

# Factors Inhibiting Sport Participation in Adekunle Ajasin University, Akungba-Akoko, Ondo State, Nigeria

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## Abstract

The study examines the factors inhibiting sport performance in Adekunle Ajasin university, Akungba-Akoko, Ondo state Nigeria. A total of two hundred students were selected from four Faculties in the University, Faculties of Education, Law, Science and Agricultural Science. The Faculties where selected using fish bowl without replacement. Questionnaire was used as a tool for data collection. The data were analysed; the results revealed that Availability of standard facilities, and Parental influence, was an inhibiting factor in participating in sport among Adekunle Ajasin University student.

**Keywords:** Inhibiting factors, Parental influence, Standard facilities, Sport performance.

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## INTRODUCTION

Sports has become an important aspect of Nigerian culture so much so that the interest in and popularity of sports have affected the political, social, economic and educational fabrics of the nation. Amuchie (2000) stated that sport is a mirror of the society; games provide a touch stone for understanding how people live, work, think and play as well as serving as a barometer of a nation's progress and civilization. It is understood that sport is one of the social services that nations of the world provide for their Citizens and for such service (sport) to flourish, there must be a laid down philosophy and policy.

Sports development is influenced by a variety of factors, including, but not limited to talent, infrastructure, cultural traditions, government support, and qualifications of the trainers, coach education, and physical training system, support of a multidisciplinary team and family support. It is possible to affirm that within the childhood and youth sports context, coaches, parents, siblings, peers, team managers form a multifaceted, complex social network that yields positive and negative influence over the experience of young athletes (Jowett and Timson-Katchis, 2005).

Different authors agree over the importance of parental support in the development of athletes even

when the achievement of high-level sports performance is concerned (Nunomura and Oliveira, 2013). According to Kanters and Capers (2008), the scientific literature increasingly offers evidence that not only do parents' socialization activities in their children's athletic live have an impact in permanence in sports in the future.

Adeuga (2015) stated some benefits of participating in sports and games, some of them are; Improved psychological functioning, Improved shaped and appearance, Increased efficiency capacity of the heart and lungs, Increased muscle strength and endurance, Reduced tension and stress response, Protection from lower back challenges, Possible delay in the ageing process, Maintenance of proper body weight, Possible reduction of the risk of coronary heart disease and Naturally reduced fatigue and relaxation.

Jowett and Timson (2005) highlight that the time young athletes are capable of dedicating to training and competition are dependent on the material and emotional support offered by parents and coaches. Akinsanmi and Oloyede (2001) stated that sports contribute to character building, discipline, economy, Ideology, patriotism, education, mental development, Human communication, physical fitness and health. Sport is one of the greatest endeavours in Human experiences: It is a celebration of physical excellence

which involves health in such a situation that one would be able to walk, run, think, and move the parts of the body as may be demanded. It is a medium through which Competition, friendship, tolerance, unity, discipline, endurance and diplomacy are promoted.

Awosika (2004) posits that a sport is a unifying factor when he mentioned that if there is a bond that unites the diverse people of Nigeria, it is sports. According to him, sports can be a good means of removing over various biases thereby producing political stability and understanding. Regular sport participation plays an important role in promoting students' well-being. Sport participation develops students physically, socially and psychologically (Kubayi, Toriola and Monyeki, 2013) also helps them to cope with stress as well as improve academic performance and school attendance. Sallis, Prochaska and Taylor, (2000) have demonstrated that factors such as media, family (parents and siblings), peers, physical education teachers and community members influence children's participation in sport and physical activity.

However, research has also shown that adolescents are mainly influenced by their families and peers. According to Middleton and Loughhead (2000), adolescents are less influenced by peers when they have close and involving relationships with their parents. The authors further contended that the ability of peers to influence the behaviors and attitudes of adolescents is magnified when adolescents hold negative perceptions about their parental relationship.

### Statement of problem

In Adekunle Ajasin University, there are many sports in view e.g. soccer, Tennis, Table tennis, Badminton, Basketball, Judo, Karate to mention a but few, Even in the present of all of the sport mentioned above, less than or 1% of the students shows interest in participating in any of the sport mention above at competitive level. It is on this ground that the researcher wants to investigate what actually could have been the factors inhibiting sport performance among students of Adekunle Ajasin University, Akungba-Akoko.

### Purpose of the study

The purpose of this research is to know the factors inhibiting Sport Participation in Adekunle

Ajasin University, Akungba-Akoko, Ondo State, Nigeria.

### Research Questions

1. Will availability of standard facilities be an inhibiting factor in participating in sport among Adekunle Ajasin University student?
2. Will parental influence be an inhibiting factor in participating in sport among Adekunle Ajasin University student?

### Research Hypotheses

1. Availability of standard facilities will not significantly be an inhibiting factor in participating in sport among Adekunle Ajasin University student.
2. Parental influence will not significantly be an inhibiting factor in participating in sport among Adekunle Ajasin University student

## METHODOLOGY

The descriptive survey research design was used for this study. The population comprised of all the students of Adekunle Ajasin University, Akoko, Ondo state. There are six (6) Faculties in Adekunle Ajasin University, which are Faculty of Science, Law, Education, Agricultural science, Art and Social and Management sScience. Out of these six (6) Faculties mentioned, four (4) of them which are Faculties of Science, Law, Education and Agricultural Science were chosen through fish bowl without replacement. Fifty (50) respondents were selected from each faculty using disproportionate sampling techniques. Two hundred (200) respondents were selected using volunteer sampling techniques.

The instrument for the study was self-developed modified Likert four-point scale of strongly Agree (SA), Agree (A), Disagree (D), and Strongly Disagree (SD). The questionnaire was administered with the help of two research assistants after it has been validated by three (3) experts in Human Kinetics Department and it has a reliability co-efficient of 0.86. All the two hundred (200) questionnaire administered were correctly filled, returned and were coded for analysis. Frequency counts, simple percentages and chi-square were applied for analysis at 0.05 alpha level of significance.

## RESULTS

### Hypothesis one: Availability of standard facilities will not be an inhibiting factor in participating in sport among Adekunle Ajasin University student.

S/N	SA	A	D	SD	ROW TOTAL	X <sup>2</sup> CAL.	X <sup>2</sup> TABLE	S. L	D.F
1	18	80	62	40	200				
2	81	83	26	10	200				
3	120	54	15	11	200				
4	12	40	95	53	200	651.91	40.11	0.05	27
5	94	84	14	8	200				
6	109	77	9	5	200				
7	101	78	17	4	200				
8	72	96	20	12	200				
9	98	87	11	4	200				
10	14	78	72	36	200				
Total	719	757	341	183	2000				

$$X^2 \text{ Cal.} = 651.91$$

$$x' \text{ Table value} = 40.11$$

$$\text{Significant level} = 0.05$$

Degree of freedom = (R-1) (C-1) where R is row and C is column

$$(10-1) \times (4-1) = 9 \times 3 = 27$$

Since the calculated value is (651.91) is greater than the table value (40.11), the null hypothesis which states that Availability of standard facilities will not be an inhibiting factor in participating in sport among Adekunle Ajasin University student is rejected while the alternate hypothesis is accepted.

## DISCUSSION OF FINDINGS

The findings of this study showed that, Availability of standard facilities will be an inhibiting

factor in participating in sport among Adekunle Ajasin University students. The findings agree with Umeasiegbu (2001) who stated that "good sports programmes can function effectively only when they are supported with sufficient facilities in good condition". This study also further agrees with Oyilogwu (2005) emphasize that it would be impossible to achieve satisfactory results from athletes whose training facilities are inadequate or of substandard. Finally, this study also further agrees with Fasan (2000) which corroborated that availability and accessibility of these sport facilities to the students will surely promote instruction, training and acquisition of skills.

### Hypotheses two: Parent influence will not be an inhibiting factor in participating in sport among Adekunle Ajasin University Student.

S/N	SA	A	D	SD	ROW TOTAL	X <sup>2</sup> VALUE	X <sup>2</sup> VALUE	S. L	D. F
11	40	52	61	47	200				
12	15	42	87	56	200				
13	44	92	46	18	200	229.59	25.00	0.05	15
14	74	86	30	10	200				
15	39	76	57	28	200				
16	21	27	72	80	200				
Total	233	348	353	239	1200				

$$X^2 \text{ Cal. Value} = 229.59$$

$$X^2 \text{ Table value} = 25.00$$

$$\text{Significant level} = 0.05$$

Degree of freedom = (R-1) (C-1) where R is row and C is column

$$(6-1) \times (4-1) = 5 \times 3 = 15$$

Since the calculated value is (229.59) is greater than the table value (25.00), the null hypothesis which states that Parental influence will not be an inhibiting factor in participating in sport among Adekunle Ajasin University student is rejected while the alternate hypothesis is accepted.

## DISCUSSION OF FINDINGS

The findings of this study showed that parental influence will be an inhibiting factor in participating in sport among Adekunle Ajasin University students. The findings agree with Lavin (2012) which states that parent now are more involved than ever in the day to day activities of their youth and play vital roles such as chauffeurs, cheerleader, and camp directors. Even though this sounds amazing. Over-involvement is preventing children from growing or developing

because they are protecting the children from "opportunities to struggle, experience success and failure, and grow increasingly resourceful and responsible". The aftermath of helicopter parenting is more troubling because children cannot grow into dependency if parents are permitted to settle every problem and fulfill every wish. This study also agrees to Payne et al (2003) which states that, In the early years of a child, parents are an important role model. The justification of this lies in the fact that, children spend most of their time with the parents and this is because young children lack the necessary social skill to create a network out of the family and such as children rely on parental response to establishing competency. This study is also in line with Weiss (2003) which states that "suggestion, observational learning is the mechanism in which children incorporate attitude and behaviors of role model". This implies that the action and behavior of parents has an enormous impact on the children. This has led to the assumption that children of parents who are more active in sports will also be active physically. Finally, this study agrees with Weiss (2014) which states that, "to youths, Sports are more about catching-fun unlike parental view that most often looks at it as a competition". This is usually brought into play a conflict of interest between youth and parental expectation. A change in motivation by the youth can mean different things such as total loss of interest in the sports, poor performance and over seriousness which erase the fun part of the sports.

## CONCLUSION

It was concluded that effectiveness of any sport programme fly on the wing of availability of standardised facilities. Also, parental influence is a very strong factor that inhibit sport performance among students because some students tend to adhere strictly with what their parents tell them and they also take after their parents.

## RECOMMENDATIONS

1. For success to be recorded in any sporting programme that will be organised, the availability of standardised facilities should be put in view as the effectiveness of any sport programme fly on the wing of availability of standardised facilities.
2. Parents should be made aware of the importance attached to participating in sport for them in order to have positive view and for them to allow their children in sporting activities.
3. Symposium on how participating in sports contributes to intellectual development should be organized by physical and health education department to disabuse students thinking that sport participation contributes to their poor academic performance rather, sport participation enhances their intellect and therefore, contribute to excellent academic performance.

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