



## A STUDY ON THE MOTIVATION OF HIGH SCHOOL VOCATIONAL SPORTS STUDENTS TO ATTEND YUAN ZE UNIVERSITY AND THEIR PLANNING FOR FURTHER STUDIES

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### **Abstract:**

The purpose of this study was to investigate the motivation of students in high school vocational physical education classes in Taoyuan City towards the athletic excellence of Yuan Ze University and their plans for further education and to analyze the influence of these factors on students' choices for further education. The target population of the study was students with physical education classes in public and private high schools in Taoyuan City, and the data were collected through a questionnaire survey. 200 questionnaires were distributed, and 150 valid questionnaires were eventually collected, with a recovery rate of 93%. As a result, 68.6% of the participants were male and 31.4% were female. ii. In terms of academic performance, the ranking of students was mainly concentrated in the top five. In terms of academic motivation, the majority of the students had a positive attitude towards their studies, with 67.8% of the students being average. In terms of the source of information for the athletic performance test, teachers and coaches recommended the most students, totaling 110 students, accounting for 72.4%. The main reason why students chose to study at Yuan Ze University was the recommendation from teachers and coaches. After entering Yuan Ze University, most students 58 students or 38.2%, planned to continue practicing and continue their athletic performance. The most popular course was the Bachelor of Management, with 45 students, 29.8%. It is an important reference value for the future counseling of athletes on further education and the formulation of related policies. It is expected to provide athletes with more comprehensive support and guidance on further education and to help athletes find a balance between sports and academics, and make wise choices in further education.

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## 1. Introduction

Athletes have been exposed to the training of professional sports skills since they were young, and most of the time, they focus on sports training, with less attention to other areas of specialization. In addition to the recognition of athletic performance through participation in sports events, they can also obtain special pipelines for sports education during their schooling (Liu, Lee, & Wu, 2017). However, athletes need to redefine their identities and goals after their careers are over; in the past, athletes have been desperate in the pursuit of excellence and honor, and investing a great deal of time in the athlete role is an unavoidable situation, even though it is known that overdeveloping the athletic role will narrow career exploration (Chen & Chen, 2018). Athletes possess traits such as self-discipline, perseverance, and teamwork, which are valuable in other fields, and athletes would do well by transferring these skills to different vocational or career fields, such as management, the corporate world, and education (Van Rens *et al.*, 2019).

Therefore, it is important how athletes explore their interests and future careers. Chan & Chen (2013) mentioned that although many counseling mechanisms have been planned for athletes in China, most of them are still focusing on the college counseling and incentive bonus model. A perfect career counseling mechanism should help athletes establish the concept of career transition and actively counsel and cultivate their professional abilities outside of sports, strengthen their learning attitudes, and finally enhance their self-management abilities. Athletes need to understand that their sporting career is limited, and they should be prepared for their future careers and recognize the diversity of their identity. However, athletes can participate in social and charitable causes. This is a way of benefiting society and enriching the athlete's life experience, and athletes also need to consider life balance. In an athletic career, a lot of time and effort is spent on training and competitions. It is also important to find a coach to guide training in addition to counseling career planning (Chiu, 2018). Athletes can discuss with their coaches how they can help athletes make informed choices and create appropriate future career plans. As such, athletes have a wealth of potential and opportunities in retirement, and there is a need to think carefully about and plan for the athlete's future. It is important to keep an open mind throughout the different life stages and to utilize the skills and experiences that athletes have learned to create a meaningful life.

Athletes face an important choice of higher education in their graduation year, which not only involves their athletic career, but also has a profound impact on their future academic and career development. In order to choose the most suitable path for their own further education, first of all, they must understand their own interests and goals is the first step in the process of further education, should take into account their own academic interests and future career planning, the choice of university not only to meet the continuation of athletic expertise, but also to learn the needs of the academic

discipline. When considering academic and athletic development, students should choose universities that offer appropriate athletic training and quality academic programs for two-way development (Huang, Wang, & Peng, 2014). This will help athletes have more options outside of their athletic careers when looking to provide professional development and internship opportunities. Universities help students in their future careers, and schools offering corporate internships can provide students with practical work experience and increase their career competitiveness (Hsu, 2022). In addition, the experience and advice of seniors is a valuable source of information that can help students better understand the realities of different universities and programs. In addition, considering the geographical location of the school and environmental factors is another important factor in the process of further education (Cheng & Wang, 2021). Finally, a campus visit is an effective way to determine whether a college is a good fit for an individual's needs. By experiencing the campus atmosphere, talking to current athletes, and touring the facilities, students are better able to recognize and assess the fit of the college. Taken together, athletes will be able to make more confident college decisions and find a pathway that utilizes their athletic talents while meeting their academic and career development needs.

Through this study, athletes were given the opportunity to explore their true interests and their future plans and development. Therefore, this study examines athletes' choices and motivations for pursuing higher education, which will serve as an important reference for the future enrollment of high-achieving athletes in our university.

Based on the above research background, this study aims to investigate the motivation and career planning of high school vocational physical education students, and the questions of this study are listed as follows:

- 1) To explore the current situation of motivation and career planning of high school vocational physical education students at Yuan Ze University.
- 2) To understand the relationship between students' motivation to study at Yuan Ze University and their career planning in high school vocational physical education classes.

## **2. Method**

### **2.1 Research Subjects**

In this study, the first to the third year of high school in Taoyuan City, a public and private high school with physical education classes, was used as the target population for the study, and a questionnaire survey was used as a way to collect data. A total of 200 questionnaires were distributed. After collecting and reviewing these questionnaires, 50 were excluded because they were deemed invalid due to incomplete information or other reasons. In the end, a total of 150 valid questionnaires were collected for this study.

## 2.2 Research Tools

This research tool is a scale compiled by self-compiled research content and based on the research structure. The questionnaire is named "Research Questionnaire on High School Vocational Sports Class Students' Motivation and Career Planning for Studying at Yuanze University". The preparation instructions for the questionnaire are as follows: the first part is "Gender", the second part is "Academic Achievements", the third part is "Academic Learning Motivation", the fourth part is "Yuanzhi University Sports Performance Examination Information", the fifth part is "What are the main reasons for choosing to study at Yuanzhi University", and the sixth part is "When you enter Yuanzhi University "Post-college study plan", the seventh part is "If you are admitted to Yuanze University, which departments will you miss most?"

## 2.3 Data Processing and Analysis

This study used SPSS 20.0 software to analyze and process the descriptive statistics of the questionnaire on the number and percentage of high school vocational physical education students' motivation to study at Yuan Ze University and their career planning.

## 3. Results

### 3.1 Gender

The gender of the students was categorized as described in the table below, with 107 male students 68.6% and 43 female students 31.4%.

**Table 1:** Gender Statistical Tables

Gender	Number of people	Percentage (%)
Male	107	68.6
Female	43	31.4

### 3.2 Academic Achievement

Academic performance, as categorized in the table below, there were 35 students in the 1-5th percentile, accounting for 23%; 31 students in the 6th-10th percentile, accounting for 20.4%; 20 students in the 11th-15th percentile, accounting for 13.2%; 29 students in the 16th-20th percentile, accounting for 19.1%; 14 students in the 21st-25th percentile, accounting for 9.2%; 10 students in the 26th-30th percentile, accounting for 6.6%; and 13 students after 30th, accounting for 8.6%; this shows that the most significant number of students was distributed in the 1-5th percentile, with a total of 35, accounting for 23%. This shows that the most significant number of students is distributed in the 1-5th rank, with 35 students 23%, and the smallest number of students is distributed in the 26-30th rank, with 10 students, 6.6%.

**Table 2:** Statistical Tables of Academic Achievement

Your Academic Rank in Class	Number of people	Percentage (%)
1-5	35	23
6-10	31	20.4
11-15	20	13.2
16-20	29	19.1
21-25	14	9.2
26-30	10	6.6
After 30	13	8.6

### 3.3 Academic Learning Motivation

Academic learning motivation, as categorized in the following table, was very disliked by a total of 10 students 7.2%, disliked by a total of 10 students 7.2%, ordinary by a total of 103 students 67.8%, liked by a total of 14 students 9.2%, and liked very much by a total of 13 students 8.6%, which showed that ordinary by a total of 103 students was the largest, accounting for 67.8%; very disliked and disliked by a total of 10 students 7.2% was the smallest. 7.2% at least.

**Table 3:** Statistics on Academic Learning Motivation

Academic Motivation	Number of people	Percentage (%)
Very much dislike	10	7.2
Do not like	10	7.2
Ordinary	103	67.8
Like	14	9.2
Like very much	13	8.6

### 3.4 Yuan Ze University Athletic Merit Exam Information

Yuan Ze University Athletic Merit Exam information, as described in the following table, is categorized as follows: friends and relatives recommend a total of 9 people, accounting for 5.9%; the school website has a total of 9 people, accounting for 5.9%; teachers and coaches recommend a total of 110 people, accounting for 72.4%; others have a total of 22 people, accounting for 15.8%; among them, the teachers and coaches recommend the most, with a total of 110 people, accounting for 72.4%; the least are recommended by friends and relatives with a total of 9 people, accounting for 5.9%; the school website has a total of 9 people, accounting for 5.9%; the school website has a total of 9 people, accounting for 5.9%.

**Table 4:** How to Find Out the Information of  
Yuan Ze University's Athletic Merit Test Statistics

How to find out the information of YZU athletic merit test statistics	Number of people	Percentage (%)
Recommended by friends and family	9	5.9
School website	9	5.9
Teacher, coach recommendation	110	72.4
Other	22	15.8

### 3.5 What are the main reasons for choosing to study at Yuan Ze University?

The main reasons for choosing to study at Yuan Ze University are as follows: 19 people said it was close to home, accounting for 12.5%; 11 people said it had good teachers and facilities, accounting for 7.3%; 75 people said it was teachers/family members/friends/recommendations, accounting for 49.3%; there are 7 people who have convenient living functions, accounting for 4.6%; there are 38 people in other schools, accounting for 26.3%; among them, teachers/family/friends/recommendations account for the most, 75 people, accounting for 49.3%; there are at least 7 people who have convenient living functions, Accounting for 4.6%.

**Table 5:** Statistics on Choosing to Study at Yuan Ze University

What are the main reasons for choosing to study at YZU?	Number of people	Percentage (%)
Close to home	19	12.5
Good teachers and facilities	11	7.3
Recommended by teachers/family/friends	75	49.3
Convenient living	7	4.6
Other	38	26.3

### 3.6. What Is Your Study Plan After Entering Yuan Ze University?

The following table describes your study plan after entering Yuan Ze University. 58 students 38.2% continued to practice and continue their athletic achievements and performance; 46 students 30.3% continued to practice and emphasized on academics; 23 students 15.1% occasionally practiced and emphasized on academics; 20 students 13.2% didn't practice and prepared for their future career; 3 students 3.3% others; the highest total of 58 students 38.2% continued to practice and continued their athletic achievements and performance; 3.3% of the students 3.2% emphasized on academics; and 3 students 3.3% emphasized on their career. 3.3%; among them, the highest number of participants was 58, 38.2%, who continued practicing to continue their athletic achievements and performance, and the lowest number of participants was 3, 3.3%, who practiced for other purposes.

**Table 6:** Statistics on learning planning

Study plan after entering YZU	Number of people	Percentage (%)
Continue to practice and extend your athletic achievements and performance.	58	38.2
Continue to practice and focus on academics.	46	30.3
Occasional practice, focusing on schoolwork.	23	15.1
Do not practice and prepare for future employment.	20	13.2
Other	3	3.3

### 3.7 If You Were Admitted to Yuan Ze University, Which Departments Would You Miss the Most?

If you are admitted to Yuan Ze University, which departments are the ones you miss the most, as categorized in the following table, there are 37 students in the Department of Mechanical Engineering, accounting for 24.5%; there is 1 student in the Department of Chemical Engineering and Materials Science, accounting for 0.7%; there are 22 students in the Department of Industrial Engineering and Management, accounting for 14.6%; there are 0 students in the College of Engineering's Bachelor of Arts program in English, accounting for 0%; there are 2 students in the Department of Information Engineering, accounting for 1.4%; there are 10 students in the Department of Information Management, accounting for 6.6%; there are 4 students in the Department of Information Communication, accounting for 6.6%. 1.4%; 10 students 6.6% from the Department of Information Management; 4 students 2.6% from the Department of Information Communication; 0 students 0% from the Bachelor of English program of the School of Information Technology; 45 students 29.8% from the Bachelor of Management program; 0 students 0% from the Bachelor of English program of the School of Management; 8 students 5.3% from the Department of Applied Foreign Languages and 3 students 2% from the Department of Chinese Language and Literature; The Department of Social and Policy Sciences had 8 students 5.3%; the Department of Art and Design had 8 students 5.3%; the College of Humanities and Social Sciences had 0 students 0% in English courses; the Department of Electrical and Mechanical Engineering had 1 student 0.7%; and the School of Electrical and Mechanical Engineering and Communication had 1 student 0.7% in B.A. English; the School of Management had the highest number of undergraduates 45 students, or 29.8%; and the School of Engineering had the lowest number of students 1 student, or 0% in B.A. English. There were 0 students 0% from the School of Engineering, 0 students 0% from the School of Information Technology, 0 students 0% from the School of Management, 0 students 0% from the School of Management, 0 students 0% from the School of Humanities and Social Sciences, and 0 students 0% from the School of Humanities and Social Sciences.

**Table 7: Statistical Tables of Most Missed Subjects**

Which departments do you miss the most?	Number of people	Percentage (%)
1. Department of Mechanical Engineering	37	24.5
2. Department of Chemical Engineering and Materials Science	1	0.7
3. Department of Industrial Engineering and Management	22	14.6
4. Bachelor of Engineering (English) Degree Program	0	0
5. Department of Information Engineering	2	1.4
6. Department of Information Management	10	6.6
7. Department of Information Communication	4	2.6
8. Bachelor of Arts in English, Faculty of Information Systems	0	0
9. Bachelor of Management Studies	45	29.8
10. Bachelor of Science in English, Faculty of Management	0	0
11. Department of Applied Foreign Languages	8	5.3
12. Department of Chinese Language and Literature	3	2
13. Department of Social and Policy Sciences	8	5.3
14. Department of Art and Design	8	5.3
15. College of Humanities and Social Sciences, English Program	0	0
16. Department of Electrical Engineering	1	0.7
17. Bachelor of Arts in English, School of Electro-Communications	1	0.7

## 4. Conclusions and Recommendations

### 4.1 Conclusion

There are many factors that students in high school physical education classes take into consideration when choosing a career path after graduation. The following conclusions have been drawn from a comprehensive analysis of the research questions:

- 1) Gender: There were 107 male students, 68.6% and 43 female students 31.4%.
- 2) Academic performance: The highest number of students was in the 1-5th percentile, with a total of 35 students, accounting for 23%; the lowest number of students was in the 26-30th percentile, with a total of 10 students, accounting for 6.6%.
- 3) The academic learning motivation to ordinary 103 people, accounting for 67.8%; very dislike, dislike each total of 10 people, accounting for 7.2% least.
- 4) The information about YCU's athletic performance was recommended by teachers and coaches, with a total of 110 people, accounting for 72.4% of the total; the least recommended by friends and relatives, with a total of 9 people, accounting for 5.9% of the total; and the school's website, with a total of 9 people, accounting for 5.9% of the total.
- 5) The main reasons for choosing to study at Yuan Ze University were: teachers/family/friends/recommendations were the most popular, with a total of 75 people 49.3%; the convenience of living was the least popular, with a total of 7 people 4.6%.



- 6) Your study plan after enrolling in Yuan Ze University, among which continuing to practice and continue your athletic achievements and performance, was the most popular with 58 respondents, 38.2%, while others were the least popular with 3 respondents, 3.3%.
- 7) If you are admitted to Yuan Ze University, which departments do you miss the most, among them, the College of Management has the highest number of Bachelor's Degree Programs, with a total of 45 students, accounting for 29.8%; the lowest number of Bachelor's Degree Programs with a total of 0 students from the College of Engineering with a total of 0%; the College of Information Technology has a total of 0 students from Bachelor's Degree Programs with a total of 0%; the College of Management has a total of 0 students from Bachelor's Degree Programs with a total of 0%; and the College of Humanities and Social Sciences has a total of 0 students from Bachelor's Degree Programs with a total of 0%.

#### **4.2 Recommendations**

Based on the findings and conclusions of this study, the following specific recommendations are made for the reference of relevant organizations and future researchers:

- 1) Strengthen the connection between schools and athletes: Yuan Ze University should strengthen its cooperation with senior high school vocational sports classes by organizing regular briefing sessions and campus visits to give students a better understanding of the school's resources and opportunities and to enhance athletes' willingness to study.
- 2) Provide professional counseling: Schools should set up a specialized counseling mechanism to provide guidance on academic and career planning for the specific needs of athletes, so as to help students find a balance between sports and studies and formulate personalized study plans.
- 3) Provide more scholarships and subsidy programs: Considering the double pressure of athletes in their studies and training, Yuan Ze University can provide more scholarships and subsidy programs for athletes to alleviate the financial burden of students and encourage more outstanding athletes to apply for the program.
- 4) Strengthening the integration of academics and sports: Encourage athletes to choose sports-related disciplines and provide relevant internships so that students can gain practical experience in their academics and lay the foundation for their future careers.
- 5) Continuous tracking and evaluation: It is recommended that schools should conduct regular surveys on athletes' motivation and career planning, and adjust the relevant policies according to students' needs and changes in the market, so as to ensure that the development needs of athletes can be met continuously.

### Conflict of Interest Statement

The authors declare no conflicts of interest.

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