

Determinants of Women Participation in Nigeria Sports: A Case Study of Oredo Local Government Area of Edo State

Adaeze Nwokike¹; Ogbeni Onome²; Eseroghene Oguma³

Publication Date: 2025/03/17

How to Cite: Adaeze Nwokike, Ogbeni Onome. (2025). Determinants of Women Participation in Nigeria Sports: A Case Study of Oredo Local Government Area of Edo State. *International Journal of Innovative Science and Research Technology*, 10(2), 2195-2209. <https://doi.org/10.38124/ijisrt/25feb1614>.

ABSTRACT

This study investigates the determinants of women's participation in sports in Oredo Local Government Area, Edo State, Nigeria. The study aims to identify key factors influencing female engagement in sports, including the availability of sports facilities and equipment, funding, rewards and incentives, family background, and peer influence. A descriptive survey research design was adopted, with a sample size of 80 women athletes drawn from Oredo Local Government Area. Data collection was conducted using a structured questionnaire, which was validated by experts in the field. The collected data were analyzed using frequency distribution, mean, and standard deviation.

The findings revealed that sports facilities and equipment significantly impact women's participation in sports, with inadequate infrastructure serving as a major barrier. Financial constraints and the lack of rewards and incentives also discourage participation, while family background and peer influence play a critical role in shaping attitudes toward sports involvement. The study concludes that these factors collectively influence women's sports participation and recommends targeted interventions such as increased funding, improved sports infrastructure, provision of incentives, and enhanced family and community support to encourage greater female engagement in sports.

The study contributes to the growing discourse on gender and sports participation in Nigeria and suggests areas for further research, including the examination of cultural and religious influences on women's involvement in sports, as well as comparative studies at state and national levels.

Keywords: *Women's Sports Participation, Sports Facilities, Funding, Incentives, Peer Influence, Family Background, Oredo Local Government.*

TABLE OF CONTENT

TITLE	2195
ABSTRACT	2196
TABLE OF CONTENT	2197
CHAPTER ONE: INTRODUCTION	2198
CHAPTER TWO: REVIEW OF RELATED LITERATURE	2200
CHAPTER THREE: METHODOLOGY	2203
CHAPTER FOUR: PRESENTATION OF RESULTS AND DISCUSSION OF FINDINGS	2204
CHAPTER FIVE: SUMMARY, CONCLUSION, AND RECOMMENDATIONS	2207
REFERENCES	2208

CHAPTER ONE INTRODUCTION

A. Background of the Study

Sport is a socially interpreted activity closely linked to physical exertion and performance measures. It takes on various forms, evolving with societal norms, trends, and new directions. Defined as a human activity requiring physical effort and skill, sport often includes competition or social participation, governed by formal organizations and recognized globally.

The concept of sports participation is fluid and depends on individual perceptions. Engagement in sports can be categorized based on factors such as solo versus group participation, scheduled versus impromptu involvement, and the setting in which it takes place. Physical activities occur within a socio-cultural context and are influenced by societal forces. Global recognition, particularly among feminists, asserts that women should have equal opportunities in sports. Over the years, attitudes toward female participation in sports have evolved, yet disparities persist. According to Adler (2015), women historically faced fewer opportunities than men, often being expected to prioritize domestic responsibilities over personal or professional growth.

Despite their significant contributions to national development, women in Africa continue to encounter barriers that hinder their potential in sports. Ladan (2014) noted that for many years, sports competition was predominantly reserved for men. While progress has been made, the rate of change remains slow. In Nigeria, women's participation in sports has long been relatively low compared to men due to socio-cultural factors, including parental influence, religion, cultural norms, gender expectations, and peer groups. The underrepresentation of women in sports is a national concern, necessitating intervention from governmental and non-governmental sports organizations.

Adeyanju (2011) emphasized that women's low involvement in sports is not due to a lack of interest but rather a history of direct and indirect discrimination, stereotypes, and societal constraints. Research indicates that adolescents engaged in sports are less likely to participate in high-risk behaviors such as substance abuse (Buffer, Hyaams, & Caruthers). Studies also suggest that sports participation reduces the rate of teenage pregnancy and promotes healthier, more productive lifestyles for women. Participation in physical activities enhances self-confidence, fosters a positive body image, and has been linked to lower levels of depression. Moreover, sports improve women's physical health by promoting strength and weight management.

Sports serve as a unifying platform, bringing together individuals from diverse cultural, religious, and political backgrounds. Globally, institutional sports have played a crucial role in selecting athletes for international competitions. Universities provide sporting facilities to encourage students to maintain an active and healthy lifestyle. Female undergraduates often participate in sports to stay physically fit. According to Jones, Ainsworth, and Croft (1998) and Vuori (1995), regular physical activity is essential for promoting health and reducing the prevalence of neuromuscular disorders, coronary heart diseases, hypertension, diabetes, osteoporosis, obesity, and colon cancer.

Despite the benefits of sports participation, several barriers hinder female undergraduates from engaging in sports. These include parental influence, the availability of standard facilities and equipment, academic stress, and university policies on sports (Akindutire & Oyeniyi, 2014). In Nigeria, many universities lack adequate sports facilities, limiting women's participation in competitive and recreational sports. Akindutire and Oyeniyi (2014) emphasized that facilities and equipment are essential for effective sports participation. This study examines the determinants of women's participation in sports in Oredo Local Government Area.

B. Statement of the Problem

Research indicates that women are underrepresented in sports as athletes, coaches, advisors, and administrators. Gender inequality persists in various sectors, including politics, education, and sports, where women continue to face discrimination.

Although sports participation positively impacts women's physiological, social, aesthetic, and mental development, their involvement remains significantly low. Many women prioritize other activities over sports, often perceiving physical activities as too strenuous and more suited for men. Factors such as cultural norms, parental influence, and gender roles contribute to this perception. The focus of this study is to assess the determinants of women's participation in sports in Oredo Local Government Area.

C. Research Questions

➤ *This Study is Guided by the Following Research Questions:*

- Do sports facilities and equipment influence women's participation in sports in Oredo Local Government Area?
- Do rewards and incentives determine women's participation in sports in Oredo Local Government Area?
- Does family background affect women's participation in sports in Oredo Local Government Area?

D. Purpose of the Study

The study aims to examine the determinants of women's participation in sports in Oredo Local Government Area, Edo State, Nigeria. Specifically, it seeks to:

- Assess the extent to which sports equipment and facilities influence women's participation in sports.
- Evaluate the impact of rewards and incentives on women's involvement in sports.
- Examine the role of family background in determining women's participation in sports.

E. Significance of the Study

The findings of this study may provide insights into the level of female participation in sports and societal perceptions of women in physical activities. The results could guide governmental and non-governmental organizations in formulating sports policies that promote female participation.

Additionally, the study aims to raise awareness among women regarding the importance and benefits of physical activities. It may also provide recommendations for injury prevention in sports, thereby encouraging more women to participate actively.

F. Scope and Delimitation of the Study

This study investigates the determinants of women's participation in sports, focusing on administrative and sociological factors. Key administrative determinants include sports facilities and equipment, sports personnel quality, funding, and incentives. Sociological determinants include peer group influence, family background, and religious beliefs. The study is limited to female athletes and sports officials in Oredo Local Government Area of Edo State.

G. Definitions of Terms

- **Sports:** A human activity requiring physical exertion and skill, often involving competition or social participation, governed by rules and formal organizations.
- **Participation:** The act of taking part in an event or activity.
- **Sports Participation:** Purposeful engagement in sports-related physical activities performed during leisure time.
- **Administration:** Activities related to organizing and supervising an institution or organization.
- **Sports Administration:** The governance and management of sports organizations, including policy-making and implementation.
- **Determinants:** Factors that influence outcomes or decisions.
- **Administrative Determinants:** In this study, these include facilities, equipment, funding, scheduling, administrative style, and qualified personnel.
- **Social Determinants:** These include peer group influence, parental influence, gender norms, religious beliefs, and cultural factors.

This study aims to provide a comprehensive analysis of the factors influencing women's participation in sports, ultimately contributing to efforts to increase female representation and engagement in sports in Nigeria.

CHAPTER TWO

REVIEW OF RELATED LITERATURE

This chapter presents a review of literature related to the determinants of women's participation in sports. The review is structured under the following sub-headings:

- A. *Conceptual Framework*
- B. *Participation of Women in Sporting Activities*
- C. *Human Kinetics and Sporting Activities*
- D. *Advantages and Disadvantages of Women's Participation in Sports*
- E. *Sociological Determinants of Women's Participation in Sports*
- F. *Motivation and Sports Participation*
- G. *Benefits of Women's Participation in Sports*
- H. *Summary of Reviewed Literature*

A. *Conceptual Framework*

Sports have the potential to bring about significant personal development for women and girls. Participation in sports can foster empowerment, allowing women to challenge existing gender norms and overcome inequalities that persist across different societies. According to the World Health Organization (WHO), physical activity is defined as any bodily movement produced by skeletal muscles that requires energy expenditure. It includes activities such as walking, cycling, sports, active recreation, and play. These activities, regardless of skill level, contribute to an individual's overall health and well-being.

Regular physical activity is essential in preventing and managing non-communicable diseases such as heart disease, stroke, diabetes, and various forms of cancer. Additionally, it aids in weight management, prevents hypertension, and improves mental health and overall quality of life. However, while sports can be empowering, they do not always lead to positive outcomes. The impact of sports participation varies depending on personal experiences, socio-cultural factors, and structural conditions that shape the sporting environment (Chalip, 2012).

UNESCO (2014) defines sports as any physical activity that involves competition, play, and structured rules, contributing to individual and communal development. Bartko and Eccles (2002) found that women who participate in sports tend to develop greater physiological resilience and are better equipped to cope with life's challenges. Similarly, Eccles et al. (2012) reported that sports participation protects individuals from social isolation, while Taliaferro et al. (2014) found that intramural sports provide higher levels of social support, fostering resilience and desirable social behaviors such as teamwork, fair play, and self-discipline.

The issue at hand is not simply participation in physical activity but rather engagement in structured physical exercise. While everyone engages in some form of movement (walking, running, writing), not all individuals engage in structured physical exercise. Research highlights the importance of regular exercise in disease prevention and overall well-being. A healthy lifestyle, which includes consistent participation in sports and physical exercise, contributes to improved quality of life (Rauzon, 2002).

Women, in particular, stand to gain significantly from engaging in regular physical exercise. Studies by Sturgeon, Brinton, & Berman (1993) and Bernstein et al. (1994) suggest that sedentary women have a higher risk of developing breast, cervix, and endometrial cancers. Regular exercise has also been linked to a reduced risk of osteoporosis (Zhang, Feldblum, & Fortney, 1992), while Clapp et al. (1992) found that active women experience lower levels of insomnia, stress, anxiety, and depression. Despite these benefits, women's participation in sports remains disproportionately low due to various sociocultural barriers.

B. *Participation of Women in Sporting Activities*

Women's involvement in sports has historically been marked by discrimination and division. However, over the years, female athletes have made significant strides in breaking barriers and achieving remarkable milestones. Notable examples include:

- Helene Madison (USA), the first woman to swim the 100-yard freestyle in under one minute at the 1932 Olympics.
- Maria-Teresa de Filippis (Italy), the first woman to compete in a European Grand Prix auto race in 1958.
- Nawal El Moutawakel (Morocco), the first Muslim woman to win an Olympic medal in the 400-meter hurdles at the 1984 Olympics.
- Tegla Loroupe (Kenya), the first African woman to win a major marathon in 1994.

Despite these achievements, female participation in sports remains significantly lower than that of men due to cultural biases, limited access to resources, and societal expectations. Female university students, for instance, participate in intramural sports at much lower rates than their male counterparts due to factors such as academic pressure, cultural restrictions, and inadequate sports infrastructure.

Research suggests that participation in sports enhances self-confidence and self-esteem in women, mitigating risks associated with body dissatisfaction and low social acceptance. Additionally, team sports contribute to skill development, leadership qualities, and positive social interactions (Orunaboka & Nathan, 2007).

However, despite legislative efforts and educational policies promoting women's sports, participation rates remain suboptimal, as evidenced by data from institutions such as the University of Benin, where female intramural sports participation is significantly lower than expected.

C. Human Kinetics and Sporting Activities

Human kinetics, as a field of study, explores the science of movement and its application in sports and physical activities. Since ancient times, different civilizations have embraced human kinetics and sports for health and recreational benefits (Young & Enrique, 2013).

Women pursuing careers in sports science face various challenges, including economic constraints, gender biases, and societal expectations. However, advancements in human kinetics research have helped reshape perceptions of women in sports by emphasizing their physiological capabilities and contributions to athletics. Effective communication between sports administrators, parents, and the community is essential in fostering increased female participation in sports and physical activities.

D. Advantages and Disadvantages of Women's Participation in Sports

➤ Advantages

According to Ajisafe (2009) and Akindutire et al. (2013), the benefits of sports participation include:

- Improved physical fitness and health.
- Development of qualities such as teamwork, discipline, and leadership.
- Psychological well-being, stress reduction, and increased self-esteem.
- Enhanced social interactions and interpersonal skills.
- Reduced risk of lifestyle-related diseases such as hypertension and diabetes.
- Promotion of national unity and social cohesion.

➤ Disadvantages

While sports participation has numerous benefits, certain challenges exist, including:

- Risk of injuries, particularly in contact sports.
- Overemphasis on competition and winning, which can lead to burnout and stress.
- Limited access to resources for women due to socio-economic constraints.
- Gender discrimination in professional sports, limiting career opportunities for female athletes.

E. Sociological Determinants of Women's Participation in Sports

➤ Several Sociological Factors Influence Women's Participation in Sports, Including:

- **Peer Influence:** Positive peer interactions can encourage women to engage in sports, whereas the absence of a supportive social network may lead to disengagement.
- **Family Background:** Parental attitudes towards sports significantly impact women's involvement in athletics. Encouragement from family members increases participation rates.
- **Religious Beliefs:** Some religious doctrines discourage female participation in sports due to concerns about modesty and cultural appropriateness.
- **Gender Norms:** Societal perceptions of femininity often discourage women from engaging in competitive sports, reinforcing stereotypes about athleticism being a male domain.

F. Motivation and Sports Participation

Motivation plays a crucial role in influencing sports participation among women. Factors such as social support, health benefits, and opportunities for skill development drive female engagement in sports. However, competing social expectations and cultural restrictions may reduce women's motivation to participate actively.

G. Benefits of Women's Participation in Sports

➤ *Engaging in sports provides multiple benefits, including:*

- **Physical Health:** Improved cardiovascular health, reduced obesity rates, and enhanced muscular strength.
- **Mental Well-being:** Reduced stress, anxiety, and depression, along with improved self-confidence.
- **Social Development:** Enhanced teamwork, leadership skills, and communication abilities.

H. Summary of Reviewed Literature

This chapter reviewed various factors influencing women's participation in sports, including administrative determinants (funding, facilities, and coaching), sociocultural factors (peer influence, family background, and religious beliefs), and motivational drivers.

Despite global progress in gender equality in sports, female participation remains limited due to socio-cultural constraints and inadequate access to resources. Addressing these barriers through policy interventions, increased funding, and awareness campaigns is essential for promoting women's active involvement in sports.

CHAPTER THREE METHODOLOGY

This chapter presents the method and procedure that will be applied in this research which are:

- A. *Design of the Study*
- B. *Population of the Study*
- C. *Sample and sampling techniques*
- D. *Research Instrument*
- E. *Validity of the Instrument*
- F. *Reliability of the Instrument*
- G. *Method of Data Collection*
- H. *Method of Data Analysis*

A. *Design of the Study*

This study employed descriptive survey that examines the determinants of women participation in Oredo local government area. According to Ogunbiyi (2016), the descriptive research is concerned about development of theories of prediction and also the development of valid explanatory data that can serve as basis for further research work. Survey research design typically employs questionnaire to determine the opinions, attitudes, preferences, and perceptions of persons of interest to the researcher.

B. *Population of the Study*

The population of the study consisted of 197 women athletes in Oredo local government area, Benin City Edo state. The distribution of the is shown in the table that follows:

S/N	LIST OF COMMUNITIES	POPULATION SIZE
1	ABIALA	7
2	EGBATON	23
3	EKEHUA	19
4	GELEGELE	13
5	IBARO	22
6	IGBOBI	14
7	IKPAKO	8
8	MIKOTOWA	18
9	ODUNA	22
10	OROGO	11
11	UGBINE	27
12	UGHOTON	13
	Total	197

C. *Sample and Sampling Techniques*

The sample size of this study is 80 women athletes. The simple random sampling technique was used, where 40 percent of the total population of 197 respondents were selected at random.

D. *Research Instrument*

A self-developed, structured and validated questionnaire was used to elicit the desired information regarding the determinants of women participation in Oredo local government area in sports activities. The questionnaire was divided into two sections. Section A which is the demographical section was for the collection of personal information of the respondent. Section B comprised 21 statements formulated from the variables of the study under response options; Strongly Agreed (SA), Agreed (A), Disagreed (D) and Strongly Disagreed (SD).

CHAPTER FOUR

PRESENTATION OF RESULTS AND DISCUSSION OF FINDINGS

A. Section A: Demographic Data

Table 1: Percentage Distribution of Respondents by Sex

Variables	Gender	Frequency	Percentage%
	Female	80	100.0
	Total	80	100

Table 2: Percentage Distribution of Respondents by Age

Variables	Age	Frequency	Percentage%
Age	16-20	32	40
	21-25	28	35
	26 – 30	12	15
	31 and above	8	10
	Total	80	100

From Table 2 above, it was revealed that 40% of the respondents are within the age range of 16-20 years, 35% are within the age range of 21-25 years, 15% are within the age range of 26-30, while 10% are within the age range of 31 and above.

Table 3: Percentage Distribution of Respondents by Sport .Played

Sport played	Frequency	Percentage%
Football	18	22.5
Volleyball	14	17.5
Handball	10	12.5
Taekwondo	8	10
Judo	7	8.75
Hockey	10	12.5
Others	13	16.25
Total	80	100

Table 3 above shows that 22.5% of the respondents are in football, 17.5% are in volleyball, 12.5% are in handball, 10% are in Taekwondo, 8.75% are in Judo, 12.25% are in Hockey while 16.25% are in other levels.

B. Section B: Data Analysis

➤ *Research Question 1: Do sport facilities/equipment determine women participation in sports in Oredo local government area?*

Table 4: Mean and Standard Deviation of Responses on Sport/Equipment as Determinant of Women Participation in Sports

S/N	ITEM STATEMENT	MEAN	SD	DECISION
1	Sport equipment/facilities in Oredo Local Government Area is frequently unavailable for women to participate in sports.	2.74	.872	Agree
2	Lack of up-to-date facilities discourages women from engaging in sports in Oredo Local Government Area.	2.68	.872	Agree
3	Lack of maintenance of available sports facilities is a factor militating against women participation in sports in Oredo Local Government Area.	3.02	.651	Agree
4	Sport personnel exhibit negative behaviors towards women participation in sports in Oredo Local Government Area.	2.38	.896	Disagree
5	The available sports personnel in Oredo Local Government Area are not enough to take care of the sports need of the women in sports.	3.19	.596	Agree
6	The sport personnel in Oredo Local Government Area do not show interest in organizing sports programmes and activities for the sport women	3.06	.600	Agree

Cut off mean = 2.5

The data in table 4 showed that the mean responses ranged from 2.38 to 3.19, while the standard deviation values ranged from 0.596 to 0.896. The mean responses showed that the respondents disagreed that Sport personnel exhibit negative behaviors towards women participation in sports. The mean responses also revealed that for all items showed that the respondents agreed that Sport equipment/facilities determine women participation in Oredo Local Government Area, which was also revealed with an average

Mean value of 2.85. The low values of the standard deviation showed that the responses do not deviate far from one another.

➤ *Research Question 2: Do funding/reward determine women participation in sports in Oredo local government area?*

Table 5: Mean and Standard Deviation of Responses on Funding/Reward as Determinants of Women Participation in Sport

S/N	ITEM STATEMENT	MEAN	SD	DECISION
7	Inadequate funding of sport activities affects women participation in sports in Oredo Local Government Area.	3.39	.737	Agree
8	Inadequate funding affects women's access to sporting facilities in Oredo Local Government Area.	2.89	.751	Agree
9	Insufficient funding leads to limited number of women sports teams in Oredo Local Government Area.	2.68	.680	Agree
10	Rewards/Incentives in sports create an environment where women feel less valued and supported compared to men in Oredo Local Government Area.	3.40	.696	Agree
11	Rewards/Incentives in sports contribute a perception of inequality amongst male and female athletes in Oredo Local Government Area.	3.50	.732	Agree
12	The provision of rewards/incentives in sport in Oredo Local Government Area discourages women from participation in sports.	3.03	.717	Agree

Cut off mean = 2.5

The data in table 5 showed that the mean responses ranged from 2.68 to 3.50, while the standard deviation values ranged from 0.680 to 0.734. The mean responses for all items showed that the respondents agreed that funding/reward determine women participation in sports in Oredo local government area, which was also revealed with an average Mean value of 3.15. The low values of the standard deviation showed that the responses do not deviate far from one another.

➤ *Research Question 3: Do Family background/peer group determine women participation in sports in Oredo local government area?*

Table 6: Mean and Standard Deviation of Responses on Family Background/Peer Group as Determinants of Women Participation in Sport.

S/N	ITEM STATEMENT	MEAN	SD	DECISION
13	Women in Oredo Local Government Area only participate in sports where their peers participate also.	3.19	.581	Agree
14	Success and achievements of peers pushes women to participate in sports in Oredo Local Government Area.	3.13	.581	Agree
15	Women in Oredo Government Area feel pressured by their peer group to avoid participating in sports.	2.29	.562	Disagree
16	Religious norms affect women's freedom to choose and engage in sports in Oredo Local Government Area.	2.78	.891	Agree
17	The negative perception held towards women participation in sports in Oredo Local Government Area impacts women's willingness to participate in sports.	3.48	.717	Agree
18	Religious beliefs that women participation in sports damages their reproductive organs discourage them from participating in sports in Oredo Local Government Area.	2.99	.718	Agree
19	Women from disadvantage ground face more barriers in participating in sports compared to those from more privileged backgrounds in Oredo Local Government Area.	3.60	.636	Agree
20	Family expectations and responsibilities discourage women from engaging in sports in Oredo Local Government Area.	2.98	.841	Agree
21	Women from unsettled families are discouraged from participating in sports in Oredo Local Government Area.	3.50	.689	Agree

Cut off mean = 2.5

The data in table 6 showed that the mean responses ranged from 2.29 to 3.60, while the standard deviation values ranged from 0.581 to 0.891. The mean responses showed that the respondents disagreed that women in Oredo government area feel pressured by their peer group to avoid participating in sports. The mean responses also revealed that the respondents agreed that Family background/peer group determine women participation in sports in Oredo local government area, which was also revealed with an average Mean value of 2.85. The low values of the standard deviation showed that the responses do not deviate far from one another.

C. Discussion of Findings

➤ *Research Question 1: Do sport Facilities/Equipment Determine Women Participation in Sports in Oredo Local Government Area?*

The findings of research question 1 revealed that sport facilities and equipment are determinants of women's participation in sport. One study published in the Journal of Sport and Health Science (2013) found that the accessibility of sport facilities and equipment influenced women's participation in physical activity. The study highlighted that women are more likely to engage in sports when there are convenient and well-equipped facilities available to them. Another study conducted by the Women's Sports Foundation (2018) emphasized the importance of providing equal access to sport facilities and equipment for both men and women. The study found that disparities in access to facilities and equipment can hinder women's participation in sports and physical activity.

➤ *Research Question 2: Do Reward/Incentives Determine Women Participation in Sports in Oredo Local Government Area?*

The data analysis of research question 2 showed that funding and rewards determine women's participation in sport. A study by Eime, Harvey, Brown & Payne (2013) explored the factors influencing women's participation in sport and physical activity, and found that incentives such as prizes or rewards can be effective in increasing women's motivation to participate in sports. Similarly, a study by Besser, Dannenberg, La Gory & Roots (2012) found that offering rewards and incentives, such as discounts on gym memberships or access to special events, can encourage women to engage in physical activity.

➤ *Research Question3: Do Family Background Determine Women Participation in Sports in Oredo Local Government Area?*

The findings of the study showed that family background and peer group can determine women's participation in sport. A study by MacLean & Edwards, (2010) found that family background on women's initial engagement with sports and physical activity, highlighting how family support and encouragement can impact long-term participation.

CHAPTER FIVE

SUMMARY, CONCLUSION, AND RECOMMENDATIONS

This chapter presents the summary, conclusion, and recommendations based on the findings of the study.

A. Summary

The study investigated the determinants of women's participation in sports in Oredo Local Government Area, Edo State. Three research questions were formulated to guide the study. A descriptive survey research design was adopted, and the population comprised women athletes in Oredo Local Government Area. A total of 80 women athletes were selected as the study's sample.

The research instrument used for data collection was a structured questionnaire, which was validated by the researcher's supervisor and two other experts from the Department of Human Kinetics and Sports Science at the University of Benin. The collected data were analyzed using frequency distribution for demographic information, while mean and standard deviation were used to analyze the responses.

➤ *The Key Findings of the Study were as Follows:*

- Sports facilities and equipment are significant determinants of women's participation in sports. The availability or lack of adequate facilities influences participation rates.
- Funding and rewards play a crucial role in determining women's participation in sports. Financial support, scholarships, and incentives encourage higher levels of involvement.
- Family background and peer influence significantly impact women's participation in sports. Supportive family environments and peer encouragement enhance participation, while restrictive family norms and peer discouragement limit involvement.

B. Conclusion

Based on the findings, the study concludes that the availability of sports facilities and equipment, adequate funding, incentives, family background, and peer influence are key determinants of women's participation in sports in Oredo Local Government Area. Addressing these factors through improved infrastructure, financial support, and inclusive policies can significantly enhance women's involvement in sports.

C. Recommendations

➤ *To Promote and Sustain Women's Participation in Sports, the Following Recommendations are Proposed:*

- **Provision of sports facilities and equipment:** Local government authorities and sports organizations should ensure that adequate sports facilities and equipment are available for women's sports clubs in Oredo Local Government Area to encourage participation.
- **Increased funding for women's sports:** More financial support should be allocated to women's sports tournaments and competitions in Oredo Local Government Area to enhance participation and performance.
- **Implementation of rewards and incentives:** Deserving women athletes should be recognized and rewarded through scholarships, sponsorships, and financial incentives to serve as motivation for continued participation.
- **Encouragement of family support:** Families should be sensitized on the benefits of sports participation to ensure that women athletes receive the necessary support regardless of their family background.

D. Suggestions for Further Studies

This study focused on women athletes in Oredo Local Government Area. To gain a broader understanding of the determinants of women's participation in sports, future research should:

- Expand the study to other local government areas within Edo State.
- Investigate women athletes at the state and national levels to compare determinants across different regions.
- Explore the role of cultural and religious beliefs in shaping women's participation in sports.
- Examine the psychological and emotional impacts of sports participation on women athletes.

By conducting further studies, more comprehensive data can be gathered to develop targeted policies that will promote and sustain female participation in sports across Nigeria.

REFERENCES

- [1]. Abdul-Razak, M., Omar-Fauzee, M., Abd-Latif, R. The Perspective of Arabic Muslim Women toward Sport Participation, *Journal of Asia Pacific Studies*, 2010, 1(2)
- [2]. Adenuga, G. A., & A. K. Hassan., The new partnership for Africa's development (NEPAD) and the quest for a new world order: problems and prospects. *Religions' Educator*, 14 (2) (2011) 107-114
- [3]. Adesoye A. A. (2012). Perceived Limitations of Female Participation in Sports in Institutions of Learning. *A Paper Presented at West African University Games (WAUG)* (pp 77–80). University of Ilorin. Ilorin, Nigeria
- [4]. Adeuga, I.T. 2010. Administrative and sociological factors as predictors of participation in sports among students of school of science Oyo state, Nigeria. Unpublished PhD Thesis. University of Ibadan, Ibadan
- [5]. Adeyanju, M.(2011) barriers to female participation in sports in rural Kano, *Nigeria .Journal of Sports and Human Health*. 22 (6): 600-603
- [6]. Adler, R.M (2018) Revisiting the behavioral model and students' access to sports; Does it matter? *Journal of health social Behaviour* 16;(3): 1-10
- [7]. Ajisafe, M. O. (2009). The role of sport in a developing country. Benin-City: Headmark Publishers.
- [8]. Akindutire, D.Z,& Oyeniyi B, (2017) factors affecting female participation in sports in Kombolcha District, Eastern Hararghe Zone, Oromia Regional State Eastern Ethiopia. <http://dx.org> Retrieved 2/10/2021
- [9]. Akindutire, I. O., Adegboyega J. A., Ajayi-Vincent O. B. & Olanipekun J. A. (2013). Physical fitness programme. Ekiti State University, Ado Ekiti.
- [10]. Annan, K. 2008. United Nation Report on the International Year of Sport and Education. In Sport England 2008.
- [11]. Appleby, K. M., & Fisher, L. A. (2009). "Running in and out of pregnancy:" Elite distance runners' experiences of returning to competition after pregnancy. *Women in Sport and Physical Activity Journal*, 18(1), 3–17.
- [12]. Association for Applied Sport Psychology. (2012). *Psychological Benefits of Exercise*.
- [13]. Babalola, J. F. (2010). Handbook of practical physical education. Ibadan: O.B. F. International Press.
- [14]. Besser, L. M., Dannenberg, A. L., La Gory, M., & Root, J. S. (2005). How do we measure the environment?: Methods of data collection in social epidemiology. *Environment and planning A*, 37(3), 484-501.
- [15]. Dionigi R.A., Baker J., Horton S. Older athletes' perceived benefits of competition. *Int J Sport Soc*. 2011;2:17–28.
- [16]. Durán, G., Durán, S., Marengo, J., Mascialino, F., & Rey, P. A. (2019). Scheduling Argentina's professional basketball leagues: A variation on the travelling tournament problem. *European Journal of Operational Research*, 275(3), 1126–1138.
- [17]. Eime, R., Harvey, J., Brown, W., & Payne, W. (2013). Does sports club participation contribute to health-related quality of life? *Medicine and science in sports and exercise*, 45(11), 2116-2123.
- [18]. Encyclopedia of Children's Health (2020) sports.
- [19]. FIFA World Cup Russia™ Global broadcast and audience summary" (PDF). FIFA.com. Fédération Internationale de Football Association. Archived (PDF) from the original on 11 July 2021. Retrieved 12 December 2021.
- [20]. Fink, J.S. (2015). Female athletes, women's sport, and the sport media commercial complex: Have we really "come a long way, baby?" *Sport Management Review*, 18(3), 331-342.
- [21]. Gbadamosi, O. A (2012) importance of sports in Nigeria www.ngnhc.org. Retrieved 10/9/2021
- [22]. Godeon, W. (2016). Exploring the effect of school sports experience on sports participation in later life. *Sociology of Sport Journal*, 16, 346-365
- [23]. Goossens, D. (2018). Fairness issues in sport scheduling: the carry-over effect. Presented at the Fairness in Sports and Games Workshop, London, UK.
- [24]. Kendall G, Knust S, Ribeiro C, Urrutia S (2010) Scheduling in sports: An annotated bibliography. *Computers and Operations Research* 37(1):1–19
- [25]. Ladan, B. (2009). *Psychology of women's participation in competitive sports of physical and Health Education*. 8(4), 20-23.
- [26]. Lim K. C., Khor P. H., Tham Y. C. (2010). Relationship among attitude, self-efficacy, motivation and leisure-time physical activities participation of undergraduate students. *J. Sports Sci. Technol*. 10, 249–252.
- [27]. MacLean, J. C., & Edwards, J. (2010). Just do it: Family influence on women learning to play sport. *Women in Sport and Physical Activity Journal*, 19(2), 44-55.
- [28]. National Center for Sports Safety. 100 Ben Chapman Drive, Hoover AL 35244. (205) 2166865 Info@sportsafety.org
- [29]. National Council of Youth Sports Market Research Report NCYS Membership Survey - 2008 Edition National Council of Youth Sports 7185 SE Seagate Lane Stuart, FL 34997-2160
- [30]. National Population Commission (NPC) (2006) Nigeria National Census: Population Distribution by Sex, State, LGAs and Senatorial District: 2006 Census Priority Tables (Vol. 3).
- [31]. <http://www.population.gov.ng/index.php/publication/140-popn-distri-by-sex-state-jgas-and-senatorial-distr-2006>
- [32]. Nurmiet.al. (2009) Sports Scheduling Problem.
- [33]. Nworgu BG (2015). Educational Research: Basic Issues and Methods. Nsukka, University Trust Publishers.
- [34]. Okey C. O. (2011). Social situations affecting the sporting experience of working-class women in Nigeria: a challenge to sport for all.
- [35]. Olanipekun, D.S, & Akindutire T (2020) actors affecting female participation in sports in Nigeria
- [36]. Onohwapor, A.E (2008). Perceived barriers to recreational activities for healthy living among academic staff of College of Education, Warri, Delta State. *Journal of International Council for Health, Physical Education, recreation, Sport and Dance*,

1(2), 109-133.

- [37]. Rasmus V. Rasmussen and Michael A. Trick. *European Journal of Operational Research*, 2008, vol. 188, issue 3, 617-636
- [38]. Rio 2016 Summer Olympics – Results and Video Highlights". Rio2016.com. Rio 2016 Organising Committee for the Olympic and Paralympic Games. 17 April 2018. Archived from the original on 1 August 2012. Retrieved 4 August 2017.
- [39]. Salvy, S., Roemmich, J., Bowker, J., Romero, N., Stadler, P. and Esptein, L., 2009. Effects of peers and friends on youth physical activity and motivation to be physical active. *Journal of pediatric psychology*, 34(2), 217-225.
- [40]. Seidina, B., Joel, C., O & Amen. O (2015) health implications of sports among students in Enugu State. *International journal of Medical and Health Sciences. Research* 2 [9]: 158-170.
- [41]. Senne, J. A. (2016). Examination of Gender Equity and Female Participation in Sport. *The Sport Journal*, 19, 1-9.
- [42]. Singh, K. (2008). Positive and negative affect, and grit as predictors of happiness and life satisfaction. *Journal of the Indian Academy of Applied Psychology*, 34, 40–45.
- [43]. USADA. What.Sport.Means.in. America. A .Study of. Sport' s. Role in. Society. Colorado Springs: USADA; 2011.
- [44]. U.S. Anti-Doping Agency. (2012). True sport: What we stand to lose in our obsession to win. Retrieved from <http://www.truesport.org/about/what-sport-means-in-america>
- [45]. U.S. Department of Health and Human Services 2008.Physical.Activity.Guidelines.for.Americans:.Be.Active,. Healthy,.and.Happy! <http://www.health.gov/paguidelines>.
- [46]. U.S. Department of Health and Human Services. (2013). Healthy People 2020: Physical Activity. Retrieved from <http://www.healthypeople.gov/2020/topicsobjectives2020/overview.aspx?topicid=33#four>
- [47]. Van Bulck D, Goossens D, Sch onberger J, Guajardo M (2020b) Robinx: three-field classification and unified data format for round-robin sports timetabling. *European Journal of Operational Research* 280(2):568–580
- [48]. Van Vugt M., De Cremer D., Janssen D. P. (2008). Gender differences in cooperation and competition: The male-warrior hypothesis. *Psychological Science*, 18, 19–23.
- [49]. Vosil, D. (2018) Assessment of females' sports participation in Southern Gondar Zone. *Ethiopian Journal of Health Development* 18 [3]: 142-152
- [50]. WHO (2008). The workplace as a setting for interventions to improve diet and promote physical activity . WHO Press. Geneva, Switzerland. Available [http:// www.who.int/dietphysicalactivity/Quintiliani-work-place-as-setting.pdf](http://www.who.int/dietphysicalactivity/Quintiliani-work-place-as-setting.pdf) (2nd September, 2011)
- [51]. World Health Organization (2010). Global recommendation of physical activity for health general.
- [52]. World Health Organization. (2013, March). Obesity and overweight (Factsheet No. 311). Retrieved from <http://www.who.int/mediacentre/factsheets/fs311/en/>
- [53]. Young M, Enrique A (2009) Race Ethnicity and Education 13 (1), 1-21, 10 (2): 87-92. doi: 10.1016/j.jamda.