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EDITORIAL

This academic publication of the defunct Department of Educational Foundations has come a long way. It was almost going moribund but for the deliberate steps taken by the current Editorial Board with the cooperation of all academic staff of the former Department of Arts and Social Sciences Education. Innovative article generation and peer review programmes were initiated and doggedly implemented to enable the return of Nigerian Journal of Educational Foundations to the vibrant academic and professionally sound contributions it had always made to the advancement of knowledge. Improving the quality of the journal and bringing an international angle and status to it has engaged the attention of the Editorial Board. Phased in stages of achieving national and international focus has produced special editions based on selected themes. These themes pay attention to current issues and needs engaging the attention of specialists in educational foundations in Nigeria and the rest of the world.

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VIEWS OF UNILORIN FEMALE STUDENTS ON MISCONCEPTION OF WOMEN CHOOSING HUMAN KINETICS AS A CAREER

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Abstract

The study examined the views of University of Ilorin female students on misconception of women choosing Human Kinetics as a career. Descriptive research design of survey type was used for the study. The population for the study made up of all the 225 female students in Human kinetics Education. Simple random sampling was used to select 180 students. Data collected were analyzed using descriptive statistics of frequency counts and percentages for demographic and inferential statistics of Chi-Square (X^2) for testing the postulated hypotheses at 0.05 alpha level. The study revealed that UNILORIN female students' view on misconception of women choosing Human Kinetics as a career was significant with the believe that participating in sports have adverse effects on their body shape. ($X^2 = 67.9 > 16.92; p=0.05$), also UNILORIN female students' view on misconception of women choosing Human Kinetics as a career was significant due to the believe that the profession offers poor future prospects. ($X^2 = 253.1 > 16.92; p=0.05$), further the female students' view on misconception of women choosing Human Kinetics as a career was significant because they agreed that women have lesser career opportunities when compared with their male counterparts. ($X^2 = 47.8 > 16.92; p=0.05$), the female students' view on misconception of women choosing Human Kinetics as a career was significant owing to the believe that participating in sports would have adverse effects on their fertility. ($X^2 = 128.4 > 16.92; p=0.05$) and they also agreed that the public perceive them to be promiscuous. ($X^2 = 229.1 > 16.92; p=0.05$). This study concluded that UNILORIN female students' view on misconception of women choosing Human Kinetics as a career was significant with the believe that participating in sports have adverse effects on their body shape.

would have adverse effects on their body shape and fertility while they believed that the profession offers poor future prospects and public see them as being promiscuous. It was therefore recommended that women who choose Human Kinetics as a career should plan their pattern of participation in sports in a way that it will not have adverse effects on their body shape and fertility. Also, sports organizations should be sensitized to address gender balance in their recruitment exercise so as to boost the prospects of women that want to build career in Human Kinetics. More so, women that have chosen Human Kinetics as a career should be re-orientated that they have equal career opportunities compared to their male counterparts while the public should be sensitized to change their negative perception about women in Human Kinetics profession as being promiscuous.

Introduction

Sports are very popular all over the world because of the diverse purposes they serve. Bucher and Krotee (2002) stated that sports contribute to character building, discipline, economy, ideology, patriotism, education, mental development, human communication, physical fitness, and health. Regardless of the purpose or presentation, sport is a critical element in our modern social structure. Sport, as entertainment, is a way to have fun and enjoy positive social interaction with peers and other competitors. The benefit of sport and physical activities has made sport parts of societal culture. Participation in sports makes athletes and others fit for such activities that they might engage in. Females who participate in sports, recreation and physical activities are generally healthier, more confident and feel better than those who do not (New South Wales info sheet, 2006, Orunaboka & Nathan, 2007).

The emergence of women in sports is largely a twentieth century phenomenon. Women were not allowed as spectators in the first Olympics in 776 B.C. in Ancient particular time. Although there are no laws, which stated that women should not engage in sporting activities but there are societal expectations, which hinder them from doing so. These societal beliefs are strong to prevent women from venturing into areas believed to be for men only. Okonkwor (2007) and Ojeme, (2009) stated that what has conditioned the women to be what they are, is

deeply rooted in the prejudicial social patterns of different cultures. Society expects males and female to adopt, believe in, and fulfill specific gender role and stereotypes that have been established.

Traditionally, females have been expected to wear dresses, cook and clean, raise children, maintain a beautiful and delicate body and remain passive, moral and pure (Akindutire (2005); Babatunde, (2005)). Women were seen to be the "weaker sex" physically, mentally and emotionally, women have been stereotyped as being feminine. It is also related to the Victorian ideal of femininity that rejected vigorous sports participation because it was believed that such activity could compromise a woman's modesty, jeopardized her emotional control and result in injury that could hinder or prevent childbearing (Orunaboka & Elendu, 2009). Women constitute a special case in the realm of sport activities. Unfortunately, sport has traditionally been defined as male domain, and access to sport for women has been defined as out of the ordinary to the point of being discourage.

Feminism according to Oworu (2003) is the issue of what is feminine in appearance and behaviour (i.e. being attractive carefully groomed, submissive, nurturing women). When the principle of femininity is applied females are expected to line up to these specific gender roles that are held by both men and women in mainstream society. The fear of losing one's femininity was the real issue behind women's active involvement in sports. In addition, Miller (2001), concluded that sports or physical activities participation by women routinely carries a negative stigma, because traditional images of sports are seen as incompatible with traditional roles for women (Solomon, 2008). According to WHO, (2006), women athletes have been hypothesized to experience gender role conflict especially if they engage in sports traditionally regarded as more masculine, because society is still more comfortable with women who participate in sports that emphasize traditional feminine characteristics such as grace and beauty (Jeroh, 2005). Thus, gender role conflict is purported to be generated by the dissonance of the women athlete's need to identify with two roles the valued feminine role and the misconceived and stigmatizing, athletic role for women (Okonkwo, 2012).

According to Ojeme, (2009) sports participation for women

has become an established entity that exerts great influence on the social, political and even the economic environments of any nation and that of individual. Physical activities as been defined as a structured and institutionalized activities that involve vigorous physical exertion and has the components of competition and process on a continuum between play and work. Okonkwo, (2007) also described sport as a highly formalized and organized physical activity of high intensity regulated by accepted rules and regulations, which requires maximum physical and/ or mental exertion. Sports has become an important aspect of the Nigerian culture so much that the interest and popularity has affected the political, social, economic and educational structure of the nation (Ojeme, 2009).

Although females have been exposed like men to the general achievement orientation of Nigerian society, they have not been so encouraged to succeed in those areas traditionally defined as male activities. Sports have been traditionally perceived as male domain (Akindutire, 2005). He further stated that sports involvement for the male at any level is expected and rewarded; it is perhaps the most visible means for validating the internalization of male sex role. Traditional sports such as local wrestling are a laboratory for socializing males for appropriate masculine behaviour in the Nigeria society, whereas females are rewarded for practicing future marital roles (Babatunde, 2005).

One of the stereotypes of woman with careers in human kinetic is that they are masculinise in nature. Sports have been defined as male arena (Akindutire, 2005). In Nigeria, women constitute more than half of the population with 50 percent of the wage employment, while men have an average participation rate of 95 percent. Women all over the world face various forms of discrimination which limit their opportunities to develop their full potentials in sports (Babatunde, 2005). The world of sports provides an excellent example of the issues facing feminists today. Women who value athletic participation have been fighting an uphill battle to gain recognition from and parity with men. In spite of their efforts, extreme disparity still exists. There much less social and economic support for the female athlete than for her male counterparts, and fewer females pursue athletic careers (Bucher, 2006).

It is as a result of this misconception and disparity that this study assessed misconception of women choosing Human Kinetics as a career in University of Ilorin.

Female participation in sports has been a controversial issue all over the world and Nigeria is not an exception (Alairu, 2016). Involvement in sports has taken a new turn in which those who engage in sports have various reasons for participation. The problems which this study will try to address are to determine the challenges facing the women in making a career in Human Kinetics education in Nigeria. It has been observed that the public perceive women in Human Kinetics to be promiscuous and motley. Therefore, this study set out to investigate the misconception of women choosing Human Kinetics as career in university of Ilorin.

Research Questions

1. Do UNILORIN female students that choose Human Kinetics as a career believe that participating in sports would have adverse effects on their body shape?
2. Do UNILORIN female students that choose Human Kinetics as a career believe that the profession offers poor future prospect?
3. Do UNILORIN female students that choose Human Kinetics as a career believe that participating in sports would have adverse effects on their fertility?
4. Do UNILORIN female students that choose Human Kinetics as a career believe that the public see them as being promiscuous?

Hypotheses

The following hypotheses were formulated for the study.

1. UNILORIN female students that choose Human Kinetics as a career do not significantly believe that participating in sports would have adverse effects on their body shape
2. UNILORIN female students that choose Human Kinetics as a career do not significantly believe that the profession offers poor future prospects.

3. UNILORIN female students that choose Human Kinetics as a career do not significantly believe that participating in sports would have adverse effects on their fertility.
4. UNILORIN female students that choose Human Kinetics as a career do not significantly believe that the public see them as being promiscuous.

Methodology

Descriptive research design of survey type was employed in this study. The population for this study comprised of all the female students of university of Ilorin, Ilorin Kwara state. The target population of this study was 225 female students in 200 level, 300 level and 400 level in the department of Human Kinetics education university of Ilorin. Simple random sampling was used to select 180 students from 200 level, 300 level and 400 level in Human Kinetics department, University of Ilorin for the study which represent 82% of target population

The research instrument used for the study was a self-structured questionnaire designed on four point Likert rating scale consisting of structured items, eliciting information from respondents on the views of UNILORIN female students on misconception of women choosing Human Kinetics as a career. To ensure validity of the instrument, the researchers gave draft copies of the questionnaire to 3 experts in the Department of Human Kinetics Education, University of Ilorin for validation. Their comments and corrections were incorporated into the instrument before administration. Also, reliability of the instrument was carried out using test re-test technique. The instrument was administered to 20 students in 100 level who were not part of the study at two weeks interval. The result of the first administration was correlated with the result of the second administration using Pearson Product Moment Correlation Coefficient statistic. A co-efficient of 0.71r was obtained which was considered high enough to be used for the study. The consent of each student was sought before the administration of the instrument. The researchers with two (2) trained research assistants administered the questionnaires. The administered questionnaires were collected immediately to maintain high retrieval

rate. Frequency and percentage was used for the demographic information of respondents while inferential statistic of Chi-square was employed to test the formulated hypotheses at 0.05 alpha level.

Results

Table 1: Frequency Distribution of the Respondents' Demographic Data in Percentages

S/N	VARIABLES	FREQUENCY	PERCENTAGE
1	Age Range		
	< 20 years	81	45
	20-30 years	78	43
	Above 30 years	21	12
	TOTAL	180	100
2	Level		
	200	47	26
	300	61	34
	400	72	40
	TOTAL	180	100

Table one revealed that 81 respondents (45%) were below 20 years of age, 78 respondents (43%) were between 20-30 years of age while 21 respondents (12) were above 30 years. This connotes that majority of the respondents were below 20 years. However, 47 respondents (26%) were in second year, 61 respondents (34%) were in penultimate year while 72 respondents (40%) were in the final year. This indicates that majority of the respondents were in the final year.

Hypotheses Testing

Ho1: UNILORIN female students that choose Human Kinetics as a career do not significantly believe that participating in sports would have adverse effects on their body shape

Table 2: Chi-square analysis showing responses on UNILORIN female students' views on women choosing Human Kinetics as a career and the believe that participating in sports would have adverse effects on their body shape

S/N	Items	SA	A	D	SD	Row Total	Cal. Value	df	Table Value	Remark
1	Participation in sport by women who chose career in Human Kinetic may lead to them having masculine features	88 (48.9%)	69 (38.3%)	13 (7.2%)	10 (5.6%)	180				
2	Attractiveness of women who chose career in Human Kinetics may reduce as a result of their participation in physical activities	80 (44.4%)	81 (45.0%)	12 (6.7%)	7 (3.9%)	180				
3	Women who chose career in HumanKinetics will have intimidating body shape as a result of their participation	100 (55.6%)	50 (27.8%)	15 (8.3%)	15 (8.3%)	180	67.9	9	16.92	Ho Rejected
4	Injury as a result of sport participation may damage body shape of women who chose career in humankinetic	63 (35.0%)	96 (53.3%)	11 (6.1%)	10 (5.6%)	180				
Column Total		331 46%	296 41%	51 7%	42 6%	720				

P < 0.05 alpha level

Table two revealed that 46% of the respondents strongly agreed that Women choosing Human Kinetics as a career do not significantly believe that participating in sports would have adverse effects on their body shape, 41% agreed, 7% disagreed while 6% strongly disagreed. However, the calculated chi-square value is 67.9 and the table value is 16.92 with the degree of freedom of 9 at 0.05 alpha level. Since the calculated value 67.9 is greater than the table value of 16.92, the null hypothesis is rejected. This implies that UNILORIN female students that choose Human Kinetics as a career has significant believe that participating in sports have adverse effects on their body shape.

Ho₂: UNILORIN female students that choose Human Kinetics as a career do not significantly believe that the profession offers poor future prospects.

Table 3: Chi-square analysis showing responses on UNILORIN female students' views on Human Kinetics as a career and the believe that the profession offers poor future prospects

S/N	Items	SA	A	D	SD	Row Total	Cal. Value	df	Table Value	Remark
5	Women who chose career in Human Kinetics may have difficulty in securing a job	129 (71.7%)	28 (15.6%)	19 (10.5%)	4 (2.2%)	180				
6	Women who chose career in Human Kinetics enjoy sustainable salary scale.	33 (18.3%)	127 (70.6%)	9 (5.0%)	11 (6.1%)	180				
7	Women who chose career in Human Kinetics do experience economic hardship like other industry	91 (50.6%)	34 (18.9%)	46 (25.6%)	9 (5.0%)	180	253.1	9	16.92	Ho Rejected
8	There is job security for woman with career in human kinetic after securing job in Human Kinetic industry	128 (71.1%)	20 (11.1%)	15 (8.3%)	17 (9.4%)	180				
	Column Total	381 53%	209 29%	89 12%	41 6%	720				

P < 0.05 alpha level

Table three indicated that calculated Chi-square value of 253.1 and the table value of 16.92 with the degree of freedom of 9 at 0.05 alpha level. Since the calculated value is greater than the table value, the null hypothesis is rejected. This implies that UNILORIN female students that choose Human Kinetics as a career has significant believe that the profession offers poor future prospects.

Ho₃: UNILORIN female students that choose Human Kinetics as a career do not significantly believe that participating in sports would have adverse effects on their fertility.

Table 4: Chi-square analysis showing responses on UNILORIN female students views on misconception of women choosing Human Kinetics as a career and believe on adverse effect on fertility due to participation in sport.

S/N	Items	SA	A	D	SD	Row Total	Cal. Value	df	Table Value	Remark
13	Stress as a result of physical activity can reduce the level of fertility of woman with career in Human Kinetics	93 (51.7%)	65 (36.1%)	10 (5.6%)	12 (6.7%)	180				
14	Risk of injury during physical activity can hinder fertility of woman with career in Human Kinetics	128 (71.1%)	33 (18.3%)	19 (10.6%)	0 (0.0%)	180				
15	Physical activity can alter menstrual cycle and affect fertility of woman with career in Human Kinetics	166 (92.2%)	0 (0.0%)	2 (1.1%)	12 (6.7%)	180	128.4	9	16.92	Ho Rejected
16	Ambitious woman with career in Human Kinetics might not have time for marital affairs	144 (80.0%)	16 (8.9%)	12 (6.7%)	8 (4.4%)	180				
		531 74%	114 16%	43 6%	32 4%	720				

P < 0.05 alpha level

Table four indicated that calculated Chi-square value of 128.4 and the table value of 16.92 with the degree of freedom of 9 at 0.05 alpha level. Since the calculated value is greater than the table value, the null hypothesis is rejected. This implies that UNILORIN female students that choose Human Kinetics as a career has significant believe that participating in sports would have adverse effects on their fertility.

Ho4: UNILORIN female students that choose Human Kinetics as a career do not significantly believe that the public see them as being promiscuous.

Table 5: Chi-square analysis showing responses on UNILORIN female students' views on misconception of women choosing Human Kinetics as a career and believe that the public see them as promiscuous

S/N	Items	SA	A	D	SD	Row Total	Cal. Value	Df	Table Value	Remark
17	Women who chose career in Human Kinetics are prone to sexual harassment	153 (85.0%)	16 (8.9%)	5 (2.8%)	6 (3.3%)	180				
18	Women who chose career in Human Kinetics might find it impossible to resist their admirers	80 (44.4%)	54 (30.0%)	23 (12.8%)	23 (12.8%)	180				
19	Women who chose career in Human Kinetics might use their feminine characteristic to attain higher position at work.	61 (33.9%)	119 (66.1%)	0 (0.0%)	0 (0.0%)	180	229.1	9	16.92	Ho Rejected
20	Women who chose career in Human Kinetics are more likely to be promiscuous.	45 (25.0%)	95 (52.8%)	19 (10.6%)	21 (11.7%)	180				
	Column Total	339 47%	284 39%	47 7%	50 7%	720				

$P < 0.05$ alpha level

Table five indicated that calculated Chi-square value of 229.1 and the table value of 16.92 with the degree of freedom of 9 at 0.05 alpha level. Since the calculated value is greater than the table value, the null hypothesis is rejected. This implies that UNILORIN female students that choose Human Kinetics as a career has significant believe that the public see them as being promiscuous.

Discussion of Findings

Hypothesis one revealed that women choosing Human Kinetics as a career have significant believe that participating in sports would have adverse effects on their body shape. This finding was in line with that of Miller (2001), who affirmed that one of the oldest and most persistent myths and one of the main deterrents to female sports participation is the notion that vigorous physical activity tends to masculinize girls and women.

Hypothesis two revealed that women choosing Human Kinetics as a career have significant believe that the profession offers poor future prospects. This finding was in line with that of Ojeme (2009) who observed that discrimination and injustice acting upon women's existence in Nigeria society are manifested and perpetuated in the area of sports management. Okonkwor (2012) also note that men are women's problems and that men want to control females in the house as house wives, control them in the professions, and in sports also men wants to lead them "man" all the posts as well as dictate the pace for them which will hinder the job prospects of the feminine gender.

Tested hypothesis three revealed that women choosing Human Kinetics as a career have significant believe that they have lesser career opportunities when compared with male counterparts. This findings correspond with that of Adeyanju (2009) who affirm that female involvement in sports has increased considerably but the majority of the functional positions, and especially those in the top hierarchy of sport establishments, are occupied by men. Akindutire (2005) also noted that a female, if at all found in high position in sport, has no executive powers simply because she is a female hence, only cosmetic and in order to show who is competent she often exhibits „male like" characteristics in her work.

Hypothesis four revealed that women choosing Human Kinetics as a career have significant believe that participating in sports would have adverse effects on their fertility. This finding correspond with that of Babatunde (2005) who found that it is well known that menstrual disorders are common in female athletes, particularly in sports emphasizing leanness, such as aesthetic and endurance sports and sports with weight classes. Alairu (2016) affirms that the exact prevalence of these menstrual disturbances in athletes is unknown but is probably much higher than in non-athletes.

The tested hypothesis five revealed that women choosing Human Kinetics as a career have significant believe that the public perceive them to be promiscuous. This finding correspond with that of Ojeme (2009) who claim female athletes are often portrayed as sex objects in printed advert and hyper-sexualized when posing for men's magazines.

Conclusion

Based on the findings of this study, the following conclusions were drawn:

1. UNILORIN female students that choose Human Kinetics as a career has significant believe that participating in sports would have adverse effects on their body shape
2. UNILORIN female students that choose Human Kinetics as a career has significant believe that the profession offers poor future prospects.
3. UNILORIN female students that choose Human Kinetics as a career has significant believe that participating in sports would have adverse effects on their fertility.
4. UNILORIN female students that choose Human Kinetics as a career has significant believe that the public see them as being promiscuous.

Recommendations

Based on the findings of this study, the following are recommended:

1. Women that choose Human Kinetics as a career should plan the pattern of their participation in sports in a way that it will not have adverse effects on their body shape and fertility.
2. Sports organizations should be sensitized to address gender balance in their recruitment exercise so as to boost future prospects of women that want to build career in Human Kinetics.
3. Women that have chosen Human Kinetics as a career should be re-orientated that they have good career opportunities equal career opportunities compared to their male counterparts.
4. The public should be sensitized to change their negative perception about women in Human Kinetics profession as being promiscuous.

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