

**SOCIO-CULTURAL VARIABLES AS CORRELATE OF SPORTS PARTICIPATION
AMONG FEMALE STUDENTS IN KWARA STATE COLLEGE OF EDUCATION**

BY

**DR. (MRS.) M.T. AJADI: Department of Human Kinetics Education, Faculty of
Education, University of Ilorin; E-mail: mtajadi2014@gmail.com**

**DR. S. B. ADEBAYO: Department of Human Kinetics Education, Faculty of Education,
University of Ilorin**

&

**FALAYE ELIJAH KAYODE: Department of Human Kinetics Education, Faculty of
Education, University of Ilorin; E-mail: sampayoo2014@gamil.com**

Abstract

This study examines socio-cultural variables as correlate of sports participation among female students in Kwara State College of Education Ilorin. A descriptive research design of survey type was used for this study. The population for this study consists of all female undergraduate students within the study area. A multistage sampling technique of purposive, stratified and random sampling techniques was used to select 200 respondents. A researcher structure questionnaire of likert scale format was used for the study. The instrument was validated by lectures in the Department of Human Kinetics Education University of Ilorin. The reliability level of the instrument was established through test re-test method using Pearson Product Moment Correlation (PPMC). A correlation coefficient of 0.75 was obtained. The administration of data was done by the researchers and two trained research assistants. The data collected were analysed using inferential statistics of pearson product moment correlation (PPMC) to test the formulated hypotheses set for the study at 0.05 alpha level. The three postulated hypotheses tested were rejected. The result of the findings revealed that there was a significant relationship between societal belief sports participation among female students, there was a significant and relationship between mode of dressing, religion and culture on sports participation among female students in Kwara state college of education Ilorin. Based on the findings of this study. The researcher recommends that, there is need to sensitize and create more awareness about

benefit and importance of sports so as to change the societal belief towards sports. There need to educate female students on the need to put on appropriate sports outfit and religion leaders and community leaders are advise not to preach or kick against female participation in sports.

Keywords: *Religion, Culture, Correlate, Sports participation and Socio-cultural.*

Introduction

Sports are social events that can not be performed in isolation however it has been identified as part of the societal force that provides opportunity for regular interaction with social institutions such as religion group, schools and cultural groups (Ajiboye, 2004) sports generally entails bringing participants, officials and spectators together at the level of organization, people of different races are therefore brought together at the community, state, national and international levels through their active participation in sports (Oloyede, 2004).

Coakley (2003) and Stevenson (1991) observed that the interaction between sports and religion has been a significant area of study for sports sociologists who have recognized the importance of religion and spirituality in athletes lives. As the two religions Islam and Christianity were introduced to Africa and Nigeria in particular and each came with the mind set to anchor all, their cultural practices on the soil of Africa. According to Edim and Saba (2014) sports wise, Christianity warmly encouraged and recognized the relevance of sports to the well-being of their followers. Mohler (2010) pointed out sports has taken an increasing influential role in the lives of evangelical Christians on the other hand, Islam too also recognizes the impact of sports on the health of believers and encourages her followers to participates in sports as long as such participation does not run counter to Islamic acceptable laid down principles and practices (Munajjid, 2011) participating in sporting activities has become an important part of the nation's culture as well as other cultures throughout the world. While some cultures were used to strengthening the practice and propagate sporting programme in their communities others do it for one reason that considered to affects their religious inclinations.

Both Islam and Christianity are religion that are alien to African cultures especially the stoppage of the killing of twins that was in practice in Africa before the coming of Mary Slessor to Nigeria

and the introduction of Western Education to African and abolition of slave trade (Stevenson, 1991; Edim & Saba, 2014). The importance attached to sports varies from one community to the other. For instance, while some communities use sports as a means of recreation, others use it for the test of strength and development of physique among youth (Ali, 2011) participating in sports is an effective way of grooming children to become responsible and healthy citizens in the community.

According to Balogun (2016) in general religion promotes good health and fitness which encourage both male and female to participate in sporting activity that would enhance healthy lifestyles. There are other aspects of religion which influence how sporting activities can be practiced. For instance, female following their faith cannot freely engage in mixed gender sports as the environment and dress code also requires consideration. Babatunde (2005) pointed out that religion is a cultural universe with a unified system of beliefs and practices relative to sacred things, uniting into a single moral community. Religion is an institutionalized system of symbols, beliefs, values and practices that focuses on questions or ultimate Owaru (2005) observed that in some part of the country women are forbidden to expose themselves beyond the knees and elbow and such women find it difficult to participate in sporting activities especially those sporting activities that requires wearing of shorts skirts and sleeveless vest some religion view women participation in sports as anti-religious, sports out fits are often smart-looking and could be offensive to some religious faithful followers (Ikulayo & Adekoya, 2006).

Gary (2010) stressed that interestingly clothing was identified as a determinant of negative attitude towards sports in the society as most people especially female don't want to conform to sports wear due to the fact that their bodies will be exposed during training. Babatunde (2002) stated that participating in sports and non participating female students are usually influenced by several factors that are socio-cultural in nature and among other things, embedded in such issues which are multi-dimensional depending on a given society.

Dosumu (2001) observed culture as that part of total repertoire of human action and its products which are socially transmitted. The emphasis of culture and sports participation can not be

ignored because culture and sports are products of social interaction. Sports in recent times or during the primitive age can not be separated from culture because culture determines the desirable physical activities in any society, school and home.

Statement of the Problem

Inspite the enormous contribution of sports participation towards the healthful living of an individual and to the larger society yet many people including the elite still regard sports participation as nothing but mere playing. The cultural belief towards sports often hinders the level of participation in sports among female students in our various campuses. The researcher observed that cultural belief of people towards sports interm of exposing female students to promiscuous act, promoting indecent dressing and lost of respect for elders are some of the factors that hinder effective participation of female students towards sports. Also the researcher observed that most religion leader often kick against female participation in sports because of the belief that female participation in sports makes them to loss focus and not to be holy in term of losing their virginity through their active participation in sports. The researchers therefore interested in investigating socio-cultural variables as correlates of sports participation among female students in Kwara State College of Education.

Research Hypotheses

The following research hypotheses were formulated and tested for this study

1. There is no significant relationship between societal belief and sports participation among female students in Kwara State College of Education Ilorin
2. There is no significant relationship between mode of dressing in sports and sports participate among female students in Kwara State College of Education Ilorin.
3. There is no significant relationship between religion and culture and sports participate among female students in Kwara State College of Education Ilorin.

Methodology

The descriptive research design of survey method was used for this study. The population for this study consists of all female students in Kwara State College of Education Ilorin. A multistage

sampling technique of stratified into 7 strata that is seven colleges. In each college 25 respondents were randomly selected except in college of education where 50 respondents were randomly sampled. In all 200 respondents were sampled for this study. A researcher structured questionnaire of likert scale format was employed for this study. The instrument was validated by experts in the Department of Human Kinetic Education, University of Ilorin. The reliability level of the instrument was established through test re-test method using pearson product moment correlation (PPMC). A correlation coefficient of 0.75r was obtained. The administration of data was done by the researchers and three trained research assistants. The data collected were analysed using inferential statistics of chi-square χ^2 to test the postulated hypotheses set for the study at 0.05 alpha level of significance.

Result

Hypothesis one: There is no significant relationship between societal belief and sports participation among female students in Kwara State College of Education Ilorin.

Table 1: Pearson ‘r’ analysis of societal belief as correlate of sports participation

S/N	Item	No	Mean	SD	cal. r- value	df	Crit. p- value	Dec.
1.	Societal belief	200	46.401	12.471				
2.	Sports participation	200	24.201	4.862	198	27.21	16.92	Hypothesis Rejected

$p < 0.05$

Table 1 revealed the calculated r-value of 27.21 against the critical p- value of 16.92 computed at p-value of 0.05 alpha level. Since the critical p-value is less than the calculated r-value, therefore the null hypothesis that stated that there is no significant relationship between societal belief and sports participation among female students in Kwara State College of Education Ilorin was

hereby rejected. This implies that, there was a significant relationship between societal belief and sports participation among female students in Kwara State College of Education Ilorin.

Hypothesis two: There is no significant relationship between mode of dressing in sports and sports participation among female students in Kwara State College of Education Ilorin.

Table 2: Pearson ‘r’ analysis of mode of dressing in sports as correlate of sports participation

S/N	Item	No	Mean	SD	cal. r-value	df	Crit. p-value	Dec.
1.	Mode of dressing	200	54.725	18.44				
2.	Sports participation	200	35.24	14.34	198	39.57	16.92	Hypothesis Rejected

$p < 0.05$

Table 2 indicated calculated r-value of 39.57 and critical p-value of 16.92 computed at p-value of 0.05 alpha level. Since the critical p-value is less than the calculated r-value, hence the null hypothesis that stated that there is significant relationship between mode of dressing in sports and sports participation among female students in Kwara State College of Education is hereby rejected. This means that there was a significant relationship between mode of dressing in sport and sports participation among female students in Kwara State College of Education Ilorin.

Hypothesis three: There is no significant relationship between religion and culture and sports participation among female students in Kwara State College of Education Ilorin.

Table 3: Pearson ‘r’ analysis on religion and culture as correlate of sports participation

S/N	Item	No	Mean	SD	cal. r- value	df	Crit. p- value	Dec.
1.	Religion and culture	200	10.86	19.56				
2.	Sports participation	200	28.14	15.53	198	25.91	16.92	Hypothesis Rejected

$p < 0.05$

Table 3 revealed the calculated r-value of 25.91 and critical p-value of 16.92 computed at p-value of 0.05 alpha level. Since the critical p-value is less than the calculated r-value, therefore the null hypothesis that stated that there is no significant relationship between religion and culture and sport participation among female students in Kwara State College of Education Ilorin was hereby rejected. This implies that there was a significant relationship between religion and culture on sport participation among female students in Kwara State College of Education Ilorin.

Discussion of the Findings

The finding from tested hypothesis one revealed that there was a significant relationship between societal belief and sports participation among female students in the study area. This result supported the findings of Ali (2011) who affirmed that participating in sports is an effective way of rooming children to become a responsible and healthy citizen in the community. The author further stressed that some society frown at female participation in sports due to their primitive belief that female participation in sports usually brings about promiscuous act or lost of virginity at the tender age. Also Babatunde (2005) opined that some community belief that female participation in sports has no value to the society.

The finding from tested hypothesis two shows that there was a significant relationship between mode of dressing in sports and sports participation among female students in the study area. This result is in agreement with the view of Owaru (2005) who pointed out that in some part of the country women are forbidden to expose themselves beyond the knees and elbow and such women find it difficult to participate in sporting activities especially those sporting activities that requires wearing of shorts skirts and sleeveless vest. Similarly Gary (2010) observed that interestingly clothing was identified as a determinant of negative attitude towards sports in the society as most people especially female athletes don't want to conform to sports wear due to the fact that their bodies will be exposed during training.

The finding from tested hypothesis three indicated that there was a significant relationship between religion and culture and sports participation among female students in the study area. This result tallied with the view of Ikulayo & Adekoya (2006) who stressed that some religion frown at female participation in sports because it make them to expose their body and brings about indecent dressing among young girls. The author further observed that while some religion frown at female participation in sports, some societal culture view sports as anti-religious through the sports outfits which are often smart looking that could be offensive to some religious faithful one's. Also Dosumu (2001) affirmed that, the emphasis of culture and sports participation of female cannot be ignored because culture and sports are product of social interaction that often used to strengthening the unity of a community.

Conclusion

Based on the finding of this study the following conclusion were made: that there was a significant relationship between societal belief and sports participation among female students in Kwara State College of Education. There was a significant relationship between mode of dressing in sport and sports participation among female students in Kwara State College of Education. There was a significant relationship between religion and culture on sports participation among female students in Kwara State College of Education Ilorin.

Recommendations

Based on the finding of this study the following conclusion was made:

1. There is need to sensitize and create more awareness about benefits and importance of sports so as to change the mind set of people in the society towards sports especially female students in college of education.
2. There is need to educate female students on the need to put on appropriate sport outfits while participating in sporting activities in the school.
3. Religion leaders and community leader are advise not to preach or kick against female participation in sports in all our campuses.

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