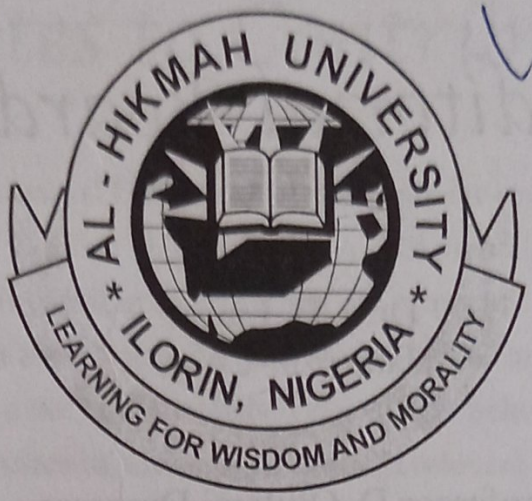


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PERCEIVED INFLUENCE OF SPORTS FACILITIES ON PERFORMANCE OF SECONDARY SCHOOL ATHLETES IN KWARA STATE

Y. O. ABDULRAHEEM, E. K. FALAYE & A. A. ADESOYE

Abstract

This study examined the perceived influence of sports facilities on the performance of secondary school athletes in Kwara State. A descriptive research designed of survey method was employed for this study. The population for this study consisted all secondary school athletes in the study area. A multistage sampling techniques of stratified and simple random sampling techmiques was used to select 200 respondents for the study. The study area was stratified in0to 3 senatorial zones, in each zone 5 secondary schools were randomly selected 15 secondary schools were randomly selected and in each school 13 athletes were sampled but in Kwara central 14 athletes were used. The researcher self-developed questionnaire of Likert scale format was used for the study. The instrument was validated by three experts in the Department of Human Kinetics Education, University of Ilorin. The reliability level of the instrument was established using Pearson product moment correlation. A correlation co-efficient of 0.87 was obtained. The instrument was administered by the researcher and five trained research assistants. The data collected was analyzed using inferential statistics of chi-square (x^2)method to test the postulated hypotheses set for the study at 0.05 alpha level of significance. The result of the findings revealed that inadequate sports facilities have significant influence on the performance of secondary school athletes, sporting equipment, government policy on school sports have significant influence on the performance of secondary school athletes. Based on the findings, the researcher recommends that, adequate sports facilities should be put in place by school management to encourage school athletes' participation in sports and to improve their performance.

Keywords: *Sport facilities, Perceived influence, Secondary school, Athletes*

Introduction

Sport is an integral part of education which contributes to the intellectual growth and development of the youths. It often enhances the physical, social, emotional and cognitive development of youths. Also, sports help in re-shaping the life of the youths for better future. Thus, provision of sports facilities and equipment in our schools is an essential way of motivating students' active participation in sporting programmes that will lead to acquisition of sports skills which tend to enhance excellent performance in sports competitions (Mgbor & Obiyemi, 2001).

Owaru (2005) observed that sports facilities are those permanently constructed. fixed or immovable, indoor and outdoor structures that are used for sports while equipment are expendable, consumable or movable materials used in sports, Facilities and Equipment are of great importance in any sports programme. It was observed that for an athletes to perform better, there is need for availability of sports facilities and equipment to aids their performance in any sporting competition.

According to Bucher (2006), availability of adequate facilities and equipment is of vital importance to performance in sports. For athletes performance to be improved and for athletes to experience success in sports resources like, facilities, equipment, finance, medical and coaching, crew must be made available to assist them in achieving excellent

result. Facilities and equipment constitute very important aspect of any sports programme. They are also important and essential tools in the improvement and attainment of success by athletes in sports performance. Bucher (2002) confirmed that availability of facilities will not only mean an increase in practical skill acquisition by an individual but also seems to encourage mass participation in sporting programmes.

However, adequate sports facilities and equipment tends to enhance brilliant performance in sporting competition. Adequate provision of sports facilities will not only encourage active participation in sporting programme in secondary schools but it will enhance effective performance of secondary school athletes (Onifade, 2004). Orunaboku (2011) stated that sport men and women generally exhibit high sports achievement due to the presence of adequate available facilities, inadequacies of facilities provide negative reinforcement. Obiyemi, Adesoye & Ogunsanwo (2002) observed that where facilities and equipment are accessible to people, the enhancement of avenues that will facilitate training and acquisition of skills will be promoted. According to Iheanacho (2011), any sports development programme without sufficient facilities and equipment would not produce excellence results, no matter the level of preparation. Sports resources form integral and essential part of success in sports participation and in athletes' performance. The availability of sports facilities and equipment in adequate quantity and quality contributes tremendously to the success of any athletes' performance. Iheanacho (2011) further stressed that availability of equipment motivates athletes to training which in turn enhances their optional performance in competitions.

An athlete is highly encouraged for optimum performance through certain incentives and motivation that are derived from adequate provision of quality equipment and their maintenance, facilities and equipment are fundamental instruments for effective performance of athletes while the provision, utilization as well as maintenance of facilities are vital factors in achieving desirable results in sports organization. An athletes who are exposed to standard facilities will be psychologically boosted at any meet or competition around the world (Awosika, 2004).

According to Bucher (2002), adequate provision of sports facilities and equipment usually enhance excellent performance of secondary school athletes. If the facilities are properly maintained in a way that every athlete can make use of it, whether in school or at stadium Arena, it will go a long way to boost their performance and bring out the best in them. The success of any sport programme depends largely on the functional and innovative facilities to meet the needs of the users (Ibraheem & Ojo, 2014).

Nwagbale (2007) stated that it is impossible to achieve satisfactory results from the athletes whose training facilities are inadequate or sub-standard. He stated further that good sports programme cannot be implemented effectively until they are supported with sufficient equipment in good condition which tend to enhance brilliant performance of school athletes. It was observed that the existing sports facilities in schools needs adequate maintenance to upgrade and keep them in good shape. For effective participation in recreational activities, there must be availability of facilities and equipment. Butcher (2006) observed that equipment as those expendable and replaceable materials used for sporting activities and these include soccer ball, tennis ball, shuttle cock e.t.c.

Obiyemi, Adesoye & Ogunsanwo (2002) pointed out that the importance of supplies of good equipment often play a vital roles in the development of sport among developed and developing societies participation in both indoor and outdoor sporting activities will be a thing of joy in the participants if there are sufficient and adequate facilities and equipment.

Bucher (2002) confirmed that the availability of facilities will not only mean an increase in practical skill acquisition by an individual but also seems to encourage mass participation in sporting programme however, the problem of inadequate facilities and equipment has greatly influence choice of people in any sporting competition.

Adesoye (1997) opined that the essential factor required for the success of any recreational activity, it is the provision and utilization of good sport facilities and availability of equipment to be used for particular sports. These include a variety of natural resources such as mountains, lake, rivers, valleys and artificial or manmade resources such as football fields, volley ball and basket ball courts, hockey fields e.t.c Awosika (2004). Most facilities are expensive to procure but they can also be improvised for the purpose of making the facilities available to every member of the population, although the facilities and equipment are usually capital intensive.

Statement of the Problem

In spite of the benefits attached to availability of sports facilities in schools. Yet many secondary schools do not have sports facilities and equipment to train their athletes to prepare them for a tournament. It was observed that the existing sports facilities in some schools are not in good shape due to lack of maintenance culture. It was also observed by the researcher that most public secondary schools in the study area such as Government Day School, Alore, United Community Secondary School, Taiwo Isale, Okelele Secondary School, Amule Community Secondary School a lot more do not have adequate sports facilities to train their school athletes which often affect their performance negatively in the last edition of all secondary schools invitational relay athletics championship held at Kwara State stadium in February 2015 organized by Kwara State Athletes Association. However, inadequate sports facilities in schools constitute to poor performance of athletes in competitions. The researcher therefore, is interested in investigating perceived influence of sports facilities on the performance of secondary school athletes in Kwara State.

Research Questions

The following research questions were raised for the study.

1. What is the influence of sports facilities on the performance of secondary school athletes in Kwara State?
2. What is the influence of lack of sporting equipment on the performance of secondary schools athletes in Kwara State?
3. What is the influence of government policy regarding school sports on the performance of sec schools athletics in Kwara State?

Research Hypotheses

The following research hypotheses were formulated to guide the study:

Ho_1: Inadequacies of sports facilities will not have significant influence on the performance of secondary school athletes in Kwara State.

Ho_2: Lack of sporting equipment will not have significant influence on the performance of secondary school athletes in Kwara State.

Ho_3: Government policy regarding school sports will not have significant influence on the performance of secondary school athletes in Kwara State.

Methodology

The study employed a descriptive research design. The population for this study comprise of all the secondary school athletes in Kwara State which consist of 55 secondary schools. A multistage sampling techniques of stratified, and simple random sampling procedure was used to select the sample size for the study. The study area was stratified into three senatorial district, Kwara North, Kwara South and Kwara Central. In each zone, 5 secondary schools were randomly selected and also 13 secondary schools athletes were randomly selected from each secondary schools respectively except in Kwara central zone, 5 secondary schools were sampled and 14 respondents were selected due to the high population of respondents. In all 15 secondary schools were sampled and 13 school athletes were sampled in each school in all 200 school athletes were used for the study. The instrument used for the study was a Likert scale format questionnaire which was validated by the experts in the field of Human Kinetics Education. The instrument consist of two sections section A deals with the demographic data of the respondent such as age, gender and religion while section B consist of 12 items raised from the research hypothesis set for the study. The reliability of the instrument was established through test re-test method using Pearson product moment correlation. A correlation coefficient of 0.87 was obtained. The instrument was administered by the researcher and five trained athletes as a research assistants. The instrument was distributed to the secondary school athletes during the last edition of all secondary schools athletes champions hold at Kwara State stadium in February 2015. The data collected were analyzed using inferential statistics of chi-square method to test the hypotheses formulated for this study at 0.05 alpha level of significance.

Results

Table 1 show the distribution of personal data of the respondents

Variable	Frequency	Percentage
Age range		
10-13 years old	60	30.0
14-17 years old	110	55.0
18years old and above	30	15.0
Total	**200**	**100**
Gender		
Male	140	60.0
Female	60	40.0
Total	**20O**	**100**
Religion		
Islam	110	55.0
Christian	90	45.0
Total	**200**	**100**

Table revealed that out 200 respondents sampled for this study 60 (30%) were within the age limits of 10-13 years old and 110 (55%) were within the age bracket of 14-17 years old while 30 (15%) fall between the range of 18years and above. This shows that majority of the respondents sampled were within the age limit of 14-17 years old. The result also revealed that 140 (60%) were male and 60 (40%) were female. This shows that majority of the respondents sampled were male. The result also indicated that 110 (55%) were Muslim and

90 (45%) were Christian. This shows that majority of the respondents sampled were Muslim.

Hypothesis one: Inadequacies sports facilities will not have significant influence on the performance of secondary school athletes in Kwara State.

Table 2: Shows the Chi-square Analysis of the influence of Inadequacies Sports Facilities on Performance of Secondary School Athletes

S/N	ITEMS	SA	A	D	SD	TOTAL	Cal. Value	df	X^2Crit value	Dec.
1.	Adequate sports facilities in schools usually contribute to excellent performance of secondary school athletes.	50	45	90	15	200				
2.	Availability of sports facilities to train the school athletes often leads to high level of poor performance.	17	23	88	72	200				
3.	The outdated sports facilities in schools usually contribute to athletes' poor performance during competition.	20	25	60	95	200	55.45	12	21.03	Ho Rejected
4.	Frequent use of sports facilities in schools for training often determines athletes' performance during competitions.	30	35	55	80	200				
5.	Inadequacies sports facilities usually enhance secondary school athletes	20	40	75	65	200				
	Total	**137**	**168**	**368**	**327**	**1000**				

P<0.05

Table 2 revealed the calculated x^2 value of 55.45 and table x^2 value of 21.03 with 12 degree of freedom at 0.05 alpha level of significance. Since the calculated x^2 value is greater than the table value, the null hypothesis which states that inadequate sports facilities will not have significant influence on the performance of secondary school athletes is hereby rejected. This implies that inadequacies sports facilities have significant influence on the performance of secondary school athletes in Kwara State.

Hypothesis two: Lack of sporting equipment will not have significant influence on the performance of secondary school athletes in Kwara State.

Table 3: Chi-square Analysis of the influence of Lack of Sporting Equipment on Performance of Secondary School Athletes

S/N	ITEMS	SA	A	D	SD	TOTAL	Cal.X^2 Value	df	X^2 Crit value	Decision
1.	Adequate provision of standard sports equipment usually contribute to athletes' poor performance during competition.	30	15	70	85	200				
2.	Excellent performance of our school athletes is as a result of adequate supply of sports equipment like spike shoe, baton and lot more.	23	27	90	60	200				
3.	Outdated sports equipment used by the athletes during training usually promotes excellent performance during competition.	40	20	66	74	200				
4.	Most secondary school athletes know the impact of sports equipment to train for a competition which often determine their performance during competition.	22	38	59	81	200	40.87	12	21.03	Ho Rejected
5.	Lack of sporting equipment usually arouse the interest of students towards sports participation which often enhance their performance	25	35	71	69	200				
	Total	**140**	**135**	**356**	**369**	**1000**				

P<0.05

Table 3 revealed the calculated x^2 value of 40.87 and table x^2 value of 21.03 with 12 degree of freedom at 0.05 alpha level of significance. Since the calculated x^2 value is greater than the table value, the null hypothesis which stated that lack of sporting equipment will not have significant influence on the performance of secondary school athletes is hereby rejected. This means that lack of sporting equipment have significant influence on the performance of secondary school athletes in Kwara State.

Hypothesis three: Government policy on school sport will not have significant influence on the performance of secondary school athletes in Kwara State.

Table 4: Chi-square Analysis of the influence of Government Policy on Sports Development on the Performance of Secondary School Athletes

S/N	ITEMS	SA	A	D	SD	TOTAL	Cal. Value	df	X^2 Crit value	Dec.
1.	Government policy on sports development programme in schools paves way for availability of sports facilities for training of athletes which enhance good performance of athletes.	60	80	35	25	200				
2.	Government policy on grassroots sport development usually paves way for availability of adequate sports facilities in all secondary schools for talents discovery in school which usually lead to poor performance of school athletes.	70	75	25	30	200				
3.	The inclusion of physical education in the secondary schools curriculum paves may for schools to provide sporting facilities to teach practical class which usually contribute to excellent performance of school athletes during competition.	90	50	20	40	200	37.71	12	21.03	Ho Rejected
4.	The directive from government on the provision of adequate sports facilities in schools for students to use make some schools not to provide standard facilities for training thereby affecting the performance of school athletes during competition.	28	22	85	65	200				
5.	Government policy to promote school sports usually discourage some school management in providing adequate sports facilities to their students	38	52	78	32	200				
	Total	**286**	**279**	**243**	**192**	**1000**				
	P<0.05									

Table 4 shows the calculated x^2 value of 37.71 against the critical x^2 value of 21.03 with 12 degree of freedom at 0.05 alpha level of significance. Since the calculated x^2 value is greater than the critical table value, hence, the null hypothesis that stated that government policy on school sports development will not have significant influence on the performance of secondary school athletes was hereby rejected. This implies that government policy on school sports development have significant influence on the performance of secondary school athletes in Kwara State.

Discussion of the Findings

The finding from tested hypothesis one revealed that inadequacies sports facilities have significant influence on the performance of secondary school athletes in the study area. This

result supported the finding of Akintunde (2001) who affirmed that availability sports facilities usually determine the level of performance of school athletes. He further stressed that inadequacies sports facilities have negative effect on the athlete performance, especially an athlete who fail to train with modern day facilities such as a standard athletics track for secondary school athlete in schools. Similarly Onitade (2004) observed that inadequacies sports facilities usually hinder the training of school athletes especially at secondary school level where athletes need monitoring and sports facilities.

The finding from tested hypothesis two shows that lack of sporting equipment have significant influence on the performance of secondary school athletes. In the study area. This result tallied with the view of Bucher (2006) who stressed that adequate provision of sporting equipment usually enhance athlete performance during competitions. However sporting equipment such as spike shoe, starting block and stop watch are standard items needed by the athlete to perform better. In the same view Orunaboka (2011) observed that adequate supplies of sporting equipment usually motivate athletes to train and performed better in competition, if adequate sporting equipment are not supplies it often hinder the progress of athletes and their performance during competitions.

The finding from tested hypothesis three revealed that government policy on school sports have significant influence on the performance of secondary school athletes in the study area. This result is in line with the view of Akintunde (2001) who affirmed that government policy school sports usually encourage school to make provision for adequate sports facilities for their students use in school. Also, according to National Policy on Education which stated that all secondary schools should put in place sporting facilities for use for the students, this often have significant effect their level of participation in sports that enhance their performance.

Conclusion

Inadequacies sports facilities have significant influence on the performance of secondary school athletes, lack of sporting equipment have significant influence on the performance of secondary school athletes; also government policy on school sports programme have significant influence on the performance of secondary school athletes in Kwara state.

Recommendations

Based on the finding of this study, the following recommendations were made that;

i. Adequate sports facilities must be put in place by the school management in order to encourage school athletes and to aid their performance in competitions.
ii. School management should endeavour to provide sporting equipment for the students to use during school sports programmes especially the school athletes.
iii. Government in his policy to development school sports programme should assist the schools by providing sports equipment and facilities to upgrade the existing one.

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