

RELATIONSHIP BETWEEN SOCIOLOGICAL VARIABLES AND ATHLETES PERFORMANCE IN SCHOOL SPORTS COMPETITIONS IN KWARA STATES, NIGERIA

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Abstract

This study examined the relationship between sociological variables and athletes' sports competitions in KwaraState, Nigeria. Descriptive research design of correlation type was adopted for the study. A multistage sampling procedure of stratified and purposive sampling technique were used to select 285 respondents for the study. A researcher structured questionnaire was used to gathered data from the respondents. The instrument was validated by experts in the Department of Human Kinetics Education University of Ilorin. The reliability level of the Instrument was established through test re-test method using Pearson Product Moment. A correlation co-efficiency of 0.75 was obtained. The Administration of Instrument was done by the researchers and 4 trained research assistants. The data collected were analysed using Inferential Statistics of Pearson Product Moment Correlation (PPMC) to test the formulated hypotheses set for the study at 0.05 alpha level. The result revealed that weather condition and academic performance has significant contributions towards athletes performance in school sports competitions. Based on the findings of this study, the study therefore recommends that weather condition should be put into consideration when planning to organized school sports competitions so as to boast their performance, also sports officers should sensitize the student athletes on the needs to be able to combine sports with academic in order to enhance performance at school sports competitions.

Keywords: School sports, weather condition, sociological variables and athletes performance.

INTRODUCTION

School sports is one of the component of community sports development programmes that serve as basement for talent discovery at early stage. It focuses on discovery of secondary school athletes who have the right potentials to exhibit their talents in a competitive sports and also to nurture them into athletics who would be able to compete with their counterpart in the world (Abubakar 2018). School sport is an integral part of general education that contributes to the intellectual growth and development of the youth, it enhance the physical, social emotional and cognitive development of youth that often participate in school sports programme.

Active sports participation by students play an important role in student maintenance of physical wellbeing health and academic excellence. In addition, it helps in reshaping the life of youth for a better future. Furthermore, school sports is an institutionalized competition that involves vigorous exertion or the use of relative complex physical skills by individual whose participation is motivated by a combination of intrinsic satisfaction associated with the activity itself and external rewards which can be earned through athletic performance. Aluko&Adodo (2011) Opined that sociological variables such as gender, age, religion, ordinal position parents and socio-cultural belief of people towards sports, environment and provision of sports outfit as mode of dressing in sports often influence athletes performance in school sports competition. Moreso, the socio-economic background of the parents, family, geographical factors such as ethnicity social stratification and other social factors usually encourage students' athletes at secondary school level to participate in school sports (Abubakar, Umar, Akintoye&Chom 2018).

Moreso, sociological variables are regarded as those factors that often encouraged athletes to participate in sports and by implication it enhances their performance in school sports competitions like Milo Basketball competitions and secondary school football competitions (Joy &Okou 2018). Also sociological variables focuses on the social meaning and dynamics associated with age, social class, gender race, ethnicity and nationality among others. It helps to answer questions in area such as how do prevailing cultural beliefs about masculinity and femininity affect the organization of sports programmes among students in secondary schools (Jaiyesimi, 2023).

SimilarlyAdebayo (2023) opined that students participation in school sports activities usually helps to increase cognitive, muscular strength, bone density, aerobics capacities and reduction of obesity among the students. Also the active participation in school sports activities such as interclass competition, interschool sports competition and inter house sports competition helps student to maintain good body shape, promote endurance, boost self-esteem and enhance good coordination of body system socially, the organization of school sports activities helps to enhances social interaction by bringing students from different schools, background, family and communities together. (Reiza, Ling, Hamdane&Halder 2022). Through the organization of school sports activities, students boost their friendship, team work, and build the relationship with peers and teachers and by implication this practices often promote unity among the students school sports activities are vital tools for strengthening cordial relationship among secondary schools in the Kwara State in Nigeria. Students that often engaged in an organized school sports competitions are known to be physically fit, healthier, perform better academically and are more active than other who do not participate in school sports activities in school (Babatunde, 2016).

Therefore the academic performance of student has been identified by the researcher as one of the sociological variables that is used to determine the students' performance in an organized school sports competitions. Mohammed, Noor & Ambreen (2019) pointed out that many people argued that the academic performance of secondary school athletes is at stake when participating in school sports activities considering the fact that they would not have time to study very well. And as such both parents and teachers discouraged them from participating in school sports. In another study conducted by Ademola (2015) submitted that all participation of secondary school athletes in any school sports activities has nothing to do with the academic performance but rather, it make them to perform better in their academic programme because participation in school sports activities often promote cognitive domain and mental alertness of students which has direct impact on their intellectual capacity. Likewise, a study conducted by Marsh (2019) affirmed that when considering the weather condition as one of the factors that enhance athletes performance in school sports activities, two different environmental factors can be identified as indices that can affect athletes performance in any sports competitions, they are: external (macro) environmental factor and internal (micro) environmental factors. When the atmosphere condition of weather is not friendly to the athletes, that is, sudden changes in the weather condition like rainfall or wind blowing that hinder the progress of the competitions such as regarded as macro environmental factors and by implementation it can have a direct impact on athletes performance (Edim & Saba 2014). But surprisingly when the weather condition is caused by human factors such as pollution in the air as a result smoke or demolishment of building that result into dust every such is said to be regarded as micro environmental factors.

However, Sage & Etizen, (2020) stressed that sports performance of an athletes is usually regarded as an aggregate of individual results over a month or season of competition. The performance of any athlete depend largely on the type of motivational measure put in place by sports administrator to boost their performance in any sports competition. Also sports performance of an athlete can be measured through the outcome of result obtained in a competition or the amount of medal won in competition either by a team or by a single athlete. In the same view Hardin (2019) opined that performance in sports is the higher level attained or the peak of an athlete as a result of his/her degree of training. More so, winning is an important aspect of sports that can be achieved through the level of commitment or determination of an athletes in any sports competition especially among the secondary school athletes in school sports activities.

However, provisions studies Falaye, Ajadi, Abdulraheem & Adesoye (2021) had carried out number of reduction studies on socio-cultural factors and administrative and sociological variables as determinant of students' participation in school sport competitions both within and outside Nigeria but none of these studies focus on relationship between sociological variables and athletes performance in school sports competitions in Kwara State Nigeria. The objective of the study was specifically meant to determine the extent to which weather condition has relationship with athlete performance in school sports competitions in North-central states. Investigate the rate at which academic performance of student has relationship with athletes performance in school sports competition in Kwara State.

Research Questions

The following research questions were raised and tested for the study.

- (1) What has been the athletes performance of schools in school sports competition in kwara state?
- (2) What are the factors attributed to the performance of athletes in kwara state?

Hypotheses

The accompanying hypotheses were postulated and tested for the study:

- (1) There is no significant relationship between weather condition and athletes performance in school sports competitions in kwara state.
- (2) There is no significant relationship between academic performance and athletes performance in school sports competitions in kwara state.

METHODOLOGY

Descriptive research design of correlational type was adopted for the study. This design is considered appropriate due to its advantage of describe the existing relationship between the variables being studied. The populace for this investigation involved all 694 sports officers and 14 coaches that do participate in secondary school sports competitions in the study area. A sample of 285 respondents that represent 45% of the total population were selected for the study through multistage sampling procedures. In the first stage purposive sampling technique was used to select all the 14 coaches across the seven states. This is because the coaches were not much in numbers. Stage II: proportion sampling technique was used to select 85% of sports officer in all the schools participating in school sports competitions across the seven states in KwaraStateState which was proportionate to the population of the study.

A researcher designed questionnaire titled: Relationship between Sociological variables and athletes performance in school sports competitions Kwara States, Nigeria which was prepared on four (4) point rating scale of strongly agree (SA), Agree (A), strongly Disagree (SD) and Disagree (D) were used for scoring. Validity usually indicates the degree to which an instrument measures what is supposed to measure. The instrument was validated by two experts in the Department of Human Kinetics Education University of Ilorin and two experts in the Sociology Department Faculty of Social Science University of Ilorin, Ilorin, Nigeria. reliability is the extent to which repeated administration of data of a measuring instrument gives similar responses. It is refer to stability or consistence of information for the same group of respondents when the quality of the instrument being measured has not changed. To determine the dependability of the instrument, the researcher adopted the test re-test method were 20 questionnaires were administered to the small group twice at an interval of two weeks. The result obtained from the two sets were correlated using Pearson Product Moment Correlation (PPMC) and correlation coefficient of 0.65r was obtained which was considered high enough for the study. The researcher with the help of three (3) trained research assistants administered the questionnaires to the respondents. All the filled copies of the questionnaire were retrieved back by the research for data analysis. The data collected were subjected to statistical analysis of

inferential statistics of Pearson Product Moment Correlation (PPMC) which was used to test the formulated hypotheses set for the study at 0.05 alpha level using Statistical Package for Social Science (SPSS).

RESULTS

Research question one: what has been the athletes performance of schools in school sports competition in Kwara State.

Table 1: Percentage Performance of Secondary School Athletes at Sport Competition.

S/No.	Performance in Sports Federation	N	SD	D	A	SD
1.	Teams from Kwara State usually perform better a the national final	41	2 (4.9%)	11 (26.8%)	22 (53.7%)	6 (14.6%)
2.	Performance of teams in Kwara State in the last five years is excellent due to full supports given to the teams that represents the zone at the national final by the NSSF	41	3 (7.3%)	9 (22.0%)	27 (65.9%)	2 (4.9%)
3.	Teams from Benue and Niger are always consistent in the medals table in the last five years	41	3 (7.3%)	12 (29.3%)	19 (46.3%)	7 (17.1%)
	Cumulative performance	41	3 (7.4%)	10 (24.4%)	23 (56.1%)	5 (12.2%)

Aggregate mean – 3.8102

Table 1 shows the reaction of 41 states coordination to items that addressed the performance of schools in sports competition in Kwara State, Nigeria. The cumulative analysis revealed the mean performance of (58.29%) in school sports competitions which implies that the teams performance in NSSF competitions was above average.

Research Question 2: What are the factors attributed to the performance of athletes in Kwara State.

Table 2 Mean SD and Ranking of Factors attributable to this level of performance by the athletes in Kwara state in School Sports Competition

S/No.	Factors attributable to Performance	N	Mean	Std. Dev.	Rank
1.	High level of discipline in the teams helps the athletes to perform better	41	2.7805	0.79095	1 st
2.	Teams cooperation as a result of unity among the athletes brings about excellent performance of the teams	41	2.7673	0.74980	2 nd
3.	Communication gap between the coach and the NSSF officers can hinder the performance of athletes	41	2.7071	0.84392	3 rd

Aggregate mean = 3.91

Table 2 reveals that “high level of discipline in the teams helps the athletes to perform better” ranked first with the mean score of 2.7805 and the standard deviation of 0.79095. This was followed by “team cooperation as a result of unity among the athletes bring about performance of the teams” with the mean score of 2.7673 and the standard deviation of 0.74980. The third was “communication gap between the coach and the sport officers can hinder the performance of athletes” with the mean score of 2.7071 and the standard deviation of 0.84392.

Testing of hypotheses

Hypothesis 1: There is no significant relationship between weather condition and athletes' performance in school sports competitions in Kwara State, Nigeria

Table 3: Indicate 'r' Analysis of Relationship between weather condition and Athletes Performance in School Sports Competitions in Kwara State, Nigeria.

Variables		Weather condition	Performance of athletes
Weather condition	Pearson's correlation Sig. (2-tailed)	1	0.151**
	N	285	0.000
Performance of Athletes	Pearson's Correlation	0.151**	
	Sig. (2-tailed)	0.000	285
	N	285	1
			285

($r(285) = 0.151$; $p < 0.05$)

Table 3 revealed the calculated r-value of 0.151 against the critical p-value of 0.00 computed at 0.05 level of significant. Since the calculated r-value was greater than the critical p-value, the sub-hypothesis there was hereby rejected. This implies that there was a significant relationship between weather condition and athletes' performance in school sports competition in Kwara State, Nigeria.

Hypothesis 2: There is no significant relationship between academic performance and sports performance of athletes in school sports competitions in Kwara State, Nigeria

Table 4 Revealed 'r' analysis of Relationship between Academic Performance and Athletes' Performance in School Sports Competitions in Kwara State, Nigeria

Variables		Academic performance	Performance of athletes
Academic performance	Pearson's correlation Sig. (2-tailed)	1	0.102**
	N	285	0.000
Performance of Athletes	Pearson's Correlation	0.102**	
	Sig. (2-tailed)	0.000	285
	N	285	1
			285

($r(285) = 0.102$; $p < 0.05$)

Table 4 shows the calculated r-value of 0.102 and critical p-value of 0.00 computed at 0.05 level of significant. Since the calculated r-value was greater than the critical p-value, the sub-hypothesis four was hereby rejected. This implies that there was significant relationship between academic performance and athletes' performance in school sports competitions in Kwara State, Nigeria.

DISCUSSION OF THE FINDINGS

The finding from tested hypothesis one revealed that there was a significant relationship between weather conditions and athletes' performance in school sports competitions in North Central, Nigeria. This result supported the finding of Reiza, Ling, Hamdane & Halder (2022), that weather condition sometimes pose a threat on athletes' performance. This could be positive or negative. It could be positive when it contributes to excellent performance of athlete and it could be negative when it affects athletes' performance, which brings about poor outing in a tournament.

It is import to look at how environmental factors affect school sports programme from the sociological point of view. This will probably offer a better understanding of the competencies of school managers. Similarly, Marsh (2019) stressed that in preparing an athlete for a competition, it requires physical and mental training, proper nutrition and good recovery on the parts of athletes. It is also important to understand the politics surrounding such competition in terms of weather condition and how athletes can cope or fit to participate. Adebayo (2023) affirmed that weather conditions such as temperature during competition can hinder athletes' performance, if not taken serious.

The average body temperature is 37⁰c (98.6⁰F) in a cool weather and warm weather. Wearing appropriate sports outfits to be able to perform at a high level is necessary. Borresen (2008) pointed out that having a proper plan to anticipate weather conditions is an advantage to the athletes and team performance. Abubakar (2018) stressed that in order to reduce the risk of injury and poor performance of athletes in a competition, an athlete needs to do a proper warm up, wear the appropriate clothing and stay properly hydrated. Similarly, Aluko & Adodo (2011) observed that one of the factors that can help to mitigate poor performance of an athlete in a competition is acclimatization. When an athlete gets used to the weather conditions in an area where the competition will take place, then it would be an added advantage on the part of such an athlete or team because they are already adapted to the conditions of such environment to compete.

The finding from tested hypothesis two shows that there was a significant relationship between academic performance and athletes' performance in school sports competition in Kwara State State, Nigeria. This result buttressed the findings of sport Information Resources Centre (2013) who compared the results of the cognitive relationship between academic performance of students (athletes) in colleges and their performance in sports. Also, in a study conducted by Babatunde, (2016) to determine the effects of college athletes on reading comprehension, math and critical thinking skills, there were 2,416 first year students who took part in the national study of students learning survey which is a longitudinal evaluation of the factors that affect learning and cognition development of students in the college. They also discovered that male and female athletes in revenue sports such as football, on the contrary, the female athletes lagged behind their peers in reading comprehension. Both male and female athletes fell behind non-students' athletes in critical thinking skills such as open mindedness, maturity and inquisitiveness. Many people also argued that the academic performance of athletes is troubling considering the fact that secondary school athletes often value sports more than their education.

CONCLUSIONS

Base on the finding of this study, the following conclusions were made

1. Weather condition has significant impact on athletes performance in school sports competition in kwara state, Nigeria.
2. Academic performance has significant contribution to athletes performance in school sports competitions in kwara state.

RECOMMENDATIONS

1. Sports officers and coaches should consider weather condition when planning for school sports competitions so as to boost athletes' performance.
2. The sports officers in schools should education student athletes on the needs to combined both academics and sports together so as to enhance their performance in school sports competition. The coaches should also be friendly to the athletes in order to boost their performance in school sports competitions.

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