

Comparative Study on Academic Achievement & Family's Perception toward the Participation of Their Children in Sporting Events In Case of Three Branches of Wollega University, Ethiopia

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Research Article

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ABSTRACT

Purpose of this research was to compare the perception of female and male athlete's family toward the participation of their children in sport and to analyze their academic achievement. Total population of this study was 196 and, among these 106 was male and 90 were female athletes from three branch of Wollega University. Stratified method of sampling was employed to select sample size from male and female athletes. An equal allocation method of stratified sampling was used to select sample size from each stratum. 90 female (including their families) were selected as sample size from strata by using census sampling method and 90 male are selected as sample size from strata by using simple random sampling method. To conduct this study descriptive survey research design was employed. Finally to analysis data independent t-test and paired t-test was employed. Overall, the study in hand shows that family of female athletes do not have positive attitude towards the participation of their female children in sporting events in contrast to family of male athletes. The response of athletes (male and female) on the perception of their parents toward their children participation in sporting events also shows that parents of female athletes do not have positive attitude toward the participation of their female children in sporting events in comparison with parents of male athletes. This may be the reason for the lower number of female participations in sporting events. The findings of present study revealed that participation in sporting events increase the academic transcripts of both male and female athletes.

Keyword:-Perception, Athlete, Academic transcript, Sporting events

Introduction

The physical health benefits of participating in regular physical activity and maintaining physical fitness are widely established (Department of Health, 2004, United States Department of Health and Human Services, 2008). It has been clearly demonstrated that physical activity decreases risk of developing cardiovascular disease (CVD), stroke, some cancers, obesity, type 2 diabetes mellitus and is also effective in the treatment of several of these diseases.

There has also been growing interest in the benefits of physical activity for mental health and a strong evidence base shows that regular activity and improved fitness increases psychological well-being (Biddle, Fox & Boutcher, 2001, Biddle & Mutrie, 2008). Exercise can help people feel better about them and their lives reduce anxiety and improve mood. Evidence is also building to

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show that physical activity is associated with substantially reduced risks of mental illnesses and conditions such as depression, cognitive impairment and dementia (Fox & Mutrie, in press; Hamer & Chida, 2008). The benefits of physical activity in the treatment of depression (National Institute of Clinical Excellence, 2004) and improvement in select aspects of cognitive function in older adults are becoming increasingly well established (Angevaren, Aufdemkampe, Verhaar, Aleman, & Vanhees, 2008). Furthermore, acute bouts of well managed physical exercise may facilitate certain aspects of information processing in adults (Tomprowski, 2003). Some of these positive effects on mental health have also been shown in children and adolescents, although the evidence base is limited. Few studies have investigated the preventive or treatment effects of exercise on mental illness within this population, partly because incidence is low. However, reviews have indicated that exercise and/or sport involvement can have beneficial effects on psychological wellbeing. For example, exercise has been shown to improve physical self-perceptions and to a lesser extent self-esteem in children (Fox, 2001) although effects are inconsistent.

Wollega University is one of the public Universities in Ethiopia which was established in western Ethiopia at Nekemte town in 2007 G.C in response to the question of expansion of higher education institution in western part of the country. The objective of Wollega University was to satisfy the demand of the community residing in this region for higher education. The University is a compressive university engaged in provision of all rounded education, research and community service. In 2015 university was formed youths project including athletics and football in Nekemte, Shambu and Gimbi branch on the behalf of community's service. The purpose of this project was to generate mentally and academically encouraged adults around wollega zone.

Objective of the study

The objective of this study is to compare athlete's academic achievement and their family's perception toward the participation of their children in sporting events in case of the three branches of Wollega University.

METHODOLOGY

Purpose of this research was to compare the perception of female's and male's family towards the participation of their children in sport and to analyze their academic achievement. Total of 180 sample (90 male athletes from 160 population and 90 female athletes from total of 90) from three branch of Wollega University was selected by using Stratified sampling, census and random sampling technique. This study employed the descriptive research method by using the survey research design to determine the perception or view of athletes and their families about participation in sport activity. The instrument used was a questionnaire containing 20 items in a 5-point Likert scale by Mowatt, 1988). The Cronbach's alpha values exceeded 0.80, the instrument was deemed as suitable for the purpose of the study. Finally to analysis data independent t-test and paired t-test was employed.

RESULTS

Demographic Profile

From 180 respondents, 90 (50%) of them were males and 90 (50%) of them were female. 9(5%) of parents them were farmers, 62(34.4%) merchant and 109 (60.5%) of them were civil servants. From the whole athlete respondents, 150 (83.3%) were learning at Elementary level, 30 (17%) were secondary level. From the total number, 52 (29%) were played football for less than 1 year,

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128(71.1%) were played football for 1-2 year, and no players stayed in the project for more than 2 years [Table1].

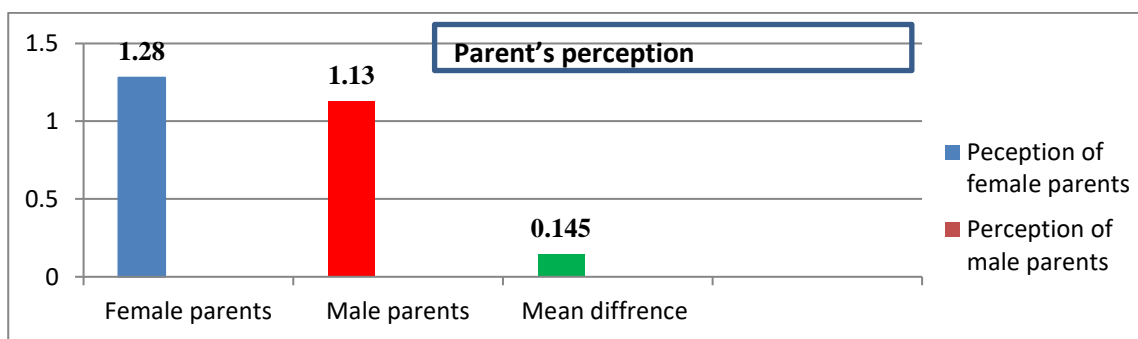
Table 1 Demographic Profile

Participants	Age					Parents Occupation				Training Experience			Grade Level		
	12-14	14-16	16-17	Total	%	Farming	Merchant	civil servant	Total	<1 yr	1-2yrs	2-3yrs	5-8	9-12	Total
Athletes	38	50	2	90	50	4	34	52	90	22	68	0	78	12	90
Male	51	36	3	90	50	5	28	57	90	30	60	0	72	18	90
Female	89	86	5	180	100	9	62	109	180	52	128	180	150	30	180
Total															

Perception of parents toward the participation of their children in sporting events

Table 2: Descriptive statistics on the perception of parents toward the participation of their children in sporting events

	Group	N	Mean	Std. Deviation	Std. Error Mean
Perception	Femalesparent	45	1.2839	.26119	.03894
	Malesparents	45	1.1383	.22741	.03390



The descriptive mean and standard deviation score of female parents on attitude was 1.2839+.26119 where as the mean and standard deviation score of male parents on attitude was 1.1383+.22741 respectively. This indicates that the mean of female parents (M=1.2839) higher than the mean of male parents (M=1.1383) [Table 2.].

To check the observed mean difference on the perception of female and male parents toward the participation of their children in sporting events, independent t-test was conducted

The independent sample t-test revealed that the observed mean differences between the two groups (females and males parent) on perception was found to be statistically significant, t (88)=2.821 , MD= .1456p<.05. The finding of present study shows that the mean score of

female's parent was higher than mean score of male's parent. This shows that male parents have good/positive perception for their children participation in sport than female's parent (the lower the mean shows positive perception whereas the higher the mean shows negative perception).

Academic transcript of athletes before and after participation in sporting events

Table 2. Descriptive statistics on academic transcript of athletes before and after participation in sporting events

	N	Mean	Std. Deviation	Std. Error
Transcripts of the students before participation in sports	40	70.0063	9.051	1.43119
Transcripts of the students after participation in sports	40	71.45	8.99	1.42144

The descriptive mean and standard deviation score of athlete's transcript before sport participation was 70.0063+ 9.051whereasthe mean and standard deviation score of athlete's transcript after sport participation was 71.45+ 8.99 respectively. This indicates that the mean of athletes transcript before participation in sport (M=70.0063) is lower than the mean of athletes transcript after sport participation (M=71.45) [Table 4.5.]. To check the observed mean difference of athlete transcript before and after sport participation, paired t-test was conducted

The paired t-test result shows that t there was a significant mean difference (-1.441) between the transcript scores of the students before and after participating in sporting events ($t(39) = 6.193$, $p < .05$). This indicates that, overall participating in sporting events increase the transcript scores of both male and female athletes. In fact, the student's academic performance may be affected by various factors like life style, economic level and others.

Discussion of findings

During the past 10 years, interest has grown considerably in the social, mental and educational benefits of physical activity for young people. There appears to be great potential in this area, and indeed a belief in the value of sport and activity for social and mental benefits has already underpinned considerable investment in their promotion by local and national government. Particular attention has been paid to the potential for physical activity to improve learning and academic achievement.

However, the small numbers of published reviews that have focused on the effects of physical activity on academic and cognitive performance in young people have not produced consistent results.

The study in hand shows that families of female athletes haven' positive perception towards the participation of their female children in sporting events in contrast to family of male athletes. The response of athletes (male and female) on the perception of their parents toward their children participation in sporting events also shows that parents of female athletes do not have positive perception toward the participation of their female children in sporting events in comparison with parents of male athletes. This may be the reason for the lower number of females participations in sporting events.

The finding of present study revealed that participation in sporting events does increase the academic transcripts of both male and female athletes. The finding also shows that athletes

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transcript was significantly enhanced by $M=1.441$ mean difference after participation of sporting events at 0.05 level of significance.

Aries et al. (2004) reported that athletes struggle with the time demands of completing requirements for school and academic performance with those of their chosen endeavor. Specifically, the authors found that the pressure to perform on the field caused student athletes to perform below their abilities in the classroom (Aries et al., 2004). Further, Aries et al. (2004) reported that there was an increase in the underperformance gap for college athletes as those students advanced through their academic careers.

Din (2005) also studied girls and the impact that participation in sports had on their performance. The findings of Din (2005) with respect to girls mimicked those of their male counterparts. Specifically, the author indicated that girls who participated in sports were increasingly likely to produce higher scores on their achievement tests than those girls who did not participate in athletics (Din, 2005). As noted previously, the findings of this study were not found to agree with the second part of Din's (2005) study. The entire significant relationship between GPA and participation in sports for this study can be linked to the relatively large difference in male performance instead of female performance. There was no significant relationship found between female GPA by season.

Conclusion and Recommendations

Attitudes of Students -From the result of the study it was clearly visible that there is significant difference in the opinion of females and males parent toward the participation of their children in sporting events. The finding of current study shows that parents of female athletes do have negative view for their female children participation in sporting events.

Academic achievement- The findings from Chapter Four indicated that there was a significant positive difference in the transcript scores of both male and female athletes before participation in sport events compared to after participation in sport events. The finding of present study revealed that participation in sporting events does increase the academic transcripts of both male and female athletes. Therefore, it is recommended to create awareness among the parents of female athletes on the benefits of sports participation for their children overall health life and improving academic performances.

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