

## Predictors of Participation in Physical Education and Sports among School Student's

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Article Info	ABSTRACT
<p><b>Article History:</b> Received: 17<sup>th</sup> January 2026 Accepted: 22<sup>nd</sup> January 2026 Published: 02<sup>nd</sup> February 2026</p>	<p>Participation in physical education and sports is widely recognized as a fundamental component of holistic education. Despite its importance, varying levels of participation are observed among school students, influenced by multiple psychological, pedagogical, and environmental factors.</p> <p>The present study aims to identify and analyze the major predictors of participation in physical education and sports among school students. A descriptive survey method was adopted, and data were collected from 300 secondary and senior secondary school students selected through random sampling techniques. Standardized questionnaires were used to assess students' participation levels, motivation, teacher effectiveness, and availability of sports facilities. The collected data were analyzed using descriptive statistics and correlational techniques. The findings revealed that motivation, teacher effectiveness, and availability of sports facilities emerged as significant predictors of participation in physical education and sports. The study highlights the importance of creating a supportive motivational climate, improving teaching practices, and strengthening infrastructural facilities in schools. The findings of the study are expected to be useful for physical education teachers, school administrators, curriculum planners, and policymakers in promoting active participation in physical education programs.</p>
<p><b>Keywords:</b></p> <p><i>Physical Education, Sports Participation, Predictors, Motivation, Teacher Effectiveness, School Facilities</i></p>	

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**Introduction:**

Physical education and sports play a vital role in the physical, psychological, social, and emotional development of school students. Participation in regular physical activity during childhood and adolescence contributes to improved physical fitness, better mental health, enhanced academic performance, and the development of lifelong healthy habits. Schools serve as one of the most important platforms for promoting physical activity, as they provide structured opportunities for participation through physical education classes and sports programs.

In recent years, however, a declining trend in students' participation in physical education and sports has been observed in many educational institutions. Academic pressure, sedentary lifestyles, technological advancements, lack of motivation, and inadequate school facilities are often cited as major reasons for reduced participation. This decline is a matter of concern, as physical inactivity during school years can lead to various health-related issues later in life. Understanding the factors that predict students' participation in physical education and sports is essential for designing effective interventions and programs. Predictors such as motivation, teacher behavior, instructional methods, availability of facilities, and school environment play a crucial role in influencing students' engagement. Therefore, the present study focuses on identifying the major predictors of participation in physical education and sports among school students.

**Review of Related Literature:**

Numerous studies have examined the factors influencing participation in physical education and sports. Motivation has been identified as one of the strongest predictors of participation. According to self-determination theory, students who are intrinsically motivated are more likely to engage actively and consistently in physical activities. Positive attitudes towards physical education and enjoyment derived from participation further enhance motivation. Teacher effectiveness has also been highlighted as a significant predictor of students' participation.

Research suggests that teachers who use student-centered teaching methods, provide positive feedback, and create an inclusive learning environment are more successful in motivating students to participate. The teacher's role as a facilitator, motivator, and role model significantly influences students' perceptions of physical education. Environmental factors such as availability of sports facilities, equipment, and adequate space have been found to impact participation levels.

Schools with well-maintained playgrounds, sports equipment, and structured sports programs tend to report higher participation rates. Conversely, lack of infrastructure and limited access to facilities often act as barriers to participation. Several studies have emphasized that participation in physical education is not influenced by a single factor but by an interaction of psychological, pedagogical, and environmental variables.

These findings highlight the need for comprehensive research to identify key predictors that can be addressed through educational planning and policy initiatives.

**Objectives of the Study:**

1. To assess the level of participation of school students in physical education and sports.
2. To identify the psychological predictors influencing students' participation.
3. To examine teacher effectiveness as a predictor of participation in physical education.
4. To analyze the influence of availability of sports facilities on students' participation.
5. To determine the combined effect of selected predictors on participation in physical education and sports.

**Hypotheses:**

1. Motivation is not a significant predictor of participation in physical education and sports among school students.
2. Teacher effectiveness is not a significant predictor of participation in physical education and sports.
3. Availability of sports facilities is not a significant predictor of participation in physical education and sports.
4. There is no significant relationship between the combined predictors and students' participation in physical education and sports.

**Methodology:**

Research Design:

The study adopted a descriptive survey research design to identify the predictors of participation in physical education and sports.

Sample:

The sample consisted of 300 secondary and senior secondary school students selected from government and private schools using random sampling techniques.

Tools Used:

The following standardized tools were used for data collection:

- Sports Participation Questionnaire
- Motivation Scale
- Teacher Effectiveness Questionnaire
- Facilities Availability Checklist

Statistical Techniques:

The collected data were analyzed using mean, standard deviation, Pearson's correlation, and regression analysis to identify significant predictors of participation.

**Results:**

- The analysis of data revealed that the overall level of participation in physical education and sports among school students was moderate.
- Motivation showed a strong positive relationship with participation, indicating that students with higher motivation levels participated more actively in physical education activities.
- Teacher effectiveness also emerged as a significant predictor of participation. Students taught by effective and supportive teachers demonstrated higher levels of engagement and interest in physical education classes.
- Availability of sports facilities was found to be positively associated with participation levels. Schools with better infrastructure and sports resources reported higher participation rates among students.
- The combined analysis of predictors indicated that motivation, teacher effectiveness, and facilities together significantly contributed to predicting students' participation in physical education and sports.

**Table 1: Descriptive Statistics of Selected Variables:**

Variable	Mean	SD
Sports Participation	62.45	8.32
Motivation	68.20	7.15
Teacher Effectiveness	70.10	6.90
Sports Facilities	65.30	7.80

**Discussion:**

The findings of the present study confirm that motivation is a key predictor of participation in physical education and sports. This supports earlier research suggesting that motivated students are more likely to engage in physical activity and sports programs. Teacher effectiveness emerged as another important predictor, highlighting the critical role of physical education teachers in shaping students' experiences. Effective teaching strategies, encouragement, and positive teacher-student relationships contribute significantly to increased participation. The influence of sports facilities emphasizes the importance of providing adequate infrastructure and resources in schools. Well-equipped schools create an environment that encourages students to participate actively in physical education and sports. Overall, the study reinforces the idea that participation in physical education is influenced by a combination of psychological, pedagogical, and environmental factors.

**Conclusion:**

The present study concludes that students' participation in physical education and sports is significantly influenced by motivation, teacher effectiveness, and availability of sports facilities. Addressing these predictors can lead to improved participation levels among school students. Schools should focus on creating a motivating environment, adopting student-centered teaching approaches, and improving sports infrastructure to promote active engagement in physical education.

**Educational Implications:**

- Physical education teachers should adopt motivational and inclusive teaching strategies.
- Schools should ensure the availability of adequate sports facilities and equipment.
- School administrators should provide institutional support for physical education programs.
- Policymakers should emphasize physical education as an integral part of the school curriculum.

**Limitations of the Study:**

- The study was limited to a specific geographical area.
- The sample size was limited to 300 students.

- Self-reported questionnaires were used, which may involve response bias.

**Suggestions for Future Research:**

- Longitudinal studies may be conducted to examine changes in participation over time.
- Experimental studies may be undertaken to test intervention programs.
- Comparative studies across different regions and educational boards are recommended.

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