

The Role of Motivation in Enhancing Sports Development in Colleges of Education in South-Western Nigeria

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Abstract: The survey study investigated the role of motivation in sports development in colleges of education in South-Western Nigeria. Data were collected from 2, 299 samples: comprising 13 male coaches, 65 (57-87.6%) male, 8 (12.3%) female) members of sports council/committees and 2, 221 (1, 209 (55.2%) male and 1, 012 (44.8%) female) athletes. Age ranged from 16-30 years for athletes ($X = 25$ years, $SD = 46.21$) and 35-55 years for adults ($X = 43.48$ years, $SD = 6.55$). Purposive sampling was utilised in selecting the coaches and sports Council/committee members for their uniqueness as sports technocrats while stratified random sampling was utilised in selecting the athletes. Reliability analysis using split-half and Cronbach's coefficient alpha yielded reliability index of $r = 0.86$ for the independent variables and $r = 0.82$ for the dependent variable. Statistical analysis involved the use of frequency counts, mean and standard deviation for demographic data and the inferential statistics of linear and multiple regressions. All the hypotheses were tested at 0.05 level of significance. Linear regression analysis showed that award of scholarship yielded a non-significant predictive value of $B = -5.348$, $E.02$, $BETA.120$, $t = -0.445$, $p > 0.05$. Giving consideration to athletes $B = 0.246$, $BETA = 0.042$, $t = 2.188$, $p < 0.05$ and monetary reward to athletes $B = -0.232$, $BETA = -0.036$, $t = -1.972$, $p < 0.05$ yielded statistically significant predictive values. The composite effect of the three variables yielded a statistically significant value of $Adj R^2 = 0.128$, $F = 339.065$, $df = 3$; $p < 0.05$. Award of scholarship did not predict sports development. Giving consideration as well as monetary reward to athletes predicted sports development. The three variables jointly predicted sports development. This was possible because the contribution of award of scholarship was so insignificant that it did not affect the composite effect of the three variables.

Key words: Role, motivation, sports development, colleges of education, scholarship, South-Western Nigeria

INTRODUCTION

Sports is a concept that eludes a uniform definition but possesses a universal language that permeates every aspect of human life be it religion, politics, economy, culture and education. Sports have been used all over the world as a tool for social development. It is also a powerful social activity for youth psychosocial development.

In all institutions of learning in Nigeria, participation in sports is a requirement backed by government policy (Federal Republic of Nigeria, 1989). The purpose of sports in educational institutions according to the policy should be generated from the aspirations of students. Olaiya and Ogu (2001) posited that school sports form the bedrock of any meaningful sports development agenda in any country. Among the functions of school sports is to motivate all the students and undergraduates in all educational institutions to take part in sporting activities.

The motivation for participating in sports and striving for improvement varies considerably from athlete to athlete. Robbins (2001) defined motivation as the direction and intensity of one's effort. While direction refers to an athlete's decision to commit and turn up for training on a regular basis, intensity relates to how much the athlete is prepared to work hard during training sessions. Motivation can also be defined as both the internal (intrinsic) mechanism and external (extrinsic) stimuli that arouse and direct behaviour (Jones and George, 2004). Motivation energises and directly influences behaviour.

In sports, there is a great link between motivation and performance. Athletes who are intrinsically motivated involve themselves in activities for internal reasons such as personal satisfaction, pride and enjoyment. Oyewole-Makele (2003) posited that intrinsic drives include responsibility, autonomy, recognition, initiative and skills, etc. Athletes who are extrinsically motivated

involve themselves in sports for the purpose of attracting tangible and intangible rewards. Such rewards include promotion, money, trophies, salary increment, publicity and recognition.

Statement of the problem: Among the six parameters for measuring sports development according to Olajide (2002) is the steady growth in the interest and number of participant in sporting activities as well as excellence in sports which is characterised by continuous improvement in the performance of athletes in sports championship.

Motivation in the field of sports refers to the reward given for excellent performance or success. A highly motivated athlete is likely to achieve better than a lowly motivated athlete because of the deliberate efforts that would be put into practice and competition. Omo-Osagie (2000) opined that performance over and above the call of duty should be rewarded. Drucker (1954) justifying incentives and rewards stated that if a person can get fired for poor performance such a person also deserve to be rewarded for extra-ordinary performance. However, it is sad to note that players and athletes have often been laid off on account of poor performance without due consideration for other intervening variables.

The focus of this study was to find out the extent to which award of scholarship, consideration for athletes and monetary reward predict sports development in colleges of education in South-Western Nigeria.

Hypotheses: The study was guided by the following hypotheses which were tested accordingly.

Ho1: Award of scholarship to deserving athletes will not significantly encourage sports development in Colleges of Education in South-Western Nigeria.

Ho2: Giving consideration to athletes when necessary will not significantly encourage sports development in Colleges of Education in South-Western Nigeria.

Ho3: Monetary rewards to star athletes will not significantly encourage sports development in Colleges of Education in South-Western Nigeria.

Ho4: There is no significant composite effect of scholarship award, consideration for athletes and monetary rewards to star-athletes on sports development in Colleges of Education in South-Western Nigeria.

MATERIALS AND METHODS

The descriptive survey research design was adopted for the study:

Participants: The population of the study consisted of the coaches, members of sports councils/committees and athletes of the ten Colleges of Education in South-Western Nigeria. A total of 2, 299 participants, comprising 13 male coaches, 65 (57 (87.6%) male, 8 (12.3%) female) members of sports council/committees and 2, 221 (1, 209 (55.2%) male and 1, 012 (44.8%) female) athletes made up the sample. Age ranged from 16-30 years for athletes (X = 25 years, SD = 46.21) and 35-55 years for adults (X = 43.48 years, SD = 6.55).

Instrumentation: The instrument for the study was a researchers-designed 48 items four point rating scale. Validation of the instrument using the split-half and Cronbach's coefficient alpha yielded reliability index of r = 0.86 for the independent variables and r = 0.82 for the dependent variable. The instrument was self administered with two research assistants in each of the colleges.

Statistical analysis: Data analysis involved the use of frequency counts for demographic data and the inferential statistics of linear and multiple regressions. All the hypotheses were tested at 0.05 level of significance.

Table 1 shows the linear regression analysis of the predictive effect of award of scholarship on sports development in colleges of education in South-Western Nigeria. Award of scholarship had a predictive value of B = -5.348 E.02, BETA.120, t = -0.445, p>0.05 which was not significant. Hypothesis 1 was therefore not rejected.

Table 2 shows the linear regression analysis of the predictive effect of consideration for athletes on sports development in colleges of education. Consideration for athletes had a significant predictive value of B = 0.246, BETA = 0.042, t = 2.188, p<0.05. This showed that consideration for athletes is a significant predictor of sports development in Colleges of Education in South-Western Nigeria. Hypothesis 2 was therefore rejected. Table 3 shows the linear regression analysis of

Table 1: Relative predictive effect of award of scholarship on sports development in Colleges of Education

B	SE.B	BETA	t	Sig.	Remarks
-5.348E.02	0.120	-0.009	-0.445	0.656	Not Sig.*

Ho: Not significant-Not rejected

Table 2: Relative predictive effect of consideration for athletes on sports development in Colleges of Education

B	SE.B	BETA	t	Sig.	Remarks
0.246	0.117	0.042	2.188	0.028	Sig.

Ho: Significant-rejected

Table 3: Relative predictive effect of monetary reward to athletes on sports development in Colleges of Education

B	SE.B	BETA	t	Sig.	Remarks
-0.232	0.117	-0.036	-1.972	0.048	Sig.

Ho: Significant-rejected

Table 4: Analysis of variance of regression showing composite effect of the three variables (award of scholarship, consideration for athletes and monetary reward) on sports development in colleges of education

Source of variation	SS	df	MS	F	Sig.
Regression	9244.700	3	9244.700	339.065	0.000
Residuals	62628.412	2296	27.265	-	-
Total	71873.113	2299	-	-	-

R = 0.359; R² = 0.129; Adj R² = 0.128; SEE = 5.22162; Significant at p<0.05

the predictive effect of monetary reward to athletes on sports development in Colleges of Education. Monetary reward had a significant predictive value of B = -0.232, BETA = -0.036, t = -1.972, p<0.05. This showed that monetary reward to athletes is a significant predictor of sports development in Colleges of Education in South-Western Nigeria. Hypothesis 3 was therefore, rejected.

Table 4 shows a composite predictive effect of the three independent variables. The composite effect yielded a predictive value of Adj R² = 0.128, F = 339.065, df = 3; p<0.05 which was significant. Hypothesis 4 was therefore rejected.

RESULTS AND DISCUSSION

The finding in Table 1 shows that award of scholarship to athletes was not a predictor of sports development in the Colleges of Education under study. In almost all the colleges, scholarship awards to deserving athletes are no longer available. Those who excelled in sports actually succeeded as a result of personal ego for success and not the motivation they got from their college management. Even internal competitions that could motivate participants in sports are no longer in existence due to huge financial implications. This finding is in agreement with the postulation of Ikulayo (2001) and Oworu (2010) that performance is likely to decline if reward is not forthcoming to athletes. The realisation that athletes/players are playing for other institutions for monetary gain underscores the need for scholarships to motivate and sustain athletes' proficiency and commitment.

Table 2 shows that consideration for athletes is a predictor of sports development in the Colleges of Education under study. In spite of this fact, the study found that many students in the colleges of study often have carry-overs as a result of missing of tests and assignments not submitted while away on sports competitions. Automatic hostel accommodation that used to be the preserve of star-athletes is no more available as

other factors and considerations have taken over such privileges. This finding is at variance with the opinion of Iheanacho (2000) that incentives of this nature are essential gadgets which should assist sportsmen and women to achieve their goals.

Findings in Table 3 also shows that monetary reward to athletes is a significant predictor of sports development in Colleges of Education under study. Though some colleges give athletes money, most athletes according to the study see the money as grossly inadequate. They expect as much money as the tuition they pay as fees.

The analysis of the composite effect of the three variables as shown by Table 4 revealed a joint positive and significant effect on sports development in the colleges of education under study. This effect was possible because the contribution of award of scholarship was so insignificant that it did not affect the composite effect of the three variables.

CONCLUSION

The four null hypotheses formulated to direct the study were tested using multiple regression. The findings reveal that there was no statistically significant predictive value of award of scholarship on sports development in Colleges of Education under study.

There was a statistically significant predictive value of consideration for athletes on sports development in Colleges of Education under study. There was a statistically significant predictive value of monetary reward to athletes on sports development in Colleges of Education under study.

There was a statistically significant composite predictive value of the three independent variables on sports development in Colleges of Education under study.

RECOMMENDATIONS

Based on these findings and the discussions, the following recommendations are hereby made:

- Colleges should put in place a policy that ensures scholarships for athletes who win gold, silver or bronze medals at national competitions
- Colleges should ensure that athletes representing the college are given special consideration that makes up for lectures/tests missed while on competitions
- Colleges should ensure the revival of the policy of automatic accommodation for star-athletes in campus halls

- Colleges should ensure commensurate monetary rewards of tuition fees or accommodation fees to star athletes not on scholarships or in accommodation

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