

# **PATERNAL AND SOCIO - RACIAL DYNAMICS AS PREDICTOR TO SPORT PARTICIPATION AMONG FEMALE STUDENTS IN SELECTED SECONDARY SCHOOL IGBOHO, AREA OF OYO STATE, NIGERIA**

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**Abstract.** This study was carried out to examine paternal and socio-racial dynamics as predictor to sport participation. Descriptive survey research design of was used. The participants were female students in the area of study. Self-structured questionnaires were administered on the respondents. Reliability value was 0.87. The data were analysed using multiple regression. The result shows a significant joint contribution of independent variables to sport participation, F- ratio (F 6, 243) = 94.416:  $p < 0.05$ .  $R = .837$  and a multiple  $R^2 = .700$ , Adj  $R^2 = .692$ ). The result also shows the relative contribution of independent variables to the dependent variables. standard facility and equipment shows the highest contribution ( $t = 19.069$ ,  $\beta = .760$ ,  $p < .05$ ), followed by religion ( $t = -3.047$ ,  $\beta = -.111$ ,  $P < .05$ ), followed by culture ( $t = 2.599$ ,  $\beta = .102$ ,  $P < .05$ ). ) parental influence also shows the contribution of ( $t = 2.345$ ,  $\beta = .091$ ,  $p < .05$ ), academic

stress shows the contribution of ( $t = 1.347, (\beta = .54, P < .05$  and while school policy on sport shows the lowest contribution of ( $t = -.758, (\beta = -.028, P < .05$ ) respectively. The findings revealed that there was a joint contribution of paternal and socio-racial dynamics were significant joint contribution of sport participation among female students in selected secondary school, Igboho, Area of Oyo State. It was recommended that the work load of students and staff should be restructured to give room for participation in sports after the day's work.

*Keywords:* paternal and socio-racial dynamics, sport participation

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### **Introduction**

Sport is an everyday issue of every nation throughout the world. This is because its influence cuts across all facets of our national life and sport function in several ways. Sports involve activities that individual engage in for different reasons, which include; winning of medals, physical fitness, recreation and entertainment. As a form of competition, sports activities give individuals the opportunities to compete against each other and win medals while as a form of keeping and maintain physical fitness, sports activities afford people the opportunity of training on desirables weight and fitness level, as form of recreation, people engage in sports activities to re-energize the body and mind after work in order to be able to meet daily demands of life, and for entertainment as many people find watching sports activities enjoyable.

Yazid (2014) sees sports as a vital and dependable weapon for all kinds of battles; it is today's greater marketing instrument for political mass mobilization and for direct governance and anchorage for national and international unity. He went further that sport has become an important aspect of Nigerian culture so much so that the interest in and popularity of sports have affected the political, social, economic and educational fabrics of the nation, the review become imperative as the nation is gearing towards rebranding and reviewing its sports development policy.

Okundare et al. (2016). asserted that sports are veritable and effective mechanism for promoting peace among participants. Sports are stepping stones towards changes in attitudes and building awareness as well as developing a civil society. Sports is usually considered as competitive physical activity which through casual or organized participation, aim to use, maintain or improve physical ability and skills while providing entertainment to participants, and in some cases spectators. The researchers went further that sports can help improve health and create opportunities to build social connections. People do not participate in sporting programmes even though they know it is good for them, for a number of reasons. On a simple level, barriers to participation in sporting programmes include high costs, unfavourable time, poor access to facilities and unsafe environments. Other complex issues relating to identity and shifting social networks also have a great influence.

Amaefule & Ikuejamoye. (2016) who defined sport as all forms of physical activity that contribute to physical fitness, mental well-being and social interaction, such as play, recreation, organized or competitive sport, and indigenous sports and games.

Zvapano (2017) reported that sport is believed to build character, provide essential training for success in the modern world, and develop the individual value of teamwork; self-sacrifice, discipline and achievement. Sport can be described as a highly organized physical activities regulated by accepted rules and regulations which sometimes requires maximum physical and mental exertion. The precise definition of what separates sports from other leisure activities varies between sources. Ademola (2014) defined sports as any competitive activity that uses physical and intellectual capacity done by an individual or between individuals in order to significantly contribute to their physical, intellectual, social, emotional and financial wellbeing.

It is well known that youth who participate in sports are less likely to drop out of school, and become involved in drugs and alcohol activity, while they are also excel in academic performance and sociability (Beeman, 1980.

Adeyemo, & Ajibola (2014) highlighted that sport has become a unifying factor in the country and it has become an essential ingredient toward nation building. They went further to say that, sports cut across all barriers, ethnic, religious or racial and has served as a dialogue in developing youth. The researchers went further that if you enjoy sports at school you are more likely to play sport when you leave school and outside of school hours. Sports involve organized physical activities governed by rules which have values that can be applied to everyday living; therefore, there is need for proper participation in order to receive the advantages of sport participation. The term "participation" is defined by the World Health Organization as the nature and extent of a person's involvement in life situations and includes activities of self-care, mobility, socialization, education, recreation, and community life. Participation in activities is the context in which people form friendships, develop skills and competencies, express creativity, achieve mental and physical health, and determine meaning and purpose in life. Sport participation contributes to the decline in anxiety and depression, increases self-esteem and spirits filled of self-efficacy. In accumulation, individuals who participated in sport have more positive sensitivity of their physical health and are at minor risk of chronic diseases, equated to persons who do not participate in sport. Seidina et al. (2019) postulated that Sport participation is an essential component of the planning process in various aspects of life including educational activities, culture and occupation. The researchers went further that, it is has become one of the most important programmes in schools today that should be used to promote all round development of secondary school students in Oyo West Local Government Area and other parts of Nigeria.

. Akinditure & Oyedeji (2012) asserted that sports participation is a means of bringing people of different culture and creeds together, it serves as avenue where people of different genders, ages and religious background and political afflictions meet without any rancour. It is a social agent where people of different ages and political backgrounds meet as either producers or consumers. Lucas

et al. (2016) defined participation in sport provides participants with an opportunity to learn life skills such as team work, leadership, game plan and strategy, healthy competition and sportsmanship. A lack in participation in sport and physical activity may result in a child having neither the opportunity to pass time positively, nor the opportunity to develop and learn physical, mental, and sport-specific life skills, vital for development. The researcher went further that participation in sport provides young children and adolescents with an opportunity to develop on a physical, mental, and social domain, thus resulting in the experience of many health benefits. Ogidan et al. (2013); Ladan (2009) opined that, for many years society maintained a greater degree of sports competition for boys than for girls. In recent years, there have been many changes in female's participation in sports, but the rate of changes has been found to be extremely low. Involving in sport participation and active recreation is prejudiced by far-reaching factors such as age, ethnicity, economy and disability. For female, there are a number of barriers to playing sport and being physically active, including lack of time and childcare, clothing and equipment, lack of money, lack of self-confidence, personal safety, parental and adult influence, funding, male-dominated culture of sport, access to facilities and body image. Female often express concerns about making physical activity a priority in their lives; in the case of sport participation, competition and expectations surrounding the participation environment can often be confronting and overwhelming for many females.

Adler (2008) explained that, today as in the past most female members of the society have fewer opportunities in life compared to their male counterparts as they are expected to run a home and bring up children. Female have less free time in their choice of leisure activities and they are more restricted than males. Over a long period of time, female have demanded changes in society to give them equal status with men. Social changes have gradually given women greater opportunities to plan their own lives. Nevertheless, the battle for equal opportunities with men is still being fought. The low rate of female involvement

in sports is not due to lack of interest in sports by them. Instead, it is due to the long history of direct and indirect forms of discrimination and stereo-typing that women have to contend with (Adeyanju, 2011).

Bucher & Krotee (2002) asserted that facilities should be well planned and constructed with an eye in future. Often, facilities are constructed within a very short period of and are very difficult to expand or exchange. Gulhane (2014) asserted that it might be impossible to achieve satisfactory results from students whose training facilities and equipment are inadequate or of sub-standard. It is correspondingly well-known that greatest number of the physical education students lack experience to up-to-date sophisticated infrastructural facilities and equipments for exercise. Diejomaoh et al. (2015) and Omoruan, (1996) hypothesized that facilities and equipment are paramount among all influences that upset the growth of a sport.

Ogbemudia (2001) asserted that if Nigeria must accomplish the anticipated standards in performance and achieve top ratings in the game of Olympic, then the preparation and supervision of sports facilities and equipment must not only be broad based but also be backed-up with adequate provision and maintenance of the available facilities and equipment.

Gbinijie (2001) postulated that there is the Leviathan dearth of sporting infrastructure and equipment in Nigeria and equipment and further stressed that most Local Government Areas have no field of or playgrounds, not to talk of a stadium. He then speculated about the opportunity of emergent sports at the grassroots level in the absenteeism of swimming pools, hockey fields, basketball courts, soccer pitches and cricket pitches if talents are projected to be groomed at the grassroots level. Perhaps, it is in this direction that Jeroh (2012) stated that the major problem in administration of sports in Nigeria is the dearth of sports facilities and equipment. Dauda-Olajide et al. (2015) who reported that the state of sport facilities in Nigeria is a major factor influencing participation, interest and performance of athletes.

Akindutire and Oyeniyi (2012) Furthermore, it was discovered that academic stress is a significant inhibiting factor to female participation in sports in Nigerian Universities. This result may be true to the ways and methods in which academic programmes are arranged which do not allow students enough time to participate in sports. At times students particularly female are being maltreated by lecturers for appearing in sporting programs instead of going for evening classes. Adeyanju (2011) who asserted that the interest in participation of mainstream of athletes is provoked very early in often before the age of six or seven; this initial interest is stimulated in the home through the parents. It was observed that parents in the olden days prevent their female children from engaging in sports, but now provide equipment, materials, and serve as role models by their involvement in sports, parents prevail on their wards to engage in sports because they know that sports is now a potential source of making money. Corroborating the above, Jeroh (2005) stated that parents have been seen as more influential in socializing their children to sports. In the study of Alairu (2016) he asserted that a woman who enjoys sports greatly are influenced by their family and in turn are influenced by the society as a whole. Alairu (2016) postulated that parents of his participants were specially participated in sporting activities and hence their offspring. Another finding of this study was the positive influence of religion on female participation in sports.

Akindutire (2005) who postulated that females are only made for procreation and preserving the household, while men go in search of money through private and public establishments. This mind-set excludes women from engaging in sports. This attitude eliminates women from engaging in sports. Adeyanju (2009) in findings provided support for the cultural factor as being significant factor for female non-participation in sports. The author expressed that women exposure to sports made them unfaithful to their husbands. Nigerian culture discourages women participation in sports because of the traditional view of associating sports with male role and any female engaged in it was regarded as operating outside the societal normative values (Okonkwor-Oby, 2012).

Solomon (2008) who postulated that masculine features in female has nothing to do with sporting activities, but has to do with hormone level and the individual potential, therefore, low participation of females in sports is the value placed on women in traditional cultures.

This is in agreement with Orunkoboka & Elendu, (2009) they observed a close relationship between sports and religion according to the author, sports is employed by religious bodies to attract people. This is evident in youth camps of religious bodies whereby sports e.g. football, athletics are organized to attract young people to their fold. Babatunde (2005) stated in his study that most traditional churches in Nigeria use physical exercises during worship. Such exercises include singing and clapping to the tune of drum for invoking the power of Holy Spirit. Akindutire (2005) who asserted that women were merely not allowed to take part in competitive sports because of religious fundamentalists who assumed that women must not uncover the sensitive parts of their body as may not be avoided during sports competitions.

### **Statement of problem**

Participation in sports is a way of bringing people of diverse culture and creeds collectively, it is an opportunity where individuals of diverse genders, ages and religious and political afflictions assemble with no rancour. It is a community where people of different ages and political backgrounds meet as either producers or clients. Despite the increase in population of both male and female in our various schools, very few females in secondary schools showed interest in sports either at recreational or competitive level either intra-mural or extra-mural.

Despite the significance of sports and physical activities to the female students, many factors seem to be crucial problem in their participation in sporting activities. These include parental influence, availability of standard facilities and equipment, coping with academic stress and school policy on sports. At

times most of the parents are the major barrier because of their frequent complaint and frown at their children's involvement participation in sports while some promote them.

Studies have been done on sports participation among tertiary students while few studies have been done on sports participation among female students in secondary school. This study, therefore will investigate paternal and socio-racial dynamics as predictor to sport participation among female students in selected secondary school Igboho, Area of Oyo State.

### **Research hypothesis**

The following hypothesis was tested: (1) there will be no significant joint contribution of paternal and socio-racial dynamics as predictor to sport participation among female students in selected secondary school Igboho, Area of Oyo State; (2) there will be no significant relative contribution of parental influence, availability of standard facility and equipment, academic stress, school policy, religion and culture as predictor to sport participation among female students in selected secondary school Igboho, Area of Oyo State.

### **Research design**

Descriptive survey research design of correlational type was used for the study. This design is considered more appropriate as it helps to explain and interpret current issues and existing conditions as well as identifying problems and prevailing practices in gathering data, which is economical for independent research.

### *Population of the study*

The population for the study comprises female students of selected secondary schools' student Igboho, Area of Oyo State.

### *Sample and sampling techniques*

The sample size for this study was three hundred fifty female students of selected secondary schools in Igbobo, Area of Oyo State. Simple random sampling and purposive sampling techniques was used to select the respondents.

### *Research instrument*

The research instruments to be adopted for the study comprises of sections A and B. The first section will be a self-structured questionnaire on 4 point modified likert –type summated rating labelled strongly agree (SA) rated 4 Agree (A) rated 3, Disagree (D) rated 2, strongly disagree (SD) rated 1. The questionnaire will be divided into two sections. Section A would deal with demographic data of the respondents while Section B would elicit information on the variables selected for the study.

### *Validity of instrument*

Validity is the ability of a test or study to measure what the investigator purported to measure. To enhance the validity of the research instrument for this study, the researcher's supervisor and other experts in the in the Department of Human Kinetic and Health Education, Olabisi Onabanjo University, Ago-Iwoye, Nigeria. Will scrutinized it, and the comments will be used, for suggestions and modification of the instrument.

### *Reliability of instrument*

The questionnaire was administered on 20 respondents of Iseyin local government who will not be part of the study. This will enable the researcher to discover some of the problems that may arise during the administration of the questionnaire in order to correct any ambiguity in the instrument and this also will provide opportunity to familiarize the research Assistants to the method and

procedure for data collection. Cronbach alpha was used to determine the internal consistency with reliability of 0.87.

*Administration of research instrument*

The researcher, with the help of four (4) trained research assistants administered the questionnaire to the respondents and collected same back on the spot to avoid loss.

**Data analysis**

The completed questionnaire was collated, coded and analyzed using descriptive statistics of frequency counts, (F) percentages (%), means, standard-deviation for demographic data of the respondents while multiple regression was used to test the hypothesis.

*Section A: Demographic information of the respondents*

**Table 1.** The class of the respondents

Class	Frequency	Percent	Valid Percent	Cumulative Percent
js 1	64	25.6	25.6	25.6
js 2	50	20.0	20.0	45.6
js3	68	27.2	27.2	72.8
sss1	13	5.2	5.2	78.0
sss2	55	22.0	22.0	100.0
Total	250	100.0	100.0	

The Table 1 shows that 64(25.6%) of the respondent are in Junior class one, 50 (20.0%) of the respondent were in Junior class two, 68 (27.2%), of the respondent were in Junior class three, 13 (5.2%) of the respondent are in senior

class one and 55 (22.7%) of the respondent are in senior class two. This implies that majority of the respondent were in junior class three.

**Table 2.** The age of the respondents

Age	Frequency	Percent	Valid Percent	Cumulative Percent
10-13year	102	40.8	40.8	40.8
13-16 year	109	43.6	43.6	84.4
17-20 year	39	15.6	15.6	100.0
Total	250	100.0	100.0	

The Table 2 shows that 102 (40.8%) of the participants were between the age of 10-13 years, 109 (43.6%) of the participant were between 13-16 years, 39 (15.6%) of the participants were between the age of 17-20 years. This implies that majority of the respondent falls between age 13-16 years.

**Table 3.** The religion of the respondents

Religion	Frequency	Percent	Valid Percent	Cumulative Percent
christianity	139	55.6	55.6	55.6
islam	90	36.0	36.0	91.6
traditional	21	8.4	8.4	100.0
Total	250	100.0	100.0	

The Table 3 shows that 139 (55.6%) of the respondents were Christian, 90 (36.0%) of the respondents were Islam and 21 (8.4%) of the respondents were traditionalist. This implies that most of the respondents were Christians.

*Section B*

*Hypothesis 1:* There will be no significant joint contribution of paternal and socio-racial dynamics as predictor to sport participation among female students in selected secondary school Igboho, Area of Oyo State.

**Table 4.** ANOVA<sup>a</sup>

Model	Sum of Squares	df	Mean Square	F	Sig.
Regression	3665.901	6	610.983	94.416	.000 <sup>b</sup>
Residual	1572.499	243	6.471		
Total	5238.400	249			

a. Dependent Variable: sp1t

b. Predictors: (Constant), SFE12, re11, sps11, pl1, cu11, as11

Table 4 shows the joint contribution of the paternal and socio-racial dynamics to the prediction of the dependent variables. ( $R=.837$  and a multiple  $R^2=.700$ ,  $Adj R^2 =.692$ ). This means that, 70.0% of the variance was accounted for by the predictor variables when taken together. The significance of the joint contribution was tested at  $p < 0.05$ . the table also shows that, the analysis of variance for the regression yielded F- ratio ( $F 6, 243$ ) = 94.416:  $p < 0.05$ ). This implies that the joint contribution of the independent variables was significant and that other variables not included in this model may have accounted for the remaining variance. The null hypothesis was therefore rejected.

*Hypothesis 2:* There will be no significant relative contribution of parental influence, availability of standard facility and equipment, academic stress, school policy on sport, religion and culture as predictor to sport participation among female students in selected secondary school Igboho, Area of Oyo State.

**Table 5. Coefficients <sup>a</sup>**

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
(Constant)	12.592	1.412		8.917	.000
pl1	.172	.074	.091	2.345	.020
as11	.093	.069	.054	1.347	.179
sps11	-.059	.077	-.028	-.758	.449
re11	-.256	.084	-.111	-3.047	.003
cu11	.193	.074	.102	2.599	.010
SFE12	1.081	.057	.760	19.069	.000

a. Dependent Variable: sp1t

Table 5 shows the relative contribution of each of the independent variables on the dependent variable, expressed as beta weights, viz: standard facility and equipment shows the highest contribution ( $t = 19.069$ ,  $\beta = .760$ ,  $p < .05$ ), followed by religion ( $t = -3.047$ ,  $\beta = -.111$ ,  $P < .05$ ), followed by culture ( $t = 2.599$  ( $\beta = .102$ ,  $P < .05$ .) parental influence also shows the contribution of ( $t = 2.345$ ,  $\beta = .091$ ,  $p < .05$ ), academic stress shows the contribution of ( $t = 1.347$ ,  $\beta = .54$ ,  $P < .05$  and while school policy on sport shows the lowest contribution of ( $t = -.758$ ,  $\beta = -.028$ ,  $P < .05$ ) respectively. All the independent variables were significant therefore the null hypothesis were rejected.

### **Discussion of findings**

The purpose of this study was to investigate paternal and socio-racial dynamics as predictor to sport participation among female students in selected secondary school Igboho, Area of Oyo State. The stated null hypothesis on joint contribution of paternal and socio-racial dynamics as predictor to sport participation among female students in selected secondary school Igboho, Area of Oyo State. This finding is in line with the findings of Bucher and Krotee (2002) who asserted that facilities should be well prearranged and erected with an eye in

forthcoming. Regularly, facilities are erected within a very little period of time and are very demanding to enlarge or interchange. The findings also corroborated the findings of Gulhane (2014) who reported that it might be difficult to accomplish reasonable results from students whose training facilities and equipment are inadequate or of inferior. It is correspondingly well-known that greatest number of the physical education students lack experience to up-to-date sophisticated infrastructural facilities and equipments for exercise. Diejomaoh et al. (2015) and Omoruan (1996) hypothesized that facilities and equipment are paramount among all influences that upset the growth of a sport. The findings also support the findings of Ogbemudia (2001) asserted that if Nigeria must accomplish the anticipated standards in performance and achieve top ratings in the game of Olympic, then the preparation and supervision of sports facilities and equipment must not only be broad based but also be backed-up with adequate provision and maintenance of the available facilities and equipment. The findings also support the findings of Seidina et al. (2019) asserted that sport facilities significantly influenced the level of sport participation of the students. The researcher went further that sport facilities are crucial to development of athletic potential because they act as significant stimuli that attract or influence young people's emotions in relation to sports. The findings also in line with the findings of Dauda-Olajide et al. (2015) who reported that the state of sport facilities in Nigeria is a major factor influencing participation, interest and performance of athletes.

The finding also in line with the findings of Akindutire & Oyeniyi (2012) who asserted that academic stress is a significant inhibiting factor to female participation in sports in Nigerian Universities. This result may point to the ways and methods in which academic programmes are arranged which do not allow students enough time to participate in sports. At times students especially female are being victimized by lecturers for attending sporting programs instead of going for evening classes. It is well known that academic stress is a significant factor as predictor to sport participation among female students in

secondary school. Sports helps in the promotion of active lifestyle, active lifestyle means works efficiently and actively in all the field of life, participation in sport activities helps in physical development of female student, children who regularly participate in sport activities can easily express themselves than those children who are not physically fit and not participate in sport and physical activities.

The result also in line with the findings of Jeroh, (2005) who reported that parents have been seen as more influential in socializing their children to sports. This study also supports the findings of Alairu (2016) he asserted that a woman who enjoys sports greatly are influenced by their family and in turn are influenced by the society as a whole. The researcher went further that parents of his respondents were themselves involved in sporting activities and hence their offspring. Another finding of this study was the positive influence of religion on female participation in sports. The finding also supports the findings of Adeyanju (2011) who reported that the interest in participation of majority of athletes is aroused very early in life often before the age of six or seven; this initial interest is stimulated in the home through the parents. It was observed that parents in the olden days prevent their female children from engaging in sports, but now provide equipment, materials, and serve as role models by their involvement in sports, parents prevail on their wards to engage in sports because they know that sports is now a potential source of making money. The finding also supports the findings of Orunkoboka & Elendu, (2009) who asserted that there is a close relationship between sports and religion according to the author, sports is employed by religious bodies to attract people.

This finding disagreed with the findings of Akindutire (2005) who postulated that females are only made for procreation and preserving the household, while men go in search of money through private and public establishments. This mind-set excludes women from engaging in sports. The study also negates the findings of Adeyanju, (2009) provided support for the cultural factor as be-

ing influential factor for female non-participation in sports. The author expressed those women exposure to sports made them unfaithful to their husbands. The findings also in line with the findings of Okonkwor (2012) who asserted that Nigerian culture discourages women participation in sports because of the traditional view of associating sports with male role and any female engaged in it was regarded as operating outside the societal normative values. The findings also neglect the findings of Akindutire (2005) who asserted that women were merely not allowed to take part in competitive sports because of religious fundamentalists who assumed that women must not uncover the sensitive parts of their body as may not be avoided during sports competitions. The results of this study is also in line with the findings of Trolan (2013) who reported that female athletes who conform to the tradition ideas of femininity receive greater benefits than those who do not conform to societal norms. These findings are consistent with the findings of Daniels (2012) who reported that body images with an influential focus beseeched respect for athletes' actions, unity with other women and the athletes were also considered to be role models.

### **Conclusion**

Based on the finding of this study, the following conclusions were drawn: (1) Paternal and socio-racial dynamics were significant joint contribution of sport participation among among female students in selected secondary school Igboho, Area of Oyo State; (2)Parental influence, availability of standard facility and equipment, academic stress, school policy, religion and culture were relative contribution as predictor to sport participation among female students in selected secondary school Igboho, Area of Oyo State.

### **Recommendation**

The following recommendations are made based on the findings of this study: (1) Public authorities, schools, and government at all levels should join

forces and plan together so as to provide adequate and enough facilities and equipment and also make best use of facilities and equipment in order to assemble the needs of safe participation in both in-school and out-of-school sports programmes; (2) The work load of students and staff should be restructured to give room for participation in sports after the day's work; (3) The available sport time should appear on the timetable and should be fully utilized, though not all well used; (4) The public should show positive attitudes to female participation in sports by removing all barriers which up till now can jeopardized female participation in sports; (5) Parents should show good support to their female children for taking part in sports

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