



# Availability and Usability of Sports Facilities as Predictors for Sustainable Sports Development in Colleges of Education Oyo, Oyo State, Nigeria

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**Abstract:** This paper ascertains availability and usability of sports facilities for sustainable sports development in Colleges of Education Oyo, Oyo State, Nigeria. The instrument for data collection was self-developed questionnaire with the modified five points Likert scale. The instrument has three scales with reliability value obtained through Cronbach alpha of 0.70 for Availability of Sports Facilities Scale (ASFS), 0.75 for Usability of Sports Facilities Scale (USFS) and 0.81 for Sustainable Sports Development Scale (SSDS) while the instrument has five (5) items each. The demographic data of the respondents were analysed with frequency counts and percentages while inferential statistic of multiple regression was used to test the hypotheses at 0.05 alpha level. The finding revealed that availability and usability of sports facilities significantly predicts sustainable sports development in Colleges of Education in Oyo, Oyo State, Nigeria. Based on the findings the following recommendations were made; that the College management should embark on rehabilitating the existing sports facilities, and put in place non-existing sports facilities. That College Management should have a special day in a week in the college calendar, where staff and students would use available sports facilities for practice and training for their choice sports and games.

**Keywords:** Availability, Usability, Sustainable and Sports Development.

## 1. INTRODUCTION

Sports development is regarded as the gradual increase, and advancement of sports from low level to a higher level with due recognition and consideration of the variables that enhance the realization and actualization of sport in every society (Hamafyelto, 2018). These variables include among other things, administrative variables of sports facilities, equipment, personnel, funding. Sustainability is a term that has become ubiquitous in sports industry policy and practice. It is obvious that there was a dearth of research literature on sport and sustainability. As a result, most literature on sustainability focuses on four major areas; individual, community, institutional and organisational sustainability (Smith, 2009). Sustainability refers to the act of maintaining well-being over a long, perhaps even an indefinite period, Kulhman and John, (2010).

Sport facilities are fixed structures built for sporting activities such as gymnasium, athletic tracks, stadia, soccer pitches, basketball courts, lawn tennis courts, among others (Ogundairo, 2010). Availability and usability of these sports facilities in higher institutions especially colleges of education play a significant role in sustaining sports development. It is difficult to separate the standard of sports from the standard of facilities available for the training of sports men and women (Ekpe, 2001). Sports facilities are indispensable to amateur and professional athletes as well as competitive and recreational sports in promoting sporting activities because they are the pillars of sustaining sports development. (Rintaugu, Masiga, Kamande, Were, Litaba&Kinoti, 2012). Available sports facilities may generate new demand for their usability. Student living close to sports facilities may see it on a daily basis and this familiarity could generate demand for individual visits, as well as for participating in organised sports club activities taking place on these facilities. Availability of sports facilities showed a positive association with vigorous physical activity, Niclasen, Petzold and Schnohr (2012). Bragaru, Van, Gertzen and Dijkstra(2013) concluded that facilities serve as morale boosters in performing sport

among fitness enthusiasts, thus enhancing to a great extent their happiness and fulfillment of their goals. A successful utilization of sports facility has a role to play in advancing individual performance status, health and fitness promotion and consequently, sustaining sports development [Rintaugu, 2011; Azjen, 2014].

## **2. STATEMENT OF THE PROBLEM**

Students and staff in colleges of education engaged in sporting activities because of its immense benefits physically, socially, mentally, psychologically and skilfully. The higher institutions sports, especially Colleges of Education games is a veritable tool for sustaining sports development because of its importance in training of teachers who will be working with youths and scouting talents at the elementary level, they needs to possess skills and techniques in sports of their choice with the aids of sports facilities. And to achieve this, there is need for sports facilities which they must be used for the purposes for which they are provided [Olajide, 2004]. Meanwhile, sports facilities in most of the higher institutions of learning in general and Colleges of Education in particular are neither available as expected nor usable maximally for the purpose of sustainable sports development. For instance, the only gymnasium in Emmanuel Alayande College of Education, Oyo, which housed varieties of sports and games for staff and students, was not even functioning at the optimal level, while Federal College of Education (Sp.) Oyo, was presently struggling to complete her gymnasium for staff and students' sports and games. It is on this note that researcher intends to ascertain availability and usability of sports facilities as predictors of sustainable sports development in Colleges of Education Oyo, Oyo State, Nigeria.

### **2.1. General Objective of the Study**

The main objective of this work is to ascertain availability and usability of sports facilities as predictors of sustainable sports development in Colleges of Education Oyo, Oyo State, Nigeria.

### **2.2. Specific Objectives of the Study**

1. To predict the relative contribution of availability and usability of sports facilities as predictors of sustainable sports development in Colleges of Education Oyo, Oyo State, Nigeria.
2. To predict the composite contribution of availability and usability of sports facilities as predictors of sustainable sports development in Colleges of Education Oyo, Oyo State, Nigeria.

### **2.3. Hypotheses**

The following hypotheses were tested in this study:

- Availability and usability of sports facilities will not relatively be significant predictors of sustainable sports development in Colleges of Education, Oyo, Oyo State, Nigeria.
- Availability and usability of sports facilities will not compositely be significant predictors of sustainable sports development in Colleges of Education, Oyo, Oyo State, Nigeria.

## **3. METHODOLOGY**

The descriptive survey research design was adopted for this study. The population for this study consists of student's athletes, academic and non-academic staff of Colleges of Education in Oyo, Oyo State, Nigeria. The sample size for this study was eight hundred and thirty-six (836) respondents, of both staff and students. The simple random sampling technique was used for selection of student athletes while purposive (total) sampling technique was used for staff (Academics and Non Academics) selection in the study. Self-developed questionnaire with reliability Co-efficient for Availability of Sports Facilities Scale (ASFS) was 0.70, Usability of Sports Facilities Scale (USFS) was 0.75 and Sustainable Sports Development Scale (SSDS) has 0.81 reliability value through Cronbach Alpha to collect data for the study.

The demographic data of the respondents were analysed with frequency counts and percentages while inferential statistic of multiple regression was used to test the hypotheses at 0.05 alpha level.

## **4. RESULTS**

#### 4.1. Demographic Characteristics of Respondents

**Table1.** Frequency counts and corresponding percentages showing the sex distribution of the respondents

Sex	Frequency	Percentage
Male	498	59.57
Female	338	40.43
<b>Total</b>	<b>836</b>	<b>100.0</b>

The above table 1 indicated the frequency distribution and the percentage of respondents according to the sex. The total number of 498 (59.57%) were males while 338(40.43%) were females.

**Table2.** Frequency counts and corresponding percentages showing the age distribution of the respondents

Age	Frequency	Percentage
16-20	238	28.47
21-25	342	40.91
26-30	220	26.32
31-35	09	1.08
36-40	11	1.31
41-Above	16	1.91
<b>Total</b>	<b>836</b>	<b>100.0</b>

The result from table 2 showed the age distribution of the respondents. 238(28.47%) respondents were between age 16-20 years old. 342 (40.91%) were between the age 21-25 years while 220 (26.32%) were between 26-30 years old. The table also revealed that 09 (1.08%) were between age 31-35 years old while 11 (1.31%) were between 36-40 years old and 16(1.91%) respondents were between age 41years and above.

**Table3.** Frequency counts and corresponding percentages showing the status of the respondents

Status	Frequency	Percentage
Staff	36	4.31
Students	800	95.69
<b>Total</b>	<b>836</b>	<b>100.0</b>

Table 3 above showed that 36 (4.31%) respondents were staff, while 800 (95.69%) were students.

**Table4.** Level of the Students Respondents

Level	Frequency	Percentage
100Level	180	22.5
200Level	420	52.5
300Level	200	25.0
<b>Total</b>	<b>800</b>	<b>100.0</b>

The results from table 4 showed that 180(22.5%) students were in 100Level, 420 (52.5%) students were in 200Level while 200(25.0%) students were in 300Level.

#### 4.2. Testing of Hypotheses

Hypothesis One: Availability and usability of sports facilities will not relatively be significant predictors of sustainable sports development in Colleges of Education, Oyo, Oyo State, Nigeria.

**Table5.** Relative contribution of Availability and Usability of sports facilities as predictors of sustainable sports development

Independent Variables	B	Standard Error B	Beta $\beta$	T	Sig t	Remark
Availability of sports facilities	.752	.069	.531	9.897	.000	S
Usability of sports facilities	.558	.073	.396	7.174	.000	S

The table above revealed that the B-value of Availability of sports facilities was (.752) and Usability of sports facilities was (.558) respectively. These showed the level of contribution of independent variable to predict sustainable sports development. Their standardized regression weight Beta ( $\beta$ ) were Availability of sports facilities (.531) and Usability of sports facilities (.396) which showed relationship between independent variables and sustainable sports development. Their t-values were Availability of sports facilities (9.897) and Usability of sports facilities (7.174), at significant levels of Availability of sports facilities (.000) and Usability of sports facilities (.000) respectively. The table showed that the independent variables were statistically significant. Hence, the need for rejection of the null hypothesis. Precisely, the results from Availability and Usability of sports facilities showed significant contribution on sustainable sports development in Colleges of Education, Oyo, Oyo State, Nigeria.

Hypothesis Two: Availability and usability of sports facilities will not compositely be significant predictors of sustainable sports development in Colleges of Education, Oyo, Oyo State, Nigeria.

**Table6.** Shown composite contribution of Availability and Usability of sports facilities as predictors of sustainable sports development

Model	Sum of Squares	DF	Mean Square	F	Sig.	Remark
Regression	36925.414	4	5317.024	85.017	.000	Sig.
Residual	72168.813	832	303.624			
Total	109094.227	836				

R = .651

R<sup>2</sup> = .426

Adj R = .231

Table above shown that there was significant composite contribution of Availability and Usability of sports facilities on sustainable sports development in Colleges of education Oyo, Oyo State. It could be observed that the correlation is strong (R = .651). R-square indicated that 42.6% of the variance accounted for the Availability and Usability of sports facilities. Also, the table showed the effectiveness of the prediction with the F- ratio 85.017 and significant alpha (.000).

## 5. DISCUSSION

Based on the above finding, the result was in line with the opinion of Kamatu, (2015) who opined that availability of sporting facilities is very vital towards promotion and sustainable sports development in the place of work, because participation among staff inspire them, to stay at work in order to participate in sports activities after work. Similarly, Igbanugo (2010) said that the availability of the right quality of sports facilities is a vital part of sports development and success to sustainable sports development among students.

The result further showed that usability of sports facilities significantly predict sustainable sports development, this finding similar to the opinion of Azjen, (2014) who said a successful usability of sports facility has a role to play in advancing individual performance status, health and fitness promotion and consequently, sustaining sports development.

## 6. CONCLUSION

Based on the results of the findings, it was concluded that availability and usability of sports facilities significantly predicts sustainable sports development in Colleges of Education Oyo, Oyo State, Nigeria.

## RECOMMENDATIONS

1. That the College management should embark on rehabilitating the existing sports facilities, and put in place non-existing sports facilities, for common sports and games, and for different categories of staff and students, be it special needs or able individual in the colleges.
2. That College Management should have a special day in a week where staff and students would use available sports facilities for practice and training for their choice of sports and games.

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