

Sports Administrators' Health Watch for Young Athletes' Participation in Sports for Commercialization in Nigeria

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Abstract. This research report “Sports Administrators’ Health Watch for Young Athletes’ Participation in Sports for Commercialization in Nigeria” was culled to exhume the modus operandi for catching sports athletes from secondary schools. The population for this research is five hundred (500) senior secondary school students randomly selected from twenty (20) SSS I students from Kwara and Kogi States. The instrument used for data collection was researchers structured questionnaire that consists of ten (10) items that has to do with psycho-social and physio-technical factors. The psycho-social factors deal with 5 items while the physio-technical factors deal with 5 items. Data gathered was done by the researchers and ten research assistants. The data analysis was done using t-test method. Based on the results of data analysis and the discussions, it was discovered that:

- (i) act of hooliganism resulting to injuries and even death deterred students.
- (ii) Drug abuse; and techniques of curbing it. iii. Early sexual indulgence hinder students.
- (iii) Non-motivation of sports students.

Based on the discoveries, it was recommended that:

- The Federal, State and Local Government should through the Sports Council in each state, monitor the

athlete star hunt during inter-house athletic competitions in the secondary schools.

- Monetary awards of 50,000 to 100,000 must be attached to students that are record breakers.

Keywords: Sport administrators, Health watch, Young athletes participation and commercialisation

1. Introduction

Being an athlete means one is endowed with attributes of physically sound, morally, social and physiologically well developed. An athlete is viewed to pass 85% of what World Health Organization postulated as qualifying factor of a totally, all round developed person. Athletics, being sport requiring great agility, coordination of the mental thinking faculty for reaction time, well built ectomorphic, mesomorphic and endomorphic physique predicted by adequate nutrition requirement for hundred meters runners, running and throwing, shot putting and hammer throwing athlete respectively. The foremost enumerated attributes are the ideals required of an athlete (the psycho-social requirement). The former are qualification of the athlete (dendrite factor requirement) and the foremost being (physiological factor requirement) (Eniola, 1994). These all round

total development requirement had been found to be unachievable due to certain impediments vis-à-vis (i) high injuries rate (Denali, 2002); (ii) lack of care during outings (Omolawon, 1999); (iii) inadequate staff to handle athlete (Agonsi, 2002); (iv) parental discouragement (Agonsi, 2002); (v) peer influence (Ajala, 1999); (vi) inadequate facilities and equipment (Agoni, 2002); (vii) psychological problem (Ajayi, 1998); (viii) poor economic status (Agonsi, 2002); and (ix) lack of effective and athletic planning strategy (Eniola, 1994).

All the hindrances/impediments of athletic development in Nigeria are efficacious because these sports demand the use of mostly teenagers who fall within age 10-18 years and young adults of age 19-35 years. The former age group, according to Angosi (2002), fall within primary school to secondary school ages in Nigeria. Through exceptionally brilliant ones may be in the university. While the latter are professionals who would have gone to American. Angosi (2002) submission in psycho-social factor affecting effective athletic performance in Nigeria, while Emiola's (1994) are physio-technical factors. And physio-technical factors affect the activities inherent in preparatory period, competitive period and post competitive period. Nigerian coaches/teachers have not totally internalized the techniques of these periods which are divided into phases, dates and recommended exercises.

2. Statement of the Problem

Synthesis of factor affecting effective athletic performance in Nigeria (i.e. psycho-social and physio-technical impediments) form the basis upon which findings was anchored.

3. Research Hypotheses

- Technical factors influencing effective
- Male and female students do not significantly perceived the psycho-social factors influencing effective athletics performance in Nigeria.
- Male and female students do not significantly perceive the physio-

technical factors influencing effective athletics performance in Nigeria.

4. Purpose of the Study

The purpose of the study is to find out factors influencing effective athletic performance. (i) Whether it is high injury rate (ii) Poor economy (iii) Lack of skills (iv) Lack of care during outings (v) Unavailability of staff (vi) Lack of care during outings (vii) Psychological problems (viii) Parental discouragement (ix) Peer group influence and (x) Insecurity/hooliganism.

5. Significance of the Study

This research aimed at sensitizing physical and health education teachers and coaches on reason why effective athletic performance are not recorded in Nigeria. And to recommend to the sports councils the best method to employ to raise the standard of athletics competitions within Nigerian secondary schools. To encourage sports administrators to catch young athletes from secondary schools with the purpose of making these students star athletes in Nigeria.

6. Definition of Terms

Psycho-social factors: These are factors that influence the thinking faculty of the athlete; the variable that encourage an discourage the act of engagement and zeal for participation.

Physio-technical factors: These are factors that influence the body build, variables like feeding, medical, money facility and person.

7. Research Methodology

The research design used for this study was a descriptive survey research method. This is a method recommended for educational research (Awolola, 2001) where a lot of issues have to be synthesized. The population for this study was all the secondary schools in Kwara State or Kogi State of Nigeria. The sampled population consists 500 students, 250 male students and 250 female students drawn from twenty (20) secondary schools in the two states. The

sampling technique employed for selecting the sampled population was a simple random sampling technique. Twenty five (25) students were selected each from each of the SSS 1 students in ten (10) secondary schools in each of the state capitals. The instrument designed for the study was a researcher structured questionnaire. The questionnaire was designed for students of age 12-18 years in Senior Secondary School One (SSS 1) so that the language of these questionnaires would be comprehended. The students were asked to pick either SA = Strongly Agree, A = Agree, UN = Undecided, D = Disagree and SD = Strongly Disagree. The validity of the instrument was determined by face and content validity. The researcher designed the questionnaire, showed to four (4) lecturers in the Department of Physical

and Health Education, 2 from University of Ilorin and 2 from Federal College of Education, Okene. These lecturers ascertained the comprehensiveness of the questionnaire's contents as using split half. Two hundred (200) questionnaires were administered to one hundred (100) SSS 1 students from 2 secondary schools. The distributed questionnaire to the students was under the surveillance of the researcher.

7.1 Procedure for Data Analysis

Data gathered was analyzed using t-test statistical method at 0.05 level of significance and at 249 degree of freedom to find out the factors that affect effective athletic performance in the two states (Adegboye, 2001).

7.2 Result and Data Analysis

Data analyses were from the administered questionnaire. The research hypothesis served as guide for the analysis.

Research Hypothesis One: There will be no significant influence of students' perception of psycho-social factors affecting effective athletics performance in Nigeria.

Table 1a: Students' perception of psycho-social factors affecting athletic performance
N = 250

S/N	VARIABLES STATEMENTS	SEX	RESPONSES				
			SA Strongly Agree	A Agree	UN Undecided	D Disagree	SD Strongly Disagree
1.	Lack of care during athletics outing hinder effective athletics performance in Nigeria.	M	83 (5329)	150 (22500)	5 (25)	15 (225)	7 (49)
		F	38 (1444)	189 (35721)	3 (9)	11 (121)	9 (81)
2.	Psychological factors (away from home always) are the problems of athletes.	M	62 (3894)	179 (32041)	1 (1)	5 (25)	3 (9)
		F	69 (4761)	169 (28561)	3 (9)	7 (81)	2 (4)
3.	Parents discouragements are the prospective athletics' hindrances.	M	44 (1936)	187 (34969)	5 (25)	9 (81)	2 (4)
		F	88 (7744)	141 (19881)	3 (9)	15 (225)	3 (9)
4.	Peer group influences (on smoking, drinking, facing academic, getting boyfriends and sex) hinder athletes from effective performance.	M	64 (4096)	171 (29241)	1 (1)	11 (121)	3 (9)
		F	43 (1849)	191 (36461)	2 (4)	10 (100)	4 (16)
5.	Insecurity (hooliganism) serves as threat to athletes' engagement in athletic performance.	M	65 (4225)	179 (32041)	1 (1)	2 (4)	3 (9)
		F	43 (1849)	185 (3425)	3 (9)	15 (225)	4 916)

Table 1b: t-test summary on students' perception of psycho-social factors affecting athletic performance

t-test calculated	t-test critical	Df	Hypothesis @ 0.05	Result
Obtained from the analysis	Obtained from the table	c-1	& @ 24 degree of freedom	The male and female students significantly perceived psycho-social factors affecting athletic performance.
M = 2.499	2.064	24	Rejected	
F = 2.498	2.064	24	Rejected	

Table 1 above shows students' perception of psycho-social factors affecting athletic performance. The t-test calculated value = $m = 2.499 = f2.498$ t-test critical (table) value = 2.064 the val. $2.499 > 2.0064$ critical $m = 2.499$ $f = 2.498$. The formulated null hypothesis is rejected. There is significant influence of these factors on athletic performance. Hooliganism during athletic meeting resulting into student sense of insecurity militates against their zeal to involve in athletics. This discovery corroborated Agon's (2000) who confirmed that students' fear of being killed by rival schools students served as the highest ranked factor influencing their athletic performance. Other factors are peer group influence, lack of care, psychological and parent discouragement found to have been advanced by Ajala (1999), Agnosi (2000), Ajayi (1998) and Omlawon (1999) respectively. These factors are what principals at (ANCOPSS meeting) are to address because the rivalry within the secondary schools could have been predicated by insufficient love within the schools and inter-colligate crashes.

Table 2a: Students' perception of physio-technical factors affecting athletic performance
N = 250

S/N	VARIABLES STATEMENTS	SEX	RESPONSES				
			SA Strongly Agree	A Agree	UN Undecided	D Disagree	SD Strongly Disagree
1.	High injury during athletics practice and outing hinder athletics performance.	M	96 (9216)	14 (19881)	1 (1)	9 (81)	3 (9)
		F	53 (2809)	171 (28241)	3 (9)	11 (121)	2 (4)
2.	Lack of monetary incentives and economic buoyancy affects the athletes.	M	85 (7225)	139 (19321)	4 (16)	17 (289)	5 (25)
		F	74 (5496)	149 (22201)	5 (25)	19 (361)	3 (9)
3.	Lack of skills for athletics performance affect the athletes.	M	82 (6724)	151 (22801)	3 (9)	11 (121)	3 (9)
		F	66 (4356)	169 (28501)	2 (4)	10 (100)	3 (9)
4.	Lack of facilities and equipments for practice and competition hinder athletics performance.	M	63 (3969)	171 (29241)	3 (9)	12 (144)	1 (1)
		F	76 (5776)	151 (201)	2 (4)	17 (289)	4 (16)
5.	Lack of qualified PE teachers and coaches affect effective athletics performance.	M	76 (5776)	150 (22500)	3 (9)	19 (361)	2 (4)
		F	73 (5329)	149 (22201)	4 (16)	21 (441)	3 (9)

Table 2b: t-test summary on students' perception of physio-technical factors affecting athletic performance

t-test calculated	t-test critical	Df	Hypothesis @ 0.05	Result
Obtained from the analysis	Obtained from the table	c-1	& @ 24 degree of freedom	The male and female students significantly perceived physio-technical factors affecting athletic performance.
M = 2.499	2.064	24	Rejected	
F = 2.500	2.064	24	Rejected	

Table 2b above reveals students' perception of physio-technical factors affecting effective athletic performance in Nigeria. The t-test calculated value = $M = 2.499, 2.500$ while the t-test critical (table value = 2.064 the cal. Val. $>$ cri Val. ($M = 2.499, F = 2.500 > 2.064$). The stated null hypothesis remained rejected. There is significant influence of these factors affecting effective students' involvement in athletics performance. High injury sustained without adequate medical attention ranked highest among the factors. This finding supports Danladi's (2000) where amenorrhea are found to be prevalent among the female athletes. Also,

lack of monetary gains attached to secondary school prizes for athletes. Lack of adequate athletic skills, lack of qualified coaches/physical educationists who are genuinely interested in the sports and games and lack of scientific current facilities and equipment in the secondary schools for practice and competition are discovered by Agonsi (2002), Emiola (1994), Agonsi (2002) and Agonsi (2000) respectively were the factors hindering effective athletic performance in Nigeria. It could be concluded that at secondary schools' level, provision of incentives, stocking these schools with facilities could go a long way to motivate the athlete

(students). Even at the inter-house athletic competitions, one discover 85% zeal for performance and the issuance of jerseys for the houses, what more is the federal state or local government sponsor these inter-house athletics competitions.

8. Conclusions

Based on the results of data analysis and the discussions, it could be concluded as follows: 89.2% (223) male students are afraid to indulge in sporting activities due to lack of care during athletic outings; therefore effective athletic performance dwindle in Nigeria.

90.8% (227) female students afraid that they are afraid indulging in sporting activities because they feared that they may not have adequate care; suppose they are injured, sleeping arrangement, defence against rape during athletic activities.

91.2% (228) males and female, the majority of the students do not indulge in sporting activities because of insecurity (hooliganism) during athletic engagement. Greater numbers of female students are exceptionally feared of hooliganism.

89.6% (224) male and 89.6% (223) females are afraid that monetary incentives and zeal for economic buoyancy that are not paid affect athletic performances.

90.4% (226) males and 88.8% (222) females are not convenient engaging in sporting activities because of lack of qualified physical education teacher and coaches to guide students' engagement in sporting activities.

Monetary incentives should be attached as prizes during inter-house athletic competitions to the status of scholarship, money ₦50,000 – ₦100,000 for the final year (SSS III) qualified athletes.

Principals should be sensitized through the (ANCOPSS) meeting ensure their schools to live in peace with their neighbor schools.

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