

The effects of participation in competitive sports on academic performance of secondary school students in Nairobi province

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Abstract:

This study investigated the effects of participation in competitive sport on academic performance of secondary school students. The variables of the study included sex, type of school, social economic status, intelligence and participation/non-participation in competitive sport and how these relate to academic performance. It was hypothesized that "there will be no significant effect of participation in competitive sports on academic performance of secondary school students in Nairobi province." The study involved 490 subjects (255 athletes and 235 non-athletes) randomly selected from 15 secondary schools within Nairobi province. Questionnaires, interviews and school records were the tools of data collection. The Manova test at 0.05 level of significance was used to determine. This study investigated the effects of participation in competitive sport on academic performance of secondary school students. The variables of the study included sex, type of school, social economic status, intelligence and participation/non-participation in competitive sport and how these relate to academic performance. It was hypothesized that "there will be no significant effect of participation in competitive sports on academic performance of secondary school students in Nairobi province." The study involved 490 subjects (255 athletes and 235 non-athletes) randomly selected from 15 secondary schools within Nairobi province. Questionnaires, interviews and school records were the tools of data collection. The Manova test at 0.05 level of significance was used to determine if there was a significant difference in academic performance between athletes and non-athletes. further, Turkey H.S.D. post hoc analysis tests was used to determine the strength of the resulting significant differences. Findings revealed that athletes consistently performed better than non-athletes in measures of academic performance. It was also found out that social economic status (SES), K.C.P.E. marks and the type of school correlated with academic performance of students. A major finding of the study was that sex is not a significant factor in determining the academic performance of students in this study. Therefore, it is recommended that competitive sport should be emphasized to all the students regardless of the sex, for it is not detrimental to academic performance. Further studies should be done in secondary schools from the other provinces, and at all other levels of education in Kenya i.e. primary schools, colleges and universities.ine if there was a significant difference in academic performance between athletes and non-athletes. Further, Turkey H.S.D. post hoc analysis tests was used to determine the strength of the resulting significant differences. Findings revealed that athletes consistently performed better than non-athletes in measures of academic performance. It was also found out that social economic status (SES), K.C.P.E. marks and the type of school correlated with academic performance of students. A major finding of the study was that sex is not a significant factor in determining the academic performance of students in this study. Therefore, it is recommended that competitive sport should be emphasized to all

the students regardless of the sex, for it is not detrimental to academic performance. Further studies should be done in secondary schools from the other provinces, and at all other levels of education in Kenya i.e. primary schools, colleges and universities.