

An Assessment of Level of Awareness of Sport as a Tool for Individuals' Health and Economic Sustainability among Secondary School Students in Osun state, Nigeria

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Abstract

The study assessed the level of awareness of sport as a tool for individuals' health and economic sustainability among secondary school students in Osun State. Descriptive research design was used for the study. Data were collected through a self-designed and validated questionnaire from nine hundred respondents selected through a multistage random sampling technique among the secondary schools in the three (3) Senatorial Districts in Osun State. Test-retest method of reliability was used with the reliability coefficient of 0.78 obtained using Spearman Brown's method of reliability. Two (2) research questions were raised with their corresponding hypotheses. Data were analyzed using frequency counts, percentages while the formulated hypotheses were tested using inferential statistics at 0.05 Alpha level of significance. Findings revealed that majority of the respondents were aware that active participation in sports will enhance total health and well-being and that one could be economically sustained through various opportunities provided by sports industry worldwide.

Key words: Awareness, Health, Economic, Sustainability, Sports.

Introduction.

Stabilizing the state of mind of individual is significantly linked to active participation in sports. In order to escape from anxiety, stress, depressing and imbalance state of mind, statistics have indicated that someone commits suicide every 40 seconds of the day. Health balance according to Adekunle (2018a), U.S. Agency for International Development (2020), Efebeh (2020), Smartick (2023) is the persons' ability to attain fullest potentials in social skills to

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love, be loved, work effectively and play. The basic indicators of mental health include but not limited to understanding and acceptance of self and world around them, relationship with people, ability to handle problematic and stressful situations. High level of satisfaction in self-fulfillment and contributing meaningfully to societal happiness are achieved in good mental health. Regular participation in sports enhances easy acquisition and management of all the afore-mentioned skills.

Stress relief is one of the best known role of participating in sports through the production of increased concentration of norepinephrine, a stress-moderating chemical in the body. A 30-minute walk or a few laps around the track could help to cope better with stress, depression, or anxiety. Physical activity distracts the mind from its troubles, develops a sense of master, release anger and anxiety. Mental health is one's ability to perceive reality as it is, respond to challenges and develop rational strategies for living (Blank, 2018; CSEA AFRICA, 2021 and Research Gate, 2024). Health balance which is greatly enhanced by sport participation is according to Adekunle (2018), Yinusa and Musa (2021) the ability to live up to one's fullness potentials as a creative human being with the social skills to love and be loved, to work and play.

Smartick (2023) expressed that physical activity might work in much the same way as other forms of psychiatric treatment. Exercise was linked to psychoactive drugs since it produces chemical and physiological changes in the body and the brain. Sport plays significant role in managing mental health "feel good" chemicals like endorphins and serotonin that helps to improve the mood are released by the brain. Improved mood is also linked to how physically fit a person is when engaged in sports, the feeling of loneliness and isolation is reduced as one interact with other people. Moderate intensity exercise according to Blank et al.(2018), Health Direct (2023), International Institute of Mental Health (2023) produce chemical and physiological changes in the body and the brain leading to increase in blood flow and oxygenation influencing the central nervous system and cause positive changes in the mood.

Today, people are generally exposed to stressful situations resulting from societal changes, changing circumstances

of life, environmental pollution, socio-economic and cultural environment, unemployment to mention but a few (Ojo & Onifade, 2018). Participation in sport helps in the production of Endorphins (happy chemical) the chemical in the brain that relieves pain and stress which is any condition that disturbs the normal working of an individual physically, emotionally, socially or psychologically (Borgen Project, 2024).

Sports are an important part of the value system for a human being that constitutes a distinct kind of social organization, represents a unique form of social activity, and provides a basis of social identity and acts as an agent of social control. Mega sport events can help advance social development, economic growth, health, education, and environmental protection. Sports improve community health, reduce medical expenses and imbibe discipline. Participation in sports has countless benefits. Among the most positive outcomes identified by Home Care and Healthy Living for Family and Health Givers (2016), Adekunle (2018), Ojo and onifade (2018) Hozhabri (2021) Arpit (2023) are improvement in physical health such as weight control, strength building, increased, flexibility, enhanced coordination and motor skills as well as improved cardiovascular health and pain reduction. Also, inclusive is that people who are physically active tend to develop healthier lifestyle and better eating habit. Psychological, emotional healing and well-being are other beneficial impact of sports.

Economic sustainability refers to practices that support long-term economic growth without negatively impacting social, environmental and cultural aspects of the community. Affirming sport as a tool for economic sustainability, USAID (2020), Efebeh (2020), Health Direct (2023) stated that sports has the capacity to transform the lives of individuals physically, psychologically, emotionally, socially and economically. The significant roles of cultural and community development justifies investment in sports programming. Recently an International movement has taken root that recognizes that sports are a powerful means addressing developmental priorities. Economic activities are undertaken by man to earn income, money and wealth for a living. These activities

include investment, production, distribution and consumption of goods and services at all levels within the society.

Dionysios (2022) and Smartick (2023) expressed that the sports industry is a major player and one of the most powerful force in the world economy. Sports generate billions of Dollars in revenue and directly contribute to economy by job creation synergies with the tourism sectors employing millions of people. Research on the economic impact of sports has attempted to measure the direct and indirect effects of sports on major sporting events on economic variables such as employment, output or gross domestic product (GDP), and the impact of sports on urban and regional regeneration. Smartick (2023) expressed that the sports industry is a major player and one of the most powerful force in the world economy. Sports generate billions of Dollars in revenue and directly contribute to economy by job creation synergies with the tourism sectors employing millions of people. Research on the economic impact of sports has attempted to measure the direct and indirect effects of sports on major sporting events on economic variables such as employment, output or gross domestic product (GDP), and the impact of sports on urban and regional regeneration.

US Agency for International Development (2020), Efebeh (2020), CSEA AFRICA (2021), Arpit (2023), Smartick (2023) itemized self-skill development, revenue generation, creating tax revenue, sparkling infrastructural development and promotion of foreign exchange as economic benefits associated with sports. U.S. Agency for International Development (2020), Borgen Project (2024) acknowledged that sports contributed 0.19%, 0.31% and 0.33% to the Nigerian GDP in 2019, 2020 and 2021 respectively. Sport market in Nigeria is on the increase and based on the data from the World Bank, Nigeria economy is gradually recovering and stabilizing. Sports are an important part of the value system for human being. It constitutes a distinct kind of social organization, represents a unique form of social activity, provides a basis of social identity and acts as an agent of social control. Mega sport events can help advance social development, economic growth, community health, education and environmental protection as well as reducing medical expenses and imbibes discipline.

Using sports as a fulcrum for economic sustainability according to Borgen Project (2024) provides a significant platform for entrepreneurship, employment, driving economic growth within the country. The development of sports sector has a positive impact on the economy, not only in the production of sports goods, but also on the economy as a whole, providing more workers, due to the fact that involvement in sports increases the quality of life. At its core, business and sports according to Efebeh (2020), Research Gate (2024) have similarities. Competition between individuals and groups are observed in sports and motivation for activities in both areas is the desire of participants to win, to prove to everyone not only to themselves, and to gain respect. United Nations, the Inter-American development Bank, Governments, the International Olympic and Paralympic Committee, Non-governmental organizations and Corporate entities according to National Institute of Health (2023) have joined together to think strategically about sports for development and peace. At the field level, dozens of programs have been utilizing the power of sports for Physical Education, humanitarian response, reconciliation and peace building, rehabilitation and integration of persons with disabilities, advocacy and social policy change, awareness raising and economic development. The main purpose of this study, therefore is to assess the level of awareness of sport as a tool for Individual's health and economic sustainability among secondary school students in Osun State, Nigeria.

Research Questions.

1. Are the secondary school students in Osun State aware of sport as a tool for maintaining individual's health?
2. Could sport be used as a tool for economic sustainability among secondary school students in Osun State?

Research Hypotheses.

HO1: There is no significant relationship between participating in sports and individuals' health among secondary school students in Osun State

HO2: There is no significant relationship between participating sports and economic sustainability among Secondary school Students in Osun State.

Methodology

The study adopted a descriptive research design to assess the level of awareness of sport as a tool for individual’s health and economic sustainability among secondary school students in Osun State. A self designed and validated questionnaire was used for the study. The instrument consisted of sections A, B and C. Section A was made up of demographic information of the respondents while section B presented five (5) structured items on sport as a tool for individual’s health. Section C contained five (5) structured items on sport as a tool for economic sustainability. Test-retest method of reliability was used and a reliability coefficient of 0.78 was obtained using Spearman Brown’s method of reliability.

On the appointed date, venue and time, data were collected from 900 respondents selected from the study area, using simple random sampling technique. Two research questions were raised with their corresponding hypotheses. Data collected were analyzed through descriptive statistics frequency count and percentages while Chi-Square was used in testing the formulated hypotheses at 0.05 Alpha level of significance

Results

Table 1: Respondent’s responses on awareness of sports as a tool for individual’s health.

S/N	Items	Agreed	Disagreed
1	Participation in sports is capable of stabilizing individual’s health physically, psychologically, and emotionally.	860 (95.5%)	40 (4.5%)
2	Sport improves physical health such as weight control, coordination, motor skills, increased flexibility and cardiovascular health.	865 (96%)	35 (4%)

3	Depression, stress, anxiety and imbalanced state of mind may not necessarily be eliminated when engaging in sports.	20 (2.3%)	880 (97.7%)
4	Social and interpersonal relationship, healthy lifestyle and better eating habit are greatly enhanced by participating in sports.	890 (98.9%)	10 (1.1%)
5	Participation in sport may not necessarily enhance individual's ability to attain fullest potentials in social skills to love, be loved, work effectively and in handling of problematic situations.	30 (3.3%)	870 (96.7%)

Table 1: shows the respondent's responses on awareness of sports as a tool for individual's health. The result indicate that majority (95.5%) of the respondents agreed that participation in sports is capable of stabilizing individuals' health physically, psychologically and emotionally while 96% equally agreed that sport improves physical health such as weight control, coordination, motor skills, increased flexibility and cardiovascular health. Majority (97.7%) of them disagreed with the statement that depression, stress, anxiety and imbalanced state of mind may not necessarily be eliminated when engaging in sports while 98.9% of the respondents agreed that social and interpersonal relationship, healthy lifestyle and better eating habit are greatly enhanced by participating in sports. On the majority (96.7%) were those that disagreed with the statement that participation in sport may not necessarily enhance individual's ability to attain fullest potentials in social skills to love, be loved, work effectively and in handling of problematic situations.

Table 2: Respondents’ Responses on sport as a tool for economic sustainability.

S/ N	ITEMS	Agreed	Disagreed
6	Knowledge acquired in Exercise Physiology class could be used in enhancing economic sustainability.	855 (95%)	45 (5%)
7	Professionalism in Sports could pose a danger to life.	130 (14.5%)	770 (85.5%)
8	Money could be made through production and sales of Sports materials and equipment.	900 (100%)	-
9	Establishment of Recreation Centers may not necessarily make one to be sustained economically.	90 (10%)	810 (90%)
10	Exposure to online sports training schedule platforms is now a very lucrative venture.	880 (97.7%)	20 (2.3%)

The respondent’s responses on sports as a tool for economic sustainability is presented in table 2 the result reviewed that majority (95%) of the respondents agreed that knowledge acquired in Exercise Physiology class could be used in enhancing economic sustainability while 85.5% disagreed with the statement that professionalism in Sports could pose a danger to life. All the respondents agreed that money could be made through production and sales of Sport materials and equipment and only 10% agreed that establishment of Recreation Centers may not necessarily make one to be economically sustained while the majority (97.7%) agreed that Exposure to online sports training schedule platforms is now a very lucrative venture.

Hypotheses Testing.**Table 3: X² Calculation on awareness of sport as a tool for individual's health.**

Table Value	Level of Significance	Df	Calculated Value	Decision
9.49	0.05	4	3,960.45	Rejected.

Table 3 presented the X² Calculation on awareness of sport as a tool for individual's health. The results depicted that a Table value of 9.49 which is higher than the calculated value of 3,960.45 under the Degree of Freedom of 4 and at 0.05 Level of significance. The Hypothesis which stated that there is no significant relationship between participating in sports and individuals' health among secondary school Students in Osun State was rejected. This implies that significant relationship exists between participating in sports and individuals' health

Table 4: X² Calculation on relationship between sport participation and economic Sustainability among secondary school Students in Osun State.

Table Value	Level of Significance	Df	Calculated Value	Decision
9.49	0.05	4	3,402.65	Rejected.

The X² Calculation on relationship between sport participation and economic Sustainability among secondary school Students in Osun State is as shown in Table 4 The result shows a higher Table value of 9.49 while the Calculated value was 3,402.65. The stated hypothesis of sport participation having no significant relationship with economic sustainability was therefore rejected meaning that significant relationship exists between participating in sports and economic sustainability among secondary school students in Osun State.

Discussion of Findings.

Majority of the respondents agreed that participation in sports is capable of stabilizing individuals' health physically, psychologically and emotionally. This finding was in consonance with the affirmations made by Adekunle (2018a), Blank et al. (2018), U.S. Agency for International Development (2020), Efebeh (2020), Smartick (2023), Health Direct (2023), International Institute of Mental Health (2023) that stabilizing the state of mind of individual is significantly linked to active participation in sports leading to escape from anxiety, stress, depressing and imbalance state of mind. Majority equally agreed that sport improves physical health such as weight control, coordination, motor skills, increased flexibility and cardiovascular health. These were in line with most of the positive outcomes identified by Home Care and Healthy Living for Family and Health Givers (2016), Adekunle (2018a), Ojo and Onifade (2018), Arpit (2023) that participation in sport leads to improvement in physical health such as weight control, strength building, increased flexibility, enhanced coordination and motor skills as well as improved cardiovascular health and pain reduction. Also inclusive is that people who are physically active tend to develop healthier lifestyle and better eating habit, psychological, emotional healing and well-being are other beneficial impact of sports.

Majority of the participant that disagreed with the statement that depression, stress, anxiety and imbalanced state of mind may not necessarily be eliminated when engaging in sports. This was in line with the findings of Borgen Project (2024) that participation in sport helps in the production of Endorphins (happy chemical) the chemical in the brain that relieves pain and stress which is any condition that disturbs the normal working of an individual physically, emotionally, socially or psychologically while most of the respondents agreed that social and interpersonal relationship, healthy lifestyle and better eating habit are greatly enhanced by participating in sports. On the majority were those that disagreed with the statement that participation in sport may not necessarily enhance individual's ability to attain fullest potentials in social skills to love, be loved, work effectively and in handling of problematic situations.

This was in agreement with the findings of Adekunle (2018), Yinusa and Musa (2021) that mental health which is greatly enhanced by sport participation increases the ability to live up to one's fullness potentials as a creative human being with the social skills to love and be loved, to work and play. Sports according to them are an important part of the value system for a human being that constitutes a distinct kind of social organisation, represents a unique form of social activity, and provides a basis of social identity and acts as an agent of social control.

Majority of the respondents agreed that participating in Sports could enhance economic sustainability. This was supportive of affirmations made by USAID (2020), Efebeh (2020), Health Direct (2023) that sports as a tool for economic sustainability, has the capacity to transform the lives of individuals physically, psychologically, emotionally, socially and economically. Majority disagreed with the statement that Professionalism in Sports could pose a danger to life. This was in consonance with the submissions of Agency for International Development (2020), Borgen Project (2024) that mega sport events can help advance social development, economic growth, community health, education and environmental protection as well as reducing medical expenses and imbibes discipline. All the respondents agreed that money could be made through production and sales of Sport materials and equipment.

Responses on the statement that establishment of recreation centres may not necessarily make one to be sustained economically while exposure to online sports training schedule platforms being a very lucrative venture These were in line with Smartick (2023), who expressed that recently an International movement has taken root that recognizes sport as a powerful means of addressing developmental priorities. Economic activities according to them are undertaken to earn income, money and wealth for a living. These activities include investment, production, distribution and consumption of goods and services at all levels within the society. Borgen Project (2024) further affirmed using sport as a fulcrum for economic sustainability provides a significant platform for entrepreneurship, employment, driving economic growth within the country. They therefore

concluded that the sport industries are major player and one of the most powerful forces in the world economy.

Conclusion

Based on the findings of this study it was concluded that enthusiastic participation in sports by secondary school students in Osun State greatly enhanced their physical health such as weight control co-ordination, motor skill, increased flexibility and cardiovascular health. Engagement in sports led to reduction in depression, stress, imbalanced state of mind and anxiety. Their social and interpersonal relationship, life style and eating habit were equally improved through active participation in sports.

Economic sustainability could be achieved through professionalism in various games, production and sales of sports materials or equipment, establishment of recreation centers as well as exposure to online sports training schedule platforms.

Recommendations

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

1. Sports facilities and equipment should be made available at all levels of our education system.
2. Physical Education should be prominent in the school curriculum and taught by qualified Personnel.
3. Secondary school students be engaged in intramural and extramural sports competitions.
4. Parents should encourage their children to showcase their talents in the sports of their choice.
5. Scholarships should be given to students with excellent performance in sport competitions.

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