

## **Assessing the Participation of Community in Sport Centers with Particular Reference to Wolaita Sodo City Keha Gymnasium**

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**Abstract:** The study was conducted in Wolaita Sodo city and its main purpose was to assess the participation of community in sports centers with Particular Reference to Wolaita Sodo City Keha Gymnasium. The sample size include 2 coaches, 1owner and25 participants. In order to get this sample size the researcher used simple random sampling (for participants) and purposive sampling (for coaches and sport center owners). As the result of the study shows there are several factor together that affect the community from participating in sport center. As most of the respondent replied the main factors are lack economy, lack of sport center and shortage of time to participate in sport were the major ones. So the governmental and non-governmental bodies of sport center owners should work together to increase the availability of sport center in the city so that people are eager to participate freely and equally.

**Key Words:** Sport Center, Community, Assessment, Participation

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### **I. INTRODUCTION**

Physical activity has wide-ranging long-term health benefits and reduces the risk of chronic disease (Friedenreich et al., 2010, Reiner et al., 2013). Even small increases in activity could benefit population health, with the largest gains coming from inactive individuals becoming moderately active doing 20 min of brisk walking each day (Ekelund et al., 2015). The simplicity of walking, associated with little cost, makes it economically accessible and thus one of the best ways to achieve recommended daily amounts of physical activity (ACSM, 2011).

A healthy individual is a man who is well balanced bodily and mentally, and well-adjusted to his physical and social environment. He is in full control of his physical and mental faculties, can adapt to environmental changes, so long as they do not exceed normal limits, and contributes to the welfare of society according to his ability. Health therefore is not simply the absence of disease; it is something positive, a joyful attitude towards life, and a cheerful acceptance of the responsibilities that life puts upon the individual” (WHO, 1948).

Available experience and scientific evidence show that the regular practice of appropriate physical activity and sports provides people, male and female, of all ages and conditions, including persons with disability, with wide range of physical, social and mental health benefits. It interacts positively with strategies to improve diet, discourage the use of tobacco, alcohol and drugs, helps reduce violence, enhances functional capacity and promotes social interaction and integration. Physical activity is for an individual; a strong means for prevention of diseases and for nations a cost-effective methods to improve public health across the population (WHO, 2003).

Sport centers are very important for human being in order to gain health, for good posture, and for the benefit. To happen now sport center in Ethiopia are not developed and the lack of knowledge of the community in some city of Ethiopia is also one of the problem. The community participation and awareness towards sport is critical issue in our country of Ethiopia. Likewise the attitude and awareness of community towards sport center is essential and from the other center Gymnasium has a lot of much advantage for the human health. However many young people in Wolaita Sodo city resident are spending their time on other unnecessary activities. Therefore the major objective of the study is to assess the participation of society toward sport centers. In addition the study has the following specific objectives.

- ✓ To investigate the societies awareness toward sport center in Wolaita Sodo city
- ✓ To assess the quality and level of sport center in Wolaita Sodo city
- ✓ To suggest possible recommendation in order to increase the participation of people in sport centers in the city

**Research Methodology**

**Description of the Study Area**

This research study was conducted in Wolaita Sodo city. This city is found in South Nation’s Nationalities and Peoples of Ethiopia which is 330km far away from Addis Ababa (the capital city of Ethiopia).

**Study Design**

This research was designed by descriptive survey method to assess the participation of community towards sport center in cases of Wolaita Sodo city.

**Population of the study**

The main participants were coaches and owners of sport center of Wolaita Sodo city Kiha Gymnasium. There are about a total of 50 participants who were taken as study population in this research study. In terms of their gender 10 of them are females while the rest 40 of the participants are males. There are 2 coaches and 1 owner of the gymnasium center which are also part of the study population.

**Sample size and Sampling technique**

The total numbers of study participants were 28 which were 2 coaches, 1 owner and 25 gymnasium participants. The participants were selected by using simple random sampling technique while the coaches and owner of the Gymnasium were selected by using purposive sampling.

**Data collection instrument**

The researcher used questionnaire as a primary data collection instrument. The questionnaires were including both open and close ended type.

**Data analysis**

After the collection of appropriate data through questionnaire it would be grouped, tabulated and interpreted in terms of frequency and percentage in the form of table. SPSS Software version 25 was used in order to analyze the data by descriptive statistics. Finally the results were presented in quantitative and qualitative way and have been discussed.

**II. RESULTS AND DISCUSSION**

**Table 1:** Demographic characteristics of Respondents

Item	Alternative	Trainees		Coaches and owner	
		frequency	percentage	frequency	percentage
Gender	Male	22	88	3	100
	Female	3	12	-	-
	Total	25	100	3	100
Age	below 20	-	-	-	-
	20-25	4	16	-	-
	26-30	7	28	-	-
	above 31	14	56	3	100
	Total	25	100	3	100
Marital Status	Married	16	64	3	100
	Single	9	36	-	-
	Total	25	100	3	100
Educational Level	Diploma	-	-	-	-
	Degree	-	-	2	67
	MSc/above	-	-	1	33
	Total	-	-	3	100

As it is shown in the above table 1, 88% of the trainees and all of the coaches were males while the rest 12% of the participant trainees were females. Concerning their age 16% and 28% of the trainees were between the age of 20-25 and 26-30 respectively while the rest 56% of the trainee and all of the coaches and owner were having above 31 ages. On the other hand 64% of the trainee and all of the coaches as well as the owner are married while the rest 36% of the trainees are single. In addition 67% of the coaches and owner has degree and 33% of them have an educational level of MSc and above. From this we can say that majority of the participants were male in gender, had an age of 31 and above, married and had degree in terms of their educational level.

**Table 2:** Questions related to the level of participation of community in Sport Centers

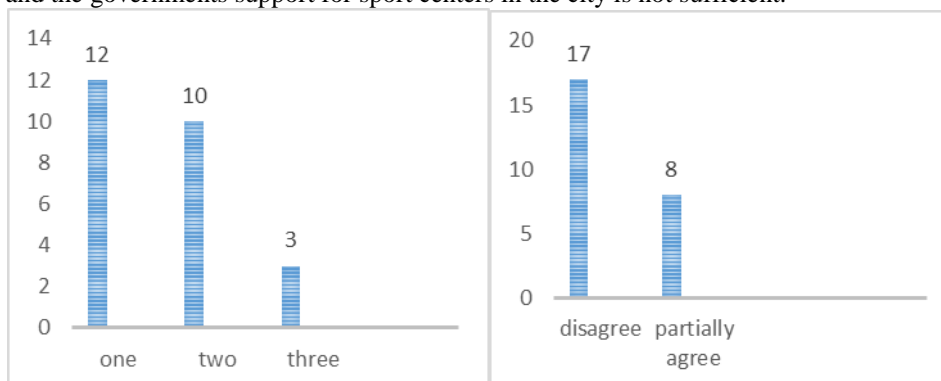
Item	Alternative	Trainees	
		Frequency	Percentage
How many times a week did you exercise in this sport center?	One	-	-
	Two	-	-
	Three	25	100
	Four	-	-
	Total	25	100
How do you see the level of people’s participation in sport center in the city?	low	9	36
	medium	14	64
	high	-	-
	Total	25	100
How do you see the consistency of people’s participation in sport center for long months in this sport center after registration?	low	19	76
	medium	6	24
	high	-	-
	Total	25	100

As it is depicted in the above table 2, trainees were asked about how many times per week did they exercise in sport center and accordingly all of them replied that they are doing three times per week. Concerning the level of people’s participation in sport center in the city 36% of the trainee said that it is low and the rest 64% of them said as it is medium. In line with this as 76% of the trainee said their consistency in staying for long time in the sport center is low and 24% of them said as it is medium. From this we can observe that majority of the participants have three day contact per week, there is medium participation level of the community in the city in sport centers and even those who are participating in sport centers had a low level of consistency to stay for long months on exercise.

**Table 3:** Questions on the number of sport center in the city and support from the government

Item	Alternative	Trainees	
		Frequency	Percentage
How many gymnasium centers that you know are there in wolaita sodo city?	One	12	48
	Two	10	40
	Three	3	12
	More than three	-	-
	Total	25	100
Do you think there is sufficient support and follow up by concerned government body to sport centers in the city?	disagree	17	68
	partially agree	8	32
	agree	-	-
	Total	25	100

The above table 3 is all about the number of sport center in the city and support from the government and accordingly 48%, 40% and 12% of the participant trainees replied that there was 1, 2 and 3 sport centers in the city respectively. Trainees were also asked if there was sufficient support and follow up by concerned government body to sport centers in the city and accordingly 68% replied as there is no support while the rest 32% said there is little support. From this the researcher conclude that the number of sport centers in the city is not enough and the governments support for sport centers in the city is not sufficient.



**Figure 1:** Number of gymnasium centers in the city and agreement on government support

**Table 4:** Questions related to the level of participation and factors that hinder them from participation

Item	Alternative	Trainees	
		Frequency	Percentage
Have you ever been participated in any sport center before in this city?	Yes	7	28
	No	18	72
	Total	25	100
What do you think will be the problem of people in the city to participate in sport center? You can choose more than one	Lack of sport center	12	48
	Lack of economy	5	20
	Lack of experienced coach	-	-
	Shortage of time	8	32
	Total	25	100

Table 4 is all about the level of participation of trainees and factors that hinder them from participation in sport centers and accordingly 28% of the trainee said that they have been participated in sport centers before joining Keha Gymnasium while the rest 72% of them replied they didn't participated in any sport center in the city before. Trainees were also asked to choose some of the factors that cause them not to participate in sport centers and 48%, 20% and 32% of them replied that lack of sport center, lack of economy and shortage of time respectively were the factors that hinders them from participating in sport centers in the city. Thus majority of the trainees had not been participated in any sport center before and lack of sport center, lack of economy as well as shortage of time were some of the factors that influence people from participating in sport centers.

**Table 5:** coaches and owners response on participants in terms of age, gender and their level of participation

Item	Alternative	Coaches and owner	
		Frequency	Percentage
Who are your major participants in your sport center in terms of age?	youngsters'	-	-
	adolescents'	2	67%
	elders	1	33%
	Total	3	100
Who are your major participants in your sport center in terms of gender?	Males	3	100
	Females	-	-
	Total	3	100
How is the participation of people in your sport center?	low	-	-
	medium	3	100
	high	-	-
	Total	3	100

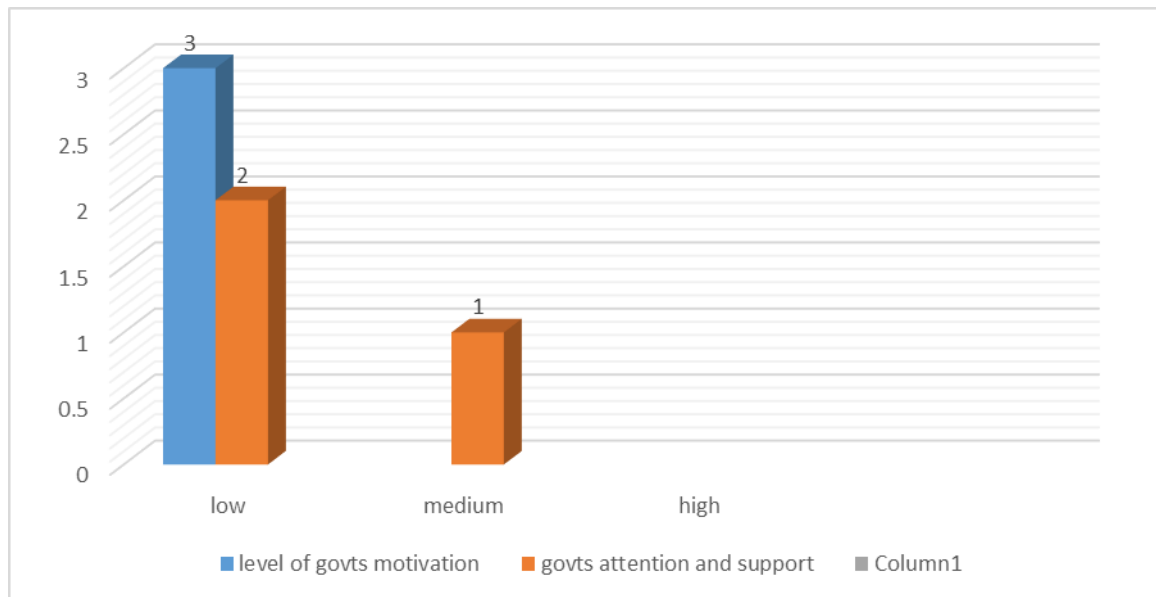
As described in the above table 5, coaches and owners of the sport center were asked about their major participant in the gymnasium in terms of age and gender and accordingly 67% of them said their major participants were adolescents and the rest 33% were elders. In terms of gender all (100%) of the respondent coaches and owner said that males were their major participant in their gymnasium. When they were asked about the level of participation all of them replied that it is medium. Thus majority of the participants in Keha gymnasium sport center were adolescents and their level of participation is medium.

**Table 6:** coaches and owners response on governments' attention and support for sport centers in the city

Item	Alternative	Coaches and owner	
		Frequency	Percentage
The effort of governmental and non-governmental bodies to motivate your work as an owner and coach is?	Low	3	100
	Medium	-	-
	High	-	-
	Total	3	100
Governments attention and support in material or other for sport center in the city is	Low	2	67
	Medium	1	33
	High	-	-
	Total	3	100

Table 6 is all about the governments' attention and support for sport centers in the city and all 100% of the respondent coaches and owners replied that the effort of government to motivate their work is low. Coaches and owners were also asked about the governments' attention and support in material or other for their sport

center and accordingly 67% of them said as it is low and the rest 33% said it is medium. Thus the motivation and support in material or other things by governmental bodies to sport centers in the city was low.



**Figure 2:** Government's motivation and support for sport centers in the city

**Table 7:** Coaches and owners response on availability of sport centers in the city dropout rate of participants in their Gymnasium

Item	Alternative	Coaches and owner	
		Frequency	Percentage
How do you see the availability of sport centers for people in the city?	Not available	-	-
	Low	2	67
	Medium	1	33
	Highly available	-	-
	Total	3	100
How is the dropout rate of participants in the gymnasium center after registration?	Low	2	67
	High	1	33
	Total	3	100

As it is depicted in the above table 7 coaches and owner were asked about the availability of sport centers for people in the city as well as dropout rate of participants and accordingly 67% of them said that it was low respectively while the rest 33% of them said it was medium and high respectively. Thus the availability of sport center in the city and dropout rate of participants in the gymnasium was low.

### III. CONCLUSION AND RECOMMENDATION

The purpose of this study was to assess the Participation of Community in Sport Centers with Particular Reference to Wolaita Sodo City Keha Gymnasium. To achieve the purpose of the study, 28 (25 participants and 3 coaches and owner) samples were selected from Keha Gymnasium. The sampling technique employed for this study was simple random sampling and purposive sampling. The results obtained in this study proved that the number of sport center in Wolaita Sodo city is low. The main cause for lower participation of people in sport center in the city were identified as lack of sport center, lack of economy and shortage of time. According to the respondents, effort of government to motivate participant in the city is low. So based on the findings the following recommendations were forwarded.

- ✓ The community, government and non-governmental bodies must work together for the availability of sport center in Wolaita Sodo city
- ✓ Sport commission of Wolaita Sodo town must construct the sport center and check the availability of sufficient sport areas as much as possible
- ✓ Sport science professionals should create awareness to the society about the value of exercise to their health by organizing and providing training workshops semiannually or less.
- ✓ Wolaita Sodo town administrators have a responsibility to facilitate and promote sport centers in the town.

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