

Perceived Inhibitors to Active Participation in Sports among Female Secondary School Students in Akoko South West Local Government Area of Ondo State

Mr. Babalola J.B*

Department of Human Kinetics and Health Education, Adekunle Ajasin University, Akungba Akoko, Ondo State, Nigeria

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*Corresponding author: Babalola J. B

Abstract

This study investigated the perceived inhibitors to active participation in sports among female secondary school students in Akoko South West Local Government Area of Ondo State, Nigeria. Five research questions were raised and four hypotheses were formulated to guide this study. Descriptive survey research design was adopted for the study. The population comprised of all secondary school female students in Akoko South West Local Government Area of Ondo State from which 210 respondents were selected as sample using volunteer sampling technique. Self-constructed questionnaire validated and considered appropriate by the researcher's supervisor was used for the collection of data. The researcher with the help of a trained research assistant went round each secondary school to administer the instrument and collected them from the respondents immediately. The retrieved questionnaire forms were screened and coded into frequency tables and simple percentages for description of demographic data. The inferential statistics of chi-square (X^2) were used to test the five hypotheses formulated for this study at 0.05 alpha level of significance. Based on the findings, it was concluded that sport related injuries, cultural barrier, academic pursuit and lack of adequate facilities are significant inhibitors to active participation in sports among female secondary school students in Akoko South West Local Government Area of Ondo State. Consequent upon the findings, it was recommended among others, that State Government and private agencies should provide the needed financial incentives for the provision of sports facilities, equipment and supplies for females' in secondary schools in Akoko South West Local Government Area of Ondo State.

Keywords: Perceived, Active Participation, Inhibitor, Cultural Barrier and Sport Related Injuries.

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INTRODUCTION

Sports are activities in which people including old and young from all over the world participate in, which Nigeria is not an exemption. Sports are one of the greatest endeavours in human experience. It is a celebration of physical excellence in such a way that one would be able to walk, run, think and move the body parts as may be demanded. Early involvement in sports can minimize the development of a number of health challenges; an adage says that a healthy body nurtures a healthy mind. This is because its influence cuts across all the ways of life. Awosika [1] established the fact that a lot of people spend precious hours and hard-earned money on sport while the various governments spend millions of naira on it. This draws one attention to take a look at the participation of female in sports; the author said that sport obviously has become a symbol of national unity and cohesion and Governments are known to use sports to legitimize

themselves. Sports are an integral part of general education and it contributes to the intellectual growth and development of youths. Participating in sport has proven to be beneficial and also provides great value as it facilitates the development of education. Mgbor and Obiyemi [2] explained that active sports participation by female students play an important role in the maintenance of their physical well-being, health and academic excellence. They further stated that sports helps in re-shaping the life of the youth for better future. School based physical education and sports programmes are ideal to facilitate fitness and acquisition of life time skills. Intramural sports is comprehensive programme of sports competition and recreational activities carried out within the walls of an institution [3]. Oduyale and Okundase [3] stated that the programme is designed such that opportunities are provided for all the students including male and female to participate in the various sporting activities, in such a

way that it gives a widespread of abilities, interest, enjoyment and fun while participation is voluntary. Akinsanmi and Oloyede [4] stated that sports contributes to character building, discipline, economy, ideology, patriotism, education, mental development, human communication, physical fitness and health.

Sport participation has been seen a way of keeping female students in school. Baly [5] in his study stated that sports and physical education as a programme can reduce school dropouts and hold youngsters emotionally to the schools. They emphasized that physical activities provides a conducive environment to human growth and development, which in turn contribute to the overall development of better citizenry. Irrespective of these hindrances like (sport related injuries, cultural barriers, academic pursuit, fear of masculinity and lack of adequate facilities) there has, recently been a growing concern about participation in sports by the females. Roy [6] who stated that certain ailments specific to females are also a barrier to their keen participation in sporting activities. The female athletes seem to be disproportionately at risk for injury to the Anterior Cruciate ligament. He further stated that male and female athlete appears to be about equally exposed to injury but that females are more prone to leg and knee injuries. The wide female pelvis may also influence her participation in sports, thus causing her much injury.

In African, females are still tied down to several taboos that impede their freedom, let alone the practice of sports. According to Okonkwo [7] even where few females manage to get into these positions, they meet great difficulties especially as it often conflicts with traditional roles in their families in order to implement any sports programme effectively in secondary schools, suitable facilities and equipment are imperative. Female participation in sports may be influence positively or negatively by the sports facilities, equipment, personnel, and degree of funding of sports. Chibuzor [8] writing on “the strategies for effective organization and administration of secondary schools sports” emphasized that scarcity of sports facilities, equipment and supplies constitute a major constraint in the successful administration of school sports in Nigeria. Chibuzor [8] stated that “facilities deserve a thorough consideration in the total physical education and recreational programmes for the provision of educational experiences and as a means of accomplishing the desired objectives of physical education and sports. Daugherty and Adeyanju [9] explained that it is gratifying that certain performance in sports by the Nigeria sports women in recent years have been outstanding. Their success has heightened the awareness of the State and Federal Government, Private Organizations and the society at large to recognize the place of women in sports in Nigeria society. Notwithstanding, the emergence of female participation in active sports has always been emphasized by a lot of misconceptions, false assumption, prejudice and myths.

Despite all these misconceptions, efforts have been and are being made in getting more females to participate in sports. The female’s participation need to be encouraged for better participation and performance. There are lots of perceived inhibitors to active participation in sports among female secondary school students in Akoko South West Local Government Area of Ondo State. These shall be examined in the course of this study In terms of female sports participation, from experience during teaching practice at Futa Staff Secondary School Akure, the researcher perceived low turnout of females in sport competitions. Kathrine [10] stated that many authorities in physical education and sports have observed with dismay the declining interest of females in sports in our local environment. Most of the secondary schools in Ondo State are co-educational which gives room for equal opportunity for both sexes to excel in sporting activities. However, in terms of active sports participation, females have not been seen to be graded on the same level with their male counterparts. Active sports participation by female students plays an important role in the maintenance of their physical wellbeing, health and academic excellence [2]. Early involvement in sports for females can minimize the development of a number of health challenges. An adage says that a healthy woman gives birth to a healthy child. However, in spite of the benefits derived from active sports participation, many factors seem to be hindering females’ participation in sports. Hence, there is need to beam a search light on those inhibiting factors to active participation in sports among female secondary school students in Akoko South West Local Government Area of Ondo State.

Research Hypotheses

The following hypotheses were formulated for the study:

- Sport related injuries will not be significantly perceived as inhibitor to active participation in sports among female secondary school students in Akoko South West Local Government Area of Ondo State.
- The issue of cultural barrier will not be significantly perceived as inhibitor to active participation in sports among female secondary school students in Akoko South West Local Government Area of Ondo State.
- The issue of academic pursuit will not be significantly perceived as inhibitor to active participation in sports among female secondary school students in Akoko South West Local Government Area of Ondo State.
- Lack of adequate facilities will not be significantly perceived as inhibitor to active participation in sports among female secondary school students in Akoko South West Local Government Area of Ondo State.

METHODOLOGY

Descriptive survey research design was adopted for the study. The population of this study comprised of all the female students in Government owned senior secondary schools in Akoko South West Local Government Area of Ondo State. The sample for this study comprised of two hundred and ten (210) female senior secondary school students in Akoko South West Local Government Area of Ondo State. Multi-stage sampling techniques were used for this study. Purposive sampling technique was used to select five Towns from the chosen Local Government Area and also to pick one school each from the five chosen Towns to make a total of five schools. Volunteer sampling technique was used in the third stage to select fourteen (14) females from SSSI, SSSII and SSSIII to make forty two (42) respondents per school and a total resultant of 210. A self-structured questionnaire was used as for this study. The research instrument for the study is questionnaire. The research instrument was given to two experts who made necessary suggestions to ensure the face and content validity, corrections were effected and final copy was produced. The test re-test method was used to determine the reliability of the questionnaire. Twenty copies of the instrument were administered to twenty respondents who were not part

of the study sample. The first and second sets of responses were correlated using Pearson product moment correlation coefficient (PPMC) and a reliability coefficient of 0.72 was obtained. This was considered adequate for the study. With the help of two trained research assistants, the researcher visited each of the randomly selected secondary school and obtained permission from the school principal. The researcher selected 42 female students from each school using volunteer sampling technique. Administration of the questionnaire was carried out on the spot to ensure high rate of retrieval and completed questionnaires was collected as soon as they were completed by the respondents. The data collected were collated and presented in tables using frequency and percentage for description. The inferential statistics of chi-square (χ^2) was used to test the hypothesis at 0.05 levels of significance and degree of freedom of 9

RESULT AND DISCUSSION

Hypothesis One

Sport related injuries will not be significantly perceived as inhibitor to active participation in sports among female secondary school students in Akoko South West Local Government Area of Ondo State.

S/N	SA	A	D	SD	ROW TOTAL	χ^2 CAL	χ^2 TABLE	S.L	D.F
5	61 (2.20)	100 (3.37)	38 (0.26)	11 (2.72)	210				
6	75 (0.02)	88 (0.27)	29 (1.03)	18 (0.00)	210				
7	75 (0.02)	76 (0.63)	42 (1.4)	17 (0.06)	210	19.86	16.919	0.05	9
8	84 (1.42)	69 (2.44)	31 (0.46)	26 (3.56)	210				
Total	295	333	140	72	840				

N=210

Since the calculated value of (19.86) was greater than the table value of (16.919) at significant level of 0.05 and degree of freedom of 9, the null hypothesis which stated that Sport related injuries will not be significantly perceived as inhibitor to active participation in sports among female secondary school students in Akoko South West Local Government Area of Ondo State was rejected.

Hypothesis Two

The issue of cultural barrier will not be significantly perceived as inhibitor to active participation in sports among female secondary school students in Akoko South West Local Government Area of Ondo State.

S/N	SA	A	D	SD	ROW TOTAL	χ^2 CAL	χ^2 TABLE	S.L	D.F
9	107 (3.32)	55 (3.91)	35 (0.00)	13 (0.04)	210				
10	100 (1.17)	59 (2.27)	37 (0.15)	14 (0.00)	210				
11	56 (12.69)	110 (20.39)	33 (0.09)	11 (0.55)	210	46.89	16.919	0.05	9
12	96 (0.44)	63 (1.08)	34 (0.02)	17 (0.77)	210				
Total	359	287	139	55	840				

N=210

Since the calculated value of (46.89) was greater than the table value of (16.919) at significant level of 0.05 and degree of freedom of 9, the null hypothesis which stated that the issue of cultural barrier will not be significantly perceived as inhibitor to active participation in sports among female secondary school students in Akoko South West Local Government Area of Ondo State was rejected.

Hypothesis Three

The issue of academic pursuit will not be significantly perceived as inhibitor to active participation in sports among female secondary school students in Akoko South West Local Government Area of Ondo State.

S/N	SA	A	D	SD	ROW TOTAL	X ² CAL	X ² TABLE	S.L	D.F
13	87 (0.86)	70 (0.47)	28 (2.08)	25 (2.28)	210				
14	80 (0.02)	72 (0.21)	42 (0.75)	16 (0.34)	210				
15	60 (4.46)	83 (0.64)	46 (2.33)	21 (0.34)	210	19.17	16.919	0.05	9
16	88 (1.09)	79 (0.12)	31 (0.90)	12 (2.28)	210				
Total	315	304	147	74	840				

N=210

Since the calculated value of (19.17) was greater than the table value of (16.919) at significant level of 0.05 and degree of freedom of 9, the null hypothesis which stated that the issue of academic pursuit will not be significantly perceived as inhibitor to active participation in sports among female secondary school students in Akoko South West Local Government Area of Ondo State was rejected.

Hypothesis Four

Lack of adequate facilities will not be significantly perceived as inhibitor to active participation in sports among female secondary school students in Akoko South West Local Government Area of Ondo State.

S/N	SA	A	D	SD	ROW TOTAL	X ² CAL	X ² TABLE	S.L	D.F
21	15 (19.78)	20 (24.68)	80 (12.82)	95 (31.66)	210				
22	93 (52.02)	80 (8.57)	25 (15.38)	12 (32.43)	210	364.64	16.919	0.05	9
23	59 (4.54)	106 (40.31)	30 (10.49)	15 (27.94)	210				
24	12 (23.97)	25 (18.57)	80 (12.82)	93 (28.66)	210				
Total	179	231	215	215	840				

N=210

Since the calculated value of (364.64) was greater than the table value of (16.919) at significant level of 0.05 and degree of freedom of 9, the null hypothesis which stated that lack of adequate facilities will not be significantly perceived as inhibitor to active participation in sports among female secondary school students in Akoko South West Local Government Area of Ondo State was rejected.

DISCUSSION OF THE FINDINGS

The study on sport related injuries as an inhibitor to active participation in sports among female sport in the study area. This finding revealed that sport related injuries was an inhibitor to active participation in sports among female secondary school students in the study area. The finding supported Roy [6] who stated that certain ailments specific to females are also a

barrier to their keen participation in sporting activities. The female athletes seem to be disproportionately at risk for injury to the Anterior Cruciate ligament. He further stated that male and female athlete appears to be about equally exposed to injury but that females are more prone to leg and knee injuries. The wide female pelvis may also influence her participation in sports, thus causing her much injury. This might discourage females from showing interest to sports participation.

On issue of cultural barrier was an inhibitor to active participation in sports among female secondary school student in the study area. The finding supported Okonkwo [7] who said that in Africa, females are still tied down by several taboos that impede their freedom, let alone the practice of sports. In spite of the increase in the participation of females in sport worldwide, they are still faced with a lot of unavoidable obstacles which

societies have put on their way. Psychologically, many females refuse to participate in sports due to certain taboos and societal beliefs associated with females. It is generally believed that females are fragile, weaker, less aggressive and African society therefore frowns at their participation in sports[7].

On academic pursuit was an inhibitor to active participation in sports among female secondary school students in the study area. The finding supported [7] who said that some parents wrongfully believe that their daughters will fail in their studies as a result of the time spent in training, and this will retard their educational growth. In most Nigeria institutions of learning, students have often regarded sports as being obstacle to their academic pursuit most especially in secondary schools [8].

On lack of adequate facilities was an inhibitor to active participation in sports among female secondary school students in study area. This finding supported Daughterly and Lewis [11], who said that just as adequate facilities are needed for effective instruction and goal fulfilling in other subject or jobs, so are they needed for successful teaching of physical education and training in sports. Lack of sufficient equipment and play ground is one of the reasons that females poor participation in sports still exists throughout the country. All these indicate that the place of equipment and facilities in effective sports participation cannot be over emphasized. Inadequate facilities and equipment could constitute a major constraint against active participation and for better performance in sports in secondary schools.

CONCLUSION

Based on the findings, it was concluded that sport related injuries, cultural barrier, academic pursuit, fear of masculinity, and lack of adequate facilities posed as significant inhibitors to active participation in sports among female secondary school students in Akoko South West Local Government Area of Ondo State.

RECOMMENDATIONS

Following the above findings and reviewed literatures, the following recommendations were made;

1. State Government and private agencies should provide the needed financial incentives for the provision of sports facilities and equipment in secondary schools as this will help in the grassroots development of sport in the State, thus aids discovery and nature of students who has talent in sports.
2. Physical education teachers should promote and share information about the positive contributions that females involvement in sports make to social, health and economic issues in secondary schools in

Akoko South West Local Government Area of Ondo State.

3. State Government, principals and physical education teachers should encourage the media to positively portray and significantly cover the breadth, depth, quality and benefits of female's involvement in sports in secondary schools in Akoko South West Local Government Area of Ondo State.
4. Both the school principals and physical education teachers should ensure a safe and supportive environment for females participation in sports at all levels by taking steps to eliminate all forms of harassment and abuse, violence and exploitation and gender testing in secondary schools in Akoko South West Local Government Area of Ondo State.

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