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Challenges and prospects of long jumpers of addisababa city first division athletics clubs

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Abstract

Ethiopian long jumpers' participation is not as sufficient enough as of middle and long distance runners. Therefore, the main purpose of this study is to investigate the challenges and prospects that affecting long jump discipline in first division athletics clubs of Addis Ababa city Administration. Cross sectional survey research design was employed. The sample of the study was 30 long jump athletes which selected through census sampling technique and 5 clubs managers, 3 sport experts of Addis Ababa city administration which selected by using purposive sampling technique. The data were collected through questionnaire, interview and observation. The collected data were analysed by mean, standard deviation and one sample t-test. The result shows there were lack of facilities and equipment, lack of well-designed talent identification program, low motivational level of athletes were found to be most major challenges of jumping events in first division athletics clubs of Addis Ababa city administration.

Keywords: Athletics clubs, equipment, facilities, long jump, motivation and talent identification

1. Introduction

The success of modern sport depends on many aspects including the personal talent of athletes. As a matter of fact, talent identification and training eligible athletes in proper times is known as the most important fact in this success (Asayesh, Karkon & Shabani, 2013) [4]. Assefa (2013) further asserted that the limited role of the community in sports, the decline of sports in schools, the shortage of sports facilities, sportswear, and equipment, as well as the lack of trained personnel in the field must have made the problem more complex in field event sports. As incorporated in the National sport policy document (2004), the policy outlines clearly selected goal, strategies, and means as to how the problems could be addressed.

The long jump is horizontal jumping events of field. The primary goal of maximizing the horizontal distance jumped; a sprint-like approach on a runway (often the same one) to a take-off marker; an attempt to achieve a desired flight phase trajectory; and demands scientific training for the athletes (Melvin, 2016) [14]. Long jumping is a well-recognized discipline within the track and field sports and it has been a part of the Olympic Games since the restart of the modern games in Athens 1896 (Graham-smith & Lees, 2005). Ethiopian long jump achievements in national championship reveal that Gas haw Beza jumped 7.50m in 1989, Addis Ababa, Ethiopia. Hiwot Sisaye, during African Championships in 1993 registered 6.23 m in Durban, South Africa (Long jump results, 2012) [5].

At present time, most research of the practice of field events sports. Lee, Lishman, & Thomson, (1982) [12] focus on physiology and biomechanics rather than assessing and identify problems that affect athletics clubs specifically field event practice. Gontarev, Zivkovic, Velickovska, & Naumovski (2014) [9] focuses on impacts of gender difference in lower muscular strength in long jump and Bur car (2012) [5] tried to assess impacts of some morphological characteristics and motor abilities to jumpers of beginner athletes. Morriss, Tolfrey, & Cop pack, (2001) [16] found that isokinetic resistance training do not influence a simple functional performance task, on jumping event. The other journal by Miasra & Rathore, (2016) [15] states that there are significant relationships of Long Jump performance with speed, agility and weight. Posting a good time in sprint tests requires the ability to generate enough force to start quickly and reach maximum velocity early in the sprint and a measure of force and power production and appears to be related to sprint distances.

Another study by Plateau, Arcelus & Meyer (2015) ensure that athletes that competing in sport such as field event, where a lean physique is deemed advantages are need adequate and suitable situations such as, sport nutrition, sport facility and equipment and well-designed training system for athletes. Therefore, the purpose of this study was to examine retrospectively, the key developmental influences, milestones and specific problems of long jump event in first division athletics clubs of Addis Ababa city administration to compete within field event sports at the international and continental competitions.

2. Methodology

2.1 Description of study area

Addis Ababa/Fin fine is the capital and largest city of Ethiopia with 10 sub cities. It is the seat of the Ethiopian federal government. According to the 2007 population census, the city has a total population of 2,739,551 inhabitants (census, 2007). The city is populated by people from different regions of Ethiopia. Addis Ababa lies at an elevation of 2,200 metres (7,200 ft.) and is a grassland biome, located at 9°1'48"N 38°44'24"E 9.03000°N 38.74000°E (Coordinates: 9°1'48"N 38°44'24"E / 9.03000°N 38.74000°E (NGA country files, 2012)). The city has a complex mix of highland climate zones, with temperature differences of up to 10 °C (18 °F), depending on elevation and prevailing wind patterns. The high elevation moderates temperatures year-round, and the city's position near the equator means that temperatures are very constant from month to month. As such the climate

would be maritime if its elevation was not taken into account, as no month is above 22 °C (72 °F) in mean temperatures (CSA, 2007).

2.2 Research design

Cross sectional research survey design was employed which employed both qualitative and qualitative methods to investigate and assess the challenges that facing long jump event in first division athletics clubs of Addis Ababa city administration.

2.3 Study variables

The study variables were talent identification related factors, facility and equipment, factors related to coaches and motivational level of athletes which was collected using standardized instruments such as questionnaire and interview.

2.4 Population of the study

The study population included all long jump athletes who were trained in first division athletics clubs of Addis Ababa city Administration, coaches, sport experts of Addis Ababa city athletics federation and Ethiopian athletics federation /EAF/club managers. In case of small number of long jump athletes in the clubs all athletes and coaches were selected through census sampling technique when the others selected purposively.

2.5 Methods of data collection

Table 3: Summarized methods of data collection

S. No	Research methods	Methods of data collection	Total individuals participated in
1	Qualitative study	Structured observation	Five clubs with their training area
		In -depth interview	15 individuals
2	Quantitative study	Questionnaire	37 individuals/athletes and coaches

2.6 Methods of data analysis

In order to analyse the gathered data the researcher designed both descriptive and inferential statistics. Therefore, mean and standard deviation was used for quantitative data. The researchers have used one sample T-test to compare a sample

mean to specific value. The data that obtained through interview and observation were analysed within descriptive statement and also supplemented the quantitative finding.

3. Results and Discussion

Table 2: T-test calculations and interpretations as well as standard format on challenging variables (N=30)

No	Variables	N	Test value = 3			Sig.(2-tailed)
			Mean	SD	T-ratio	
1	Talent identification related factors	30	1.25	1.03	3.53	1.01
2	Facility and equipment		2.59	1.31	-3.26	.10
3	Factors related to coaches		3.36	0.97	0.58	.09
4	Motivational level		2.43	0.93	-11.03	.34

The above table 4.1 indicates that the talent identification related factor (M= 3.53, SD= 1.03) reported that insignificant difference with the significant level $t(29) = 3.53, p > 0.05$. This finding states that the talent identification factors are challenging the athlete's long jump performance. In addition to that some sport experts from Addis Ababa athletics federation during our interview forwarded that there is no well-designed talent identification program in the clubs and it implements by simple observation of coaches and competition tutors during competition to select talented athletes. Moreover, Williams (2000) confirmed that identifying talented sport performers rely heavily on the intuition or eye of expert coaches and talent scouts. Most studies support that the process of talent identification should detect factors affecting performance in competitive sport and predict the

potential of future performance of athlete's (Abbott, 2006). Furthermore, Thomas (2008) supported that, application of scientific methods in talent identification involves and needs application of a series of tests that are thought to measure key factors for success in a specific sport talent has several properties which are genetically transmitted and partly innate rather than focus on current performance of athletes. These properties include players anthropometric characteristics (e.g., stature, mass, body composition, bone diameter, limb girth) are related to performance in important and sometimes complex ways. Factors related to Facility and equipment (M=2.59, SD= 1.313) and it is insignificant with the cut-off point and significant level $t(29) = 3.26, p > 0.05$. So the finding shows that facilities and equipment related factors are the other

challenging variables of athlete's performance in long jump event in the first division athletics clubs of Addis Ababa city administration. Similarly, Rogers (2005) ^[20] confirmed that quality and accessible training facilities and equipment create a positive environment that encourages proper training, but lack of facilities or access to facilities and equipment is a limiting factor to the athlete's performance development. Recent study shows having the right quality and quantity sports facilities and equipment is an integral parts of performance development (Limon, 2016).

Factors related to coaches ($M=3.36$, $SD=0.979$) which is insignificant result $t(29) = 0.58$, $p>0.05$. This finding indicates that factors that related to coach are challenging the athlete's performance. On the other hand club managers of first division athletics clubs of Addis Ababa city during our interview suggested that, there were scarcity of coaches in long jump but all jumping events are covered by a coach who has been licensed with athletics or former jumpers. Similarly, Zarins & Savolainen (2016) ^[21] supported that the Coaches pressure in this must-win environment becomes so great that coaches may exploit their power by taking the choice and control away from the athlete in an attempt to ensure their athletes are winning. In addition, Robertson & Michael (2003) ^[19] supported that, the ability of the coach to devise an environment that fosters optimal coaching is the most significant key to athlete's development. Congruently, Kirk (2005) notes that quality of coaches is key factors in the success of any program oriented to improve physical activity and athlete's performance.

A study carried out by Pavlov (2007) ^[17] found out that the most important characteristic of a successful coach is the ability to ensure provision of high quality practice. Furthermore, studies indicate that having experienced coach with knowledge about latest training techniques is valuable to the development of a talented player (Roetert & Harmon, 2006).

Motivational factor ($M= 2.43$, $SD= 0.934$) which is not significant $t(29) = 0.58$, $p>0.05$. On the other hand most of the jumping event coaches in the clubs during the interview forwarded that, Most of athletes have moderate motivation to participate in jumping event, because the environment of clubs is not attractive. That means there are no enough facilities and equipment, no enough number of coaches, unsuitable handling of athletes, and lack of role model athletes that succeed by this event in the country are influencing the motivation of athletes to participate in jumping event. Most of athletes motivated to participate in running event rather than jumping event. This finding states that the other challenging variable of athlete's performance is the motivational related factors. In line with Alsaudi (2015) stated that motivation is, the internal mechanism and external stimuli which arose and direct our behaviour". Well, motivational role could not be neglected. In the same manner Adeyeye & Kehinde (2013) ^[2] confirmed that without motivation optimum performance cannot result, in fact there might be no interest to drive athletes to train effectively during practice session in preparation for Games competition. In addition, Mageau & Vallerand (2003) suggested that the coach-athlete relationship is one of the most important influences on athletes' motivation and subsequent development of Performance. Furthermore, Adeyeye & Kehinde, (2013) ^[2] stated that without motivation, optimum performance cannot result in any sport event.

4. Conclusion

This study shows that long jump event at Addis Ababa city athletics clubs were challenged with lacks proper challenge

talent identification method, lack of facilities and equipment, improper coaches' coaching methodology and lack of motivation.

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