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The Effectiveness of Extracurricular Sport Activities in Razi University and Islamic Azad University Kermanshah Branch

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ABSTRACT

The purpose of study was to examine the effectiveness of extracurricular sport activities in Razi University and Islamic Azad University Kermanshah branch. Effectiveness demonstrates the satisfaction of customers (students) about extracurricular sport activities. It was descriptive study. Data collection was done through field study. Population composed of 11146 students studying in Razi University and Islamic Azad University Kermanshah branch in 2007-2008 school year. There were 770 subjects as sample selected randomly based on Udinsky sample estimation table. The Effectiveness Questionnaire was used which developed by authors originally evoked from instrument of Weese (1997). The reliability was desirable (Cronbach $\alpha = 0.87$). Significance of hypotheses was measured by Mann-Whitney U test. The effectiveness of extracurricular sport activities were not significantly different between Razi University and Islamic Azad University of Kermanshah branch. However, the effectiveness of extracurricular sport activities were significantly different between males in Razi University and Islamic Azad University Kermanshah branch.

Keywords: Sport activities; Effectiveness; Extracurricular activities; University

INTRODUCTION

As many as considerable percent of population is students in Iran. They manage the country in the future. The physical and mental health of them is vital to manage powerfully. Therefore, leaders should pay attention to students. Structured planning is required to train capabilities of students and scout talents. Leisure time is a major part of daily life which should be purposeful. An organized leisure time encourages hilarity and happiness, restoring gaiety, and making ready for daily activities [1, 5, 7, 8, and 9]. Extracurricular sport activities are one of schemes to fill leisure time in universities. Extracurricular sport activities focus on healthy environment, joyous, solidarity, excitation, and useful experience, positive attitude to sports, motional needs, sport addiction, community spirit, and educational factors [6, 12].

The students are young and have special needs. The needs may change during the time. Perhaps, unsteady environment makes new necessity. Leisure time should be managed effectively and healthily according to dynamic environment. Principled programs can motivate students to devote their time to sport activities in leisure time [4]. A good management is credited when an organization is successful. Managers of extracurricular sport activities should consider favorites of students and lead organized activities effectively. Identifying the favorites of students is prerequisite of organizing. The quality and effectiveness of educational organizations have rarely been studied

specially in the field of extracurricular sport activities. It is possibly due to lack of valid measure of effectiveness of extracurricular sport activities [10, 11].

The students' satisfaction is one of aims in extracurricular sport activities. The requirements are changing due to unstable environment in University. So, organic structure seems suitable to organize extracurricular sport activities. Moreover, the context of extracurricular sport activities is effective. The extracurricular sport activities should be planned accurately and scientifically. The managers of extracurricular sport activities try to select ones interesting for students. The sport activities are diverse and selection favorable ones are complex. The geographical condition, culture, capabilities, experience, requirements, safety, equipment, sport tools, financial resource, and human resource are influencing to select kind of extracurricular sport activities in University. Universities are the strongest social institutions to develop wisdom, intelligence, and intellect to make idealistic decisions. The University should consider health of students to scout talents and provide happy life. Physical education symbolically has been designed to this end in educational system [13].

The sport activities in universities are considered to develop moral, mental, physical, cultural, emotional, and virtuaalfacets in line with development of education. Students are trained to lead society effectively. The sport teaches essential skills to students consequently they learn to care about physical and mental health. So, they regard sport in daily life to improve physical and mental health [3]. Ehsani and AzabDaftaran (2002) studied the deterrent factors of female participation in sport activities in Islamic Azad University of Khorasgan. They identified factors including facilities, time, money, unawareness, transportation, social relations, interest, capability and skill, health, and fitness. Also, Bakhshinia (2006) examined the role of physical education organizations of universities in female leisure time in Zanjan. The participation was related significantly to satisfaction in leisure time. Furthermore, the participation was associated with function of physical education organizations in universities.

There was a research in Troy University in 2005. The research is done on-line annually. The satisfaction, effectiveness, and weakness of University were analyzed according to attitudes of graduated students. About sixty percent of students claimed to be satisfied. Moreover, Bulatora (1999) found that the most of Ukrainian Olympic champions were University students, teachers, and University graduates. Consequently, we studied the effectiveness of extracurricular sport activities in Razi University and Islamic Azad University Kermanshah branch. The main purpose was to help managers of extracurricular sport activities to know the effectiveness rate of activities.

MATERIALS AND METHODS

It was descriptive study. Data collection was done through field study. Population composed of 11146 students (6911 males, 4235 females) studying in Razi University and 11361 students (6530 males, 4831 females) studying in Islamic Azad University Kermanshah branch in 2007-2008 school year. There were 770 subjects as sample selected randomly based on Udinsky sample estimation table (265 males and 120 females in Razi University; 6530 males and 4831 females in Islamic Azad University Kermanshah branch). The demographic characteristics included gender and University. The Effectiveness Questionnaire was used which developed by authors originally evoked from instrument of Weese (1997). Participants responded to 36 items using a 4-point Likert Scale ranging from 1 (strongly disagree) to 4 (strongly agree). Such measure was made since it was concerned with the broader domain of overall effectiveness rather than with specific facets. Nine academic professors confirmed the validity of instrument. The reliability was desirable (Cronbach $\alpha = 0.87$). Descriptive statistics (tables, mean, standard deviation, frequency) was used to categorize data. Normality of data distribution and significance of hypotheses were measured by Kolmogorov-Smirnov test and Mann-Whitney U test respectively.

RESULTS

Table 1 shows the effectiveness of extracurricular sport activities between Razi University and Islamic Azad University Kermanshah branch.

Table 1. The effectiveness of extracurricular sport activities between universities

	N	MR	Std. deviation	Mann-Whitney U	z	sig
Razi University	371	2.32	0.44	65415	-1.23	0.22
Azad University	372	2.36	0.46			

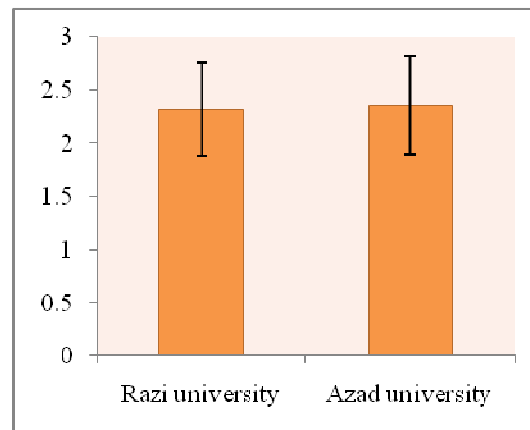


Fig 1. The effectiveness of extracurricular sport activities between universities

As presented in table 1, the effectiveness of extracurricular sport activities was not significantly different between Razi University and Islamic Azad University Kermanshah branch ($p > 0.05$).

Table 2 shows the effectiveness of extracurricular sport activities between males in Razi University and Islamic Azad University Kermanshah branch.

Table 2. The effectiveness of extracurricular sport activities between males

	N	MR	Std. deviation	Mann-Whitney U	z	sig
Razi University	255	2.33	0.44	28823	-1.933	0.031
Azad University	251	2.41	0.43			

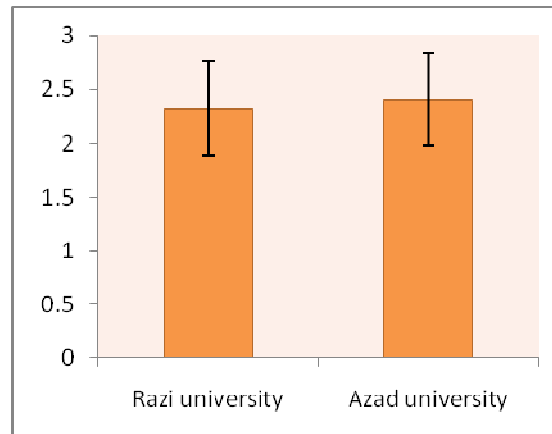


Fig 2. The effectiveness of extracurricular sport activities between males

According to table 2, the effectiveness of extracurricular sport activities was significantly different between males in Razi University and Islamic Azad University Kermanshah branch ($U = 28823$, $z = -1.93$, $p < 0.05$). The mean rank of males in Islamic Azad University Kermanshah branch ($MR = 2.41$) was more than males in Razi University ($MR = 2.33$).

DISCUSSION

The purpose of study was to examine the effectiveness of extracurricular sport activities in Razi University and Islamic Azad University Kermanshah branch. The effectiveness of extracurricular sport activities was not significantly different between Razi University and Islamic Azad University Kermanshah branch. It was in contrast with results of Bulatora (1999) and annual report of Troy University (2005). Bulatora (1999) found that the most of

Ukrainian Olympic champions were University students, teachers, and University graduates. Furthermore, there was a research in Troy University in 2005. The research is done on-line annually. The satisfaction, effectiveness, and weakness of University were analyzed according to attitudes of graduated students. About sixty percent of students claimed to be satisfied.

Moreover, the effectiveness of extracurricular sport activities was significantly different between males in Razi University and Islamic Azad University Kermanshah branch. It was in consistent with results of Ehsani and AzabDaftaran (2002).

It is conceived to be a better programming of extracurricular sport activities in Islamic Azad University Kermanshah branch for male due to report of higher effectiveness there. Consequently, the participation is observed more in such conditions. Some universities lack the educational field of physical education therefore the extracurricular sport activities are lonely chance for students to participate sport freely. It is suggested for the management of extracurricular sport activities to benefit from opinions (satisfaction and dissatisfaction) of students (group discussion) in developing the effectiveness of extracurricular sport activities.

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