

Determinants of Sports Growth as Correlates of Sport Development in Secondary Schools in North East Senatorial District of Akwa Ibom State

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Abstract: *National sport development evolves from growth in school sports, which is the home for talent identification and development. Thus, this study aimed to investigate the determinants of sports growth as correlates of development in secondary schools in the North East Senatorial District of Akwa Ibom State. Two research questions were raised and Two hypotheses were formulated to guide the study. The study adopted the correlational research design. The population of the study comprised 653 students in the various school sports teams in government-owned secondary schools in the North East Senatorial District of Akwa Ibom State. A sample of 385 students was selected for the study using a multi-stage sampling procedure. Two researcher-made instruments titled "Determinants of Sports Growth in Secondary Schools Questionnaire" (DSGSSQ) and Sport Development Questionnaire (SDQ) were used in collecting data for the study. The instruments were subjected to face validation by three experts. Internal consistency reliability was conducted for the study and the reliability coefficient was determined using Cronbach Alpha statistics, which yielded a coefficient of .83 and 0.79 for the DSGSSQ and SDQ respectively. Data collected for the study were analyzed using simple regression. The R and R²-values were used to answer the research questions while F-ratio was used to test the hypotheses. The finding of the study indicated that the availability of sports facilities, and sports personnel are all determinants of sports development in secondary schools in Akwa Ibom North East Senatorial District. It was concluded that the availability of sports facilities and sports personnel are determinants of sports development in secondary schools in the North East Senatorial District of Akwa Ibom State. It was recommended among others that all secondary schools in the North East Senatorial District of Akwa Ibom State should be equipped with sports facilities to enable students to practice with the right facility, which will ensure sport development.*

Keywords: determinants, sports growth, sport development, secondary schools, North East senatorial district, Akwa Ibom State

INTRODUCTION

Sport is a social agent that brings different people of different ages and religious backgrounds together. It is important to note that sport is a significant and integral part of general education programmes in institutions and this has been widely recognized and accepted as a social activity and an indispensable part of the students. Sport as a structured and institutionalized activity involves vigorous physical exertion that has the components of competition and prowess on a continuum between play and work. Sports has the capacity to develop the physical, intellectual, social and moral dimensions of life for all the continents' citizens, and it has overtime been a conduit for communication between nations and people and an instrument that brings down barriers and safe guards' peace. Beyond its physical and health dimensions, sports contribute to comprehensive and harmonious development and fulfillment of human being. Sport as a social phenomenon has grown from its humble beginning of being an entertainment and recreation pastime to become a visible and prominent business phenomenon that could no more be ignored in the social, political and economic environment of any nation.

According to Ademola (2014), sports is any competitive activity that uses physical and intellectual capacity done by an individual or between individuals in order to significantly contributes to their physical, intellectual, social, emotional and financial well-being. The United Nations Educational, Scientific and Cultural Organization (U.N.E.S.C.O.) (2015) defined sports as any physical activity which has the character of play and which involves a struggle with ones' self or with others, or a confrontation with natural elements in a sport. The Oxford English Dictionary defined sports as a competition for a prize or discipline effort for self-improvement. Larry (2016) stated that sport is self-evident until one is asked to define it. Sports therefore, is often the antithesis of recreation and diversion in that it may constitute the main area of stress and tension in a person's life. Sports can be both an amateur or professional enterprise. It can be carried out in a person's leisure time or it can be a means of employment. It goes without saying that sports stresses competition through physical exertion. Indeed, the outcome of these exertions is recorded, hence giving sports a well tabulated history. Rewards in sports can be in form of prizes, trophies or monetary gain. Bolarinwa (2021) opined that sport provides little opportunity for fantasy or make-belief and that it constitutes competition, not only between individuals and local terms but also between countries and continents. Ademola (2015) defined sports as a game or contest involving individuals and group of individual skills or physical powers on which money or reward is at stake and is also done for personal and natural love. He also opined that sport is important to the societies as well as students and to physical educators. It is a medium that permeates every aspect of life. Sports, if well-structured, provides a social environment whereby societal attitudes are shaped into a positive manner through social stimulus situation (Ademola, 2015). It was observed that sports is a veritable tool for enhancing social interaction and integration particularly among the youths competing for laurels in various events.

Also, Onifade (2016) stated that sports as a social institution teaches and reinforces societal beliefs, norms and values, thereby assisting in socializing athletes into major cultural and social behavioural patterns in various societies. Bucher and Krotee (2017) opined that sports contribute to character building, discipline, economy, ideology, patriotism, education, mental development, human communication, physical fitness, and health. Sports competitions, seminars, conferences and meetings of various types provide the opportunity for individuals from different countries to exchange ideas and knowledge which, in turn, would be of immense benefit in educating the citizens of their countries. Morakinyo (2018) observed that sports as a social phenomenon has grown from its humble beginning of being an entertainment and recreation pastime to become a visible and prominent business phenomenon that could no longer be ignored in the social, political and economic environment of any nation. Many great nations and societies of the world have realized that participation in sports is the key to a healthy development of their citizens, and have used it to develop their young ones, attaining a success that science, religion and politics have failed to achieve. Sporting activities have as well permeated the Nigerian society just as many other societies worldwide and all aspects of societal life such as politics and religion. The relevance and importance of sports to national development has made sports development a sine-qua-non to the attainment of the goals of sports in the society. The Federal Republic of Nigeria Sports Development Policy (2022), defined sports development as the process of continuous improvement of the sport structure, institution, and programmes in order to create a societal condition conducive to physical fitness for all and for effective functioning and self-actualization.

Participation in sporting activities has become a pervasive phenomenon, touching nearly every stratum of the society. It has permeated arts, politics, economics, law, mass communication, international diplomacy and fashion. Its scope is ever expanding making sports to be felt in almost every field today. The increased advocacy for physical exercise stems from the belief that only a healthy body can carry a healthy mind. Amuchie (2015) towed this line by asserting that the body must be vigorous in order to obey the soul, one needs a sound mind in a body to learn and think. However, the level of development in sport achieved by a school can be dependent on various factors, some of which are- the facilities and equipment available, availability of personnel in various sporting activities, government commitment, number of organized sports, parental involvement, among others.

Facilities are fixed, non-moveable, static, permanent, long-life-span materials used in sports. Facilities are very essential in enhancing sporting activities among secondary school students. Owoeye and Yara (2017) asserted that facilities constitute a strategic factor in organizational functioning. This is so because they determine to a very large extent the smooth functioning of any social organization or system including health programme. Its availability, adequacy and relevance influence efficiency and high productivity. The sports facilities are designed to promote physical well-being, foster the spirit of sportsmanship and provide the students with facilities for recreations and sports. A court or playing field are designed for a specific sport such as volleyball, basketball,

cricket, football, tennis, badminton and the like. Sports facilities and equipment are laboratories for Physical Education (P.E) where games are performed or played and consequently facilities and equipment are important for achievement of goals of Physical Education and sports (Rintaugu and Nteere, 2017). Equipment is of imperative importance in the prediction of students' participation in sports. The relevance of adequate supply and maintenance of equipment to the smooth operations of sports is very crucial to the success of school sports (Ojeme, 2015). Having the right quality and quantity of sports facilities and equipment is an integral part of sports development. To a large extent, this is partly what makes the difference between the sports culture of developed and developing nations. In the developed world, sports facilities and equipment of the appropriate standard are available to promote the athletes' performance (Ojeme, 2015).

Aside from having the needed facilities and equipment available for any sporting activity, there is also need for proper personnel to achieve success in sporting activities or events. The personnel can be in the form of teachers, coaches and other technical advisers. Deemua and Alaubi (2020) express the view that success of any sports development programme in Nigeria now and in the future depends, to a large extent, on the involvement of well qualified physical educators (Sport administrators). For instance, in a situation where there is money to run the programme, there are facilities and equipment and there are interested students, yet nothing gets done until the other element, that is qualified personnel is present. This is why Eze (2015) maintained that all programmes, sports inclusive, succeed or fail in direct proportion to the appropriate decisions and actions of those who are responsible for administering them. Therefore, there is no doubt that the success or otherwise of any sports programme depends, to a great extent, on the personnel available to handle it. Aside from having the right personnel and facilities for sporting activities in the school, the participation of students or the development of sport can be encouraged through the number of organized sport competition participated by students in a particular area. Considering the economic and health benefits of sport to a nation, and the perceived low level of sport development in Akwa Ibom State, this study is conducted to determine the factors to influence sport development in secondary schools in Akwa Ibom State.

Statement of the Problem

The development of sports and its participation can be a means of achieving the overall objectives of education as sport is believed to provide individuals with both physical and mental benefits. It is this perceived importance of sport in the wholesome development of the individual that led the National Policy on Education (NPE) to specifically recommend that specialist physical education teachers be trained and employed to teach at the primary and secondary school level. Participation in sporting activities has become a pervasive phenomenon, touching nearly every stratum of the society. It has permeated arts, politics, economics, law, mass communication, international diplomacy and fashion. Its scope is ever expanding, making sports to be felt in almost every field today. The increased advocacy for physical exercise stems from the belief that only a healthy body can carry a healthy mind.

However, sport development in Nigeria seems to be at the early stage despite the number of years that have passed since the nation assumed independence. For instance, in the just concluded 2020 Olympics, Nigeria as a country was represented by 55 athletes. Unfortunately, the Nigerian flag was not held high as the flags of some African countries like Kenya, Uganda, among others, as Nigeria did not win any gold medal, but only managed to win two medals (one silver and one bronze), ranking 74th in the world. Repetitive failures in international sporting events does not only dampen the emotional and psychological health of participants and citizens but also places Nigeria in a disadvantaged position for international politics and diplomacy as sports has been identified as the bargaining power of many countries. Considering that most best performing countries such as United States brought their athletes from colleges, one could wonder what the problem of sport development among secondary school students is in the country. To determine the factors that influence sport development in Akwa Ibom State and the country at large, the researcher is motivated to conduct this study on determinants of sport growth as correlates of sport development among secondary school students in Akwa Ibom North East Senatorial District.

Purpose of the Study

The purpose of this study was to examine the determinants of sports growth as correlates of sport development in secondary schools in North East Senatorial District of Akwa Ibom State. Specifically, the study seeks to examine:

1. the extent to which sports facilities predicts sports development in secondary schools of North East Senatorial District of Akwa Ibom State.
2. the extent to which sport personnel predicts sports development in secondary schools of North East Senatorial District of Akwa Ibom States.

Significance of the Study

It is hoped that the result from this study may be useful to secondary school administrators, Ministry of Sports, Ministry of Education, Teachers-Training Institutions, students, sports councils, physical education professional and the state government. The result from the study may help school administrators to understand the importance of sports in the overall development of the child thereby allocating some funds for the proper development of sports programme within the school.

It is also hoped that the empirical evidence from this study may guide the ministries of sports and education to re-strategize and give adequate attention to some neglected areas, as such areas will be highlighted in the study. Teachers' training institutions such as universities and colleges may also benefit from the study as it may expose the needs in the labour market as it regards sport professionals, so as to channel resources into training such individuals for the society.

The result from the study may also help to build alliance between sports councils, students and sports professionals as they may synergize to develop a viable sports programme in schools.

Finally, the result from the study would contribute to the general body of knowledge and open new frontiers for further researches.

Research Questions

The following research questions are formulated to guide the study.

1. To what extent does the availability of sport facilities predict sports development in secondary schools in the North East Senatorial District of Akwa Ibom State?
2. To what extent does the availability of personnel predict sports development in secondary schools in the North East Senatorial District of Akwa Ibom State?

Research Hypotheses

The following null hypotheses were formulated and were tested at .05 levels of significance.

1. Availability of sports facilities does not significantly predict sports development in secondary schools in the North East Senatorial District of Akwa Ibom State.
2. Sports personnel does not significantly predict sport development in secondary schools in the North East Senatorial District of Akwa Ibom State.

RESEARCH METHODS

The study adopted the descriptive survey research design. The population of the study comprised 653 students in the various sport teams in government owned secondary schools in the North East Senatorial District of Akwa Ibom State. A sample of 385 students was selected for the study using multi-stage sampling procedure. A researcher made instrument entitle “Determinants of Sports Development in Secondary Schools Questionnaire” (DSDSSQ) was used in collecting data for the study. The instrument was validated by three experts. Internal consistency reliability was conducted for the study and the reliability coefficient was determined using Cronbach Alpha statistics, which yielded a coefficient of .83. Data collect for the study were analyzed using simple regression. The R and R²-values were used to answer the research questions while F-ratio was used to test the hypotheses.

RESULT

Research Question 1

To what extent does the availability of sport facilities predict the development of sports in secondary schools in North East Senatorial District of Akwa Ibom State?

Table 1: Simple Regression Analysis of the Extent to Which Sport Facilities Predict Sport Development

Variable	Mean	SD	R	R ²	% Contribution
Sport Facilities	11.21	2.21			
			.674 ^a	.453	45.3
Sport Development	28.06	2.68			

a. Predictors: (Constant), Sport Facilities

The result in Table 1 shows the R for the strength of sport facilities as determinant of sport development in secondary schools in the North East Senatorial District of Akwa Ibom State. The R² – value of .453 indicated that 45.3 percent of sport development is predicted by sport facilities in secondary schools in the North East Senatorial District of Akwa Ibom State. Therefore, sport facilities are a high predictor of sport development in secondary schools in Akwa Ibom State.

Research Question 2

To what extent does the availability of personnel predict the development of sports in secondary schools in North East Senatorial District of Akwa Ibom State?

Table 2: Simple Regression Analysis of the Extent to Which Availability of Personnel Predict Sport Development

Variable	Mean	SD	R	R ²	% Contribution
Sport Personnel	14.39	2.46			
			.630	.397	39.7
Sport Development	28.06	2.68			

a. Predictors: (Constant), Sport Personnel

The result in Table 2 shows the R for the strength of sport personnel as predictor of sport development in secondary schools in the North East Senatorial District of Akwa Ibom State. The R² – value of .397 indicated that 39.7 percent of sport development is predicted by sport personnel in secondary schools in the North East Senatorial District of Akwa Ibom State. Therefore, sport personnel is a high predictor of sport development in secondary schools in Akwa Ibom State.

Findings

1. Availability of sports facilities were significant predictors of sport development in secondary schools in the North East Senatorial District of Akwa Ibom State.
2. Sports personnel was a significant predictor of sport development in secondary schools in the North East Senatorial District of Akwa Ibom State.

DISCUSSION OF FINDINGS

Availability of Sport Facilities and Sport Development in Secondary Schools

The finding of availability of sport facilities and sport development in secondary schools indicated that availability of sport development was a significant predictor of sport development in secondary schools in the North East Senatorial District of Akwa Ibom State. The reason for the finding could be that no sport can be developed without the appropriate facility for that sport. No matter how good the teacher is in teaching, the students will find it hard to perform effectively in a particular sport if they do not have the needed facilities to practice with. They can only be filled with the theoretical knowledge of the sport and can only explain how to perform it but become total strangers when presented with the right facilities for the sport. This emphasizes the need for the availability of the right facilities for sport development to be effective in secondary schools in the North East Senatorial District of Akwa Ibom State. The availability of the appropriate sport facilities has to be accompanied with regular practice with the facilities by the students in order to master their use and become effective with it. Such will make the students to be familiar with the facilities and be ready to perform in any competition in that particular sport or engage in it for recreation. Inadequate availability of sport facilities can strongly hinder sport development. This is in line with the findings of Atare and Ekpu (2014) who examine the status of recreational facilities in health promoting tertiary institutions and reported only low availability of sport facilities and under-utilization of sport facilities where they are available. However, the finding of this study is contrary to that of Awoma *et al.* (2015) who conducted a study to examine if facilities/equipment is predictor of sport development in Edo State and reported that facilities and equipment are not determinants of sport development. The reason for the findings could be that the available sport facilities were not put to proper use in a way that could enhance sport development or sport development. It could be that they did not have trained personnel to direct the students on how to use the available facilities.

Sport Personnel and Sport Development in Secondary Schools

The finding of sport personnel and sport development in secondary schools indicated that the sport personnel are predictors of sport development in secondary schools in the North East Senatorial District of Akwa Ibom State. The reason for the finding could be that it is difficult for one to master the right skill for a particular sport without guidance from a sport personnel. The availability of sport personnel can help to develop the needed skills for a particular sport easily. It can also help to perfect the ones learned before and help the individual to perform the needed activities with ease. Sport personnel can also expose students to new skills and make sport participation to be more exciting. Such excitement can build interest in that particular sport and more students will want to be part of it. It could also be that sport personnel, if available in a school can expose students to various sporting activities other than the ones common to the students in the community. Sport personnel can also prepare and take students for completion in order for the students to test their skills and identify areas that need improvement. The finding of this study is

similar that of Ekong (2020) who conducted a study to determine the influence of sport personnel on sport development among College of Education students in Akwa Ibom State and reported a significant influence of sport personnel on sport development in colleges of Education in Akwa Ibom State. The finding of the study is also in support of that of Ali (2022) who conducted a study on the contribution of coaches to success in sport competitions among South West students. The finding of the study indicated students who had professional coaches performed better than those without professional coaches. This is an indication that having a professional sport personnel can contribute to sport development among secondary schools' students.

CONCLUSION

Based on the finding of this study on determinants of sport growth as predictors of sport development, it was concluded that the availability of sports facilities and sports personnel are predictors of sport development in secondary schools in the North East Senatorial District of Akwa Ibom State.

Recommendations

Based on the findings of this study, the following recommendations were made.

1. Parents and voluntary organizations should assist in providing sporting equipment to all secondary schools. This would enable students to practice with the right facility, which would ensure continuity in sports development.
2. Teacher training institutions should ensure that physical education teachers are well trained to be able to handle variety of sport and master their rules.

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