

Relationship between Life Style and Interest in Sport among Members of Sport for All Clubs

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Abstract

Objectives: This study was conducted to practically clarify the relationship between the life styles of sports club members and their interest in sports. **Methods/Statistical Analysis:** Subjects of the study were 277 people in sports clubs in Gwangju Metropolitan city and a survey was conducted. As for data analysis, exploratory factor analysis, verification of reliability, correlation analysis and multiple regression analysis were conducted to derive the following conclusions. **Findings:** The correlation between life styles and interest in sports was positive in all the sub-variables. According to the results of analyzing the relationship between life styles and interest in sports, the life styles of sports club members positively influenced self-positiveness, self-achievement and self-confirmation. Health management positively influenced interest. Self-positiveness, nihilism and preference for trends positively influenced sociality. Nihilism, self-achievement, sensitivity to information and self-positiveness positively influences health. Self-achievement, self-positiveness and health management positively influences recognition. **Application/Improvement:** Considering the limitations of this study, a follow up study is suggested for more development. The scope of the study was limited to people in sports clubs in Gwangju Metropolitan city. Therefore, it is recommended for the follow up study to include people in sports clubs across the entire nation. In addition, a follow-up study is required on the types of exercise or games since exercise types were not sub-divided in the research.

Keywords: Health Management, Interest in Sports, Life Styles, Self-Achievement, Self-Positiveness, Sports Club Members

1. Introduction

Leisure activities are becoming more diverse and generalized in the modern era. People pursue their own desires and are interested in participating in activities to satisfy their desires. People have different life styles. Life styles indicate the mode of life, differentiated from that of other members of a society¹. People have diverse desires and necessities depending on their life styles. Therefore, it is reasonable to say that different life styles tend to have different levels of satisfaction regarding programs or

facilities². Examination of the life styles of individuals makes it possible to identify the characteristics of participants in a program and provide information about their expectations. In³ insisted that opportunities customized for different lifestyles should be provided in sports since office workers tend to have different experiences with sports depending on their life styles. Activities that people are interested in and find amusement with are referred to as leisure activities. Among these, people derive the most pleasure from sports activities. Sports activities have a positive effect on physical health, removal of stress, a

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sense of achievement and satisfaction. Therefore, many people them. Sports activity as a part of leisure is a concept that includes physical, mental and social factors. Participants in sports inevitably require psychological and behavioral self-control. Especially, self-control management in sports is defined as the process of mentally preparing for and overcoming situations through self-discipline⁴. In⁵ defined sport activities for improving life quality beyond the work space as leisure activities. Sport activities as a part of leisure are governed by various motivations including interpersonal relationships, health management and self-development⁶.

Many people interested in sports gather together to form clubs. Members of sports clubs participate in specific games. In addition, they pursue internal satisfaction through voluntary participation⁷. Sports clubs have no obligatory or forceful characteristics. In spite of the lack of obligations, members voluntarily participate in sport activities on a regular basis. Individuals that participate in sports in their daily lives aim to lead more meaningful lives by improving their health conditions and physical strength⁸. In⁹ insisted that the characteristics of physical activities were comprised of economic features, regularity, system, physical characteristics and spontaneity. Among them, sports tend to have a high level of influence from spontaneity. Therefore, they indicated that sports are a typical example of a leisure activity.

The number of sports club members in Korea is continuously increasing. The reason is that the government and the Korea Council for Sports for All started implementing policies to promote sports clubs for all¹⁰ along with entertaining factors. Fun is an emotion derived from the context of experience in various but specific situations¹¹. It can also be conceptualized to have strong motivational factors on assignment-related behaviors as a positive emotional response on performance. Fun from playing sports activities is referred to as interest in sports¹². Interest in sport is defined as a positive emotional response to the sport experience that represents general feelings including fun, likeness or pleasure¹³. Fun factors are the biggest reason why people participate in sport activities and represent significantly consistency

regardless of sport type, level of participation and cultural background¹⁴. On the other hand, it has also been confirmed that people sometimes stop participating in the middle of sports activities¹⁵. In¹⁶ indicated that positive emotions such as fun are a deterministic factor as to whether to continue or stop participating in sport activities.

As for practical research dealing with the concept of interest in sports¹⁷ has taken a leading role in Korea. Kim introduced the theoretical framework to understand interest in sports. A survey for interest in sports comprising six areas (SESQ) was developed in a follow-up study and the ground-work for promoting research on interest in sports was prepared. Studies dealing with sport fun factors have been performed to clarify fun experiences and psychological variables. Preferences for the goal and interest in sports^{12,18}, spontaneity and interest in sports¹⁹⁻²¹, fun factors and immersion on exercise^{21,22} exercise ability and interest in sports²³ are examples.

As shown above, interest in sports is an experience pursued by all members of sports clubs and these members are expected to experience happiness and pleasure through sports. Therefore, this study was conducted to clarify the relationship between lifestyles and interest in sports for members of sports clubs. The study aims to contribute to efficient utilization of leisure time and improve the quality of life by promoting participation in sports.

2. Research Methods

2.1 Subjects in the Research

Subjects in this study were selected from among members of sports clubs in the Gwangju Metropolitan area. Convenience sampling was used on members of the clubs in Gwangju Metropolitan area while collecting the sample for research. Copies of the distributed surveys with incomplete responses, omitted responses, duplicate filling and biased responses were excluded and a total of 277 copies were used for the final analysis. General characteristics of the subjects in the research are as follows in Table 1.

Table 1. Characteristics of subjects (%)

Variable	Groups	Frequency	%
Age	20s	136	49.1
	30s	84	30.3
	40s and above	57	20.6
Academic background	High school or below	28	10.1
	College students	33	11.9
	College graduates	144	52.0
	Graduate school and above	72	26.0
Marital status	Single	158	57.0
	Married	119	43.0
Participating games	Table tennis	32	11.6
	Soccer	63	22.7
	Badminton	60	21.7
	Marathon	92	33.2
	Cycle	30	10.8
Total		277	100

2.2 Research Tools

In this study, a survey was used as the research tool to identify the relationship between life styles and interest in sports among members of sports clubs. The survey used in this study comprised of four questions about demographic characteristics, thirteen questions about life styles as an independent variable and twenty questions about interest in sports as a dependent variable.

In this study, survey questions were used after re-organizing the life style derived in an exploratory study by^{24–26} in Korea from questions designed according to the AIO classification by²⁴ in order to measure life style. As for sub-variables, there were a total of twenty questions including six questions about self-achievement, two questions about ecstasy, four questions about trend preference, three questions about health management, two questions

about self-confirmation, two questions on sensitivity to information and two questions on self-positivity.

A survey derived in an exploratory study by^{27,28} using questionnaires (SESQ) developed by²⁹ was re-organized and used to measure the interest in sports. As for sub-variables of interest in sports, there were sixteen total questions with four questions about interest, four questions about sociality, four questions about health and four questions about recognition. The response formats for the survey were comprised of five score Likert criteria including ‘the score 5 for strongly agree,’ ‘score 4 for agree,’ ‘score 3 for neutral,’ ‘score 2 for disagree’ and ‘score 1 for strongly disagree.’

2.3 Validity and Reliability of Survey

Exploratory factor analysis was conducted to verify the

validity of the survey. As for exploratory factor analysis, right angle rotation was used. Right angle rotation was used to rotate factors without any correlations. For the right angle rotation, the varimax method was used. The validity of life style in this study was extracted from self-achievement, nihilism, preference on the trend, health management, self-confirmation, sensitivity to information and self-positiveness. Explained total variance was 69.945% and the KMO verification value was .801, $\chi^2 = 693.956$, $df = 78$. Significance probability was .000. According to the results of reliability verification on the sub-variables of life style, self-achievement turned out to be .868 followed by .875 for nihilism, .813 for preference on the trend, .769 for health management, .759 for self-confirmation, .856 for sensitivity on information and .887 for self-positiveness.

Validity of interest in sports in this study was extracted from factors including the interest, sociality, health and recognition. Explained total variance was 64.147% and KMO verification value was .797, $\chi^2 = 2004.511$, $df = 190$. Significance probability was .000. According to the verification results for reliability on sub-variables for interest in sports, interest was .866 followed by .856 for sociality, .865 for health and .875 for recognition. The reliability of the survey was higher than the 0.6 suggested by Nunnally and Bernstein. Therefore, it was regarded as a relatively reliable tool.

2.4 Research Procedures

In order to clarify the relationship between the life styles of members in sports clubs and their interest in sports, the researchers and research assistants randomly selected specific days (e.g. weekdays and weekends) and times (e.g. daybreak, morning, afternoon and evening). Subjects were members of organizational sports clubs including table tennis, soccer, badminton, marathon and cycling. Researchers and research assistants visited gyms in person after confirming the activity times of members in the clubs through a sample collected prior to distributing the survey. After asking for consent by explaining the goals and intent of the study, survey copies were distributed. For the generalization of the study, the intent of the sur-

vey was explained prior to distributing the copies with instructions on how to complete the survey. The survey was completed by the self-administration method and completed copies were immediately collected.

2.5 Data Process

Data collected through the survey were statistically processed using SPSS 21.0 to derive the outcome according to the objective of the study. First of all, factor analysis and reliability analysis were conducted to verify the reliability and validity of the research tools. Secondly, correlation analysis was conducted to identify the relationship between life styles and interest in sports for members in the sports clubs. Third, multiple regression analysis was conducted to identify the influence of the life styles of the members on their interest in sports. The significance level for all statistics was maintained as $\alpha = .05$.

3. Research Results

3.1 Correlation between Life Styles and Interest in Sports

According to Table 2, the validity of judgment was confirmed since none of the correlation values exceeded .80. Self-achievement was positively correlated with interest (.427), recognition (.420), health (.408) and sociality (.370) in order. Nihilism was positively correlated with sociality (.370), health (.371), interest (.267) and recognition (.256). Preference for trends was positively correlated with sociality (.416), interest (.365), health (.337) and recognition (.197). Health management was positively correlated with recognition (.426), interest (.406), sociality (.394) and health (.284) in order. Self-confirmation was positively correlated with interest (.391), health (.308), sociality (.286) and recognition (.201) in order. Sensitivity to information was positively correlated with health (.352), sociality (.324), recognition (.308) and interest (.268) in order. Self-positiveness was positively correlated with sociality (.402), recognition (.387), interest (.331) and health (.304) in order.

Table 2. Correlation of life-style and sports enjoyment

	A	B	C	D	E	F	G	H	I	J	K
A	-										
B	.381***	-									
C	.456***	.382***	-								
D	.482***	.448***	.412***	-							
E	.548***	.256***	.418***	.411***	-						
F	.352***	.183**	.211***	.338***	.300***	-					
G	.233***	.088	.310***	.310***	.177**	.481***	-				
H	.427***	.267***	.365***	.406***	.391***	.268***	.331***	-			
I	.370***	.374***	.416***	.394***	.286***	.324***	.402***	.547***	-		
J	.408***	.371***	.337***	.284***	.308***	.352***	.304***	.406***	.515***	-	
K	.420***	.256***	.197***	.428***	.201***	.308***	.387***	.478***	.516***	.545***	-

*p<.05, ***p<.001
A: Self-achievement, B: Nihilism, C: Preference on the trend, D: Health management, E: Self-confidence, F: Sensitivity in information, G: Self-positiveness, H: Interest, I: Recognition, J: Health, K: Sociality

3.1 Relationship between the Life Styles of Sports Club Members and their Interest in Sports

3.1.1 Influence of Life Styles on Interest

Life styles turned out to be statistically significantly correlated with interest as shown in Table 3 ($F = 16.408$,

$p < .001$). The explanatory power encompassed about 29.9% ($R^2 = .299$). According to the Beta value, which reflects the relative influential power between life style and interest, there was a positive influence on self-positiveness ($\beta = .191$, $p < .01$), self-achievement ($\beta = .173$, $p < .01$), self-confirmation ($\beta = .158$, $p < .05$), and health management ($\beta = .144$, $p < .05$).

Table 3. Life style and interest

	B	SE	β	<i>t</i>	Tolerance
Constant	.016	.398		.041	
Self-achievement	.252	.099	.173	2.532**	1.783
Nihilism	.053	.067	.048	.797	1.384
Preference for trends	.115	.086	.084	1.339	1.528
Health management	.186	.084	.144	2.215*	1.632
Self-confidence	.125	.051	.158	2.467*	1.569
Sensitivity in information	-.007	.062	-.007	-.113	1.464
Self-positiveness	.151	.048	.191	3.113**	1.433
$R^2 = .299$, $F = 16.408$, $p = .001$					

* $p < .05$, ** $p < .01$

3.2.2 Influence of Life Style on Sociality

As shown in Table 4, life style turned out to be statistically and significantly correlated with sociality ($F = 19.533$, $p < .001$). The explanatory power encompassed about 33.7% ($R^2 = .337$) of all the variables. According to the Beta value, which reflects the relative influential power between life style and sociality, there was a positive influence on self-positiveness ($\beta = .250$, $p < .001$), nihilism ($\beta = .200$, $p < .001$) and preference for trends ($\beta = .165$, $p < .01$) in order.

3.2.3 Influence of Life Style on Health

As shown in Table 5, life style turned out to be statistically and significantly correlated with health ($F = 16.028$, $p < .001$). The explanatory power encompassed about

29.4% ($R^2 = .294$) of all the variables. According to the Beta value, which reflects the relative influential power between life style and health, there was a positive influence on nihilism ($\beta = .242$, $p < .001$), self-achievement ($\beta = .189$, $p < .01$), sensitivity in information ($\beta = .158$, $p < .05$) and self-positiveness ($\beta = .149$, $p < .05$) in order.

3.2.4 Influence of Life Style on Recognition

As shown in Table 6, life style was statistically and significantly correlated with recognition ($F = 18.285$, $p < .001$). The explanatory power encompassed about 32.2% ($R^2 = .322$) of all the variables. According to the Beta value, which reflects the relative influential power between life styles and recognition, there was a positive influence on self-achievement ($\beta = .310$, $p < .001$), self-positiveness ($\beta = .276$, $p < .001$) and health management ($\beta = .238$, $p < .001$).

Table 4. Life style and sociality

	B	SE	β	<i>t</i>	Tolerance
Constant	-.004	.370		-.011	
Self-achievement	.118	.092	.084	1.271	1.783
Nihilism	.212	.062	.200	3.428***	1.384
Preference for trends	.215	.080	.165	2.689**	1.528
Health management	.108	.078	.088	1.381	1.632
Self-confidence	.014	.047	.019	.303	1.569
Sensitivity in information	.065	.058	.067	1.121	1.464
Self-positiveness	.189	.045	.250	4.212***	1.433
$R^2 = .337, F = 19.533, p = .001$					
** $p < .01$, *** $p < .001$					

Table 5. Life style and health

	B	SE	β	<i>t</i>	Tolerance
Constant	.003	.391		.008	
Self-achievement	.270	.098	.189	2.761**	1.783
Nihilism	.263	.065	.242	4.019***	1.384
Preference for trends	.110	.084	.082	1.302	1.528
Health management	-.096	.082	-.076	-1.159	1.632
Self-confidence	.051	.050	.066	1.024	1.569
Sensitivity in information	.157	.061	.158	2.556*	1.464
Self positiveness	.115	.047	.149	2.423*	1.433
$R^2 = .294, F = 16.028, p = .001$					
** $p < .01$, *** $p < .001$					

Table 6. Life style and recognition

	B	SE	β	<i>t</i>	Tolerance
Constant	.617	.356		1.732	
Self-achievement	.412	.089	.310	4.626***	1.783
Nihilism	.073	.060	.072	1.224	1.384
Preference for trends	-.152	.077	-.127	-1.979	1.528
Health management	.279	.075	.238	3.714***	1.632
Self-confidence	-.065	.045	-.090	-1.436	1.569
Sensitivity in information	.023	.056	.025	.409	1.464
Self positiveness	.198	.043	.276	4.601***	1.433
$R^2 = .322$, $F = 18.285$, $p = .001$					
*** $p < .001$					

4. Discussion

This study was conducted to clarify the relationship between the life styles of sports club members and their interest in sports. The discussion of the results is as follows. According to the identification of the relationship between the life styles of sports club members and their interest in sports, there was a positive correlation for all the sub-variables. The life styles of sports club members were closely related with interest in sports. In^{30,31} indicated that behavioral modes, values and opinions on the perceived environment were characteristic life styles shared by individuals or groups. The more a person pursues a sport in his/her life and pursues the pattern on his/her ego, the more they are related with dynamic life style³².

There was a positive correlation between life style and interest in sports in this study. In³³ reported that life style positively influenced sport factors in a study involving participants in leisure sports and hence supported the results of this study. In³ indicated that reinforcements and changes in life styles were required to improve the participation of office workers in sports. According to the results of detailed analysis on the relationship between life styles and interest in sports for people in sports clubs, self-positiveness, self-achievement, self-confirmation and health management positively influence interest, while self-positiveness, nihilism and preference for trends positively influence sociality. In addition, nihilism, self-achievement, sensitivity to information and self-positiveness positively influenced health. Self-achievement,

self-positiveness and health management positively influenced recognition. The feeling of fun interacts with other types of emotions and situations. According to³⁴, there are certain types of emotions that are easily influenced by pleasure or interest and such interactions are complicated.

Sports activities serve as an immediate and positive experience and also play a role in maintaining and reinforcing the internal motivation of people in sports clubs³⁵. Such fun is an important factor that facilitates continued participation in physical activities³⁶. Interest indicates fun and pleasure. The fact that self-positiveness, self-achievement, self-confirmation and health management influenced interest might be interpreted as the maintenance of internal motivation. In³⁷ indicated that ocean sport activities could be used to obtain fun or interest elements while fulfilling psychological satisfaction. In addition, self-positiveness, nihilism and preference for trends influenced sociality in this study.

Seeing as how sociality is described as multiple people gathering with others for social activities, sports clubs are considered to have social characteristics. Especially, preference for trends among sub-variables of life styles influenced sociality. As for members of sports clubs, trends differed depending on the type of exercise including equipment, attire and exercising environment. Therefore, they tended to respond sensitively to the trend for sociality. Nihilism influenced not only sociality but also health. This means that physical management of the perspectives of others is meaningless when enjoying a sport with others. The fulfillment of sociality and health leads to positive evaluation.

In³⁸ indicated that participants in extreme sports enjoy a high level of status, freedom, self-consciousness and self-realization. In³⁹ insisted that participating in leisure sports significantly influenced the quality of life by increasing the interest. Among the fun factors of sports, health was sensitive to information. Information refers to the comprehensive concept of information including sport skills or methods for improving skills as well as healthy food. This means that establishing sports clubs and participating in activities facilitates swift sharing of high quality information.

Lastly, self-achievement, self-positiveness and health management positively influenced recognition. As weight decreased and muscle increased, body types changed in such a way that other members in the club acknowledged the changes. Consequently, people start believing that maintenance of satisfying relationships with others and positive recognition positively influences the attitude to life. The life styles of people in sports clubs involve forming positive relationships centered on interest in sports. Therefore, there is a desire to continue participation in sport activities based on fun.

5. Conclusion and Suggestion

This study was conducted to practically clarify the relationship between the life styles of sports club members and their interest in sports. Subjects of the study were 277 people in sports clubs in Gwangju Metropolitan city and a survey was conducted. As for data analysis, exploratory factor analysis, verification of reliability, correlation analysis and multiple regression analysis were conducted to derive the following conclusions.

The correlation between life styles and interest in sports was positive in all the sub-variables. According to the results of analyzing the relationship between life styles and interest in sports, the life styles of sports club members positively influenced self-positiveness, self-achievement and self-confirmation. Health management positively influenced interest. Self-positiveness, nihilism and preference for trends positively influenced sociality. Nihilism, self-achievement and sensitivity to information and self-positiveness positively influenced health. Self-achievement, self-positiveness and health management positively influenced recognition.

Considering the limitations of this study, a follow up study is suggested for more development.

The scope of the study was limited to people in sports clubs in Gwangju Metropolitan city. Therefore, it is recommended for the follow up study to include people in sports clubs across the entire nation. In addition, a follow-up study is required on the types of exercise or games since exercise types were not sub-divided in the research.

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