

Determinants of Sports Participation in Extramural Competitions by Athletes in Tertiary Institutions in Ekiti State, Nigeria

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Abstract: This study investigated the determinants of sports participation in extramural competition by athletes in tertiary institutions in Ekiti State, Nigeria. Descriptive research design of the survey type was used for this study. The population of the study comprised all athletes in 5 private and 4 public tertiary institutions in Ekiti State. The research is descriptive because it is concerned with the collection of data for the purpose of describing and interpreting existing condition on practice, beliefs, and attitude regarding athletes' participation in sporting activities. The choice of this design is aimed at collecting data on and observing in systematic manner, the characteristics, feature of facts about determining factor to sports participation by athletes in tertiary institutions in Ekiti State. Therefore, this design is considered appropriate for this study. The sample of this study comprised 300 athletes selected from tertiary institutions in Ekiti State. Proportional stratified random sampling technique was used to select 3 public institutions and 1 private institution in Ekiti State while simple random sampling technique was used to select athletes from each institution which comprised 125 Ekiti State University athletes, 75 Federal Polytechnic athletes, 50 College of Education athletes and 50 Afe Babalola University Athletes, making a total of 300 athletes selected altogether. A questionnaire developed by the researcher titled 'Athletes Sports Participation Questionnaire (AS PQ)' was used to elicit information for the study. The questionnaire is made up of four (4) sections, A, B, C and D. Section A was used to collect bio data of respondents (to include age, level, Department, Faculty and name of institution). Section B addressed participation level of the respondents in extramural sports competitions such frequency of participation in the last 4 years and the type of sporting events performed. Section C was used to measure the level of availability of standard sports facilities such as soccer field, basketball court, volleyball court, handball court, hockey pitch, badminton court, athletic track, athletic field, swimming pool, cricket pitch and tennis courts. To determine the respondents view in this section, ordinal scale of 'available and not-available responses were used. Section D was designed to address determinant of participation variables such as provision of incentives by institutions. To determine the respondents' views in this section D, four points likert scale type of responses ranging from Strongly Agree (SA) 4 points, Agree (A) 3 points, Disagree (D) 2 points and Strongly Disagree (SD) 1 point was specified against each item. In order to ensure face and content validity of the instrument, a draft copy of the instrument was presented to experts in sports administration as well as Tests, Measurement and Evaluation for criticism, correction and modification. The copy of corrected and modified version of the instrument was prepared for final use. The reliability of the instrument was ascertained through pilot study, which involved

20 copies of the instrument administered on the respondents in Federal University Oye which is not part of the selected institutions. The internal consistency (or reliability) of the instrument was established. This was done by test-retest procedure in which the version of the instrument was administered on the earlier selected sample. At the interval of two weeks, the same instrument was re-administered on the same set of respondents. The scores of the two tests (i.e. test and re-test) were correlated using Pearson's Product Moment Correlation Analysis and the reliability coefficients of 0.67 was obtained. This was adjudged to be high enough for the study. Specifically, this study examined the level of participation in extramural sports by athletes in tertiary institutions in Ekiti State; determined the extent to which availability of sports facilities improve participation in extramural sports by athletes in tertiary institutions in Ekiti State and determined the extent to which availability of coaches improve participation in extramural sports by athletes in tertiary institutions in Ekiti State. The findings of the result also shown that availability of standard facilities accounted for about 2.4% ($R^2 \times 100$) of the proportion of variability in sports participation by athletes. Thus, availability of facilities significantly determine sports participation by athletes in tertiary institutions in Ekiti State. The findings of the result also indicates that attitude of coaches only account for 0.6% ($R^2 \times 100$) of the proportion of variability in sports participation by athletes. Therefore, attitude of coaches is not a significant determinant of participation in extramural sports by athletes in tertiary institutions in Ekiti state. The findings of the result further showed that Attitude of coaches explained not less than 7.6% ($R^2 \times 100$) of the proportion of variability in sports participation by athletes. Thus, availability of coaches significantly determined sports participation in extramural sports by athletes in tertiary institutions in Ekiti State. Based on the findings of this study, it was concluded that the available facilities in tertiary institutions in Ekiti State are basketball court, tennis courts, volley ball court, soccer field, athletic track, hand ball court, athletic field and badminton court while swimming pool, hockey pitch, cricket pitch and gymnasium were less available facilities; it was also concluded that, availability of standard facilities, availability of coaches, parental influence and peer influence determines participation in extramural sports by athletes. It was further concluded that, attitude of coaches, provision of sports incentives and lecturers' attitude to sports that could be expected to determine participation in sports by athletes are not sufficient condition for participation in extramural competitions in tertiary institutions. No single tertiary institution stand the better chance to participate more than the other because the condition of facilities and equipment are almost the same. Therefore, it was

recommended based on the findings of the study that Sports coaches should be encouraged to develop attitude that conform with the rules and regulation guiding their profession. This will enable them to inculcate the spirit of sportmanship in athletes during their training period and also Sports week should be officially launched in all tertiary institutions to encouraged athletes mass participation in sports. Sports Participation Taskforce should be authorised by the institutions to ensure compliance from the lecturers who usually engage student during sports lecture free periods.

I. INTRODUCTION

Sports is one of the most popular activities in the world and is accepted by people of all ages, genders, abilities and races. Fish and Magee in Daniel (2015) define sports as all forms of sports activities that are usually competitive, through leisure or organized participation, aimed at using, maintaining or improving sport abilities and skills, while providing participants and spectators with entertainment.

The popularity of sports stems from its benefits, not only at an individual level but also at national or societal level (Mwisukha, Gitonga & Wanderi, 2017). Numerous scientific findings have shown that sports enhance physical fitness and health of participants. Since the benefits and importance of sports to physical fitness of an individual and nation building cannot be underestimated, it is understandable that many of those who win medals at both national and international sports competitions are mainly youths, an ideal age for developing interest in sports. However, sports activities contribute in maintaining good health among both the young and the old.

Sports programmes occur in different forms. Ladani in Olanipekun and Akindutire (2017), posited that sports programmes may be in form of intramurals and extramural sports programmes. Intramurals sports are sporting activities organised within a particular institution, usually an educational institution or a set of geographical area such as inter-house athletic sports, inter departmental competition, to list a few.

As extension of regular class periods of physical education, intramural sports are those activities that are conducted within the four walls of an educational institution or establishment. Olanipekun and Akindutire (2017) posited that extramural sports competitions may be organised based on inter-school and tertiary sports programmes outside the institution. These include, the Nigeria University Games (NUGA), Ekiti State Higher Institution Games (ESHIGA) among Ekiti State tertiary institutions and West Africa University Games (WAUG)

It has been observed that participation in extramural sports help athletes to become skillful and well trained in their various sports and games. Olanipekun and Akindutire (2017), posited that the athletes serve as image makers well disciplined and play according to the rules of the game, they always enjoy university recognition and other external rewards based on their performances.

It appears that athletes who participated in extramural activities derived a host of benefits such as better grades, a higher likelihood of academic attendance, a lower likelihood of dropout, higher educational aspirations, more satisfaction with schools, higher life satisfaction, broader conventional peer networks, less involvement in delinquent behaviour, and less drug and alcohol use.

Considering these numerous benefits of sports, particularly extramural sports, the researcher is bothered by the impediments to participation in extramural competitions by athletes in tertiary institutions in Ekiti State. It could be expected that tertiary institutions in Nigeria, especially those in Ekiti State, like other developed countries of the world would be producing top level athletes for the State and by implication for the country. However, the reverse seems to be the case in tertiary institutions in Ekiti State with regard to participation in extramural sports competitions.

It is not gainsaying to assume that the level of participation by athletes in extramural sports may be affected by inadequate funding. Funding of programmes generally in Nigeria sports programme and particularly in the Universities could be one of the crucial factors in determining the participation of athletes in extramural because fund is an essential requirement for the organisation of sporting events. By implication, in Ekiti State, it appears that little or no funds are set aside for provision of sports and physical activity facilities which apparently may affect sports participation. At the tertiary institution level, sports sectors seem to attract less funding as well as less sponsorship from local businesses and philanthropists.

Poor funding could create more problems such as lack of standard sports facilities, poor attitude of coaches towards athletes, unavailability of coaches to improve the skills of athletes, lack of provision of sports incentives by institutions to encourage sports coaches and athletes. These, in addition to parental influence, peer influence, and lecturers' attitude to sports could as well degenerate into low participation of athletes in extramural sports.

Level of participation in sports by athletes could be determined by availability of standard sports facilities because facilities have been observed to be very central to meaningful sports participation whether in school sports, amateur, recreational or competitive. Example of facilities are football pitch, sports hall, spectators stand, sports courts and others, to list a few. According to Adeyeye and Keinde (2013), facilities are durable immovable or permanent structures that are used either for sports or other purposes depending on the structural designs. Facilities occupy such central place in all the aspects of sports administration.

Meanwhile, Oyeniya cited by Akindutire and Oyeniya (2010) submitted that facilities and equipment are the power house of sports, hence they are indispensable to competitive and recreational sports.

Experience has also shown that motivation of athletes to participation in any sports competition is usually associated with coaches' personality and availability. It is important to note that the role of these coaches is to promote the success of sports programmes and events of the athletes and also influencing athletes to participate in sports. Thus, coaches' attitude and availability have potentials to sustain and develop the level of sports participation by athletes or otherwise. It is more like that athletes morale for participation will be very high when every of their little effort is appreciated by coach or when observed that coach make injury prevention a priority for them. Inadequate number of coaches and sports personnel may also constitute low participation in sports competition. Many sports events have little or no significance to some students because they perceived that coach are not available for such sports. Thus, there is tendency that coach's attitude and availability will have influence on level of sports participation by athletes.

It is widely recognised and acknowledged that parents are important agents within the wider community that can be relied upon to influence the participation of their children in extramural competition by serving as role models and by encouraging and supporting them. Parents tend to have vital influence on the activity patterns of children, parents have a major impact on their children attraction to participate in sports. Edwardson and Govely (2010) posited that parents can also serve as determinant to sports participation by their children as parents may exert significant social influence on their children sports participation through a variety of mechanisms which include parental encouragement, beliefs and attitudes towards sports activities.

Influence of peer group is another factor in athletes' participation in extramural competition. When people come together to play, they share a common feature together and also have a feeling of togetherness, friendship and comradeship, thereby reducing violence and conflicts among participating teams and members. According to Osland, Bird, Mendenhall and Osland (2006), some students see their peers and other persons as their role models and mentors, while others see them as their icons and learn to live and act like such persons. In situation like this, we could say these persons and peers in the lives of these people are influencing factors in their lives.

Provision of incentives is another strong motivating factor that could influence athletes participation in sporting activities. This comes inform of award and rewards. According to Dada (2011), sports psychologists believe that incentives are valuable and usually increase effort and performance; they are often wanted as prestige factors. They do not seem to decrease the joy of intensive sports competition.

Attitude of lecturers to sports and sports incentives provided by tertiary institutions is one among many other factors that determine athletes' participation in sports programme, especially extramural sporting activities. In many institutions, lecturers' time table for lectures does not make room for

participation in extramural sports activities. In most cases it is only the physical education students that are most often engaged in the intramural and extramural sports programmes. Lecturers in other departments seem not to encourage sports participation of their students. According to Ongalo (2014) lecturers could go as far as advising students strongly to face their studies and shun sports participation if they want to succeed in their academic work. Many students would not be uncertain to heed such advice.

However, observation shows decline in athletes' participation in sports. Perhaps, this maybe connected to lack of adequate standard facilities, poor attitude and non-availability of coaches, parental and peer influence, indaquate provision of sports incentive by institutions and negative attitude of lecturers to sports.

This study therefore investigated determining factors to participation inextramural competition by athletes in tertiary institutions in Ekiti State.

Statement of the Problem

Sports is an organised physical and recreational activities facilitated by human and material resources for intrinsic and extrinsic values. Sports have been globally acknowledged as a potential tool for national and economic development. Nations of the world therefore endeavour to utilize the potentials in sports to enhance the attainment of their respective development objectives. In Nigeria, despite the abundance of human and material resources, it seems that Nigeria is yet to optimize its full potentials in the area of sports participation with particular reference to tertiary institutions.

Bolarinwa (2011) reported moderate participation in sports by Nigerian universities students. Meanwhile, Andambutob (2014) observed little or no significant influence of the tertiary institutions on the development of sports participation in Nigeria sporting culture as well as the development of interest of Nigeria youths in sports participation. By implication, this suffices that extramural sports participation seem not to be common among tertiary institutions in Ekiti State, even though students of tertiary institutions in Ekiti State might be involved in organizing sports and games in their respective institutions. However, observation shows decline in athletes' participation in sports. Perhaps, this maybe connected to lack of adequate standard facilities, poor attitude and non-availability of coaches, parental and peer influence, indaquate provision of sports incentive by institutions and negative attitude of lecturers to sports.

Purpose of the Study

This study examined the determinants of sports participation in extramural competitions by athletes in tertiary institutions in Ekiti State. Specifically, this study also:

1. examined the level of participation in extramural sports by athletes in tertiary institutions in Ekiti State;

2. determined the extent to which availability of sports facilities improve participation in extramural sports by athletes in tertiary institutions in Ekiti State and
3. determined the extent to which availability of coaches improve participation in extramural sports by athletes in tertiary institutions in Ekiti State.

Significance of the Study

The outcomes of the research could be of great value to athletes, coaches, sports administrators, tertiary institutions and the government.

It is expected that the outcome of this study would encourage the athletes to develop a sense of independence rather than depending on the incentives provided by the institutions. It could also enlighten the athletes on the essence to developing a healthy attitude towards participation in sporting activities. In addition, it is hoped that the findings would encourage the coaches and sports administrators to attend seminars, conferences and training in order to enhance their participation in sports.

The outcome of the study could awaken the management of tertiary institutions in providing funds, standard facilities, personnel and incentives for the development of sporting activities. The findings of this study could serve as a means of creating awareness to government and other bodies to finance sports and also encourage sports participation among athletes. The outcome of this study could serve also as a document which could be used to carry out further work in the related areas.

Research Questions

One research question was raised for the study:

1. Do students participate in extramural competitions?

Research Hypotheses

Three research hypotheses were formulated for the study:

1. Availability of facilities is not a significant determinant of participation in extramural sports by athletes in tertiary institutions in Ekiti State.
2. Attitude of coaches is not a significant determinant of participation in extramural sports by athletes in tertiary institutions in Ekiti State.
3. Availability of coaches is not a significant determinant of participation in extramural sports by athletes in tertiary institutions in Ekiti State.

II. METHODOLOGY

Descriptive research design of the survey type was used for this study. The population of the study comprised all athletes in 5 private and 4 public tertiary institutions in Ekiti State. The research is descriptive because it is concerned with the collection of data for the purpose of describing and interpreting existing condition on practice, beliefs, and attitude regarding athletes' participation in sporting activities. The choice of this design is aimed at collecting data on and

observing in systematic manner, the characteristics, feature of facts about determining factor to sports participation by athletes in tertiary institutions in Ekiti State. Therefore, this design is considered appropriate for this study. The sample of this study comprised 300 athletes selected from tertiary institutions in Ekiti State. Proportional stratified random sampling technique was used to select 3 public institutions and 1 private institution in Ekiti State while simple random sampling technique was used to select athletes from each institution which comprised 125 Ekiti State University athletes, 75 Federal Polytechnic athletes, 50 College of Education athletes and 50 Afe Babalola University Athletes, making a total of 300 athletes selected altogether. A questionnaire developed by the researcher titled 'Athletes Sports Participation Questionnaire (ASPQ)' was used to elicit information for the study. The questionnaire is made up of four (4) sections, A, B, C and D. Section A was used to collect bio data of respondents (to include age, level, Department, Faculty and name of institution). Section B addressed participation level of the respondents in extramural sports competitions such frequency of participation in the last 4 years and the type of sporting events performed. Section C was used to measure the level of availability of standard sports facilities such as soccer field, basketball court, volleyball court, handball court, hockey pitch, badminton court, athletic track, athletic field, swimming pool, cricket pitch and tennis courts. To determine the respondents view in this section, ordinal scale of 'available and not-available responses were used. Section D was designed to address determinant of participation variables such as provision of incentives by institutions. To determine the respondents' views in this section D, four points likert scale type of responses ranging from Strongly Agree (SA) 4 points, Agree (A) 3 points, Disagree (D) 2 points and Strongly Disagree (SD) 1 point was specified against each item. In order to ensure face and content validity of the instrument, a draft copy of the instrument was presented to experts in sports administration as well as Tests, Measurement and Evaluation for criticism, correction and modification. The copy of corrected and modified version of the instrument was prepared for final use. The reliability of the instrument was ascertained through pilot study, which involved 20 copies of the instrument administered on the respondents in Federal University Oye which is not part of the selected institutions. The internal consistency (or reliability) of the instrument was established. This was done by test-retest procedure in which the version of the instrument was administered on the earlier selected sample. At the interval of two weeks, the same instrument was re-administered on the same set of respondents. The scores of the two tests (i.e. test and re-test) were correlated using Pearson's Product Moment Correlation Analysis and the reliability coefficients of 0.67 was obtained. This was adjudged to be high enough for the study.

Administration of the Instrument

The researcher took permission from sports unit of the respective tertiary institutions to administer questionnaire on

the athletes. Having gotten the permission, the researcher with the help of two trained research assistants, met with athletes at each of the tertiary institutions' sports center during their training hour, usually evening time. Copies of the questionnaire were given to the respondents. The researcher gave assurance that their response would be treated with utmost confidentiality, stressing that the exercise is just for research purpose. Copies of the administered questionnaires were collected from the respondents after completion.

III. RESULTS

The data obtained through the administration of the instrument were analysed using descriptive and inferential statistics. Inferential statistics of linear regression, multiple regression analysis and Analysis of Variance (ANOVA) were used to test the research hypotheses. All hypotheses were tested at 0.05 level of significance.

Hypotheses Testing

Hypothesis 1: Availability of sports facilities is not a significant determinant of participation in extramural sports by athletes in tertiary institutions in Ekiti State.

Table 1: Linear Regression Showing Availability of Facilities as Determinant of Participation in Extramural Sports Competitions

| Model | Unstandardized Coefficients | | Standardized Coefficients | T | P _{value} |
|--|-----------------------------|------------|---------------------------|--------|--------------------|
| | B | Std. Error | Beta | | |
| (Constant) | 3.059 | .217 | | 14.080 | .000 |
| Facilities | -.174 | .064 | -.155 | -2.711 | .007 |
| R=.155; R ² =.024; Adjusted R ² =.021; F _{1, 299} = 7.34, p=0.007 | | | | | |

p<0.05

Table 1 shows that F (7, 299)=7.34, p < 0.05, the results shows that the calculated value is greater than the table value. Thus, null hypothesis is rejected. This shows that availability of standard facilities accounted for about 2.4% (R² ×100) of the proportion of variability in sports participation by athletes. Thus, availability of facilities significantly determines sports participation by athletes in tertiary institutions in Ekiti State.

Hypothesis 2: Attitude of coaches is not a significant determinant of participation in extramural sports by athletes in tertiary institutions in Ekiti State

Table 2: Linear Regression Showing Attitude of Coaches as Determinant of Participation in Extramural Sports Competitions

| Model | Unstandardized Coefficients | | Standardized Coefficients | T | P _{value} |
|---|-----------------------------|------------|---------------------------|--------|--------------------|
| | B | Std. Error | Beta | | |
| (Constant) | 2.331 | .115 | | 20.261 | .000 |
| Attitude of Coaches | .066 | .049 | .077 | 1.338 | .182 |
| R=.077; R ² =.006; Adjusted R ² =.003; F _{1, 299} = 1.790, p=0.182 | | | | | |

p>0.05

Table 2 shows that F (7, 299)=1.790, p>0.05. The calculated value was less than the table value. Therefore null hypothesis is not rejected. The result indicates that attitude of coaches only account for 0.6% (R² ×100) of the proportion of variability in sports participation by athletes. Therefore, attitude of coaches is not a significant determinant of participation in extramural sports by athletes in tertiary institutions in Ekiti state.

Hypothesis 3: Availability of coaches is not a significant determinant of participation in extramural sports by athletes in tertiary institutions in Ekiti State.

Table 3: Linear Regression Showing Availability of Coaches as Determinant of Participation in Extramural Sports Competitions

| Model | Unstandardized Coefficients | | Standardized Coefficients | T | P _{value} |
|--|-----------------------------|------------|---------------------------|--------|--------------------|
| | B | Std. Error | Beta | | |
| (Constant) | 3.297 | .169 | | 19.504 | .000 |
| Availability of Coaches | -.293 | .059 | -.276 | -4.953 | .000 |
| R=.276; R ² =.076; Adjusted R ² =.073; F _{1, 299} = 24.533, p=0.000 | | | | | |

p<0.05

Table 3 shows that F (7, 299)=24.533, p>0.05. The calculated value is greater than the table value. Therefore, the null hypothesis was rejected. Attitude of coaches explained not less than 7.6% (R² ×100) of the proportion of variability in sports participation by athletes. Thus, availability of coaches significantly determined sports participation in extramural sports by athletes in tertiary institutions in Ekiti State.

IV. DISCUSSION

The study examined the determinants of sports participation in extramural competitions by athletes in tertiary Institutions in Ekiti State, Nigeria. The result also shown that availability of standard facilities accounted for about 2.4% (R² ×100) of the proportion of variability in sports participation by athletes. Thus, availability of facilities significantly determine sports participation by athletes in tertiary institutions in Ekiti State. The result also indicates that attitude of coaches only account for 0.6% (R² ×100) of the proportion of variability in sports participation by athletes. Therefore, attitude of coaches is not a significant determinant of participation in extramural sports by athletes in tertiary institutions in Ekiti state. The study further showed that Attitude of coaches explained not less than 7.6% (R² ×100) of the proportion of variability in sports participation by athletes. Thus, availability of coaches significantly determined sports participation in extramural sports by athletes in tertiary institutions in Ekiti State.

V. CONCLUSION

Based on the findings of this study, the following conclusion were drawn

1. The available facilities in tertiary institutions in Ekiti State are basketball court, tennis courts, volley ball court, soccer

field, athletic track, hand ball court, athletic field and badminton court while swimming pool, hockey pitch, cricket pitch and gymnasium were less available facilities.

2. In addition, availability of standard facilities, availability of coaches, parental influence and peer influence determines participation in extramural sports by athletes.

3. However, attitude of coaches, provision of sports incentives and lecturers' attitude to sports that could be expected to determine participation in sports by athletes are not sufficient condition for participation in extramural competitions in tertiary institutions. No single tertiary institution stand the better chance to participate more than the other because the condition of facilities and equipment are almost the same.

VI. RECOMMENDATIONS

Based on the findings of this study the following recommendations were made:

1. Sports coaches should be encouraged to develop attitude that conform with the rules and regulation guiding their profession. This will enable them to inculcate the spirit of sportmanship in athletes during their training period;
2. Sports week should be officially launched in all tertiary institutions to encourage athletes mass participation in sports. Sports Participation Taskforce should be authorised by the institutions to ensure compliance from the lecturers who usually engage student during sports lecture free periods;
3. Sports committees in all tertiary institutions should launch sports participation campaign for students, giving them better orientation and values inherent in sports participation; and Government and other cooperate bodies should provide standard facilities in all tertiary institutions to aid better participation and performance.

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