

# A Study of Youth Tennis Players' Motivation in Suzhou \*



SHAPE  
America

SOCIETY  
OF HEALTH  
AND PHYSICAL  
EDUCATORS™

health. moves. minds.



<sup>1</sup>Howard Z. Zeng <sup>2</sup> Lisheng Xie

<sup>1</sup> Brooklyn College of the City University of New York, USA

<sup>2</sup> Changsu International School of Jiangsu Province, PRC

# Introduction

In recent years, the sport of tennis has obtained great progress in China; research involving tennis players' motivation, however, was rarely covered.



\* Note. Pictures resource in this presentation: *Young Tennis Players - stock photo* 299 x 470 pox [thumb7.shutterstock.com](https://www.shutterstock.com)

*SHAPE America National Convention & Expo. March 17-21, Seattle, WA*

# Purpose



The purpose of this study, therefore, was to examine what are the essential factors that motivate youth tennis players to continually engage in practices and competitions.

SHAPE America National Convention & Expo. March 17-21, Seattle, WA

# Cont.

Firsthand information and meaningful feedback can provide much to the international tennis community that will improve their teaching/coaching and help manage various competitions more effectively.





# Participants and Instrument



**Participants** were 120 youth tennis players (boy = 78, girl = 42; age 11-17) from the metropolitan area of Suzhou (PRC).

SHAPE America National Convention & Expo. March 17-21, Seattle, WA

# Cont.



**The Adapted Questionnaire of Athlete's Motivation (AQAM, Zeng, 2013)** was employed for data collection; the AQAM consists of 30 items wherein 10 items in the first part asked participant's general information; 20 items in the second part asked what factors motivate he/she to engage in the practices and competitions continually.

Cont.



Each motivation question (MQ) allowed the participant to respond in a five point Likert type scale (5 represents "Strongly fit", and 1 represents "Somewhat fit").

# Data analyses



**Data analyses** techniques, like descriptive statistics and independent samples *t* test, revealed: (a) the top five mean scores from the 20 MQs are: MQ15 “reduce pressure”  $M = 3.81 \pm 4.84$ ; MQ6 “make new friends”  $M = 3.70 \pm 1.31$ ;



# Cont.



MQ7 “contest winners”  $M = 3.61 \pm 1.33$ ; MQ1 “high technical content and unique value”  $M = 3.55 \pm 1.54$ ; and MQ4 “have fun and happiness”  $M = 3.53 \pm 1.55$ .

SHAPE America National Convention & Expo. March 17-21, Seattle, WA

# Cont.

(b) The comparison analyses on the mean score between the boys and girls revealed: fifteen out of twenty comparisons reached significantly different ( $p < .05$  or higher) levels, whereas the boys scored significantly higher than those of the girls on MQ1, 3, 4, 6, 9, 11, 12, 15, 16, and 17 (e.g., MQ3 “For health”, MQ11 “foster self-esteem”, MQ12 “improve my own literacy” and MQ17 “develop skills”);

# Cont.



- the girls scored significantly higher than those of the boys on MQ2, 13, 18, 19, and 20 (e.g., MQ2 “for fun and get rid of boredom”, MQ13 “for establishing prestige among classmates/friends”, MQ18 “hope to become tennis coach”, and MQ19 “satisfy the will of family”).

SHAPE America National Convention & Expo. March 17-21, Seattle, WA

# Conclusion



In conclusion, the results of this study provided quantitative data regarding the essential factors that motivate the youth tennis players to keep practicing and attending competitions.



# Cont.



Meaningful feedback and suggestions are made; much of the detail and reasons behind these results/findings were analyzed and discussed.

SHAPE America National Convention & Expo. March 17-21, Seattle, WA

# Selected References

1. Duda J. The implications of the motivational climate in tennis. In: Crespo M, Reid M, Miley D, eds. Top tennis coaching. London: ITF Ltd, 2001. 55–58.58.
2. FFT Programme Adultes. Paris: French Tennis Federation, 2003.
3. ITF Tennis Play and Stay. <http://www.tennisplayandstay.com> (accessed 13 February 2007)
4. Newton M, Duda J. Tennis is not a matter of life and death, it is much more important than that – the relationship between dispositional goal perspectives and effort, interest, involvement and trait anxiety in adolescent tennis players. RQES 1992. 631112.

**Thank you for your time  
& interesting!**



**Let's help kids play  
better tennis!**