

PERCEIVED RELATIONSHIP BETWEEN SPORTS AND PROMOTION OF HEALTHY WELLBEING OF STAFF OF KOGI STATE UNIVERSITY, ANYIGBA

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Abstract

This study examined perceived relationship between sports and promotion of healthy wellbeing of Staff of Kogi State University, Anyigba. The population comprised all Staff of Kogi State University, Anyigba. 200 respondents were selected using stratified random sampling technique. The instrument for data collection was self constructed questionnaire validated and tested for reliability. The reliability coefficient of 0.82 was obtained. Inferential statistic of Person Product Moment Correlation was used to analyze the data collected. The three null hypotheses were rejected at 0.05 alpha. This implied that there was perceived positive significant relationship between regular participation in sports and good healthy living, improved longevity of life and stress reduction among Staff of Kogi State University, Anyigba. Based on the findings, it was recommended that the Management of the University should set a day aside, construct different sporting facilities on campus and encourage full participation in sports to improve Staff good healthy living, longevity of life and stress reduction.

Keywords: sports, healthy living, longevity of life, stress reduction.

Introduction

It is not longer news that regular physical activities programme has significant and perceivable benefits on the health of every human being. Access to sports participation is a human right and important for individual of different ages to live a healthy life. Inactive lifestyle of individual has led and is still leading to many health related problems such as cardiovascular diseases, hypertension, diabetes, obesity, high level of cholesterol among other health related problems.

Dikko (2003) reported that sedentary lifestyle and lack of sports among other risk factors are growing causes of heart related diseases such as Coronary Heart Disease (CHD) most especially, myocardial infection (thick muscular of the heart) and sudden heart failure are associated with inactive lifestyle. Sport is far more than a luxury or a form of entertainment nowadays. Sports according to Adesoye and Abubakar (2013) include all terms of physical activities which through casual or organized participation aim to use,

maintain or improve physical fitness of an individuals and provide pleasure to participations.

Mohammed and Abubakar (2018) observed that when an individual is active in sports it increases the heart rate, decreases the risk of coronary heart disease and prevent obesity. It prevents and decreases systolic and diastolic blood pressure, quickly clears fat from the blood stream, increase the amount of haemoglobin and coronary blood supply, reduces the clotting ability of the blood, increase cardio-respiratory functional capacity, it increases flexibility and retards the physical and physiological changes that result from ageing

Adesoye and Abubakar (2013) revealed that regular participation in physical activities programmes provide individuals with a wide range of physical, social and mental health benefits. Such regular participation also complements plans to improve diet, discourage, the use of alcohol, drugs, tobacco and increase functional capacity of the body. More so, physical exercise is an effective means of disease prevention for the individuals and for nations, which is an effective way of saving cost to improve public health (Ibeagha and Ibeagh, 2007)

Ajeigbe and Abdulraheem (2017) noted that regular physical activities enables individuals to experience good and healthy sleep necessary for longevity of life. Research revealed that four of five individuals who died from coronary heart problem are aged 65 or older. Wale and Wayne (2003) noted that most of the serious consequences of heart diseases are evident on older ages. Over 85% of all heart attacks individual are those from age 65 and above.

Therefore, sport is important in ageing. It can actually reverse many of the changes of ageing. It improves muscle power endurance and reaction time. It increases bone density and improves posture, all necessary for the longevity of life.

Physical activity according to Ogunwale and Taiwo (2014) is any planned bodily activities that improve and maintain physical fitness and overall health and wellness. The benefits of physical activity according to Ogunwale and Taiwo (2014) include; improves chances of living longer and healthier, improves flexibility, improves muscle tone and strength, controls body weight, reduces the risk of falling, helps prevents the insidious loss of bone known as osteoporosis among older adults, boosts energy or gives more energy to the body, improve appetite, improves mental health and relieves symptoms of depression and anxiety, reduces stress, improves sleep, improves heart lung fitness and reduces the risk of developing heart disease, lowers blood pressure, increases “good” High-Density Lipoprotein (HDL) cholesterol, reduces the risk of developing certain cancers, including colon, breast, lung and endometrial (uterine lining) cancers, prevents type2 diabetes, boosts the immune system and improves sexual performance.

Abubakar (2015) noted that the result of physical activity is a general improvement on health. It is an increased ability of the body to resist fatigue and to carry on sustained effort. Play and sports promote physical alertness, rapid thinking, quick decisions, sportsmanship and social adjustment. Health refers to the individual’s capacity to survive and live effectively in the environment. It is important to note here that the healthy active individuals is less likely to be ill or injured and is more likely to cope with stress at work and at home.

Abubakar, Ambali and Mohammed (2017) quoting Babalola (1998) noted that health as the body characterized by vigor, vitality and freedom from disease as can be seen in persons who exercise the body frequently such people are not likely to suffer an early attack of heart disease because factors common to those who exercise regularly have protective effects in the heart. As one exercise the heart beats fast, this frequent beating of the heart makes its muscles strong. Strong as it's were, the heart can now pump more blood into the body and thus to the various organs, tissues and cells of the body.

Health is the level of functional or metabolic efficiency of a living being. In humans, it is a general condition of a person's mind, body and spirit, usually meaning to be free from illness, injury or pain (as in "good health" or "healthy"). Health must be seen as a process of continuous adjustment to the changing demands of living and of changing meaning given to life (Jaddad and O'Graddy, 2008)

Sanubi and Obukadeta (2013) therefore, reported that regular physical activity helps to strengthen the heart muscle, maintains healthy blood vessels and improve the ability of the vascular blood and oxygen to all the parts of the body. Bob'Uzoalor and Sanusi (2013) established that regular physical activity play significant roles in health promotion, disease prevention and in the management of stress and obesity. Stress according to Jia and Loo (2018) is the physiological responses and adaptation of the body to any demand for change. Owusu, Opoku-Nkoom and Omotosho (2018) quoting Smeltzer, Bare, Hinkle and Cheever (2010) that stress is a state produced by a change in the environment that is perceived as challenging, threatening, or damaging to a person's dynamic balance or equilibrium.

Working in a University setting to earn a living is a pleasurable and exiting experience for many staff. However, to some staff this appears more stressful than exiting due to the academic and work related rigor of the university environment, with this, staff can potentially experience high levels of stress that affect their health and work performance. It is therefore, believed that excessive levels of stress tend to reduce worker's efficiency, effectiveness and general rate of productivity. Abubakar (2013) citing Talabi (1997) looked at stress and the need for exercise therapy and emphasized that for man to enjoy a perfect harmony, he must learn to harmonize the whole body vibrations as he grows and prescribes exercise as means of regulating and harmonizing the body's vibration imbalance.

Fawole (2006) highlighted the following techniques to minimize stress; do one thing at a time, reduce competitive stress, remove meaningless deadlines, improve health habits, exercise regularly, laugh a lot, speak out your troubles, avoid procrastination, do not worry about things you cannot change, avoid overweight, minimize smoking and drinking of alcohol, avoid the use of sleeping pills and do not push yourself too hard.

One cannot talk about stress without talking about pressure. Pressure leads to stress and stress leads to distress. Fawole (2003) pointed out that stress is the physiological response of the body to pressure, the more the pressure the more the stress. So, stress is an integral part of our daily existence and is an innate response to assist man adjusts to the demand of life. Torabi and Lugers (2010) maintained that participating in

regular physical activity will help to produce an antidote that will reduce symptom of anxiety, stress, and depression, improve good healthy living and longevity of life.

Research Hypotheses

The following hypotheses were formulated to guide the study:

- Ho₁ There is no perceived significant relationship between regular sports and improved good healthy living among staff of Kogi State University, Anyigba.
 Ho₂ There is no perceived significant relationship between regular sports and improve longevity of life among staff of Kogi State University, Anyigba.
 Ho₃ There is no perceived significant relationship between regular sports and stress reduction among staff of Kogi State University, Anyigba.

Methodology

Descriptive survey method was used for this study. It entails the direct observation in the collection of data. The population comprised all the staff of Kogi State university, Anyigba. The total number of staff was two thousand and two (2,002). Academic 726, Non-Academic (Senior) 524 and Non- Academic (Junior) 752 as at the time of this research. Two hundred (200) respondents were selected from the entire population using stratified random sampling technique. The selection was based on ten percent (10%) of the total population of the staff. Self structured questionnaire drawn based on the variables of study was used to collect data from the respondents.

There are three subscales with five items under each, making a total number of fifteen items. The responses were rated on four Likert points rating of Strongly Agreed (SA), Agreed (A), Disagreed (D) and Strongly Disagreed (SD). This means that the minimum score is 15 points while, the maximum score is 60 points and average score is 30 points. The questionnaire was validated by three experts from the related discipline. The reliability of the instrument was ascertained through test-retest method within two weeks interval and scores were correlated using Cronbach's alpha. The value of 0.82 was obtained confirming the reliability of the instrument. Inferential statistic of Pearson Product Moment Correlation was used to analyze the data collected at 0.05 alpha level

Results

Table 1: Pearson (r) Analysis Showing perceived Relationship between Regular Sports and Improved Good Healthy Living among Staff of Kogi State University, Anyigba

Variables	No	Mean	Std	Df	Cal. r-val.	Crit. r-val.	Decision
Good Healthy Living	200	3.631	.221	198	.521	.195	Ho ₁ Rejected
Sports	200	3.412	.367				

P>0.05

Table one above reveals that the calculated r-value is .521 while the critical r-value is .195 which is less than the calculated r-value at 198 degree of freedom. This implies that the hypothesis which states that there is no perceived significant relationship between regular sports and improve good healthy living among Kogi State University, Anyigba is hereby rejected and alternative hypothesis upheld meaning that, regular participation in sports was

perceived to have significant relationship with good healthy living of staff in Kogi State University, Anyigba.

Table 2: Pearson (r) Analysis Showing perceived Relationship between Regular Sports and Improved Longevity of life among Staff of Kogi State University, Anyigba

Variables	No	Mean	Std	Df	Cal. r-val.	Crit. r-val.	Decision
Longevity of Life	200	3.273	.448	198	.553	.195	Ho ₂ Rejected
Sports	200	3.412	.367				

P>0.05

Table two shows that the calculate r-value is .553 while the critical r-value is .195 at 198 degree of freedom which is also less than calculated r-value. This indicated that the hypothesis which stated that there is no significant relationship between regular sports and improve longevity of life among Staff of Kogi State University, Anyigba is also rejected and alternative hypothesis upheld. This means that regular participation in sports was perceived to improve longevity of life of Staff in Kogi State University. Anyigba

Table 3: Pearson (r) Analysis Showing perceived Relationship between Regular Sports and Stress Reduction among Staff of Kogi State University, Anyigba

Variables	No	Mean	Std	Df	Cal. r-val.	Crit. r-val.	Decision
Stress Reduction	200	2.669	.376	198	.365	.195	Ho ₃ Rejected
Sports	200	3.412	.367				

P>0.05

Table three indicates that calculated r-value is .365 while critical r-value is .195 which is less than calculated r-value at 198 degree of freedom. This also shows that the hypothesis which stated that there is no significant relationship between regular sports and stress reduction among Staff of Kogi State University, Anyigba is also rejected and alternative hypothesis accepted. This implied that regular participation in sports was perceived to reduce work-related stress among Staff of Kogi Staff University, Anyigba.

Discussion of the Findings

Hypothesis one revealed that regular participation in sports was perceived to have significant relationship with good healthy living of Staff of Kogi State University, Anyigba. In line with this, Abubakar (2015) stated that the result of physical activity is a general improvement on health. It is an increase ability of the body to resist fatigue and to carry on sustained effort that play and sports promotes physical alertness, rapid thinking, quick decision, sportsmanship and social adjustment. This was buttressed by Sanubi and Obukadeta (2013) that regular sports helps to strengthen the heart muscle, maintained

healthy blood vessels and improve the ability of the vascular blood and oxygen to all the parts of the body.

Hypothesis two showed that regular participation in sports was perceived to improve longevity of life among staff of Kogi State University, Anyigba. Ajeigbe and Abdulraheem (2017) opined that regular participation in sports enables individuals to experience good and healthy sleep necessary for longevity of life. Dale and Wayne (2003) affirmed that most of the serious consequences of heart diseases are evident on older age. That over 85% of all heart attack individuals is those from age 65 and above. Therefore, exercise is important in aging. It can reverse many of the changes of aging like muscles, poor endurance, reaction time, increases bone density and improves posture all necessary for longevity of life.

Hypothesis three indicated that regular participation in sports was perceived to reduce work related stress among Staff of Kogi State University, Anyigba. Fawole (2003) mentioned that stress is the physiological response of the body to pressure, the more the pressure, and the more the stress. So, stress is an integral part of our daily existence and is an innate response to assist man adjusts to the demand of life. Torabi and Luegers (2010) affirmed that participation in regular sports will help to produce an antidote that will reduce symptom of anxiety, stress and depression, improve good healthy living and above all longevity of life.

Conclusion

Conclusions were made from the study that;

- Participation in regular sports was perceived to improve good healthy living of Staff of Kogi State, Anyigba.
- That regular participation in sports was perceived to improve the longevity of life among Staff of Kogi State University.
- That regular participation in sports was perceived to reduce work related stress among Staff of Kogi State University, Anyigba.

Recommendations

Based on the findings of the study it was recommended that;

1. The Management of the University should set a day aside for staff participation in sports to improve health.
2. State and Management of the University should construct different sporting facilities on the campus for staff use to reduce work related stress and enhance the longevity and quality of life.
3. Staff should be encouraged to take active part in sports and leisure activities that will promote social relationship necessary for good healthy living.

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