

Influence of Sport Participation on Students' Academic Performance in Public Secondary Schools in Dutsin-Ma Metropolis of Katsina State Nigeria

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Abstract

Sports is any activity that you do for pleasure and that needs physical effort or skill, usually done in a special area and according to fixed rules this paper discussed the influence of sport participation on students' academic performance in public secondary schools in Dutsin-Ma metropolis of Katsina State. Survey research design was utilized in this study. The population of this study consist of 1, 574 students, 430 teachers and 7 public secondary schools in Dutsin-Ma metropolis. For the purpose of this study, purposive sampling technique was adopted and five (5) public secondary schools were selected in Dutsin-ma Metropolis. One hundred (100) teachers were selected as respondent from the 5 selected secondary schools. A self-developed, structured and validated questionnaire was used to elicit the desired information regarding influence of sports participation on students' academic performance of secondary schools in Dutsin-ma metropolis. The findings in Table-2 show that health benefits of sport participation on academics performance is positive and not negative with mean responses below 2.50 in item 1 and 3 and with mean responses above 2.50 in item 2,4 and 5. It was concluded that students who participate in sports aspire more to come to school and remain in class. It recommended that sports and games should be given proper allocation of time in the school time table. The principals must ensure this.

Keywords: Academic Performance, Influence, Participation, Sport.

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INTRODUCTION

Sports is any activity that you do for pleasure and that needs physical effort or skill, usually done in a special area and according to fixed rules [1]. Sports mean athletic activities involving physical exertion and skill of the athlete in its performance within the context of formal rules of behaviour [2]. The concept academic refers to or is connected to education especially studying in schools and universities. It involves processes of learning, teaching, research in schools and universities, and the people involved in it [1]. The term academic performance however refers to the act or process of performing the task of academic activities. It is the way and means through which students and teachers carry out their academic activities.

Vieno [3] also associated sports with social and moral vices including stealing, prostitution, rape, abortion, drug and alcohol consumption. Some parent also view sports as a dangerous adventure full of injurious activities hence they deny their wards the

opportunity for participation. Factors which contribute to students' dropout from school emanate from parents and guardians, such as inadequate financial support and bad attitude towards their wards' education.

According to Broh [4], participation in sports activities in general, is associated with an improved, higher educational aspiration, increased college attendance, and reduced absenteeism.

It is evident that some non-physical education teachers hold classes and even threaten to conduct quizzes during physical education periods. In most schools, principals fail to recognize the existence of the games masters where they exist hence, misappropriating funds allocated for sports in the school interscholastic competitions. As a result, students are being exploited by giving them only plastic cups as prizes during competitions instead of concrete items.

Other factors include unavailability of sports facilities and equipment in schools due to inadequate provision of funds. Most schools do not acquire enough land that will accommodate sports facilities and those old schools who have enough land and adequate sports facilities have shared areas of land meant for sports and some other related activities for farming activities among teachers. It is regrettable that the only sports facility that is still maintaining its position in schools is the football field. However, from personal observation and experience, only one or probably two out of ten schools can boast of buying one football (soccer ball) for their students in two years.

It is in the light of addressing these odds that the researcher decided to investigate the influence of sport participation on student academics performance. Akpe [5] established that students who participate in sports have high cognitive domain and perform better academically than those who do not participate, The fact that regular physical activities as noted by Bauman [6] have mental and social health benefits as the basis of achieving academic excellence.

Statement of the Problem

Sport has become a very important part of the Nigerian culture. Participation in sports is always associated with health and wealth. Akpe [5] men and women who participate in sports are rewarded in kind or in cash all over the world. African Cup of Nations, held in South Africa 2012 is an example which is still very fresh in the memories of everybody all over the world. Sports participation among students and its implications on academic performance is important for several reasons. Thus, Coakley [7] noted that sports has permeated nearly every aspect of life and therefore should merit an intensive study particularly as it affects human behaviours and institutions.

The place of sports and academics has created confusion in the society today. Despite all these well documented benefits of physical activities and those that we experience every day, some people still have the notion that taking part in sports is a time-wasting venture. Even the non-physical education teachers usually vote against sports participation during staff meetings with the point that it affects adversely the performance of students in their studies. Oworu [8] noted that students' poor performance was attributed to participation in sports according to the teachers and principals' comments in the result sheets of the students. These had resulted to extinction of most sports activities and downfall in sports participation at the grassroots as a good number of secondary school student/students are restricted from participation. This is as a result of strong beliefs in the mind set of people that participation in sports has very little or nothing good at all to offer or contribute to leading a meaningful life hence participants are regarded as dregs

of the society. Although news and daily experiences have shown the elevation of the nation's sportsmen/women who fully embraced sports to an enviable height and are been celebrated, adored and worshiped like an idol, there is still the belief that sports cannot make but rather mar academic achievement.

It is in light of this that the researcher assessed the influences of sport participation on students' academic performance in Dutsin-ma Metropolis Area, Katsina State.

The following research questions were posed:

- What are the health benefits of sports participation on students' academic performance?
- What are the psychological benefits of sports participation on students' academic performance?
- What is the influence of sports participation on students' grades?
- What are the social benefits of sports participation on students' academic performance?

METHODOLOGY

Survey research design was utilized in this study. Abonyi [9] described survey research design as one of the ways of obtaining facts and figures from systematically selected segments of a population with the purpose of ascertaining the general characteristics of the population. He maintained that it often involves very large and extensive population, thus, information collected from samples of the population were analyzed to yield information that could be used for decision making. This design is considered appropriate for the study because it facilitates the description of a situation in its current state and seeks information more distinct and finite from the respondents which is the demand of the study. According to Katsina State Basic Education Statistics Department 2018, Dutsin-Ma Metropolis Education Authority, has 1, 574 students, 430 teachers and 7 public secondary schools in Dutsin-Ma metropolis. For the purpose of this study, purposive sampling technique was adopted and five (5) public secondary schools were selected in Dutsin-ma Metropolis.

To select the respondent purposively, forty seven percent (47%) of teachers' population in five secondary schools were used for the study. This is in line with Black [10] that purposive sampling (also known as judgment, selective or subjective sampling) is a sampling unique in which researcher relies on his or her own judgment by choosing members of population to participate in the study. This implies that one hundred (100) teachers were selected as respondent from the 5 selected secondary schools.

Table-1: Table showing the sample from the population

S/N	Name of School	Male Teachers	Female Teachers	Total
1	Govt. Sci. Sec. School Dutsinma	10	10	20
2	Govt. Pilot. Day. Sec. School Dutsinma	10	10	20
3	Govt. Day. Sec. School Dutsinma	10	10	20
4	Govt. Girls Sec. School Dutsinma	10	10	20
5	Govt. Girl. Arab. Sec. School Dutsinma	10	10	20
Total		50	50	100

A self-developed, structured and validated questionnaire was used to elicit the desired information regarding influence of sports participation on students' academic performance of secondary schools in Dutsinma metropolis. The questionnaire was divided into two sections. Section A was for the collection of information on personal data of respondents while section B was a 20 items likert scale questionnaire under response options. Strongly agreed (SA), Agreed (A) Strongly disagreed (SD) and Disagreed (D). These

options were scored 4, 3, 2, and 1 respectively. The researcher visited the schools selected for the study and sought for permission from the principal to administer the questionnaire. The instruments were administered to the respondents (teachers) on the same day. Those that were duly completed were used for data analysis. The data collected were analysed using frequency/frequency distribution tables mean and standard deviation.

RESULT AND DISCUSSION

Research Question One: What are the health benefits of sports participation on students' academic performance?

Table-2: Responses on the health benefits of sport participation and its impact on academic performance

S/N	Items	SA 4	A 3	D 2	SD 1	N 10	F _x	\bar{x}	S D	π	Decision
1	Sport participation is harmful to the general health of the students and it may affect students' academic performance negatively.	23	19	27	31	100	234	2.34	0.76		Disagree
2	Sport participation inculcates physical fitness and alertness on the student and thereby affects their academic work.	37	32	20	11	100	295	2.95	0.70		Agreed
3	Sports sport participation causes fatal injuries to the students and thereby affects their academic work.	20	24	32	24	100	240	2.40	0.75		Disagreed
4	Sports participation reduces risk of diseases that could affect academic performance of student.	30	36	27	7	100	289	2.89	0.72		Agreed
5	Participation in sport enhances alertness.	28	31	23	18	100	269	2.69	0.73		Agreed

The table above shows that items 1 and 3 had their mean scores below 2.50 meaning that the health benefits of sport participation on academic performance is positive because the respondents disagreed that Sport participation is harmful to the general health of the students and it may affect students' academic performance negatively, sport participation causes fatal injuries to the students and thereby affects their

academic work with mean scores of 2.34 and 2.40 respectively. In item 2, 4 and 5, the respondent agreed that Sport participation inculcates physical fitness and alertness on the students and thereby affects their academic work, sports participation reduces risk of diseases that could affect academic performance of students, and Participation in sport enhances alertness, with a mean score of 2.95, 2.89 and 2.69 respectively.

Research Question Two: What are the psychological benefits of sport participation on students' academic performanc

Table-3: Responses on the psychological benefits of sport participation on students' academic performance

S/N	Items	SA 4	A 3	D 2	SD 1	N 10	F _x	\bar{x}	S π D	Decision
1	Sport participation improves interaction of students with their peers.	28	30	20	22	100	264	2.64	0.73	Agreed
2	Sport participation improves self-esteem which will make them gain confidence in academic activities.	31	25	18	26	100	261	2.61	0.72	Agreed
3	Sports participation helps to reduce depression that could affect students' academic work.	29	26	24	21	100	263	2.63	0.73	Agreed
4	Sport participation helps to reduce anxiety that would reduce failure in academic work of student.	37	25	22	16	100	283	2.83	0.70	Agreed
5	Sport participation reduces timidity and increase zeal to study.	27	31	22	20	100	265	2.65	0.71	Agreed

The table above shows that items 1, 2, 3, 4 and 5 had their mean scores above 2.50 meaning that the psychological benefits of sport participation on students' academic performance is positive because the respondents agreed that sport participation improves interaction of students with their peers, sport participation improves self-esteem which will make

them gain confidence in academic activities, sports participation helps to reduce depression that could affect students' academic work, sport participation helps to reduce anxiety that would reduce failure in academic work of student and that sport participation reduces timidity and increase zeal to study with mean scores of 2.64, 2.61, 2.63, 2.83, and 2.65 respectively.

Research Question Three: What is the influence of sports participation on grades?

Table-4: Responses on sport participation and its influence on academic grades

S/N	Items	SA 4	A 3	D 2	SD 1	N 10	F _x	\bar{x}	S π D	Decision
1	Participation in sport causes school dropout.	20	27	25	28	100	239	2.39	0.76	Disagreed
2	Participation in sport is time consuming and that would affect students' academic activities.	24	18	35	23	100	243	2.43	0.73	Disagreed
3	Failure in academic work is synonymous with sport participation.	25	19	24	32	100	237	2.37	0.74	Disagreed
4	Participation in sport affects students attending to school assignment.	22	21	29	28	100	241	2.41	0.77	Disagreed
5	Some students devote more time to sport than studying or reading for examination.	23	21	32	24	100	243	2.43	0.75	Disagreed

The table above shows that items 1, 2, 3, 4 and 5 had their mean scores below 2.50 meaning that the influence of Sports Participation on Students' Grades is not negative but rather positive because the respondents disagreed that Participation in sport causes school dropout, Participation in sport is time consuming and that would affect students' academic activities, Failure in academic work is synonymous with sport participation, Participation in sport affects students

attending to school assignment and Some students devote more time to sport than studying or reading for examination with mean scores of 2.39, 2.43, 2.37, 2.41 and 2.43 respectively.

Research Question Four: What are the social benefits of sport participation on students' academic performance?

Table-5: Responses on the social benefits of sport participation on students’ academic performance

S/N	Items	SA 4	A 3	D 2	SD 1	N 10	F _x	\bar{x}	S π D	Decision
1	Sport participation promotes friendship among students.	25	29	26	20	10	263	2.63	0.73	Agreed
2	Sports participation provides opportunities for students to travel thereby improve his/her learning.	27	36	17	20	100	270	2.70	0.74	Agreed
3	Sport participation provides opportunities for excellency through interaction with those in authority.	33	25	26	16	100	275	2.75	0.72	Agreed
4	Sports participation offer students opportunity for inter school association.	29	26	21	24	100	260	2.60	0.75	Agreed
5	Sports participation provides diverse opportunities for students’ development academically and socially.	28	25	23	24	100	257	2.57	0.76	Agreed

The table above shows that items 1, 2, 3, 4 and 5 had their mean scores above 2.50 meaning that the social benefits of sport participation on students’ academic performance is positive because the respondents agreed that Sport participation promotes friendship among students, Sports participation provides opportunities for students to travel thereby improve his/her learning, Sport participation provides opportunities for excellency through interaction with those in authority, Sports participation offer students opportunity for inter school association and Sports participation provides diverse opportunities for students’ development academically and socially with mean scores of 2.63, 2.70, 2.75, 2.60 and 2.57.

DISCUSSION OF FINDINGS

It was found out that most respondents considered the health benefits of sport participation on students’ academic performance in some selected schools in Dutsin-ma metropolis, Katsina State as great. This finding is in line with Crain [11] who stated that participation in sports activities could provide health benefits to students and help them to form social bonds and relationships within the school. The findings in Table-2 show that health benefits of sport participation on academics performance is positive and not negative with mean responses below 2.50 in item 1 and 3 and with mean responses above 2.50 in item 2, 4 and 5.

It was also found out that most respondents considered the psychological benefits of sport participation on students’ academic performance in some selected schools in Dutsin-ma metropolis, Katsina State as great. This is line with Schneider [12] who stated that students who are psychological healthy and mentally ready to face challenges are those students who engage themselves with sports participation. The findings in Table-3 showed that psychological benefits of sport participation on students’ academic performance are positive with mean responses above 2.50.

The findings further exposed the respondents’ views on the influence of sports participation on students’ results in some selected schools in Dutsin-ma metropolis, Katsina State. This is in line with Barron [13] who stated that sports participation of adolescents is not harmful to their educational outcomes. The findings in Table-4 showed that sport participation has positive influence and not negative influence on the results of students with mean responses below 2.50.

Finally, the findings revealed that most respondents considered the social benefits of sport participation on students’ academic performance in some selected schools in Dutsin-ma metropolis, Katsina State as great. This is in line with Waller [14] who stated that sport participation is a good socialization agent that takes students who participate in sports around the world and give them opportunity to develop and grow. The findings in Table-5 showed that social benefits of sport participation on students’ academic performance are positive with mean responses above 2.50.

CONCLUSIONS

The following conclusions were reached:

Students who participate in sports do not absent from school rather they are more motivated to remain in class/school and complete their academic activities. It was discovered that students who participate in sports always come first in their results and are known for their excellent academic performance because of their close relationship with their teachers.

RECOMMENDATIONS

This paper recommended that

- That sports and games should be given proper allocation of time in the school time table. The principals must ensure this.
- Sports participation should be made compulsory for every school student except on medical grounds. Principals must also ensure this.

- The government and the school authorities should give incentives to students who participated in sports in form of text books, school uniforms and high scholarships. The Commissioner for Education must ensure this.
 - The school should organize annual inter-house sports competition to involve every student. Principals must ensure this.
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