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Education, Recreation, Sport and Dance

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**Journal of International
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Africa Region**

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Vice-President's Message



Prof. J.A. Adedeji

This message which I write as your Vice-President for Africa is with respect honour and appreciation. I am deeply committed to the principle of service, leadership and integrity. I feel great respect for what our members have accomplished for our profession especially our editorial board for publishing our journals which can stand the test of time globally.

As the Vice President for Africa I am presenting three priorities which are in accordance with the ICHPER-SD Africa purposes. The priorities emphasize increasing the quality and number of physical education, health education, fitness sport, recreation and dance programmes throughout the continent of Africa; in eradicating some if not all the social problems of our time and maintaining integrity and function of ICHPER-SD as the umbrella organization for our allied profession.

We must strive to increase the quality and number of our membership and programmes by creating and establishing an avenue of bringing in the Francophone countries into our current programmes and activities. Let us address this issue against our immediate future Africa congress. Let us take a fanatical approach to marketing our discipline and profession. We should project our image with knowledge and enthusiasm through respect for self respect for others and responsibility for all of our actions especially our bureaucratic.

In spite of current economic plight of Africa ICHPER-SD I appeal to all members to be determined to conquer such difficulties with wisdom gained from love, our professional beliefs and our genuine efforts to create a solid profession coalition.

Again it is such a privilege however to serve as the ICHPER-SD Vice President for Africa. And with all due respect, this would not have been possible were it not for the remarkable vision, support and work of Dr. Dong Ja Yang who has led us to renewed life and growth for ICHPER-SD. We can also succeed and advance toward excellence with the support and participation of the Africa ICHPER-SD. We can also succeed and advance toward excellence with the support and participation of the Africa ICHPER-SD membership with the various committee that would be set up to organize Africa congresses. We effected to big change through the Central and Local Organizing Committees headed by Dr. Clement Fasan to move forward toward our goal of excellence by the organizational vitality and productiveness of the 3rd ICHPER-SD Africa Congress in Winneba Ghana 2006 by the almost a thousand of registered members at the Congress.

ICHPER-SD Africa executive is now seeking to communicate with ICHPER-SD professional members in South Africa who wish to host and take on the cost effects - financial and organizational-for the 4th ICHPER-SD Regional Congress in 2007.

May God's amazing grace be with you all through out this year and the coming year 2007. Thank you for your understand and support.

Prof. John A. Adedeji
Vice President Africa Region

Editorial

This is the maiden edition of the Journal of International Council of Health Physical Education, Recreation, Sport and Dance (ICHPER.SD), Africa Region. This edition is in two parts (Vol. 1, No. 1 and Vol. 1, No. 2). The articles cover issues in Sports and Exercise Science, Sports Management and Recreation and Health Education. It is hoped that the articles in this maiden issue and subsequent ones will play a crucial role in nurturing and sustaining knowledge in the areas of ICHPER.SD.

The Editorial Board of ICHPER.SD Africa Region is using this medium to solicit high quality research and review papers for subsequent publications.

I would like to thank the people that reviewed the papers published in this volume for their time and expertise given for the success of this publication. The Editorial Board is very appreciative. I would also like to thank contributors and hope that they will continue to send qualitative papers to be published in the Journal of ICHPER.SD Africa Region.

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Prof. V.C. Igbanugo

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Journal of the International Council for Health, Physical Education, Recreation, Sport, and Dance (Africa Region)

GUIDELINES for AUTHORS

The Journal of the International Council for Health, Physical Education, Recreation, Sport and Dance (Africa Region) is the official publication of the International Council for Health, Physical Education, Recreation, Sport, and Dance (ICHERSD Africa Region). A blind review process is rigorously followed. Normally, authors submitting manuscripts are expected to be currently registered members of ICHPER.SD. Exceptional manuscripts from non members may be considered by the editor for review.

The following guidelines are to assist authors in preparing manuscripts to be submitted and considered through Journal of ICHPER SD Africa Region review and editorial processes.

- **Language:** Submit all manuscripts in English

Topic

- Subject matter from all areas of health, physical education, recreation, sport, and dance, interpreted in the broadest manner possible.
- Topics of international and African interest (especially cross- and multi-national) receive high priority.
- If reporting a local, state/provincial, or national program, it should have implications and applications for similar programs throughout the world.
- Report of research studies or project should include a section on practical implications and applications of the study or project.

Manuscript Preparation

- Use APA format being sure it is employed consistently throughout the manuscripts.
- All manuscripts must be computer generated, double spaced, with 1" margins, and pages numbered. Incorrectly prepared manuscripts will be returned without review to corresponding authors.
- Prepare a title page containing each author's name, position, affiliation, address and telephone numbers, and e-mail address. This is the only page where identifying information is to appear.
- For multiple authorship, identify which author should receive correspondence from the editor-in-chief.
- Follow the title page with the abstract, and then the full content of the manuscript. These pages are to contain no information identifying the author(s).
- Try to make the manuscript no longer than 12 to 15 double-spaced pages (excluding tables, figures, graphics, pictures, and references) – these make the best and most appropriate length articles.
- Include an abstract of between 100 and 200 words. The abstract should be a succinct summary of the information presented in the article.
- Receipt of manuscript is acknowledged to corresponding author by editor.

Submission Process

- Submit relevant pictures to give greater impact to your manuscript – black and white prints are preferred, although clear color prints, slides, and digital pictures can be used.
 - Submit three typewritten or computer generated double-spaced copies of your manuscript and abstract. Include one copy of the manuscript and abstract on a virus-free floppy computer diskette in MS Word Format. If possible, also send all material in the form of an e-mail attachment (MS-Word Format).
 - Corresponding author is notified of status of manuscript as soon as recommendations are received from reviewers. This process may take longer than might be expected since reviewers are located throughout the world.
 - Order of manuscript acceptance and publication is not the same since many factors must be considered for each issue.
 - Lead author receives two copies of the issue in which his/her article is published.
 - Send manuscripts and direct any correspondence to the attention of the Managing editor, Dr. E.O. Morakinyo Dept. of Human Kinetics and Health Education, University of Ibadan, Ibadan.
- (Adapted from ICHPER.SD Journal)

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Perceived Psychological Factors Inhibiting Oyo State Secondary School Athletes' Performance in Organized Competitions

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Abstract

This study focused on the perceived psychological factors inhibiting secondary school athletes' performance in organized sports competitions. The descriptive survey research design was adopted for the study. A self-developed questionnaire of 4-point Likert type was used to collect data from the (N = 633) athletes selected through random sampling technique. The chi-square (χ^2) statistic was used to analyze the hypotheses that were formulated at 0.05 alpha level. The variables tested were fear, self-doubts and loss of concentration. The results of the study revealed that the three variables were significant psychological factors inhibiting sports performance among the group of athletes studied. It was recommended that games masters and coaches should include all physical, physiological and psychological performance attributes for secondary school athletes in Oyo state to strengthen their concentration capabilities in preparation for improved sports performance.

Introduction

Various psychological and sociological factors affect athletes' performance in organized competitions. Youth athletes may be faced with fears relating to poor performance prior to competitions. Youth athletes need high level of concentration and attention to perform very well. They need to hold attention away from worry, determine their thoughts and actions before and during major events for them to have good performance. Coaches and trainers are expected to be able to build up athletes by imparting in them the necessary skills and techniques they need to perform in their various sports.

Adeyanju, (1996) opined that increased

emphasis on success has resulted in increased pressure on athletes while high level competition has brought more demands on them. They go into the competition carrying with them the hopes and expectations of family, friends, teammates, the public and even the state or country. Therefore to achieve the desired goal of success, adequate preparation of secondary school athletes is of great importance as it is the key to success.

Cratty (1989), and Enieke (1990), noted that athletes fear failure. There are many dimensions of fear in sportsmen and indeed non-sportsmen. When an athlete interprets an actual or potential event as threatening and is distracted from the task at hand instead of focusing externally on the information needed for optimal performance, doubt has set in. The athlete focuses on non-productive thoughts of self-doubts and possible danger.

Okonkwo (1997) reported that when youths are faced with competition and doubts about the outcome, it causes them worry prior to the competition over their competence and level of skills to win. Sarason (1988) stated that how well people perform and their levels of physiological activation are powerfully influenced by self-related thoughts.

Concentration can be defined as the ability to sustain attention on a selected stimulus for a period of time (Martens, 1977). Several studies have shown that athletes undergo various levels of tension before, during and after sports competitions (Venckend Cratty, 1970, Cratty, 1983). The tension begins to mount as soon as the athlete decides to participate in the competition. Therefore, they must be helped during this period of tension.

The athletes' thoughts and actions prior to and during competition help control fears. Secondary school athletes need to hold their attention away from worry, determine their thoughts and actions before and during competitive events for them to have good performance. Concentration is essential before and during competition over their competence and level of skills to win. Sarason (1988) stated that how well people perform and their levels

and during contests. Neglect of this aspect of psychological preparation may inhibit athletes' performance. This generated interest in the researchers to find out the perceived psychological factors inhibiting secondary school athletes' performance in organized sports competitions.

Statement of the Problem

One major problem that is likely to confront young athletes is that of exposure. Many of them may not have been opportuned to take part in big competitions. Most of their handlers hardly apply psychological skills in the training programme. The role of psychological preparation towards sports competition cannot be under-estimated. The degree of readiness of athletes (especially youth) and performance at sporting encounters depends largely on their psychological disposition. Sporting competitions have been won or lost based on the level of psychological preparedness of competitors. The researchers have observed that Oyo state secondary school athletes have not been exposed to psychological preparations while entering into competitions and this has really affected their performance in such competitions.

According to Okonkwo, (1999) when a youth is faced with a competitive situation, doubts about the result are apt to surface, thus causing anxiety. It is in the light of this that this research sought to identify perceived psychological factors inhibiting secondary school athletes' performance in organized sports competitions in Oyo state other than facilities and coaching techniques received by the athletes.

Methodology

The descriptive survey research design was used for the study. This was adopted because this type of research design is suitable for gathering data from relatively large number of cases at a particular time. It helps to describe and analyze all conditions that exist in the study.

Instrument

The instrument for the study was self-developed questionnaire. The instrument was

given out to experts for validation. 9 items were developed for the variables of fear of failure, loss of concentration and self-doubts. Items were formulated based on trying to avoid facing difficulty, being worried over possible misfortunes, finding it hard to keep disappointments of mind, getting distracted by the sights and sounds around, being distracted by self thoughts, being confused and forgetful, being concerned about losing important contests, lack of self confidence and concern about performing poorly. A 4-point scale of Strongly Agree (SA), Agree (A), Disagree (D) and Strongly Disagree (SD) was adopted. A reliability coefficient of 0.92 was obtained.

Administration of Instrument

Respondents were randomly selected from five sports. The questionnaire was distributed to the respondents and they were asked to fill them independently, after which the copies were retrieved by the researchers. The respondents included the athletes, games masters and coaches in Oyo state. The sport involvements of the respondents include among others soccer, handball, table tennis, basketball, hockey and track and field.

Data Analysis

The data collected were analyzed using frequency counts and percentages for the demographic data and influential statistics of chi-square (χ^2) for the selected variables. Results

Table 1 - Gender

Gender	Frequency	Percent
Male	387	61.1
Female	246	38.9
Total	633	100.0

Table 2- Age

Age	Frequency	Percent
13 - 15 yrs.	190	30
17 - 19 yrs.	146	23.1
20 - 24 yrs	57	9.0
25 and above	240	37.9
Total	633	100.0

Table 3 - Analysis on fear of failure

Responses	Frequency	%	X ² _{obt}	X ² _{crit}	df	Remarks
SA	238	37.6%				
A	193	30.4%				
D	113	17.9%	91.04	7.82	3	S
SD	89	14.1%				
Total	633	100%				

Table 5- Analysis on loss of concentration

Responses	Frequency	%	X ² _{obt}	X ² _{crit}	df	Remarks
SA	266	42%				
A	213	33%				
D	73	11.2%	15.89	7.82	3	S
SD	81	13.8%				
Total	633	100%				

Table 6- Analysis on self- doubts

Responses	Frequency	Percentage	X ² _{obt}	X ² _{crit}	df	Remarks
SA	338	51.9%				
A	171	27%				
D	73	11.3%	30.51	7.82	3	S
SD	51	8%				
Total	633	100%				

Discussion and Conclusion

The focus of this study was to examine the psychological factors inhibiting Oyo state secondary school athletes' performance in organized competitions. The findings of this study show that the three variables studied were significant. The first one is fear of failure. Most of the respondents strongly agreed to most of the statements on the factor of fear of failure. They believed that with fear in their mind, they cannot reach optimum performance.

Okonkwor, (1997) opined that like all people athletes harbor fear. Cratty (1989) also noted that many athletes fear failure. With the result of this finding and the empirical studies cited it shows that fear of failure is a significant psychological factor inhibiting Oyo state secondary school athlete's performance in organized competitions.

The result of the finding on loss of concentration showed that it was significant.

Nidefer (1990) stated that when athletes lack concentration it tends to induce a narrowed, internal attentional focus. Furthermore, participation in competitive sports occurs principally as an effort on the part of the youth to satisfy various psychogenic needs. These may consist of distress to achieve social status or seek recognition for future outings at a higher level. Ikulayo, (1990), Cratty, (1983) noted that if an athlete, (especially youth) is too anxious or too unconcerned, performance is likely to be less than desirable. Ikulayo, (1990) posited that increased cognitive worry has no value; increased worry is associated with stress and consequently lower self-confidence and results in poor performance. With this empirical support loss of concentration is a significant psychological factor inhibiting Oyo state secondary school athletes' performance in organized competitions.

The third variable in this study is self-doubt. The result of this study shows that it is significant. Sarason (1988) reported that self-doubt is a significant determinant of performance in sport, the result of this finding reveals it is significant. Based on empirical studies cited, doubt makes the athlete to focus on non - productive thoughts of self - doubts which in turn affects performance.

In conclusion, fear of failure, loss of concentration and self-doubts are factors that need to be taken care of while preparing athletes for competitions. Coaches and trainers are expected to build up athletes by equipping them with the necessary skills and techniques they need to perform in their various games and sports. Based on these findings, it is pertinent that athletes be exposed to some psychological skills useful in dealing with distractions in their performance. They need to know when they are experiencing fear, self-doubts and lack of concentration and seek for appropriate help.

Recommendations

It is recommended that secondary school athletes should be taken through various psychological tools that could help them overcome pressure of competitions before and during competitions. Games masters and coaches should schedule good training programmes which would include all physical, physiological and psychological performance attributes for secondary school athletes to strengthen their concentration capabilities in

preparation for improved sport performance. Secondary school athletes should also be taken through stress management techniques to be able to overcome the stress that goes with competitive sport.

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