

# **JOURNAL OF SPORTS PSYCHOLOGY ASSOCIATION OF NIGERIA**

**Volume 9**

**2014**

1. 31-38

2. 39-48



ISSN 1115 - 4101

**JOURNAL OF SPORT PSYCHOLOGY**  
**ASSOCIATION OF NIGERIA**  
**(JOSPAN)**

AINA, MICHAEL GBEMISOLA  
FACULTY OF EDUCATION  
HUMAN KINETICS EDUCATION  
UNIVERSITY OF ILORIN.

VOLUME 9 (2014)



Dec. 2015



---

**Editorial Board**

***Editor – in – chief***

**Prof. P. B. Ikulayo**

Dept of Human Kinetics & Health Education,  
University of Lagos.

***Managing Editor***

**Dr. Lanre Ipinmoroti**

Dept of Human Kinetics & Health Education  
Tai Solarin University of Education  
Ijebu – Ode.

***Members***

**Dr. F. M. Adeyeye**

Dept of Human Kinetics & Health Education,  
University of Lagos

**Dr. Joe Vipene**

Rivers State University of Science & Technology,  
Port Harcourt

**Prof. M. A. Ajayi**

Dept of Human Kinetics & Health Education,  
University of Ibadan

***Editorial Advisory Board***

**Prof. Ademola Onifade**

PHE Dept  
Lagos State University, Ojo

**Prof. F. B. Adeyanju**

PHE Dept  
Ahmadu Bello University, Zaria.

**Prof. J. T. Ogundari**

Dept. of Physical & Health Education,  
Obafemi Awolowo University, Ile – Ife

**Prof. S. O. Salokun**

Dept. of Physical & Health Education,  
Obafemi Awolowo University, Ile – Ife.

## Table of Contents

Characteristics of Distance Learners: Lessons for Sustainable Peak Performance in Sports in Nigeria Nebath Tanglang .....	1 – 7
Perception of Nigeria Professional Football Players on Collective Collapse of Football Teams Isaac Akinloye, Oyewumi & Blessing, Lydia Oluwatunbi .....	8 – 17
Excellence Affirmative of Identity through Sports and Games Participation among School Age Children Abubakar, Laro Ibrahim, Adebisi Adedigba & Abubakar, Yinka Abdulkadir .....	18 – 23
Effects of the Use of Stimulants in Attaining and Sustaining Peak Performance in Sports and Games in Ogun State Nigeria Moshood Olalekan Bello & Adekunle Olanrenwaju Adeogun .....	24 – 30
* Influence of Culture on Sports Participation among Residents of Ilorin Metropolis, Kwara State Oniyangi, S.O., Falaye, E.K. Aina, M.G. & Abdulkareem, A.Y .....	31 – 38
* Influence of Sports Participation on Conflict Resolution among Secondary School Students in Ilorin, Metropolis, Kwara State S. O. Oniyangi, A. Y. Abdulkareem, Falaye, Elijah Kayode & Aina, M.G. ....	39 – 48
Motivating Athletes towards Attaining and Sustaining Peak Performance Using Counselling Skills and Strategies Fidel O. Okopi .....	49 – 56
Mediation as an Effective Conflict Resolution Mechanism: The Nigeria Football Federation Crisis as a Case Study Jimoh Ahmed Ayinla .....	57 – 65
Exploring Roles of Social Facilitation on Peak Performance Adewunmi, Cellina Mojisola .....	66 – 72

## **Influence of Culture on Sports Participation among Residents of Ilorin Metropolis, Kwara State**

Oniyangi, S.O.

*Department of Health Promotion and Environmental Health Education,  
Faculty of Education, University of Ilorin, Ilorin, Nigeria  
Email: Lanreoniya@gmail.Com.  
Phone No. 08034299173*

Falaye, E.K. Aina, M.G.

*Department of Human Kinetics Education  
Faculty of Education University of Ilorin,  
Ilorin, Nigeria*

Abdulkareem, A.Y.

*Department of Educational Management,  
Faculty of Education, University of Ilorin,  
Ilorin, Nigeria*

### **Abstract**

*The study examined the influence of culture and need for sound health on sports participation among residents of Ilorin metropolis, Kwara state. Relevant literatures were reviewed. The population for the study comprised all the residents in the study area. Descriptive research of survey method was used. A multi-stage sampling techniques of stratified and random sampling techniques were used to select 200 respondents. A likert scale format questionnaire which was validated and tested for reliability was used. A reliability coefficient of 0.67 was obtained through test-retest method using Pearson product moments correlation co-efficient. The instrument was administered by the researcher and research assistants. The data collected were analysed using inferential statistics of three trained chi-square( $\chi^2$ ) statistical method. The result revealed that culture influence sports participation among residents of Ilorin, mode of interaction in sports participation affects residents participation in sports in Ilorin. The study therefore, recommended that residents of Ilorin should not allow culture to affect their participation in sports, that they should not allow gender, interaction and mode of dressing to affect their participation in sports also, need for good health should be encouraged among residents of Ilorin metropolis in Kwara State.*

**Keywords:** Influence, Culture, Sport, Participation



It is a well established fact that participation in sports improves physical and psychological well-being of an individual in the society. Sports are social events that cannot be performed in isolation, however, it has been identified as part of the society force that provides opportunity for regular interaction with many social institutions. (Ajiboye, 2004). Ajiboye (2004) further stressed that sports is a competitive activity that involves vigorous physical exertion or the use of complex physical skills by an individual. Nwankwo (2001) stated that sport organization, administration and participation are surrounded by many socio-cultural issues such as discrimination of all forms of unfortunate feature in our society. Sports generally entails bringing participants, officials and spectators together at the level of organization, people are therefore brought together at the community, state, national and international levels through their active participation in sports (Oloyede, 2004).

Onifade (2001) viewed sports as an institutionalized competitive activity that involves vigorous physical exertion or the use of relatively complex physical skills by individual. Sports, as a social institution, teaches and reinforces societal beliefs, norms and values thereby assisting in socializing athletes into major culture and social behaviour patterns of various societies. Onifade (2001) also stressed that sports serves as safety valve to dissipate excess tension and possible expression of hostility in the society. This gives the participant an opportunity to thereafter behave well. It has been shown that individual that participates in sports and exercises benefits tremendously. Participation in exercise helps individuals to strengthen the heart, increase its efficiency and reduce resting heart rate (brady-cardia), decrease the risk of coronary heart disease, prevent obesity and excessive weight, prevent any disease that include varicose vein, decrease systolic and diastolic blood pressure, develop collateral circulation, quickly clear fat from the blood stream, increase the amount of hemoglobin and coronary blood supply, it reduces the clotting ability of the blood, it improves cardio-respiratory functional capacity and physical working capacity and as a result of health status and quality of life, it increases flexibility and retard the physical and physiological changes that result from ageing (Oloyede and Akinsamni, 2004).

The state of health is another aspect that enhances effective participation in sports. When the citizens are healthy, the nation is healthy, health is wealth. Therefore, the nation needs to stay healthy. The citizens therefore need to use sports and other avenues to remain healthy (Onifade 2001). The concept of culture is very fundamental in understanding human and social behaviour of an individual. Nigerian Educational Research and Development Council (NERDC) (2009) stressed that culture is the way people live, which consists of a system of ideals, values, beliefs, knowledge and customs transmitted from generation to generation within a social group. Ajiboye (2011) opined that culture is learned, acquired and it is a medium of communication from one generation to another and from one society to the other. Dosumu (2001) viewed culture as that part of total repertoire of human action and its product which are socially transmitted. The emphasis of culture and sports promotion can not be ignored because culture and sports are products of social interaction. He also stressed that sports in recent times or during the primitive age can not be separated from culture because culture determines the desirable

activities in any society, school and home. However youths are motivated to cultivate sports culture which will continue to linger in their mind throughout their life time and for onward transmission to their off-springs and future generation. Babatunde (2002) stated that participating in sports and non participation are influenced by several factors which are socio-cultural in nature and among other things, embedded in such issues which are multi-dimensional depending on a given society. However, sports as a social phenomenon, can be viewed as both dependent and independent variables that can influence the socio-cultural heritage of any society. Gary (2010) pointed out that interestingly clothing was identified as a determinant of negative attitude towards sports in the society as most people do not want to conform to sports wear due to the fact that their bodies will be exposed during training.

Fadoju (1999) viewed family, socio-economic background of the parents, age, religion, gender, geographical factors such as (river-rine area) ethnicity and social stratification as other social factors that induce children into sports. The opportunity to take part in sporting activities should be based on human rights, however, people suffer constraints that prevent them from taking part in sports.

### **Statement of the Problem**

Despite the benefits derived from participating in sports, people tend to isolate themselves from participating in sports due to the fact that, their cultural beliefs do not allow full participation in sports. It was observed from people's comments that active participation in sports tend to expose people to immoral acts which form the basis for social vices most especially among youth. It was also observed people thought or belief that participating in sports is usually associated with evil spirits and which make people not to be religious conscious.

### **Research Questions**

The following research questions were raised in order to carry out this study.

1. Does culture of people have significant influence on sports participation among residents of Ilorin metropolis?
2. Does mode of interaction in sports have significant influence on sports participation among residents of Ilorin Metropolis?
3. Does mode of dressing in sports have significant influence on sports participation among residents of Ilorin Metropolis?

### **Research Hypotheses**

The following research hypotheses were formulated and tested for the study.

1. Culture of people will not have significant influence on sports participation among residents of Ilorin Metropolis.

2. Mode of interaction in sports will not have significant influence on sports participation among residents of Ilorin Metropolis.
3. Mode of dressing in sports will not have significant influence on sports participation among residents of Ilorin Metropolis.

### Methodology

The research design used for this study was a descriptive research design of survey method. The population for the study comprised all residents of Ilorin Metropolis. A multistage sampling technique was used to select the sample for the study. The location of the study was divided into 4 stratified areas, in all; fifty (50) respondents were randomly sampled from each of the location. This comprised 30 males and 20 females that were proportionately selected from each area of the study. This means that two hundred (200) respondents were selected for this study consisting of 120 males and 80 females. The instrument used for the study was a Likert scale format questionnaire which was validated. A test retest method was employed to establish the reliability level. A reliability of 0.67 correlation coefficient was obtained. The instrument was administered by the researchers and three trained research assistants. The data collected were analysed using inferential statistics of chi-square statistics to test the stated hypotheses at 0.05 alpha level of significance.

### Result

**Hypothesis 1:** Culture of people will not have significant influence on sports participation among residents of Ilorin metropolis, Kwara State.

**Table 1: Shows the Chi-square ( $\chi^2$ ) results on culture of resident on sports participation in Ilorin metropolis, Kwara State.**

S/N	Items	SA	A	D	SD	Total	Cal. t-value	df	Crit. value	Dec.
1	People believe that sports is associated with evil spirit	40	60	55	45	200	67.13	3	16.92	Hypothesis Rejected
2	Sports participation bring about loss of cultural value among people	35	25	65	75	200				
3	Participating in sports makes one to disrespect one another	80	70	30	20	200				
4	People believe that participating in sports usually expose the body	42	97	33	33	200				
	<b>Total</b>	<b>461</b>	<b>147</b>	<b>107</b>	<b>85</b>	<b>800</b>				



Table 1 shows the calculated Chi-square of 67.13 against the critical value of 16.92 with degree of freedom of 3 at 0.05 alpha level. Since the calculated value is greater than the critical value, the null hypothesis that stated that culture of people will not have any significant influence on sports participation is rejected. This means that culture of people significantly influence sports participation among residents of Ilorin Metropolis, Kwara State.

**Hypothesis 2:** Mode of interaction in sports will not have significant influence on sports participation among residents of Ilorin metropolis, Kwara State.

**Table 2:** Shows the Chi-square ( $\chi^2$ ) result on mode of interaction on sports participation among residents of Ilorin metropolis, Kwara State.

S/N	Items	SA	A	D	SD	Total	Cal. t-value	df	Crit. value	Dec.
1	People participate in sports because it enhances good communication skills	34	26	59	81	200	84.7	3	16.92	Hypothesis Rejected
2	People participate in sports because it brings about social interaction	25	35	49	91	200				
3	Participating in sports promote unity among people	10	35	60	95	200				
4	Participating in sports promotes friendship among people	15	25	66	94	200				
	<b>Total</b>	<b>84</b>	<b>121</b>	<b>234</b>	<b>361</b>	<b>800</b>				

Table 2 indicates calculated Chi-square of 84.7 against the critical value of 16.92 with degree of freedom of 3 at 0.05 alpha level. Since the calculated value is greater than the critical value, the null hypothesis which stated that mode of interaction in sports will not have any significant influence on sports participation was rejected. This means that mode of interaction in sports significantly influence sports participation among residents of Ilorin metropolis, Kwara State.

**Hypothesis 3:** Mode of dressing in sports will not have significant influence on sports participation among residents of Ilorin metropolis, Kwara State.

**Table 3:** Shows the Chi-square ( $\chi^2$ ) result on mode of dressing on sports participation among residents of Ilorin metropolis.

S/N	Items	SA	A	D	SD	Total	Cal. t-value	df	Crit. value	Dec.
1	Participating in sports encourages indecent dressing	45	40	60	55	200	23.19	3	16.92	Hypothesis Rejected
2	Exposure of the body during sporting activities promotes immoral acts	35	47	70	48	200				
3	Sports wear exposes the body during sports to public	65	20	30	85	200				
4	Indecent dressing are common among sports men and women	25	22	90	63	200				
	<b>Total</b>	<b>170</b>	<b>129</b>	<b>250</b>	<b>361</b>	<b>800</b>				

Table 3 shows the calculated Chi-square ( $\chi^2$ ) result on influence of mode of dressing on sports participation among residents of Ilorin metropolis, Kwara State. A critical analysis on Table 3 indicates calculated Chi-square value of 23.19 against the critical value of 16.92 with degree of freedom 3 at 0.05 alpha level. Since the calculated value is greater than the critical value, the null hypothesis that stated that mode of dressing in sports will not have significant influence on sports participation was rejected. This means that mode of dressing influences sports participation of residents of Ilorin metropolis, Kwara State.

#### Discussion of Findings

The result of analysis of tested hypothesis 1 in Table 1 showed the Chi-square ( $\chi^2$ ) analysis on influence of culture of people on sports participation of residents of Ilorin metropolis. The finding revealed that culture has great influence on sports. This result is in

agreement with Babatunde (2002) who stated that participating in sports and non participating in sports are influenced by several factors which are socio-cultural in nature. The finding from tested hypothesis 2 revealed that mode of interaction in sports have a great influence on sports participation among residents of Ilorin metropolis. This finding supports the findings of Ajiboye (2004) who identified sports as part of the societal force which provides opportunity for regular interaction with many social institutions. Table 3 showed the Chi-square ( $\chi^2$ ) analysis of mode of dressing in sports on sports participation of residents of Ilorin Metropolis. This result tallies with the view of Luke (2010), who pointed out that clothing was identified as a determinant of negative attitude towards sports in the society as most people do not want to conform to sports wear due to the fact that their bodies will be exposed during training.

### **Conclusions**

Based on the findings of the study, the following conclusions were made.

1. Culture poses a serious influence on sports participation among residents of Ilorin Metropolis, Kwara State
2. Mode of interaction in sport have influence on sports participation among residents of Ilorin, Metropolis, Kwara State
3. Mode of dressing in sports influences sports participation among residents of Ilorin Metropolis, Kwara State.

### **Recommendations**

Based on the findings of this study; the following recommendation were made.

1. That residents of Ilorin should not allow culture to affect their participation in sports.
2. That mode of interaction should not affect their full participation in sports.
3. That mode of dressing in sports should not affect their participation in sports.
4. Sport should be used as an avenue to promote good health of the residents of Ilorin, Kwara State.

## References

- Ajiboye G.A (2011) Essential comprehensive textbooks on Physical & Health Education for Junior Secondary School: Lagos State. Ajibson Enterprises.
- Ajiboye, G.A (2002) sports Development in secondary schools in Lagos state, Ajibson Nigeria, Enterprises.
- Akinsanmi, T. & Oloyede, R.O. (2001). Contribution of sports to National Development. A Paper presented at the National Conference of the school sciences, Adeyemi College of Education, Ondo.
- Babatunde, I. (2002). Socio-Cultural determinants of sports participation among undergraduates in first generation Nigerians university of Ibadan, Codat publication.
- Dosurnu, C. (2001). Towards an understanding of the sociology of sports, university of Ilorin, Unilorin press.
- Fadoju, A.O. (1999). Introduction to sociology of sports human kinetics and health Education, Ibadan, Codat publication.
- Gary, D.S. (2010). Gender difference in adolescents attitudes towards School Physical Education, University of British, Calumbia, Mvancouver B .E Canada VCT.
- Nigeria Educational Research and Development Council (2009). The Federal Ministry of Education
- Nwankwo, E.O. (2001). General Equity in university sports in Nigeria physical, psychological and sociological perspective in C.O Udoh (Ed): Issues in Human Kinetics & Health Promotion and Education, Ibadan, Oyo State Codat publications
- Onifade, A. (2001). Sports and society issues in Human Kinetics, Health Promotion and Education, Ibadan, Chris Rose Ventures.