



Private schools athletic association national games as sports tourism in the Philippines

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ABSTRACT

Sports tourism is an emerging segment of the tourism industry, yet limited research in the Philippines explores the motivations of student-athletes in national sports events. This study examined athletes from De La Salle University–Dasmariñas (DLSU-D) who joined the Private Schools Athletic Association (PRISAA) National Games from 2019 to 2025, focusing on their personal and social reasons for participation. Guided by the concept of motivation, the research analyzed how these factors influence athlete involvement in sports tourism. A quantitative descriptive design was employed. Using purposive sampling, 127 respondents completed a structured adaptive survey via Google Forms. The questionnaire was validated by three experts and tested for reliability through Cronbach’s alpha. Data were analyzed using weighted mean, standard deviation, and Spearman’s correlation. Results revealed that DLSU-D athletes were highly motivated to participate in the PRISAA National Games. Among personal motivations, self-enhancement ranked highest, while social bonding was the strongest social motivation. The study concluded that student-athletes view the PRISAA National Games as sports tourism opportunities for personal and social growth. Findings suggest that national sports events can promote tourism and support youth development in the Philippines.

ABSTRAK

Pariwisata olahraga merupakan segmen yang terus berkembang dalam industri pariwisata, namun penelitian mengenai motivasi mahasiswa-atlet dalam mengikuti ajang olahraga nasional di Filipina masih terbatas. Studi ini meneliti motivasi atlet De La Salle University–Dasmariñas (DLSU-D) yang berpartisipasi dalam Private Schools Athletic Association (PRISAA) National Games dari 2019 hingga 2025. Penelitian berfokus pada alasan personal dan sosial yang mendorong keterlibatan mereka dalam pariwisata olahraga. Menggunakan pendekatan kuantitatif deskriptif, sebanyak 127 responden dipilih melalui purposive sampling dan mengisi survei adaptif terstruktur via Google Forms. Instrumen divalidasi oleh tiga ahli dan diuji reliabilitasnya menggunakan Cronbach’s alpha. Analisis data dilakukan melalui nilai rata-rata tertimbang, simpangan baku, dan korelasi Spearman. Hasil penelitian menunjukkan bahwa atlet DLSU-D sangat termotivasi untuk mengikuti PRISAA National Games. Di antara motivasi personal, peningkatan diri menjadi faktor paling dominan, sementara pada motivasi sosial, pembentukan ikatan sosial merupakan pendorong terbesar. Studi ini menyimpulkan bahwa mahasiswa-atlet memandang PRISAA National Games sebagai bentuk pariwisata olahraga yang mendukung pengembangan personal dan sosial. Temuan ini menegaskan bahwa ajang olahraga nasional dapat berkontribusi pada promosi pariwisata sekaligus mendukung pembangunan generasi muda di Filipina.

INTRODUCTION

Sports tourism has become one of the fastest-growing segments of the tourism industry, driven by increasing interest in sports-related travel (UN Tourism, 2025); Banciu et al., 2023). It involves traveling to engage in competitive sports, either as a participant or spectator (Chavan, 2020), and is often described as a fusion of sports, recreation, leisure, and entertainment (Kuchumov et al., 2021; Chen, 2021). This growing recognition has led governments, academic institutions, and market stakeholders to view sports tourism as both a significant contributor to tourism development and a major market segment (Liu, 2022; Chavan, 2020).

While international competitions highlight the global scale of sports tourism, local, regional, and national events also play a vital role in shaping athlete experiences and tourism outcomes in the Philippines. Student-athletes contribute meaningfully to the sports landscape through their participation in these events, which foster athletic excellence, cultural exchange, and personal growth. The 21st ASEAN University Games, an intercollegiate competition among eleven Southeast Asian countries, held in Surabaya-Malang, Indonesia, last July 2024 featured twenty-one sports and drew participation from institutions like the National University of Singapore, which earned thirty-seven medals (National University of Singapore, 2024). Participating in these national and international sports competitions showcases the scale and impact of student-athlete participation in the growth of sports tourism.

De La Salle University-Dasmariñas (DLSU-D), a private Catholic university in Cavite, Philippines, has long supported athletic development through scholarships, training programs, and competitive opportunities. Since recruiting

athletes in 1987, when it was still known as De La Salle – Emilio Aguinaldo College, the university has built a strong sports culture supported by the Sports Development Office (SDO) and the Scholarship Program for Educational Assistance and Development. DLSU-D competes in major leagues such as the Universities and Colleges Athletics Association (UCAA), National Capital Region Athletic Association (NCRAA), University Games (UNIGAMES), UNIVERSIADE, and the Private Schools Athletic Association (PRISAA). Additionally, its facilities including an Olympic-sized swimming pool, track oval, and the Ugnayang La Salle gymnasium have hosted numerous events in Cavite, reinforcing the university's role in regional sports tourism.

Founded on February 17, 1953, PRISAA was established to unite private schools across the Philippines in promoting both athletic and academic excellence. It organizes regional and national competitions that provide student-athletes with opportunities to showcase their talents, foster school pride, and engage in meaningful cultural exchange. DLSU-D began participating in PRISAA in the 1990s and qualified for the PRISAA National Games for the first time in 1995, held in SOCCSKSARGEN. Today, PRISAA remains one of the most prominent platforms for collegiate athletes in private institutions, contributing to both sport's development and tourism in host regions.

However, participation in sports competitions is not solely driven by facilities and institutional support. Motivation plays a key role in shaping athlete behavior and performance (Yang, 2022) and varies based on personal preferences and external influences (Azid et al., 2023). Intrinsic motivation refers to internal drives such as fulfillment and skill development, while extrinsic motivation

involves rewards like medals, recognition, and praise (Sulistianta & Nanda, 2022).

Despite the growing interest in sports tourism, there is limited research in the Philippines that explores the motivations of collegiate athletes participating in national-level competitions. Most existing studies focus on international events or elite athletes, leaving a gap in understanding how student-athletes experience and contribute to sports tourism in the local context. This study addressed that gap by examining both personal and social motivations of DLSU-D athletes participating in the PRISAA National Games.

Given the importance of motivation in sports participation, this study aimed to assess how DLSU-D athletes perceived the PRISAA National Games as a form of sports tourism and how it influenced their motivation to participate. Specifically, the study sought to:

1. Assess the motives of DLSU-D athletes in participation in PRISAA National Games in terms of:
 - a. Personal motives: Travel exploration, Self-enhancement, Stress relief, and Physical strength
 - b. Social motives: Social bonding and social recognition
2. Identify the significant relationship of motivation of DLSU-D athletes in participation in the PRISAA National Games.

LITERATURE REVIEW

Travel exploration

Mishra et al. (2021) found that travel exploration significantly influenced the intention to take part in active sports tourism, with Indian and Polish sports tourists motivated by travel exploration, although the impact was greater on Polish individuals due to their higher level of

individualism compared to Indians. Similarly, Guereño-Omil et al. (2024) identified travel exploration as the fourth most important motivation among runners, noting that motivations varied depending on the type of running event, with ultramarathoners showing greater interest in travel exploration than city runners. This suggested that the desire to explore new destinations could be a significant factor influencing participation in sports tourism, although the level might differ based on cultural and event-specific contexts. Additionally, Pawid (2023) highlighted that interacting with nature was a primary motivator for adventure sports tourists, as it offered opportunities to experience stunning, unspoiled landscapes. This aligned with Taberner et al. (2022), which emphasized that environmental attractions and atmosphere were key factors affecting the satisfaction of local event participants, with unique attractions, attractive paths, cleanliness, and peacefulness contributing to positive experiences. However, factors such as nightlife options, sports and water activities, entertainment, and local shopping options were found to be less important. Based on the presented studies, athletes participating in the PRISAA National Games might have been primarily motivated by the opportunity to travel and explore, but this motivation could have varied depending on their level of interest. Nevertheless, we hypothesized:

H1: Travel Exploration is positively related to the motivation of participation of DLSU-D athletes in the PRISAA National Games.

Self-enhancement

Yildirim et al. (2024) highlighted how participation in sports increased self-efficacy, which was positively related to self-improvement and confidence. This aligned with Mishra et al. (2021), which emphasized the importance of personal growth and how new experiences pursued

through sports tourism contributed to individual improvement. Expanding on this, [Pestano & Salazar \(2024\)](#) suggested that developing advanced skills, refining training techniques, tactics, and personal development motivations significantly impacted student-athlete performance, demonstrating a connection between skill development and performance in sports competitions. [Sivrikaya \(2018\)](#) supported this view by noting that psychosocial abilities were recognized techniques that allowed athletes to maintain high levels of competitive performance in the game. Likewise, [Rosario \(2023\)](#) mentioned that athletes participate in sports to achieve goals because they seek to test out new things to enhance certain athletic abilities. Additionally, [Bayyat \(2020\)](#) pointed out that engaging in sports enhances various aspects of oneself and fosters valuable skills applicable to different areas of life. These findings helped explain why DLSU-D athletes took part in the PRISAA National Games, as they aimed not only for athletic success but also for personal and social growth. Therefore, we hypothesized:

H2: Self-enhancement is positively related to the motivation of participation of DLSU-D athletes in the PRISAA National Games.

Stress relief

[Eather et al. \(2023\)](#) found that participating in sports enhanced mental well-being by increasing self-worth and life fulfillment while reducing stress, anxiety, and depression. Furthermore, the research suggested that participating in team sports offered greater benefits for the mental and social well-being of adults. Similarly, [Konstantopoulou et al. \(2024\)](#) described how travel contributed to life satisfaction and mental health by reducing stress. In line with this, [Ahn & Kim \(2024\)](#) mentioned that wellness travel, which involved activities like yoga or lengthy

treks outdoors, was done to reduce stress and promote mental peace. Since the pandemic, leisure travel and tourism have become increasingly important for mental health, highlighting the need for travel for well-being. Meanwhile, in the context of soccer, [Carvache-Franco et al. \(2024\)](#) discovered that engaging in soccer tourism provided temporary relief and a sense of relaxation because it enabled participants to get away from everyday worries, concerns, and obligations. However, the study by [Rintaugu et al. \(2020\)](#) discovered that for soccer players, motives like escaping from their daily routine, improving mood, and boosting energy levels were the least ranked motivations. This suggested that stress relief was not the main motivating element for all sports participants. Despite this, stress relief might still have motivated DLSU-D athletes to participate in the PRISAA National Games to improve their mental health. Therefore, we hypothesized:

H3: Stress Relief is positively related to the motivation of participation of DLSU-D athletes in the PRISAA National Games.

Physical strength

According to [Mirehie et al. \(2021\)](#), engaging in various sporting experiences like golf, running, and snowboarding fulfilled life enjoyment and built strength. These experiences illustrated how physical activities in tourism often promoted physical fitness. Likewise, [Fromel et al. \(2020\)](#) emphasized that tourism involving physical activities not only achieved more comprehensive goals regarding mental resilience and physical conditioning but also boosted health. Activities like cycling, hiking, and skiing attracted participants by providing opportunities to build strength through leisure and blending wellness and fitness with travel experiences. However, in the study by [Richardson & Ompoc \(2024\)](#), it was discovered that fitness or

health did not significantly influence sports participation among college student athletes, indicating that this might not be the main motivator for student-athletes. This implied that while participation in the PRISAA National Games might have enhanced the physical well-being of DLSU-D athletes, it might not have been the main reason for their involvement in sports tourism. Nevertheless, we hypothesized:

H4: Physical Strength is positively related to the motivation of participation of DLSU-D athletes in the PRISAA National Games.

Social bonding

According to the research by [Ono et al. \(2019\)](#), the benefits of being a student-athlete regarding social influence included ease, connection with peers, and a shared understanding of each other's challenges and aspirations. Similarly, [Richardson & Ompoc \(2024\)](#) found that social interactions played a significant role in motivating student-athletes to participate in sports. The students appreciate the chance that physical activity offers to connect and establish emotional bonds with others. Therefore, students saw sports as an effective way to socialize and maintain friendships ([Bayyat, 2020](#)). In addition, [Demirović et al. \(2019\)](#) studied potential clusters of active sports tourists by examining their social-psychological motivations, and the research showed that "friendly sportsmen" traveled and took part in sports activities for the enjoyment of companionship with other sports tourists, while "sports enthusiasts" engaged in sports as an opportunity to socialize and strengthen relationships with either new people or friends. Therefore, it was apparent that social bonding could have served as a significant motivation for DLSU-D athletes to participate in the PRISAA National Games. Thus, we hypothesized:

H5: Social Bonding is positively related to the motivation of participation of DLSU-D athletes in the PRISAA National Games.

Social recognition

According to [Shirotriya & Bose \(2020\)](#), external factors such as social influence, peer support, coaches, and family expectations affect students' motivations to participate in sports. Engaging in sports provided participants with the opportunity to receive approval from those around them, achieve the status of an athlete, and gain respect within their social circles ([Bayyat, 2020](#)). This aligned with [Yildirim et al. \(2024\)](#), who emphasized that sports could serve as a pathway to social validation, highlighting the desire for social acceptance and recognition within peer groups as a key motivator for sports participation. Many athletes participate in sports because they are respected and admired by their peers, families, and social circles ([Shirotriya & Bose, 2020](#)). Further supporting this, [Pestano & Salazar \(2024\)](#) discovered that recognition served as a motivation for student-athletes to participate in sports and that rewards also played a role in driving athletes to engage in sports, indicating that these two factors were closely linked and could impact athletes' performance in competitions. This was consistent with [Rosario \(2023\)](#), who mentioned that people participated in sports mainly to fulfill external expectations or achieve external rewards. However, the study by [Pawid \(2023\)](#) found that external motivators like rewards were seen as somewhat motivating by participants, suggesting they were the least influential factor in adventure sports tourism. These studies demonstrated that social recognition had a crucial impact on motivating athletes in sports. The PRISAA National Games for DLSU-D athletes offered them an opportunity for good

social validation, external rewards, and recognition from peers, coaches, and the community. Hence, we hypothesized:

H6: Social Recognition is positively related to the motivation of participation of DLSU-D athletes in the PRISAA National Games.

This study examined the specific motivations of DLSU-D athletes in participating in the PRISAA National Games, which were explored in the context of sports tourism. It delved into the personal and social motivations that influenced athletes to participate in the PRISAA National Games, emphasizing the dual importance of these events as both competitive platforms and promoters for local and national tourism. The study stood out by exploring the connection between sports motivation and tourism. Unlike the study of [Mishra et al. \(2021\)](#) about a cross-national study on motivations for active sports tourism, which examined different national contexts and demographics, this study focused on a single academic institution and a single national-level sports event.

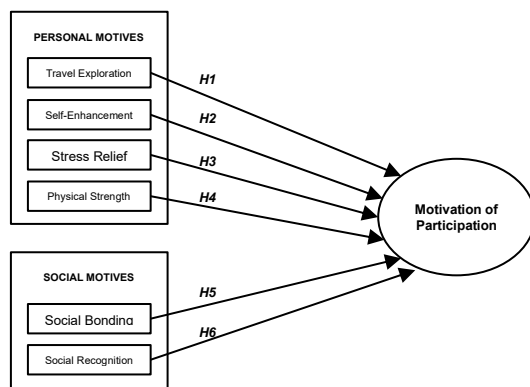


Figure 1. Motivation of Participation

Source: [Mishra et al. \(2021\)](#)

The conceptual framework was adapted from the research conducted by [Mishra et al. \(2021\)](#). This framework demonstrates the personal motives travel motivation, self-enhancement, stress relief, and physical strength and social

motives, social bonding and recognition of DLSU-D athletes. The direction of arrows directed towards the motivation of participation, which indicated the relationship of the motives to the participation of the athletes. In summary, this framework outlined the influence of personal and social motives on DLSU-D athletes' motivation for participation in the PRISAA National Games.

RESEARCH METHOD

The study used a quantitative descriptive approach. Participants of this study were DLSU-D athletes who qualified to compete in the PRISAA National Games from 2019 to 2025, excluding the pandemic years. The researchers used purposive sampling, a non-probability sampling method, to select respondents for this study. This sampling method was employed as the respondents were chosen based on a specific criterion: athletes from DLSU-D who participated in the National PRISAA from 2019 to 2025. Additionally, this sampling approach was frequently utilized in small quantities and when the sample shared common characteristics. Furthermore, to determine the required sample size for this study, the researchers utilized Raosoft. Using the generator, a sample size of 127 was determined from a population of 188, with a 5% margin of error and a 95% confidence level.

The study utilized an adaptive survey questionnaire as an instrument to systematically collect data to measure specific constructs relevant to the topic. The items of the survey questionnaire were adapted from the study of [Mishra \(2021\)](#), which used a modified version of the Sport Tourism Motivation Scale (STMS). The statements of the survey questionnaire were thoroughly reviewed to ensure consistency with the study's variables. The researchers used content validity to

validate the research instrument, assessing how well the survey measured the intended concepts. The questionnaire's content validity was established through expert review, where three subject-matter experts evaluated its clarity, relevance, and alignment with the research objectives. Their feedback was used to enhance the questionnaire's comprehensiveness and appropriateness. In addition, to assess the internal consistency of the instrument, Cronbach's Alpha was computed with the help of a statistician. The overall Cronbach's Alpha value was 0.858, indicating good reliability and suggesting that the scale has a high level of internal consistency in measuring the intended variables.

The survey questionnaire was created using Google Forms and was distributed during school days (Monday to Saturday). The instrument consisted of 30 items measured on a 7-point Likert scale, with 1 representing the lowest rating and 7 representing the highest. The scale was interpreted as follows: 1 - Strongly Disagree, 2 - Disagree, 3 - Slightly Disagree, 4 - Neutral, 5 - Slightly Agree, 6 - Agree, and 7 - Strongly Agree. To disseminate the survey questionnaire to the respondents, the researchers used the Messenger app. Additionally, to reach other respondents, specifically alumni or student-athletes who had graduated but participated in the PRISAA Nationals between 2019 and 2025, the researchers sought assistance from coaches and current DLSU-D student-athletes. These individuals helped contact or send survey questionnaires to former athletes or teammates with whom they had maintained communication.

Upon answering the survey questionnaire, the participants provided their names and email addresses to avoid duplication of responses. After submitting the survey, the respondents automatically received a copy of their responses to their

respective emails. The researchers also included an informed consent form before the survey questions, which provided details about the study along with the rights and confidentiality concerning participants' involvement.

Based on the study's objectives, the statistical tools used to examine the data in this research were the weighted mean, standard deviation, and Spearman's correlation analysis. The weighted mean and standard deviation were utilized to evaluate the personal and social motivations of DLSU-D athletes in participating in the PRISAA National Games. Meanwhile, the correlation analysis was used to determine the significant relationship of these motivations to the participation of DLSU-D athletes in the PRISAA National Games.

RESULT AND DISCUSSION

A. Personal motivations: Travel exploration, self-enhancement, stress relief, and physical strength

Table 1 presents the descriptive statistics for travel exploration as a personal motive influencing the participation of DLSU-D athletes in the PRISAA National Games. The results reveal that the statement "Traveling to participate in the PRISAA National Games allowed me to visit places I have never been to" received the highest mean score of 6.77 with a low standard deviation of 0.458, indicating strong agreement and consistent responses among participants.

Other items, such as experiencing new lifestyles or traditions ($M = 6.43$, $SD = 0.868$) and feeling like being on an adventure ($M = 6.47$, $SD = 0.733$), also received high agreement ratings, reinforcing the idea that travel-related experiences contribute significantly to athletes' motivation. These findings are consistent with [Mishra et al. \(2022\)](#), who

identified travel exploration and cultural immersion as one of the key motivators among sports tourists in India and Poland. Similarly, [ZhuJun & Meñez \(2025\)](#) emphasized that memorable travel experiences and exposure to new cultures significantly influence tourists' intention to participate and revisit sports destinations.

Table 1. Assessment of travel exploration as a personal motive for participation in the PRISAA National Games

Statement	Mean	SD	Verbal Interpretation
Traveling to participate in the PRISAA National Games allowed me to visit places I have never been to.	6.77	0.458	Strongly Agree
Traveling to participate in the PRISAA National Games allowed me to experience new/different lifestyles or traditions.	6.43	0.868	Agree
I felt like I was on an adventure when I traveled for sports tourism, like the PRISAA National Games.	6.47	0.733	Agree
Traveling for sports tourism activities like the PRISAA National Games provided me with a refreshing break from my hectic schedule.	6.31	0.895	Agree
I escaped from ordinary life by participating in the PRISAA National Games.	6.05	1.221	Agree
I was able to get away from the demands at home by participating in the PRISAA National Games.	5.75	1.351	Agree
Overall: Travel Exploration	6.3	0.623	High

Statements related to escaping from routine and home demands, while still rated positively, showed slightly lower mean scores ($M = 6.05$ to 5.75) and higher variability, indicating more diverse perceptions among respondents. These findings are consistent with [Priporas et al. \(2018\)](#), who indicated that experiential and novelty-related motivations, including escapism, vary in importance depending on individual characteristics and prior event participation, leading to non-uniform perceptions among sport tourists.

The overall mean score for travel exploration was 6.30 with a standard deviation of 0.623, interpreted as High, confirming that travel exploration is a significant personal motive. These findings align with existing literature suggesting that sports tourism provides athletes with enriching travel experiences that enhance their motivation to participate in competitive events.

[Table 2](#) presents the descriptive statistics for self-enhancement as a personal motive influencing the participation of DLSU-D athletes in the PRISAA National Games. The overall mean score of 6.32 with a standard deviation of 0.729 is interpreted as High, indicating that self-enhancement is a strong motivating factor among the respondents.

Among the individual items, the highest-rated statement was "Competing in the PRISAA National Games helped me understand the value of hard work and dedication" ($M = 6.72$, $SD = 0.548$), suggesting that athletes deeply associate their participation with personal growth and discipline. This aligns with [Buenaventura & Saroca \(2024\)](#), who emphasized that Filipino student-athletes with higher self-efficacy demonstrated stronger performance and personal development, especially when supported by structured training and goal setting.

Table 2. Assessment of self-enhancement as a personal motive for participation in the PRISAA National Games

Statement	Mean	SD	Verbal Interpretation
Participating in the PRISAA National Games has shaped me into the person I am today.	6.32	0.933	Agree
Participating in the PRISAA National Games helped me to reach my potential.	6.42	0.979	Agree
Participating in the PRISAA National Games helped me accomplish things.	6.38	0.755	Agree
Participating in the PRISAA National Games gave me a feeling of self-assurance.	6.19	0.966	Agree
Competing in the PRISAA National Games helped me understand the value of hard work and dedication.	6.72	0.548	Agree
Participating in the PRISAA National Games made me feel that I am a successful person.	6	1.098	Agree
Participating in the PRISAA National Games made me feel confident about my abilities.	6.22	1.023	Agree
Overall: Self-Enhancement	6.32	0.729	High

Other statements, such as “Participating in the PRISAA National Games helped me to reach my potential” (M = 6.42, SD = 0.979) and “Participating in the PRISAA National Games helped me accomplish things” (M = 6.38, SD = 0.755), also received high agreement ratings, reinforcing the role of sports tourism in fostering achievement and self-actualization. Pacres & Babiera (2025) found that self-efficacy and leadership in sports significantly influenced student athletes’ engagement. Their study revealed that athletes who felt empowered and confident were more likely to perceive themselves as successful.

Statements related to confidence and self-assurance, such as “Participating in the PRISAA National Games made me feel confident about my abilities” (M = 6.22, SD = 1.023) and “Participating in the PRISAA National Games gave me a feeling of self-assurance” (M = 6.19, SD = 0.966), further support the notion that athletes perceive these events as opportunities for personal empowerment. This is consistent with the findings of Toktas & Bas (2019), who reported that participation in competitive school sports significantly enhances students’ intrinsic motivation and self-confidence, which emphasized that athletes gain a stronger sense of self through structured competition.

Table 3 illustrates the descriptive statistics for stress relief as a personal motive among DLSU-D athletes participating in the PRISAA National Games. The overall mean score of 5.86 with a standard deviation of 1.07 is interpreted as High, indicating that stress relief is a relevant and meaningful factor in athletes’ motivation.

Table 3. Assessment of stress relief as a personal motive for participation in the PRISAA National Games

Statement	Mean	SD	Verbal Interpretation
By participating in the PRISAA National Games, I was able to get away from daily pressures.	5.78	1.321	Agree
Competing in the PRISAA National Games was an excellent remedy when I was feeling tense, irritable, and anxious.	5.97	1.054	Agree
Participating in the PRISAA National Games made me feel less stressed.	5.83	1.271	Agree
Overall: Stress Relief	5.86	1.07	High

The statement “Competing in the PRISAA National Games was an excellent remedy when I was feeling tense, irritable, and anxious” received the highest mean score (M = 5.97, SD = 1.054), suggesting that athletes view the event as a valuable outlet for emotional release and mental well-being. Similarly, “Participating in the PRISAA National Games made me feel less stressed” (M = 5.83, SD = 1.271) and “I was able to get away from daily pressures” (M = 5.78, SD = 1.321) were rated positively, though with slightly higher variability, indicating a range of experiences among respondents.

These findings align with Kim et al. (2023), who found that regular exercise and competitive sports experience significantly enhance psychological

resilience, emotional control, and self-improvement, key factors in managing stress supporting mental health. This supports the idea that athletes who took part in competitive events like the PRISAA National Games experience not only athletic achievement but also psychological relief from stress, promoting emotional resilience and overall mental well-being.

Table 4. Assessment of physical strength as a personal motive for participation in the PRISAA National Games

Statement	Mean	SD	Verbal Interpretation
I competed in the PRISAA National Games in order to stay physically fit.	6.19	1.18	Agree
I competed in the PRISAA National Games because I feel it keeps me healthy.	6.08	1.159	Agree
I competed in the PRISAA National Games because it develops physical fitness.	6.25	1.098	Agree
Overall: Physical Strength	6.17	1.058	High

Table 4 presents the descriptive statistics for physical strength as a personal motive among DLSU-D athletes participating in the PRISAA National Games. The overall mean score of 6.17 with a standard deviation of 1.058 is interpreted as High, indicating that physical strength is a notable factor in motivating athlete participation.

The statement “I competed in the PRISAA National Games because it

develops physical fitness” received the highest mean score ($M = 6.25$, $SD = 1.098$), suggesting that athletes strongly associate their involvement with improving their physical capabilities. This is closely followed by “I competed in the PRISAA National Games in order to stay physically fit” ($M = 6.19$, $SD = 1.180$) and “I competed in the PRISAA National Games because I feel it keeps me healthy” ($M = 6.08$, $SD = 1.159$), both of which reflect consistent agreement among respondents.

These findings align with the study by Mirehie et al. (2021) that showed being engaged in diverse sports such as running, snowboarding, and golfing fosters life enjoyment and physical strength. Similarly, Fromel et al. (2020) stressed that participation in sports in tourist-related activities not just enhances physical fitness and overall well-being but also mental strength, supporting the claims by DLSU-D athletes' perceptions that being involved in the PRISAA National Games helps them to improve physical skills.

B. Social motivations: Social bonding and social recognition

Table 5 presents the descriptive statistics for social bonding as a social motive influencing the participation of DLSU-D athletes in the PRISAA National Games. The overall mean score of 6.44 with a standard deviation of 0.611 is interpreted as High, indicating that social bonding is a strong motivational factor among the respondents.

The highest-rated statement was “I enjoyed participating in the PRISAA National Games because it gave me a chance to meet new people” ($M = 6.57$, $SD = 0.762$), followed closely by “Participating in the PRISAA National Games with a group led me to improve my social relationships” ($M = 6.51$, $SD = 0.689$). These results suggest that athletes

highly value the social opportunities provided by the event, particularly in terms of expanding their social networks and strengthening interpersonal connections.

Table 5. Assessment of social bonding as a social motive for participation in the PRISAA National Games

Statement	Mean	SD	Verbal Interpretation
I enjoyed participating in the PRISAA National Games because it gave me a chance to spend time with friends.	6.4	0.866	Agree
There was a certain companionship among the people who I competed with in the PRISAA National Games.	6.46	0.764	Agree
I felt a connection with people I competed with in the PRISAA National Games.	6.27	0.84	Agree
Participating in the PRISAA National Games with a group led me to improve my social relationships.	6.51	0.689	Strongly Agree
I enjoyed participating in the PRISAA National Games because it gave me a chance to meet new people.	6.57	0.762	Strongly Agree
Overall: Social Bonding	6.44	0.611	High

Moreover, these findings align with the study of Jones (2024), which highlights that team sports significantly enhance social skills such as communication, cooperation, and conflict resolution. They also foster social interaction and bonding, contributing to improved self-esteem and the ability to build meaningful relationships. Similarly, Persson & Eriksen (2025) emphasized that sports participation fosters a sense of belonging and social inclusion, reinforcing the idea that athletes feel more connected and secure when engaged in group activities.

Other statements, such as “There was a certain companionship among the people who I competed with” ($M = 6.46$, $SD = 0.764$) and “I felt a connection with people I competed with” ($M = 6.27$, $SD = 0.840$) also received strong agreement, reinforcing the idea that shared experiences during the games foster meaningful social bonds. The item “I enjoyed participating because it gave me a chance to spend time with friends” ($M = 6.40$, $SD = 0.866$) further highlights the importance of camaraderie and friendship in motivating participation.

This aligns with the findings of UNESCO (2024), which highlighted sport’s role in promoting social inclusion, youth empowerment, and community cohesion. Their report emphasized that sport is a cost-effective tool for driving social transformation and strengthening interpersonal relationships across diverse groups.

Table 6 presents the descriptive statistics for social recognition as a social motive influencing the participation of DLSU-D athletes in the PRISAA National Games. The overall mean score of 4.60 with a standard deviation of 1.757 is interpreted as Slightly High, indicating that while social recognition plays a role in athlete motivation, it is less prominent

compared to other personal and social motives.

Table 6. Assessment of social recognition as a social motive for participation in the PRISAA National Games

Statement	Mean	SD	Verbal Interpretation
I participated in the PRISAA National Games to impress the people who were watching me.	4.77	1.882	Slightly Agree
I participated in the PRISAA National Games to attract attention.	4.16	2.006	Neutral
I participated in the PRISAA National Games to get positive reactions from others.	6.47	1.801	Slightly Agree
Overall: Social Recognition	6.3	1.757	Slightly High

Among the individual items, the statement “I participated in the PRISAA National Games to get positive reactions from others” received the highest mean score ($M = 4.87$, $SD = 1.801$), followed by “I participated in the PRISAA National Games to impress the people who were watching me” ($M = 4.77$, $SD = 1.882$). These ratings suggest that some athletes are motivated by external validation and acknowledgment, though the relatively high standard deviations indicate varied responses across the sample.

The lowest-rated item was “I participated in the PRISAA National Games to attract attention” ($M = 4.16$, $SD = 2.006$), which was interpreted as Neutral,

suggesting that attention-seeking is not a strong motivator for most athletes.

These results match recent studies. [Jamito & Javiña \(2025\)](#) found that student-athletes are highly motivated by rewards and recognition, which confirms that external validation plays a role in their participation. However, in the study of [Alkansasbeh & Akroush \(2025\)](#), it was noted that athletes often seek positive social feedback and recognition, but only enhance short-term engagement and performance. This suggests that while social recognition can motivate Page 10 athletes at first, it may not sustain long-term participation without personal goals or internal motivation. For DLSU-D athletes, this highlights the need to build self-motivation alongside external support to encourage lasting involvement and athletic growth.

Table 7. Assessment of motivation of participation among DLSU-D athletes in the PRISAA National Games

Statement	Mean	SD	Verbal Interpretation
I likely considered being motivated to participate in sports tourism.	6.11	0.978	Agree
I certainly considered being motivated to participate in sports tourism.	6.11	0.961	Agree
I was probably motivated to participate in sports tourism.	5.99	1.116	Agree
Overall: Motivation of Participation	6.07	0.922	High

Table 7 presents the descriptive statistics for the overall motivation of

DLSU-D athletes to participate in the PRISAA National Games. The overall mean score of 6.07 with a standard deviation of 0.922 is interpreted as High, indicating that the athletes were strongly motivated to engage in the event.

All three items received high agreement ratings, with the statements “I likely considered being motivated to participate in sports tourism” and “I certainly considered being motivated to participate in sports tourism” both scoring 6.11, and “I was probably motivated to participate in sports tourism” slightly lower at 5.99. These results suggest a consistent and strong internal drive among the athletes to take part in the PRISAA National Games, particularly in the context of sports tourism.

These findings align with the study by [Krasnik et al. \(2024\)](#), which emphasizes that motivation directly influences the preparedness and performance of athletes. Highly motivated athletes, such as those in the study, are more likely to commit to training, maintain discipline, and approach competitions with great focus.

Table 8. Correlation between personal motivations and motivations of participation of DLSU-D athletes in the PRISAA National Games

Personal Motivations	Spearman's rho	p-value	Interpretation
Travel Exploration	0.315	< .001	Significant Positive Correlation
Self-Enhancement	0.516	< .001	Significant Positive Correlation
Stress Relief	0.334	< .001	Significant Positive Correlation
Physical Strength	0.502	< .001	Significant Positive Correlation
Overall: Personal Motivations	0.489	< .001	Significant Positive Correlation

Table 8 presents the results of the Spearman's correlation analysis between personal motivational factors and the overall motivation of DLSU-D athletes to participate in the PRISAA National Games. All personal motives: travel exploration, self-enhancement, stress relief, and physical strength showed statistically significant positive correlations with motivation of participation, with p-values less than .001, indicating that the null hypothesis was rejected in each case.

Among the personal motives, self-enhancement exhibited the strongest correlation ($\rho = 0.516$), suggesting that athletes who perceive personal growth and achievement through participation are more likely to be highly motivated. This is followed closely by physical strength ($\rho = 0.502$) and stress relief ($\rho = 0.334$), both of which highlight the importance of health and emotional well-being in driving athlete engagement. Travel exploration showed a moderate but still significant correlation ($\rho = 0.315$), indicating that the opportunity to travel contributes to motivation. The overall correlation for personal motivations was $\rho = 0.489$, which indicates that personal motives collectively play a substantial role in shaping athletes' decisions to participate.

These findings align with the study by Mishra et al. (2021), who identified travel exploration and Page 11 stress relief as strong motives in active sports tourism. However, in contrast to Mishra et al. (2021), the present study found that self-enhancement and physical strength also play a strong motive. Moreover, the significant positive correlations reinforce Lin et al. (2025), who emphasized that personal motivations not only drive participation but also enhance psychological engagement and facilitate a "flow experience" during sports tourism events. Concerning the PRISAA National Games, the athletes' motivations, ranging

from travel, self-improvement, relaxation, to physical capability, seem to foster a more profound involvement in both the athletic and tourism aspects of the event.

Table 9. Correlation between social motivations and motivations of participation of DLSU-D athletes in the PRISAA National Games

Social Motivations	Spearman's rho	p-value	Interpretation
Social Bonding	0.544	< .001	Significant Positive Correlation
Social Recognition	0.458	< .001	Significant Positive Correlation
Overall: Social Motivations	0.53	< .001	Significant Positive Correlation

Table 9 presents the results of the Spearman's correlation analysis between social motivational factors and the overall motivation of DLSU-D athletes to participate in the PRISAA National Games. All social motives: social bonding, social recognition, and overall social motivation showed statistically significant positive correlations with motivation of participation, with p-values less than 0.001, indicating that the null hypothesis was rejected in each case.

Among the social motives, social bonding exhibited the strongest correlation ($\rho = 0.544$), suggesting that athletes who value companionship, friendship, and group participation are more likely to be highly motivated. These findings align with Tao and Yu (2025), who emphasized that social support and psychological needs significantly influence sport commitment and participation among college students. Their study revealed that when athletes feel emotionally supported and socially connected, their motivation

and engagement in sports activities increase.

This was followed by social recognition ($p = 0.458$), which also demonstrated meaningful associations with participation motivation, suggesting that athletes who feel acknowledged and valued are more likely to be engaged. This aligns with Ji et al. (2024), who found that frequent sports participation enhances student's social identity through increased social trust and perceived status. Their findings support the idea that recognition, whether from peers, institutions, or the broader community, strengthens athletes' sense of belonging and drives participation.

CONCLUSION

This study aimed to assess the personal and social motives driving DLSU-D athletes to participate in the PRISAA National Games. It also identified the significant relationship between their motivation and their participation in the event. Based on the results of the survey, the study concluded that DLSU-D athletes are highly motivated to participate in the PRISAA National Games.

Personal motivations, including travel exploration, self-enhancement, stress relief, and physical strength, were all rated highly. Among these motivations, self-enhancement had the strongest relation with motivation for participation, indicating that athletes value personal growth and achievement in participating in the PRISAA National Games. In addition to this, physical strength was also identified as a key motivator, reflecting the athletes' commitment to maintaining fitness and performance. Furthermore, stress relief was confirmed as a significant factor, which emphasized the importance of emotional well-being and balance of DLSU-D athletes in their sports

participation. Lastly, travel exploration also played a meaningful role as a motivator, with athletes valuing the cultural and recreational experiences that sports tourism offers. Overall, these personal motivations highlight how athletes value growth, wellness, and new experiences in participating in the PRISAA National Games. On the other hand, in social motivations, social bonding was found to be a strong motivator, with athletes enjoying the chance to connect with friends and meet new people. While social recognition was a less dominant motivator, it still showed a positive relationship with the overall participation of the athletes. This suggests that being acknowledged by others adds value to their experience. With this, both personal and social motivations can be seen as positively related to athletes' overall motivation in participating in the PRISAA National Games.

Based on the findings, several recommendations are proposed. Sports organizations and schools provide more opportunities for athletes to enhance confidence, discipline, and skills through training, mentorship, and recognition. Organizers should also emphasize the cultural and recreational aspects of sports tourism to make events more appealing and memorable. To address stress-related concerns, wellness programs, mental health support, and relaxing activities should be integrated during competitions to help athletes manage pressure effectively. Continued access to training facilities and fitness programs is essential to sustain athletes' health and motivation, while team-building activities and group experiences can strengthen friendships and camaraderie. Finally, providing awards, public acknowledgments, and media coverage can ensure that athletes feel valued and appreciated.

Understanding what drives athletes to participate can help PRISAA and

similar organizations to design better events that both meet and support both the personal and social needs of student-athletes. By aligning sports events with these motivations, sports organizations can foster deeper engagement, improved performance, and more meaningful experiences for athletes.

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