

**SPORTS PARTICIPATION OF THE FACULTY OF COMMERCE  
AND MANAGEMENT STUDENTS IN THE  
EASTERN UNIVERSITY, SRI LANKA**

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There were different perceptions among the students of Faculty of Commerce and Management (FCM) in Eastern University, Sri Lanka (EUSL) regarding sports participation, general perception towards sports participation, its contribution to achieve graduate profile, application of Ability, Motivation, and Opportunity (AMO) theory in sports context and the reasons for poor sports participation. These perceptions establish empirical as well as theoretical knowledge gaps in this study area. In order to fill these gaps, this study is designed with appropriate objectives. The objectives of this study were to explore the sports participation trends of FCM students, general perception towards sports participation and the perceived contribution of sports participation to achieve the graduate profile of FCM. Further, it was intended to test the application of AMO theory in sports context and to explore the reasons for poor sports participation. In order to achieve the objectives, primary and secondary data were collected. Primary data were collected through questionnaires and interview while the secondary data were collected from past records of the EUSL. Disproportionate stratified sampling method was used to select 200 respondents to issue the questionnaire and purposive sampling method was used to conduct 120 semi-structured interviews. Descriptive, correlation, multiple regression and transcribing analysis were carried out to find out the results.

Findings showed that the sports participation trends of FCM, EUSL has been falling over the years from 2010. It was revealed that sports participation contributed at high level in physical and mental health, social and discipline advancements, and skills and attributes development. Further it was found out that AMO theory is applicable and can be used in sports context. Study and sports balance, social and cultural aspects, physical education management, personal factor, climate and weather, and economic factor were figured out as the reasons for poor sports participation. The identified empirical and theoretical knowledge gaps were fulfilled by this research study through finding out the sports participation trend, the level of general perception towards the sports participation, the level of its contribution to achieve graduate profile, the applicability of AMO theory in sports context, and the reasons for poor sports participation.

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