



## **Socio-Cultural Perspectives of Sport Participation Among Female Students in Tertiary Institution in Kano State, Nigeria**

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### **ABSTRACT**

This study examined socio-cultural factors influencing female participation in sports in Tertiary institution in Kano State in Nigeria. The need for the study arose in order to stem the tide of low female participation in sports in Tertiary institution in Kano State. The population of the study was all female students in six tertiary institutions in Kano in 2012/2013 academic session. Records of enrolment showed that seven thousand five hundred and fifteen (7,515). The sample comprises of three hundred and seventy five (375) subjects made up of female students who were selected through multistage sampling technique. The instrument was a Likert type questionnaire designed by the researcher and was validated through a pilot study, with reliability coefficient of 0.87. Data collected were analyzed using Chi-square at 0.05 level of significance. All the three hypotheses tested were rejected which showed that socio-cultural factors influenced female participation in sports in tertiary institution in Kano State. It was therefore suggested that barriers against female participation in sports such as customs, traditions, religion should be de-emphasized, to allow more females engage in sports.

**Keywords:** socio-cultural factors, female participation in sports, Kano State, female students

## **1. INTRODUCTION**

Female participation in sports has been a controversial issue all over the world and Nigeria is not an exception. Involvement in sports has taken a new turn in which those who engage in sports have various reasons for participation. In the olden days, the reasons for participation in sports was for the sole purpose of survival but in the world today, those who engage in sports have various intrinsic and extrinsic motivation such as financial, satisfaction, social, psychological, and fulfillment.

Participation in sports makes athletes and others fit for such activities that they might engage in. Females who participate in sports, recreation and physical activities are generally healthier, more confident and feel better than those who do not (New South Wales info sheet, 2006, Orunaboka & Nathan, 2007). The emergence of women in sports is largely a twentieth century phenomenon. Women were not allowed as spectators in the first Olympics in 776 B.C. in Ancient particular time. Descriptive survey method enables the researcher to obtain the opinion of a representative sample of the target population so as to be able to infer the perception on the entire population. Greece and when the Olympics was revived, women were not allowed to participate. In fact women made their first appearance in the Olympics in the 1900 (Bucher, 1979).

Although there are no laws, which stated that women should not engage in sporting activities but there are societal expectations, which hinder them from doing so. These societal beliefs are strong to prevent women from venturing into areas believed to be for men only. Oworu (2003), Okonkwor (2011) and Ojeme, (2007) stated that what has conditioned the women folks to be what they are, is deeply rooted in the prejudicial social patterns of different cultures. Women, through the ages, have always been viewed to be made of sugar and spices. Consequently and in keeping with this metaphor, a feminine picture of woman was conjoined up which seems to militate against females doing anything too physical.

The researchers have observed that in some states in Nigeria, women cannot expose certain parts of their body and thus, women in this case cannot engage in sports because they have to put on dresses that would make them free to participate such as bikini for swimming, pants for athletics, shorts and vests for games.

Babatunde, (2001) and Okonkwor, (2007), found that culture and tradition, age, gender, ordinal position, parents, as significant socio-cultural factors which influence female participation in sports. However, studies have not shown whether these could be found in tertiary institution in Kano State. Thus, the need to find out socio-cultural factors affecting female participation in sports in tertiary institution in Kano State in Nigeria.

## **2. HYPOTHESES**

Three hypotheses were formulated for this study:

H<sub>01</sub> - Cultural belief will not significantly influence female participation in sports in tertiary institution in Kano State in Nigeria.

H<sub>02</sub> - Parental attitudes will not significantly influence female participation in sports in tertiary institution in Kano State in Nigeria.

H<sub>03</sub> - Religion will not significantly influence female participation in sports in tertiary institution in Kano State in Nigeria.

### **3. METHODOLOGY**

This study was delimited to six in tertiary institution in Kano State, Nigeria. One in tertiary institution was chosen in each of the six educational zone.

#### **3. 1. Research design**

The research design that was used for this study was the descriptive survey research design. The utilization of the design was hinged on the fact that it is suitable for gathering data from a relatively large number of cases at a particular time. Descriptive survey method enables the researcher to obtain the opinion of a representative sample of the target population so as to be able to infer the perception on the entire population,

#### **3. 2. Population**

The Population for this study consisted of all female students in six tertiary institution in Kano State in 2012/2013 academic session. Records of enrolment showed that seven thousand five hundred and fifteen (7,515) female students were focused for this study, table below shows study population and sample size.

#### **Sample and sampling technique**

s/n	Name of the institution	No of female Students	Samples Size.
1	B.U.K	2203	110
2	KUST	206	10
3	F.C.E (T) BICHI	1191	60
4	F.C.E. KANO	1273	63
5	C.O.E KANO	1378	68
6	KANO POLY	1259	64
	Total	7,515	375

**Sources; Students** Affair Units of institutes

A total of three hindered and seventy-five (375) subjects were sampled for this study using a multistage sampling technique. Comprises of six institutions namely: Bayero University Kano, Kano University of Science and Technology, Federal College of Education (Technical) Bichi, Federal College of Education Kano, Sadatu Rimi State College of Education Kano, Kano Poly. For the purpose of this study, an institution per educational zone was selected, see above table.

#### 4. INSTRUMENTATION

The researchers designed the instrument after a thorough review of literature relating to female participation in sports. Three experts in the field of Physical Education assessed the draft of the instrument for validity. The instrument was likert-rating scales with four points rating scales of strongly agree, agree, disagree and strongly disagree. The questionnaire was made up of two sections. Section A sought demographic information of subjects such as name of the institute, age, religion and level of sports participation. Section B dealt with the established variables for the study, such as culture, parents, and religion on female participation in sports.

A pilot study was carried out to ascertain the reliability of the instrument. Thirty (30) female students of the State College of Education, Gumen, (Jigawa State) who did not form part of the study sample were used for the pilot study. The test-retest method was employed with the interval of two weeks between the first and second administration of the instrument. The reliability coefficient Pearson Product Moment Correlation was used to obtain a coefficient of 0.87, hence the suitability of the instrument for the study.

#### 5. RESULT

**Table 1.** Chi-square Analysis of respondents on Culture Belief as a factor affecting sports participation among female Students in tertiary institutions in Kano State (N = 375).

	Observed	Expected	$\chi^2$	Df	Prob.
Agreed	327	185.5	215.923	1	0.0001
Disagreed	44	185.5			
Total	371				

( $P_{(0.05)} = 185.5$ )

**Table 2.** Chi-square Analysis of respondents on parental attitude as a factor affecting sports participation among female Students in tertiary institutions in Kano State (N = 375).

	Observed	Expected	$\chi^2$	Df	Prob.
Agreed	274	185.5	84,445	1	0.0001
Disagreed	97	185.5			
Total	371				

( $P_{(0.05)} = 84,445$ )

Table 1 above shows that respondents' opinion on culture belief as a factor influencing female participation in sports. The result of the analysis showed that cultural belief significantly influenced female participation in sports. The calculated value was 215.923 while the critical value was 3.84 at the significance level of 0.05. The null hypothesis was therefore rejected because the calculated value was higher than the critical value. Thus, cultural belief influenced female participation in sports in tertiary institution in Kano State.

Table 2 above shows the respondents' opinion on parental attitude as a factor influencing female participation in sports. The result of the analysis showed that parental attitude significantly influenced female participation in sports. The calculated value was 84.445 while the critical value was 3.84 at the significance level of 0.05. The null hypothesis was therefore rejected because the calculated value was higher than the critical value. Thus, parental attitude influenced female participation in sports in tertiary institution in Kano State.

**Table 3.** Chi-square Analysis of respondents on Religion Belief as a factor affecting sports participation among female Students in tertiary institutions in Kano State (N = 375).

	Observed	Expected	$\chi^2$	Df	Prob.
Agreed	333	185.5	234.621	1	0.0001
Disagreed	38	185.5			
Total	371				

( $P_{(0.05)} = 234.621$ )

Table 3 above shows the respondents' opinion on religion as a factor influencing female participation in sports. The result of the analysis showed that religion significantly influenced female participation in sports. The calculated value was 234.621 while the critical value was 3.84 at the significance level of 0.05. The null hypothesis was therefore rejected because the calculated value was higher than the critical value. Thus, religion as a factor influenced female participation in sports.

## 6. DISCUSSION

The results of the present study showed that cultural factor positively influenced female participation in sports. This finding disagreed with Akindutire (2005) who stated that women are only created for procreation and maintaining the household, while men go in search of money through private and public establishments. This mindset excludes women from engaging in sports.

The earlier work of Adeyanju, (2009) provided support for the cultural factor as being influential factor for female non-participation in sports. The author expressed that women exposure to sports made them unfaithful to their husbands. Nigerian culture discourages women participation in sports because of the traditional view of associating sports with male role and

any female engaged in it was regarded as operating outside the societal normative values Okonkwo, (2012).

Some Nigerians also believe that women who engage in sports would look like a man (i.e masculine) thereby would not look attractive or feminine as created by God, the human system in female is adversely affected and are prone to injuries. This is in contrast to earlier studies of Solomon,(2008) who established that masculine features in female has nothing to do with sporting activities, but has to do with hormone level and the individual potential, therefore, low participation of females in sports is the value placed on women in traditional cultures.

Another finding of the present study was the positive influence of parental attitude on female participation in sports. This is in agreement with the earlier works of Adeyanju (2011) who observed that the interest in participation of majority of athletes is aroused very early in life often before the age of six or seven; this initial interest is stimulated in the home through the parents. It was observed that parents in the olden days prevent their female children from engaging in sports, but now provide equipment, materials, and serve as role models by their involvement in sports, parents prevail on their wards to engage in sports because they know that sports is now a potential source of making money.

Corroborating the above, Jeroh, (2005) stated that parents have been seen as more influential in socializing their children to sports. In the study of Jayeoba (2002), he asserted that a woman who enjoys sports greatly are influenced by their family and in turn are influenced by the society as a whole. Murray, (2002) found out that parents of his respondents were themselves involved in sporting activities and hence their offspring. Another finding of this study was the positive influence of religion on female participation in sports.

This is in agreement with Orunkoboka & Elendu, (2009) they observed a close relationship between sports and religion according to the author, sports is employed by religious bodies to attract people. This is evident in youth camps of religious bodies whereby sports e.g. football, athletics are organized to attract young people to their fold. Babatunde (2005) stated in his study that most traditional churches in Nigeria use physical exercises during worship.

Such exercises include singing and clapping to the tune of drum for invoking the power of Holy Spirit. But this is in contrast to Akindutire (2005) who stated that women were simply not allowed to take part in competitive sports because of religious fundamentalists who believed that women must not expose the sensitive parts of their body as may not be avoided during sports competitions.

## **7. CONCLUSION**

Based on the findings of this study it can be concluded that socio-cultural factors such as culture, parental attitude and religion are potent factors determining the level of female participation in sports.

It is therefore recommended that society should show positive attitudes towards female participation in sports by removing all barriers which hitherto have jeopardized female participation in sports such as religion, taboos, customs, cultural beliefs and traditions, while parents should positively support their female children for taking part in sports

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