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## Impact of involvement of Adeyemi College of education students in various sporting Activities.

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### Abstract

The research was meant to explore the impacts of involvement of Adeyemi College of education students in various Sporting activities, A total of two hundred students were selected from four schools in the college which are School of Science, School of languages, School of vocational and technical education, school of art and social sciences in Adeyemi college of education, Ondo State were chosen through fish bowl without replacement. Questionnaire was used as a tool for data collection. After analyzing the data, it was found that there was a significant relationship between students of Adeyemi College of education social development through participation in sporting activities, there was a significant relationship between students intellectually developed and participating in sporting activities. Appropriate recommendations were therefore made.

**Keywords:** Intellectually developed, sporting activities, social development, fish bowl

### Introduction

Adeyemi College of education Ondo State sport complex provides indoor and outdoor sports Such as table tennis, badminton, soccer, cricket, judo, track and field events that encourage staff and students to keep fit physically. The Centre is equipped with ultra-modern facilities which include a large gymnasium, standard football pitch, tennis court and many other sports. Adeyemi College of education students participate in competitive sports such as the Nigeria College of education Games Association (NICEGA) and Ondo State Higher Institutions Games (OSHIGA). Colleges of education institutions often encourage participation in physical activities (sport) by students who are not interested in sporting activities for example the University of Birmingham's student chapter explicitly encourages students who did not already have an active life style to participate in sporting activities through the provision of a relaxed, non-intimidating environment and an attractive and relevant programmed. Many Colleges provide facilities and sport equipment's for their student so that they can participate in sports, Sporting activities are important to students for the following; for academic performance, physical fitness, social and mental fitness. In addition to the benefits of participation in school sports activities, it enhances higher confidence, discovering of coping with stress, social enlightenment, improved focus, decrease in overweight and obesity, creating a sense of accomplishment, finding ways to heart diseases and maintaining physical well-being, building friendships and exposure, regular participating in sporting activities also lead to improvement in various sporting skills <sup>[15]</sup> in his study noted that sports participation has physical and physiological benefits for students, he further concluded that sports and games help to ease stress, depression and anxiety. In the united states of America, the National Federation of state High school Association <sup>[19]</sup> asserts that interscholastic sports lead to acquiring Virtues Such as Citizenship, sportsmanship, lifelong lessons, teamwork, self-discipline and aids in the physical and emotional growth of the nationals youth, these studies have shown that students who participate in sporting activities are likely to higher grade point, averages, better attendance, records, lower dropout rates and fewer discipline issues <sup>[14]</sup>. Also found that when emerging adults participation in sport more (physical activity), their satisfaction with life was also higher than usual. Physical inactivity is responsible for 6% of deaths global, around 3.2 million deaths per year, including 2.6 million in low and middle-income countries and 670,000 of these deaths are premature <sup>[24]</sup>.

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According to [25] globally, 81% of adolescents age 11-17 years were insufficiently physically active. Adolescent girls are less active than adolescent boys with 84% versus 78% not meeting WHO recommendations.

Age and sex are the most studied variables of involvement in physical activity (sport) in adolescence. Literature reviewed shown that males adolescents are more active in physical activity compared to female adolescents during their developmental stages [21]. Similarly, majority of girls between the ages of 18 and 19 years participate in virtually no physical activity apart from gymnastics class at school [12]. Therefore, this shows that there is a decrease in physical activity involvement with an increase in age especially in girls [19]. [6] noted that vigorous participation in sports, contributes to developing positive attributes like discipline, increased self-esteem, handwork, determination among others. Similarly [8], noted that athletes are likely to have better attendance records, lower dropout rates and less likely to have engage in drugs than non-athletes. On the same note [3], found that both male and female athletes were not likely to engage in drugs compared to non-athletes.

According to WHO [25] insufficient physical activity is 1 of 10 loading risk factor for death worldwide, insufficient physical activity is a key factor for non-communicable diseases (NCDs) such as cancer, diabetes, cardiovascular diseases. Physical activity has significantly benefits health and contributes to prevent to prevent NCDs, 1 in 4 adults is not active enough, more than 80% of the world adolescent population is insufficient physically active, policies to addressed insufficient physical activity by 10% by 2025 [6]. highlighted that physical exercise participation reduces over weight, obesity maintain healthy joints, controls pain, builds stronger bone mass as well as improved endurance, balance and strength, further more physical exercise improves the functioning of the heart and the ability of the cardio respiratory system to carry oxygen to blood vessels and also improves metabolism, the process by which food is converted to energy and tissues is build. According to Insel and Roth [9] being physically fit makes it easier to do every task. Physical fitness is the abilities to carry out daily tasks with vigour alertness without undue fatigue and have armpit reserved energy to meet out unforeseen emergencies. Regular physical exercise provides individuals with reserved strength for emergencies and helps people to look and feel good. In the long term physically fit, individuals are less likely to develop disease, like cancer, diabetes, obesity, high blood pressure, over weight and many degenerative diseases [9]. Lopez, Gallegos and Extremar [13], posit that regular participation in physical exercise provides increased physical, psychological and physiological benefits. They also acknowledged that sports involvement is a composite good, which involves several derived demands, such as equipment, clothing, membership of organizations, transportation to the place of the activity and price of the facilities and equipment (assuming availability). The composite nature of the good significantly complicates the analysis. For example, neo-classical treatments tend also to include a time in their analysis, clearly sport, as with all forms of recreation and leisure, involves consumption of time, more over time often plays a significant role in affecting a person's demand for sport. Furthermore, the time require for sports varies according to the sport i.e. some sports are more time intensive than others which might be more good intensive, mountaineering is considerably more time consuming than table tennis, for example. A number of studies carried out

outside Nigerian have shown that student participation in sporting activities promote school connectedness for instance [2], explored the impact of co-curricular activity involvement on a student school connectedness in the united states and established that with an increase in students participation in sports and other co-curricular activities measured to an equal increased in students connectedness to school. [20], stated that participation in co-curricular activity makes students more resilient to adverse experiences and stressful life variables. He further concluded that co-curricular activities play a vital role and help students learn more skills to function socially. According to WHO [25] insufficient physical activity is 1 of the 10 leading risk factors for death worldwide, insufficient physical activity is a key factor for non-communicable diseases (NCDs) such as cancer, diabetes, cardiovascular diseases. Physical activity has significantly benefits health and contributes to prevent NCDs, 1 in 4 adults is not active enough, more than 80% of the world adolescent population is insufficiently physically active, policies to addressed insufficient physical activity are operational in 56% of World Health Organisation (WHO) have agreed to reduce insufficient physical activity by 10% by 2025 [5] opines that regular physical activity of moderate intensity, such as walking, running, cycling or doing sport has significant benefits for health, at all ages, the benefits of being physically fit outweigh potential harm. Studies have shown that the frequency of physical activity is correlated to greater satisfaction with life.

### Statement of the Problem

Sport participation by students is very important for educational development, sport is part of education and sport pave way for healthy life of students the physical growth of the students and overall students' development. Despite these positive qualities, some students of Adeyemi College on Education do not involve in sport participation despite the fact that students pay for sport development, library development and schools fees. This project work will look at the reasons why students does not fully involve in sport activities in Adeyemi College of Education Ondo state.

### Purpose of the study

The purpose of the study is to access the impact of Adeyemi College of Education Ondo students in various sporting activities, using Adeyemi College of Education Ondo, as a case study, to also find out the impact of those activities on students and the benefits derivable from sporting activities, and the level at which students have being participating in these activities.

### Research Questions

The following research questions will be attempts to in this study. They are;

1. Will students of Adeyemi College of Education develop socially through participation in sporting activating?
2. Will sporting activities influence the intellectual development of Adeyemi College of Education students?

### Research Hypothesis

1. Students of Adeyemi College of Education will not significantly develop socially through participation in sporting activities.
2. Sporting activities will not significantly influence the students intellectually through participation in sporting activities.

## Methodology

The descriptive survey research design was used for this study. The population comprised of all the students of Adeyemi College of Education, Ondo, Ondo State. There are five (5) schools in the college which are School of Science, School of education, School of art and social sciences, school of Languages, School of Vocational and Technical education in Adeyemi college of education, Out of these five (5) faculties mentioned, four (4) of them which are School of science, School of Vocational and Technical education, School of Education and school of Languages, were chosen through fish bowl without replacement. Fifty (50) respondents were selected from each faculty using disproportionate sampling techniques. Two hundred (200) respondents were selected using volunteer sampling techniques.

The instrument for the study was self-developed modified Likert four-point scale strongly Agree (SA), Agree (A), Disagree (D), and strongly Disagree (SD). The questionnaire was administered with the help of two research assistant after it has been validated by three (3) experts in human kinetics department and it has a reliability co-efficient of 0.86. All the two hundred (200) questionnaire administered were correctly filled, returned and were coded for analysis. Frequency distribution, simple percentages and chi-square were applied for analysis at 0.05 alpha level.

## Result

**Table 1:** Hypothesis one: Students of Adeyemi College of Education will not significantly develop socially through participation in sporting activities

S/N	SA	A	D	SD	ROW TOAL	X <sup>2</sup> CAL.	X <sup>2</sup> TABLE	S. L.D.F
1	143	44	9	4	200			
2	140	40	16	4	200			
3	115	47	33	5	200			
4	123	44	15	18	200	52.59	28.87	0.05 188
5	115	48	23	14	200			
6	126	45	21	8	200			
7	113	49	21	17	200			
Total	875	317	138	70	1400			

X<sup>2</sup> Cal. value = 52.59

X table value 28.87

Significant level =0.05

Degree of freedom = (R-1) (C-1) where R is row and C is column  
= (7-1) x (4-1) = 6x3 = 188

Since the calculated value (52.59) is greater than the table value (28.87), the null hypothesis which state that there is no significant relationship between the Students of Adeyemi College of Education and their socially developed through participation in sporting activities is rejected while the alternate hypothesis accepted.

## Discussion of Findings

The finding of this study showed that Students of Adeyemi College of Education will not significantly develop socially through participation in sporting activities. The finding of this study agreed with the finding of Dale and Jackson (2001) which says that physical play whether competitive or non-competitive, enables students to develop socially and morally. In the organized sporting environment, children to get along with and work with their peers as well as receive constructive and/or positive feedback from adults and peers. Additionally, while engaging in sports, children learn how to share and play by the rules, these skills and vales are necessary for every phase of life during student development. The finding also

agreed with the finding of [7] which says that during co-curricular activities, students socialize with their friends and get to know each other better they and form a strong relationship based on trust and loyalty. Students involved in sporting activities have a chance to develop skills of guiding and mentoring their peers to develop a positive attitude towards teachers and administrators in the school environment. The finding also agrees with the finding of [22] which claimed that the relationship between high school athletic participation and the subsequent psychosocial development of students. The result showed that students who participated in sports had a higher socioeconomic family background, higher levels of mental ability as measured by standardized testing and higher levels of self-esteem. The findings of this study further agreed with the findings of [10] which found that involvement in sports activities gives adolescents a chance to develop both socially and financially in a circle of friends as well as in adults. The time spent in sporting activities has more gains compared to the tight schedule of the classroom activities. During sporting activities students socialized with their friends and get to know each other better and form a strong relationship based on trust and loyalty.

**Table 2:** Hypothesis two: Sporting activities will not significantly influence the students intellectually through participating in sporting activities.

S/N	SA	A	D	SD	ROW TOAL	X <sup>2</sup> CAL.	X <sup>2</sup> TABLE	S. L.D.F
8	45	63	22	70	200			
9	123	46	21	10	200			
10	71	81	36	12	200			
4	82	68	40	10	200	316.83	32.67	0.05 21
5	65	81	26	28	200			
6	63	84	48	5	200			
7	69	76	48	7	200			
8	75	63	34	28	200			
Total	593	562	275	170	1600			

X<sup>2</sup> Cal value = 316.83

X<sup>2</sup> table value = 32.67

Significant level =0.05

Degree of freedom = (R-1) (C-1) where R is row and C is column  
(8-1) x (4-1) = 7x3 = 21

Since the calculated value (316.83) is greater than the table value (32.67), the hypothesis which states that there is no significant relationship between sporting activities and the students' intellectual through participating in Sporting activities is rejected while the alternate hypothesis is accepted.

## Discussion of findings

The findings agreed with finding of [1] who found that engagement in Sports promote academic achievement of the participants and there is a relationship between participation in sports and academic achievement. The finding also agreed with the finding of [11] that claimed that males and females who participated in sports performed well in mathematics, English as well as in science subjects. This shows that athletes perform better due to their efforts, handworks, and discipline gained through competitive sports participation. The finding further agreed with the finding of [11] found that dissociation between participation in sports academic achievement. He stated that sports activities had a positive effect on the education of the adolescents, he further concluded that sports activities are crucial for promoting academics mission of the colleges and ability of the students to excel academically and

that sporting activities positively influence students' abilities for recall and attentiveness on education.

### Conclusion

Students of Adeyemi College of education were socially developed through participating in sporting activities. Students are intellectually developed through participation in sporting activities i.e students who engaged themselves in vigorous physical activities (sport) are developed intellectually.

### Recommendations

1. Sporting facilities and equipment's should be made readily available for students use.
2. Physical education and sports should be made compulsory in the university and domiciled in the general studies (GST) or General education studies (GES). This provision will also serve the purpose of talent hunts, discovery and grooming.
3. For a successful of sports among undergraduate, the effort of the college authority should be directed at strategies capable of motivating the students towards sport participation such as provision of necessary equipment's, facilities and its maintenance.

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