



DEVELOPMENT OF SPORTS ADMINISTRATORS FOR ENHANCEMENT OF PHYSIO-PSYCHO-SOCIAL HEALTH SECURITY OF NIGERIAN YOUTHS

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Abstract

This research paper studied "development of sport administrators for enhancement of physio- psycho-social health security of Nigerian youths". A survey research method was used for the study.. The population used was 500 randomly selected SSS I students from twenty (20) secondary schools from the states capitals of kwara and Kogi. The instrument used for gathering data was a structured, validated, and reliable 0.85 Questionnaire with ten (10) statements under psychological social and physiological factors. The data collected for the study was by the Researchers. Based on the result of data analysis and then discussions, it was concluded that:- (I) act of hooliganism resulting to injuries and even death ranked first on the list of factor militating against effective athletic performance. Also, peer group influence make them indulge in drug abuse, early sex and sensitization on need for pursuit of academic. Based on the conclusions drawn, it was recommended among others that:- (I) the federal, state and local government should through the sport councils in each state monitor the athletic star hunt during inter- house competition in the primary, and secondary school, (ii) Monetary gains i.e. N50, 000 - 100,000 should be attached to SS III world event record breakers, (iii) scholarships should be attached for Student in J. S. S. J-S. S. S III who excelled in sports events and/or breaks records

KeyWords: *physio- psycho-social, Health, Development, Security .*

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 predicated 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—Emiola 1999).

These all round total development requirement had being found to be un-achievable due to certain impediment viz-a-viz (ii) High injuries rate (Danladi 2002) (iii) Lack of care during outings (Omolawon 1999). (iv) Inadequate staff to handle (athlete (Agonsi 2002). (v) Parental discourage (Agonsi 2002). (vi) Peer influence (Ajala 1999) (vii) Inadequate facilities and equipment (Agoni 2002). (viii) Psychological problems

(Ajayi I 998).(ix) Poor economic status (Agonsi 2002)and (x)Lack of effective and athletic planning strategy (Emiola 1994).

All the hindrances/impediments of athletic development in Nigeria are officious 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) falls within primary school to secondary school ages in Nigeria. Through exceptionally brilliant ones may be in the University. While the later are professionals who would have gone to American. Angosi (2002) submission is physio-social factor affecting effective athletic performance in Nigeria, while Emiola's (1994) also said that they are physio-technical factors

Later are professionals who would have gone to America. Angosi 200) submission is physio-social factor affecting effective athletic performance in Nigeria, while Emiola (1994), also said that they are physio-technical factors too. These 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

Table 1: t-test summary on students perception of psycho-social factors affecting

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

divided into phases, dates and recommended exercises.

A cursory look at factors affecting effective athletic performance in Nigeria reveals psycho-social and physio-technical impediments.

The purpose of the study was to find out factors influencing effective athletic performance that can enhance students' health: (i) Whether it is high injury rate (ii) Poor economic gains from sports participation (iii) Lack of skills (iv) Lack of care during outings (v) Unavailability of staff to teach sporting activities (vi) Lack of care during outings of inter-house athletic competitions (vii) Psychological problems of the youths that hinder sports participation (viii) Parental discouragement of youths indulgence in sporting activities (ix) Peer group influence and (x) Insecurity of youths due to hooliganism during sporting activities.

This research aimed at sensitizing physical and health education teachers and coaches on reasons why effective athletic performance are not recorded in Nigeria. And to recommend the sports councils, the best method of raising the standard of athletics competitions within Nigeria secondary schools.

DEFINITION OF TERMS

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

Physio-technical factors:- these are factor that influence the body build, variable like feeding, medical, money faculty and person.

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 issues had to be synthesized. The population for this study was all the secondary school in kwara state or Kogi states of Nigeria. The sampled population consist 500 students 250 male students & 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) student were selected each from each of the SSS student in ten (10) secondary' schools in each of the states capitals. The instrument designed for the study was a researcher structured questionnaire. The questionnaire was designed in Likert format for students of age 12-18 years in Senior Secondary School One (S.S.S) so that the language of these questionnaires would be comprehended. The students were asked to pick either SA=Strongly Agreed, A= Agreed, UN=Undecided, Disagreed and SD=strongly disagree. The validity of the instrument was determined by face and content validity. The researchers 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 questionnaires contents as using spilt half. Two hundred questionnaires were administrated to. 100 SSS I students from two secondary schools. The distributed questionnaire to the students was under the surveillance of the researcher.

Data gathered was analyzed using t — test statistical method at 0.05 level of significance and at 24 degree' of freedom to find out the factors that affect effective athletic performance in the two states (Adegboye 2001).

RESULT AND DATA ANALYSIS

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

There will be no significant influence of students perception of psycho-social factors affecting effective athletics

Table 1 and 2b shows student's perception of psycho-social factor affecting athletic performance. The t- test calculated value = $m=2.499=f2.498$ - test critical (table) value 2.064 the vat, ($.2.499 > 2.0064$) 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 Ltt-te student-sense of insecurity militate against their zeal to involve in athletics. This discovery corroborated Agon's^100)

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

S/N	VARIABLES STATEMENTS	SEX	Responses				SD Strongly disagreed
			SA Strongly agree	A Agreed	Un	D Disagreed	
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 affect the athletes	M	85(7225)	139(19321)	4(16)	17(289)	5(25)
		F	74(5496)	146(22801)	3(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(4346)	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(22801)	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 011 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-l	&@24 degree of freedom	The male and female students significantly perceived psycho
M=2.499	2.064	24	Rejected	social factors affecting athletic performance
F=2.498	2.064	24	Rejected	

who confirmed that students fear of being killed by rival school students served as the highest ranked factor influencing their athletic performance. Other factors are peer group influence lack of care, psychological and parents discouragement found to have been advanced by Ajala (1999), Agnosi (2000) Ajayi (1998) and Omolawon (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.

There will be no significant influence of students' perception of physio-technical factors' affecting effective athletics performance in Nigeria.

Table 2 reveals students' perception of physio-technical factors affecting effective athletic performance in Nigeria. The t-test calculated value =2.499, F=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 remains 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, (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 effect 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 at the issuance of jerseys for the houses, what more is the federal state or local government sponsor

these, inter-house athletics competitions.

CONCLUSIONS

Based on the results of data analysis and the discussions, it could be concluded as follows:

Follows:

1. 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.
2. 90.8% (227) female students were afraid of indulging in sporting activities because they feared that they may not have adequate care; suppose they are injured, sleeping arrangement, defense against rape during athletic activities.
3. 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 were exceptionally afraid of hooliganism.
4. 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.
5. 90.4% (226) males and 88.8% (222) females were not conveniently engaging in sporting activities because of lack of qualified physical education teachers and coaches to guide students' engagement in sporting activities.
6. Monetary incentives should be attached as prizes during inter-house athletic competitions to the status of scholarship, money N50, 000 — NI 00, 000 for the final year (SSSIII) qualified athletes.
7. Principals should be sensitized through the (ANCOPSS) meeting ensure their schools to live in peace with their neighbor schools.

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