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IMPACT OF MOTIVATION ON SECONDARY SCHOOL TEACHERS' PARTICIPATION IN SPORTING ACTIVITIES IN ILORIN WEST LOCAL GOVERNMENT AREA

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Abstract

Participating in any sporting activities by the teachers' in secondary school serve as a weapon to generate fun and reduce stress and give enjoyment. But today involvement of teachers' in any sporting activities is drastically reducing. The glory in the sense that most of the sport facilities were obsolete and lack of interest and workload affect some of the teachers' take active part in sporting events, therefore the problem prompted the researcher to investigate the impact of motivation on secondary school teacher's participation in sporting activities in Ilorin West Local Government Area. The variables investigated are sports facilities, interest, and workload. The descriptive survey design was adopted for the study. The population of the study comprised all secondary school teachers, both public and private in Ilorin West local government area. The sample for the study was 150 respondents. Simple random sampling technique was adopted for the study. The research instrument for this study was a standardized questionnaire developed by the researcher consisting of structured items in 4-point Likert scale tagged "Questionnaire on the impact of motivation on secondary school teachers participation in sporting activities in Ilorin West Local Government Area". And the drafts questionnaire were given to two experts from the department of Human Kinetics and Health promotion for Validity: their comments and suggestion were effected before administering the questionnaire. Percentages were used to analyse the demographical data and the null hypotheses formulated were tested using the inferential statistic of Pearson Product Moment Coefficient (PPMC) at 0.05 significance level. There was significant relation between availability of sport facilities and teacher's motivation to participate in sporting activities; The findings of the study revealed that; there were significant relationship between, sports facilities, interest, the workload in sporting participation of secondary school teachers in the Ilorin West local government area. Based on the findings, the study recommended that; the. Government-owned schools should make provision of adequate sports facilities and also see to the maintenance of it. Private owned what should also avail sports facilities in their school premises with ease of disposition. This should be procured so that teachers can continue to engage and enjoy participating in sporting activities. The workload of the teachers should be efficiently reduced in order to prevent inactive participation in sporting activities.

Keywords: Facilities, Interest and Workload

Introduction

Sporting activities are those activities that an individual engages in to generate fun and reduce stress. They are any activity that gives enjoyment as one engages in something he likes (Suleiman, 2010). Sporting activities are acceptable to the society in which teachers engage in

during their break time because of the satisfaction they receive from doing it, (Ajibua, 2012). It explains more about the useful utilization of time through engagement in freely chosen physical activities. Participation in sporting activities is an important behavioural lifestyle for promoting and sustaining health, social and physical wellbeing, involvement in sporting activities reduce the physical, mental, social and emotional engagement of the whole-body parts. It also assists in regulating blood pressure as well as increase flexibility and strength of the participants (Adesoye & Talabi, 2004). Engage in various sporting activities, teachers tend to be more productive in their workplace and promotes the economy of the community at large, but today there is drastically reducing involvement of teachers in sporting activities dues to some of the Challenges occur which relating to poor facilities and lack of interest by the secondary school teachers and some of workload that seriously engaged by teachers' does not give room for many facilities such as playground have disappeared and most of the secondary schools have no sporting facilities most sports grounds were converted into residential purpose and few ones that still exists especially in educational institutional are not properly maintained, the uses of the facilities by the teachers'. (Omolawon & Achugbu, 2007).

Although, interest of teachers in sporting activities is paramount despite the unavailability of facilities, the interest possessed by teachers motivate them to participate, in different sporting activities and give self-arousal to the teachers' involved in the sporting activities. Indeed, the task workload that includes physical and mental workload is more difficult to control than one that requires physical demand or mental effort, in combination of the levels of physical workload should not exceed the individual capacity of the teachers. As a result, the balance between overall workload and individual cognitive functions capacity can lead to poor performance and injuries during the sporting activities.

The concept of motivation can be defined as mental and emotional energy that directs the individual to a specific behaviour (Altunay&Balcı, 2018). Like many other activities, motivation comes first among the elements that enable people to perform leisure activities (Binbaşıoğlu & Tuna, 2014).

Sinclair (2008) defined teachers' motivation in terms of attraction, retention, and concentration as something that determines what attracts individuals to teach, how long they remain in their initial teacher education courses and subsequently the teaching profession, and the extent to which they engage with their courses and the teaching profession. Dörnyei and Ushioda (2011) highlighted the two dimensions of teacher motivation following their conceptions of motivation namely, the motivation to teach and the motivation to remain in the profession. Their review of the literature concluded four featured components of teacher motivation: prominent intrinsic motivation which was closely related to the inherent interest of teaching; social contextual influences relating to the impact of external conditions and constraints; temporal dimension with emphasis on lifelong commitment; and demotivating factors emanating from negative influences.

Statement of Problem

The sporting activities which supposed to give enjoyment as one engages in it, it is known to serve as bottle neck for the teachers' who participate in the different kinds of sporting activities, but due to poor facilities provided by the school management, and lack of commitment and interest by the users and increase in the workload for the teachers which also make it difficult for them to engaged in the sporting activities, it prompted the researcher to find out the reason why most of the teachers do not involve themselves in sporting activity and it is either as a result of

lack of interest on the part the teachers or lack of motivation by the school authority. As sporting activities become a tool and participation in activities that suit the interest of the participant, teachers reluctantly or do not engage in any sporting activities due to various reasons which could be workload.

The researcher observed that the problem of some teachers is that they have a low level of awareness of both the physical and health benefits of participating in any physical activity in Ilorin West Local Government Area. The teachers also wrongly believe that participation in sporting activities is time wastage, due to lack of interest on the part of the teachers, most of teacher belief that time allotted for classroom activity also deprived most of them from engaging in sporting activities after school hours.

However, a number of them also wrongly believe that the time and activities of the classroom are not sufficient to allow them participate in any sporting activities. World Health Organization (WHO, 2013) has implications on many health issues like diabetes, obesity, arthritis, neuromuscular disorders, body pains, cardiovascular diseases, cardio-respiratory diseases, communicable and non-communicable diseases.

Research Questions

The following research questions were raised to guide the study

1. What is the relationship between availability of sporting facilities and motivation of teachers' participation in sporting activities in secondary schools in Ilorin West Local Government Area?
2. What is the relationship between motivation on teachers', participation in sporting activities in secondary schools in Ilorin West Local Government Area?
3. Will workload have any relationship with the motivation of teachers' participation in sporting activities in secondary schools in Ilorin West Local Government Area?

Hypotheses

The following research hypotheses were formulated for the study

1. There is no significant relationship between availability of sports facilities and motivation of teachers' participation in sporting activities in secondary schools in Ilorin West Local Government Area.
2. There is no significant relationship between teachers' interest and motivation of teachers' participation in sporting activities in secondary schools in Ilorin West Local Government Area.
3. There is no significant relationship between workload and motivation of teachers' participation in sporting activities in secondary schools in Ilorin West Local Government Area.

Methodology

The design that was adopted for this study was the descriptive research design of the survey type. This research design is considered appropriate for this study because it allows the researcher to collect personal and general information to explain the impact of motivation on secondary school teachers' participation in sporting activities in Ilorin West Local Government Area. The

population of this study comprised 650 teachers from private and public secondary schools in Ilorin West Local Government Area, Kwara State (Department of Statistics of Ministry of Education, 2019).

Simple sampling technique was used to select 150 respondents from the total population of 650 teachers for this study. Secondly, the simple random sampling technique was used to select six secondary schools (both public and private) to give room for each member in the population to stand a chance of being included in the sample. The Instrument that was used for this study was a researcher-developed questionnaire tagged "Impact of Motivation on sporting activities Participation". The Questionnaire comprised two sections, A and B. Section "A" focused on the demographic data of the respondents such as gender, age, religion, experience, marital status, specialisation and cadre while Section "B" consists of items on the impact of motivation on secondary school teachers' participation in sportingl activities in Ilorin West Local Government Area. The 4-point Likert scale of "Strongly Agree", "Agree", "Disagree" and "Strongly Disagree" responses were used for items in the questionnaire.

The researcher adopted the test-retest method whereby 20 copies of the questionnaire were administered to the respondents who share similar characteristics with the study population at an interval of two weeks. The two results were correlated and a coefficient "r" of 0.82was obtained. The questionnaires were administered to the respondents by the researcher with the help of four (4) trained research assistants. The instrument was administered to the respondents and prompt retrieval of the completed questionnaires was ensured.

The data collected for this study were subjected to appropriate statistical analysis. Section A which entails the demographic data of respondents was analysed using the descriptive statistics percentages, while inferential statistics of PPMC was used to test the null hypotheses at 0.05 level of significance.

Table 1: Demographic Information of the Respondents

Age	Frequency	Percentage (N = 150)
20-30 years	43	28.7
31-40 years	58	38.7
41-50 years	41	27.3
51 years and above	8	5.3
Total	**150**	**100.0**
Gender	**Frequency**	**Percentage**
Male	71	47.3
Female	79	52.7
Total	**150**	**100.0**
Religion	**Frequency**	**Percentage**
Islam	88	58.7
Christianity	62	41.3
Total	**150**	**100.0**
Year of Experience	**Frequency**	**Percentage**
Less than 5 years	48	32.0
6-9 years	64	42.7
10 years and above	38	25.3
Total	**150**	**100.0**
Marital Status	**Frequency**	**Percentage**
Single	31	20.7
Married	108	72.0
Divorced	10	6.7
Widowed	1	0.7
Total	**150**	**100.0**
Area of Specialization	**Frequency**	**Percentage**
Science	50	33.3
Art	44	29.3
Commercial	38	25.3
Social sciences	18	12.0
Total	150	100.0
Cadre	**Frequency**	**Percentage**
Junior	22	14.7
Intermediate	61	40.7
Senior	67	44.7
Total	150	100.0

Demographic characteristics of the respondents are shown in Table 1. It can be deduced from the table that 58 (38.7%) of the participants were within the age range of 31-40 years. The Table also reveals that 79 (52.7%) female teachers participated in the study more than their male counterpart with 71 (47.3%). Most of the participants of this study were Muslims, 88 (58.7%) while the Christians are 62 (41.3%). Teachers with most years of experience were 64 (42.7%) and they fell within 6-9 years. Majority of the participants were married, 108 (72.0%), singles 31 (20.7%), divorced 10 (6.7%), widowed 1 (0.7%). The Table also shows that science teachers are the major participants of this study with 50 (33.3%), art teachers 44 (29.3%), commercial 38 (25.3%), social sciences 18 (12.0%). The Table also shows that senior teachers participated mostly in this study with 67 (44.7%), teachers which are neither junior nor senior make 61 (40.7%), while junior teachers make 22 (14.7%) of this study.

Hypotheses Testing

Hypotheses One: *There is no significant relationship between sports facilities and the motivation of teachers participating in sporting activities in Ilorin West Local Government Area.*

Table 2: Analysis of the Relationship Between Sports Facilities and Motivation of Teachers' Participation in Sporting Activities In Ilorin West Local Government Area

Variables	N	Mean	SD	df	Cal rValue	Crit. Value	Sig.	Decision
								H_{02}
Sporting facilities	150	6.66	1.23					
				148	0.48	0.16	0.00	Rejected
participation		5.69	1.88					

P<0.05

Table 2 shows that a Pearson correlation of 0.477 was obtained with a p-value of 0.000 computed at the 0.05 significance level. Since the p-value of 0.000 was less than 0.05 significant level, the null hypothesis one was rejected. This implies that there was a significant relationship between sports facilities and the motivation of teachers participating in sporting activities in Ilorin West local government area.

Hypotheses two: *There is no significant relationship between teachers' interest and motivation of teachers' participation in sporting activities in secondary schools in Ilorin West Local Government Area.*

Table 3: Analysis of the relationship between teachers' interest and motivation of teachers' participation in sporting activities. in secondary schools in Ilorin West Local Government Area.

Variables	N	Mean	SD	df	Cal rValue	Crit. Value	Sig.	Decision
Interest	150	6.80	0.98					
				148	0.24	0.16	0.00	H_{04} Rejected
Participation in sporting activities		6.46	1.33					

Table three shows that a Pearson correlation of 0.242 was obtained with a p-value of 0.003 computed at 0.05 level. Since the p-value of 0.003 was less than 0.05 level, null hypothesis two was rejected. Therefore, this implies that there was a significant relationship between interest and

teachers' participation in sporting activities in secondary schools in Ilorin West local government area.

Hypothesis three: *There is no significant relationship between workload and motivation of teachers' participation in sporting activities in secondary schools in Ilorin West Local Government Area.*

Table 4: Analysis of the relationship between workload and motivation of teachers' participation in sporting activities in secondary schools in Ilorin West Local Government Area.

Variables	N	Mean	SD	df	r-value	Cri – value	Significance	Decision
Workload	150	6.83	1.16	148	0.43	0.16	0.00	H_{05} Rejected
Participation in Sporting Activities		6.67	1.49	148	0.43	0.16	0.00	

P<0.05

Table four shows that a Pearson correlation of 0.427 was obtained with a p-value of 0.000 computed at 0.05 level. Since the p-value of 0.000 was less than 0.05 level, null hypothesis three was rejected. This implies that there was a significant relationship between workload and teachers 'participation in sporting activities in secondary schools in Ilorin West Local Government Area.

Discussion of Findings

Hypotheses one which stated that there was no significant relationship between sports facilities and motivation of teachers' participating in sporting activities in secondary schools in Ilorin West Local Government Area was rejected. This implies that there was a significant relationship between sports availability of facilities and the secondary schools of teacher's participation in sporting activities in secondary schools in Ilorin West Local Government Area. This finding is in line with that of Tan (2014) who stated that sporting facilities and involvement programmes such as intramural sports promote the groundwork for social interaction among teachers. This is also in line with Talabi (2010) who stated that sporting facilities with diverse sports programming opportunities designed to meet teachers' needs can serve as an active and effective way of establishing a sense of belonging as well as efficient measures for social engagement among teachers.

Hypotheses two which stated that there was no significant relationship between teachers' interest and motivation of teachers participating in sporting activities in secondary schools in Ilorin West Local Government Area was rejected. This implies that there was a significant relationship between teachers' interest and motivation of teachers' participation in sporting activities in secondary schools in Ilorin West Local Government Area. This outcome aligned with the work of Guay (2010) who saw participation in sporting activities as important to noted that interest is associated with enhanced engagement and achievement.

Hypotheses three which stated that there was no significant relationship between workload and motivation of teachers' participation in sporting activities in secondary schools in Ilorin West

Local Government Area was rejected. This implied that there was a significant relationship between workload and motivation of teachers' participation in sporting activities in secondary schools in Ilorin West Local Government Area. This finding agrees with the outcome of (Chen 2012) that physical activity supplies more blood to the brain so the amount of oxygen that is delivered to the brain also increases and improves and facilitates the information process.

Conclusions

Based on the findings of this study, it was concluded that:

1. Sports facilities significantly determined the sporting activities and participation of secondary school teachers in Ilorin West Local Government Area.
2. Teachers' interests significantly determined the sporting activities and participation of secondary school teachers in Ilorin West Local Government Area.
3. Workload significantly determined the sporting activities participation of secondary school teachers in Ilorin West Local Government Area.

Recommendations

Based on the conclusion, the following recommendations were formulated:

1. Government-owned schools should make provision of adequate sports facilities and also see to the maintenance of it. Private-owned schools should also surge themselves of sports facilities in their school premises with ease of disposition.
2. The interest of the teachers towards sporting activities and participation can be enhanced through the availability of sports facilities.
3. The workload of teachers should be efficiently reduced to allow them to participate in sporting activities.

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