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Influence of Selected Administrative Indices on the Sports Performance of Athletes at National Sports Festival in Cross River State, Nigeria

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Abstract: *The study investigated the influence of selected administrative indices on the sports performance of athletes at National Sports Festival in Cross River State, Nigeria with the aim of finding the area of success and failure. Relevant literature were reviewed on the study. The survey research design was adopted for the study. Instrument for data collection was MTAFO (Motivation, exposure of training and availability of facilities). Questionnaire which was the only instrument used was administered on three hundred and forty four (344) participants. Out of which 270 were retrieved which is (78.5%) of the total participants from the three (3) Local Government headquarters hosting the three zonal sports offices of the state which include Calabar, Ikom and Ogoja. The reliability for the whole questionnaire was 0.88 alpha levels. Data was analysed using frequency count and simple percentage for demographic data while chi-square was employed in determining the level of significance between the hypothesized and observed values at 0.05 alpha level. The participants ranged from sports administrators to male and female athletes. The result of the data showed that exposure to training and facilities are not adequate and funds are not enough while athletes are not well motivated in Cross River State at National Sports Festival. It was recommended among others that modern facilities should be provided for and the athletes should be well motivated before during and after competitions.*

Keywords: *Motivation, training, facilities, athlete's performance, Cross River athletes, National Sports festival*.

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I. Introduction

The ultimate goal of athletes preparing for competition is to attain peak performance for excellence (Adeyeye and Adeyemo, 2013). The Cross River athletes at National Sports Festival are not exempted from this goal of athletes achieving peak performance. In National Sports Festivals and other national competitions, all states are supposed to present participants in all approved sports. The success of these states in such competitions depends on how well trained these athletes are in their specialized sports. Adequate preparation of athletes will increase the chances of winning maximum number of medals in the accepted categories of sports.

Peak performance is defined as the level of optimal functioning where athletes find themselves in the zone and things are working as outlined; invariably, peak performance are those magic moments when an athlete put in all together both physically and mentally, the performance is exceptional, seemingly transcend ordinary levels of play (Williams, 2006). Peak performance is further defined as behaviour which exceeds one's average performance or an episode of superior functioning. Competitively, these performances often result in personal best, they are the ultimate, the thrilling moment that athletes and coaches work for in their pursuit of excellence (Adeyeye & Adeyemo, 2013). There are some psychological factors which may serve as barriers, blocking athletes from getting to this zone of optimal functioning in National Sports Festivals and others national competitions which include the level of motivation, exposure to training and availability of facilities.

With the increasing competitiveness and time demands associated with elite sports scientists, coaches and athletes are always searching for time – efficient methods to improve physical performance. Recently, supplementing traditional training with training in hot environments has gained increasing interest as a time efficient means of enhancing exercise performance (Calvin, Philip, Bucheit, Kitic, Minson and Fell, 2006). For any organization to succeed, there must also be effective management of the available resources (both human and material resources), the same is applicable to the sports commission where administrators are expected to effectively manage both human and material resources to achieve good success in the sports sector where they have found themselves (Asagba, Balogun, Odewumi and Oladipo, 2007).

Observation by the authors of this paper and findings from literature review suggested that success or failure in sports administration for athletes is hinged on a number of factors such as frequent training for the athletes, provision of adequate facilities to be used, availability of funds, motivation packages, support from the government, as well as from the people, all these personalities improve the athletes, his experience and exposure and many other factors.

The provision of adequate facilities and equipment are important as providing adequate incentives for athletes. According to Adeyeye and Adeyemo (2013), facilities are immovable or permanent structures that are used either for sport or other purposes depending on the structural design. Example of permanent facilities are football pitch, sportshall, spectators stand etc, while the equipment are considered as moveable objects which in some cases may be consumable. Examples of moveable equipment are football boots, jerseys, balls, rackets etc.

Motivation is a broad term and encompasses a wide array of behaviours. Like many other psychological constructs, motivation has been defined in variety of ways, but in general, it refers to the intensity and direction of behaviour. Motivation is a vital prerequisite to performance and it plays a vital role during the entire process of acquisition of skills. mastery of physical skill is essential to succeed by Cross River State athletes at National Sports Festivals. However, without motivation optimum performance cannot be achieved, in fact there might be no interest to drive athletes to train effectively during practice session in preparation for athletes at National Sports Festivals.

According to Asagba, et al (2007), sports administration has been defined as the art of managing programmes, human and material resources in sports organization with the aim of accomplishing the objective of the organization. The synopsis of sports administration by Oloruntoba (1998) is that sports management is sports programming and execution. The importance of effective sports administration on a state cannot be overemphasized as it does not only promote the athletes presented by states, it also brings the winning state into limelight both nationally and internationally as the case may be. It is also a fact that there are financial benefits that accrue to the state that excels in national or international sporting competitions.

Sporting culture according to Awosika (2000), has been very revealing as it is bounded up with a nation's history, tradition, geography, trade, politics, religion, national wealth and even a nation's health. He averred that success in sports brings a certain amount of respectability, prestige, status and national pride. He further posited that testimony to this is the fact that a country whose sportsmen perform reasonably well in international sports competitions is granted a huge media coverage which in turn affords the country the opportunity of coming into world's limelight on the sports map. With these therefore, it is also possible for a state, states and geo-political zones to use sports to be in a nation's limelight as well as international limelight.

II. Literature review

A training unit is the basic form of education and training in competitive sports for top level performance. The training of sport men/women is usually guided by the coach and the team physician who oversees the adherence to the dosage of the stimulus prescribed and effect correction of the technique of movement. Sometimes, advanced athletes can be allowed to train without strict supervision in order to become more independent and self confident Audu, 2009).

The training unit should be preceded by warming up. This serves as a reloading to mobilize the muscles and joints and tone up the circulatory system for skill practice (Ikhioya (2001). The toning promotes increased enzymes activity and thus the metabolic reaction associated with the energy systems. It also facilitates, increase blood flow and oxygen transport and helps decrease the contraction and reflex time Kundu and Tutoo (2002).

McQuerry (2016) recommended that warm up activities include stretching exercises for flexibility, calisthenics for development of the arms, shoulders and abdominal strength and a brief formal activity similar to the one that will be used in the training. The daily work-out show warm up, this include special needs to undergo a stress greater than the one regularly encountered during every life, the task should be graduated in intensity to optimum exertion. Athletes need to train hard enough in most practice sessions in order to finish the work at the best possible time.

Training must not be stopped abruptly after great exertion, there should be a gradual change of load (cool down) until the intensity is brought back to an effortless pace Ventakeswarlu (2007). Cool down can include exercises performed at the end of the main exercise. This promotes faster recovery from fatigue and prevents blood from pulling into the extremities thereby reducing the tendency of fainting and dizziness. In order to ensure the effectiveness of the fitness training programme, fitness testing must be conducted on athletes at a pre-determined regular interval. The fitness test is monitored and the result executed at the post-training test to see if there is any improvement Ogunjimi (2007). The function of this monitoring fitness test is to assess the effectiveness of the prescribed fitness programme. He further said that the fitness testing and training must be conducted and supervised by a trained sport scientist and designed by a committee of these scientists.

A study carried out by Wall and Jansen (2011) observed that recently, injuries in young athletes have been on the increase, and that, it may be as a result of increase in participation in organized and non-organised sports, and such injuries may be attributed to sports training. They suggested that efforts should be made to identify hostile and environmental factors contributing to the occurrence of sport injuries as this will help in better planning strategies to effectively control the factors influences. He identified rules and techniques of the game as the environmental factors, the quality of coaching and officiating, the quality of playing surface and equipment, and the type of protective equipment used by athletes.

Bangsbo, Morh, Poulsen and Krustrup (2006) carried out a study on training and testing the elite athlete and reported that the performance of a top-class athlete can be improved by appropriate training. The fitness training should be closely related to the activities of the athlete during competition. Furthermore, the capacity of the athlete should be known. For that purpose, Yo-Yo tests can be used since they have been shown to be sensitive and to give valid measures of performance in many sports. The fitness training can be divided into aerobic, anaerobic and specific muscle training. Each type of training has a number of subcategories, which allows for a precise execution of the training when the aim of the training is known (Bangsbo, Morh, Poulsen and Krustrup, 2006).

The success of any sports programme depends largely on the quality and quantity of available facilities and equipment. Working in Sport Council with adequate indoor and outdoor facilities, a teacher or coach finds implementing the programme to be basically a procedural pursuit. Instructors/coaches, functioning under the frustrating constraints of limited resources on the other hand, continually must employ insight and creativity to originate and develop additional resources.

Recent studies and experimentation have yielded new trends in design for the construction of facilities Venkateswarlu (2007). Although basic concepts, such as that of having teaching station, remain the same, innovations in designs are producing teaching stations, that are more functional and less expensive.

Facilities plant is a major consideration in most physical education, athletic and recreational programmes. New architectural ideas are being introduced and new concepts developed in order to have a more economical and functional plant. At the outset of planning, two principles should be prominent in the mind of the planner in relation to facilities management. These are stated by Bucher (1979) to include:

Facilities emanate as a result of programme needs, and cooperative planning is essential. He is of the impression that objectives, activities, teaching methods and materials, administrative policies and equipment and supplies represent programme considerations regarding facilities. The educational and recreational needs of schools and the community should be considered when constructing facilities. Planning facilities should be a team effort. It include persons as administrators, custodians, curriculum specialist, athletes, members of community, educational consultants etc.

Another set of principles basic to facilities planning stated by Bucher (1979) relate particularly to the optimal promotion of a healthful environment for the participants. Consideration should be given to the physiological needs of the athletes and other users such needs include temperature control, lighting, water supply etc. A second principle is to provide safe facilities, they should be planned so that the danger of fire, the possibility of mechanical accidents, the hazard involved in traffic would be eliminated or kept to a minimum.

A third principle is concerned with protection against diseases. This means attention to such items as proper sewage disposal, sanitation procedure and water supply. Another principle is the need to provide a healthful psychological environment. This has implication for space, location of activities, colour scheme and elimination of distraction through such means as pedestrian traffic and sound proof construction.

Equipment are those items in sports that are considered expendable but are used over a period of years. Such include, javelin, discuss, hammer, shot put, hurdles, etc (Bucher 1979). Equipment should always be supplied and maintained in a serviceable condition, procedure for caring for equipment should be routinized so that repairs are provided as needed. All used equipment should be checked and cleared and stored properly.

Selection of equipment should be based on the needs and should be selected by a competent personnel. Selection of equipment should make room for service and replacement. Equipment that cannot be easily repaired or replaced does not make room for economy of usage (Bucher 1979). Facilities and equipment should be well managed to avoid waste funds.

Adeyeye and Adeyemo (2013) in a comparative study of sports facility. Utilization in selection tertiary institution maintained that our tertiary institutions, sports require a variety of facilities both indoor and outdoors. They further explained that the relative needs of the athletes should be recognized in the planning of facilities and scheduling for their use. How best to motivate athletes during skill performance has been a perennial question among educational psychologist's coaches, and physical educators. Research literatures relevant to effects of incentives as a motivational technique in skill performance are not all that available. Not much research studies has been carried out concerning the effect of incentives as a motivational technique in sports performance in this country Ogunjimi (2007). Motivation is one of the most popular topics in educational, psychological and business circles. Psychologists use motivation research to find out how people make choices and the techniques employed. These are designed to reach the unconscious and subconscious mind because preferences generally are determined by factors of which the individual is not conscious. Motivation is the sole determinant of behaviour Ogunjimi (2007). He further said that, by motivating an individual you release great hidden potential and by controlling this release you control his behaviour.

Motivation actually refers to those factors which increase and decrease the vigour of our individual's activity. By strengthening an individual's motivation we increase the likelihood of his making the responses he learned Williams (2006). Kundu and Tutoo (2002) revealed that several scholars interested in the psychological

dimension of sports have seen advocates or behavioural modification technique, or operant conditioning' based upon principles first advanced by Thurstone. In general these writers have proposed an operational approach to the correction of athletes' endeavours and to the moulding of their behaviours application of the principles of behavioural modification to an athletic practice requires insight on the part of each coach. He must also have a disciplined approach to regulating his own behaviour and controlling the rewarding and punishing aspects of the athletic situation.

McQuerry (2016) defined motivation as incentive. He described motive as anything concerned with the initiation, the beginning and incentive as that which in cities and encourages one to action. Motivation may come from within the individual then it is intrinsic motivation. A person intrinsically motivated would perform for the reward inherent in the doing. Such rewards include enjoyment, excitement and challenges. Motivation may also come from without an individual. Then it is extrinsic motivation, under this condition 'material" reward are forthcoming.

Awoyinta (2008) suggested that extrinsic and intrinsic forms of motivation probably operate together in many situations with one becoming more dominant than the other at certain points. The athletes may find the experience of competition to be personally rewarding as well as socially and momentarily beneficial. He concluded by saying that intrinsic motivation is usually stronger and last longer than extrinsic motivation. His position is reinforced probably by the fact that extrinsic motivation is mainly building on the intrinsic (the foundation) which, in a way, is fixed. It is felt that the reinforcement by the extrinsic is necessary to sustain the intrinsic.

Adeyeye and Adeyemo (2013) argued that rewards are subjectively highly valued, they do not necessarily increase the frequency of the behaviour. They follow many events that a person evaluates, favourably, may serve as reinforcers, yet this can be known on the basis of verbal statement alone. Moreover, there may be many reinforcers available for an individual of which he is unaware or which he does not consider as rewards. For example, in some situations verbal reprimand inadvertently serves as positive reinforcers because they provide attention for a response. Behavior followed by reprimands may increase Asagba et al (2007). Even though reprimands may sometimes serve as positive reinforcers, most people would not refer to them as reward. Thus, a reward is not synonymous with a positive reinforcer. There are two types of positive reinforcer which are primary or unconditioned reinforcers. Primary reinforce may not be reinforcing all of the time e.g. food will not reinforce someone who has just finished a large meal while some events that control behavior, such as praise, grades, money and completion or a goal, become reinforcers through learning Ogunjimi (2007).

III. Methodology

The study adopted descriptive survey research method. The targeted population of this study consists of 344 athletes who were selected from three (3) Local Government Areas of Cross River State. The Local Government Areas were (Calabar, Ikom, and Ogoja,). Athletes were selected based on the number of sports available in the state after adequate consultation with the state sports units. A purposive sampling technique was used to select the participants for the study. A questionnaire was the instrument for data collection, it consist questions on motivation, exposure to training and availability of Facilities. Questionnaire consisting of two variables to which the participants were asked to tick the options of their choice in three-point Likert rating scale of Agree (A), Undecided (UD), and Disagree (D) respectively, this was intended to rate the extent to which motivation, training and facilities' influence athletes' sports performance at National sports festival in Cross River State. The questionnaire was pre-tested using 30 personnel in Akwa Ibom State Sports Council in Uyo Metropolis. The reliability of the questionnaire was assessed using the Cronbach Coefficient Alpha method. The reliability for the whole questionnaire was 0.88 alpha levels. A total of 344 questionnaire were administered, 270 were retrieved which is (78.5%) of the total population of sports athletes returned and coded for analysis. Data collected were subjected to various statistical analyses using SPSS version 21. Descriptive and inferential statistics were adopted for data analysis. Simple percentages, tables and chi-square were used in analyzing data.

IV. Results and Discussions

Table 1 Table of questionnaire retrieved from both state headquarters and local government areas.

No = 1

	Frequencies	**%**
State headquarters	68	25.2
Local Government Area	102	74.8
Total	270	100

Table 1 presents percentages of questionnaire retrieved from respondents from both state and local government areas. On the whole, 344 questionnaire were distributed to both personnel that is the (Coaches,

organizers and others) and athletes at both state headquarters and local government areas but a total of 270(78.5%) were retrieved, and used for this study.

Table 2 Status of athletes

No = 156	Frequencies	Percentages
Workers	55	35.3
Students	72	46.1
Unemployed	29	18.6
Total	156	100

As contained in table 2, 72 athletes (46.1%) were students, 55(35.3%) of the respondents were workers, while only 29 respondents representing 18.6% were unemployed.

Table 3 Levels of competitions athletes
No = 156

Responses	Frequencies	Percentages
Local Government	59	37.9
State	91	58.3
National	6	3.8
Total	156	100

From table 3, 59 respondents which is 37.9% were involved in local government competition only. 91 of them, that is 58.3% do not compete beyond state level, while 6(3.8%) were national athletes.

Table 4. Chi-square Result of the Influence of Motivation

Variables	N	Df	Calculated X^2	Critical X^2	Remark
Motivation's Influence	270	4	143.89	9.488	*S* Significant

X^2 Cal. Value = 143.89 < Crit. X^2 value = 9.488, df 4 $p \geq 0.05$

Ho1: Inadequate motivation for athletes would have no significant influence on the performance of Cross River State athletes at National Sports Festivals.

Table 4 showed that calculated value of 143.89 was higher than the critical value of 9.488 at 0.05 alpha level. This implies that there is a significant influence of inadequate motivation on athletes' performance of Cross River State athletes at National Sports Festivals. This finding is supported by the study of Ajibola (1982), he reiterated that motivation is the sole determinant of behavior. He further said that, by motivating an individual you release great hidden potential and by controlling this release you control his behavior. Motivation actually refers to those factors which increase and decrease the vigour of our individual's activity. By strengthening an individual's motivation we increase the likelihood of his making the responses he learned (Packard, 1957). Dececco (1968) revealed that incentives are actual goal objects. For human beings they can be concrete or symbolic rewards. They incite, arouse and move to action when they are associated with certain stimuli which signal their presence.

Table 5. Chi-square Result of the Influence of facilities

Variables	N	Df	Calculated X^2	Critical X^2	Remark
Facilities Influence	270	18	1157.11	28.869	*S* Significant

X^2 Cal. Value = 1157.11 < Crit. X^2 value = 28.869, df 4 $p \geq 0.05$

Ho2: Inadequate facilities in the state would not have any significant influence on the performance of Cross River State athletes at National Sports Festivals

Table 5 showed that calculated value of 1157.11 was higher than the critical value of 28.869 at 0.05 alpha level. This implies that there is a significant influence of inadequate facilities on athletes' performance of Cross River State athletes at National Sports Festivals. This finding commensurate with the findings of Okosun (1990) in a comparative study of sports facility. Utilization in selection tertiary institution maintained that our tertiary institutions, sports require a variety of facilities both indoor and outdoor. He further explained that the relative needs of the athletes should be recognized in the planning of facilities and scheduling for their use. The provision of adequate facilities and equipment is as important as providing adequate incentives for athletes. Awoyinfa (2008) cited in (Adeyeye and Adeyemo, 2013) agreed by reporting that facilities are immovable or permanent structures that are used either for sport or other purposes depending on the structural designs. Example of permanent facilities are football pitch, sport hall, spectators stand etc, while the equipment are considered as moveable objects which in some cases may be consumable. Examples of moveable equipment are

football boots, jerseys, balls, rackets etc. Igbanugo (1986), and Udoh (1986), both agreed that adequate sport facilities are important in sport development.

Table 6. Chi-square Result of the Influence of exposure to training

Variables	N	Df	Calculated X^2	Critical X^2	Remark
Training Influence	270	18	893.62	28.869	*S* Significant

X^2 Cal. Value = 893.62 < Crit. X^2 value = 28.869, df 4 $p \geq 0.05$

Ho3: Poor training facilities in the state would have no significant influence on the performance of Cross River State athletes at National Sports Festivals.

Table 6 showed that calculated value of 893.62 was higher than the critical value of 28.869 at 0.05 alpha level. This implies that there is a significant influence of poor training facilities on athletes' performance of Cross River State athletes at National Sports Festivals. Against this finding is the finding of Bangsbo, Morh, Poulsen and Krustrup (2006) in their study carried out on training and testing the elite athlete. They found out that the performance of a top-class athlete can be improved by appropriate training. The fitness training should be closely related to the activities of the athlete during competition. Furthermore, Bangsbo et al (2006) opined that the capacity of the athlete should be known. For that purpose, Yo-Yo tests can be used since they have been shown to be sensitive and to give valid measures of performance in many sports. The fitness training can be divided into aerobic, anaerobic and specific muscle training. Each type of training has a number of subcategories, which allows for a precise execution of the training when the aim of the training is known (Bangsbo, Morh, Poulsen and Krustrup, 2006).

V. Conclusion and Recommendations

In line with the findings of this study, the following conclusions were drawn that there was no level of motivation on athletes' performance of Cross River State athletes at National Sports Festivals. There was no level of adequate facilities on athletes' performance of Cross River State athletes at National Sports. There was also a poor exposure to training facilities on athletes' performance of Cross River State athletes at National Sports Festivals in the attainment of optimal performance during competition as this may be one of the reasons why Nigerians are not doing well in sport since some of the country's contingents are recruited from different state across the country. The facilities are not properly maintained which affects the athletes' performance in Cross River State at National Sports Festivals. Modern facilities should be bought for the development of sports in Cross River State at National Sports Festivals, funds should be made available for proper maintenance of equipments and facilities and athletes should be well motivated before, during and after competitions if optimal performance is to be achieved.

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P. E. Ekuri "Influence of Selected Administrative Indices on the Sports Performance of Athletes at National Sports Festival in Cross River State, Nigeria "IOSR Journal of Sports and Physical Education (IOSR-JSPE) 5.3 (2018): 41-46