

ASSESSMENT OF THE INFLUENCE OF STANDARD BASKETBALL FACILITIES ON THE PERFORMANCE OF PLAYERS IN NIGERIAN UNIVERSITY GAMES ASSOCIATION (NUGA) COMPETITIONS

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ABSTRACT

The purpose of this study was assess the influence of standard basketball facilities on the performance of players in Nigerian University Games Association (NUGA) competitions. Ex-post-facto research design was employed in the study. The population for this study was one thousand, seven hundred and twenty-eight (1,728). The sample size for this study was five hundred and forty (540) drawn using simple random and purposive sampling technique. Two (2) Purposes and their corresponding Research Questions and Hypotheses were formulated to guide the study. A self-structured questionnaire was used to collect data for this study. The data collected was analyzed using Statistical Package for Social Science (SPSS) version 26. Descriptive statistics of frequencies and percentages were used to analyze the demographic characteristics of the respondents. Mean and standard deviation were used to answer the research questions, while Chi-Square statistics was used to test all the null hypotheses at 0.05 alpha level. Findings from the study revealed that standard basketball facilities significantly influenced players' motivation for effective performance ($N = 531, \chi^2 = 156.668, df = 21, p < .001$) and significantly influenced players' safety for effective performance in Nigerian University Games Association (NUGA) competitions ($N = 531, \chi^2 = 421.333, df = 21, p < .001$). It was concluded that adequate provision of standard basketball facilities significantly influenced the level of motivation, skill acquisition, players training, execution of basketball skills and safety for effective performance of players in Nigerian University Games Association (NUGA) competitions and was therefore recommended that there is a need to ensure continuous provision of basketball facilities among Universities involved in the NUGA games competitions to maintain the level of motivation of players for effective performance. Keywords: Assessment, Influence, Facilities, Performance, Nigerian University Games Association (NUGA).

INTRODUCTION

“NUGA” stands for “Nigerian University Games Association”. NUGA was founded in 1966 at the University of Ibadan (Audu, 2013) saddled with responsibility of organizing university-based sports events in Nigeria. According to this school of thought the prime force behind its formation was attributed to the effort of Professor Obaro Ikeme a professor of history following the first West African University Games (WAUG) in Ibadan in 1965. The first NUGA games was held at the University of Ibadan in 1966 with five (5) Nigerian universities as members (Audu, 2013).

NUGA approved fifteen (15) different sporting events at the University Games namely; field badminton basketball, chess, cricket, handball, hockey, judo, soccer, squash, swimming, Table tennis, taekwondo, tennis, and volleyball. In 1966, the first Nigerian University Games was held at the University of Ibadan the five Universities in Nigeria at that time namely: University of Ife (now Obafemi Awolowo University), Ile-Ife; University of Nigeria, Nsukka; University of Lagos, Akoka and Ahmadu Bello University, Zaria. Presently, there are over one hundred and two (102) Universities as members of NUGA and this cut across private and public (Federal and State) owned. At the beginning, only very few sports were involved but the number of sports have over time grown to Eighteen namely: Athletics, Badminton, Beach Volleyball, Basketball, Chess, Cricket, E-sport, Football, Handball, Hockey, Judo, Karate, Scrabble, Squash, Swimming, Table Tennis, Taekwondo, Tennis and Volleyball. In 1970, NUGA became a member of the World Federation of University Games (FISU), and in 1974 was a founding member of the All Africa University Games Association (FASU) (Audu, 2013)

Having the right quality and quantity of basketball facilities 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, basketball facilities and equipment of the appropriate standard are available to promote the basketball players' performance (Ojeme, 2016). While developed countries are putting so much into providing excellent Basketball facilities, equipment and conducive environment for basketball players, the developing countries seem to lag in the provision of these facilities at same time expecting their players to excel in international competitions. Ekpe (2018) opined that, it is difficult to separate the standard of Basketball facilities in a particular country from their standard of play.

The availability of adequate basketball facilities play a major role in sports development. Good sports programmes can function effectively only when they are supported with effective basketball facilities and equipment (Aluko, 2019). Aluko (2019) observed that for a successful hosting of NUGA games in Nigeria standard facilities and equipment are indispensable. Standard Basketball facilities have helped in the hosting rights of these institutions and establishes confidence among basketball players. Ojeme (2016) also opined that the realization of sustainable sports development in Nigeria to become a world class sporting nation is a sine qua non. He further stated that training

facilities as well as frequent competitions are those major factors which place the United State based basketball players in better standard than the home based in Nigeria

The scarcity of basketball facilities constitutes a big clog in the wheel of successful administration of Basketball in Nigeria. It is noted that most of our Basketball players lack exposure to modern sophisticated infrastructures and facilities for training. Adisa (2014) opined that Basketball players, both men and women generally exhibit high sports achievement and encouragement due to the presence of adequate Basketball facilities and equipment. The goal of basketball players preparing for competition is to attain performance for excellence. Performance is the level of optimal functioning where Basketball players find themselves in the zone and things are just working out fine. Williams (2016), also submitted that peak performance is those magic moments when a Basketball player puts it all together both physically and mentally, the performance is exceptional, seemingly transcending ordinary levels of play. Hallett (2018) further defined peak performance as behavior that exceeds one's average performance or an episode of superior functioning. There are some psychological factors that may serve as barriers, blocking players from getting to this zone of optimal functioning which includes the level of motivation and availability of Basketball facilities (Chase, 2016). The provision of good organization and administration of sports programs has been important which psychologically influences the participation and effective performance of Basketball players at various competitions. Good organization and administration of Basketball as includes the provision of adequate Basketball facilities and equipment, attractive incentives for the Basketball players, and sound human relations.

STATEMENT OF THE PROBLEM

One of the special advantages of sports facilities is that it motivates and encourages the participation of athletes in sports. It was observed that many youths are interested in sports, but they shy away because of the state of facilities and equipment. Sports facilities could stir up the enthusiasm of young people to participate in sports. The performance of athletes in competitive sports is often influenced by various factors, including the availability of standard basketball facilities and equipment. In the context of basketball, where level of motivation, skill execution, physical endurance, safety of the facilities and tactical play are paramount, the condition and adequacy of sports infrastructure may significantly impact on the athletes' performance which are

the main variables included in this study. In Nigerian universities, where basketball teams compete under the Nigerian University Games Association (NUGA), there is concern about whether the facilities provided for training and competition are up to standard and capable of enhancing optimal performance as studies are yet to prove that.

The researcher observed with dismay that some universities seem to lack basic basketball facilities which may hinder participation of Basketball players. Basketball facilities are expected to promote health and safety in sports competitions and performance. The safety of Basketball players in sports participation needs to be always investigated to enhance better performance while taking part in competitive sports. This leads to injuries during participation in competitions. Players sustain varying degrees of injuries such as blisters and bruises are very common as players use bad shoes or rough surfaces.

This study assessed the influence of standard basketball facilities and equipment on the performance of players participating in NUGA competitions, examining whether existing resources meet the required standards and how they impact athletes' performance in terms of motivation, skill acquisition, adequate training, and execution of skills and safety of players. Addressing this issue is crucial to ensuring the continuous development of basketball at the university level and promoting higher standards of athletic performance in NUGA competitions in Nigeria.

METHODOLOGY

Research Design

This study adopted a descriptive survey research design. The descriptive survey design was considered appropriate because it enabled the researcher to collect data from a representative sample of respondents to determine their perceptions regarding the influence of standard basketball facilities on the performance of players in Nigerian University Games Association (NUGA) competitions without manipulating any of the study variables (Creswell & Creswell, 2018; Nworgu, 2015).

Population of the Study

The population for the study comprised 1,728 respondents, consisting of 96 Directors of Sports, 96 Deputy Directors of Sports, 96 Basketball Coaches, and 1,440 Basketball Players drawn from universities participating in the Nigerian University Games Association (NUGA) competitions.

Sample and Sampling Techniques

A sample of 540 respondents was selected from the study population using a combination of purposive and simple random sampling techniques. Purposive sampling was used to select

Directors of Sports, Deputy Directors of Sports, and Basketball Coaches because of their direct involvement in basketball administration and athlete development. Simple random sampling was used to select basketball players, giving every eligible player an equal opportunity to participate in the study.

Instrument for Data Collection

Data were collected using a researcher-developed questionnaire titled "Influence of Standard Basketball Facilities on Players' Performance Questionnaire (ISBFPPQ)." The questionnaire consisted of seven sections (A–G). Section A elicited demographic information of respondents, while Sections B–G contained items on the influence of basketball facilities on players' motivation, skill acquisition, training, skill execution, and safety during NUGA competitions.

The questionnaire was structured on a four-point modified Likert scale as follows:

Strongly Agree (SA) = 4

Agree (A) = 3

Disagree (D) = 2

Strongly Disagree (SD) = 1

A criterion mean of 2.50 was used as the benchmark for decision-making on the research questions.

Validity of the Instrument

The questionnaire was subjected to face and content validity by three experts, comprising two specialists in Sports Management and one specialist in Measurement and Evaluation, Faculty of Education. Their observations and recommendations were incorporated before the final administration of the instrument.

Reliability of the Instrument

A pilot study was conducted using respondents outside the study area but with similar characteristics. Data obtained from the pilot study were analyzed using Cronbach's Alpha reliability coefficient to determine the internal consistency of the instrument. An overall reliability coefficient of 0.80 (or above) was considered adequate for the study.

Method of Data Collection

The researcher, with the assistance of trained research assistants, administered the questionnaires directly to the respondents during the NUGA competitions. The completed questionnaires were retrieved immediately after completion to ensure a high return rate.

Method of Data Analysis

The data collected were analyzed using the Statistical Package for the Social Sciences (SPSS) version 26. Frequencies and percentages were used to analyze respondents' demographic

characteristics. Mean and standard deviation were used to answer the research questions, while Chi-square (χ^2) statistics were used to test the null hypotheses at the 0.05 level of significance.

RESULT

Hypothesis I: Standard basketball facilities do not significantly influence the motivation of players for effective performance in Nigerian University Games Associations competitions.

Table 1: Chi-square (χ^2) Analysis on influence of standard basketball facilities on motivation of players for effective performance in NUGA competitions

Variable	N	df	Cal. χ^2 value	p-value	Decision
Facilities and motivation of players	531	21	156.668	0.000	Rejected

$$X^2 \text{ Crit} = 32.7, (df = 21) \quad P < 0.05$$

Results on table 1 above shows that Standard basketball facilities significantly influence the motivation of players for effective performance in Nigerian University Games Associations competitions. Reason being that the P-value of 0.000 is less than 0.05 level of significance, while the chi square (χ^2) Cal. value of 156.668 is greater than the chi square critical value of 32.7 ($X^2 \text{ Cal} (156.668) > X^2 \text{ Crit} (32.7)$, $P < 0.05$) at df 21. Therefore, the null hypothesis which states that “Standard basketball facilities do not significantly influence the motivation of players for effective performance in Nigerian University Games Associations competitions’ is hereby rejected. Hence, the result implies that Standard basketball facilities significantly influence the motivation of players for effective performance in Nigerian University Games Associations competitions

Hypotheses II: Standard basketball facilities do not significantly influence the safety of players for effective performance in Nigerian University Games Association competitions.

Table 2: Chi-square Analysis on the influence of standard basketball facilities on the safety of players for effective performance in NUGA competitions

Variable	N	df	Cal. χ^2 value	p-value	Decision
Facilities and Safety of the players	531	21	421.333	0.000	Rejected

$$X^2 \text{ Crit} = 32.7, (df = 21) \quad P < 0.05$$

Results on table 2 above shows that Standard basketball facilities significantly influence the safety of players for effective performance in Nigerian University Games Association competitions. Reason being that the P-value of 0.000 is less than 0.05 level of significance, while the chi square (χ^2) Cal. value of 421.333 is greater than the chi square critical value of 32.7 ($X^2 \text{ Cal} (421.333) > X^2 \text{ Crit} (32.7), P < 0.05$) at df 21. Therefore, the null hypothesis which states that “Standard basketball facilities do not significantly influence the safety of players for effective performance in Nigerian University Games Association competitions.” was rejected. Hence, the result implies that Standard basketball facilities significantly influence the safety of players for effective performance in Nigerian University Games Association competitions.

DISCUSSION

This study assessed influence of standard basketball facilities and equipment on performance of basketball players in Nigerian University Games Association (NUGA) competitions using motivation, skill execution, training and safety as indices for the investigation. From the analysis of the data and test of the related hypotheses, the study found that provision of standard basketball facilities and equipment significantly influenced players in the selected variables towards effective performance in the competitions. The finding here is in line with Kim and Lee (2022) in a study titled Commitment and Equipment: Exploring the Psychological Impact on Athletes in Competitive Sports, who reported that Players equipped with state-of-the-art gear exhibit a stronger sense of dedication, leading to increased motivation during competitions.

The major findings of this study revealed that provision of standard basketball facilities significantly influences players' motivation towards effective performance of basketball during the NUGA competitions. It was revealed that respondents were of the view that their level of motivation improves when modern facilities were provided and that such provisions enhanced their confidence for improvement in performance. The study revealed that respondents agreed that their performance levels improved when the basketball facilities are standard and adequately maintained. The respondents were of the view that lack of such facilities does not motivate players in their performance and often lead to lack of improvement in the game during the competitions. The test of the related null hypothesis revealed that the expressed opinion was significant. This finding is in line with Vealey, and Chase (2016) their study titled Self-confidence in sport opined that there are some psychological factors that may serve as barriers, blocking players from getting to this zone of optimal functioning which include the level of motivation and availability of Basketball facilities.

The finding of this study revealed that standard basketball facilities significantly influence the motivation of players for effective performance in Nigerian University Games Association (NUGA) competitions. The null hypothesis, which stated that standard basketball facilities do not significantly influence players' motivation, was rejected because the calculated Chi-square value ($\chi^2 = 156.668$) exceeded the critical value ($\chi^2 = 32.70$) at 21 degrees of freedom, with a p-value of 0.000, which was less than the 0.05 level of significance. This finding indicates that the availability of standard basketball facilities enhances players' enthusiasm, commitment, confidence, and willingness to participate actively in training and competitions. It further suggests that universities with adequate and standard basketball facilities are more likely to motivate athletes to train effectively, improve their technical and tactical skills, and ultimately achieve better performance during NUGA competitions. This study was also in line with that of Weiss and Wiese-Bjornstal (2009) who worked on Psychosocial Aspects of Sport Injury Rehabilitation and found that sports facilities influence an athlete's motivation and performance. Weiss and Wiese-Bjornstal (2009) argue that the quality of sports facilities play an integral role in motivating athletes. When facilities are well-equipped, athletes can train more effectively, which enhances their physical and mental preparedness. Furthermore, quality facilities can boost athletes' morale by providing an environment that reflects the institution's commitment to their success. According to Weiss and Wiese-Bjornstal, athletes feel more motivated to perform well when they have access to facilities

that meet their training needs and competitive demands. This idea aligns with the finding from the study, where the availability of standard facilities led to enhanced motivation and performance during the NUGA competitions.

The finding of this study further revealed that standard basketball facilities significantly influence the motivation of players for effective performance in Nigerian University Games Association (NUGA) competitions. This finding demonstrates that the availability of standard basketball courts, quality playing surfaces, adequate lighting, scoreboards, training equipment, and other essential facilities contributes significantly to players' psychological readiness and enthusiasm for training and competition. The result suggests that athletes who train and compete in well-equipped environments are more likely to exhibit higher levels of confidence, commitment, concentration, and determination, all of which contribute to improved performance during NUGA competitions. This study also supported what Schneider and Fortier (2012) who worked on the Role of Physical Environment in Athlete Motivation and found that the availability of high-quality sports facilities is crucial for improving athletes' emotional and psychological states. They added that a positive environment in terms of well-equipped gyms, courts, and other training areas can significantly enhance an athlete's motivation by fostering a sense of pride, belonging, and institutional support. When athletes feel that they have access to world-class facilities, they are more likely to feel confident in their training and competition, leading to improved performance. More so, the study supported that of Baker and Roberts (2016) who worked on a study titled "Infrastructure and Athlete Performance: The Impact of Facilities on Sports Success" and found that better sports infrastructure has a direct correlation with enhanced athlete performance. They argued that athletes who train in well-maintained, state-of-the-art facilities have a higher sense of self-efficacy, leading to improved motivation, better mental focus, and greater success in competition. Their study also, emphasized that sports infrastructure goes beyond just physical facilities to include the support systems that accompany them, such as coaching staff, medical support, and access to performance technology. This comprehensive support system is integral to the success of athletes and can help them achieve their best performance.

It also revealed that provision of standard basketball facilities significantly influences safety of players for effective performance in Nigerian University Games Association competitions. The finding revealed that regular use of standard basketball facilities for competitions improved the safety and enhanced performances of players in the competitions. It was revealed that respondents

were in agreement with the notion that basketball players' safety depends on proper use of sports facilities and that proper usage of sports facilities promotes the safety of players towards effective performance in the competitions. It was revealed that respondents held the opinion that players must adhere to instructions in order to promote safety and ensure effective performance in the game during competitions. The respondents were therefore of the opinion that educating basketball players on the use of sports facilities could help in promoting their safety along with providing them with sufficient rest time during practices. The finding here is consistent with the report of Ojeme (2016) in a study titled "Standard sports facilities, equipment and the new challenges 21st Century and sports development in Nigeria" who found that the realization sustainable sports development in Nigeria to become a world class sporting nation and that training facilities as well as frequent competitions are those major factors which place the United State based basketball players in better standard than the home based.

CONCLUSION

From the findings of this study, it was concluded that adequate provision of standard basketball facilities influenced the level of motivation, skill acquisition, players training, execution of basketball skills and safety for effective performance of players in Nigerian University Games Association (NUGA) competitions. This implied that where the available facilities provided are not maintained, motivation, skill acquisition, players training, execution of basketball skills and safety for effective performance could be damp.

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