

## THE REASONS WHY YOUNG PEOPLE AVOID ENGAGING IN SPORTS AND ATHLETIC ACTIVITIES

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**Abstract:** This paper mainly refers to attitudes about the reasons for the avoidance of sports and sports activities of young people who have never been involved in these activities. In this survey involving 226 university and high school students, 110 stated that they had never been involved in sport or any sporting activities. They are surely the most reputed to answer these questions. Of the offered reasons (causes) that are responsible for avoiding and non-participation in sports and sports activities, in the first place is the lack of interest which is stated by about 90% of the respondents. Secondly, the reason why respondents do not deal with sports and sports activities are the obligations at school and at the faculty, and this was confirmed by 85% of respondents. Laziness follows, about this they were very self-critical and sincere, confirming in a percentage of 84.5% that this was one of the reasons for their abstinence from sports and sports activities. Immediately behind laziness are television, there are computers and cell phones with about 80%, and so on. The results showed that male and female, then smokers and non-smokers, do not differ significantly in attitudes about these reasons. It is the same with those who consume, occasionally consume and do not consume alcohol. There is a partial difference between high school students and university students in attitudes to some causes, as well as between those who live in the city, suburban village and village.

**Keywords:** avoidance, reasons, young people, sport, sports activities.

### INTRODUCTION

Despite all the positive effects of sports, sport exercise and practice, much of today's population is not included in these activities for various reasons. What is very worrying is that quite a large number of young people are not involved in sport or sporting activities of any kind. Physical activity is one of the basic vital human needs, and

## RAZLOZI ZBOG KOJIH MLADI IZBJEGAVAJU DA SE BAVE SPORTOM I SPORTSKIM AKTIVNOSTIMA

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**Apstrakt:** Ovaj rad se uglavnom odnosi na stavove o razlozima izbjegavanja sporta i sportskih aktivnosti mladih ljudi koji nikad nisu bili uključeni u te aktivnosti. U ovom istraživanju od 226 anketiranih studenata i srednjoškolaca, 110 se izjasnilo da se nisu nikad bavili ni sportom, niti bilo kakvim sportskom aktivnostima. Oni i jesu najpozvaniji da odgovore na ta pitanja. Od ponudjenih razloga (uzroka) koji su odgovorni za izbjegavanje i neučestvovanje u sportu i sportskim aktivnostima na prvom mjestu je odsustvo interesa za koje se izjasnilo oko 90% anketiranih. Drugi po značaju razlog zbog kog se ispitanici ne bave sportom i sportskim aktivnostima su obaveze u školi i na fakultetu i to je potvrdilo 85% anketiranih ispitanika. Dalje slijedi lijenost, gdje su bili veoma samokritični i iskreni, potvrdivši u procentima od 84.5%, da je to jedan od razloga njihove apstinencije od sporta i sportskih aktivnosti. Odmah iza lijenosti su televizija, računari i mobiteli oko 80% i td. Rezultati su pokazali da se muški i ženski pol, zatim pušači i nepušači, ne razlikuju značajno u stavovima oko ovih razloga. Isto je i sa onima koji konzumiraju, povremeno konzumiraju i ne konzumiraju alkohol. Djelimična razlika postoji između srednjoškolaca i studenata u stavovima o nekim uzrocima, kao i između onih koji stanuju u gradu, prigradskom naselju i selu.

**Ključne riječi:** izbjegavanje, razlozi, mladi, sport, sportske aktivnosti.

### Uvod

I pored svih pozitivnih efekata bavljenja sportom, sportskim vježbanjem i aktivnostima, veoma veliki dio današnje populacije zbog raznih razloga se ne uključuje u te aktivnosti. Ono što veoma zabrinjava je to da se prilično veliki dio mladih ljudi ne uključuje ni u sport, niti u sportske aktivnosti bilo kakvog oblika. Fizička ak-

movement is the basis of the functioning of life. Irregular body position and long-term physical inactivity often lead to various disorders and imbalances in the body.

A large number of studies have considered the relationship between physical activity in younger age and its short-term and long-term effects on health. (Hallal et al., 2006; Rennie et al., 2006; Must and Tubor; 2005; Hills et al., 2007; Froberg and Andersen, 2005; Rodrigez, 2006, according to the Institute for Sport and Sport Medicine of the Republic of Serbia, 2016.)

It is important to emphasize that physically active children are getting more and more likely to keep their habits of exercising throughout their lives. By involvement in physical activity, preconditions are created to become healthy adults (Hasselstrom et al., 2002). Physical activity established during the early years is important, because it can provide the greatest likelihood of impact on mortality and longevity. Also, there is a need for guidelines for physical activities, on the basis of evidence, for children of all ages (Hills et al., 2007). Proper development, acquisition of physical fitness (strength, speed), good looks (a positive image of the body), together with the needs for companionship, gaining new friends, fun and learning sport skills - are the main motives for the children of prepubescent and early pubertal age to involve in sport (Bačanac, Petrović, Manojlović, 2011). Unfortunately, many teenagers today are less physically active because most of their free time is spent in front of the computer. While they were more interested in different games during early school age and puberty, in their late adolescence they spend most of their time on different social networks (Facebook, Twitter and others) (Bačanac, Petrović, Manojlović, 2011).

Rather than neglecting a child's engagement in sport, the school should meet a young athlete's needs and enable him or her to successfully engage in sports through an appropriate schooling scheme, appropriate workload, support in update for missed classes due to training and competition, general classroom and school environment supporting the specialty and guide-aid in mastering the school curriculum (Milanović, 2005). The success and future of each nation depends on the young generations that need to acquire not only an enviable level of knowledge and skills through education, but also a significant level of physical abilities. In achieving these physical and mental abilities the participation of young people in sport or physical activity has the greatest significance (Chiu et al., 2016). Unfortunately, there is no doubt that children do not achieve the recommended levels of moderate to high intensity of daily physical activity (Jago et al., 2011;

tivnost je jedna od osnovnih vitalnih čovjekovih potreba, a pokret i kretanje su osnova funkcionisanja života. Dugotrajna fizička neaktivnost i nepravilan položaj tijela veoma često dovode do raznih poremećaja i disbalansa u organizmu.

Veliki broj studija su razmatrale odnose između fizičke aktivnosti kod mladih uzrasta i njene kratkoročne i dugoročne posledice po zdravlje. (Hallal et al., 2006; Rennie et al., 2006; Must and Tubor; 2005; Hills et al., 2007; Froberg and Andersen, 2005; Rodrigez, 2006, prema Zavod za sport i medicinu sporta Republike Srbije, 2016.)

Veoma je bitno naglasiti da fizički aktivna djeca stiču i češće zadržavaju navike da vježbaju tokom cijelog života. Bavljenjem fizičkom aktivnošću stvaraju se preduslovi da postanu zdrave odrasle osobe (Hasselstrom et al., 2002). Važna fizička aktivnost uspostavljena tokom ranih godina može pružiti najveću vjerovatnoću uticaja na smrtnost i dugovječnost. Takođe postoji potreba za smjernicama fizičke djelatnosti na osnovu dokaza za djecu svih uzrasta (Hills et al., 2007). Pravilan razvoj, sticanje fizičke kondicije (snage, brzine), lijep izgled (pozitivna slika tijela), zajedno sa potrebama za druženjem, sticanjem novih prijateljstava, zabavom i učenjem sportskih vještina - predstavljaju osnovne motive zbog kojih se djeca predpubertetskog i rano pubertetskog uzrasta uključuju u sport (Bačanac, Petrović, Manojlović, 2011). Nažalost, mnogi današnji tinejdžeri su sve manje fizički aktivni, jer većinu slobodnog vremena provode ispred kompjutera. Dok su ih tokom ranog školskog i pubertetskog uzrasta više zanimale različite igrice, u periodu kasne adolescencije oni svoje vrijeme uglavnom troše na različite društvene mreže (facebook, twitter i drugo) (Bačanac, Petrović, Manojlović, 2011).

Umjesto da se zanemaruje djetetovo bavljenje sportom, škola bi trebala izaći mladom sportašu u susret kako bi mu omogućila uspješno bavljenje sportom kroz prikladan režim školovanja, odgovarajuće radno opterećenje, potporu u nadoknađivanju propuštenog radi treninga i natjecanja, opće razredno i školsko ozračje koje podupire iskazivanje posebnosti i pouku-pomoć u savladavanju školskog programa (Milanović, 2005). Uspjeh i budućnost svake nacije zavisi od mladih generacija koje kroz školovanje treba da steknu ne samo zavidan nivo znanja i vještina, već i značajan nivo fizičkih sposobnosti. U dostizanju tih fizičkih i mentalnih sposobni učešće mladih u sportu ili fizičkoj aktivnosti ima najveći značaj (Chiu et al., 2016). Nažalost, nema sumnje da djeca ne postižu preporučene nivo dnevne fizička aktivnost umjerenog do visokog intenziteta (Jago et al., 2011; Pearce et al.,

Pearce et al., 2012). To date, various researches have been carried out to identify reasons, as well as the barriers, for participation of young people in physical activity and sport. According to these studies, it is possible to identify some common reasons for participation such as "health" (Brunet & Sabiston, 2011; Egli, Bland, Melton & Czech, 2011) and "pastime" (Cheng et al., 2003; Kondrič, Sindik, Furjan-Mandić, & Schiefler, 2013). It should be emphasized that the results of research have shown that there are different motives between girls and boys to participate in sports activities (Eagli et al., 2011; Guedes, Santos Legnani, & Legnani, 2013; Santos Legnani, Pinto Guedes, Legnani, Cordeiro Barbosa Filho, & de Campos, 2011). Maureen Weiss and Caja Ferrer expressed the view that, in addition to the already mentioned barriers to inclusion in sports, which are reflected in the lack of time, there is also a lack of entertainment, problems with the coach, the obligation to attend the training sessions, emphasized need for winning and greater interest in other activities (2002). One of the barriers to youth participation in sports is the lack of parental interest in sport, their concern for safety in training and competition, maintaining balance between sports and other areas of life, as well as costs (Maniam, 2017), since higher incomes of parents increase the likelihood that children will participate in sports (Nezhad, Rahmati, & Nezhad, 2012). However, the role of the parents is more important in the childhood phase compared to the adolescent phase, and this is particularly influenced by the mother (Chan, Lonsdale, & Fung, 2012). Many young people do not participate in sports activities because they feel that current physical activity is sufficient, they give an excuse that they do not have anyone with whom they would be "active", followed by preference for watching TV or playing electronic games (Wilson, 2006). It must also be taken into account that the position of physical education in higher education differs from that in primary and secondary schools where physical education is given place in the curriculum (Cerar et al., 2017).

The aim of this paper was to determine which reasons, in the opinion of those who did not deal with sports, were most responsible for dropping out of sports and sports activities. The research was conducted in accordance with ethical standards of the University of Banja Luka and the legal regulations of Bosnia and Herzegovina.

## METHODS

In the survey sample, 226 high school students, and undergraduate and master students in Banja Luka were included. These are pupils from the first to the fourth grade of the Secondary School of Economics from Banja Luka

(2012). Do danas su provedena različita istraživanja kako bi se identifikovali razlozi za sudjelovanje, kao i potencijale barijere, mladih u fizičkoj aktivnosti i sportu. Shodno tim istraživanjima moguće je utvrditi neke uopštene razloge za sudjelovanje, kao što su „zdravlje“ (Brunet & Sabiston, 2011; Egli, Bland, Melton, & Czech, 2011) i „razonoda“ (Cheng et al., 2003; Kondrič, Sindik, Furjan-Mandić, & Schiefler, 2013). Potrebno je naglasiti da su rezultati istraživanja pokazali da postoje različiti motivi između djevojaka i momaka za učestvovanje u sportskim aktivnostima (Eagli et al., 2011; Guedes, Santos Legnani, & Legnani, 2013; Santos Legnani, Pinto Guedes, Legnani, Cordeiro Barbosa Filho, & de Campos, 2011) Maureen Weiss i Caja Ferrer iznijeli su mišljenje da pored već spomenute barijere uključivanju u sport, a koja se ogleda u nedostaku vremena, tu su još i nedostatak zabave, problemi sa trenerom, obaveza dolaska na treninge, naglašavanje potrebe za pobjeđivanjem i veće interesovanje za druge aktivnosti (2002). Jedna od barijera učešća mladih u sportu je nedostatak roditeljskog interesa za sport, njihova briga da li je trening i takmičenje sigurno, održavanje ravnoteže između sporta i drugih oblasti života, kao i troškovi (Maniam, 2017), jer što su viši prihodi roditelja veća je vjerovatnoća da će djeca učestvovati u sportu (Nezhad, Rahmati, & Nezhad, 2012). Međutim, uloga roditelja je važnija u fazi detinjstva u poređenju sa fazom adolescenata, a tu posebno do izražaja dolazi uticaj majke (Chan, Lonsdale, & Fung, 2012). Mnogi od mladih ljudi ne učestvuju u sportskim aktivnostima zato jer smatraju da trenutna fizička aktivnost je dovoljna, izgovor da nemam nikoga sa kim bi bio „aktivan“, nakon čega slijedi preferencija za gledanje TV-a ili igranje elektronskih igara (Wilson, 2006). Takođe, mora se voditi računa da se položaj fizičkog vaspitanja u visokom obrazovanju razlikuje se od onog u osnovnim i srednjim školama gde je fizičkom vaspitanju dato mjesto u nastavnom planu i programu (Cerar et al., 2017).

Cilj ovog rada bio je da se utvrdi koji su to razlozi, po mišljenju ispitanika koji se nisu bavili sportom, najviše odgovorni za odustajanje od sporta i sportskih aktivnosti. Istraživanje je sprovedeno u skladu sa etičkim standardima Univerziteta u Banja Luci i zakonskom regulativom Bosne i Hercegovine.

## METODE

U uzorak ispitanika istraživanjem je obuhvaćeno 226 učenika srednjoškolaca i studenata osnovnog i master studija u Banjoj Luci. To su srednjoškolci od prvog do četvrtog razreda Škole učenika u privredi iz Banje Luke i studenti Banjalučkog univerziteta (Fakultet fizič-

and students of the University of Banja Luka (Faculty of Physical Education and Sports, Faculty of Civil Engineering and Faculty of Philosophy). Young people, who have never been involved in sport, or any sporting or recreational activities, are those to which this research relates.

As can be seen at first glance, this was a targeted or deliberate sample that was competent to answer the questions posed by this topic. If one takes a random sample of the populations, with respect to this issue, it could lead to less valid and less reliable responses, ratings, and attitudes. (Mijanovic, Vojvodic 2008) The sample of variables are questions related to gender, occupation, age, alcohol consumption, smoking, and place of residence, as well as, issues related to attitudes about young people leaving sporting lifestyle (sports, sports and recreational activities, fitness, gym) or they were not even involved in it. The respondents expressed their views on the extent to which the listed reasons (causes) influence their avoidance of sport and sport activities. These are: 1. Obligations (school, study), 2. Job, 3. Lack of interests, 4. Laziness, 5. Lack of talent, 5. TV, computers, mobile phones, 6. Sport is no longer in fashion, 7. Social environment, people I spend time with, 8. Insufficient funds, lack of money. In the selection of variables, special attention was paid to the reliability of the type of internal consistency, which was satisfactory (Cronbach alpha  $\alpha = .63$ ), to enable the research objective to be achieved. A five-point Likert scale was used to examine the views, where five possible views are offered: I generally disagree, disagree, partially agree with, agree, and completely agree.

To determine how each of the above reasons, in the opinion of the respondents, participates in neglecting sports and sports activities, the percentages, the absolute and the cumulative frequencies of each cause are computed individually. It was tested if there are significant differences in attitudes about the reasons that lead to the avoidance and neglect of sports and sports activities between the sexes, then university students and secondary school pupils, smokers and non-smokers. In the end, the mentioned variables were computed to determine whether the place of residence and consumption of alcohol in the opinion of the respondents affect the sport and sport activities. In order to establish these differences, the non-parametric statistical methods of Man-Whitney U test and Kruskal-Wallis H test were used, which are nonparametric alternatives to t and single-factor analysis of variance of different groups. Statistical analysis were carried out using the IBM SPSS 22 statistical program, while all statistically significant differences were commented at  $p < 0.05$  level of significance.

kog vaspitanja i sporta, Građevinski fakultet i Filozofski fakultet). Mladi koji se nikad nisu bavili ni sportom, ni bilo kakvim sportskim i rekreativnim aktivnostima, jesu oni na koje se ovo istraživanje odnosi.

Kao što se može vidjeti na prvi pogled, ovdje se radilo o ciljanom, odnosno namjernom uzorku koji je kompetentan da odgovori na postavljena pitanja iz ove problematike. Ako bi se uzeo uzorak po principu slučajnosti iz populacije stanovništva po navedenoj problematici, moglo bi da dovede do manje valjanih i manje pouzdanih odgovora, ocjena i stavova. (Mijanović, Vojvodić 2008.)

Uzorak varijabli predstavljaju pitanja vezana za pol, zanimanje, godine starosti, konzumiranje alkohola, pušenje i mjesto stanovanja, kao i pitanja vezana za stavove o razlozima zbog kojih mladi odustaju od sportskog načina života (sport, sportske i rekreativne aktivnosti, fitnesi, teretane itd.) ili se njima nisu ni bavili.

Ispitanici su iznosili svoje stavove o tome u kojoj mjeri nabrojani razlozi (uzroci) utiču na njihovo izbjegavanje sporta i sportskih aktivnosti. To su: 1.obaveze (škola, studiranje), 2.posao, 3.odsustvo interesa, 4.lijebnost, 5.netalentovanost, 5.televizor, računari, mobilni telefoni, 6.sport više nije u modi, 7.društvo u kojem se krećem, 8.nedostatak novca. Kod izbora varijabli posebna pažnja se obratila da one imaju pouzdanost tipa interne konzistencije, koja je bila zadovoljavajuća (Cronbach alfa  $\alpha = .63$ ), a da omoguće ostvarenje cilja istraživanja. Za ispitivanje stavova upotrebljena je petostepena Likertova skala gdje se nudi pet mogućih stavova: uopšte se ne slažem, ne slažem se, djelimično se slažem, slažem se, potpuno se slažem.

Za utvrđivanje koliko pojedinačno svaki od navedenih razloga, po mišljenju ispitanika, učestvuje u zanemarivanju sporta i sportskih aktivnosti, urađeni su procenti, apsolutne i kumulativne frekvencije svakog uzroka pojedinačno.

Da se vidi postoje li značajne razlike u stavovima o razlozima koji dovode do izbjegavanja i zanemarivanja sporta i sportskih aktivnosti između polova, zatim studenata i srednjoškolaca, pušača i nepušača. Na kraju, da se utvrdi da li mjesto stanovanja, te konzumacija alkohola po mišljenju ispitanika utiče na bavljenje sportom i sportskim aktivnostima. Da bi se ustanovile ove razlike korištene su neparametrijske statističke metode Man-Vitnijev U test i Kruskal-Volisov H test koji su neparametrijske alternative t testu i jednofaktorskoj analizi varijanse različitih grupa. Statističke analize provedene su pomoću statističkog programa IBM SPSS 22, dok su sve statistički značajne razlike komentirane na nivou značajnosti  $p < 0.05$ .

## RESULTS AND DISCUSSION

Of the 226 surveyed university students and secondary school pupils, 110 stated that they were never engaged in sports, or any sports activities or recreation, which was almost half of all surveyed, more precisely 48.67% of them, and research is related to them. In the age of 15+, only 50% of young people reach the recommended level of physical activity (Women's Sport and Fitness Foundation, 2011). Research, and in sports well-developed countries such as Australia, did not show much better results, as 40% of young adolescents aged 15 and over did not participate in sports activities (Sports and Physical Recreation: A Statistical Overview, 2012).

## REZULTATI I DISKUSIJA

Od 226 anketiranih studenata i srednjoškolaca 110 se izjasnilo da se nisu nikad bavili ni sportom, niti bilo kakvim sportskom aktivnostima i rekreacijom što skoro polovinu od svih anketiranih, preciznije 48,67% i na njih odnosi ovo istraživanje. U uzrastu od 15+ godina samo 50% mladih dostiže preporučeni nivo fizičke aktivnosti (Women's Sport and Fitness Foundation, 2011). Istraživanja, i u tako sportski razvijenim zemljama kao što je Australija, nisu pokazala puno bolje rezultate, jer 40% mladih adolescenata u dobi od 15 i više godina nije učestvovalo u sportskim aktivnostima ("Sports and physical recreation: A statistical overview", 2012).

**Tabela 1.** Distribucija frekvencija i procenti - pol, zanimanje, pušenje, alkohol i mjesto boravka /  
**Table 1.** Distribution, frequency and percentage - gender, occupation, smoking, alcohol and place of residence

Varijable / Variable		f	%
Pol / Gender	Muško / Male	76	65.5
	Žensko / Female	40	34.5
Zanimanje / Occupation	Student / Student	61	52.6
	Učenik / Pupil	55	47.4
Pušenje / Smoking	Pušač / Smoker	19	16.4
	Nepušač / Non smoker	97	83.6
	Da / Yes	22	19.0
Konzumira alkohol / Consumes alcohol	Ponekad / Sometimes	55	47.4
	Ne / No	39	33.6
	Grad / City	52	44.8
Mjesto boravka / Place of residence	Prigradsko naselje / Suburb	40	34.5
	Selo / Village	24	20.7

**Tabela 2.** Stavovi o razlozima zanemarivanja sporta i sportskih aktivnosti /  
**Table 2.** Attitudes about the reasons for neglecting sports and sports activities

Varijable / Variable	Uopšte se ne slažem / Strongly disagree		Ne slažem se / Disagree		Neodlučan sam / Indecisive		Slažem se / Agree		Potpuno se slažem / Completely agree		Ukupno / Total	
	f	%	f	%	f	%	f	%	f	%	N	%
1	2	1.8	14	12.7	27	24.5	49	44.5	18	16.4	110	100
2	7	6.4	21	19.1	26	23.6	47	42.7	9	8.2	110	100
3	3	2.7	9	8.2	23	20.9	52	47.3	23	20.9	110	100
4	5	4.5	12	10.9	11	10.0	58	52.7	24	21.8	110	100
5	12	10.9	34	30.9	33	30.0	29	26.4	2	1.8	110	100
6	7	6.4	15	13.6	20	18.2	50	45.5	18	16.4	110	100
7	51	46.4	38	34.5	15	13.6	6	5.5	-	-	110	100
8	13	11.8	36	32.7	28	25.5	30	27.3	3	2.7	110	100
9	11	10.0	24	21.8	20	18.2	37	33.6	18	16.4	110	100

**Legend:** 1- Disregarding sports and sports activities due to obligations (school, study), 2- Disregarding sports and sporting activities due to job, 3- Disregarding sports and sports activities due to lack of interest, 4- Disregarding sports and sports activities due to laziness, 5- Disregarding sports and sports activities due to lack of talent, 6- Neglected sports and sp. activities due to television, computers, cell phones, 7- Disregarding sports and sports activities because sport is not in fashion, 8- Disregarding sports and sports activities due to the social environment, 9- Disregarding sports and sports activities due to lack of money

Among the reasons (causes) that are responsible for the avoidance of and non-participation in sports and sports activities, in the opinion of the respondents, the lack of interest in sports, with 90% of the respondents' votes, was in the first place. The second by importance is obligations in the school and at the faculty, which is confirmed by 85% of the respondents. Laziness followed, where they were very self-critical and sincere, confirming in a percentage of 84.5% that this was one of the reasons for their abstinence from sports and sports activities. Immediately behind laziness are television, computers and cell phones comprising about 80% and so on. Other authors in articles on a similar subject came to approximately equal results. Research has shown that there are barriers to inclusion of young people in physical activities and sport (Mugwedi & Mulibana, 2014; Peters et al., 2014). Before others, these are lack of time, schooling, lack of motivation, a health problem, unhealthy friends to participate in sports activities, lack of facilities and weather conditions (Buckworth & Dishman, 2002, Nolan & Surujal, 2011, Shifman, Moss, Andrade, Eichel, & Forrester, 2011; Thatcher, 2009). Ljubičić, Antelković, Antelković (2016) investigated why the young people massively leave the athletics in Croatia and came to the conclusion that, according to the subjective opinion of the respondents, the most common reasons for giving up are of the motivational nature, followed by the requirements of the school (faculty or employment), which were too high, as well as severe injuries.

### ***Differences in attitudes about engagement in sports and sports activities***

The results of the Man Whitney test have shown that the gender is not a source of significant differences in attitudes about the reasons for avoiding sports and sports activities, which is somewhat unexpected and the reason is unclear, especially given the results of similar studies. When it comes to gender differences in the observation of a motivational climate, the obtained results show that girls, to a greater extent, estimate that others significantly create a learning-oriented motivational climate. Girls observe that a mother and father, as well as a coach and a playmates, create motivational climate that is more focused on learning, while boys realize that playmates create motivational climate for achievement, as previously demonstrated (Vesković, Valdevit, & Đorđević-Nikić, 2013)

Table 3 shows the results of Man-Whitney U test, which relates to an assumption that pupils and students have different attitudes about the influences on engagement in sport and sports activities. Their attitudes are significantly different regarding the fact that sports and sports activities are neglected due to: obligations (school, study)

Od ponudjenih razloga(uzroka) koji su odgovorni za izbjegavanje i neučestvovanje u sportu i sportskim aktivnostima po mišljenju ispitanika, na prvom mjestu je odsustvo interesa za sport za koje se izjasnilo oko 90% anketiranih. Drugi po značaju su obaveze u školi i na fakultetu i to je potvrdilo njih 85%. Dalje slijedi lijenost, gdje su bili veoma samokritični i iskreni, potvrdivši u procentima od 84.5%, da je to jedan od razloga njihove apstinencije od sporta i sportskih aktivnosti. Odmah iza lijenosti su televizija, računari i mobiteli oko 80% i tako dalje. Do približnih rezultata došli su i drugi autori u radovima na sličnu temu. Istraživanja su pokazala da postoje i barijere uključivanju mladih u fizičku aktivnost i sport (Mugwedi & Mulibana, 2014; Peters et al., 2014). Prije svega, to su nedostatak vremena, obaveze u školi, nedostatak motivacije, zdravstveni problem, nezainteresovanost prijatelja da učestvuju u sportskim aktivnostima, nedostatak objekata i vremenski uslovi (Buckworth & Dishman, 2002; Nolan & Surujal, 2011; Shifman, Moss, D'Andrade, Eichel, & Forrester, 2011; Thatcher, 2009). Ljubičić, Antelković, Antelković (2016) su istraživali zbog čega mladi masovno napuštaju atletiku u Hrvatskoj i došli do zaključka da su prema subjektivnom mišljenju ispitanika najčešći razlozi odustajanja motivacijske prirode, zatim zahtjevi škole (fakulteta ili zaposlenja) koji su bili preveliki, te ozljede teže prirode.

### ***Razlike u stavovima o bavljenju sportom i sportskim aktivnostima***

Rezultati Man-Vitnjevog testa su pokazali da pol nije izvor značajnih razlika u stavovima o razlozima izbjegavanja sporta i sportske aktivnosti, što je pomalo neočekivano i razlog je nejasan, pogotovo imajući u vidu rezultate sličnih istraživanja. Kada su u pitanju polne razlike u opažanju motivacione klime, dobijeni rezultati pokazuju da djevojčice, u većoj mjeri, procjenju da drugi značajno kreiraju motivacionu klimu usmjerenu na učenje. Djevojčice opažaju da majka i otac, kao i trener i saigrači, u većoj mjeri kreiraju motivacionu klimu usmjerenu na učenje, dok dječaci opažaju da saigrači kreiraju motivacionu klimu usmjerenu na postignuće, što su i ranija istraživanja pokazala (Vesković, Valdevit, & Đorđević-Nikić, 2013).

U tabeli 3. su prikazani rezultati Man-Vitnjevog U testa koji se odnosi na pretpostavku da učenici i studenti imaju različite stavove o tome šta utiče na bavljenje sportom i sportskim aktivnostima. Njihovi stavovi se značajno razlikuju u tome da se sport i sportske aktivnosti zanemaruju zbog: obaveza (škola, studiranje)  $p=0.048$ , odsustva interesa  $p=0.005$ , lijenosti  $p=0.000$ , netalen-

**Tabela 3. Zanimanje kao izvor razlika u stavovima o bavljenju sportom, sportskim aktivnostima /  
Table 3. Occupation as a source of difference in attitudes about sports and sports activities**

Varijable / Variable	zanimanje / Occupation	N	Mean Rank	Sum of Ranks Man Whitney U test
1	učenik / pupil	57	50.03	2851.50 .048
	student / student	53	61.39	3253.50
	Ukupno / Total	110		
2	učenik / pupil	57	50.12	2857.00.053
	student / student	53	61.28	3248.00
	Ukupno / Total	110		
3	učenik / pupil	57	47.86	2728.00 .005
	student / student	53	63.72	3377.00
	Ukupno / Total	110		
4	učenik / pupil	57	45.42	2589.00 .000
	student / student	53	66.34	3516.00
	Ukupno / Total	110		
5	učenik / pupil	57	49.98	2849.00 .050
	student / student	53	61.43	3256.00
	Ukupno / Total	110		
6	učenik / pupil	57	53.25	3035.50 .418
	student / student	53	57.92	3069.50
	Ukupno / Total	110		
7	učenik / pupil	57	59.74	3405.00 .119
	student / student	53	50.94	2700.00
	Ukupno / Total	110		
8	učenik / pupil	57	53.14	3029.00 .403
	student / student	53	58.04	3076.00
	Ukupno / Total	110		
9	učenik / pupil	57	55.13	3142.50 .897
	student / student	53	55.90	2962.50
	Ukupno / Total	110		

**Legend: Variable: 1- obligations-school, study 2- job, 3- lack of interest 4- laziness, 5- lack of talent, 6- TV, computers, cell phones, 7- sport is not in fashion, 8- social environment, 9- lack of money , Mean Rank- mean value of ranks, Sum of Ranks- sum of values in ranks**

p=0.048, lack of interests p=0.005, laziness p=0.000, lack of talent p=0.050 and due to job p=0.053. Analysing the results of mean values of ranks, with respect to attitudes on causes where there is significant difference between students and secondary school pupils, it can be observed that students in larger extent confirm their attitude, regarding all causes where they differ significantly from pupils.

Table 4 shows the results of the Man-Whitney U test that relate to the assumption that smokers and non-smokers have different attitudes about the reasons that affect engagement in sports and sports activities. The analysis of the results showed that smokers and non-smokers have a statistically significant difference in attitude only in the cases related to the obligations at school and at university p = 0.035. In all other reasons, their attitudes do not differ significantly.

tovanosti p=0.050 i zbog posla p=0.053. Posmatrajući rezultate srednjih vrijednosti rangova u stavovima o razlozima gdje postoji značajna razlika između studenata i srednjoškolača, vidimo da studenti na višem nivou potvrđuju svoj stav kod svih uzroka u kojima se značajno razlikuju od učenika.

U tabeli 4. prikazani su rezultati Man-Vitnijevog U testa koji se odnosi na pretpostavku da pušači i nepušači imaju različite stavove o razlozima koji utiču na bavljenje sportom i sportskim aktivnostima. Analizom rezultata utvrđeno je da pušači i nepušači imaju statistički značajan različit stav samo u slučaju kad je u pitanju razlog koji se odnosi na obaveze u školi i na fakultetu p= 0.035. U svim ostalim razlozima njihovi stavovi se značajno ne razlikuju.

**Tabela 4.** Pušenje kao izvor razlika u stavovima o bavljenju sportom, sportskim aktivnostima /  
**Table 4.** Smoking as a source of differences in attitudes about sports and sports activities

Varijable / Variables	Pušenje / Smoking	N	Mean Rank	Sum of Ranks Man Whitney U Test
1	pušač / Smoker	27	44.87	1211.50 .035
	nepušač / Non-smoker	83	58.96	4893.50
	Ukupno / Total	110		
2	pušač / Smoker	27	49.54	1337.50 .239
	nepušač / Non-smoker	83	57.44	4767.50
	Ukupno / Total	110		
3	pušač / Smoker	27	47.20	1274.50 .096
	nepušač / Non-smoker	83	58.20	4830.50
	Ukupno / Total	110		
4	pušač / Smoker	27	47.98	1295.50 .124
	nepušač / Non-smoker	83	57.95	4809.50
	Ukupno / Total	110		
5	pušač / Smoker	27	54.17	1462.50 .795
	nepušač / Non-smoker	83	55.93	4642.50
	Ukupno / Total	110		
6	pušač / Smoker	27	51.35	1386.50 .410
	nepušač / Non-smoker	83	56.85	4718.50
	Ukupno / Total	110		
7	pušač / Smoker	27	56.61	1528.50 .822
	nepušač / Non-smoker	83	55.14	4576.50
	Ukupno / Total	110		
8	pušač / Smoker	27	55.81	1507.00 .951
	nepušač / Non-smoker	83	55.40	4598.00
	Ukupno / Total	110		
9	pušač / Smoker	27	60.72	1639.50 .313
	nepušač / Non-smoker	83	53.80	4465.50
	Ukupno / Total	110		

**Legend: Variable: 1-** obligations-school, **study 2-** job, **3-** lack of interest **4-** laziness, **5-** lack of talent, **6-** TV, computers, cell phones, **7-** sport is not in fashion, **8-** social environment, **9-** lack of money, Mean Rank- mean value of ranks, Sum of Ranks- sum of values in ranks

Table 5 shows the results of the Kruskal-Wallis H test, which refers to the assumption that the place of residence (city, suburban settlement, village) can influence attitudes about the reasons for neglecting and avoiding sports and sports activities. By inspecting these results, it can be concluded that the place of residence significantly influences the different view that young people ignore sports and sports activities due to work, on the level of  $p = 0.043$ . By subsequent analysis of the average (middle) ranking value and the use of the Man-Whitney test, it was confirmed that the source of differences in attitudes is between those who live in the city and those from the village and is  $p = 0.016$ . It is interesting that those who live in a city confirm their position that the job is responsible for avoiding sports and sports activities higher than those from the village.

The place of residence also significantly influences the attitude that sports and sports activities are avoided and neglected due to lack of interest, where a significant difference was also obtained,  $p = 0.042$ . As in the previous case, by subsequent analysis of the middle values of the ranks and the Man-Whitney test, it is found that this difference

U tabeli 5 prikazani su rezultati Kruskal-Wallisovog H testa koji se odnosi na pretpostavku da mjesto boravka (grad, prigradsko naselje, selo) može uticati na stavove o razlozima zanemarivanja i izbjegavanja sporta i sportskih aktivnosti. Uvidom u ove rezultate može se zaključiti da mjesto boravka značajno utiče na različit stav da mladi zanemaruju sport i sportske aktivnosti zbog posla, na nivou značajnosti  $p=0.043$ . Naknadnom analizom prosječnih (srednjih) vrijednosti rangova i upotrebom Man-Vitnijevog testa, potvrđeno je da se izvor razlika u stavovima nalazi između onih koji borave u gradu i onih sa sela i da iznosi  $p=0.016$ . Interesantno je da oni koji žive u gradu na višem nivou od onih sa sela, potvrđuju svoj stav da je posao odgovoran za izbjegavanje sporta i sportskih aktivnosti.

Mjesto boravka također značajno utiče i na stav da se sport i sportske aktivnosti izbjegavaju i zanemaruju zbog odsustva interesa, gdje je također dobijena značajna razlika koja iznosi  $p=0.042$ . Kao i u prethodnom slučaju, naknadnom analizom srednjih vrijednosti rangova i Man-Vitnijevog testa, utvrđeno je da se ta razlika očituje

**Tabela 5.** Mjesto življenja kao izvor razlika u stavovima o u stavovima o bavljenju sportom, sportskim aktivnostima /  
**Table 5.** Place of living as a source of differences in attitudes about sports, sports activities

Varijable / Variables	Mjesto življenja / Place of living	N	Mean Rank Kruskal-Volis H-test
1	grad / city	39	60.24
	prigradsko naselje / suburb	33	49.38 .310
	selo / village	38	55.95
	ukupno / Total	110	
2	grad / city	39	63.94
	prigradsko naselje / suburb	33	55.74 .043
	selo / village	38	46.63
	ukupno / Total	110	
3	grad / city	39	65.08
	prigradsko naselje / suburb	33	51.44 .042
	selo / village	38	49.20
	ukupno / Total	110	
4	grad / city	39	59.13
	prigradsko naselje / suburb	33	56.59 .446
	selo / village	38	50.83
	ukupno / Total	110	
5	grad / city	39	63.45
	prigradsko naselje / suburb	33	56.17 .057
	selo / village	38	46.76
	ukupno / Total	110	
6	grad / city	39	59.15
	prigradsko naselje / suburb	33	53.20 .640
	selo / village	38	53.75
	ukupno / Total	110	
7	grad / city	39	54.19
	prigradsko naselje / suburb	33	52.39 .562
	selo / village	38	59.54
	ukupno / Total	110	
8	grad / city	39	63.90
	prigradsko naselje / suburb	33	56.71 .034
	selo / village	38	45.83
	ukupno / Total	110	
9	grad / city	39	58.71
	prigradsko naselje / suburb	33	58.32 .368
	selo / village	38	49.76
	ukupno / Total	110	

**Legend: Variable: 1-** obligations-school, study **2-** job, **3-** lack of interest **4-** laziness, **5-** lack of talent, **6-** TV, computers, cell phones, **7-** sport is not in fashion, **8-** social environment, **9-** lack of money, Mean Rank- mean value of ranks, Sum of Ranks- sum of values in ranks

was evident between the city and village inhabitants ( $p = 0.030$ ), but also between the city and the suburban settlement ( $0.032$ ). There is no significant difference between those living in the suburbs and those from the village.

The assumption that the place of residence (city, suburban settlement, village) can significantly influence

između žitelja grada i sela ( $p=0.030$ ), ali i između grada i prigradskog naselja ( $0.032$ ). Značajna razlika ne postoji između koji žive u prigradskom naselju i onih sa sela.

Pretpostavka da mjesto boravka (grad, prigradsko naselje, selo) može značajno uticati i na stavove koji se

the attitude that the society in which they live is the reason for neglecting and avoiding sports and sports activities is proved to be correct because Kruskal-Wallis H test showed statistically significant difference at significance level  $p = 0.034$ . Subsequent analysis of the middle values of the ranks and the use of the Man-Whitney test confirmed that the source of this difference in attitude among those living in the city and those from the village, is  $p = 0.011$ . In other combinations, these differences are not statistically significant. It should also be said that those who live in the city at a higher level confirm their position that the society in which they move affects the neglect and avoidance of sports and sports activities, which is logical.

### CONCLUSION

Finally, when analysing the results of this research, a few important moments should be emphasized. A poll of 226 high school and university students showed that a large proportion of the surveyed youth (high school and university students) never dealt with, nor did they participate in sports and sports activities (around 48.67%). The reasons why they have never dealt with sports and sports activities are many, and only some are covered by this research. Of the reasons (causes) that are responsible for avoidance and non-participation in sports and sports activities, the lack of interest in these activities is in the first place, which about 90% of respondents stated. When asked whether the absence of young people's interest in these activities is sociological, psychological or otherwise, this research will not provide an answer. This issue should be dealt with by sociologists, psychologists, economists and various ministries in government (Ministry of Sports and Youth, Ministry of Education, Ministry of Health, etc.). This research put emphasis on the reasons or causes that young people mentioned for which they did not engage in sports and sports activities and therefore made the first step to solving this problem. The results showed that male and female sex, then smokers and non-smokers do not differ significantly in attitudes about these reasons. It is the same with those who consume, occasionally consume, and do not consume alcohol. There is a partial difference between high school students and university students in attitudes about some causes, as well as between those who live in the city, suburbs and the village. Summarizing the results of the research, some more, and some less, all of the reasons or causes of avoiding sports and sports activities are high in the hierarchy of those that high school students and university students have recounted as such.

odnose na to da je društvo u kojem se kreću, razlog zanemarivanja i izbjegavanja sporta i sportskih aktivnosti se pokazala kao ispravna, jer je Kruskal-Wallis H test pokazao statistički značajnu razliku na nivou značajnosti  $p=0.034$ . Naknadnom analizom srednjih vrijednosti rangova i upotrebom Man-Vitnijevog testa potvrđeno je da je izvor te razlike u odnosu u stavovima, između onih koji žive u gradu i onih sa sela i ona iznosi  $p=0.011$ . U drugim kombinacijama te razlike nisu statistički značajne. Treba reći i to da oni koji žive u gradu, na višem nivou potvrđuju svoj stav da društvo u kojem se kreću utiče na zanemarivanje i izbjegavanje sporta i sportskih aktivnosti, što je i logično.

### ZAKLJUČAK

Na kraju, kad se analiziraju rezultati ovog istraživanja, treba naglasiti nekoliko bitnih momenata. Anketa koja je obuhvatila 226 sredjoškolaca i studenata je pokazala da se veliki dio anketirane omladine (srednjoškolci i studenti) nikad nije bavilo, niti učestvovalo u sportu i sportskim aktivnostima (oko 48.67%). Razloga zbog kojih se oni nikad nisu bavili sportom i sportskim aktivnostima ima više, a samo neki su obuhvaćeni ovim istraživanjem. Od ponudjenih razloga (uzroka) koji su odgovorni za izbjegavanje i neučestvovanje u sportu i sportskim aktivnostima na prvom mjestu je odsustvo interesa te aktivnosti, za koje se izjasnilo oko 90% anketiranih. Na pitanje da li je odsustvo interesa mladih za ove aktivnosti sociološke, psihološke ili neke druge prirode, ovo istraživanje neće dati odgovor. Tim pitanjem treba da se bave sociolozi, psiholozi, ekonomisti i razna ministarstva u vladi (ministarstvo sporta i omladine, ministarstvo prosvjete, ministarstvo zdravlja i td.) Ovo istraživanje je stavilo akcenat i istaklo razloge ili uzroke koje su mladi naveli, zbog kojih se oni ne uključuju u sport i sportske aktivnosti i samim tim napravilo prvi korak rješavanju tog problema. Rezultati su pokazali da se muški i ženski pol, zatim pušači i nepušači, ne razlikuju značajno u stavovima oko ovih razloga. Isto je i sa onima koji konzumiraju, povremeno konzumiraju i ne konzumiraju alkohol. Djelimična razlika postoji između srednjoškolaca i studenata u stavovima o nekim uzrocima, kao i između onih koji stanuju u gradu, prigradskom naselju i selu.

Sumirajući rezultate istraživanja, neki više, a neki manje, svi navedeni razlozi ili uzroci izbjegavanja sporta i sportskih aktivnosti su visoko u hijerarhiji onih koje su srednjoškolci i studenti apostrofirali kao takve.

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