Literature Review

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This report titled Exploring motivations of young adults to participate in physical activities is designed to investigate the motivational factors of the young adult aged from 18 to 24 years (target audience) to do sports and how technology can best support this motivation (Capel et al., 2015).

Participation in sports is linked to better health among young adults mentioned in the report (Capel et al., 2015). However, there is a clear downward trend in doing sports among young adults. Hence, motivating young adults to be active in sports is essential and designing technology to support them is an important research agenda for HCI (Capel et al., 2015).

The methodology in study involves a mixed-method approach comprising contextual interviews, a cultural probe activity, and a quantitative survey to conduct the research (Capel et al., 2015).

The results of the report indicate that the motivations of young adults to participate in sports are divided into external motivation and internal motivation (Capel et al., 2015). From the external perspective, the most aspect of playing sport was the social aspect, many people felt obligated to exercise with others (Capel et al., 2015). While for internal motivation, exercising is a usual and fun part of their life where they can take a break (Capel et al., 2015).

The unit number of this study is small, which will cause bias in the results. The limited unit number of the research will bring the researchers difficulties to find significant relationships from data (Research Guides. (n.d.), 2022) as well.

In general, the social aspect of the sport emerged as a key motivator to become and stay involved in sports and physical activities (Capel et al., 2015). Based on this finding, our project will also pay attention to how to help badminton court bookers build relationships with other players. In the design implication for booking the badminton courts, the cheaper price buddle will be created for large numbers of groups. Such design of implication will not only let the bookers book at a cheaper price but also make them and their friends enjoy the user-friendly and convenient property of the booking process.

Reference:

Capel, T., Schnittert, J. F., Snow, S., & Vyas, D. (2015). Exploring motivations of young adults to participate in physical activities. *Proceedings of the 33rd Annual ACM Conference Extended Abstracts on Human Factors in Computing Systems*. https://doi.org/10.1145/2702613.2732800

Organizing your Social Sciences Research paper: Limitations of the study. Research Guides. (n.d.). Retrieved May 31, 2022, from https://libguides.usc.edu/writingguide/limitations