

Psychological Variables of Sport Participation and Involvement among Student-Athletes of Tertiary Institutions in South-West, Nigeria

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Abstract : This study was conducted to investigate the psychological variables motivating sport participation and involvement among student-athletes of tertiary institutions in south-west Nigeria. One thousand three hundred and fifty (N-1350) student-athletes were randomly selected in all sports from nine tertiary institutions in south-west Nigeria. These tertiary institutions include University of Lagos, Lagos State University, Obafemi Awolowo University, Osun State University, University of Ibadan, University of Agriculture Abeokuta, Federal University of Technology Akungba, University of Ilorin, and Kwara State University. The descriptive survey research method was adopted while a self developed validated likert type questionnaire named Sport Participation Scale (SPS) was used to elicit opinion from respondents. The test-retest reliability value obtained for the instrument, using Pearson Product Moment Correlation Co-efficient was 0.96. Out of the one thousand three hundred and fifty (N-1350) questionnaire administered, only one thousand two hundred and five (N-1286) were correctly filled, coded and analysed using inferential statistics of Chi-Square (χ^2) while all the tested hypotheses were set at .05 alpha level. Based on the findings of this study, the result revealed that several psychological factors influence student athletes to continue participation in sport, which includes love for the game, famous athletes as role model and family support. However, the analysis further revealed that the stipends the student-athletes get from their universities have no influence on their participation and involvement in sport.

Keywords : sport participation, involvement, student-athletes, role model, family, peer

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