

Impact of sports facilities and safety equipment on sports participation among adolescents in Ikere local government area in Ekiti State.

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Abstract

The study investigated the impact of sports facilities and safety equipment on sports participation among adolescents in Ikere local government area of Ekiti State. The researchers observed that many sporting activities are no longer carried out in the secondary schools as a result of non provision of safety equipment. They also observed that in many secondary schools the students have limited options of sporting events they can participate in due to lack or inadequacy of sports facilities. The researchers were of the opinion that these trends could be dangerous to the educational attainment and future development of the students, as well as Nationwide development. The researchers used survey design of the descriptive type of research for the study. The research instrument used for this study was a self-structured close ended questionnaire designed by the researchers. The sample size of three hundred (300) respondents was used for the study. Simple random sampling technique was used to select the respondents used for the study. The face and content validity of the instrument was ensured by given draft copies to experts for vetting. The reliability of the instrument was ensured by using the split half method and a coefficient of 0.99 was obtained. Inferential statistics of Chi-square (χ^2) was used to test the hypotheses postulated at 0.05 level of significance. From the findings of the study, the researchers concluded that availability of sports facilities motivate adolescents to participate in sports activities. Availability of sports facilities do not enhance adolescents' participation in competitive sports. Availability of safety equipment enhance adolescents' participation in competitive sports. They therefore recommended that government and sports administrators should encourage students in sports participation through provision of standard sports facilities. So that it will motivate the students toward sports participation more than before. The body that governs sports in Nigeria should make qualitative and quantitative facilities accessible, in order to improve students' participation in competitive sports. Sports organisers should always put safety equipment and precautionary measures in place before, during and after any sports competition.

Keywords: Sports; Facilities; Safety Equipment; Competitive Sports and Motivation

1. Introduction

Sports are outdoor or indoor games, competition, activities needing physical effort and skill and usually carried out according to rules. Sports can also be defined as physical activities

governed by rules and played by individuals seeking to outperform opponents. Sports is perceived as organised spontaneous exercises or games or as a competitive or non-competitive process through which an individual obtains physical skills, mental relaxation and bodily fitness (Fatai, 2017). Sports give people enjoyment, happiness, friendship, satisfaction, health, fitness, popularity, recognition, the feeling of victory and success but on the other hand, it may be boring, cause sadness, sorrow, disappointment, fatigue, exhaustion, injuries, illness and in rare cases death. Ademola (2014) defined sports as any competitive activity that uses physical and intellectual capacity done by an individual or between individuals in order to significantly contribute to their physical, intellectual, social, emotional and financial well being. However, sports enhance the adolescents physical, intellectual, social, emotional capabilities and provide more opportunity for self development during sports participation. Adolescents develop strength, co-ordination and co-operation when they participate frequently in sports.

Participation in school sports provides a sense of belonging and being part of a team or group in school promote social interaction among children. Research has shown that children's sports participation promote healthy physical and social development (Toriola et al., 2011). Ewing and Seefeldt (2002) suggested that children participation peaks between the ages of 10 and 13 years, then consistently decline till the ages of 18 when a relatively small percentage of youth remain involved in organised sports. For instance, Gould and Petlichkoff (2013) reported dropout rates for an average of 35% in any given year for children who participate in sports. Health Care (HC) (n.d.) stated that adolescents and children sports participation improve their physical activity skills, health, boost self esteem, teamwork and problem solving skills, better performance academically and leadership skills. Adolescents who do not participate in sports or other physical activities are more likely to grow up to be inactive adults. Sports participation trigger the health status, self confidence, teamwork, social skills, discipline, brainpower, career and passion, managing emotions and improved energy levels of children and adolescents (Winters Ted, 2018).

Participation in school sports supports the all round development of a child, enable them to always be physically fit and gear up their mental alertness. Herren Wellness (HW) (2019) viewed that benefits of sports participation are numerous and can impact lives in profound ways. Team sports participation promote health and wellbeing, build confidence and maintain mental health. Participation in school sports supports the healthy growth of the heart, lungs, muscles and

bones. Children participate in youth sports for a variety of reasons and have multiple reasons for involvement (Gould & Petlichkoff, 2013). EC (2014) stated that reasons for sports participation are health improvement 60%, improvement of fitness levels 40%, relaxation 36%, fun 30%, performance enhancement 24%, weight management 24%, improvement of physical appearance 23% and socialization 20%. Regular physical activities involvement helps to relax better and reduces muscular tension, it also helps to develop physical skills. Motives for participating in sports are developing and displaying competence (from learning new skills), experiencing challenges and success acquiring social benefits that arise from affiliation to a group or team, improving fitness and having fun (Grosper, 2016). Also many people who participate in sporting activities do it because of the fame and enjoyment in it. Marine Military Academic (MMA) (2019) stated the reason while children need to participate in sports as healthier, smarter, teamwork and sportsmanship, make friend, focus and team management and advantage in workplace.

Many children in secondary schools are actively involved in different sporting events. However, active participation in schools sports has declined in the past few years despite the keen interest shown by students to actively engage in sports (Toriola et al., 2011). In the opinion of Odejide (2009) participation in sports if necessary facilities are provided may encourage the development of favourable personality traits that may enhance popularity of an individual in the society. Whether we want to continue in sports or not depends upon the strength of the drive within us. This drive or desire we call motivation. More so, we all vary in our drive to succeed in sports or life in general; that is we all have different levels of motivation (Adeyeye et al., 2013). Hence, it was observed by the researchers that availability of sports facilities may motivate the adolescents to participate in sports.

Motivation is an internal energy force that determines all aspects of our behaviour. It also impacts on how we think, feel and interact with others. Cheng et al. (2012) defined motivation as the power that triggers the action that follow. Essay (2016) stated that motivation refers to internal factors that impels action and external factors that can act as inducements to action. Motivation is the impetus that helps us to act towards a goal. Without motivation it is most likely that an individual might not or take decision or steps towards actualizing a dream, fulfilling a purpose or achieve in a particular thing in life. Morin (2020) defined motivation as the process that initiates, guides and maintains goal-oriented behaviours. It is a driving force behind human

actions. Motivation in sports has its own specificity. In sports, high motivation is widely accepted as an essential prerequisite in getting athletes to fulfill potential which can be influenced by sports facilities, management, budgeting etc. So, at the very beginning sports facilities has some motivational advantage. One of the special advantages of sports facilities is that it activates both sides of students' cortex. In students' sports practice are involved motivational factors that encourage or discourage. Once the reason is determined, those involved have no difficulty in improving the level of participation in sports activities (Khan et al., 2011). It is observed that in many institutions of learning (secondary & tertiary) many students are interested in sports but they shy away because of the state of facilities and equipment. The increased interest in school sports is welcome, but the trend data hints that current interventions to promote and motivate students' participation in sports are inadequate which is caused by lack and inadequate sports facilities (Cortés et al., 2016). Sports facilities could stir up the enthusiasm of youths to participate in sports. Most especially if the interest is already there. Availability of modern and adequate sports facilities could make adolescents go beyond just participating in sports for recreational purpose but motivate them towards competitive sports participation. Okoro et al. (2016) affirmed that adequate facilities with standard equipment in-service training and education are factors influencing the motivation of sports participants and coaches. Adolescents can be motivated to participate in competitive sports by many factors but there is no doubt that among all the factors one could think of, facilities stand out. Most especially when it is modern and adequate, it will always be fascinating to the adolescents. Even in the absence of professional or trained sports organisers or administrators. Ideas will flow into the minds of the adolescents on how to organise competitive sports at the local level even in their own small ways. Singh and Pathak (2017) stated that facilities and equipment is one of the most important motivational features which attracts/motivates players toward a particular event which he wants to learn according to his choice.

Motivation is a dynamic and multifaceted phenomenon that can be manipulated, to some degree at least, in the pursuit of superior sporting performance. Motivation is the foundation for all athletic effort and accomplishment. Without the desire and determination to improve in sports performances which may come as a result of exposure to good sports facilities, all of the others; mental factors, confidence, intensity, focus and emotions, are meaningless (Adeyeye et al., 2013). Many young athletes at secondary schools stop participating in sports because of the

factors such as failure to gain self-esteem and self-confidence, burnout, not getting an opportunity to play, poor organisation and management skills at schools, inadequate sport facilities, conflict between sports and school work etc. (Gould & Petlichkoff, 2013). It is expedient to say that sports facilities is now a cogent factor that influence the choice of adolescents to participate in sporting activities.

However it is very necessary to put the sports facilities in place before sports participation. Sports facilities are very essential in enhancing sporting activities among adolescents. Loveneesh (2018) asserted that quality sports facilities are important to sports participation to help the athletes or player practice before they play and also to increase their level of physical activity. The sports facilities are designed to promote physical well-being, foster the spirit of sportsmanship and also allow the children to play safe. Robert (2018) stated that sports facilities are used in two major aspects, that it allow players to participate and stay healthy while doing so. Sports facilities are often used to prevent injury or treat injuries. Sports facilities is one of crucial things to consider because it provide a room for better performance in sports and also motivate the adolescents in sports participation and other physical activities (Leo et al., 2016). Facilities are very significant in enhancing sporting activities among adolescents and encourage them toward sports participation.

Adequate provision of good facilities will not only ensure happy environment but enhance good development of better performance in sports participation. The lack of basic sports facilities hinder sports participation in many schools. Robert (2012) in his study reported that 68% of the students were of the opinion that the availability of sports facilities was very important in deciding whether to continue attending the college sports or participate. Zhou (2010) studied the relationship between College Sports Facilities and Mass Sports. Zhou (2010) asserted that industrialization of college sports facilities is a crucial problem that should be solved in Post-Olympic Era and that college sports facilities should be open to the public to solve the following problems: to relieve the scarcity of sports facilities. Physical stimuli such as the sports arena or the facilities themselves can influence the sports performance and encourage the adolescents toward sports participation. According to Stephen et al. (2015) availability of standard sports facilities are fundamental to sports development and achievement globally. In Nigeria, the responsibility lies with the three tiers of government (Federal, State & Local

Governments) to provide facilities for sports administration, competitions, recreation and educational purpose.

The provision and maintenance of good quality facilities by the secondary schools will promote health and safety in sports competitions and performance. Safety of the adolescents in sports participation need to be always looked into in order to enhance better performance while taking part in competitive sports. Injuries may occur during sports participation as a result of non use of safety equipment when participating. Blisters are common, particularly when you are using new shoes or a new racket, for example. Even if the equipment is not new, if it is used for a prolonged length of time an injury might occur (MontleyHealth [MH], 2017).

Safety can be defined as the prevention of accidents and the reduction of personal injury. In this regard Safety can also be seen as the freedom from danger, hazards and unnecessary risks. Safety is a state in which hazards and conditions leading to physical, psychology or material harm are controlled in order to preserve the health and well-being of individuals (Barderson, 2016). It is in this regard that it becomes important that safety equipment need to be put in place so that students can achieve school participation in sports. Center for Disease Control and Prevention (CDC) (2018) stated that sports safety is an important part of a healthy, physically active lifestyle for adolescents. But injuries can and do occur. More than 2.6 million children 0-19 years old are tested in the emergency department each year for sports and recreation injuries. This could be as a result of non use of safety gadgets during sports participation. The safety equipment children wear while participating in sports is crucial in preventing and lessening the impact of sports related injuries (Amateur Athletics Association [AMA], 2017).

MH (2020) stated that many physical activities require little special safety equipment. Equipment for an activity may range from general items of clothing to special protective suits or apparatus. In every case it is essential to use the correct equipment and make sure it is in good condition while students take part in sports in order to avoid lifespan injury. Elizabeth (2019) stated that sports safety equipment and gear may sometimes look a little bit odd or unfashionable but using the right protective safety gear for sporting participation is essential for preventing serious injuries or reducing the severity of an injury. Sports history has proven that the use of sports safety equipment greatly reduced the severity of sports related injuries. Gordon and Partners (2013) also stated that young athletes are typically averse to wearing safety gear. These athletes commonly feel uncomfortable or “uncool” while wearing spots safety equipment,

nevertheless those who are supervising these activities must insist upon the use of safety gear. Safety equipment in sports are safety materials that can be used as protective gear or as tool used to help the athletes play or participate in sporting activities in order to prevent injuries (Wikipedia, 2019).

Safety equipment is of imperative importance in the prediction of students' participation in sports. The relevance of adequate supply and maintenance of safety equipment to the smooth operations of sports is very crucial to the success of school sports. Owoeye and Yara (2011) asserted that facilities constitute a strategic factor in organisational functioning. This is so because they determine to a very large extent the smooth functioning of any social organisation or system including health programme. Its availability, adequacy and relevance influence efficiency and high productivity. Sports facilities and safety equipment are laboratories for Physical Education (P.E) where games are performed or played and consequently facilities and safety equipment are important for achievement of goals of Physical Education and sports (Rintaugu & Nteere, 2011). The researchers observed that many sporting activities are no longer carried out in the secondary schools as a result of non provision of safety equipment. An example of such sporting event is high jump. Where such events are carried out, the teachers/games masters will have to improvise using crude materials. Which can endanger the health of the students. This trend has in no small measure dampen the motivation of students to participate in such activities. The researchers also observed that in many secondary schools the students have limited options of sporting events they can participate in due to lack or inadequacy of sports facilities. This is a major setback to the philosophy of "catch them young in sports" which ought to begin from secondary school. If these trends continue, the aim of the inclusion of sports in the secondary school curriculum will be defeated. Also the students will be denied of the gamut of benefits inherent in sports participation. Nationwide sports developments and opportunity for sports professionalism and other job opportunities related to sports will suffer serious setback in the future. Therefore, the study was carried out to assess the impact of sports facilities and safety equipment on sports participation among adolescents in Ikere local government area of Ekiti state.

1.1. Research objectives

The objectives of the study were to investigate:

- if availability of sports facilities motivate adolescents' to participate in sports activities in Ikere Local Government Area of Ekiti State.
- if availability of sports facilities enhance adolescents' participation in competitive sports in Ikere Local Government Area of Ekiti State.
- if availability of safety equipment enhance adolescents' participation in competitive sports in Ikere Local Government Area of Ekiti State.

1.2. *Research hypotheses*

The following hypotheses were tested at 0.05 level of significance.

- There is no significant availability of sports facilities to motivate adolescents to participate in sports in Ikere local government area of Ekiti State.
- There is no significant availability of sports facilities to enhance adolescents' participation in competitive sports in Ikere local government area of Ekiti State.
- There is no significant availability of safety equipment to enhance adolescents' participation in competitive sports in Ikere local government area of Ekiti State.

1.3. *Methodology*

The researchers used survey design of the descriptive type of research for the study. The area of the study was Ikere local government area of Ekiti State. All public secondary school students in Ikere form the population of the study. The total population of public secondary school students in Ikere-Ekiti is Seven thousand two hundred and six (7,206) (Source: Ministry of Education, Science & Technology, 2019). It was from this population that the number of respondents needed for the study was selected. The sample size of three hundred (300) respondents was used for the study. The respondents were the students from public secondary schools in Ikere local government area of Ekiti State. There are ten (10) public secondary schools in Ikere local government area of Ekiti State. A simple random sampling technique was used to select six (6) secondary schools out of the ten (10) secondary schools in the local government. Then fifty respondents were randomly selected from each of the selected secondary schools. The selection cut cross boys and girls and students in the senior secondary classes were considered.

The research instrument used for this study was a self-structured close ended questionnaire designed by the researchers. The questionnaire was designed in line with the research variables. Six items were generated for each of the variables. The questionnaire was of

Yes or No format. In order to validate the instrument for this study, drafts of the questionnaire prepared by the researchers were given to two (2) experts for face and content validity.

Reliability of the instrument was ascertained using split half method. The researchers administered the instrument to thirty (30) respondents who were not from any of the schools that were selected for the study. Pearson's Product Moment Correlation (PPMC) and Spearman Brown's Formula were used to analyse the reliability and a coefficient of 0.99 was obtained. The instrument was administered by the researchers and the completed questionnaire were gathered and data analysed by using inferential statistics of Chi-square (χ^2) to test the hypotheses at 0.05 level of significance.

1.4. Results

Hypothesis 1. There is no significant availability of sports facilities to motivate adolescents to participate in sports in Ikere local government area of Ekiti State.

Table 1. Chi-square analysis on sports facilities and motivation of adolescents to participate in sports activities

S/N	Items	Yes	No	Total	df	χ^2 Cal	χ^2 Cri	Result
1	Do you like to participate in sports?	282 (249.83)	18 (50.17)	300				
2	Do the sports complex in your school gear your interest to participate in sports?	248 (249.83)	52 (50.17)	300				
3	Does the availability of sports facilities in your school encourage you to take part in sports?	256 (249.83)	44 (50.17)	300				
4	Do you use sub-standard sports facilities in your school for sports participation?	239 (249.83)	61 (50.17)	300	5	66.37	11.07	*S
5	Do you take part in sports because of availability of sports facilities in your school?	212 (249.83)	88 (50.17)	300				
6	Are you always happy when you use school sports facilities for sports participation?	262 (249.83)	38 (50.17)	300				

Table 1 revealed that calculated (χ^2) value was 66.37 and the critical (χ^2) value was 11.07. Since calculated (χ^2) value was higher than critical (χ^2) value at 0.05 level of significance and degree of freedom (df) 5. The hypothesis was rejected. Therefore the result was significant. This implies that availability of sports facilities motivate adolescents to participate in sports activities in Ikere local government area of Ekiti State.

Hypothesis 2. There is no significant availability of sports facilities to enhance adolescents' participation in competitive sports in Ikere local government area of Ekiti State.

Table 2. Chi-square analysis on sports facilities and enhancement of adolescents' participation in competitive sports

S/N	Items	Yes	No	Total	df	χ^2 Cal	χ^2 Cri	Result
1	Do you regularly take part in inter-house sports done within your school premises?	247 (254.33)	53 (45.67)	300				
2	Are you always permitted to use the sporting facilities owned by the school?	249 (254.33)	51 (50.17)	300				
3	Does your school have facilities used for each game?	257 (254.33)	43 (50.17)	300				
4	Does your game master instruct you on the use of sports facilities?	253 (254.33)	47 (50.17)	300	5	6.54	11.07	N.S
5	Do you make use of facilities provided by the school each time you take part in sports activities?	253 (254.33)	47 (50.17)	300				
6	Does your school permit other schools to come and compete with you in your school in any game?	267 (254.33)	33 (50.17)	300				

Table 2 revealed that calculated (χ^2) value was 6.54 and the critical (χ^2) value was 11.07. Since calculated (χ^2) value was lower than critical (χ^2) value at 0.05 level of significance and degree of freedom (df) 5. The hypothesis was not rejected. Therefore the result was not significant. This implies that availability of sports facilities do not enhance adolescents' participation in competitive sports in Ikere local government area of Ekiti State.

Hypothesis 3. There is no significant availability of safety equipment to enhance adolescents' participation in competitive sports in Ikere local government area of Ekiti State.

Table 3. Chi-square analysis on safety equipment and enhancement of adolescents' participation in competitive sports

S/N	Items	Yes	No	Total	df	χ^2 Cal	χ^2 Cri	Result
1	Does your coach teach you safety precautionary measures when using sports equipment?	254 (252)	46 (48)	300				
2	Are you motivated to participate in sports due to the provision of appropriate sports equipment?	261 (252)	39 (48)	300				
3	Do you use sub-standard safety equipment for sporting activities in your school?	237 (252)	63 (48)	300				
4	Is your coach readily available to supervise you during participation to enhance safety?	259 (252)	41 (48)	300	5	11.11	11.07	*S
5	Are you able to use safety equipment during sports participation?	244 (252)	56 (48)	300				
6	Are the sports equipment used for competition in your school in good condition?	257 (252)	43 (48)	300				

Table 3 revealed that calculated (χ^2) value was 11.11 and the critical (χ^2) value was 11.07. Since calculated (χ^2) value was higher than critical (χ^2) value at 0.05 level of significance and degree of freedom (df) 5. The hypothesis was rejected. Therefore the result was significant. This implies that availability of safety equipment enhance adolescents' participation in competitive sports among adolescents in Ikere local government area of Ekiti State.

1.5. Discussion

Hypothesis 1 that stated that there is no significant availability of sports facilities to motivate adolescents to participate in sports in Ikere local government area of Ekiti State was rejected. This implies that availability of sports facilities motivate adolescents to participate in sports activities in Ikere local government area of Ekiti State. The finding supported the assertion of Singh and Pathak (2017) who stated that facilities and equipment is one of the most important motivational features which attracts/motivates players towards a particular event which he wants to learn according to his choice. Availability of sports facilities does not only motivate players but coaches as well and everyone who is a lover of sports, most especially the adolescents. Okoro et al. (2016) stated that adequate facilities with standard equipment in-service training and education are factors influencing the motivation of sports participants and coaches. Also the finding was in line with the opinion of Leo et al. (2016) who asserted that sports facilities is one of crucial thing to consider because it provide a room for better performance in sports and also motivate the adolescents in sports participation and other physical activities. The researchers were of the opinion that to become the best athlete or a good player, one must be motivated through sports facilities to do what is takes to maximize his or her ability and achieve his or her goals.

Hypothesis 2 that stated that there is no significant availability of sports facilities to enhance adolescents' participation in competitive sports in Ikere local government area of Ekiti State was not rejected. This implies that availability of sports facilities do not enhance adolescents' participation in competitive sports in Ikere local government area of Ekiti State. The finding contradicted the assertion of Zhou (2010) who asserted that industrialization of school sports facilities is a crucial problem that should be solved in post Olympic era and that school sports facilities should be open to the public to solve the following problem; to relief the scarcity of sports facilities. Also, the finding contradicted the finding of Robert (2012) who reported that

68% of the students were of the opinion that the availability of sports facilities was very important in deciding whether to continue attending the college sports or participate. The finding also disagreed with the opinion of Loveneesh (2018) that quality sports facilities is important to sports participation to help the athletics or player practice before they play and also to increase their level physical activity. The researchers were of the opinion that sports facilities may not enhance sports participation by adolescents. Whether sports facilities are available or not, adequate or not. The most important thing that might determine the participation of the adolescents in sports is the drive for sports participation in addition to the interest in sports participation which they have.

Hypothesis 3 that stated that there is no significant availability of safety equipment to enhance adolescents' participation in competitive sports in Ikere local government area of Ekiti State was rejected. This implies that availability of safety equipment enhance adolescents' participation in competitive sports in Ikere local government area of Ekiti State. The finding corroborated the assertion of Gordon and Partners (2013) that young athletes are typically averse to wearing safety gear. These athletes commonly feel uncomfortable or "uncool" while wearing sports safety equipment, nevertheless those who are supervising these activities must insist upon the use of safety gear. This is because the safety gear is a necessity for sports participation. Most especially during participation in competitive sports, as it will help prevent injury or reduce the severity of an injury, where it occurs. The finding also corroborated the view of AMA (2017) that the safety equipment children wear while participating in sports is crucial in preventing and lessening the impact of sports related injuries. CDC (2018) asserted that sports safety is an important part of a healthy, physically active lifestyle for adolescents. But injuries can and do occur. More than 2.6 million children 0-19 years old are tested in the emergency department each year for sports and recreation injuries. The finding also supported the opinion of Elizabeth (2019) that sports safety equipment and gear may sometimes look a little bit odd or unfashionable, but using the right protective safety gear for sporting participation is essential for preventing serious injuries or reducing the severity of an injury. The researchers were of the opinion that safety precautionary measures should be taken before, during and after sports participation. Most importantly when it has to do with competitive sports, in order to guaranty the safety of participants. This will arrest the interest of spectators and ensure continuous participation of participants.

1.6. Conclusion

Based on the findings of the study, the following conclusions were drawn by the researchers: Availability of sports facilities motivate adolescents to participate in sports activities. Availability of sports facilities do not enhance adolescents' participation in competitive sports. Availability of safety equipment enhance adolescents' participation in competitive sports. Government and sports administrators should encourage students in sports participation through provision of standard sports facilities. So that it will motivate the students toward sports participation more than before. The body that governs sports in Nigeria should make qualitative and quantitative facilities accessible, in order to improve students' participation in competitive sports. Sports organisers should always put safety equipment and precautionary measures in place before, during and after any sports competition.

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