

School Location as a Variable of Sports Facilities in Senior Secondary Schools, Kogi East Senatorial Zone, Kogi State

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Abstract

Background: Well maintained sports facilities equally enhance effective utilization of the facilities. Unfortunately, a closer look at sports facilities in most secondary schools in Kogi East senatorial zone shows that sports facilities are inadequately provided and maintained, thus the need for this study.

Purpose: This study was to ascertain if availability, utilization and maintenance of sports facilities significantly differ based on school location.

Results: The findings show that availability and maintenance of sports facilities in the area of study do not significantly differ based on school location. However, on utilization, school location exerted significant difference.

Conclusion: From the findings, it was concluded that there is need to clearly ascertain why sports facilities in rural senior secondary schools are utilized more than those in the urban area. This clearly shows that senior secondary students in urban areas have vested interest in other activities which maybe screen activities rather sports. This may have far reaching implications on their wellbeing.

Recommendation: There is need to re-educate senior secondary school students in urban area on the need and importance of engaging in sports activities, and this can be done through workshops and health-related classroom teaching.

Keywords: Senior secondary, Availability, Utilization, Maintenance, and School Location

Introduction

Sports are, more than ever before, commanding global attention. Its influence on world peace, economy, health and the development of social relationships cannot be underestimated. According to Ogu and Umeakuka (2005), sports is an organized athletic activities played individually or in teams. Farlex (2014) defined sports as activities involving physical exertion and skill that is governed by a set of rules or customs and often undertaken competitively. The foregoing definitions indicate that sports are competitive and entertaining activities which require skill and energy, and which must be conducted in the context of set of rules.

Engaging in sports provides numerous health benefits. Price-Mitchell (2012) stated that youth who participate in organized sports during middle and high school do better academically and are offered greater job prospects than children who do not partake in sports activities. The author clarified that children develop better mastery of skills and superior knowledge of tactics and strategy by participating in sports. Billet (2014) noted that youths learn the importance of teamwork, sportsmanship, perseverance, respect for authority and rules, and how to win with

class and lose with dignity. The author added that no other place affords them the opportunity to soak up as many quality values as sports participation provides.

To engage in sports and reap its benefits depends on sports facilities. Farlex (2014) described sports facilities as individual buildings or groups of structures designed for exercising, sport training, practice and competition in various sports. Facilities according to the author include auditorium or halls for both gymnastics and games; sports complexes which consist of several specialized structures designed for different sports. They also include fields and courts for games, track and field, ice rinks, swimming pools, rowing channels, ski trails, sledding runs, ski jumps, cycle tracks, firing ranges, stadia with sports arenas and courts for different sports and equestrian sports centers, outdoor complexes, tennis courts, swimming pools and general-purpose halls (Farlex, 2014).

In the opinion of Ezeadim (2012), different types of sports activities require different facilities and equipment. As such, Ezeadim further stated that any shortage of sports facilities creates problem in participating in one's choice activity, and in order to effectively participate in physical activity, proper planning and provision of adequate sports facilities must be ensured. Sports facilities being available are basic in participating in sports activities irrespective of the location. Without sports facilities, participation in sports activities cannot be possible. Uko (2015) noted that maximum utilization occurs when sports facilities are put into effective use in line with the primary objectives; otherwise, it would be counter-productive. Uko further opined that in managing sports facilities and for the facilities to meet the objectives, caution must be taken in the usage, that is, sports facilities must not be underutilized or over-utilized, but optimally used. To ensure continuous utilization of sports facilities, the facilities should be properly maintained to prevent deterioration of the facilities and ensuring it does not become hazardous to users.

There are factors that may influence the utilization and maintenance of sports facilities. Location as a factor was consistently implicated by Ogbeche (2006) to yield great influence on the availability and maintenance of sports facilities. Reimers et al. (2014) reported that participation in sports among rural adolescents in Germany is very low compared to their urban counterparts. In addition, Shuaibu, Mall and Mall (2020) found from the population of 1580 (M=985; F=595) academic staff, 59.4% of males utilized sporting facilities provided. Therefore, this present study seeks to ascertain the influence of school location on the utilization and maintenance of sports facilities among senior secondary school students in Kogi East Senatorial Zone of Kogi State.

Hypotheses

The following hypotheses have been postulated to guide the study, and were tested at 0.05 level of significance.

1. There is no significant difference in the mean responses of students on the status of utilization of sports facilities in senior secondary schools in Kogi East Senatorial zone of Kogi State according based on school location.
2. There is no significant difference in the responses on the maintenance of sports facilities in senior secondary schools in Kogi East Senatorial zone of Kogi State based on school location.

Materials and Methods

Design

Descriptive survey research design was utilized in the study. Shields and Rangarjon (2013) defined descriptive survey research design as a design that is used to describe characteristics of a population or phenomena being studied. The design used to obtain information concerning the current status of the phenomena to describe “what exist” with respect to variables or situations (Shields & Rangarjon, 2013).

Study Area

The study was conducted in senior secondary schools in Kogi East Senatorial zone, Kogi State. The choice of senior secondary schools is on the fact that this group of students is adolescents and is expected to understand the benefits of utilizing sports facilities for health, social and career benefits.

Population and Sample

The population for the study consisted of all the 1,200 students who are in senior This poor number of students is as a result of the present economic situation in Kogi state where government workers have not been paid salaries for more than two years. This situation has led parents and guardians to withdraw their children/wards from schools because of their inability to pay schools fees, especially those considered capable of fending for themselves, and these students are mostly found in senior classes.

The sample for the study consisted of 400 senior secondary school students which represents 5% of the population under study. The 5% is in line with Cohen, Manion and Morrison standardized table for sample size which states that when the population is 1,200, the sample of 400 should be considered representative of the population at 95% confidence level.

Data Collection

Validated researcher-structured questionnaire was used to collect data from the senior secondary school students. Copies of the questionnaire were administered to the students during their free period and break time. Most of them completed and returned at the spot while others returned theirs afterwards.

Data Analysis

All analysis was done using Statistical Package for Social Sciences (SPSS) version 21. The null hypotheses were verified using t-test statistic at .05 level of significance. A total of 380 copies of the questionnaire were appropriately completed and returned, therefore, were used for data analysis.

Results

Table 1: T-test of significant difference on the utilization of sports facilities based on location (n=380)

Variable	N	\bar{x}	MD	Std	t	Df	Sig	Decision
Location								
Urban	266	2.11						
Rural	114	2.58	-.474	.108	-4.380	378	.000	Significant

Data testing the null hypothesis of no significant difference on the utilization of sports based on location in Table 1 show that the sig value is less than the alpha level ($p = .000 < .05$) therefore, the utilization of sports facilities by the students significantly differ on the location of the senior secondary schools.

Table 2: T-test of significant difference on maintenance of sports facilities based on schools location (n=380)

Variable	N	\bar{x}	MD	Std	t	Df	Sig	Decision
Location								
Urban	266	38.24						Not
Rural	114	42.15	-3.909	.868	-2.517	378	.157	Significant

Data testing the null hypothesis of no significant difference in the responses on maintenance of sports facilities based on location in Table 2 show that the significant value is greater than the alpha level ($p = .157 > .05$), therefore, maintenance of sports facilities do not significantly differ on the location of the senior secondary schools.

Discussion

On the test of no significant difference on the utilization of sports facilities based on school location was significant which shows that school location determines the utilization of sports facilities among the senior secondary school students in Kogi East Senatorial Zone, Kogi State. The finding is supported by Ekeh (2002) who stated that equipment and facilities for the preparation of interscholastic sports competition in secondary schools are easily afforded in the schools in the urban areas than those in the rural areas. Ezeadim (2012) also asserted that women in rural areas simply do not have time and opportunity to participate in sports due to the demands of their household chores and farming responsibilities. The author added that dress codes in sports such as tight short skirts and pants are being easily accepted in the urban areas than in rural areas where they are frowned at and regarded as indecent dressing.

The assertion of Buys (2004) is in contrary with the result of test of significant difference on the maintenance of sports facilities based on location. It was found that maintenance of sports facilities do not differ based on the location of the senior secondary school. However, on the funding probably the cause of poor maintenance of sports facilities, To Ohia (2008) that even when funds are made available, authorities are reluctant to take care of Nigerian Schools leading to poor maintenance, reluctance and deliberate refusal to replace obsolete and broken-down sports equipment. Still on poor maintenance of sports facilities, Oyenuga, Akinsola, Hussani and Ftokun (2012) in a study revealed that lack of planned maintenance policies in institutions, lack of update security system and qualified personnel are among the major factors influencing deteriorating state of sports facilities in Lagos State University.

Conclusion

Based on the results obtained, it can be concluded that school location play vital role in the utilization and maintenance of sports facilities in senior secondary schools in Kogi East Senatorial zone of Kogi state. More so, one expects that sports facilities in urban area should be

more maintained than those in the rural area being that government presence is usually felt more in the urban than rural area.

In addition, the evidence on ground as revealed did not reflect the claim that funds are made available to the secondary schools. Perhaps the funds are not released to the schools' administrators after public announcements, as is usually the situation in many states in Nigeria.

Recommendations

From the findings, it is therefore recommended that:

1. Principals of secondary schools in conjunction with the physical education teachers should ensure that needed facilities for effective teaching and learning, including sports facilities for practical physical education classes are available. When the sports facilities are provided and made accessible to students, the students, irrespective of the location of the school are to be encouraged to effectively utilize the sports facilities.
2. Government should endeavour to release funds meant for facilities to schools and set monitoring team to ensure that sports facilities and equipment are built and purchased as demanded.

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