

**Analysis of Factors Associated With Athletic Performance in West East and Horro Guduru Wollega Zones Athletics Projects**

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Research Article

**Analysis of Factors Associated With Athletic Performance in West East and Horro Guduru Wollega Zones Athletics Projects**

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**Abstract**

The purpose of this study was to undertake a systematic assessment of the comparative analysis of factors associated with athletic performance in West, East and Horro Guduru Wollega Zones and then to forward possible solutions to the identified challenges. To investigate the challenges descriptive survey methods was used. The study also carried out in randomly selected three athletics projects of the West, East and Horro Guduru Wollega Zones. To select respondents of the study, purposive sampling technique for all respondents were employed, coaches and ZSB officials were used. To gather the necessary data: questionnaires, interview and observation were the employed instruments. The data obtained from respondents were analyzed using both quantitative and qualitative methods of data analysis. The data gathered were also analyzed and discussed by using numbers, mean standard deviation, mean difference, post hoc LCD and one way ANOVA. The findings of the study indicated that the athletics projects in the area under study were ineffective. The findings were showed that shortage of qualified coaches and their inexperience, weak planning and its practice, and ineffective training method of the coaches were preliminary challenges hindered the projects.

**Key words:** Assessment, athletics, projects, planning, and training.

**INTRODUCTION**

Athletics comprise running for speed, jumping for height or distance activities- vital to ancient man for survival. These events make up the most universal and most important sport intentionally. It is conducted almost exclusively on amateur basis, since the revival of Olympic Games in 1896. Track and field has been the major sport in worldwide athletics competition programs. It was major sport in ancient Greece, where the Olympic Games originated and the champions were national and international heroes.

In Ethiopia; the exact root of athletics cannot be retraced accurately. It is widely believed that the sport was widely practiced in schools and military before 1897. The sport was limited to these parts of society only. In a manner that the sport was increasing in popularity in many parts of society, a need to assemble these activities under the organized umbrella quickly arose. It was in 1949 that EAF (Ethiopia Athletics federation)(EAF) was established and soon became a member of International Athletics Federation (IAF).

Wollega zones athletics projects are found in Oromia Region, it comprises multi event athletics training projects. Its aim is to produce talented and competent athletes to main athletics projects and representing the country in different worldwide Athletics competition programs for long term. In Ethiopia's Athletics history, track events are more productive, successful, and included more number of male and female athlete's vis-à-vis field events. Based on this, country has designed to bring change and develop track event trainee's projects for producing shining substitute for shining track elite athletes in future.

But those projects show less results and performance in different local competition. Even they are not as expected as in producing competent and talented track athletes to main athletics projects and not achieving their goals. For this reason the researcher has initiated to conduct this study to assess and point out challenging problems that affect track trainees performance and to recommend practical solutions for the identified problems.

### **Objective of the study**

1. To assess and analyze the planning of training in West, East and HorroGuduru Wollega Zones Athletics project.
2. To assess factors related to training methods, organizational structure in West, East and HorroGuduru Wollega Zones Athletics project.

### **Delimitations of the study**

The study was delimited to a total of 189 Subjects of Male & Female among athletics projects. The study was delimited to athletics project in West, East and HorroGuduru Wollega Zones athletics projects. In addition the study was delimited to selected variables such as the planning performance of athletics project and training method.

### **Limitation of the study**

The followings the factors were considered as limitations for this study.

- The lack of appropriate responses from the respondents.
- Daily habits and other activities of the selected subjects for this study.

### **Hypothesis**

Based on the nature of the study and its delimited areas, the researcher formulated the following hypotheses:

H<sub>1</sub> There may be a significant difference among West, East and HorroGuduru Wollega Zones athletic projects on planning performance.

H<sub>2</sub> There may be a significant difference among West, East and HorroGuduru Wollega Zones athletic projects on training methods.

### **Design of the Study**

A research design refers to the plan and structure of the investigation used to obtain evidence to test hypotheses and answer research questions. Research design includes critical variables which are directly concerned for the sport development and quantitative approach. The quantitative method is based on structured self-developed and standardize questionnaires were used. In addition to this the interview and observational check list were well organized. This approach was formal and controlled. Items in each questionnaire, interviews were short, clear, transparent or explanatory to minimize the ambiguity among respondents.

For this research the athletes, coaches, Manager, and zone sport officials were selected by using purposive sampling techniques. They were directly concerned with the issues under investigation. Since they were few in number, all of them were included in the study. A total of one hundred eighty nine (189) subjects were included to collect the necessary data. These were three Coaches, three managers, three zone sport bureau officials' and one hundred eighteen athletes.

### **Procedure of data collection**

In order to get valuable data for the study the researcher made request to get permission from West, East and HorroGuduru Wollega Zones sport office. A researcher as information seeker; approached the concerned bodies in the project areas. Further the reseacher explained the purpose of the research to get

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guarantee with full permission and cooperation for collecting data related to this study. The researcher ensured that the environment was conducive for conducting questionnaire and interviews and they were arranged in different rooms. Generally questionnaires and interviews were carried out in a harmonious, friendly and open atmosphere. Questionnaire and interviews were prepared and the probing questions technique was used to collect data.

**Statistical techniques**

The data collected through different tools in line with the hypothesis framed in chapter one. After coding, the question items of the questionnaire that were analyzed quantitatively. The SPSS version 16.0 computer program was employed to calculate and analyze the data. Further for the quantitative Analysis (ANOVA) was employed. To find out the intra group difference that the P-value, mean, standard deviation, mean difference, Least Significant Difference (LSD) post-hoc test were employed. The test of significance level used in this study was alpha ( $\alpha = 0.05$ ).

**Table-1 Descriptive statistics of planning performance among athletic projects**

<b>ORADA</b>	<b>N</b>	<b>MEAN</b>	<b>SD</b>	<b>Std. error</b>	<b>Maximum</b>	<b>Minimum</b>
West	60	1.94	.962	.124	1	5
East	60	1.55	.484	.062	1	3
HorroGuduru wollega	60	1.55	.539	.070	1	3
Total	180	1.68	.715	.053	1	5

Table-1 shows the descriptive analysis of mean and standard deviation. The mean of West Wollega Zones athletics project is comparatively higher than the means of East Wollega and HorroGuduru Wollega Zones athletics project ( $1.94 \pm 0.962$ ), ( $1.55 \pm 0.484$ ) and ( $1.55 \pm 0.539$ ) respectively. This result showed that according to the response of respondents with respect to planning performance West Wollega Zones athletics project performed relatively better.

**Table-2 ANOVA (one way analysis of variance of planning performance among Athletic projects)**

<b>Variable</b>		<b>Sum of Squares</b>	<b>Df</b>	<b>Mean Square</b>	<b>F</b>	<b>Sig.</b>
Planning performance	Between Groups	5.955	2	2.978	6.160*	.003
	Within Groups	85.558	177	.483		
	Total	91.514	179			

\*significant at  $p < 0.05$ , F ratio (6.160) needed for significant at 0.05 level of significance, df (2 and 177) = 2.996.

Table-2 shows the Analysis of Variance (ANOVA) the F ratio results among athletics project (West, East and HorroGuduru Wollega Zones) with regard to planning performances were 6.160 which were greater than the table value of 2.996 found statistically significant at 0.05 level. In order to determine the paired mean difference, LSD post hoc test was applied .table3

**Table 3 Analysis of Least Significant Difference (LSD) Post-Hoc Test with Regard to planning performance**

West Zones	Wollega	East Zones	Wollega	HorroGuduru Wollega	Mean Difference	P-value (sig)
1.937		1.553		-	0.383*	0.003
1.937		-		1.548	0.388*	0.003
-		1.553		1.548	0.005	0.969

\*Significance  $p < 0.05$

Table 3 showed that the mean difference values of West Wollega Zones and East Wollega Zones, West and HorroGuduru Wollega Zones athletic projects were 0.383 and 0.388 respectively, which were greater than the p-value of 0.003 on planning performance at  $p < 0.05$ . The results of the study showed that there was a significant difference between West Wollega and East Wollega Zones, West and HorroGuduru Wollega Zones athletic projects. The mean difference values between East and HorroGuduru Wollega Zones athletic projects were 0.005, which was less than the p-value 0.969 at  $p < 0.05$  which shows insignificant difference. The above table also reveals that West Wollega Zone athletic project had registered better on planning performance. The mean and standard deviation values of West, East and HorroGuduru Wollega Zones athletic projects on planning performance are graphically represented in the figure

**Table 4: Descriptive statistics of training method among athletic projects**

WORAD	N	MEAN	SD	Std. error	maximum	minimum
West Wollega Zone	60	1.98	.431	.056	1	3
East and Wollega Zone	60	1.75	.571	.074	1	3
HorroGuduru Wollega Zone	60	2.12	.585	.076	1	4
Total	180	1.95	.552	.041	1	4

Table 4 shows that Mean and S.D. of West, East and HorroGuduru Wollega Zones athletics project were,  $(1.98 \pm 0.431)$ ,  $(1.75 \pm 0.571)$  and  $(2.12 \pm 0.585)$  respectively. The mean of HorroGuduru Wollega athletic project is comparatively higher than the means of East and West Wollega athletics project.

**Table 5: ANOVA (one way analysis of variance of training method among Athletics project)**

Variable	Source of variance	Sum of Squares	Df	Mean Square	F	Sig.
Training methods	Between Groups	5.955	2	2.978	6.160*	.003
	Within Groups	85.558	177	.483		
	Total	91.514	179			

\*significant at  $p < 0.05$ , f ratio needed for significant at 0.05 level of significance =  $df(2 \text{ and } 177) = 2.996$ .

Table- 5 shows the Analysis of Variance (ANOVA) the f ratio results among athletics project (West, East and HorroGuduruWollega) with regard to equipment were 6.160 which were greater than the table value of 2.996 found statistically significant at 0.05 levels. In order to determine the paired mean difference, LSD post hoc test was applied in table 6

**Table 6: Analysis of Least Significant Difference (LSD) Post-Hoc (SCHEFFE'S) Test with Regard to training method**

West Wollega	East Wollega	HorroGuduru Wollega	Mean Difference	P-value(sig.)
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1.983	1.750		.233*	.018
1.983		2.117	.133	.173
	1.750	2.117	.367*	.000

\*Significance  $p < 0.05$

The above table 6 shows that the mean difference value of West and East Wollega, East and HorroGuduru Wollega were 0.233 and 0.367 respectively, which were greater than p-value 0.018 and 0.000 on training method at  $p < 0.05$ . The result of the study shows that there was a significance difference between West and East Wollega, East and HorroGuduru Wollega. The mean difference value between West and HorroGuduru Wollega were 0.133 which was less than the p- value of 0.173 at  $p < 0.05$  which shows insignificance difference. The above table also reveals that West and HorroGuduru Wollega athletics project had registered better on training method. The mean and standard deviation values of West, East and HorroGuduru Wollega

**Conclusions**

Based on the result and the findings the following conclusions were drawn.

- The finding of the study showed that there were significant differences between the athletics projects (West, East and HorroGuduru Wollega zones) on planning. The significant differences have impact on the achievement of the trainees of the athletics projects. So significant difference on appropriate, timely and well scheduled plan affects the athletics project’s contribution to the Woreda, zone and national team as a whole
- The findings of the study showed that there were significant differences on training methods among athletics projects (West, East and HorroGuduru Wollega zones). Significant differences on training methods among the athletics projects create serious challenge to the athletics projects and hindered them from achieving there goal and objectives.

**Recommendations**

Based on findings and conclusions drawn from this study the following recommendations are made.

**Preparing functional plan:**

- Assign experts with the possessed qualification in planning and preparation of appropriate training in the field by hiring educated persons.
- Due attention must be given to train the existing personnel in all positions of work at selected places of athletics projects.
- The regular training programs, seminars, workshops, and job based training should be organized to those officials who are already in the athletics projects to minimize the problems in the athletic projects for the benefits of trainees.

**Improving training methods**

- Suitable and Adjustable training program should be designed by the coaches in presence of experienced zonal, regional sport experts by collaborating NGOs experts in specific sport and game in all the study areas in order to improve coaches training methods.
- Develop and design the Experiences exchanging programs for athletic project coaches with other athletic projects within region and between neighboring regions to improve knowledge and skill of training as well as to reduce the gap knowledge between the coaches.

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