

COMPARATIVE STUDY ON THE INTEREST, VITALITY, AND ACHIEVEMENT FACTORS OF EXTREME AND GENERAL SPORTS ATHLETES

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ABSTRACT

Extreme sports is a class of athletic exercises carried out to challenge natural physical limits and environmental hurdles. The minute study investigated whether there was a significant difference in interest, vitality, and achievement factors between extreme sports and general sports club members. The participants in the study were 282 men and 342 women. There were 232 extreme activists and 392 general activists. The interesting factor is similar in men's extreme sports with 3.37 points and general sports with 3.35 points, but women's adventure sports with 3.26 points and general sports with 2.76 points. For men, extreme sports were similar to general sports, but extreme sports were higher than general sports for women. The vital factors were 2.88 points for extreme sports and 2.90 points for general sports, similar to that for men, but 2.61 points for extreme sports and 2.19 points for women, showing that extreme sports were higher than general sports. There were significant differences in achievement factors by gender and sports participation events. The achievement factors were 3.90 points for extreme sports and 3.53 points for general sports for men, and 3.33 points for extreme sports for women and 2.77 points for general sports for women. Participation in extreme sports can induce positive interesting, vitality, and achievement emotion.

Keywords: Achievement, extreme sports, general sports, interest, vitality.