



Maintenances and management of sports facilities as leverage for sports participation among undergraduate athletes in Kogi State

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ABSTRACT

This study examined the maintenance and management of sports facilities as leverage for sports participation among undergraduate athletes in Kogi State. The population for the study comprised 820 registered athletes in Kogi State Universities as at time of this study. 410 representing 50% of the respondents were selected using stratified random sampling technique. While, purposive sampling technique was used to select the Directors of sport and Coaches. The instrument for data collection was self-constructed questionnaire, validated and tested for reliability. The reliability coefficient of 0.87 was obtained. Inferential statistic of Pearson Product Moment Correlation was used to analyze the two null hypotheses set for the study at 0.05 alpha level of significance. Maintenance of sports facilities will not significantly influence participation in sports with cal. r-val. of .081 < crit. r-val. of .165 with 408 df at 0.05 alpha level and Professional manager of sports facilities will significantly influence athletes' participation in sports with cal. r-val. of .339 > crit. r-val. of .165 with 408 df at 0.05 alpha level. Whether sport facilities are adequately maintained or not athletes still engaged in sporting activities in Kogi State Universities with or without adequate maintenance which may be due to self-motivation. Adequate management of existing sports facilities by professional manager will ensure its functionality, comfort, safety, and efficiency in the use of such facilities.

Key words: Maintenance, Management, Sports Facilities, and Sports Participation

Introduction

The maintenance and management of sports facilities are crucial components in promoting and sustaining sports participation. Quality sports facilities serves as the backbone for athletes of all levels, providing safe, functional, and appealing environments that encourage regular use and participation. Properly maintained facilities not only ensure the safety and well-being of users but also enhance their overall experience, making sports more accessible and enjoyable. A well-

managed sports facility demonstrates a community's commitment to health and wellness, fostering a sense of pride and ownership among residents. (Adesoye & Abubakar, 2013).

The success of any good performance in sports is the provision and utilization of good standard facilities. Therefore, maintenance of sports facilities play a significant role in sports performance. Abubakar, Musa, Abubakar, Ajeigbe & Adeola (2020) opined that sport is far more than luxury or a form of entertainment and recreations to become a viable venture phenomenon that could not be over sighted in any developed and developing nation, worldwide.

A cursory look at sporting activities on the social media demonstrates that sporting event takes place every day all over the world, ranging from local, national and international level. Sports facilities requires effective and adequate maintenance culture for it continuous functioning and that poorly maintained sport facilities may adversely lead to low participate and performance (Omotehinshe, Dabara & Guyimu 2015).

Nwankwo (2001) maintained that adequate sports facilities in terms of quality and quantity is of utmost importance for effective instruction because it enhance the efficiency of training results in much better performance, facilitate sports administration and foster effective sports development. It will be however, impossible to achieve satisfactory results from athletes whose training facilities are inadequate or sub-standard.

Ajeigbe & Abubakar (2000) stand to reason that where adequate and standard facilities are accessible to the athletes' interest and avenues that facilitate training and acquisition of skills will be promoted. If facilities like, soccer field, courts, pitches, gymnasium, standard athletics track and swimming pool are available with qualified personnel to manage them, the rate of sports participation will not only be high, standard will rise and more skilled sportsmen and women will be produced.

Peter (2001) asserted that facilities are great concern to sports administrators. When compared with other types of education programmes, sports demand more facilities than most of them. Opinion is individual among physical educator that the provision of adequate sports facilities, supplies and equipment are as important as providing adequate incentive for athletes, but the maintenance of such facilities used by many often constitutes a managerial problem (Orunaboka & Nwachukwu, 2012).

Stephen (2007), said that the modern sports programme activities should encourage a wide range of skills that required extensive play areas. In this regard, he started that the facilities should normally include;

1. Sports field; comprised all forms of field games and athletics
2. Rackets court; badminton, tennis and squash
3. Ball courts; volleyball, basketball and handball
4. Access to a swimming pool and
5. Gymnasium

To be relevant in motivating and influencing coaches to coach and athletes to learn or acquired skills in a pleasing environment, sports facilities required adequate and proper maintenance. Maintenance is an important move in containing the rate and intensity of depression of such faculties as well as the promotion of the essential maintenance procedures.

Oseghale & Ikpo (2018) opined that effective maintenance of the facilities will provide the structure within which to strategically carryout optimization of the life cycle of such university assets in accordance with the business needs of the university as well as service delivery requirement. In an effort to provide sound maintenance of sports facilities, plan for facilities maintenance should form a cooperate heading in the budget of a seasoned sports director (Bucher and Krotee, 2002; Svein, 2021).

It is a known fact that equipment and personnel are necessary for the maintenance of facilities. Bucher (2001) listed number of equipment that are necessary to get ground and structures well maintained. These includes; rake, electric brooms, post and brooms, ladder duster, detergent and mops. While, the personnel for maintenance of sports facilities includes; grounds-men, labourers, machine operators, cleaners and messenger.

Therefore, management is a process of organizing and employing both human and material resources to achieve the objective of the organization.

Ladani (2007) viewed management as a process of making decision and issuing commands on behalf of an organization's membership groups taking into consideration the complexity of the objectives, limitation and standard underlying the production and distribution of values required to satisfy membership needs. Sports management in the order hand can be refer to as a systematic

process that involves planning, organizing, staffing, leading, controlling, budgeting and evaluating of any sport organization objectives.

Management is an individual tasks. Everyone carried out a measure of management in his daily living yet everybody is not a manager and everybody cannot be a manager in the contest of this discourse, in the sense that management is a discipline that has to be learnt for effectiveness, since effectiveness is good management. Effective management of school facilities requires knowledge, skill and expertise in handling different facets of the school system (Uko, 2015). It is therefore imperative that Universities set a required objectives, supervise facilities usage, formulate plans for procurement and ensure actual management and supervision of available facilities to attain set goals of the institution system.

Abubakar (2006) maintained that facility management is a profession that covers various areas to ensure functionality, comfort, safety and efficiency of the sports facility. Facility Management (FM) includes effective scheduling that involves maintenance of facilities, planning new structures and expansion to keep abreast with the demand for participant (Ojeme, 2000). Asiabaka (2008) opined that school facilities management play a pivotal role in the actualization of educational goals and objectives by satisfying the physical and emotional needs of the staff and students.

The researcher observed that effective maintenance and sports facilities are crucial for enhancing athletic performance and ensuring the longevity of the infrastructure. Despite the significant investments in sports complexes and equipment many facilities suffer from inadequate upkeep, leading to suboptimal conditions that can hinder athletes training and competitive capabilities. Issues such as poor field conditions, malfunctioning equipment, inadequate safety measures, and inefficient scheduling systems contribute to this problem. These shortcomings not only diminish the overall experience for athletes and spectators but also pose safety risks and increase long-term operational costs.

This problem necessitates a comprehensive examination of current maintenance practices, the implementation of modern management techniques, and the adoption of best practices from successful sports facilities worldwide. It is also observed that available sporting facilities in Nigeria Universities are not adequately maintained leading to low performance or loss of interest from the athletes. By addressing these issues, it is possible to leverage facility maintenance and management as a critical factor in improving sports performance, enhancing sustainable

operations. Therefore, this study aims to explore and propose effective strategies for the maintenance and management of sports facilities to optimize their impact on athletic performance and facility longevity.

Research Hypotheses

The following research hypotheses were formulated to guide the studies.

1. Maintenance of sports facilities will not significantly influence athletes participation in sports among undergraduates of Kogi State
2. Professional manager of sports facilities will not significantly influence athletes participation among undergraduates of Kogi state

Methods

Design

An ex-post-facto design was used for this study. The use of this research design was employed because it seek to find out the factors that were associated with certain occurrence, outcomes, conditions or types of behaviors by analysis of past events or of already existing conditions. In this kind of research, the researcher has no control over certain factors or variables (Daramola, 2006).

Population and Sample

The total population of the registered athlete, director of sports and coaches as at the time of the study were 820 from the three universities in Kogi State namely; Prince Abubakar Audu University, Anyigba (382), Federal University Lokoja (239) and Salem University Lokoja (199). A written informed letter of consent and assent was given and received before data collection. The sample size for the study was 410 representing 50% of the total population using stratified random sampling technique to select the registered athletes that were participating in the various games from various institution in the states. While, purposive sampling technique was used to select the director of sports and coaches. A self-structured questionnaire drawn based on the variable of the study was used to collect data from the respondents.

Measures for Maintenance and Management

There were three sub-scales with five items under each, making a total number of fifteen items. The response were rated on four Likert points rating of Strongly Agreed (SA) 4 points, Agreed (A) 3 points, Disagreed (D) 2 points and Strongly Disagreed (SD) 1 point. This means that the minimum score was 15points while, the maximum score was 60 points and average score was 30 points. The questionnaire was validated by three experts from related discipline. The reliability of the instruments was ascertained through test-retest method within two weeks interval and the two scores were correlated using Spearman Brown rank correlation coefficient. The values of .87 was obtained confirming the reliability of the instrument. Inferential statistics of Pearson Product Movement Correlation was used to analyze the data collected at 0.05 alpha level.

Results

Two hypotheses were generated and tested with Pearson Product Moment Correlation Statistics at 0.05 level of significance and the output were shown below.

H₀₁ Maintenance of sports facilities will not significantly influence athletes' participation in sports among undergraduate of Kogi state.

In order to test this hypothesis responses of the respondents to items 1-5 on maintenance of sports facilities and items 11-15 on athletes' participation in sports were collated on statistical coding sheets. The sets of data were subjected to Pearson "r" at 0.05 alpha level with the use of 25.0 statistical package of social science (SPSS) and the output is shown in Table 1.

Table 1: Pearson "r" showing significant influence between maintenance of sports facilities and athletes' participation among undergraduates of Kogi State

Variable	M	Std.	df	Cal. r-val	Crit. r-val	Decision
Maintenance	2.396	.1230	408	.081	.165	Accepted
Sports Participation	2.733	.2543				

P<0.05

Table 1 Showed that the calculated r-value is .081 while the critical r-value is .165 with 408 degree of freedom and at 0.05 level of significance. Since the calculated r-value is less than the critical r-value the hypothesis one is hereby accepted. This implies that maintenance of sports facilities will not significantly influence participation in sports among undergraduates of Kogi state. The indication of this, is that whether facilities are well maintained or not it does not affect

athletes' participation in sports among undergraduates. This may be associated with self-motivation.

H₀₂ Professional manager of sports facilities will not significantly influence athletes' participation among undergraduate in Kogi state.

In other to test this hypothesis, responses of the respondents to items 6-10 on professional manager and item 11-15 on athletes' participation in sports were collated on statistical coding sheets. The sets of data were subjected to Pearson "r" at 0:05 alpha level with use of 25.0 statistical package of social science (SPSS) and the output is shown in Table 2.

Table 2: Pearson "r" showing significant influence of professional manager of sports facilities and athletes participation in sports among undergraduate of Kogi state

Variable	M	Std.	df	Cal. r-val	Crit. r-val	Decision
Sports Manager	2.854	.2868	408	.339	.165	Rejected
Sports Participation	2.733	.2543				

. P>0.05

Table 2 revealed that calculated r-value is .339 while, the critical r-value is .165 with 408 degree of freedom and at 0.05 level of significance. Since the calculated r-value is greater than the critical r-value, the hypothesis two which stated that professional manager of sports facilities will not significantly influence athletes participation in sports among undergraduate in Kogi state is hereby rejected and alternative hypothesis upheld. This indicates that when facilities are properly managed, athletes will be motivated to participate in sporting activities among undergraduate in Kogi state.

Discussion

Hypothesis one revealed that the maintenance of sports facilities will not significantly influence athletes participation in sports among undergraduate of Kogi state. The indication of this is that whether facilities are adequately maintained by the management of the institutions or not it does reduce or affect the athletes' participation in sports. However, Omotehinshe, Dabara and Guyimu (2015) and Uko, (2015) reiterated that sports facilities requires effective and adequate maintenance culture for it continuous functioning and that poorly maintained sports facilities may adversely lead to low participation and performance. Ajeigbe and Abubakar (2009), maintained that where adequate and standard facilities are accessible to the athletes, the enhancement of athlete's interest and skill will be promoted.

Findings of hypothesis two showed that professional manager of sports facilities will significantly influence athletes' participation in sports among undergraduates of Kogi state. This means that when facilities are properly managed, athletes will be motivated to participate in sporting activities. Abubakar (2006) mentioned that facility management (FM) is a profession that covers various area to ensure functionality, comfort, safety and efficiency of the sporting facility.

Conclusions

Conclusions were made from the study that:

- i. Whether sport facilities are adequately maintained or not athletes still engaged in sporting activities in Kogi State Universities. This may be due to self-motivation.
- ii. Adequate management of existing sports facilities by professional manager will ensure its functionality, comfort, safety, and efficiency in the use of such facilities.

Recommendations

Based on the findings of the study, it was recommended that:

- i. Management of the Universities in Kogi State should encourage effective maintenance of sports facilities to motivate athletes to learn or acquire skills in a pleasing environment because success of any good performance in sports is the provision and utilization of good and standard facilities.
- ii. Universities management in Kogi State should endeavor to employ professional facility manager to manage the available sports facilities on the campus to ensure its functionality, comfort, safety and efficiency.

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