# Journal

# NIGERIA ASSOCIATION FOR PHYSICAL, HEALTH EDUCATION, RECREATION, SPORT AND DANCE

JONAPHER. SD

Vol 3, No 1 Jan. 2014

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# JOURNAL OF NIGERIA ASSOCIATION FOR PHYSICAL HEALTH EDUCATION, RECREATION, SPORTS AND DANCE

## JONAPHER. SD



**Vol. 3 No. 1 January 2014**

*This Journal (JONAPHER. SD) is a bi-annual publication; published by Nigeria Association for Physical, Health Education, Recreation, Sports and Dance, as its official academic Journal.*

**ADVERTISMENT**

| Size | One Insertion | Two Insertion |
|---|---|---|
| Full Page | N20,000.00 | N35,000.00 |
| Half Page | N10,000.00 | N15,000.00 |
| Quarter Page | N7,000.00 | N10,000.00 |

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**JONAPHER. SD 2014**

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**ISSN: 1596 - 5007**

Printed by
**Walex Publisher Prints**
5, Alhaji Otta Street,
Mushin, Lagos - Nigeria.
Tel.: +234 803 479 8822, 0704 131 1481

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# ATTITUDES AND TRAINING OF ATHLETES AS PREDICTORS OF PERFORMANCE IN COLLEGES OF EDUCATION GAMES IN KWARA STATE

*BY*

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**Abstract**

*The study examined attitudes and training of athletes as predictors of performance in Colleges of Education Games in Kwara State. The population for this study comprised of all athletes in Kwara State Colleges of Education. Two hundred and thirty five (235) respondents were randomly selected as sample for the study from three Colleges of Education in Kwara state. The research instrument used for the study was a self structured questionnaire which was validated and tested through test-retest method. The reliability coefficient result of 0.76 was obtained. In all, three research hypotheses were drawn and tested with the use of descriptive statistical methods of Pearson Product Moment correlation coefficient (PPMCC) and t-test statistical method at 0.05 aloha level of significant. The finding from the study revealed that there is positive improvement of athlete's performance by incentive given to athletes by College Management for their participation in College of Education Games Competition. Also, it was revealed that athletes that have acquired adequate skills will practice with high level of concentration to achieve positive result. It was recommended that college management should motivate athletes with tangible reward in order to ensure mass participation in sporting competition.*

***Keywords***: *Attitude, Training, Athletes, Predictors, Performance*

## Introduction

Attitude are best expressed when individuals make statement about their feelings or opinion about certain objects, issues or things. Chakrabarti (1993) stated that the term attitude refers to ones feelings, thoughts, and predisposition to

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behave in some particular manner towards some aspects of ones environment.

Malina and Buchard (1991) asserted that attitude as the views of a person, whether positive or negative, is position of the body or manner of conducting oneself. It is also a state of mind or a feeling of disposition that has impact on training and participation in sporting events. They reflect how one feels about something. For example, If someone says that I like my job. The statement expresses his/her attitude towards his/her job. Each and every person has different attitude at different conditions.

Positive attitude helps the athletes to cope better with daily training. Attitude plays essential roles in determining the way we react or behave. Attitudes affect the sense of judgment and perception of other people. Attitudes are evaluating statement on which the success of individual athlete depends and activities that enhance good performance. Attitude generally has three basic components i.e. cognitive, affective and psychomotor. The components are interrelated which leads to a specific and consistent pattern of reacting to people and events in other environment. Attitudes were formed in an attempt to satisfy certain psychological needs. For example, a football player may be converted to an track athlete if this is considered a requirement to be able to become a champion in the tracks events.

The resultant experience will propel the individual to change his/her attitude to tally with the emitted behaviour. Once attitude are formed, they become integral part of an individual's personality, affecting his/her whole style of behaviour and action, which therefore become pretty difficult to alter. Nevertheless, attitudes are changeable under certain circumstances. According to Martin (2000) attitude change can be affected in the following ways.

(1) Personal approach
(2) Societal pressure and section
(3) Attitude change through education and propaganda.
(4) Attitude change through persuasion and personal approach that has to do with the satisfaction of athletes needs. For example, if an athlete realizes that he cannot satisfy certain need unless he/she demonstrates certain attitude. to acquire new skills from coach. Therefore, the athletes access the correct technical skills to improve his/her performance.

Athlete's attitude can be changed through persuasive communication which consists of spoken televised or videotaped messages and written statement that

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are presented through logical ways to the athletes. The nature kind of athletes to be influenced how to start, as well as the approach to take in ensuring that the instruction or message is accepted by the athletes must be known. The purpose of ensuring consistency between attitude and the emitted behaviour. Athletes are often reprimanded to enable them to correct their attitudes and make them conform to the technical skills and acceptable behavior. An individual personality is often influenced by attitude. For instance, athletes with hostility tendencies usually reveal some antagonisms trait.

Attitudes are "inside" the individual. Consequently, coaches are often faced with the task of changing attitudes of athletes and try to identify various ways of effective communication with individual athletes to achieve positive goals. It is therefore necessary for coaches to identify athlete's attitude and behaviour to ensure better performance. For instance some athletes tend to behave in the manner of their favorites and idols, Such as Drogba, Kanu Nwankwo and Augstine J.J. Okocha.

Turner and Reglin (1991) stressed that attitudes strongly guide the behaviour of an athlete. They emphasized that negative attitude of athletes affect their performance during sporting competition in colleges of Education Games. It is necessary to modify irrational attitude of athletes during practicing of new skills. Attitude can be influenced by external as well as internal factors such as cash, scholarship, word of encouragement, and accommodation of athletes. Coaches should therefore pay more attention to athletes communication to change their attitudes.

Strokes (2010) noted that athletes often possess high general fitness levels and their training must also be of high demand. Therefore, warm up were used for heavier work, a three lap circuit could be practiced first. However, the basis of circuit training should be preserved and the athletes should still work against the clock.

Athletes spend relatively little time in practicing skills under pressure, when the environment is conducive to training there will be great high performance. Athletes go through the same mental and physical preparation before the contest/ competition. Athletes particularly at the more advanced levels prefer to prepare mentally for the competition in their own way, while other prefers the company of their co-athletes. Therefore athletes differ in their ways of preparing for competition. Some athletes prefer a sedate atmosphere that allows for self-reflection, mental

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imagery and relaxation while other desire a more vocal, exciting locker-room atmosphere. The key coaching strategy is to allow each athlete to mentally prepare for the contest in the way that he/she finds most comfortable.

Chamers (2002) asserted that athletes attitude and practice predicts attribute such as value, ethnic, character, knowledge and skills in order to improve the athlete's performance in competitive sports in colleges of education games. Sports help the individual athletes to acquire desirable social character habit of self discipline, cooperation, sportsmanship, fair play and respect for human dignity. Akintunde (2001) states that sport programmes in colleges of education help in the following ways.

- To promote social interaction among the athletes irrespective of their religions belief or ethnicity.
- To bring together sportsmen with stable mental and emotional development.
- To identify and develop talent among the athletes.

Performance is usually regarded as an aggregation of individuals result such as performance over a month, or season of competition as opposed to single or isolated activity. Athletes performance include assessment of a particular results such exercise as an important performance factor as recovery will dictate how the athletes is able to prepare for the next events.

Reed (2002) stated that most athletes perform creditably at local, state and internationally organized competitions inspite of the unguided and unhealthy behaviour of the athletes. Most of these athletes rise to international levels due to their interest and commitment toward sporting competition. In view of all the aforementioned issues regarding attitude and practice in sports, it becomes very necessary to investigate the attitude and practice of athletes. Therefore, the purpose of this study is to investigate the attitude and practice of athletes as predictors of performance in College of Education Games in Kwara State.

**Methodology**

The descriptive survey method was used for this study because it entails the direct observation in the collection of data used for this study. The total numbers of two hundred and thirty-five (235) respondents were randomly selected from the three Colleges of Education in Kwara state at the joint Kwara State Colleges of Education games held in 2012. Eight-one (81) of the respondents were chosen

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from Kwara State College of Education Ilorin, while seventy-seven (77) respondents were selected from Oro College of Education and seventy-seven (77) respondents from Lafiagi College of Education (Technical). A self administered structured questionnaire, drawn from the variables under study (incentive practice and training and attitude), was used to collect data from the respondents. The questionnaire was validated by experts in field of sports administration and sports psychology in the department of Human Kinetics and Health Education, University of Ilorin and Kwara State University Malete. The research instrument were administered to the selected athletes participate in 2012 colleges of education game with the help of three (3) researcher assistants. The reliability of the instrument was asserted through the use of test-retest method within interval of two weeks and scores were correlated using Pearson Product Moment Correlation (PPM) and a coefficient of 0.76 was obtained.

## Results

**Table 1: Pearson (r) analysis showing the retationship of incentive on athletes performance in Kwara State Colleges of Education Games Competition**

| Variables | N | Mean | Std | Df. | Cal. r- value | Crit. r-value |
|---|---|---|---|---|---|---|
| Incentive | 235 | 11.5642 | .38943 | 233 | .635 | 0.195 |
| Performance | 235 | 13.0857 | .56880 | | | |

P > 0.05

Table 1 revealed that the calculated r-value is .635 while the critical r-value is 0.195 with 233 degree of freedom at alpha level of 0.05 significant. Since the calculated value is greater than critical value the hypothesis is therefore rejected. This means that incentive given to athletes by management is related to performance in Kwara State Colleges of Education Games Competition.

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**Tables 2: t-test comparison of influence of practice/training of male and female athletes on performance.**

| Variables | N | Mean | Std | Df. | Cal. t- value | Crit. t-value |
|---|---|---|---|---|---|---|
| Training of Male athletes and their performance | 138 | 9.7423 | .68280 | 233 | 5.204 | 0.96 |
| Training of Female athletes and their performance | 97 | 5.0857 | .43382 | | | |

P > 0.05

Table 2 revealed that calculated t-value of 5.204 is greater than critical t-value of 1.960 at 0.05 significance level with 233 degree of freedom. This implies that the hypothesis 2 is rejected. This means that male and female significantly differ on the influence of training on their performance in Kwara State College of Education Games Competition.

**Table 3: T-test Analysis showing influence on attitude of Male and Female Athletes on their Performance**

| Variables | N | Mean | Std | Df. | Cal. r- value | Crit. r-value |
|---|---|---|---|---|---|---|
| Attitude of male athletes on sports performance | 138 | 3.0714 | .49112 | 233 | 0.30 | 1.90 |
| Attitude of female athletes on sports performance | 97 | 3.1000 | .64043 | | | |

p<0.05

Table 3 indicated that calculated t-value of 0.30 is less than critical t-value of 1.90 at0.05 alpha level of significance with 233 degree of freedom. This implies that the

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hypothesis 3 is accepted. Meaning that, attitude of male and female athletes will not have much influence on their performances in colleges of education game in Kwara State.

**Discussion of findings**

The study was carried out to examine attitudes and training of athletes as predictors of performance in Colleges of Education Game in Kwara State. The results showed that incentive given to athletes by the management help in changing their attitude towards training and performances in competition. Incentive to the athlete is an urge, arousal, drive motive, energizer and enhance better performance in sport competition. For instance, if athletes are rewarded with cash and scholarship for outstanding performance with better training facilities, such rewards will help them to forge ahead and excel in their respective sporting career. Ikulayo (1990) described motivation as the complex forces, drives, needs, tension state or other mechanisms that start and maintain voluntary activity towards the achievement of goal. Ogunlade(2002) posited that intrinsic motivation refers to internally generated motive resulting from an internally determined need to achieve a particular goals such as measurable, agreed, time related, exciting and recorded of tangible reward like medals, money, these are used sparingly with athletes to avoid a situation where winning a prize is more important than competing well. Intangible reward also serves as incentive to athletes such as praise, recognition and should be used on a regular basis to encourage the athletes to repeat the behaviour which earned the praise. Eke, (1992) stressed further that motivation of athletes comprise of factors, such as accommodation, lectures and examinations, admission requirements and feeding allowance. It allowed athletes to train at high level because of incentive given by the college management through coach and increase their performance.

The result of this study revealed that training of male and female athletes greatly predict their performance in competitive sporting event. This implied that practice and training athletes may not necessary influence their performances despite the motivation such as praises, word of encouragement Savoy (1997) explained theory that female often do not perform well under pressure and their skill level decreases due to poor habits and technique to skills acquisition performance habit perform habit and drive (arousal). Therefore individual's athletes that have the skill will practice with high level of concentration and they can do better with the arousal level. Training is an act of committing athletes into practice session so as to improve

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their level of performance in sport competition. Athletes need intensive and long duration of trainings that will prepare them for the task of competing with other athletes. Training of an athlete must be regular, that is athletes must continue to train at high intensity for long period of time and more frequently.

The results of this study also revealed that attitudes of male and female athletes significantly predicts or influence their performance in sports competition. This means that attitudes of male and female athletes with have much influence on their performance in sports competition. Therefore some of the athletes with positive attitude are always excel in all competition, but those athletes with negative attitude on the other hand give poor result. Reed (2002) and Strokes (2010) noted that, only by so doing athletes personal satisfaction is guaranteed. In a situation when athletes hold negative attitude toward an event, his/her behaviour should be negative on other hand. Athletes attitude can be changed through persuasive communication, which consists of spoken, television or videotape message that are presented through logical way to the athletes. Attitude plays a very important role in our mist as they determine our reaction to people and determine or guide our behaviour in several situations.

It can be recommended from the findings of this research that student athletes should be motivated with tangible rewards in order to encourage mass participation.

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