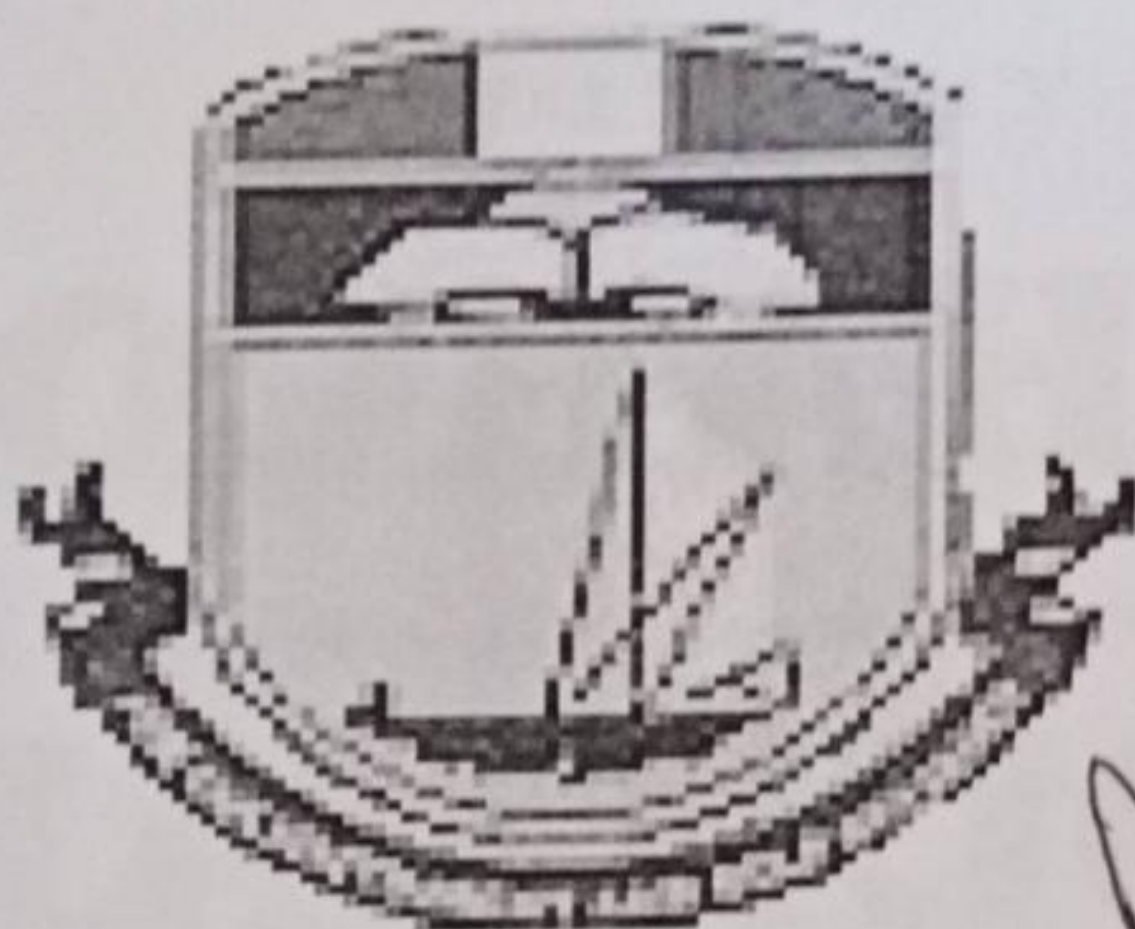




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SOCIO-DEMOGRAPHIC VARIABLES AS DETERMINANTS OF SPORTS PARTICIPATION AMONG THE STAFF OF SUPPORT SERVICES UNITS, UNIVERSITY OF ILORIN.

¹IBRAHEEM, MUSA OLUWATOYIN, ²AJADI, MEMUNAT TUNRAYO, Ph.D & ³AMBALI, ABDULRAZAQ

^{1,2&3}Department of Human Kinetics Education, University of Ilorin, Ilorin, Nigeria.

¹ ibrahim.om@unilorin.edu.ng +2348030501961, ² ajadi.mt@unilorin.edu.ng +2347033713923

³ ambalikola@gmail.com +2348039170716

Abstract

Active participation in sports will bring variety of profound and positive impact on mental and physical health benefits to individuals, university community and society at large. In spite of the benefits, there is a low sports participation among the staff of support services units, University of Ilorin. This paper therefore, investigated the socio-demographic variables (sports facilities' location, age and gender) in sports participation among the staff of support services units, University of Ilorin, Ilorin, Nigeria. The population for the study comprised all 12 support services units with 2718 staff. Simple random sampling technique was used to select 15 respondents from each unit totaling 180 respondents, representing 6.6% of the total population. self-developed, structured and validated questionnaire was used with test re-test method of reliability and 0.75ri was obtained. Data were analyzed using inferential statistic of PPMC and the findings revealed that three (3) hypotheses tested were significant. This implies that sports facilities' location, age and gender, greatly contribute to sports participation among the staff of support services units. Based on the findings, the following conclusion was made, that access to sports infrastructure near their workplaces was associated with their participation in sports, and culture manifests itself in the gender order in society is mentioned by the different units both as a barrier for participation. It is upon these findings that it is recommended that the Department of Human Kinetics Education and Unilorin Sports Council work with the University's management to look for ways of developing sports infrastructure close to workplaces which greatly affect sports participation and that themes related to sex, gender have a larger place in all sport development workshops and educational courses, independent of the target audience (Staff of support services Units, University of Ilorin).

Keywords: Facilities' location. Gender typing, Age, and Physical activity

Introduction

Active sports participation in will be achieved primarily through physical activity, while secondary achievement brings health benefits such as psychosocial and personal development. Physical activity and sports are increasingly conducted in an organized manner; the role of sports in society has therefore become increasingly important over the years, not only for the individual but also for public health concerns at workplaces. Facilities provided at indoor and outdoor environments for participants to be active may facilitate engagement in physical activity and sports. Environmental attribution of sports facilities include the space, aesthetics, convenience, and specific features such as the presence of footpaths, are associated with an increased likelihood of physical activity and sports (Humpel, Owen & Leslie, 2002)

Individuals Socio-demographic variables such as health status, gender, family background, education, and age are assumed to explain the level of participation in sports by the people. On a theoretical basis, ecological models highlight the importance of the environment concerning physical activity behaviour (Sallis, Owen & Fisher, 2008). This model posits that the neighbourhood or



community environment exhibits several features such as recreational facilities, aesthetic design and public spaces that hinder or promote the residents' physical activity and (Pikora, Giles-Corti, Bull, Jamrozik & Donovan 2003).

Many factors determine participation in physical activity and sports has been reported by researchers. Generally, the determinants of physical activity are categorized into five factors according to the ecological model: individual, interpersonal, environmental, regional or national policy, and global factors (Bauman, Reis, Sallis, Wells, Loos, Martin & Lancet, 2012). Among these five factors, environmental factors include three dimensions: social environment, built environment and natural environment. Ecological models stand on the basis that physical activity and sports are conducted at the particular physical environments such as sports facilities, and these places which are designed for physical activity and sports could have an influence on the choice of physical activity and sports (Sallis, Bauman, and Pratt, 1998). Sports facilities' location (an environmental factor) has been one of the major factors affecting individual participation in physical activity and sports. This corroborates Kim, and Kosma (2012) reported that the accessibility of sports facilities has been dramatically affecting individual participation in physical activity and sports.

Presence of Sports facilities is associated with participation in physical activity and sports. Closer distances between an individual's home and sports facilities are associated with high levels of physical activity and sports (Grow, Saelens, Kerr, Durant, Norman, and Sallis, 2008). Sang, Yeong, Joo Eun, In Sun, Jin, Kyu-Tae & Eun-Cheol (2016) submitted that the accessibility of sports facilities is associated with physical activity and sports. Therefore, it is crucial to consider the accessibility of sports facilities when promoting an environment conducive to physical activity or designing programs for enhancing physical activity.

Sports create room for physically active individuals to participate, which capable to improve physical health and mental health of the participants. Physical health is on centre stage as obesity rates kept increasing worldwide and this obesity is affecting people of all ages which make them physical inactivity. According to the World Health Organization (WHO, 2013) reported that over 1.4 billion adults and 40 million children (under the age of five) were obese in 2008. However, youth who engage in sports reduce their chances of becoming obese and are more likely to become physically healthy adults who continue to engage in sport across the lifespan (U.S. Anti-Doping Agency, 2012). Adults who begin two to three times exercise regimen in a week will improve their health and substantially reduce the negative effects of obesity and other chronic diseases like high blood pressure, diabetes, cardiovascular diseases, musculoskeletal disorders, osteoporosis, and certain types of cancer (United State Department of Health & Human Services, 2008; World Health Organization, 2013). Mental health disorders also contribute to the death of many people (Harris, 2018). These deaths are mostly associated with suicidal thoughts. Awad, Mohammed & Ibrahim (2018) noted that depression, which has become a health burden, can be resolved with physical exercise and sporting activities. Older adults use sports to improve their health, but at the same time, due to decreased health in general with ageing, poor health is equally a barrier to participation in sports while young children participate in sports to develop gross motor skills from an early age to become confident movers. And those that do so tend to participate to a greater degree and Adolescents experience a growth spurt that changes their physical development. This affects how they feel, and acquire skills i.e. self-esteem, confidence, and body image; it also influences the type of activity they may participate in, as intensive strength training is not recommended while bodies are still growing as it can damage the growth plate on the bone ends (Jenkin, Rochelle, Hans, Grant, Jannique & Van, 2017).

Liddle, Deane & Vella (2017) noted that only 65% of young people have access to psychotherapy and other mental healthcare services, over 70% of this population has access to physical and sporting



activities. Distressed people should, therefore, be encouraged to take part in simple physical activities to improve their mental health. The Centers for Disease Control and Prevention (CDC 2020) noted that adults with chronic mental conditions need to take part in physical activities more regularly as compared to healthy people to enable them to cope with the distress associated with their health. Below is a chart indicating the percentage of physical inactivity among adults with as well as those without chronic behavioural and mental conditions. This chart reveals that individuals with chronic mental conditions have a high level of inactivity than healthy people. Porter (2002) submitted that older individuals were anxious regarding returning to physical activity and identified value and time barriers because the main problems. Hardcastle & Taylor (2001) reported that a complex interaction of physical, psychological and environmental factors influence participation among older individuals. Older adults knew the health advantages of physical activity in terms of reducing the consequences of aging and being work and able to play with grandchildren. Some older adults were unsure regarding the 'right amount' of physical activity for somebody of their age. As in different age other, the shortage of realistic role models within the community was a deterrent. Exercise prescriptions were perceived as targeted at adolescents and not relevant to older groups (Finch, 1997).

Gender typing in sports is a complex social construction that is potentially influenced by demographics, gender role beliefs, sports participation, and media consumption (Hardin & Greer, 2009). Greer & Jones (2012) conducted a national survey in the United States to examine how publics perceived Winter Olympic sports in light of gender norms; they found that mediated sports consumption was a significant predictor of sports gender typing. Jones & Greer (2011) examined gender typing of the extreme sports snowboarding and found that sports media exposure was a major predictor of gender typing. Individuals who watched more men's sports were more likely to rate male snowboarders as more masculine, whereas individuals who watched more women's sports tended to rate female snowboarders as more feminine. Greer & Jones (2012) affirmed that gender typing of 12 Winter Olympic sports, confirming that watching more men's sports was closely linked to gender typing sports as more masculine and that watching women's sports was significantly associated with gender typing sports as more feminine. Qingru, Minghui, Kenon & Brown (2019) submitted that individual's type of sports through a gender lens is important to understand the prevailing gender segregation in sport. Qingru, *et al* (2019) found that sports gender typing is a complex phenomenon to which demographics, gender role beliefs, sports participation, and sports media consumption have all—to some extent—significantly contributed.

Gender typing in sports is a complex social construction that is potentially influenced by demographics, gender role beliefs, sports participation, and media consumption (Hardin & Greer, 2009). Koivula (1995) examined the effect of gender-based schematic processing and found that men with a high level of traditional gender role beliefs tended to stereotype certain sports as more masculine or more feminine. Greer & Jones (2012) conducted a national survey in the United States to examine how publics perceived Winter Olympic sports in light of gender norms; they found that mediated sports consumption was a significant predictor of sports gender typing. Jones & Greer (2011) examined gender typing of the extreme sports snowboarding and found that sports media exposure was a major predictor of gender typing. Individuals who watched more men's sports were more likely to rate male snowboarders as more masculine, whereas individuals who watched more women's sports tended to rate female snowboarders as more feminine. Didonato & Berenbaum (2011) affirmed that women and men, adjustment were positively associated with gender-congruent identity, instrumentality, and flexible gender attitudes, and minimally related to activity interests and expressivity and authors further clarify the mental health benefits and costs of gender typing and highlight the multidimensionality of gender typing.

Statement of the Problem

It is well established by researchers worldwide that consistent physical activity and participation in sports help to maintain the physical functioning of the human body, improves mental wellbeing and reduces risks for chronic diseases. These are widely published measures and benefits one would derive from participating in physical activity and sports to be healthy. Adults who begin two to three times exercise regimen in a week will improve their health and substantially reduce the negative effects of obesity and other chronic diseases like high blood pressure, diabetes, cardiovascular diseases, musculoskeletal disorders, osteoporosis, and certain types of cancer (United State Department of Health & Human Services, 2008; World Health Organization, 2013). Unfortunately, this is not the case when comparing the low number of staff participating in physical activities and sports to the high number of staff that does not even care about participation in physical activities and sports.

In this note this research work was carried out to investigate the socio-demographic variables (Gender, Health Status and Sports Facilities' accessibility) as the determinant of participation in sports among non-academic staff at faculty of education, university of Ilorin.

Hypotheses

- There is no significant correlation between sports facilities location and sports participation among staff of support services units, University of Ilorin, Ilorin, Nigeria
- There is no significant relationship between Health Status and sports participation among staff of support services units, University of Ilorin, Ilorin, Nigeria.
- There is no significant relationship between gender typing and sports participation among staff of support services units, University of Ilorin, Ilorin, Nigeria.

Methodology

The descriptive research design of survey method was adopted for this study. The population for this study comprised all 12 support service units with 2718 staff in University of Ilorin, Ilorin, Nigeria. Simple random sampling technique was used to select 15 respondents from each unit totaling 180 respondents for the study representing 6.6% of the total population. A structured questionnaire of Likert rating scale format was employed for this study. The instrument was validated by the experts in the field of Human Kinetics Education and organization and administration of Sports in university of Ilorin, Ilorin, Nigeria and Kwara state university, Malete, Nigeria. The reliability level of the instrument was established through test-retest method and correlation co-efficiency of 0.74 was obtained. The administration of the instrument was done by the researchers and two trained research assistants. The data collected were analysed using inferential statistics of Pearson Product Moment Correlation to test the postulated hypotheses at 0.05 alpha levels.

Results and Discussion

Table 1: PPMC Analysis Showing the Correlation between Sports Facilities' Location and Sports Participation

Variable	No	$\bar{X}$	σ	df	t-value	p-value	Decision
Sport Facilities' Location	180	1.49	0.72	178	0.87	.002	Ho
Sports participation	180	1.63	0.79				Rejected

$P \leq 0.05$

Table 1 shows the calculated t-value of 0.87 against the critical p-value of 0.002 with 178 degrees of freedom at 0.05 alpha level since the p-value of 0.002 is less than 0.05 hence the null hypothesis that

stated that There is no significant correlation between sports facilities location and sports participation among staff of support services units, University of Ilorin is therefore, rejected which implies that sports facilities location contribute to sports participation among staff of support services units, University of Ilorin. The outcome this finding corroborates Kim & Kosma (2012) who reported that the accessibility of sports facilities has been dramatically affecting individual participation in physical activity and sports. Presence of Sports facilities is associated with participation in sports. Closer distances between an individual's home and sports facilities are associated with high levels of sports participation (Grow, Saelens, Kerr, Durant, Norman & Sallis, 2008). Sang, Yeong, Joo Eun, In Sun, Jin, Kyu-Tae & Eun-Cheol (2016) submitted that the accessibility of sports facilities is associated with physical activity and sports. Therefore, it is crucial to consider the accessibility of sports facilities when promoting an environment conducive to physical activity or designing programs for enhancing physical activity.

Table 2: PPMC Analysis Showing the Correlation between Age and Sports Participation

Variable	No	$\bar{X}$	σ	df	r-value	p-value	Decision
Age	180	1.36	0.65	178	0.84	.000	Ho
Sports Participation	180	1.59	0.88				Rejected

$P \leq 0.05$

Table 2 shows the calculated r-value of 0.84 against the critical p-value of 0.000 with 178 degrees of freedom at 0.05 alpha level since the p-value of 0.000 is less than 0.05 hence the null hypothesis that stated that There is no significant relationship between Age and sports participation among the staff of support services units, University of Ilorin, Ilorin, Nigeria is therefore, rejected which implies that Age is a determinant of participation in sports among the staff of support services units, University of Ilorin, Ilorin, Nigeria. The outcome this finding supports Porter (2002) who submitted that older individuals were anxious regarding returning to physical activity and identified value and time barriers because the main problems. Hardcastle and Taylor (2001) reported that a complex interaction of physical, psychological and environmental factors influence participation among older individuals. Older adults known the health advantages of physical activity in terms of reducing the consequences of ageing and being work and able to play with grandchildren

Table 3: PPMC Analysis Showing the Correlation between Gender Typing and Sports Participation

Variable	No	$\bar{X}$	σ	df	r-value	p-value	Decision
Age	180	1.72	0.93	178	0.86	.001	Ho
Sports Participation	180	1.40	0.49				Rejected

$P \leq 0.05$

Table 3 shows the calculated r-value of 0.86 against the critical p-value of 0.001 with 178 degrees of freedom at 0.05 alpha level since the p-value of 0.001 is less than 0.05 hence the null hypothesis that stated that There is no significant relationship between gender typing and sports participation among staff of support services units, University of Ilorin, Ilorin, Nigeria is therefore, rejected which implies that gender typing is a determinants of sports participation among staff of support services units, University of Ilorin, Ilorin, Nigeria. The result of this finding supports Bennett, Savage, Silva, Warde, Gayo-Cal, and Wright, (2009) who confirmed that men and women differ in terms of their sporting preferences, and notable feature of the divide between men and women is the types of physical activities and sporting activities to engage in are highly significant to their participation in sports. Didonato, and Berenbaum, (2011) affirmed that girls and men, adjustment to sports were completely related to gender-congruent



identity, instrumentality, and flexible gender attitudes, and minimally associated with activity interests and expressivity and authors more clarify the psychological state benefits and prices of gender typing and highlight the multidimensionality of gender typing.

Conclusions

Based on the findings conclusion was drawn that Access to sports infrastructure near their workplaces was associated with their participation in sports, and culture manifests itself in the gender order in society is mentioned by the different units both as a barrier for participation. This reveal that Socio-demographics variables were significantly correlate to sports participation among the staff of support services units, University of Ilorin, Ilorin, Nigeria.

Recommendations

Based on the findings of this study, the following recommendations are made:

- i. Human Kinetics Education should work with Unilorin Sports Council and Management of University of Ilorin to look for away of developing sports infrastructure close to workplaces which will greatly increase sports participation among the staff of support services units, investing in infrastructures close to their workplace will result in additional benefits for workers, employers, and sports providers.
- ii. Since the result of this study pointed to the gender typing in society as a problem for girls' and women's, boys' and men's development and involvement in sport, it is recommended that themes related to sex, gender have a larger place in all sport development workshops and educational courses, independent of the target audience (Staff of support services).
- iii. This study encourages staff of Support Services Units to participation in sports a minimum of once every week in females and twice every week in males was related to a high level of physical activities adulthood. Adolescent participation in rather intensive endurance sports, such as cross-country skiing, running, and orienteering, and in some sports that demand and develop diversified skills at sports, such as track and field and ball games in males seemed to be most beneficial to the enhancement of adult physical activity. However, the differences among various sorts of adolescent sports were only modest.

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