domain by age reveals that the scores of Malaysian of all ages are at a low level. The scores for the category of age between 13 to 19 years is 46.2 followed by the category of age from 20 to 29 years is 44.8. For the category of age between 30 to 39 years, the score is 42.6. Score for the category of age between 40 to 56 years is 37.7 whereas those above 60 score 38.6. The result of the passion for sports domain analysis among Malaysian in 2019 shows that the age factor does influence the level of passion for sports. The older one gets, the lesser is the passion towards sports (Table 4). Further analysis of the two indicators which contribute towards the elevation of passion for sports domain levels are as below.

Attachment Indicator Scores

The score for the above indicator for all ages are low. For the age category of 13 to 19 is 41.3 followed by age category of 20 to 29 years is 39.2. The age category of 30 to 39 years the score is 36.6. The score for age category of 40 to 59 is 31.4. Whereas citizens of 60 years and above scored 25.5. This analysis clearly proves that age does influence the attachment indicator. It directly leads to a decline in the passion for sports domain (Table 4).

Dedication Indicator scores

The analysis of dedication indicator shows medium levels for 2 category of ages that is for the age category between 13 to 19 years is 51.1. For the age category 20 to 29 the score is 50.4. For the other age categories, the score remains low. For the age category of 30 to 39, its 48.6. For the age category of 40 to 59, the score is 44.0. The scores for age 60 and above is 38.6. Dedication indicator also saw linear decline where the people at medium level from the age of 13 to 29 years has fallen to lower level and are declining with age (Table 4).

Table 4: Passion for Sports Domain Score according to age

	13-19 years	20-29 years	30-39 years	40-59 years	60 years and above
PASSION FOR SPORTS	46.2 (Low)	44.8 (Low)	42.6 (Low)	37.7 (Low)	38.6 (Low)
Attachment Indicator	41.3 (Low)	39.2 (Low)	36.6 (Low)	31.4 (Low)	25.5 (Low)
Dedication Indicator	51.1 (Medium)	50.4 (Medium)	48.6 (Low)	44.0 (Low)	38.6 (Low)

Impact of localities on the scores of Passion for Sports

The findings based on localities for the domain of passion for sports shows low scores for both rural and urban localities. Score for urban area is 41.3 whereas for rural area its 40.8. Further analysis on indicators show that the indicator of attachment in urban area is 35.4 while for rural area its 35.0. The score of dedication indicator for urban is 47.2 and for rural is 46.5 (Table 5).

The survey findings clearly show there is no significant difference in passion for sports domain between urban and rural folks. Both indicators are at low level and do not show significant difference based on localities.

Table 5: Scores for passion of sports domain according to localities

	Urban	Rural
PASSION FOR SPORTS	41.3 (Low)	40.8 (Low)
Feeling of Attachment Indicator	35.4 (Low)	35.0 (Low)
Dedication Indicator	47.2 (Low)	46.5 (Low)

Impact of marital status in the scores of Passion for sports

The analysis of scores in passion for sports domain according to marital status is relatively low. Unmarried Malaysians score 45.0. Married community scored 38.7 while separated couples score 31.3. The influence of marital status on the attachment indicator score for unmarried is 39.6, married is 32.3 and separated couples at 25.6. The scores in dedication indicator shows unmarried community at 50.3, married 45.0 and separated couples at 37.0. The indicator for attachment is at low levels for all category. Dedication indicator shows single Malaysian are at medium level but fell to low level when they get married or separate (Table 6).

Findings of the survey shows Malaysian who are single attain higher scores compared to other categories since they are free to involve in activities that interest them.

Table 6: Passion for Sports domain scores according to marital status

	Single	Married	Separated
Passion for Sports	45.0 (Low)	38.7 (Low)	31.3 (Low)
Feeling of Attachment Indicator	39.6 (Low)	32.3 (Low)	25.6 (Low)
Dedication Indicator	50.3 (Medium)	45.0 (Low)	37.0 (Low)

Impact of ethnicity in the scores of Passion for sports

Overall analysis show no difference based on ethnicity on the passion for sports domain as the scores for all ethnicities are low. Scores for the Malay community is 42.4, Chinese 37.7, Indian 39.6, Sabah Bumiputra 41.0 and Sarawak Bumiputra at 43.1. Further analysis on attachment indicator and dedication indicator scores remain low with the scores for attachment for Malay ethnicity is at 36.4, Chinese at 43.5, Indians 45.3, Sabah Bumiputra 46.5 and Sarawak Bumiputra 38.0. Scores for dedication indicator for ethnic Malay is 48.4, Chinese 43.5, Indian 45.3, Sabah Bumiputra 46.5 and Sarawak Bumiputra 48.2. The low scores and the absence of significant difference in the scores for ethnicity for both the indicator shows that ethnicity has no influence on the passion for sports domain (Table 7).

Table 7: Passion for Sports domain scores according to ethnicity

	Malay	Chinese	Indian	Sabah Bumiputra	Sarawak Bumiputra
Passion for Sports	42.4 (Low)	37.7 (Low)	39.6 (Low)	41.0 (Low)	43.1 (Low)
Feeling of Attachment Indicator	36.4 (Low)	31.9 (Low)	34.0 (Low)	35.5 (Low)	38.0 (Low)
Dedication Indicator	48.4 (Low)	43.5 (Low)	45.3 (Low)	46.5 (Low)	48.2 (Low)

Comparison Between 2018 and 2019

The first Malaysian People Sports Culture Index was developed in 2018. It is an effort to identify the level of sports culture among Malaysians. The production of Sports Culture Index year 2018 was set as the benchmark for the following years. Passion for sports domain is of the domains that contribute towards the achievement of Sports Culture Index of Malaysians. Passion for sports domain level among the Malaysian community in 2018 is low with a score of 42.0. In year 2019 this achievement slide down further with a score of 41.1 but remain at low level. This proves that there isn't any changes in the level of practice of passion for sports. The feeling of attachment indicator in 2018 is 36.6 and in 2019 it is 35.2. Dedication indicator is 47.3 in 2018 and 46.9 in 2019. The attachment and dedication indicators remain low and do not show any significant difference even though there is a slight decrease in the scores in 2019 compared to 2018 (Table 8).

Table 8: Comparing Passion for Sports Domain Scores according to year 2018 and 2019

	SCORE 2018	SCORE 2019
Passion for Sports	42.0 (Low)	41.1 (Low)
Feeling of Attachment Indicator	36.6 (Low)	35.2 (Low)
Dedication Indicator	47.3 (Low)	46.9 (Low)

Analysis based on demographic factors such as gender, age and localities show no significant difference between the scores in 2018 and 2019. Even when the scores slide down for the year 2019, it still remained in the low level. The level of achievement of passion for sports based on marital status in 2018 and 2019 remain in low levels even when there is a slight rise in the unmarried category in 2019. Scores according to ethnicity also remain in low category for both year, but Chinese Indian and Sarawak Bumiputra show a slight increase in 2019 compared to 2018.

DISCUSSION

The overall findings of the survey on Passion for Sports domain proves that passion for sports is not a practice for the Malaysian people because the score levels are low for both year 2018 and 2019. Gender, age and marital status are factors that influenced the achievement of scores in this domain and its indicators even though it remains at low levels. All these 3 factors show a person's personality in the practice of culture of sports. Enculturing sports in daily life is not easily achievable. Passion for sports is something that should exist by itself among individuals even if not involved in sports exercise or recreational activities.

Gender difference impacts a lot on the passion for sports domain whereby the contribution and involvement of men is much higher than that of women. Asian culture of limiting women's involvement in sports and social activities is a factor that contributes to a lower level in this domain [3-8]. Men has time and space for discussing sports matters because the friendship network and sharing of information is much wider compared to women. Men also willing to spend money and time to watch a sports event with his friends. Comfort factors also do not impede men to watch or participate in sports activities. Generally passion for sports domain need a high level of interest and commitment since it involves changes in attitudes. Committed women with responsibilities as a mother and wife makes it difficult to spend time for matters that portray love for sports. The deterioration of the scores are influenced by environmental factors, work load and daily routine that women endure.

The "Theory of planned behaviour", coined by Icek Ajzen in 1985, proposes a change in attitudes towards personal health and healthy lifestyle. This theory emphasizes the understanding on changing attitude based on healthy lifestyle based on three main factors, namely environmental, demographic and personality factors. Based on this theory the influence of environmental factors are peer pressure, mass media and facilities which will determine a person's level of passion for sports [9].

Demographic factors are related to social class, income, education level, age, gender, race, religion and so on which are the major factors that will influence an individual's attitude change. Lastly personality factor refers to well-being, emotional control, appearance and ideal personality that every individual aspires to achieve [10].

All three of these factors will affect attitude change from beginning to end. At an early stage one must have confidence in the new behaviour that he wants to adopt and must respond positively to his actions. Individuals must also have high confidence and behave normally despite challenging family and cultural factors [11].

The subjective role of internal and external motivation will also encourage them to make continuous behavioural changes [12]. Experience, knowledge, appearance, facilities and appropriate time should be given priority because all these aspects will determine the ability to control behaviour towards attitude changes and encourage intentions or make decisions to make passion for sports a lifelong practice.

The locality and ethnic factors do not show any difference as the pattern of life of Malaysian society is very similar despite having different cultures. Malaysia is a developing country and the gaps in socioeconomic, multi-ethnic culture, socialization and education levels are decreasing. Involvement in sports, exercise and recreation activities of urban and rural communities is not a major issue as the facilities and opportunities for participation in sports activities are ubiquitous. The sophisticated and easy-to-access mass media network is a key factor for localities not affecting the level of sports interest of Malaysian society [13].

CONCLUSION

In summary, the passion for sports domain is an aspect which needs sacrifice of time, energy and money which is driven by natural interest for the development of sports and personal well-being. Motivation is the main thrust for involvement in activities related to passion for sports such as following current development in sports, sharing of information, writing about sports, commenting, owning of personal websites and collecting reading materials and sports related souvenirs. Survey findings clearly proves that actions that lead Malaysians to participate in sports for passion activities need to be intensified at every corner of the country so that it becomes a practice in daily life and promotes sports culture.

Acknowledgment

The authors are grateful to the Research and Innovation Centre (RMIC), Universiti Pendidikan Sultan Idris, Tanjong. Malim, Perak for their support to publish this research article.

REFERENCES

- [1] Pelan Strategik Kementerian Belia dan Sukan Malaysia. (2016). Kementerian Belia dan Sukan Malaysia. Putrajaya.
- [2] Institut Penyelidikan Pembangunan Belia Malaysia. (2018). Indeks Belia Malaysia 2018. Kementerian Belia dan Sukan Malaysia. Putrajaya. Malaysia.
- [3] Lopes. M., & Vallerand, R. J.,(2020).The role of passion, need satisfaction and conflict in athletes' perception of burnout. . *Psychology of Sport & Exercise*, 48(5), 413–421.
- [4] Vallerand, R. J., Blanchard, C. M., Mageau, G. A., Koestner, R., Ratelle, C. F., Léonard, M., et al. (2003). Les passions de l'âme: On obsessive and harmonious passion. *Journal of Personality and Social Psychology*, 85, 756–767.
- [5] Martin. E.M., (2016), A Longitudinal Study On The Change Of Passion In Youth Sport Athletes, Phd Desertation, Michigan State University.
- [6] Trevino. N.N., (2016), Passion to making onself physically attractive: Effects on attitude about exercise, body image and subjective well-beeing, Phd Desrtation, Houston University-Clear lake.
- [7] Philippe F.L., Vallerand, R. J. & Lavigne G.L., (2009), Passion does make a difference in people's lives: A look at well-being in passionate and Non-passionate individuals. *Applied psychology: health and well-being*, 1(1), 3–22.
Doi:10.1111/j.1758-0854.2008.01003.
- [8] Grappendorf, H. (2013). The 'year' of women in sports: Why stop at one? *Journal of Physical Education, Recreation, and Dance*, 84(5), 7-8.
- [9] Ajzen, I. (1985). Intention, perceived control, and weight loss: An application of the theory of planned behavior. *Journal of Personality and Social Psychology*, 49(3), 843–851. <https://doi.org/10.1037/0022-3514.49.3.843>
- [10] Ajzen, I., & Fishbein, M. (1977). Attitude-behavior relations: A theoretical analysis and review of empirical research. *Psychological Bulletin*, 84, 888–918.
- [11] Vallerand, R. J. (2010). On passion for life activities: The dualistic model of passion. In M. P. Zanna (Ed.), *Advances in Experimental Social Psychology* (Vol. 42, pp. 97–193). New York: Academic Press.
- [12] Weiner, B. (2000). Intrapersonal and interpersonal theories of motivation from an attributional perspective. *Educational Psychology Review*, 12, 1–14.
- [13] Vallerand, R. J. (2012). Passion for sport and exercise: The dualistic model of passion. In G. Roberts & D. Treasure (Eds.), *Advances in motivation in sport and exercise* (Vol. 3, pp. 160–206). Champaign, IL: Human Kinetics.

