

## Factors Determining Choice of Sporting Activities Among Undergraduates in University of Ilorin, Nigeria

OLALEKAN ADEYEMI, AYOBAMI OLAOYE, FRANCA IKWUKA  
University of Ilorin, Nigeria

**Abstract.** Participating in sports is expected of everyone both male and female, this study examined factors determining choice of sporting activities among undergraduate in University of Ilorin. Students' choice of sporting activities is predetermined by availability of facilities, peer group, religion and cultural belief, injury, gender, interest among others. The research adopted descriptive survey method. The population of the study comprised all undergraduate in University of Ilorin. Multi-stage sampling technique was used to select 234 respondents. The research instrument used was a researcher's developed Questionnaire. Chi-square ( $\chi^2$ ) was used to test the postulated hypotheses at 0.05 level of significance. The result of the study showed that: Availability of facilities, gender, body somatotype, religious belief determining choice of sporting activities among undergraduate in University of Ilorin. It was recommended that: All sport facilities should be made available and accessible to students, coaches and other related agencies through motivation and regular training should make sure that female students are encourage to participate in sports, students should be trained to have the skill related fitness component such as agility, power, speed, balance, coordination and so on in order to augment their physical characteristics in any sporting activities of their choice. Religious leaders should encourage participation in all sporting activities either team or individual sports.

**Keywords:** facilities, peer group, religion and Injury

### 1. Introduction

In today's world, the number of people who involve and benefit from sporting activities are numerous all across the globe. In Nigeria, sport is becoming popular among people especially youths and it's also a tool for promoting unity and peace. This is buttressed by Surman (2009) who defined sports as a game with rules which puts individual in a contesting situation i.e competitive in nature. Australian Sports Commission (2012) reported that Sport is a human activity of achieving a result requiring physical exertion and skill which by its nature and organization is competitive. Competition is a key part of these definitions and involves situations where "an individual's performance is compared with some standard of excellence, in the presence of at least one other person who is aware of the criterion for comparison".

According to the World Health Organization (2013) regular participation in sport provides people of both sexes and all ages, including persons with disabilities, with a wide range of physical, social and mental health benefits. Sport is not just a demonstration of great skill but also an avenue for social interaction, personal enjoyment or improving one's health and fitness. Sport create economic benefit in the form of jobs income, taxation revenue, improves

people's health and wellbeing which reduces cost of health care and increase labour productivity, contributes to tourism and entertainment, helps to expend energy positively and learn skills and values thereby reduce crime rate among youths (Surman, 2009). Participation in organized school sports offers opportunities for students of all ages to be physically active and has been shown to help improve students' self-esteem and psychological well-being, participation in sports can play an important role in increasing physical activity levels of students (Pate, 2011).

Sport improves health of students both mind and body, it teaches important life lessons about respect, leadership and cooperation, it also promote equality for all and bridge gaps between students of different level. Organized sport provides opportunities for self-expression, it helps to develop skills in communication, negotiation and leadership and to test and improve abilities which increase confidence. Sport helps students with special needs gain confidence they can make use of in another aspect of their lives, sport can be used to educate communities on ways to prevent disabilities and to stress the importance of staying healthy (Surman, 2009).

According to Thomas (2008) institution all over the world function to promote the social objectives of sports, this is because it enables the young stars to acquire a socially acceptable behavioural pattern that would afford the opportunity to live a useful, rewarding and enriched life. It is important to note that one of the significant integral parts of general education programme in institutions is sports and this has been widely recognized and accepted as a social activity and an indispensable part of the students. A holistic approach to sport can further enhance the student experience and provide evidence of achievement that supports the development of student physical ability, a student can demonstrate many valued skills and attributes from communication, leadership and team working, self - management and problem solving through sport (Ruhanen & Whitford, 2011).

According to Fasan (2010) many students like to engage in some sport as their age group, they feel relaxed and well understood among their peers and their interest is aroused by the success of their friend in a particular sport. Religious belief about sport especially in terms of clothing restriction makes it difficult to participate in some sporting activities (Asagba, 2008). Having the right somatotype to suit a particular sport can make the difference between success and failure, top marathon runners tend to be lean and light, gold medal weightlifters are solid blocks of muscle with short arms and legs, physique and the way the body works fit for each sport (Australian Sports Commission, 2012).

The provision of facilities in all sports is one of the major priorities in the promotion and development of sports, responsibility for the provision of the facilities shall be shared by government, individuals and private organizations. Shortages of facilities create challenges in participating in sport (Akeredolu & Adefuye, 2008). According to Awosika (2009) sports has become a unifying factor in the country and it has become an essential ingredient toward nation building.

## 2. Research Questions

- (i) Will availability of facilities influence the choice of sporting activities among undergraduate in University of Ilorin?
- (ii) Will gender influence the choice of sporting activities among undergraduate in University of Ilorin?
- (iii) Will somatotype influence the choice of sporting activities among undergraduate in University of Ilorin?
- (iv) Will religious belief influence the choice of sporting activities among undergraduates in University of Ilorin?

## 3. Hypotheses

The following research hypotheses were tested:

- (i) Availability of facilities will not have significant influence on the choice of sporting activities among undergraduate in University of Ilorin.
- (ii) Gender will not have significant influence on the choice of sporting activities among undergraduate in University of Ilorin.
- (iii) Somatotype will not have significant influence on the choice of sporting activities among undergraduate in University of Ilorin.
- (iv) Religious belief will not have significant influence on the choice of sporting activities among undergraduate in University of Ilorin.

#### **4. Methodology**

The design that was adopted for this study is descriptive research design of the survey type. This research design is considered appropriate for this study because it will allow the researcher to collect personal and general information for the purpose of explaining factors determining the choice of sport activities among undergraduate in University of Ilorin.

The population of this study comprised all undergraduate in University of Ilorin as at the time of this study. Stratified sampling technique was used to classify the students in Human Kinetics Education to 4 levels (100 level, 200 level, 300 level and 400 level). Secondly, proportionate sampling technique was used to

select 70% from each level. The percentage of the respondents used as sample was determined with sample proportionate to the size of each level selected, this method is adopted because the levels do not have equal number of students. Systematic sampling technique was used to select respondents each from the sampled levels. 100 level (65), 200 level (53), 300 level (27) and 400 level (89). In total, two hundred and thirty four (234) respondents were used as sample for this study which is 70% of the population.

The Instrument that was used for this study is a researcher developed Questionnaire consisting of structured items, eliciting information from respondents on factors determining the choice of sport activities undergraduate in University of Ilorin. The Questionnaire comprises two sections A and B. Section "A" focuses on demographic data of the respondents while Section "B" consists of items on factors determining the choice of sporting activities among undergraduate in University of Ilorin.

The Instrument was administered to the respondents with the help of research assistants and prompt retrieval of the completed Questionnaire was ensured. The data collected for this study was subjected to appropriate statistical analysis. Section A which entails the demographic data of respondents was analyze using descriptive statistics of frequency counts and percentage, while inferential statistics of Chi - square was used to test the postulated hypotheses at 0.05 level of significance.

#### **5. Results**

Ho1: Availability of facilities will not have significant influence on the choice of sporting activities among undergraduate in University of Ilorin.

**Table 1: Chi-square analysis showing the influence of Availability of facilities and choice of sporting activities among undergraduate in University of Ilorin.**

S/N	ITEMS	SA	A	D	SD	ROW TOTAL	df	CAL. VALUE	TABLE VALUE	REMARK
1	Facilities for some sporting activities are almost inadequate and in some cases not in existence in university of Ilorin	51 (21.8%)	138 (59.0%)	37 (15.8%)	8 (3.4%)	234				
2	Not all facilities available for some sporting activities are accessible to students in university of Ilorin	23 (9.8%)	119 (50.9%)	77 (32.9%)	15 (6.4%)	234				
3	Facilities available for some sporting activities in university of Ilorin are not maintained properly	74 (31.6%)	141 (60.3%)	12 (5.1%)	7 (3.0%)	234	6	313.14	12.59	Ho Rejected
<b>Column Total</b>		<b>148</b>	<b>398</b>	<b>126</b>	<b>30</b>	<b>702</b>				

P < 0.05 alpha level

The findings from the analysis in the table 2 indicated that calculated Chi-square value of 313.14 and the table value of 12.59 with the degree of freedom of 6 at 0.05 alpha level. Since the calculated value is greater than the table value, the null hypothesis is rejected. This implies that Availability of facilities determined choice of sporting activities among undergraduate in University of Ilorin.

Ho2: Gender will not have significant influence on the choice of sporting activities among undergraduate in University of Ilorin.

**Table 2: Chi-square analysis showing the influence of Gender and choice of sporting activities among undergraduate in University of Ilorin.**

S/N	ITEMS	SA	A	D	SD	ROW TOTAL	df	CAL. VALUE	TABLE VALUE	REMARK
1	Most male and female students choose sporting activities that are vigorous	18 (7.6%)	68 (29.1%)	115 (49.2%)	33 (14.1%)	234				
2	Most female students engage in sporting activities that are less strenuous	31 (13.2%)	141 (60.3%)	50 (21.4%)	12 (5.1%)	234				
3	Majority of male students prefers sporting activities that require more strength and power (Athletics, soccer, weightlifting etc)	34 (14.5%)	135 (57.7%)	55 (23.5%)	10 (4.3%)	234	9	541.20	16.92	Ho Rejected
4	Most sporting activities allow more male participation than female	42 (17.9%)	97 (41.5%)	71 (30.3%)	24 (10.3%)	234				
<b>Column Total</b>		<b>125</b>	<b>441</b>	<b>291</b>	<b>79</b>	<b>936</b>				

P < 0.05 alpha level

The findings from the analysis in the table 3 indicated that calculated Chi-square value of 541.20 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 Gender determined choice of sporting activities among undergraduate in University of Ilorin.

Ho3: Somatotype will not have significant influence on the choice of sporting activities among undergraduate in University of Ilorin.

**Table 3: Chi-square analysis showing the influence of Somatotype and choice of sporting activities among undergraduate in University of Ilorin.**

S/N	ITEMS	SA	A	D	SD	ROW TOTAL	df	CAL. VALUE	TABLE VALUE	REMARK
1	Height discourage most students in choosing some sporting activities in school such as basketball, volleyball etc.	47 (20.1%)	164 (70.1%)	16 (6.8%)	7 (3.0%)	234				
2	Weight discourage most students in choosing some sporting activities in school such as gymnastics	44 (18.8%)	127 (54.3%)	51 (21.8%)	12 (5.1%)	234				
3	Each sporting activities require different body composition in order to perform well	65 (27.8%)	144 (61.5%)	19 (8.1%)	6 (2.6%)	234	6	400.72	12.59	Ho Rejected
<b>Column Total</b>		<b>156</b>	<b>435</b>	<b>86</b>	<b>25</b>	<b>702</b>				

P < 0.05 alpha level

The findings from the analysis in the table 4 indicated that calculated Chi-square value of 400.72 and the table value of 12.59 with the degree of freedom of 6 at 0.05 alpha level. Since the calculated value is greater than the table value, the null hypothesis is rejected. This implies that Somatotype determined the choice of sporting activities among undergraduate in University of Ilorin.

Ho4: Religious belief will not have significant influence on the choice of sporting activities among undergraduate in University of Ilorin.

**Table 4: Chi-square analysis showing the influence of Religious belief and choice of sporting activities among undergraduate in University of Ilorin.**

S/N	ITEMS	SA	A	D	SD	ROW TOTAL	df	CAL. VALUE	TABLE VALUE	REMARK
1	All religion permit participation in sporting activities in school	58 (24.8%)	155 (66.2%)	16 (6.8%)	5 (2.1%)	234				
2	Churches or Mosque organizes some sporting activities for everybody and this determine the choice of sport in school.	18 (7.7%)	114 (48.7%)	79 (33.8%)	23 (9.8%)	234				
3	All religion encourage participation in sporting	20 (8.6%)	47 (20.1%)	129 (55.1%)	38 (16.2%)	234	9	436.30	16.92	Ho Rejected

	activities that involve mixing with the opposite sex					
4	All religion encourage participation in sporting activities that require exposing sensitive body parts such as swimming and gymnastics	21 (8.9%)	48 (20.5%)	130 (55.6%)	35 (15.0%)	234
	<b>Column Total</b>	<b>117</b>	<b>364</b>	<b>354</b>	<b>101</b>	<b>936</b>

P < 0.05 alpha level

The findings from the analysis in the table 5 indicated that calculated Chi-square value of 436.30 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 Religious belief has great effect on choice of sporting activities among undergraduate in University of Ilorin.

### 6. Discussion of Findings

The result of this study is aligned with Nwadiani and Nwabuwe (2008) who emphasized that facilities are as important to the athletes as the laboratories are to the scientists. Without facilities sport cannot take place, the availability, adequacy, standard, funding, maintenance, supervision, safety, location and accessibility of sport facilities deserve adequate attention for sport facilities to contribute to excellence in sport choice. Ekpe (2011) asserted that, it is difficult to separate the standard of sports in a particular country from the standard of facilities available. In Nigeria tertiary institutions it is easy to see that the level of facilities available cannot cope with the number of participant, facilities and equipment occupy such available place in all the ramifications of sport (Ekpe, 2011).

The result of this finding supports Slater and Tiggemann (2011) who postulated that the type of activities engaged in at the gym differed between the genders, for example boys were more likely to use weights whereas girls were more likely to participate in aerobic classes and use cardiovascular machines (e.g. bikes, treadmills). Wilson and Spink (2009) further indicate that adolescent girls participate more often in individual or noncontact sport activities

such as swimming, volleyball, aerobics, gymnastics, and jumping rope, while boys more often choose contact or power sports such as working out, hockey, or soccer. Most boys prefer to participate in sporting activities that give them the opportunity to experience competition, while girls focus more on social parameters of physical activities (Pate, Sallis, Ward, Stevens & Young, 2010).

This finding corroborates the assertion of (Rosemann, 2010) Mesomorphic component is linked to individual sports which require muscular strength and this makes students that are muscular choose individual sporting activities such as sprint race, swimming among others. Ectomorphic is associated with precision and skill, students classified under this category choose team sport such as football, basketball among others (Rosemann, 2010). Mesomorphic component is associated with muscle strength, which is essential for top performance in students that run, jump and throw (Marta, 2011). The finding is in accordance with (Jawad, 2009) that some students may choose to participate in sport activities when the dress code is not outside the religious belief, but can be excluded when it is outside the religious belief, these positions remove individuals' freedom of choice because most students who have embodied their faith in ways that lead them to prefer participation in sporting activities in more private ways choose to participate in events organised to provide a more religious appropriate environment that manages their faith need for body modesty and women - only or men-only environments. In some sports, such as kickboxing, it is necessary to train with men at the higher levels and this involves physical contact, which Muslim females feel

uncomfortable about, swimming is sometimes problematic because of the mixed-sex public nature of swimming baths (Jawad, 2009).

## 7. Conclusion

Based on the finding of this study, the following conclusion was drawn:

- (i) Availability of facilities has significant influence on the choice of sporting activities among undergraduate in University of Ilorin.
- (ii) Gender has significant influence on the choice of sporting activities among undergraduate in University of Ilorin.
- (iii) Somatotype has significant influence on the choice of sport activities among undergraduate in University of Ilorin.
- (iv) Religious belief has significant influence on the choice of sport activities among undergraduate in University of Ilorin.

## 8. Recommendations

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

- (i) All sport facilities should be made available and accessible to all undergraduate in University of Ilorin as this will promote the choice of sporting activities.
- (ii) The coaches and other related agencies through motivation and regular training should make sure that female students participate in all sporting activities with male students irrespective of the type either contact or non-contact sporting activities.
- (iii) Students should be trained to have the skill related fitness component such as agility, power, speed, balance, coordination and so on in order to augment their physical

characteristics in any sporting activities of their choice.

- (iv) All religious body/institution should encourage participation in all sporting activities either team or individual sport.

## References

- Akeredolu, O. A. & Adefuye, M. A., (2008) Determinants of physical activity Participation in optimizing wellness among adults in rural areas of Lagos State, Nigeria. 4<sup>th</sup> International Council for Health, Physical Education, Recreation, sport and Dance (ICHPER-SD) African Regional Congress 14<sup>th</sup> - 17<sup>th</sup> October 2008.
- Asagba, B.O., (2008) Managing Sports Resources for Effective Participation and Excellent Performance in Sports, By Exceptional Students of SPED, Oyo. *Journal of Sociology And Education in Africa*. 7(1) 161-170. (Uganda).
- Australian Sports Commission: What is defined as sport. nd. [cited 2012 July]. Available from [ausport.gov.au/supporting/nso/asc\\_recognition](http://ausport.gov.au/supporting/nso/asc_recognition).
- Awosika, K.M., (2009) Continuing Professional Development for Experienced Physical Education Teachers: Towards effective provision. *Sport, Education and Society* 9(1) 95–114.
- Ekpe, S., (2011) Problems of sports development in Nigeria. Report of the National Committee on problems of sports development in Nigeria (3) 582-602.
- Fasan, C.O., (2010) Influence of Demographic Variables on Students' Choice of Sports Activities. *Journal of Research & Method in Education (IOSR-JRME)* e-ISSN: 2320–7388,p-ISSN: 2320–737X (4)1 26-29 [www.iosrjournals.org](http://www.iosrjournals.org)
- Jawad, H., (2009) Islamic Feminism: Leadership Roles and Public Representation, HAWWA – *Journal of Women of the Middle East and the Islamic World* (7)1 1–24.

- Krejcie, M., (2010) Method for determining sample size of a population. The research advisors . Hpp/research advisor .com
- Marta, C., (2011) Somatotype is more interactive with strength than fat mass and physical activity in peripubertal children. *Journal of Human Kinetics*, (Special), 83-91.
- Pate R.R., (2011) Youth sports programs: Contribution to physical activity. *Arch Pediatr Adolesc Med*. 165(4), 369- 370.
- Pate, R. R., Sallis, J. F., Ward, D. S., Stevens, J., & Young, D. R., (2010) Age related changes in types and contexts of physical activity in middle school girls. *American Journal of Preventive Medicine*, 39(5), 433–439.
- Rosemann, T., (2010) A comparison of anthropometry between Ironman triathletes and ultra swimmers. *Journal of Human Kinetics* (24), 57-64.
- Ruhanen, L. & Whitford, M., (2011) Indigenous sporting events: more than just a game. *International Journal of Event Management Research* 6(1):33-51.
- Slater, A. & Tiggemann, M., (2011) Gender differences in adolescent sport participation, teasing, self-objectification and body image concerns. *Journal of Adolescence*. (34) 455-63.
- Surman, J., (2009) Sports and Recreation, University of Hong Kong.
- VicHealth, (2010) Opportunities for social connection: a determinant of mental health and wellbeing. Summary of learnings and implications. Melbourne: Victorian Health Promotion Foundation. Viewed 19 July 2013, <<http://www.vichealth.vic.gov.au/Publications/Social-connection/Opportunities-for-social-connection.aspx>>.
- Wilson, K. S. & Spink, K. S., (2009) Social influence and physical activity in older females: Does activity preference matter? *Psychology of Sport and Exercise*, (10), 481–488.
- World Health Organization, (2013) Health and Development Through Physical Activity and Sport, online: WHO, <[http://whqlibdoc.who.int/hq/2003/WHO\\_NMHNPH\\_PAH\\_03.2.pdf](http://whqlibdoc.who.int/hq/2003/WHO_NMHNPH_PAH_03.2.pdf)>. [WHO, Physical Activity].
- Wright, J. & Macdonald, D., (2010) Young people, physical activity and the everyday. London: Routledge.
- Yazid, L.I., (2012) A mechanism for achieving optimal health and wellbeing. *International Journal of Sports Sciences and Fitness*, 2(2): 238-251.