

The Obstacles Influencing Sports Activities in Saudi Universities

Sameer Mohammed Sayyd¹, Amal Mohammed Nahary²

¹Department of Physical Education, Faculty of Education, Taibah University, Saudi Arabia

²Department of curriculum and instruction, Faculty of Education, Al-Madinah International University, Malaysia

Email: sameer_4c@hotmail.com¹, amn-2009@hotmail.com²

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ABSTRACT

Objectives:The aim of this study to evaluate the sports activities in Saudi universities from the students perspective also, to investigate the obstacles influencing sports activities in Saudi universities. **Methods:** This study is used the descriptive approach to study 114 respondents were randomly selected from in some Saudi university. The questionnaire was used study comprises five questions. An online questionnaire was designed by Google forms and was distributed by email and WhatsApp. **Results:** The study revealed some obstacles that hinder the success of sports activities in Saudi Arabia universities for males are: Sports injuries, Lack of facilities, Lack of tools, Non updated programs, admission conditions are not clear, Lack of student interest to do sport, Lack of time in university time table to do sport, There is no scheduled for the sport activities in Saudi universities, lack of fund and lack of human recourse. **Conclusion:** Can see the importance to investigate the most important factors to enhance sports activities. As well most of the university's students agree with the important need to enhance the sports activities. In addition, all of the obstacles consider by the student are easy to solve if universities implement important the factors.

Keywords: Sports activities; Obstacles influencing; Saudi universities.

INTRODUCTION

Sports are exercise needed by everyone to improve our health status. This will facilitate a longer life span among citizens if it's practiced regularly. However, it is obvious, that getting people to participate in sport to change their lifestyle with exercising habits requires a tremendous effort by those involved in community health, governmental policy, and university. This can be encouraging if incorporated into the curriculum and resolve with authorities in different Saudi universities. (Management, 2013)

Also, The benefit of sports has a momentous role amongst other extra-curricular activities. In this respect, the academic institutions act as a core whose impact on the

youngsters matters a lot in society. Those institutions in which university is one of them are responsible for stressing the importance of sports in the community (Sayyd, et al, 2020).

On the other hand, in Saudi Arabia presently, there have been a prevalence of the increase of sedentary behaviors, consumption of diet high in calorie, beverage with high sugar content, physical activity too is also on the increase. This brings about significantly increase in lifestyle related non-communicable disease in the country, which include diabetes mellitus, obesity, hypertension and other coronary artery diseases. (Lee *et al.*, 2012)

In addition, sports activities in universities and colleges is a systematic and complex project, which involves continuous



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innovation of knowledge model and exercise sports activities. Colleges and universities must encourage lifelong sport in order to help facilitate the improvement of sports activities, boost the overall physical wellbeing of students and increase their passion and commitment for participation in sporting events, so that they can establish the idea of lifelong sport and their lifelong sporting habits. (Zheng, 2018)

Education also does not only satisfies the demands and physical requirements of contemporary students but also has significant importance in terms of their functional appearance and detailed content. Most colleges and universities, however, are still not competent enough to carry out physical education, which has not only struggled to adequately fulfill the educational role of schools, but also had some negative effects. The research examines the challenges that arise with reforming sports activities at colleges and universities, and integrates the concept of physical education with reforming sporting activities with colleges and universities. The directorate of physical education in universities and colleges should be conscious about sport activities, constantly develop education system and establish supportive sporting activities. At the same time, students should take an active role in extracurricular sports programs and to increasingly see the reform in college sports activities (Anon, 2018)

According to (Clemente *et al.*, 2016) Studying a specific demographic like university students is highly fascinating given the sudden transition that these students undergo, especially in terms of behavior and lifestyle, after switching from a well-monitored high school atmosphere to autonomous college behaviors.. (Arias, Palencia *et al.*, 2015)

According to (Di Palma *et al.*, 2019) in the practice of sports by students, Sport, contributes substantially to the improvement of these students' unique attributes, and the consequent improvement in their level of self-esteem and relational ability. This in particular implies a greater readjustment to school and university study, which favors the overall growth of the adult. (Di Palma *et al.*, 2019)

Shephard (Coe *et al.*, 2006) has suggested that one of the factors that increase

concentration and attention by inducing arousal and reduce boredom during school period is increase sport activities. He also suggested that self esteem might be derived from increased activity level which will eventually improve performance and good behavior in the classroom. To achieve such theoretically positive results, a threshold level of operation can be required. It may explain why in the present study, improvements in student success are correlated with intense exercise rather than mild athletic behaviors..

According to Government of Saudi Arabia's latest 2030 vision. Project Mission Raising household spending on cultural and leisure events throughout the Kingdom from the current 2.9% to 6% point. In fact, to increase the percentage of people who exercise at least once a week from 13% of the population to 40%. (Mohammed, 2016)

Finally, Stress the need to gather information and research at different universities in order to increase the sports activities available at universitys, and track its evolution over time. Also, to establish how much information students have about university sports, and their interest in the range of sports on offer. It also intends to knowledge their participation in university sports activities and looks at variables that could influence these factors. (Castaneda *et al.*, 2018)

1.1 Background of the Problem

In the adolescent stage of life, sport activity has an irreplaceable and important role to play. However, physical exercise activities are very different from one environment to another at different periods of life (Cerar *et al.*, 2017).

Physical activity is a very necessary pre-condition for young people's health and natural biological, social, and psychological growth. Regular and appropriate sporting activity maintains vitality, protects against disease and creates a better quality, mature lifespan. The program in physical activities has considerable influence in encouraging athletic practices, in which young people learn about the importance in action, exercise, fitness and a healthier lifestyle (Cerar *et al.*, 2017).

According to (Al-hazzaa, 2018) Time restriction, lack of amenities, low self-esteem and



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lack of social help are major barriers to physical activity among Saudis, there is still a need to better understand physical education, barriers to sporting activities in the Saudi population, particularly in relation to different fields of sporting activity (leisure time, occupational, transports, and households Sports activity). A national policy which encourages active living and discourages inactivity is recommended. Health care services have an significant role to play in fostering physical practice for all Saudi citizens and supporting and implementing safe lifestyle behaviors.

Accordingly, university athletic programs should be promoted as a prevention measure against chronic diseases and to improve the quality of living through adult and elderly living. Clear, practical guidelines for practicing sport in university students are required. In planning approaches, attention should be given to the variables defined as predictors of physical inactivity. Curricula at the university will provide the ability for all students to take part in sport events. Further work is required into effective methods for encouraging all types of physical activity. Providing free playgrounds to practice sport during free time at each college will encourage athletic activities among university students..(El Gilany *et al.*, 2011)

On the other hand, There are many obstacles to sports activities. Overcoming these obstacles together with consideration of students' suggestions may contribute to a further increase in their level of sports activities.(El Gilany *et al.*, 2011)

According to (Alsahli, 2016) For Saudi female university students, common barriers were lack of facilities and university support. (Alsahli, 2016). A high rate of perceived benefits, on the other hand, can encourage individuals to regularly participate in sports activities, and is a key factor in the EBBS instrumentation for predicting health behaviors. (Alsahli, 2016)

According to (Jifri, 2013) The results showed that there were significant differences in health aspects with regard to sex variable in favor of male's participants. The researcher recommended that to develop and strengthen students attitudes at King Abdulaziz University toward sports activities a set of procedures should

be implemented such as: lectures, newsletters and educational workshops.

According to (Al Anizi, 2018) lack of sport activities in in Saudi universities help in relieving youth energies because of the ignorance of universities educational role, which increases the occurrence of deviant thinking, So Saudi universities should pay attention to sports activities. (Al Anizi, 2018)

According to (El Gilany *et al.*, 2011) There are many barriers to sports activities. Overcoming these barriers together with consideration of students' suggestions may contribute to a further increase in their level of sports activities. (El Gilany *et al.*, 2011) Also, When choosing a athletic activity, an person frequently refuses to listen to him / herself, his / her body, picking sports unsystematically, in an unpredictable fashion often without setting goals. The outcome is a lack of pleasure which ends up ending the sports activity engagement.(Fortes *et al.*, 2010)

In order to be able to develop Sports activities in Universitys, we should have a clear picture of what Students' requirements for sports activities in the Saudi Arabia Universities really so are looking for what the University offers to students. Because there is a lack of studies That talk about the sport activity patterns in university students, specially in Saudi Arabia. Which recommended the researcher to study these problems according to their importance in order to contributing to finding solutions to these problems. So, it is clear to see the important need to therefore.

According to previous studies indicate There is a gap of Sports Activities At Saudi Arabia Universities. Also, There's lack of knowledge of the sport activities At Saudi Arabia Universities.and In order to be able to enhance Sports activities in Universitys, we should have a clear picture of what Students' requirements for sports activities in the Saudi Arabia Universities really so are looking for what the University offers to students.

Therefore, Currently the important need to o evaluate the sports activities in Saudi universities from the students perspective also, to investigate the obstacles influencing sports activities in Saudi universities. Hence in the light of the problems



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Demographics of participations	
Items	Number of student
Number of participation	114 university students
18-25 years	110 university students
26-30years	4 university students
1 year	20university students
2 years	22 university students
3 years	25 university students
4 years	30 university students
last years	17 university students

Survey question and answer from university student in Saudi Arabia	
Question	Answer
1- How do you rate the current Sports activities at your University?	99 poor 15 excellent
2- Do you believe that Sports Activities At your University need to be enhanced?	113 yes need to enhance 1 no need to enhance
3- Do you believe that Sports tools at your University need to be enhanced?	103 yes need to develop 11 no need to develop
4- Which factors are important to improve the sport activities in Saudi universities?	89 Availability of sports facilities. 65 Availability of sports materials 43 Availability of funds 75 Availability of sports tools. 109 Availability of human recourse. 73 Availability of sports programs 30 Availability of safety tools. 26 Ministry of education policies. 61 Sport Culture Sports injuries Lack of facilities Lack of tools Non updated program and tools Admission conditions are not clear
5- What are the obstacles face the development of sports activities in Saudi universities.	Lack of student interest to do sport. Lack of time in university time table to do sport. There is no scheduled for the sport activities in Saudi universities. lack of fund lack of human recourse

highlighted, the following research objectives are formulated.

1.2 Research Objectives

The main objective of this study is "To findobstacles influencing sports activities in Saudi universities, in order to enhance the participation of Saudi students" The following are the sub- objectives employed in this study:

- i. To evaluate the sports activities in Saudi universities from the students perspective.
- ii. To investigate the obstacles influencing sports activities in Saudi universities..

METHOD

This study used an online questionnaire. The questionnaire contains five questions. Those questions are from previous studies in sportsactivities. The authors used Google forms to design the questionnaire. They used email and Whatsup App to send and received the responses. The authors collected the data from students are from different age groups and different levels of study. Also, the authors select respondents from different cities in Saudi Arabia.

After that, this study used Microsoft excel to analyze the results. And used Microsoft excel to draw the figures and do the comparison between the responses data.

Results and Discussion

The researcher has conducted a study in Saudi Arabia. The study aimed to ask the Saudi students in some Saudi universities about the obstacles of sports activities in the universities. The study comprises five questions related to the Sports activities. A total of 114 university students. Those students are from different age groups and different levels of study. As shown in table 1.1,. The results of the study are shown below.

Description of the study:

This study collects data from students in Saudi universities. The main purpose to collect data is to investigate the issues of sports activities in Saudi universities from Students' perspectives. This study collects data from 114 university students. Those students are from different age groups and different levels of study. This will give the study more accurate.

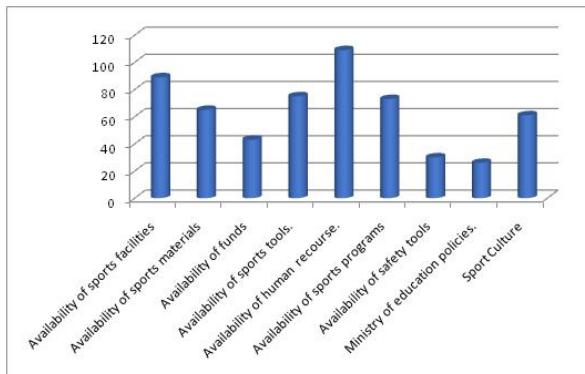


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This study aims to evaluate the sports activities in Saudi universities from the students perspective. 99 university students agree that sports activities in Saudi universities are poor. 15 university students agree that sports activities in Saudi universities are excellent. 113 university students agreed that sports activities in Saudi universities need to be developed and just one student agreed that sports activities do not need to develop.

Sports tools are very important factors to improve sports activities at universities. 103 university students agree that sports tools in Saudi universities need to be enhanced and update. Just 11 university students are satisfied with sports tools in Saudi universities. It is very important to know the obstacles that influence sports activities in Saudi universities form students' perspectives. The next figure shows the percentage of each factor selecting by university students in Saudi universities.



From the last figure, it is clear to see the high number of selecting sports facilities, sports materials, funds, sports tools, human recourse, sports programs, safety tools, policy, and sports culture. Those factors are the most important factors shown by the previous studies which influence the enhancement of sports activities around the world.

Moreover, it is necessary to know the obstacles face sports activities in Saudi universities from a student perspective. The next table shows the obstacles.

N	Obstacles
1	Sports injuries
2	Lack of facilities
3	Lack of tools
4	Non updated program.
5	Admission conditions are not clear
6	Lack of student interest to do sport.
7	Lack of time in university time table to do sport.
8	There is no scheduled for the sport activities in Saudi universities.
9	lack of fund
10	lack of human recourse

The above table shows the students view about the obstacle faces the enhancement of sports activities in Saudi universities. Most of the previous studies consider most of those obstacles as a major contribution to reducing the level of sports activities.

As a results, it is clear to see the low level of sports activities at Saudi universities. Also, it can see the importance to investigate the most important factors to enhance sports activities. As well most of the university's students agree with the important need to enhance the sports activities. In addition, all of the obstacles consider by the student are easy to solve if universities implement important factors.

1.3 Conclusion and future work

The students view about the obstacles faces the enhancement of sports activities in Saudi universities, So the obstacles are Sports injuries, Lack of facilities, Lack of tools, Non updated programs, admission conditions are not clear, Lack of student interest to do sport, Lack of time in university time table to do sport, There is no scheduled for the sport activities in Saudi universities, lack of fund and lack of human recourse. Most of the previous studies consider most of those obstacles as a major contribution to reducing the level of sports activities.

As a results, it can see the importance to investigate the most important factors to enhance sports activities. As well most of the university's students agree with the important need to enhance the sports activities. In addition, all of the obstacles consider by the student are easy to solve if universities implement important the factors.

Wherefore, Lack of tools and facilities, Non updated programs, Lack of time in university time table to do sport, lack of funds and lack of human recourse needs serious attention and in-depth study on these pertinent issues will be considered in future work.



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Conflict of Interest:

The authors declare that there are no conflicts of interest.

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