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## Effect of motivation to participate in horseback riding on emotional style and subjective well-being

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### Abstract

*The purpose of this study is to determine the effect of horseback riding participation motivation on emotional style and subjective well-being. In order to achieve this research objective, adults aged 20 or older participating in equestrian clubs in Seoul, Jeolla-do, and Gyeonggi regions in 2022 were selected as the population. The sampling method used cluster random sampling, and a total of 250 people, 180 males and 120 females, were sampled. The survey tool was modified and supplemented for this study based on a questionnaire whose reliability and validity were verified in previous studies, and all questionnaire questions were structured on a 5-point scale. For data analysis, SPSS Windows 21.0 Version was used to perform statistical processing according to the purpose of analysis. The conclusions obtained in this study through data analysis according to these methods and procedures are as follows. First, the motivation to participate in horseback riding was found to partially affect emotional style. Second, the motivation to participate in horseback riding was found to partially affect subjective well-being. Third, the emotional style of horseback riding participants was found to partially affect subjective well-being. Considering these results, it is possible to satisfy various desires in modern people's lives through leisure sports activities such as horseback riding, which allows them to communicate with nature and living things. In other words, internal motivation factors such as social relationships, satisfaction of needs, and professional development through leisure sports activities are positively or negatively related to emotional regulation, and this has a close impact on satisfaction with one's life and happiness.*

**Keywords:** Horseback Riding, Participation Motivation, Emotional Style, Subjective Well-being

## 1. INTRODUCTION

In modern society, well-being is emerging as a new alternative to the complex and competitive modern

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civilization in relation to the basic desire for everyone to enjoy a healthy and leisurely life [1]. In the dictionary

definition, well-being means happiness and well-being, but it is a phenomenon that pursues balanced health of body and mind and at the same time leads a rich life and enjoys a happy life, which means a universal social phenomenon. As such, human pursuit of happiness has been explained by Maslow's 'need hierarchy'. In other words, unlike economic humans who move simply like working machines, humans gradually want to satisfy higher-level needs beyond basic needs [2]. Therefore, human beings do not stop at satisfying basic needs for survival or material needs, but try to satisfy higher-order needs such as self-realization. In this respect, the suitability of subjective happiness is meaningful as a concept to evaluate human welfare level. This is because it becomes clear that there is a limit to considering only these economic or material abundance and prosperity in grasping people's welfare level, that is, the quality of life. Confidence in this phenomenon is because participation in well-being and eco-friendly sports activities is not only for physical health, but the expectations for the relationship between the emotions experienced in the process of the activity, the relationship with people, and the well-being culture factor are greater than other factors [3]. In addition, continuous physical and mental interaction between individuals and individuals or between individuals and groups resulting from continuous participation in sports activities enhances emotional control and contributes to individual identity and interpersonal relationships with others. Horseback riding, which is recognized as an environmentally friendly sport, is a traditionally popular sport in developed countries such as Europe, but in Korea, horseback riding is still perceived as a sport in which people want to participate, along with the social perception that it is an 'aristocratic sport' [4]. In addition, horseback riding is a sport with special characteristics that requires life-giving horses and people to become one. It trains the body, cultivates the spirit of chivalry, and develops a good spirit. It has its origins along with the long history of mankind [5].

On the other hand, horseback riding is the only sport that allows modern people to experience nature and use living creatures, and at the same time, it can provide a healthy means of leisure activity and a place for thought activities that are physically and mentally beneficial. The characteristics of this horseback riding activity include various factors that enable modern people to satisfy their needs, and it is one of the leisure sports that contributes to enhancing subjective well-being. Group consciousness that prefers dynamic activities such as sports activities plays a positive role in forming relationships with others. Therefore, as the interpersonal relationship pursued becomes more complex, the range and types of emotions each individual has are also developed in a variety of ways, sometimes causing conflicts and contradictions. However, these extreme emotions of positive and negative emotions can be formed and improved into active and positive personalities through continuous nature-friendly sports activities. In this sense, participation in sports for life, which is a form of physical activity, provides an excellent situation in which people can realize their high-level needs or increase their subjective well-being at the psychological and social level [6, 7]. In this regard, the research results of various scholars emphasize that quality of life is determined by individuals' objective conditions and their subjective attitudes toward these conditions. In addition, we believe that the most important aspect of leisure is that it promotes social solidarity, and as a phenomenon that can appear universally in the relationship between leisure activities and quality of life, we attach importance to the fact that it can be applied to both the frequency and intensity of activity and time and material affordance. [8].

As a result, nature-friendly sports activities in modern society can be said to be a measure to improve the quality of life, and it can be seen that these leisure sports activities are closely related to emotional styles, which are related to psychological happiness. Therefore, the purpose of this study is to identify the effect on the emotional style and psychological happiness according to the degree of participation in horseback riding, which is a representative event of nature-friendly sports activities.

## 2. ANALYSIS METHOD AND SURVEY TOOL

### 2.1. Study Subjects

The subjects of this study were adults aged 20 or older participating in equestrian clubs in Seoul, Jeolla-do, and Gyeonggi regions in 2022. The sampling method used cluster random sampling, and a total of 300 people, 180 males and 120 females, were sampled. The details of the study subjects are shown in <Table 1>.

**Table 1. Study Subjects**

Variable		N	%
Gender	Female	120	40
	Male	180	60
Age	20's	80	26.7
	30's	120	40.0
	over 40	100	33.3
Income level	300 or less	62	20.7
	More than 300 - less than 400	160	53.3
	More than 400	78	26.0

### 2.2. Research Tool

The survey tool was modified and supplemented according to this study based on the questionnaire that had been verified for reliability and validity in previous studies, and all questionnaire items were composed of a 5-point scale. First of all, the motivation for participation is the “mind” that we want to continue doing whatever we do, and it is a sub-factor of the motivation to participate. It was composed of stimuli [9]. And, emotional style is positive emotional style, which means personality traits that reflect how pleasant experiences an individual can take in the surrounding environment, and negative emotional style, which means personality traits in a broad sense that negatively affect an individual's mood or self-concept. It was composed in a form [10]. Finally, subjective well-being is the degree to which an individual favorably judges the quality of his or her life [11]. This refers to the subjective quality of life evaluated by oneself rather than being evaluated by objective indicators [12]. In this study, it consisted of life satisfaction and happiness. The detailed composition of the questions on the test paper is shown in <Table 2>.

**Table 2. Questionnaire Composition Indicator**

Factor	Sub-factor	Number of questions
Participation motivation	Professional advancement,	8
	Formation of social relationships	6
	Moulting /stimulation	5
	Meeting external expectations	3
Emotional style	Negative emotions	9
	Positive emotions	11
Subjective well-being	Satisfaction,	4
	Happiness	5

### 3. VALIDITY AND RELIABILITY OF THIS STUDY

#### 3.1. Exploratory Factor Analysis

The results of exploratory factor analysis on motivation to participate are shown in <Table 3>. Looking at <Table 3>, the eight questions showing high factor loadings (over 0.566) on factor 1 are 18, 13, 12, 15, 14, 17, 16, and 11, all of which are related to professional advancement. The six questions showing high loadings (over 0.521) on factor 2 are 1, 2, 4, 3, 5, and 6, all of which are related to forming social relationships. Factor 3 has four questions showing high loadings (over 0.766): 21, 22, 19, and 20, all of which are related to escape/stimulation. Item 23 was removed because the factor loading value was small. Factor 4 has three questions, 8, 9, and 7, showing high loadings (over 0.659), all of which are related to meeting external expectations. And the cumulative ratio explaining the four factors of participation motivation: professional development, social relationship formation, moulting/stimulation, and satisfaction of external expectations was found to be 64.116%.

The results of exploratory factor analysis on emotional styles are shown in <Table 4>. Looking at <Table 4>, the nine questions showing high factor loadings (over 0.689) on factor 1 are 7, 14, 10, 6, 11, 19, 16, 15, and 3, all of which are related to negative emotions. These are questions. The nine questions showing high loadings (over 0.596) on factor 2 are 18, 5, 9, 12, 17, 13, 20, 4, and 1, all of which are related to positive emotions. Items 2 and 8 were removed due to low factor loading values. And the cumulative ratio explaining the two factors of positive and negative emotions in the emotional style was found to be 52.254%.

The results of exploratory factor analysis on subjective well-being are shown in <Table 5>. Looking at <Table 5>, the five questions showing high factor loadings (over 0.540) on factor 1 are five questions: 8, 7, 6, 2, and 9, all of which are related to happiness. The four questions showing high loadings (over 0.538) on factor 2 are 2, 1, 3, and 4, all of which are related to life satisfaction. And the cumulative ratio explaining the two factors of subjective well-being, happiness and life satisfaction, was 58.748%.

**Table 3. Exploratory factor analysis of motivation to participate**

Variable		Factor 1	Factor 2	Factor 3	Factor 4
Professional advancement	Q18	0.889	0.142	0.086	0.026
	Q13	0.710	0.175	-0.065	0.133
	Q12	0.687	0.298	0.038	-0.079
	Q15	0.684	0.046	0.109	0.294
	Q14	0.651	0.267	0.047	0.277
	Q17	0.631	0.259	0.111	0.374
	Q16	0.613	0.181	0.106	0.416
	Q11	0.566	0.263	0.142	0.258
Formation of social relationships	Q01	0.153	0.831	0.069	0.111
	Q02	0.252	0.809	0.046	0.195
	Q04	0.273	0.745	0.210	0.164
	Q03	0.274	0.741	0.137	0.210
	Q05	0.207	0.739	0.208	0.127
	Q06	0.207	0.521	0.242	0.102

	Q21	0.065	0.135	0.830	0.001
Moulting/stimulation	Q22	-0.008	0.164	0.806	-0.080
	Q19	0.127	0.106	0.801	0.091
	Q20	0.063	0.152	0.766	0.276
	Q08	0.283	0.161	0.006	0.806
Meeting external expectations	Q09	0.180	0.195	0.214	0.721
	Q07	0.253	0.274	0-.019	0.659
Eigen Value		4.109	3.900	2.967	2.489
Variance (%)		19.566	18.570	14.128	11.852
Accumulation (%)		19.566	38.136	52.264	64.116

**Table 4. Exploratory factor analysis of emotional styles**

Variable		Factor 1	Factor 2
Negative emotions	Q07	0.757	0.185
	Q14	0.753	0.068
	Q10	0.744	0.054
	Q06	0.737	0.102
	Q11	0.737	0.114
	Q19	0.730	0.073
	Q16	0.727	0.181
	Q15	0.726	0.092
	Q03	0.689	0.167
Positive emotions	Q18	0.009	0.762
	Q05	0.085	0.731
	Q09	0.041	0.713
	Q12	0.178	0.704
	Q17	0.213	0.702
	Q13	0.073	0.675
	Q20	0.069	0.663
	Q04	0.130	0.639
	Q01	0.195	0.596
Eigen Value		4.995	4.411
Variance (%)		27.750	24.503
Accumulation (%)		27.750	52.254

**Table 5. Exploratory factor analysis of subjective well-being**

Variable		Factor 1	Factor 2
Happiness	Q08	0.809	0.077
	Q07	0.782	0.212
	Q06	0.654	0.227

	Q02	0.571	0.328
	Q09	0.540	0.359
Life satisfaction	Q02	0.183	0.842
	Q01	0.176	0.810
	Q03	0.303	0.772
	Q04	0.280	0.538
	Eigen Value	2.698	2.589
	Variance (%)	29.978	28.770
	Accumulation (%)	29.978	58.748

### 3.2. Reliability analysis results

The results of the questionnaire reliability analysis in this study are shown in <Table 6>. Looking at <Table 6>, the Cronbach's  $\alpha$  value of participation motivation was found to be 0.80 to 0.89, and the Cronbach's  $\alpha$  value of emotional style was found to be 0.82 to 0.83. Additionally, the Cronbach's  $\alpha$  value of subjective well-being was found to be 0.79 to 0.81. In this study, the Cronbach's  $\alpha$  value, which is the reliability coefficient for all factors, was found to be at a high level, making it a reliable item.

**Table 6. Reliability analysis**

Factor	Sub-factor	Cronbach's $\alpha$
Participation motivation	Professional advancement	0.88
	Formation of social relationships	0.89
	Moulting/stimulation	0.81
	Meeting external expectations	0.80
Emotional styles	Negative emotions	0.83
	Positive emotions	0.82
Subjective well-being	Satisfaction	0.81
	Happiness	0.79

## 4. STATISTICAL ANALYSIS

The survey procedure of this study was collected in such a way that the researcher and assistant directly visited the sampled subjects and distributed and collected questionnaires. First, after explaining the method of answering the questionnaire and precautions, the questionnaire was collected after answering in the self-written form. Answered questions were collected for data analysis, and valid samples were coded according to the coding guidelines, excluding double or non-entry data. After inputting the coded data individually into the computer, frequency analysis, exploratory factor analysis, reliability analysis, and multiple regression analysis were performed using the SPSS Windows 20.0 statistical program. The statistical significance level was set at  $p < 0.05$ .

## 5. RESULTS

### 5.1. The effect of motivation to participate in horseback riding on emotional style

The results of multiple regression analysis to determine the effect of horseback riding participation motivation on emotional patterns are shown in <Table 7>.

**Table 7. Multiple regression analysis of the effect of participation motivation on emotional styles**

Variable	Positive emotions		Negative emotions	
	$\beta$	t	$\beta$	t
Constant		14.730		7.305
Social relationship	0.032	0.354	-0.091	-1.063
Meeting external expectations	0.063	0.756	0.128	1.635
Professional development	0.298	3.407***	0.412	5.013***
Moulting/stimulation	0.031	0.408	0.043	0.606
$R^2$	0.111		0.214	
F	7.017***		15.354***	

\*\*\*p<0.001

Looking at <Table 7>, in the final regression equation, the motivation to participate in horseback riding was found to have a statistically significant effect on the positive and negative emotions of the emotional style at the 0.1% level. Looking at this specifically, it was found that the professional development of the motivation to participate in horseback riding had a significant effect on the positive emotions of the emotional style at the 0.1% level, with an explanatory power of 11.1%. In addition, it was found that the occupational development of the motivation to participate in horseback riding had a significant effect at the 0.1% level on the negative affective form, showing an explanatory power of 21.4%. Looking at the beta ( $\beta$ ) value, which represents the relative contribution, the motivation to participate in horseback riding due to positive emotions is professional development (0.234), meeting external expectations (0.130), forming social relationships (-0.074), and moulting/stimulation (0.025). It has an influence in that order, showing an explanatory power of 8.6%. In addition, the motivation to participate in horseback riding affects negative emotions in the following order: professional development (0.349), meeting external expectations (0.122), forming social relationships (-0.030), and moulting/stimulation (-0.023), with an explanatory power of 16.8%. is showing. Looking at previous studies based on the results of this study, Emotions were said to be important for future goal-oriented behavior. Considering that the intensity of behavior appears differently depending on the experience of emotion in the exercise in which one is currently participating and the perception of anticipated emotional expectations, it is argued that emotion plays an important role in immersion and motivation to participate in exercise [13]. The proposed final approach to participation and non-continuity motivation was to conceptualize the cognitive-affective model of burnout in exercise through social exchange theory. The basic premise of this theory is that social behavior is motivated by requiring maximum positive experience and minimum negative experience. Each individual will try to continue the current relationship or activity if the outcome is favorable, but will avoid it if the outcome is unfavorable. This favorability depends on the utility of profit or price [14]. The decision to remain relative to the current situation involves not only profit and price utility, but also the level of satisfaction. Therefore, it is revealed that each individual compares the price, profit and satisfaction in the

current situation and the next situation and decides whether to continue participating or avoid it based on that. This indirectly supports the relationship between participation motivation factors and emotions.

## 5.2. Effect of motivation to participate in horseback riding on subjective well-being

The results of a multiple regression analysis to determine the effect of horseback riding participation motivation on subjective well-being are shown in <Table 8>.

**Table 8. Multiple regression analysis of the impact of participation motivation on subjective well-being**

Variable	Life satisfaction		Happiness	
	$\beta$	t	$\beta$	t
Constant		12.298		17.636
Social relationship	0.054	0.706	-0.002	-0.022
Meeting external expectations	0.076	1.044	0.134	1.838
Professional development	0.092	1.218	0.158	2.094*
Moulting/stimulation	0.126	2.051*	0.054	0.880
$R^2$	0.067		0.077	
F	5.304***		6.170***	

\* $p < 0.05$ , \*\*\* $p < 0.001$

Looking at <Table 8>, in the final regression equation, the motivation to participate in horseback riding was found to have a statistically significant effect at the 0.1% level on positive and negative emotions of subjective well-being. Looking at this specifically, it was found that moulting/stimulation of horseback riding participation motivation had a significant effect at the 5% level on life satisfaction of subjective well-being, and that occupational development of horseback riding participation motivation had a significant effect at the 5% level on subjective well-being of happiness. It was found to have a significant effect. Looking at the beta ( $\beta$ ) value, which represents the relative contribution, the motivation for horseback riding participation in positive emotions was in the order of moulting/stimulation (0.126), professional development (0.092), meeting external expectations (0.076), and social relationship formation (0.054). It was found to have an influence, with an explanatory power of 6.7%. In addition, it was found that the motivation to participate in horseback riding was influenced by the following order: professional development (0.158), meeting external expectations (0.134), moulting/stimulation (0.054), and social relationship formation (-0.002). An explanatory power of 7.7% was found. Looking at previous studies based on the results of this study, in a study targeting dance sports participants, it was reported that participation motivation factors showed a positive correlation with happiness, supporting the results of this study [15]. Additionally, in a study targeting office workers, the motivation for self-development that leads to psychological well-being can be said to be intrinsic motivation [16]. Accordingly, self-development activities as lifelong learning can be interpreted as being able to feel psychological well-being such as life satisfaction, subjective vitality, and positive emotions only when accompanied by pleasure, joy, and interest related to the activity. Accordingly, motivation factors and well-being can be felt. It indirectly supports the validity of the correlation.



### 5.3. Effect of horseback riding participants' emotional style on subjective well-being

The results of multiple regression analysis to determine the effect of emotional style on subjective well-being are shown in <Table 9>.

**Table 9. Multiple regression analysis of the effect of elderly people's awareness of wellness on their subjective well-being**

Variable	Life satisfaction		Happiness	
	$\beta$	t	$\beta$	t
Constant		8.499		11.909
Positive emotions	0.471	8.621***	0.468	8.610***
Negative emotions	-0.155	-2.838**	-0.053	-0.975
R <sup>2</sup>	0.200		0.207	
F	37.171***		38.674***	

\*\*p<0.01, \*\*\*p<0.001

Looking at <Table 9>, in the final regression equation, emotional style was found to have a statistically significant effect on subjective well-being, life satisfaction, and happiness at the 0.1% level. Looking at this specifically, it was found that positive emotional styles had a positive effect on life satisfaction of subjective well-being, and negative emotions had a significant effect at the 0.1% level. In addition, positive emotions in the emotional style were found to have a significant effect on the happiness of subjective well-being at the 0.1% level. Looking at the beta ( $\beta$ ) value, which represents the relative contribution, it was found that the emotional style affects subjective well-being in the order of positive emotion (0.471) and negative emotion (-0.155). An explanatory power of 20% was found. In addition, the emotional style was found to affect happiness in the order of positive emotion (0.468) and negative emotion (-0.053), with an explanatory power of 20.7%. Looking at previous studies based on the results of this study, Previous studies have shown that subjective well-being is a relatively stable cognitive and emotional response to life experiences, that happiness is subjective, and that psychological variables are more important than objective indicators in predicting happiness [17]. In addition, many previous studies on subjective well-being have reported that there is a relationship between the level of ability expression and physical and psychological well-being, and in relation to this, the resources an individual has are a strong indicator of subjective well-being, and Because satisfaction is more closely related to resources than emotional well-being, it is revealed that personal and social resources are more related to subjective well-being than material resources. And, it is reported that life satisfaction as social resources and subjective well-being is correlated between positive and negative emotions [18]. In other words, because an individual's subjective well-being is relatively different depending on the goals and resources an individual has, this means that resources such as social activities and personality factors are more significantly related to positive and negative emotions. Accordingly, the validity of the variable settings of this study is indirectly supported.

## 6. CONCLUSION

The purpose of this study is to determine the impact of horseback riding participation motivation on

emotional patterns and subjective sense of peace. To achieve this research purpose, 300 horseback riding participants were selected as research subjects. The collected data were statistically processed for the purpose of analysis. The results obtained through this process are as follows.

First, it was found that the motivation to participate in horseback riding partially influenced the emotional style. In other words, the higher the perception of professional development motivation for horseback riding participation, the higher the positive emotions. In addition, it was found that the lower the professional development motive for horseback riding participation was perceived, the higher the negative emotion was perceived. Second, the motivation to participate in horseback riding was found to have a partial effect on subjective well-being. In other words, the higher the perception of moulting/stimulation as a motive for horse riding participation, the higher the perception of life satisfaction. In addition, the higher the perception of professional development as a motive for horse riding participation, the higher the perception of happiness.

Third, the emotional style of horseback riding participants was found to partially affect subjective well-being. In other words, the higher the positive emotions and the lower the negative emotions were perceived, the higher the perception of life satisfaction. In addition, it was found that the higher the positive emotion of the emotional style was perceived, the higher the sense of happiness was perceived.

Considering these results, it is possible to satisfy various desires in modern people's lives through leisure sports activities such as horseback riding, which allows them to communicate with nature and living things. In other words, internal motivation factors such as social relationships, satisfaction of needs, and professional development through leisure sports activities are positively or negatively related to emotional regulation, and this has a close impact on satisfaction with one's life and happiness.

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