



## Management of Sports Facilities and Equipment in Physical Activities According to Saudi Vision 2030

Sameer Mohammed Sayyd\*<sup>1</sup>, Arie Asnaldi<sup>2</sup>, Zainal Abidin bin Zainuddin<sup>3</sup>, Amal Mohammed Nahary<sup>4</sup>

<sup>1</sup>Faculty of Education, Department of Physical Education and Sports Sciences, Taibah University, Madinah, Saudi Arabia.

<sup>2</sup>Fakultas Ilmu Keolahragaan, Universitas Negeri Padang, Indonesia

<sup>3</sup>Faculty of Social Sciences and Humanities, School of Education, University Technology Malaysia, Johor Bahru, Malaysia.

<sup>4</sup>Department of electronic learning, Taibah University, Madinah, Saudi Arabia.

\*Corresponding author. Email address: [ssayyd@taibahu.edu.sa](mailto:ssayyd@taibahu.edu.sa)

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### Abstract

The purpose of this paper is to investigate the level of the availability of sports facilities and equipment in Saudi Arabia Universities with a view to exploring the extent to which it affects the students' participation in sports and physical activities. In addition, the study sought to find out if there was a need to improve the facilities and equipment based on the existing situation. As a result, 643 undergraduate students of various ages who were randomly chosen from 25 universities in Saudi Arabia had their data collected using a questionnaire. In the end, findings show that facilities and equipment were some of the factors affecting the students' participation in sports and physical activities as it was overwhelmingly agreed by the students that there was an important need to improve the availability and accessibility of the sports facilities and equipment in their institutions. Based on these results, it can be concluded that adequate attention should be given to the provision of adequate sporting facilities and equipment in order that students are encouraged to take active participation in sports and physical activities, the benefits of which cannot be overemphasized.

**Keywords:** Sports facilities, Equipment, Physical Activities, Saudi Arabia.

### INTRODUCTION

Physical activities and sports are some of the most popular activities today. This is not unconnected to the array of benefits accrued to doing them (Mwisukha & Rintaugu, 2013). For instance, participating in sports and physical activities has been found to be of great benefits to both the individuals and the society.

According to (Bailey & Morley, 2006) cited in Sayyd (2020), participating in physical activities and sports could lead to many important benefits such as self-confidence, enhanced self-esteem, cognitive development, social development, and academic achievement.

It has also been found to be useful in reducing stress, depression, anxiety as well as

improving learning and memory (Vail, 2006). Similarly, (Hillman, Erickson, & Kramer, 2008) conducted studies on the link between physical exercise and cognitive abilities, including IQ, linguistic and math exams, perceptual capabilities, and academic preparedness.

It was found that there was relationship between physical activities participation and cognitive measures. Furthermore, (Coles & Tomporowski, 2008) In an analysis of research on the effects of exercise, it was found that the majority of studies found a positive association between physical fitness and academic success.

This was corroborated by a study conducted by (Mahar et al., 2006) The researchers who evaluated the effects of a classroom-based

physical activity program in an American school with 135 students to promote fitness and improve on-task behavior discovered that not only did their behavior improve by 8% since the program was put in place, but that those students who were exhibiting the most off-task behaviors before also increased their on-task behavior by 8%.

Ngeti, Bulinda, and Peter claim (2018), sport has been found to instil principles of sportsmanship and fair play in learners in the context of educational settings, in addition to enhancing educational aspiration and establishing a sense of group cohesion and cooperation. In conclusion, there is no doubting the importance of engagement in sports and physical activities for people of all ages and for society as a whole.

However, despite the benefits as well the popularity, it is observed that many still find it hard or difficult to participate in physical activities and sports. Reports have shown that there has been drastic decline in sports and physical activities participation. According to World Health Organization (2011), roughly 31% of teenagers worldwide were insufficiently active in 2008, while 81 percent of adolescents aged 11-17 years were inadequately physically active in 2010, resulting in nearly 3.2 million fatalities each year (World Health Organization, 2015).

According to the survey, physical activity levels in young individuals aged 13 to 20 years old have decreased. The phenomenon around the globe thus seems discouraging. The point here is that people do not participate in sports and physical activities as recommended by the health bodies and professionals.

Many factors have been explained as responsible for this. They include culture of the society, lack of awareness, and so on. In this paper, attention is put on the effects of sports facilities and equipment on the participation. This paper therefore highlights the concept of sports facilities and equipment, types and importance. This is important to provide insights about the relevance of facilities in enhancing sports and physical activities participations at all levels.

### Concept of Facilities and Equipment

Sport facilities, as defined by Ogundairo (2010), refer to the structures such as athletic tracks, pitches, courts, and stadia built for sporting

and physical activities. Sport equipment refers to such disposable items used for sporting and physical activities. They include balls, nets, weight lifts, javelin, and others. Sports facilities, according to Oladipo (2010) claims that non-movable, immobile, long-lasting materials are used in sports. Sports facilities include training facilities, gymnasiums, stadiums, sports federations, and even universities.

They have the capacity to host a range of events, competitions, and practice sessions. Specifically, there are amenities such as a volleyball court, jogging trails, basketball court, swimming pool, handball court, badminton court, long jump pitch, and others. The majority of sporting facilities are permanent and have a lengthy lifespan, thus they cannot be moved from one place to another (Ojeme, 2000).

In addition, according to Oladipo (2010), Sports facilities come in two varieties: indoor and outdoor. Indoor facilities are things that can be quickly constructed or kept inside the confines of a gym to help with a training or study program. These include a building or physical plant that can include amenities like a normal swimming pool, gym, locker, shower, and drying room, as well as teaching stations and rooms, hallways and foyers, offices, and lab or research facilities.

The majority of the fields at our elementary and secondary schools as well as other open fields are examples of outdoor facilities, which are constructed outside or in the open to support physical education and athletic programs. These will include fields, courts, and arenas for track and field athletics, football, handball, basketball, badminton, hockey, tennis, and volleyball.

Therefore, Those single-use things used in sports are referred to as sports equipment (Ojeme, 2000; Oladipo, 2010). This might take the shape of supplies and gear that management, coaches, and athletes require for efficiency and safety. Sports gear comes in three different varieties. Games, players, and vehicle equipment are some of these.

Goal posts, balls, and rackets are examples of game equipment that you could use to play a sport. Player equipment includes things like helmets, training needs, and footwear for players. In specialized sports like engine sports, vehicles are used. Golf carts and carts used to carry injured



football players off the field are examples of these that are used for transportation during sporting events.

Equipment differs from facilities in that it is mobile and small in size. In short, from the above, Sports equipment is made out of mobile, durable components that may be transferred from one location to another. They are often maintained in the store and only removed when required. The use of facilities and equipment is dependent on the program. There is a good chance of having an excellent sports program if they are available, adequate, and well maintained.

As a result, the basic facilities and equipment available in a school or university for the execution of sports programs influence the sort of sports program that can be provided to a significant extent. Different activities necessitate various facilities and equipment. To put it another way, sports facilities are primarily immovable structures used for sport practise. Equipment mostly refers to moveable goods that have a minimum lifespan, are non-consumable, and are employed for a specific length of time.

### **Relevance of Facilities and Equipment in Sports and Physical Activities Participation**

According to Ekpe (2001), availability of sport facilities and equipment plays a huge role in the development of sport and physical activities in every institution and society as they spur individuals to participate actively. This was supported by Ngeti et al (2018) when it was added that provision of adequate sporting facilities has considerable influence on participation.

This is because they serve as an engine of progress that encourages effective participation. Similarly, in the view of Sayyd (2020), availability of adequate sporting facilities is crucial to the conduct of sport activities such as intramural sports, inter universities sports, and others. Besides, the availability of the sporting facilities and equipment will determine the type of sport programs to be conducted and offered in the universities.

As observed by Okuneye (2001), inadequate facilities and equipment is a great challenge to participating in the sports and

physical activities affecting and hindering conduct and implementation of sporting programs. Kamatu (2015) added that availability of sporting facilities and equipment is crucial to the promotion of sports and physical activities in the workplace. This is due to the fact that it will motivate the workers to stay at work with a desire to participate in sports activities after closing from work.

In a study that used Geographic Information System (GIS) to assess the accessibility of recreational parks and sports facilities, Norman, Nutter, Ryan, Sallis, Calfas, and Patrick (2006) discovered that the proximity of recreational parks and sports facilities had a favorable impact on adolescent sport participation.

M'mbaha (2012) found that almost all of the participants in another survey said that having access to facilities and equipment helped them flourish in sports. (Mungai, Sang, & Wamutitu, 2014) investigated at the facilities and tools used by Nyandarua County. 83.3 percent of respondents evaluated the condition of rugby fields as poor or insufficient, while 93.8 percent said there were no basketball courts or that they were in poor condition.

All respondents, according to Kabunge's (2012) survey, said that their institutions lacked a gym or swimming pool, demonstrating how the accessibility of Physical Education facilities and resources impacted the execution of the program. Therefore, in the words of (Diejomaoh, Akarah, & Tayire, 2015) sports facilities and equipment are fundamental to global sports development and achievement. Contributing, (Ekpe, 2001) stated that it will be difficult if not impossible to separate the standard of sports in a society from the availability and the standard of the facilities and equipment.

This is because they the greatest factors affecting the growth of a sport. In essence, facilities and equipment occupy such available place in all the ramifications of sports administration and many studies have shown deficiency in those areas. It should be highlighted that athletes with limited or substandard training facilities will not be able to provide satisfactory results. As a result, strong sports programs and physical exercises can only work to their full

potential if they are backed up by reliable equipment in good working order.

From the above, it means that sufficient sport facilities are critical for sport participation, as many sports cannot be conducted without the proper equipment (Hallmann et al., 2012). They have a vital role in predicting sports participation, albeit this varies depending on the sport and the facilities (Wicker et al., 2012).

According to Downward and Rasciute (2011), when people are satisfied with the facilities they utilise, they are more likely to participate in sports. Additionally, it has been demonstrated that the frequency of sporting events declines as sports facilities become scarcer. According to Wicker et al. (2009), a major barrier to participating in sports is a lack of infrastructure.

Sport facilities can be called facilitators of participation since they have a favourable impact on sports and physical activity. A increased supply of sports facilities and sport programs, according to (Ashworth, Chad, Harrison, Reeder, & Marshall, 2005) referenced in Sayyd (2021), has a favourable effect on sport activity.

Similarly, studies have found that physical activity is favourably connected with the availability of appropriate sport infrastructure (Wicker et al., 2012). Furthermore, the closeness of sporting facilities encourages more individuals to participate (Limstrand & Reher, 2008).

Even though it has been discovered that boys value sport infrastructure more than females, greater access to gyms is likely to be more significant for female teenagers living in rural locations (Reimers et al., 2014). In major cities, where the availability of entertaining facilities outnumbers athletic infrastructure, a detrimental

influence on sports participation may occur, resulting in a substitution effect (Garcia et al., 2011).

Finally, Stahl et al. (2001) claimed that the physical environment, such as sports facilities, is the "greatest marker" for encouraging people to be physically active. Haug et al. (2008) discovered a link between students' participation in physical activity during recess and the availability of outdoor amenities in secondary schools.

Wicker et al. (2009) found that the provision of sport infrastructure has a considerable impact on sport activity patterns, regardless of individual socio-economic circumstances. Participation in sporting activities will be hampered by a lack of or insufficient facilities (Hallmann et al., 2012).

Sport activity programs benefit from an increase in the supply of sporting amenities and programs. The correlation of sports activities is ensured by the availability of proper sport facilities and infrastructure.

#### **METHODOLOGY:**

**Research Design:** This study was quantitative with data solely collected with the aid of questionnaire. **Population:** The participants in the students were undergraduate students of Saudi Arabia Universities. 643 respondents voluntarily participated in this study for its purposes,

With 38% of them between the ages of 21 and 23 (n = 245) and 30% between the ages of 18 and 20 (n = 193). 15% of the sample, or 97 respondents, were between the ages of 24 and 26. Of the other 108 respondents, 108 were over the age of 27, or 17 percent.

The information is displayed in Figure 1.

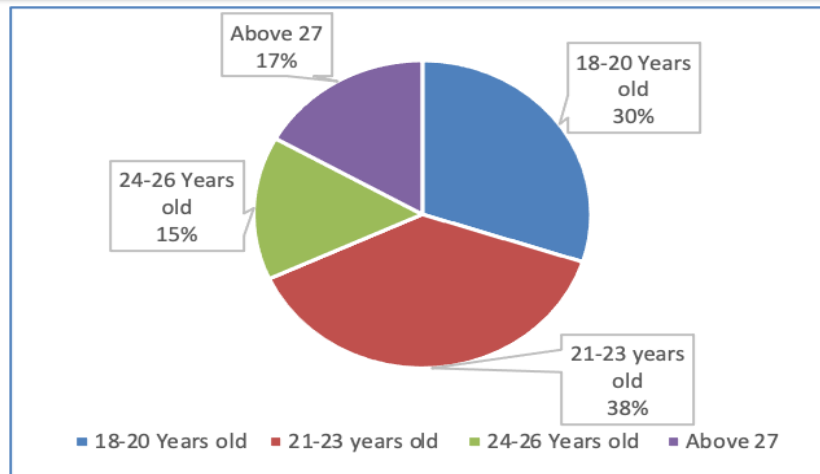


Figure 1: Age distribution of the respondents.

**Instrument:** The researcher employed a self-developed questionnaire in relation to the research questions to collect the needed data from the respondents.

**Results and Findings Instrument:** The researcher employed a self-developed questionnaire in relation to the research questions to collect the needed data from the respondents.

**Data Analysis:** The data collected were analysed using frequency counts and simple

percentage **Research Questions 1:** What extent do sports facilities and equipment affect sports and physical activities participations?

In order to answer this question, the students were asked to highlight and rate the factors that affect their participation in sports and physical activities. The results of their responses are presented below.

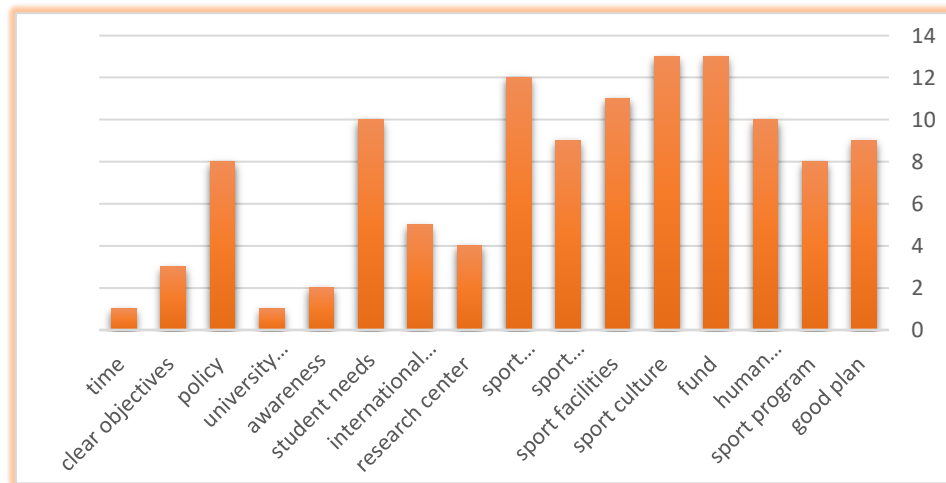


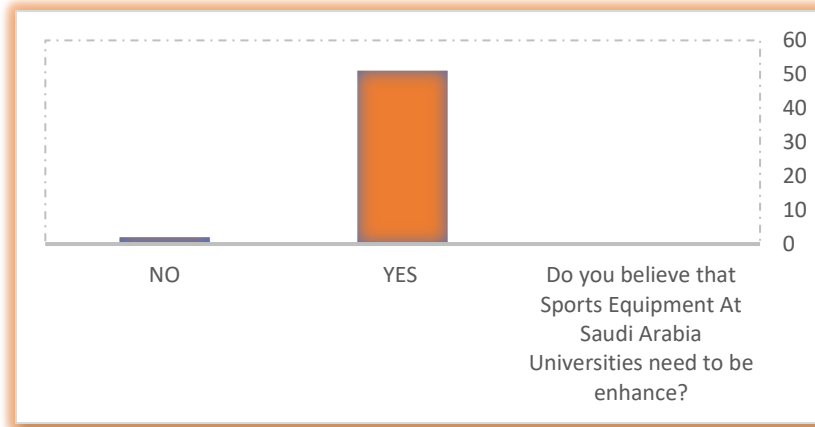
Figure 2: Position of Facilities and Equipment

The responses in the figure above show that the responses believed that facilities and equipment affect their participations in sports. As can be seen, facilities and equipment ranked 3<sup>rd</sup> and 5<sup>th</sup> respectively among the listed factors.

**Research Question 2:** Do the sports facilities and equipment at Saudi Arabia universities need to be enhanced?

Based on the outcome of the responses in the first Research Question pointing out the extent to which sport facilities and equipment affect their participation, the study collected the opinions of

the students on the need to improve the availability and accessibility of sport facilities. Their responses are as shown in Figure 3 below.



**Figure 3: Need to Improve Sports Facilities and Equipment**

Figure 2 shows that virtually all the participants agreed that the facilities were not adequately available and thus needed to be improved. These results are in line with the previous results, which clearly indicate the low level of sport activities is not unconnected to the availability and accessibility of suitable equipment and tools to encourage the students and staff to practise any kind of sport or physical activities.

This finding is in line with statement of Hallman et al (2012) who held that sufficient sport facilities are critical for sport participation, as many sports cannot be conducted without the proper equipment (Hallmann et al., 2012). They have a vital role in predicting sports participation, albeit this varies depending on the sport and the facilities (Wicker et al., 2012). This is because, according to Downward and Rasciute (2011), when people are satisfied with the facilities they utilise, they are more likely to participate in sports.

### CONCLUSION:

The role of infrastructure in sport is very important in sport activity participation, although it depends on the type of sport and facility (Wicker et al., 2012). When facilities are well utilized, this brings a feeling of satisfaction and as a result this encourages more sport participation (Downward and Rasciute, 2011).

In the situation of fewer sport facilities, it has been shown that this discourages participation

in sport activity. In addition, a major obstacle in sport activity is the lack of sufficient infrastructure (Hallmann et al., 2012). Sports facilities and equipment should be bought, correctly accounted for, of high quality, and maintained for future use. They should also suit program demands (Zivdar et al., 2014).

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