

MOTIVATIONAL STRUCTURE OF GIRLS INVOLVED IN SPORTS WITH A DISTINCT ESTHETIC COMPONENT

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Original scientific paper
UDC: 796.412.4(-055.2)

Abstract:

The investigation was performed on a sample of 122 girls aged 12 – 30, involved in esthetic sports (rhythmic sports gymnastics and sports dance).

The motivational space was examined with 30 variables. By means of the factorial analysis 8 latent dimensions have been isolated, the first two of which stand out. The first one has been labelled as esthetic movement and refers to the link between music and expressiveness of motions as well as the specific ability of expressing one's personality through motions. The other one is the dimension of socializing in a group and of the experiences specifically fulfilling those engaged in esthetic sports.

The remaining six latent dimensions are less structured, yet they provide information on the structure of young girls' motives to engage in sports with a distinct esthetic component.

Key words: motivational structure, rhythmic sports gymnastics, sports dance, factorial analysis

DIE MOTIVATIONSSTRUKTUR DER MÄDCHEN UND DER JUNGEN FRAUEN, DIE DIE SPORTARTEN MIT EINER AUSGEPRÄGTEN ÄSTHETISCHEN KOMPONENTE BETREIBEN

Zusammenfassung:

Die Untersuchung wurde auf der Stichprobe von 122 Mädchen und jungen Frauen im Alter von 12 bis 30 Jahren durchgeführt, die die ästhetischen Sportarten (rhythmische Gymnastik bzw. Sporttanz) betreiben.

Der Bereich der Motivation wurde mittels 30 Variablen untersucht. Die Faktorenanalyse ermittelte 8 latente Dimensionen, unter welchen die ersten zwei besonders hervortreten. Die erste wurde ästhetische Bewegung genannt und bezeichnet die Beziehung der Musik und der Ausdrucksbewegung junger Frauen sowie die Eigenartigkeit, ihre Persönlichkeit durch die Bewegung zu äußern.

Die andere Dimension betrifft das Verkehren in der Gruppe und das Erlebnis, das diejenigen, die ästhetische Sportarten betreiben, besonders erfüllend finden.

Obwohl lockerer strukturiert, bieten auch die übrigen 6 latenten Dimensionen Informationen über die Motivationsstruktur der jungen weiblichen Population, die die Sportarten mit ausgeprägter ästhetischer Komponente betreiben, an.

Schlüsselwörter: Motivationsstruktur, rhythmische Gymnastik, Sporttanz, Faktorenanalyse

Introduction

Motivation is quite a complex general term denoting all the psychological factors governing human behaviour. The level of the successful function of the motivation processes determines the level of adjustment to the environment in which an individual lives or works. The assumption is generally accepted that the motivation processes are part of the learning process in any human activity. According to Horga (1993), the relationship between the motivational factors and the learning process is best reflected in the Hull-Spencer learning theory, expressed as the equation that the excitation potential, i.e. the desire to manifest knowledge equals the

product of the motivating energy and the strength of knowledge; thus, the motivational component in the learning process is as important as the exercises and repetition themselves.

That leads to the conclusion that motivation is a cluster of an individual's complex features, in the absence of which the factors of knowledge and ability for particular activities will not or will hardly be expressed. That is the reason why the field of motivation is extremely important for successfulness in a particular activity or sport.

On the sample of 464 senior high school students Petkovšek (1977) examined the complex analysis of the motivational space structure with regard to the orientation to

particular sport activities. The aim of her investigation was to examine the metric characteristics and factorial validity of a modified questionnaire, consisting of 199 variables to evaluate the attitudes, motives, differentiated preferences and the levels of engagement in sports and frustration tolerance. The established latent dimensions of the motivational space had complex structures responsible for the young people's inclination towards a particular sport. The minimal quantity of the total variance of variables amounted to 64.3% of the total system value, providing 46 factors based on PB criterion after rotation into orthoblique position (7 of those were single factors and one was an artifact). Some of those factors, quite interesting for this investigation include: the interest in individual and mostly conventional and esthetic sport activities, the preference for individual rather than team sports, the desire for social affirmation through sports, high evaluation of sports, the motive of playing a game and enjoying sport, the motive of gaining financial benefit through sport, the craving for a healthy and fit body, the wish to socialize, the desire to become attractive through sport and the motive of friendship through sport.

Motivation has been the subject of research in many sports, but up to now esthetic sports have not been in the focus of investigators so much. The motivation of female folklore dancers was investigated (Vavpotič, Macarol, 1988) and the results showed the hierarchical distribution of motives. The factorial analysis isolated seven factors, labelled as: positive sports and recreational values, the need for esthetic pleasure, a positive attitude to life, the wish to socialize, the desire for appreciation, the desire to preserve cultural heritage and other reasons.

In the analysis of the latent motivational structure of girls engaged in aerobics – investigation: *The Structure Of Motivation And Social And Demographic Characteristics Of Girls Engaged In Aerobics* by Zagorc (1986) – eight factors were isolated. The author named them as: the need for mental and physical relaxation, the influence of marketing (or the level of suggestiveness), the craving for a prettier body (or the level of narcissism), the desire to be healthy and fit,

the need for esthetic pleasure (or the factor of personal expressiveness through motion), the desire for affirmation or identification, the wish to socialize and the craving for compensation.

Motivation was investigated by Žigon (1987), who came to the conclusion that the motives attracting girls to aerobics classes are above all the wish to compete, the craving for a prettier body and the desire to improve their physical appearance.

On the sample of 376 adults Frederich and Ryan (1991) investigated the motives for engaging in sports and recreation. The sport persons ranked highest the motives of participating in competitions, whereas those engaged in recreation emphasized the esthetic component, i.e. the good-looking body formed by exercise.

Čepon (1990) focused on the motives of folklore dancers and established the hierarchical structure of motives. Seven motives were isolated, the strongest of them being the motive of ethnic and national consciousness, the motive of travelling, the motives of self-confidence, friendship and health. The esthetic motive ranked sixth and the motive of socialization and self-affirmation seventh.

Roy (1981) examined primary motives in girls enrolled in dance classes. The results showed the primary motive to be the opportunity to make new acquaintances, but also a strong motive to improve motor abilities and reduce body mass.

Rauter (1991) established that the most important motive for taking up dancing was the ignorance of it, i.e. the desire to learn. The following significant motives for dancing were stated by the examinees: dancing is a great pleasure; dancing makes me mentally and physically relaxed; I appreciate the beauty and harmony of motions. As for social dance, it is mainly considered an entertainment as well as physical and mental relaxation.

On the basis of the above mentioned as well as other research work, a few hypotheses can be set about the motives for involvement in sports with a distinct esthetic component (sports dance or rhythmic sports gymnastics), for instance:

- Specific bodily needs – the need to move. It is the movement of esthetic and expressive nature. Such kind of movement is influenced by feelings, mood and emotional state.
- The need to play and dance gives human touch to all forms of kinesiological activities. Dance is basically a way of expression and rhythmic sports gymnastics presents a unity of motion and music. It is a craving to find the right solutions outside the programmes of the most common kinesiological activities for young girls.
- The need to experience beauty, expressed in the desire to engage in esthetic sports not only for their utility, but to express and affirm one's own personality. In sports dance and rhythmic sports gymnastics that motive is represented in the expressiveness through motion.

The aim of this investigation was to determine the motivational structure in girls engaged in sports with a distinct esthetic component, i.e. rhythmic sports gymnastics and sports dance.

Methods

The investigation was carried out on a sample of 122 girls aged 12 to 30 years. The sample consisted of three relatively homogeneous groups: 48 students of the Faculty of Sport in Ljubljana aged 20-22, 43 competitors in rhythmic sports gymnastics aged 12-14 and 31 competitors in sports dance aged 25 –30.

The questionnaire, adapted to encompass the specific features of the sample, was constructed and its metric characteristics examined by Vajngerl (1994). The items were arranged in such a way that each participant marked her level of agreement or disagreement with each statement by numerical marks 1 – 5 (a five-grade scale of the Murphy-Likert type). The data were processed at the computer center of the University of Ljubljana, on a DEC 1091 computer, using the SSS statistical pack. Thirty items describe the following reasons to engage in sports with a distinct esthetic component:

2. Competitions (NATJEC)
3. Sports press (TISAK)
4. Motion to musical accompaniment (IZBGLA)

5. Group (GRUPA)
6. Experience (DOŽIV)
7. Socializing with sportsmen (DRUŽ)
8. Privileges (PRIVIL)
9. Success (USPJEH)
10. Coach (TRENER)
11. Fitness (KONDIC)
12. Sporting rivalry (SBORBA)
13. Attractive body (LJEPOTA)
14. Harmony of motion (SKLAD)
15. Fun (ZABAVA)
16. Inspiration by music (GLAZBA)
17. Boys (DEČKI)
18. National team (REPREZ)
19. Awards (NAGRADE)
20. Parental wish (RODIT)
21. Desire to be better than the others (BOLJA)
22. Approval by the audience (PLJESAK)
23. The sense of freedom (SLOBODA)
24. Benefit (KORIST)
25. Forget about everyday life (ŽIVOT)
26. Olympic Games (OLIMP)
27. Abilities (SPOSOB)
28. Encouragement by friends (PRIJAT)
29. Talent (TALENT)
30. To be popular (OMILJENA)
30. Expression of personality (OSOBNOST)

The basic statistical parameters of the variables were calculated. To analyse the motivational space after normalization, the main component method was used and the number of factors was determined by the Guttman-Kaiser criterion. The basic results were obtained by oblique projections with the oblimin method.

Results and discussion

The analysis of the frequency of responses to particular levels on the Likert scale as well as the average results and standard deviations of the questionnaire items led to the conclusion that, among the motives for engaging in rhythmic sports gymnastics and sports dance, the highest mean values were ascribed to: the harmony of motions associated with the joy in music, body fitness and expressiveness

through motions inspired by music and socializing with sportsmen. Lower mean values were assigned to the motives referring to older female friends as role models, distinct ability and personality, freedom of movement and participation in sports competitions. Most responses show a tendency towards a high mark for the agreement with the given statement. There were only 8 motives with the mean value equal to or below 2.5.

For the purpose of investigation, the relationships between individual motives were calculated. The motives associated with the achieved motion expressiveness to the musical background showed the highest correlation as well as the motive to participate in big sports events, such as the Olympics. The values of the correlation coefficient range between 0.50 and 0.75.

Table 1: Basic statistical characteristics of the responses (frequencies, percentages, mean values and standard deviations of the questionnaire items)

	1		2		3		4		5		x	S.D.
	F	%	F	%	F	%	F	%	F	%		
NATJEC	7	5.7	9	7.4	41	33.6	34	27.9	31	25.4	3.60	1.12
TISAK	25	19.7	31	25.4	27	22.1	12	18.0	18	14.8	2.83	1.34
IZBGLA	5	4.1	6	4.9	23	18.9	32	26.2	56	45.9	4.05	1.11
GRUPA	4	3.3	7	5.7	30	24.6	35	28.7	46	37.7	3.92	1.07
DOŽIVL	3	2.5	8	6.6	33	27.0	42	34.4	36	29.5	3.82	1.01
DRUŽ	3	2.5	3	2.5	22	18.0	45	36.9	49	40.2	4.10	0.95
PRIVIL	58	47.5	32	26.2	17	13.9	12	9.8	3	2.5	1.93	1.11
USPJEH	25	20.5	36	29.5	39	32.0	18	14.8	4	3.3	2.51	1.08
TRENER	15	12.3	15	12.3	29	23.8	35	28.7	28	23.0	3.38	1.30
KONDIC	1	0.8	5	4.1	14	11.5	46	37.7	56	45.9	4.24	0.87
SBORBA	5	4.1	17	13.9	37	30.3	41	33.6	22	18.0	3.48	1.07
LJEPOTA	5	4.1	22	18.0	39	32.0	30	24.6	26	21.3	3.41	1.13
SKLAD	2	1.6	5	4.1	15	12.3	33	27.0	67	54.9	4.30	0.95
ZABAVA	2	1.6	7	5.7	19	15.6	40	32.8	54	44.3	4.12	0.98
ZGLAZBA	4	3.3	6	4.9	18	14.8	38	31.1	56	45.9	4.12	1.05
DEČKI	50	41.0	27	22.1	22	18.0	12	9.8	11	9.0	2.24	1.32
REPREZ	39	32.0	15	12.3	20	16.4	29	23.8	19	15.6	2.79	1.50
NAGRADE	6	4.9	8	6.6	33	27.0	41	33.6	34	27.9	3.73	1.10
RODIT	109	89.3	7	5.7	2	1.6	2	1.6	2	1.6	1.21	0.70
BOLJA	49	40.2	31	25.4	24	19.7	13	10.7	5	4.1	2.13	1.18
PLJESAK	37	30.3	22	18.0	33	27.0	18	14.8	12	9.8	2.56	1.32
SLOBODA	7	5.7	9	7.4	22	18.0	41	33.6	43	35.2	3.85	1.16
KORIST	20	16.4	35	28.7	44	36.1	13	10.7	10	8.2	2.66	1.13
ŽIVOT	4	3.3	7	5.7	26	21.3	42	34.4	43	35.2	3.93	1.05
OLIMP	53	43.4	20	16.4	19	15.6	12	9.8	18	14.8	2.36	1.48
SPOSOB	1	0.8	6	4.9	27	22.1	50	41.0	38	31.1	3.97	0.90
PRIJAT	66	54.1	27	22.1	20	16.4	7	5.7	2	1.6	1.79	1.02
TALENT	24	19.7	27	22.1	39	32.0	15	12.3	17	13.9	2.79	1.29
OMILJENA	26	21.3	34	27.9	39	32.0	17	13.9	6	4.9	2.53	1.12
OSOBNOST	3	2.5	11	9.0	31	25.4	25	20.5	52	42.6	3.92	1.13

Medium correlation has been established among the motives associated with the publicity in sports press, success and acknowledgement by the group. These motives are linked to the girls' desire to appeal to the boys as sportswomen and the pleasure in being appraised by the audience. All those motives are also related to the desire to join the national team. The values of the correlation coefficient range between 0.51 and 0.75.

The explained variance of the item correlation matrix is 65%.

The first factor exploits one fourth of the total space variance explained (25.7%), based on which a claim can be made that most motives share a significant common space.

The second factor exploits a further 10.7% of the total variance, approximately as much as the third and the fourth factors combined.

Table 2: Correlations* (only significant correlation coefficients are presented)

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	
1. NATJEC																								
2. TISAK																								
3. IZBGLA																								
4. GRUPA																								
5. DOŽIVL																								
6. DRUŽ																								
7. PRIVIL																								
8. USPJEH																								
9. TRENER																								
10. KONDIC																								
11. SBORBA																								
12. LJEPOTA																								
13. SKLAD																					.53			
14. ZABAVA																								
15. ZGLAZBA																					.72			
16. DEČKI																								
17. REPREZ																					.57			
18. NAGRADE																								
19. RODIT																								
20. BOLJA																								
21. PLJESAK																								
22. SLOBODA																								
23. KORIST																								
24. ŽIVOT																								
25. OLIMP																								
26. SPOSOB																								
27. PRIJAT																								
28. TALENT																								
29. OMILJENA																								
30. OSOBNOST																								

* There are no significant correlation coefficients in columns 24-30; therefore they have not been presented in the table

Table 3: The final values of the factors and the percentage of the space variance explained

Factors	Final values	%	Cumulative
F1	7.71	25.7	25.7
F2	3.21	10.7	36.4
F3	1.88	6.3	42.7
F4	1.82	6.1	48.8
F5	1.40	4.7	53.5
F6	1.28	4.3	57.8
F7	1.17	3.9	61.7
F8	1.03	3.4	65.1

Guttman-Kaiser criterion

The values of the last four factors are low, together exploiting 16.3% of the total space variance.

The oblimin rotation of the significant main components produced the following factors (Tables 4 and 5):

The first factor, named the ESTHETIC MOTION refers to the link between music and motion expressiveness, beauty and harmony of motion, enabling the sportswomen to express their personality through movement according to music.

The second factor is defined by the motives related to the unusual moment that the sportswomen experience in the sport they are engaged in. This encompasses the motives such as: sport brings experiences different from everyday life, sport makes me forget about what bothers me in everyday life, I am accepted by the group I feel pleasant with. This motive was named THE SOCIALIZING FACTOR.

The third factor is determined by the motives associated with the influence of parents and friends on the choice of sports activity. The following motives have the highest projection: I train because that is my parents' wish or I train because my friends have urged me to

That is THE SOCIAL ACCEPTANCE FACTOR.

The following motives have the highest projections on the fourth factor: I engage in sports because I enjoy sports combat, because of the chance to form my body and become fit. Those are the advantages of sports. On the one hand it is the improvement of certain abilities and on the other hand the opportunity to express one's personality. The fourth factor was named THE ABILITY DEVELOPMENT FACTOR.

Negative projections of the motives determine the fifth factor. The examinees do not believe that sport gives them better privileges at school or that success comes quickly and easily. Girls do not think that the sport they are engaged in makes them more popular with friends or with boys. Also, their coaches do not praise them as highly talented (they rather expect from them great striving and work as the only way to success). The combination of statements reflects a negative attitude towards all the stated motives. This factor could be named SELF-CRITICISM or SELF-RESPECT.

Zaletel (1998) has come to similar results. She investigated the competition motives in the sample of 110 male and female dancers in four different kinds of dance: sports dance, acrobatic rock and roll, ballet and jazz dance. She used 21 variables to examine the motivational space. The factorial analysis with the GK criterion isolated 4 well-defined latent dimensions. The total variance of the factorial space amounted to 54.3%, with the first factor exploiting 17% of the total variance of the variables. The first factor connected the variables named self-respect and the needs of the ego, which Maslow (1970) described as the factor of the need for group membership and socializing. The second factor was the social need to feel pleasant about the group and friendships. The third factor was determined by the motives of the need for self-affirmation. The validity of the fourth factor was dubious, its dominant value being the negative competition motivation, most probably due to the fear of failure.

The sixth and the seventh factors are the so-called artifacts. The sixth factor is poorly structured. The only major projection to that factor is shown by the motive of fun associated

with training in the sports with a distinct esthetic component. These training sessions obviously have a game-like and relaxing component. The seventh factor is difficult to interpret. One has to be extremely cautious to claim that achieving one's abilities and success in sports diminishes the role of the coach. By no means do the authors wish to diminish the role of the coach, because no matter how much we needed the "sports stars", they can create a lot of problems unless properly directed.

The relatively high projections to the eighth factor, referring to success in sports, are surprising. The motives are associated with the immediate success in sports, which depends on the participation in big sports events and are associated with the awards and admiration by the audience. This factor was named THE DESIRE TO ACHIEVE TOP-CLASS SPORTS RESULTS.

Table 4: Factorial cluster matrix

	FACTOR 1	FACTOR 2	FACTOR 3	FACTOR 4	FACTOR 5	FACTOR 6	FACTOR 7	FACTOR 8
NATJEC	-.08	.09	-.49	.22	-.33	-.21	.05	.29
TISAK	.20	.00	.15	.18	-.37	-.34	-.22	.23
IZBGLA	.82	-.02	-.21	.09	.01	-.19	-.11	.06
GRUPA	-.07	.65	0.3	.17	-.05	.05	-.37	-.10
DOŽIVL	-.12	.82	-.08	-.06	.05	.01	.18	.16
DRUŽ	.08	.65	.15	.13	-.07	-.15	-.18	-.17
PRIVIL	.02	-.08	.09	-.22	-.78	-.09	-.06	-.05
USPJEH	-.16	-.02	-.14	-.01	-.85	.16	.01	-.03
TRENER	.18	.24	.13	-.01	-.09	.25	-.58	.24
KONDIC	.18	.08	.18	.62	-.08	.10	.03	-.37
SBORBA	-.11	.08	-.19	.65	.15	-.17	.04	.24
LJEPOTA	.26	-.16	.19	.62	-.01	.40	-.08	.15
SKLAD	.76	.11	-.09	-.09	.11	.16	.07	.09
ZABAVA	-.05	.06	-.14	.05	-.09	.84	-.09	-.01
ZGLAZBA	.91	-.01	-.01	-.00	.01	-.08	-.11	-.03
DEČKI	.16	-.03	.33	-.11	-.40	.05	-.30	.30
REPREZ	.18	.07	.00	.04	-.09	.08	-.28	.72
NAGRADE	.09	.30	-.07	.24	.03	.03	-.00	.64
RODIT	-.08	.08	.75	-.05	.00	-.21	-.09	.17
BOLJA	-.13	-.27	.33	.10	-.13	.06	.24	.56
PLJESAK	.26	-.06	.13	-.04	-.20	-.23	.08	.50
SLOBODA	.75	-.00	-.00	.20	-.08	.01	.02	-.01
KORIST	.28	.24	.17	-.02	-.51	.11	.16	.03
ŽIVOT	.24	.65	-.06	-.14	.03	.24	.06	.05
OLIMP	.22	-.00	.08	-.09	-.12	-.16	.07	.68
SPOSOB	.25	.35	.20	.09	-.12	-.02	.46	-.02
PRIJAT	-.18	-.02	.71	.13	-.04	-.02	.09	.01
TALENT	.03	.02	-.10	.19	-.57	-.09	.04	.13
OMILJENA	.18	.11	.25	.10	-.52	.03	.19	.07
OSOBNOST	.57	.01	.05	-.07	-.06	.19	.21	.15

Table 5: Factorial structure matrix

	FACTOR 1	FACTOR 2	FACTOR 3	FACTOR 4	FACTOR 5	FACTOR 6	FACTOR 7	FACTOR 8
NATJEC	.03	.15	-.40	.30	-.34	-.28	-.00	.40
TISAK	.36	.13	.27	.32	-.57	-.36	-.27	.49
IZBGLA	.79	.22	-.11	.23	-.18	-.09	-.17	.28
GRUPA	.16	.69	.01	.29	-.12	.09	-.41	-.04
DOŽIVL	.10	.77	-.11	.08	-.03	.04	.14	.15
DRUŽ	.26	.69	.15	.27	-.17	-.07	-.23	-.03
PRIVIL	.14	-.03	.26	-.12	-.75	-.10	-.09	.20
USPJEH	.04	.05	.04	.06	-.76	.11	-.02	.18
TRENER	.42	.37	.17	.13	-.29	.25	-.61	.31
KONDIC	.27	.24	.21	.63	-.13	.17	-.00	-.21
SBORBA	-.02	.15	-.21	.65	.04	-.23	.01	.26
LJEPOTA	.44	.07	.26	.65	-.22	.38	-.10	.25
SKLAD	.78	.30	-.01	.04	-.08	.28	.03	.21
ZABAVA	.10	.14	-.11	.04	-.03	.83	-.09	.11
ZGLAZBA	.89	.23	.10	.14	-.21	.05	-.16	.21
DEČKI	.38	.08	.46	.02	-.62	.02	-.31	.49
REPREZ	.43	.20	.09	.19	-.40	-.00	-.31	.80
NAGRADE	.36	.41	-.01	.39	-.26	-.03	-.05	.70
RODIT	.04	.03	.74	.00	-.22	-.23	-.08	.24
BOLJA	.02	-.25	.40	.12	-.33	-.05	.26	.58
PLJESAK	.39	.02	.25	.09	-.45	-.27	.05	.67
SLOBODA	.79	.25	.11	.32	-.28	.11	-.04	.23
KORIST	.50	.37	.33	.13	-.64	.15	.11	.28
ŽIVOT	.42	.71	-.04	.01	-.07	.33	.02	.08
OLIMP	.40	.09	.18	.06	-.42	-.23	-.09	.80
SPOSOB	.38	.41	.26	.19	-.25	.05	.42	.12
PRIJAT	-.08	-.06	.70	.12	-.17	-.04	.11	.05
TALENT	.21	.13	.04	.29	-.63	-.13	-.08	.36
OMILJENA	.40	.23	.40	.23	-.66	.04	.15	.33
OSOBNOST	.64	.17	.15	.04	-.23	.26	.18	.28

Table 6 presents the interfactorial correlation. It shows that the isolated factors are quite self-sufficient and that the highest correlation (0.27) is found between the first and the second one, i.e. between the harmony experienced in movement to music and the specificity to engage in sports like rhythmic sports gymnastics and sports dance. Also, the first and the eighth factors show close

correlation (0.25) as well – in our example successfulness in sports was immediately dependent on the beauty and harmony of movement to musical background.

The factorial structure shows that the hypothesis of six latent dimensions in the motivational space has been confirmed in the sample of girls engaged in esthetic sports.

Table 6: Interfactorial correlations

	FACTOR 1	FACTOR 2	FACTOR 3	FACTOR 4	FACTOR 5	FACTOR 6	FACTOR 7	FACTOR 8
FACTOR 1	1.00							
FACTOR 2	.27	1.00						
FACTOR 3	.13	-.02	1.00					
FACTOR 4	.16	.19	.03	1.00				
FACTOR 5	-.24	-.11	-.23	-.13	1.00			
FACTOR 6	-.14	.08	.02	-.03	.04	1.00		
FACTOR 7	-.06	-.06	.03	-.04	.05	.02	1.00	
FACTOR 8	.25	.06	.08	.13	-.34	-.14	-.01	1.00

From the comparison of our results with those of Zagorc (1986) it can be established that in female sports, the motive of harmony of movements and expressiveness through motions is an extremely important reason to enroll in sports activities with a distinct esthetic component. Other authors found the same motive as well (Rauter, 1991; Čepon, 1990; Varpotič-Macarol, 1998).

Conclusion

Among several sports with a distinct esthetic component, rhythmic sports gymnastics and sports dance have been chosen. The analysis of the motivational structure shows that the strongest factor in the sample is esthetic motion, confirming that those really are sports with a distinct esthetic component. If we add the individual experience in those sports as well as the feeling of belonging to such "special" sports, we have explained half the

common variance of the examined factorial space. The remaining six factors are determined by the context of social affirmation, development of abilities, self-criticism, fun and relaxation as well as the desire for success and they all have less influence on the examined motivational structure in this sample.

However, some limits do exist, especially due to methodology. Factorial analysis of the motivational structure has been applied to a relatively small sample; therefore, the results will serve the research purposes above all. The heterogeneity of the sample certainly affected the established motivational structure. The same is true for the high age range of the examinees; therefore the results should be confirmed in a larger investigation.

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Received: November 8, 1999

Accepted: May 3, 2000

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