

Evaluation of a model for sports participation among male undergraduate students in Saudi Arabia

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ABSTRACT:

Objectives:

Sports participation of young and adult, is one of the necessary measures to achieve a healthy, longer and quality life span of people all over the world including Saudi Arabia. The aim of this study is to evaluate a model of sports participation among male undergraduate students in Saudi Arabia.

Methods:

The descriptive method was used in this study. About (258) respondents were randomly selected from academic staff in different universities in Saudi Arabia. The questionnaire was designed in such a way that it comprised of seven questions which was designed in Google form. The main method of distribution was via WhatsApp and email.

Results:

The positive impact of seven factors are clearly shown in the results which includes facilities, tools, financial, human resources, policies, programs and culture of the society. It shows that the results meet the participations needs in Saudi Arabia. It also shows the positive impact of applying the final model in Saudi universities to enhance the sport participations.

Conclusion:

This would highlight the significant implications of applying these factors for the university's top management who are planning to improve students' participation level in sports activities inside the university campus.

Keywords: Sports participation; Evaluate a model; Seven factors; Saudi universities.

1.1 Introduction:

Sport participation of young and adult, is one of the necessary measures to achieve a healthy, longer and quality life span of people all over the world including Saudi Arabia(KSA)(Hallal et al., 2012; World Health Organization, 2015). For developing and developed countries, particularly countries that have high risk to health hazards, such as cardiovascular-related disease and obesity, sport activities have contributed greatly to reduce the negative effect of those health hazard. This achievement has made KSA to resolve on compulsory inclusion of sports activities as part of the mission and policies of the government. It also provides a policy to allow young people as well as adults engage in sports events to reduce disease transmission and prevent premature death among students at KSA universities. (Abidin, et al., 2020)

In addition,when considering extra-curricular activities, sport generally has a very important role to play. The higher institution of learning contribute a lot of positive influence on the youth. The university, among other institution play a major role in emphasizing the necessity of sport participation in the society(Sayyd, et al, 2020).

Also, (McPherson et al., 2018) supported the assertion that Physical activity (PA) has an important impact on students' academic success at all stages of education.. The study indicated that the relationship occurred from the mediating effect of cognition. The model tested identified that PA with cognition has both a direct and indirect relationship on the academic performance of the students. Therefore, further studies that will utilize larger sample sizes are suggested to investigate important cofounding factors such as gender, age, and ethnicity (McPherson et al., 2018). These studies confirm there is a need to improve sports activities at universities in Saudi Arabia in order to ensure compliance with the 2030 vision and help accomplish the goal.Physical activity is a series of physical efforts carried out, which result to a lot of benefit like health improvement, mental and social health wellbeing, social and psychological growth, leading to better quality and mature lifespan (Alahmed and Lobelo, 2018).

According to the new 2030 vision of the Government of Saudi Arabia, which is aimed at increasing household spending on cultural and leisure activities from the current 2.9% to 6% across the Kingdom. In fact, the number of people who exercise at least once a week could increase from 13% to 40 percent.(Mohammed, 2016)

There is need to increase sporting activities at universities, as such it is very important to gather information and research for this purpose.In addition, it will help to assess how much knowledge students have about university sports and their participation in these variety of sports. It also intends to boosttheir interest in participating in university sports activities and look at various ways these factors can be influenced(Castaneda, Chacon-Borrego1, & Rosa Ma Alfonso-Rosa2, 2018)

1.2 Background of the Problem:

Some of the benefit of sport are protection against diseases, quality lifespan, maintaining vitality etc. Physical activities program must be designed in such a way that it will have influence in encouraging athletic practices, so that the youth can learn the importance of fitness, exercise and healthy lifestyle(Sayyd & Nahary, 2020).

According to (Cerar, Kondrič, Oehiana, & Sindik, 2017)Physical activity is a very important requirement for thesocial, biological and psychological development of the

youth. While national sport aims at improving health, and fitness, instil good character, strength, sportsmanship, national unity, as well as raise the dignity, and honor of the nation. (Asnaldi, et al., 2020) According to (Zainuddin, et al., 2020) the researcher noted the presence of obstacles that hinder the participation of male undergraduates in KSA universities that affect physical education development. Addressing the obstacles could facilitate male undergraduate students to participate in sports.

The obstacles prevent universities to achieve desired goals in line with recent KSA government policy agitation for sports introduction. In order to achieve sports activities introduction in various universities, all the factors that can avert effective sports activities towards vision 2030 in KSA among male undergraduate students needed to be given adequate attention. The vision 2030 second goal is to encourage healthy and balance lifestyle, this will require constant and regular practice of sport activities, however, chances for regular practice of sports has been restricted (Thompson, 2017) (Kinninmont, 2017) (Thompson, 2017; Kinninmont, 2017). Meanwhile, the government is making frantic effort for the kingdom to excel in sport and be among the world best by 2030. (Sayyid, Zainuddin, et al., 2020)

In addition, the participation in sport by young and adult, is one of the necessary measures to achieve a healthy, longer and quality life span all over the world including Saudi Arabia (KSA) (Hallal et al., 2012; World Health Organization, 2015). For developing and developed countries particularly countries that have high risk to health hazards, such as cardiovascular-related disease and obesity, sport activities have contributed greatly to reduce the negative effect of those health hazard. As part of the mission and policies of the KSA Government, it has been resolved there will be a compulsory inclusion of sports in various activities. Latest research has shown that involvement of male teenagers in sports by global standards is very low (Alahmad, 2016), which is also the case for women (Fallatah, Seok Pyo, & Alsaleh, 2019). Athletics have been reported to be "a healthy practice that greatly reduces all causes of deaths and is thus a recommendation to patients in the primary health care framework because of its efficiency" (Alahmed and Lobelo, 2018).

Consequently, sporting activities and associated usefulness for KSA students use concise analysis and questionnaires to promote research based knowledge in the country. Although there are a lot of research which focus on general well being and improvement on health, especially as it relates to women, relatively little research have mentioned the policy and factors regarding organizational goal to encourage sports participation. There is no analytical work that examines the connection between sports practices and influences that may affect individual participation, the availability of sports facilities and the need for male students in KSA universities. Therefore, it is very crucial to examine the enhancement of sporting activities and the relationship with relevant factors to help in KSA universities.

This study summarises some of the gaps in sports participation among students in Saudi Arabia, which has been pointed out earlier in this study, and thus strengthens the need for a lot of reforms.

Therefore, it is important to establish a model for sports development to analyse factors relevant to participation in sports. Seven variables make up this model. It attempts to understand the factors that are crucial to the growth of sport, more specifically the combination of factors that influence participation rates and the dedication of individuals to sport. However, more study is necessary to critically investigate these factors for sports activities in some countries, where they are already successful. Then, the possibilities of

utilizing the suitable investigated factors for universities in KSA would be considered, in order to achieve its goal for health and well-being for students in universities. The following research aim were formulated, considering the stated problems

1.3 Research Question:

In order to solve this problem, this paper intends to answer the following research question (RQs):

“What is the best proposed model for sports participation among undergraduate male students in Saudi Arabia?”

1.4 Research Objective:

The main objective of this study is "To evaluate a model of sports participation among undergraduates' male students in Saudi Arabia".

1.5 Methods and Sample:

This study used the descriptive approach, (258) respondent in Some Saudi University were randomly selected from academic staff, in order to examine the factors affecting sports participation in Saudi universities, this study used an online questionnaire. Seven questions from previous studies on sport participation were used to form the questionnaire, which was designed in Google form. The medium for communication to the respondents is email and WhatsApp. The authors collected the data from different age groups, levels of experience and different backgrounds. Also, the authors select respondents from different cities in Saudi Arabia the result was later analyzed using Microsoft excel.

1.6 Results and Discussion:

1. Description:

The researchers found seven factors that have a significant effect on sport participation in Saudi universities. Then the researchers develop an instrument with seven items to collect the data. Those factors are human resources, a culture of society, facilities, financial, tools, programs, and policy. The model below represents the final model generated from the final results.

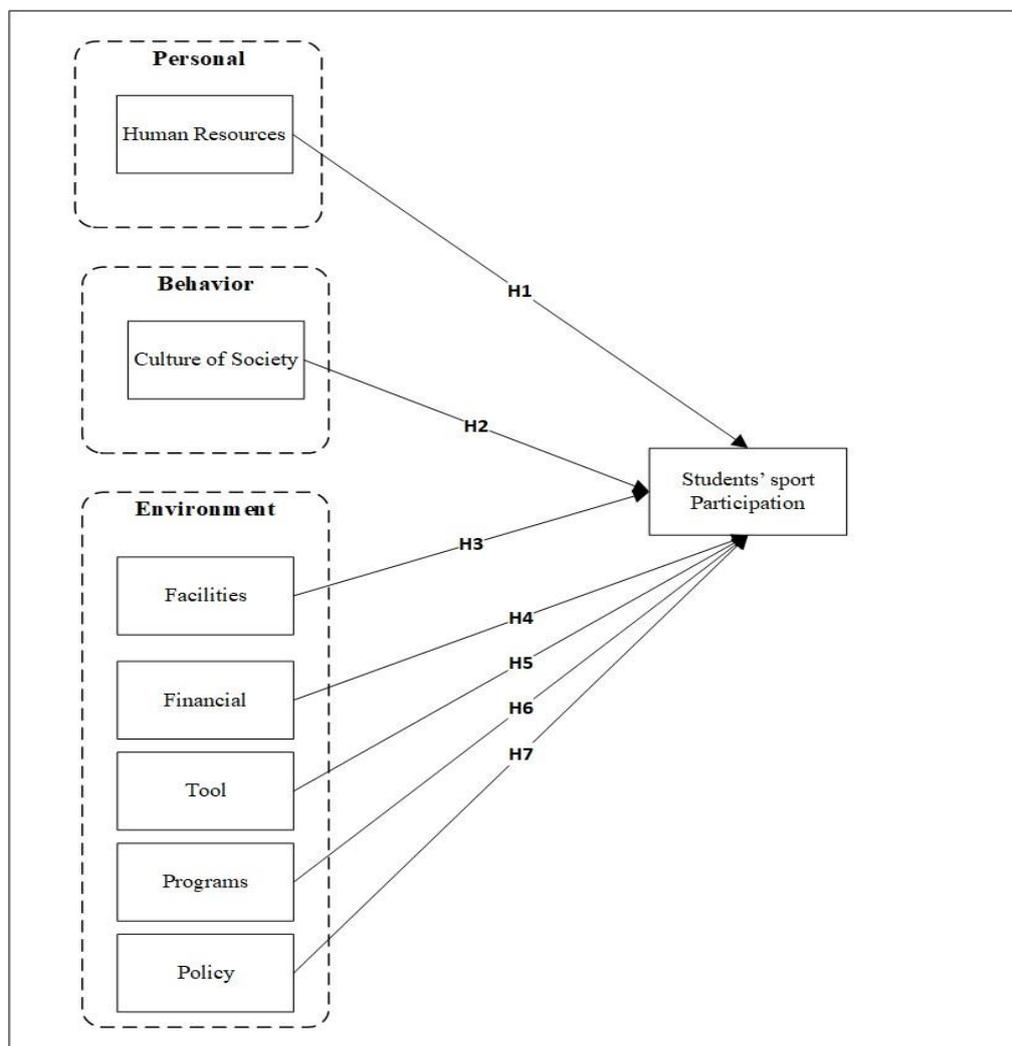


Figure 1.1 Final model of Male students participation in sports activities

2. Results of The Evaluation:

Table 1.1: Demographics of the participants:

Number of participants	258	Male
Group of ages	(31-40 years)	61
	(41-50 years)	127
	(51-60 years)	70
Level of education	Diploma	12
	Bachelor	150
	Master	46
	PhD	50
Years of experience	(5-10 years)	33
	(11-20 years)	92
	(21-30 years)	133

2.1.Results:

The researchers instructed the participants to complete the instrument based on their beliefs and opinion. There are five choices for the answer to evaluate their satisfaction. The next table shows the answer to the participation.

Table 1.2: Response of the participants:

Factors	Strongly agree	Agree	Nature	Disagree	Strongly disagree
Human resource	95	106	28	29	0
Culture of society	106	101	26	25	0
facilities	141	89	12	12	4
Tools	129	101	15	9	4
Program	79	132	30	17	0
Finance	110	96	32	20	0
Policy	87	117	37	17	0

2.2.Discussion of the results:

It can be clearly seen from the result in Table 1.2, which shows the satisfaction of participation about the results of the final model. For example, 55 % of the participation strongly agree with the positive effects of facilities on sport participation in Saudi universities. Also 35% of the participation agree with the positive effects of facilities on sport participation in Saudi universities.

Also, 43% of the participation strongly agree with the positive effects of finance on sport participation in Saudi universities, and 37% of the participations agree with the positive effects of finance on sport participation in Saudi universities.

Moreover, 1.5% of the participations strongly disagree with the positive effects of tools on sport participation in Saudi universities while 50% of the participations strongly agree with the positive effects of tools on sport participation in Saudi universities.

In addition, 9.6 % of the participations disagree with the positive effects of culture of society on sport participation in Saudi universities, 41% of the participations strongly agree with the positive effects of culture of society on sport participation in Saudi universities.

Also, 51% of the participations agree with the positive effects of program on sport participation in Saudi universities and 6.5% of the participations disagree with the positive effects of program on sport participation in Saudi universities.

Positive effects of policy on sport participation in Saudi universities, show 34% of the participation are “strongly agree” while 45% of the participations agree with the positive effects of policy on sport participation in Saudi universities and 6.5 % of the participations disagree with the positive effects of policy on sport participation in Saudi universities.

Finally, 37% of the participations strongly agree with the positive effects of human resource on sport participation in Saudi universities and 42% of the participations agree with the positive effects of human resource on sport participation in Saudi universities. while 11% of the participations disagree with the positive effects of human resource on sport participation in Saudi universities.

So, the positive impact of seven factors are clearly shown in the results, which means that the results meet the participations needs in Saudi Arabia. The results also show the positive impact of applying the final model in Saudi universities to enhance the sport participations.

1.7 Conclusion and future work:

Sport participation of young and adult, is one of the necessary measures to achieve a healthy living, longer and quality life span of people all over the world including Saudi Arabia.

Considering all other several extra curricular activities, the benefit of sport is very significant, as a result, the higher institution act as a core whose impact on the younger generation matters a lot in the society. Those institutions in which university is one of them are responsible for emphasizing the importance of sports. This study finds that sports participation in Saudi universities needs to be enhanced so the model provided by analysis findings show that there is a potential to enhance students' experience in participating in sports activities through providing essential requirements such as good sports programs, financial support to students, tools availability, and facilities. Furthermore, the study findings highlight that the culture of the society should be considered when introducing new sports programs inside the universities. The results of this study change the current knowledge on how sport is perceived among male students, by showing that nowadays sports activities become an essential part of university programs, and students are willing to participate in these activities if the university offers sports programs that suit their needs, motivate them, and increase their social interaction.

Students these days are socially connected making them to belong to an international community, this helps in playing a key role in encouraging them to participate in any sports provided by the university, considering their sport's needs (e.g., nature of sports programs, funding, and rewards).

This study findings affirms that male students perceived sports activities positively, but sometimes they need to be encouraged, by providing a suitable environment for them, to increase their participation. The main contribution of this study is proposing a comprehensive model of male students' sports participation in Saudi universities, the study highlights the important factors that need to be taken into consideration. This would highlight the significant implications of applying these factors for the university's top management who are planning to improve students' participation level in sports activities inside the university campus. So, the positive impact of seven factors are clearly shown in the results which includes facilities, tools, financial, human resource, policies, programs and culture of the society. It means that the results meet the participations needs in Saudi Arabia. Also, the results show the positive impact of applying the final model in Saudi universities to enhance the sport participations.

As for future work, there is more insights into the factors that may affect students' participation in sports activities. Also, future studies could focus on other research methods such as experiments, interviews, and focus groups.

1.8 Acknowledgements:

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1.9 Conflict of Interest:

The authors declare that there are no conflicts of interest.

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