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**INFLUENCE OF THE NIGERIAN SCHOOLS SPORT FEDERATION ON
STUDENTS PARTICIPATION IN SPORTS PROGRAMMES IN SECONDARY
SCHOOLS OF KOGI STATE, NIGERIA** p.p.90-95



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ABSTRACT

The study assessed and analyzed the influence of the Nigerian school sports federation on student's participation in sport programme in secondary schools in Kogi State, Nigeria. The population of the study consisted of two thousand (2000) subjects and five-hundred (500) subjects were purposively selected at random for the study. The instrument used for the study was a well-developed and validated questionnaire which contains forty-five (45) items. One hypothesis was formulated to direct the study using one sample t-test in testing the hypothesis on the Nigerian school sport federation will not significantly influenced the student's participation in sports programmes in the secondary school of Kogi State. The outcome of the study revealed that significant difference exists between the constant and the observed mean. As a way forward, for successful organization of sport programme students should be involved for better result by an experienced sport administrator with proven integrity, it equally recommended that a well-structured sport organization programme should be followed in other to enhance active participation and result oriented among the secondary schools students in Kogi State, Nigeria.

Keywords: Organization, Competition, Development, School Sports & Students.

INTRODUCTION

Nigerian school sport federation has been described as one of the best ways of developing a "total man" especially through the three aspects of learning i.e. cognitive,



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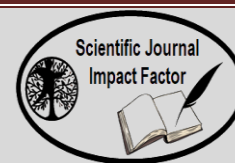
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affective and psychomotor (Bloom, 2016). In recognition of this fact, Harrison, (2018) remarked that schools are basically concerned with educating youths and such function is best achieved through sporting activities. Anderson (2017) on the other hand, supported and upheld Harrison's opinion concerning the importance of achieving educational objectives through sporting activities, in which he stated students development intellectually, socially, and physically is achieved through instructional programmes offered in the physical education lessons and sports competitions. Anderson (2018) further expatiated on the process of cognitive, affective, and psychomotor development of students through sports. According to him, participation in sports brings about the proper functioning of all organs in the body, especially the brain, which is used for cognitive activities. The level of mental efficiency of participants is increased thereby bringing about greater academic excellence in students and other individuals who participate in sports. The affective domain which deals with character development is achieved through sports participation by learning to play games according to rules and regulations. The tenets of leadership and follower ship, team cohesion and team spirit are also developed through active sports participation by students. Thus school sport programme helps in developing the character and behavior of those who take part in such programmes (Bucher, 2018). There is perhaps no other subject in the school curriculum that contributes to the development of movement competency and acquisition of skills other than sports and physical education. This is achieved through participation in basic skills, such as walking, running and games of all types. In the process of participation skills and competency are obviously developed. Curriculum planners in Nigeria recognizes the fact that sports have a great role to play in the development of educational objectives, thus the inclusion and provision of physical education, which encompasses sports, is emphasized at all levels in the Nigerian educational system as expressed in the National Policy on Education (FGN, 2017). The National Policy on Education lays emphasis on the quality of instruction at all levels, which is oriented towards inculcating among other values, such as development t of good moral character and good citizenship qualities as well as the promotion of good values such as honesty and integrity (Venkateswarlu, 2015).



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According to Akinpekun, (2017), there is no doubt that sports have a great role to play in the development of educational objectives of Nigerians secondary school system. Many agencies contribute to the achievement of the nation's educational objectives (Adeyemi, 2018). It is on this premise that the Nigerian School Sports Federation is being examined in this research as a functional educational body which exists to compliment government's efforts in the development, promotion, encouragement, and achievement of sports in the nations secondary schools through sports programmes, policies, administrative structures and strategies that would help to support sports development,(Ladani, 2018) school sports development has been defined by Bucher (2018) as a state of visible and measurable increase in the number of functional sports skills, facilities, and equipment in schools, improvement in the standard of sports skills, 'sports performance and increase in the number of sports achievement medals, prizes and trophies won by students in sports competitions locally and internationally, as well as the consistent supply of adequate funds to provide personnel and all other essentials necessary for effective sports training and hosting of school sport competitions.

OBJECTIVE OF THE STUDY


The main objective of the study was to assess the influence of the Nigerian Schools Sport Federation on Students Participation in Sports Programmes in Secondary Schools of Kogi State, Nigeria.


HYPOTHESIS TESTING


Nigerian school sport federation will not significantly in flucece the student's participation in sports programme in the secondary school of Kogi State


DESIGN OF THE STUDY

The information required to examine the perceived influence of Nigeria School Sport Federation (NSSF) on students participation on sports programme in secondary schools of Kogi State was already available without manipulation of the variables, therefore, ex-post facto research design was adopted in this study, The sample for this study consisted of five-hundred (500) subjects purposively selected at random from the population of two thousand (2000). The main instrument used was a structured

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and validated questionnaire to elicit appropriate information from the respondents. The designed questionnaire was presented to experts in the department of human kinetics and health education, faculty of education Prince Abubakar Audu University, Anyigbafor their input and necessary comments, their suggestions and corrections were adopted in the final print out of the questionnaire which was personally distributed to the selected subjects in the secondary schools of Kogi State Nigeria. The filled and returned questionnaire were however collected for data analysis, The one sample t-test statistical analysis was used to analyze the data collected at alpha level of 0.05.

Sampling Method

The sample for this study consisted of five-hundred (500) subjects purposively selected at random from the population of two thousand (2000) respondents for the study.

TOOLS FOR DATA COLLECTION

The filled and returned questionnaire was however collected for data analysis.


STATISTICAL ANALYSIS OF THE DATA WITH TABLES AND FIGURES

The one sample t-test statistical analysis was used to analyze the data collected at alpha level of 0.05.


Table 1: one sample t-test on Nigerian school sport federation will not significantly influence student participation in sports programmes in the secondary schools of Kogi State

Variables	Mean	STD	SE	DF	t-vale	P	t-critical	Decision
Students sport participation	3.2790	0.352	0.025	499	8.88	0.000	1.96	Significant
Fixed mean	3.5000	0.000						


$t = 8.88 = df = 499 = (P = 0.000 < 0.05)$




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RESULTS

The result of this study is presented below:

HQ: Will Nigeria School Sport Federation significantly influence the participation of students in schools' sports in secondary school in Kogi State?

The observed mean (3.2790) in the table is significantly lower than the mean level of agreement (3.5000) indicated in the table. The observed level of significance (0.000) clearly indicated that the results did not agree that the Nigerian school sport federation will not significantly influence student participation in sports programmes in the secondary schools of Kogi State. The null hypothesis which states that Nigerian schools sport federation will not significantly influence the students' participation in sport programmes in the secondary schools of kogi state is thereby accepted

FINDINGS

The purpose of the study is assessing Nigerian schools sport federation of the influence on student participation in sports programme in the secondary schools of kogi state. The test of sub-hypothesis revealed that the agency has not significantly influence students participation in sport programmes in secondary schools of kogi state. This finding is also in line with Adamu, (2019) where it was reported that student participation in the sports programming in Nigerian educational institutions were not adequate. In a similar report by Janne, (2018) it was of adequate student participation in sports activities by students is another indicator of the influence of the NSSF. But sadly enough the impact of the agency was not felt in this area among the secondary schools involved in the study. The test sub-hypothesis observed that the agency has not significantly influence the participation of students in sports programmes of the secondary schools. The researcher in the course of this study however, established some basic facts which formed the conclusion of the study.

CONCLUSION

On the basis of the related literature reviewed and the data analyzed during the study, the following conclusions have been made.

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1. That school sports programme is a very important component of the school curriculum and it plays a very important role in the overall development of students, mentally, physically, socially, morally and psychologically.
2. That the Nigerian School Sports Federation has continued to influence the development of sports in Secondary Schools in Kogi state, through effective participation by the sports directors, Games masters and coaches in formulation and implementation of policies on school sports programmes.


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