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TABLE OF CONTENTS

AUTHORS & TITLE OF PAPER	PAGES
The Effects of Television Viewing and Video Games on Children Behaviour, Learning and Development Professor Olaiya Aina, Ph.D. (ALBERTA)	1-10
Learning Difficulties in Science Education: An Analysis Of the Current Status and Trends Professor Olorundare, A. S. Ph.D.	11-29
Assessment of the Psychomotor Domain and the Psycho-Productivity Professor C. M. Anikweze Dimension Dape, Fcai, fiia, mnae	30-43
Relationship Between Offered During Undergraduate Training And Productivity Level of Nigerian University Graduates Professor Durosaro, D. O. & Dr. Oyedepo, Bosede Omowumi	44-51
Special Education and Mainstreamed Classrooms in Primary Schools in Ebonyi State: Counselling Implications Dr. Stella Ngozi Nduka-Ozo, measson, mcon, mnspr, faci and Mr. Nicholas Eke	52-59
Ethnic Relations at Crossrado; A National Overview of the Status of African American and Latino Relations in the United States Professor Mario, E. Castaneda, Ed.D	60-74
Technologies in Education; A Philosophical Critique Bellarmino U. Nneji	75-85
Teachers Attitude to poetry in Secondary Schools: The Role of an Educational Counsellor Dr. Olaniyi, Oladimeji Kazeem & Ajiboye Samuel Kolawole (M.Ed)	85-100

- Effectiveness of Instructional Sequencing Modes and Attitude on Academic Performance of Secondary School Students with Hearing Impairment
Dr. Olukotun, J. O. And Dr. Aderibigbe, Samson A. 101-110
- Crises in Nigeria Education Sector and their Implications for Teacher Quality and Classroom Instruction in Secondary Schools **Dr. (Mrs) B. A. Mbah** 111-120
- Enhancing Positive Life Living Through Participation in Leisure Time Sporting Activities
Dr. Abubakar, Laro Ibrahim 121-130
- Towards Improving Practical Musicianship in Nigerian Schools; Models of Instruction **Dr. Femi Abiodun** 131-140
- Padagogic Curriculum Development Within Cultural Transfer as a mode of Internationalization of Education in Nigeria: The Resultant Philosophic Hybridization and Synthesization
Dr. Don Nwosu 141-164
- Utilization of Antenatal Care Services Among Women of Child bearing Age in Bauchi State, Nigeria
Dr. A. M. Isyaku, A. I. Hassan and A. M. Kafiri-Madaki 165-174
- Towards Achieving Quality Assurance in Secretariat Education In Nigeria **Dr. S. O. Onojeta** 175-188
- Influence of Adequate Provision of Sporto facilities and Equipment on performance of Professional Athletes In Kwara State Sports Council
Dr. Ajadi, M. T., Baba, Dare. A²; Dominic, O. L.; Onifade, O. A² and Oniyangi, S. O² 189-196
- Survey of Teachers' use of Information and Communication Technology in Secondary Schools in South West Nigeria
Babatunde, Alabi Alege and Dr. Stephen, Olufemi Afolabi 197-213

The Role of Languages Education in Promoting Social Stability, National Security and Conflict Prevention in Nigeria Dr. A. A. Olaoye	214-226
Teacher Quality and Professionalism for Enhancing School Achievement Dr. Steve Nwokeocha	227-240
Information and Communication Technology and Decision-making In Secondary School Administration in Ilorin South Local Government Area, Kwara State. Professor N. B. Oyedepi	241-250
Intermittent Training (Running) Programm as Modulator of Some selected Risk Factors of Coronary Artery Disease In Normotensive Black Male Adults. Dr. Rufus, Ojo Ajayi	251-260
Ethical Paradigms for a viable Universal Basic Education (UBE) Scheme in Nigeria Dr. Folashade, R. Sulaiman	261-272

INFLUENCE OF ADEQUATE PROVISION OF SPORTS FACILITIES AND EQUIPMENT ON PERFORMANCES OF PROFESSIONAL ATHLETES IN KWARA STATE SPORTS COUNCIL

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Abstract

This paper examined influence of adequate provision of sports facilities and equipment on performances of professional athletes in Kwara State Sport Council, Nigeria. A stratified random sampling technique was used to select a sample population of two hundred (200) athletes, coaches and sports administrators in Kwara State Sport Council. A researcher structured questionnaire that had been adequately validated by experts in the field of sports administration was used for the study. A reliability value of 0.81 correlation coefficient was obtained with the use of test-retest method. Descriptive research survey method was adopted for the study. In all, three research hypotheses were formulated and tested at 0.05 alpha level of significance. Data collected were analysed with the use of chi-square (χ^2) statistical method. The result of the study showed that adequate provision of sports facilities enhance and improve performances of professional athletes. Also, adequate procurement and supply of needed equipment enhance and improve performances of professional athletes. Based on these findings, the study recommended that Sports Council and National Sports Commission should endeavour to provide basic sports facilities to enhance mass participation of professional athletes of all categories; also, it is suggested that professional sports managers and administrators should be mandated to

manage sports facilities and equipment in any sport organisation, so as to avoid waste of equipments and facilities.

Introduction

The achievement and implementation of goals of any organisation depend to a large extent on its input and output gradients, i.e. human and material resources. Mayo (2004) noted that the resources at the disposal of the personnel in every organization are some of the yardsticks for measuring the success and effectiveness of any programme. In every sports organisation, facilities and equipment are fundamental tools for effective performance of athletes. Mayo (2004) observed that the provision of sports facilities and equipment as well as their effective utilization are vital factors in achieving desirable results in sports organizations. It is obvious that in Nigeria, most of our facilities and equipment are obsolete. The existing ones are not adequately maintained. All necessary accessories in term of facilities have been under-utilized or abandoned and wasted away. This problem according to Mayo (2004) is attributed to inadequate funding and procuring of equipment and poor maintenance culture.

The provision of enough facilities and equipment is inevitable for achievement of desirable outcome in any sporting event. Venkateswarlu (1992) and Eke (1992) stated that inadequate facility is one of the major problems hindering promotion of athletes in Nigeria. In order to improve and sustain better athletes performance in competitive sporting events, provision of adequate facilities is essential in most organizations. In realization of inherent values accruable from effective provision of facilities and equipment for better athletes performance, Adesoye (1997) opined that the rapid increase in school population currently being experienced in Nigeria necessitates the need for long-range planning of school sports performance needs of the athletes.

In realizing importance of adequate provision of facilities and equipment in training and implementing sports programmes, Ajisafe (1990) emphasized that modern physical education and sports programmes that encourage a wide range of skills require extensive play area. Bonnet (1992) expressed the view that inadequate facilities could limit sports programme. He then suggested that sports programme need better gymnasium, swimming pools, outdoor play area, locker, rooms, activities or machine rooms, health units and supplies offices. European Committee for Standardisation (2010) described facility management as integration of processes within an organization to maintain and develop the agreed services which support and

improve the effectiveness of its primary activities.

The performances of sports athletes in any sporting event or organized sports competition depend to a large extent on quality of equipment, facilities and maintenance culture channeled towards the existing facilities and equipment. Adesanya (1990) opined that for a positive result in sporting activity as it affect performance to be achieved, facilities need to be provided for professional athletes at all levels of participation. Obiyemi (1986) also noted that the desirability of making adequate provision of facilities for both the players and spectators as a bid to instilling orderliness and modesty that could guarantee the safety and continuous use of facilities and safety of athletes are inevitable.

The amount of facilities, equipment and supplies needed for any particular sports programme will be determined by three factors highlighted by Ajisafe (1990) as financial consideration, the school/community population; and the programme itself. Mayo (2004) asserted that whatever facilities, equipment and supplies available should be in sufficient quantity so that everyone will be able to participate actively in sporting programme. British Standard Institution (2010) stated that facilities management contribute meaningfully to successful accomplishment of sports objectives and goals. All the other activities rest squarely on it. The scope of facility management is space and infrastructure such as planning, design, workplace, construction, lease, occupancy, maintenance, furniture, cleaning e.t.c.

It will not be overstatement to say that maintenance of facilities and equipment is necessary for better athletes performance. Omoruan (1996) noted that low quality maintenance programme has resulted into many well designed facilities wasting away gradually. Akanni (1991) reiterated that if the facilities are well maintained as well as being in hygienic condition, such facility would attract and encourage the professional athletes to utilize them.

Research Questions

This study was carried out with the use of the following research questions;

1. Do the facilities available to professional athletes have any significant influence on their performances in sporting competition?
2. Do the equipment available to professional athletes for training and competition have any significant influence on their performances in sports competition?
3. Do the levels of facilities and equipment maintenance have any significant influence on performances of professional athletes in Kwara State?

Research Hypotheses

In carrying out this study three hypotheses were formulated and tested. Below are the research hypotheses:

1. The facilities available to professional athletes will not have significant influence on their performances in sports competition.
2. The equipment available to professional athletes for training and competition will not have significant influence on their performance in sports competition.
3. The levels of facilities and equipment maintenance will not have significant influence on the performances of professional athletes in sports competition.

Research Method

This study adopted descriptive research method. Awolola (2001) describe descriptive research method as a method that describe systematically a situation or an area of interest factually and accurately. This is the reason why descriptive method was deemed appropriate for this study. The study population comprises of all athletes, coaches and sports administrators in Kwara State Sport Council. In all, two hundred (200) respondents out of two thousand and eighty (2,080) professional athletes, sports administrators and coaches in Kwara State Sport Council constituted sample respondents for the study.

The research instrument used for the study is questionnaire which has been adequately validated by experts in the field of physical and health education. A correlation coefficient of 0.81 was obtained by the use of test-retest method. The data collected were analysed with the use of chi-square (X^2) statistical method of analysis. The result of the analysis was tabulated below:

Hypothesis One (1): The facilities available to professional athletes will not have significant influence on their performances in sports competition.

Table 1: Influence of availability of facility on performances of professional athletes

S/No	Items	No	Df	Calculated X^2 value	Critical value	Decision
1.	All necessary facilities were provided for sporting activities within the stadium complex	200	12	39.63	21.03	Reject H_0
2.	Changing rooms, shower and toilet facilities are adequately provided for use by the athletes					
3.	Adequate lighting and illumination were provided as necessary for sporting events					
4.	The structural building construction and layout of stadium followed laid down standard					
5.	All training facilities needed by professional athletes are readily made available to them					

The finding from analysis in table 1 shows calculated chi-square value of 39.63 against the critical value of 21.03 with degree of freedom of 12 at 0.05 alpha level of significance. Since the calculated value is greater than the critical value, the above stated hypothesis is hereby rejected. This means that availability of facilities enhanced professional athletes performances.

Hypothesis Two (2): The equipment available to professional athletes for training and competition will not have significant influence on their performance in sports competition.

Table 2: Influence of availability of equipment on performances of professional athletes

S/No	Items	No	Df	Calculated X^2 value	Critical value	Decision
1.	The equipment provided for better athletic performances are of high quality	200	12	39.63	21.03	Reject H_0
2.	All equipments provided are sufficient for the training of athletes					
3.	Athletes have access to necessary equipment they are likely to use during sports competition					
4.	All the available equipments are proportional to utility value professional athletes stand to derive during training and sports competition					
5.	Modern equipment have been purchased and made available to professional athletes					

The result of analysis of tested hypothesis two (2) in table 2 above revealed calculated chi-square (X^2) value of 32.07 against critical value of 21.03 with degree of freedom of 12 at 0.05 alpha level of significance. Since the calculated value is greater than critical value, the above stated hypothesis is hereby rejected. This means that effective provision of sports equipment enhance performances of professional athletes.

Hypothesis Three (3): The levels of facilities and equipments maintenance will not have significant influence on the performances of professional athletes in sport competition.

Table 3: Influence of facilities and equipments maintenance on the performances of professional athletes.

S/No	Items	No	Df	Calculated X^2 value	Critical value	Decision
1	The facilities provided are well maintained by athletes	200	12	--	--	-----
2	Dilapidated facilities are usually repaired immediately they have been noticed					
3	There are enough personnel that are saddled with responsibility of maintaining the facilities provided to professional athletes					
4	The equipment procured are well utilized and maintained for ensuring better athletes performances in sport competition					
5	Sophisticated equipment are often left to the care of physical fitness laboratory and stadium manager for their effective maintenance					

The analysis of tested hypothesis three (3) above revealed calculated chi-square (X^2) value of 35.18 against critical value of 21.03 with degree of freedom of 12 at 0.05 alpha level of significance. Since the calculated value is greater than critical value, the hypothesis stated above is hereby rejected. This means that adequate maintenance of facilities enhance and improve performances of professional athletes.

Discussion of Findings

The result of analysis of tested hypothesis one (1) revealed that availability of facilities enhance professional athletes performances. This finding was corroborated by Venkateswarlu (1992) and Eke (1992) that inadequate facility is one of the major problems hindering promotion of athletes in Nigeria. Bonnet (1992) supported the finding that inadequate

facilities could limit sports programme. Also, British standard institution (2010) supported this finding that facilities management contributes meaningfully to successful accomplishment of sports objectives and goals.

The finding from analysis of tested hypothesis two (2) shows that adequate provision of equipment enhance and improve performances of professional athletes. This finding is in line with the finding of Mayo (2004) that the provision of sports facilities and equipment as well as their effective utilization are vital factors in achieving desirable results in sports organizations. She added that whatever facilities, equipment and supplies available should be in sufficient quantity so that everyone will be able to participate actively in sporting programme.

The finding of tested hypothesis three (3) above revealed that the effective maintenance and discrete utilization of sports facilities enhance and improve performances of professional athletes. The finding agreed with the finding of Omoruan (1996) that low quality maintenance programme has resulted into many well designed facilities wasting away gradually. The finding is further corroborated by Akanni (1991) that if the facility is well maintained as well as being in hygienic and safe condition, such facility would attract and encourage the professional athletes to utilize them.

Conclusion

The finding from this study shows that adequate provision of all needed facilities and equipment is essential and paramount to successful achievement of goals of sports organisation. Based on this finding, the study concludes as follows:

- Adequate provision of sports facilities enhances and improves performances of professional athletes.
- Adequate procurement and supply of needed equipment enhance and improve performances of professional athletes.
- Effective maintenance of facilities and equipments often promote better athletic performances.

Recommendations

Based on the findings of this study, the following recommendations were made:

1. Sports Councils and National Sports Commission should endeavour to provide basic sports facilities to enhance mass participation of professional athletes of all categories.
2. Professional sports managers/administrators should be mandated to manage sports facilities and equipment in any sports organisation so as to avoid waste of equipment and facilities.

3. Efforts should be made to encourage foreign investors to establish industries that produce sports equipment in Nigeria in order to have very cheap and high quality equipment in any sports organisation for the use of home based athletes.
4. Regular maintenance must be carried out on the facilities and equipment. Routine checks on all appliances and fittings are essential for example toilets, shower rooms, lighting and floor for safety reasons and remedies to reduce future replacement.

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