

Sport Involvement as a Correlate of Life Satisfaction among Team Sports Participants in Obafemi Awolowo University Ile-Ife, Osun State

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Abstract

The aim of the study was to investigate the relationship between involvement in physical activity (sports) and satisfaction with life (Psychological Health) among ball game participants of a tertiary institution south west Nigeria. Populations for the study consist of all ballgame participants while the purposive sampling technique was used to select 100 participants (Basketball 25; Football 25; Handball 25; and Volleyball 25). Satisfaction with life was measured using the scale of Diener, Emmons, Larsen and Griffin (1985) in which participants answered five statements about how satisfied with life they are on a five-point scale. The result indicated that there was a significant influence of involvement in sport on satisfaction with life ($F(2, 97) = 48.143, p < 0.05$) of ball game participants. Percentage and the One-Way Analysis of Variance (ANOVA) were used to analysis the data.

Keywords: Sports Involvement; Satisfaction with life; Ball game; Psychological Well-being.

INTRODUCTION

Physical activity (PA) is broadly defined as the movement of skeletal muscle that results in energy expenditure (Ortega, Ruiz, Castillo, & Sjostrom, 2008; Sirard & Pate, 2001), which affects the functioning of all body systems (Ortega, et al., 2008). Research has identified a range of physical and psychosocial health benefits of PA for individuals across all age groups, and youth in particular (Hills, King, & Armstrong, 2007; Janssen & LeBlanc, 2010; Warburton, Nicol, & Bredin, 2006). Psychological and social benefits are also emphasized, including the development of moral reasoning (Stephens, Bredemeier, & Shields, 1997), self-confidence and self-esteem (Biddle, Gorely, & Stensel, 2004; Hills, et al., 2007; Hohepa, Schofield, & Kolt, 2006), positive mood and emotions (Janssen & LeBlanc, 2010; Jerstad, Boutelle, Ness, & Stice, 2010; Ortega, et al., 2008), and opportunities to form close relationships with family and friends while experiencing joy and having fun (Hohepa, et al., 2006; Ramanathan & Crocker, 2009). Many of the physical benefits of PA necessitate regular participation at moderate to vigorous intensities of movement and energy expenditures, whereas psychosocial benefits may result from participation in a wide range of physical activities irrespective of the frequency, intensity, duration or type. Thus, involvement in any PA, regardless of its specific characteristics, plays a valuable role in healthy development.

Sport is widely regarded as an important aspect of life by many, sport involvement has gained more ground in developed nations due to the awareness of citizens to the benefits of physical activity (sports) in the prevention of non-communicable diseases. Despite the numerable but undisputable values of sports for both young and old, an insignificant number of the population in developing countries get involved in sport either competitively or recreationally. Also, the fact that sport offers opportunity to be recognized, serve as a means of socialization, avenue to express one's abilities and the release of energy, little or no importance has been attached to its impact on academic and subjective well-being of students. Sport involvement has remain largely a voluntary activity in tertiary institutions Nigeria the level of sport involvement of students is very low as the average university calendar leave little or no room for any form of sport pursuit. Majority of sporting activities are self-administered by the students as many sports councils or units do not have a structured programme designed for the students who pays sports levy as part of their tuition. The university authorities especially in public institutions collect sports levy as part of tuition but do not have sport involvement programmes in build in their academic calendars. All the days of the week are taken up by lectures, tutorials and make up classes which give students no time to recreate.

However, many students still make out time to get involve in one form of physical activities (sports) or the other recreational or under coaches when preparing for the only organized university biannual sport competition the Nigeria University Games Association (NUGA) games. Using open field because of their inability to access sports facilities which are always

Life Satisfaction can connote a measure of contentment with happenings in every segment of one's life. A state of emotional well-being in which involvement in physical activity, exercise and sports will positively enhance. Diener, Suh, Lucas, and Smith (1999) define wellbeing as the preponderance of positivity of affect and high satisfaction with life. In general, people highly value their wellbeing and strive to be happy and satisfied

with life (Diener, 2000). Physical activity may be a viable tool for enhancing wellbeing because e, in general, physical activity has been found to be related to more positive affect and higher satisfaction with life (Arent, Lander & Etnier, 2000; Ekkekakis, Parfitt, & Petruzzello, 2011; Ekkekakis, 2003; Netz, Wu, Becker, & Tenenbaum, 2005). A study has shown that adolescents who are not physically active have lower levels of satisfaction of life than their more physically active peers (Valois, Zullig, Huebner, & Drane 2004) Most research on physical activity and wellbeing has been conducted on samples with restricted age ranges, such as middle-aged women (e.g., Elavsky & McAuley, 2005) or older adults (e.g., Arent, Landers, & Etnier, 2000; McAuley, E; Konopack, Moti, Morris, Doerksen, & Rosengren, 2006).

One study found that when emerging adults participated in more physical activity, their satisfaction with life was also higher than usual (Maher, Doerksen, Elavsky, Pincus, Ram & Conroy, 2012). Another study found that emerging adults who were more physically active tended to experience more pleasant-activated feelings (e.g., excitement, happiness) than emerging adults who were less active; and that when emerging adults were more physically active than was typical for them, they experienced more pleasant-activated feelings (Hyde, Conroy, Pincus, & Ram, 2011). Physical inactivity is responsible for 6 % of deaths globally; 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. WHO, 2011).

According to WHO (2015) globally, 81% of adolescents aged 11-17 years were insufficiently physically active. Adolescents' girls were less active than adolescents' boys, with 84% versus 78% not meeting WHO recommendations. There has been evidence of disturbingly high rates of mental ill-health among adolescents and even younger children, ranging from low self-esteem, anxiety and depression to eating disorders, substance abuse and suicide (Sallis, and Owen, 1999). According to WHO (2015) Insufficient physical activity is 1 of the 10 leading risk factors for death worldwide; Insufficient physical activity is a key risk factor for non-communicable diseases (NCDs) such as cardiovascular diseases, cancer and diabetes; physical activity has significant health benefits and contributes to prevent NCDs; globally, 1 in 4 adults is not active enough, more than 80% of the world adolescent population is insufficiently physically active, policies to address insufficient physical activity are operational in 56% of WHO Member States and WHO Member States have agreed to reduce insufficient physical activity by 10% by 2025.

Insufficient physical activity is 1 of the 10 leading risk factors for global mortality and is on the rise in many countries, adding to the burden of NCDs and affecting general health worldwide. People who are insufficiently active have 20% to 30% increased risk of death compared to people who are sufficiently active. (WHO, 2015).

Regular PA of moderate intensity – such as walking, cycling or doing sports has significant benefits for health. At all ages, the benefits of being physically active outweigh potential harm. Studies have shown that the frequency of PA is correlated to greater satisfaction with life (Fox, Stathi, McKenna, & Davis, 2007; Stubbe, de Moor, Boomsma, & de Geus, 2007). Researchers have also stated that the physically active are happier (Thogersen-Ntoumani, Fox, & Ntoumanis, 2005). Those who are more active are more optimistic and in a better mood overall (Penedo & Dahn, 2005) and their evaluation of the quality of their lives in general is higher (Wendal-Vos, Schuit, Tijhuis, & Kromhout, 2004). Awosika (1987) pointed out that the concept of wellness through participation in sports, either competitive or recreational, should be brought to national focus as a form of health promotion and an area for preventive medicine that the health of Nigerians could be significantly improved by actions individuals can take by themselves through sports According to Alawode (2012) statistical data shows that between 25-57% of all Nigerian are physically inactive. The National demographic and health survey 2003 data further said 21% of women in Nigeria were overweight. The author also stated that two separate studies among young adults (15-49) showed 38% and 41% prevalence of physical inactivity. The Nigeria demographic and health survey data of 2008 (A publication of the National Population Commission and Measure DHS, 2009) shows the country has a population of 150 million of which 48 million are young adults. Alawode (2012) opined that one may have expected these figures serve as an impetus for the authorities to accord greater priority to the promotion of physical activity but has not been the case. According to Adegoke (2013) no fewer than 240,000 Nigerians were reported to die annually as a result of physical inactivity and about 15 percent out of 1.6 million Chronic Health Conditions (CHC) that were newly discovered every year are caused by sedentary lifestyle alone, independent of other risk factors.

RATIONALE FOR THE STUDY

Physical activity involvement is essential to aid physiological, sociological and psychological growth and development of all age groups. The concept of physical activity is a continuum, an inter-play of many components namely, play, leisure, recreation, physical education, outdoor education and sport. Major emphasis is on recreational pursuit and satisfaction with life, there is a lack of literature within the Nigerian context where the correlation between sport involvement and satisfaction with life is described and examined among already physically active populations, such as ballgame participants who are the focus of this study.

OBJECTIVE

The objective of this study therefore is to investigate the influence of sports involvement on life satisfaction of active participants in physical activity.

HYPOTHESIS

There will be no significant difference of PA involvement on the satisfaction with life of ball game participant.

METHODOLOGY

A descriptive survey design was used in investigating the correlation between sport involvement and satisfaction with life among ballgame participants in a tertiary institution south west Nigeria. The populations for this study were all ball game participants in Obafemi Awolowo University, Ile-Ife. For the purpose of this study, the purposive sampling technique was applied to select 100 ball game participants with type of sports, age, level of involvement and gender as strata. Satisfaction with life was measured using the scale of Diener, Emmons, Larsen and Griffin (1985) in which respondents answered five statements about how satisfied with life they are on a 5-point scale. Information gathered from the participants through the questionnaire was analyzed using appropriate descriptive statistics. (percentages) and inferential statistics (t-test, Analysis of Variance)..

RESULT

Descriptive Analysis

This section shows the social-demographic characteristics of the respondents using a table. The levels, frequency and percentage distribution of these variables are shown in Table 1.1.

Table 1.1 Summary of Socio-demographic Characteristics of Respondents

<i>Variables</i>	<i>Levels</i>	<i>Frequency</i>	<i>Percentage (%)</i>
Sex	Male	78	78.0
	Female	22	22.0
	Total	100	100.0
Team	Football	26	26.0
	Volleyball	25	25.0
	Basketball	25	25.0
	Handball	24	24.0
	Total	100	100.0
Age group	15-22yrs	45	45.0
	23-30yrs	55	55.0
	Total	100	100.0
Sports involvement	once in a week	42	42.0
	twice in a week	36	36.0
	Everyday	22	22.0
	Total	100	100.0

Table 1.1 present the social-demographic characteristics of the distribution. It can be observed from the table that 78(78.0%) of the total respondent are male while 22(22.0%) of the respondent are female. The table also shows the percentage distribution of teams, it is observed that 26(26.0%) are footballers, 25(25.0%) are volley ballers, 25(25.0%) are basket ballers and 24(24.0%) played handball. This analysis also shows the age group distribution of the respondents with 45(45.0%) of total respondents are within the age range of 15-22years and 55(55.0%) are within the age range of 23-30years. Further examination from the table also suggest that 42(42.0%) of total respondent were involved in sports at least once a week, 36(36.0%) were involved in sports at least twice a week and 22(22.0%) of total respondents were involved in sports every day. The Hypothesis states that there will be significant influence of sport involvement on life satisfaction.

To test the hypothesis, a One-way Analysis of Variance (ANOVA) was conducted setting the significant level at 0.05%. In the study sport involvement has three level (Once in a week, twice in a week and everyday); respondent in each of this categories were compared based on their corresponding scores on life satisfaction scale, the summary of the analysis are presented in table 1.2a and 1.2b below.

Table 1.2a Descriptive Analysis of Sport Involvement on Life Satisfaction

Variables	N	Mean	Standard deviation
Once in a Week	42	18.50	4.81
B Twice in a Week	36	22.17	4.29
Everyday	22	30.23	4.44
Total	100	22.40	6.35

From table 1.2a, it is observed that respondent who involve in sport once in a week mean life satisfaction is ($N=42$, $\bar{X}=18.50$, $SD=4.81$), those who involve twice in a Week ($N=32$, $\bar{X}=22.17$, $SD=4.29$), while those that participate in sporting activities in everyday mean life satisfaction is ($N=22$, $\bar{X}=30.23$, $SD=4.44$). The analysis suggest that people who involve in sporting activities in everyday have highest level of life satisfaction then follow by those who involve in sport twice in a week. The lowest level of life satisfaction was reported by people who in involve in sport just once in a week.

Table 1.2 b: One Way Analysis of Variance Showing Influence of Sport Involvement on Life Satisfaction.

Groups	Sum of squares	Df	Mean square	F-val	P-val
Between Groups	1988.636	2	994.318	48.143	.000
Within Groups	2003.364	97	20.653		
Total	3992.000	99			

$\{F(2,97)=48.143, p<0.05\}$

From the One Way Analysis of Variance in table 1.2b the hypothesis above was tested at 0.05% level of significant. The result of the analysis according to the table 1.1c shows that there is significant difference of sport involvement on life satisfaction ($F(2,97)=48.143, p<0.05$); the analysis suggest that people who involve in sport once in a week, twice in a week and those who involve in sport every have significant different level of life satisfaction. The result suggests that there is significant difference of involvement in sport on life satisfaction among participants in ball games in Obafemi Awolowo University. Ile- Ife.

DISCUSSION OF FINDING

The result suggests that there is significant difference of involvement in sport on life satisfaction among participants in ball games in Obafemi Awolowo University. Irrespective of type of sports, level of involvement age and gender, involvement in sports had a positive influence on the satisfaction with life. This is consistent with some studies in which regular PA of moderate intensity – such as walking, cycling or doing sports has significant benefits for health. Fox, Stathi, McKenna, & Davis,(2007) and Stubbe, de Moor & Boomsma, de Geus, (2007) found out that. PA is correlated to greater satisfaction with life. Thogersen-Ntoumani, Fox, & Ntoumanis, (2005) also stated that the physically active are happier than those who are inactive also the more active are more optimistic and in a better mood overall (Penedo & Dahn, 2005) and their evaluation of the quality of their lives in general is higher (Wendal-Vos, Schuit, Tijhuis, & Kromhout, 2004).

CONSLUSION AND REECOMMENDATIONS

From the findings of this present study it can be concluded that; Significant difference on gender could not be calculated due to the margin between male (78%) and Female (22%) participants. Levels of significance differs with level of involvement in PA and it influence on satisfaction with life; Age of participants affected the influence of PA involvement on satisfaction with life and there was a significant influence of PA involvement on the satisfaction with life of ballgame participants.

From the conclusion of the present study the following recommendations can be inferred;

- active participation in physical activity should be encouraged from childhood
- age group physical activity opportunities should be created/ organized.
- equal representation of gender involvement in PA should be encouraged
- advocacy to all stakeholders on the health benefits should be carried out

Future Directions

- More empirical and longitudinal studies are required with focus on other types of sports, age group within the Nigerian context
- Environmental factors or indices should be research on the barrier to active involvement in PA, exercise and sports
- Other population should be research into especially people with special needs;
- The influence of PA involvement on other psychosocial parameters (self-esteem, self-presentation, self-concept etc) should be carried out

- Physical and Health Education should be integrated into the learning experience of the child.
- Baseline data collection and correlation on the PA involvement across the geo-political of Nigeria should be carried out.

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