

Action Research on Improving Wearing of Recommended Sport Materials during Sport Period among Grade 8 Female Students in Alem Berhan Primary School, Addis Ababa, Ethiopia

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Abstract

Based on observation during health and physical education out of class activity, majority of grade 8 female students didn't come with necessary equipment recommended for sport activities. The researcher tried to find out the reasons why grade 8 female students didn't come with full sport equipment during field activities compared to male students. Based on the above scenario, the researcher tried to improve wearing of sport equipment's during sport period among female students through awareness creation and close follow up in Alem Berhan primary school, Akaki kaliti sub-city, Addis Ababa. Finally, the study was come up with valuable results.

Keywords: Study • Literature • Societies • Environments • Culture • World history

Introduction

Sport injuries occur during exercise or while participating in a sport. Children are particularly at risk for these types of injuries, but adults can get them, too. Sport injuries are common in younger adults and children. More than 3.5 million children and teens are injured as part of an organized sports or physical activity each year. One-third of all injuries in children are related to sports, too [1].

An individual may be at risk for sport injuries if a person hasn't been regularly active, don't warm up properly before exercise and play contact sports. The best way to prevent a sports injury is to warm up properly and stretch. Besides, the uses of proper technique, don't overdo it, and have the proper sport equipment.

Statement of the Problem

Taking part in sports and recreation activities is an important part of a healthy, physically active lifestyle for children. But injuries can, and do, occur. More than 2.6 million children 0-19 years old are treated in the emergency department each year for sports and recreation related injuries. The important prevention method that can take to help make sure they stay safe on the field, whenever they play or participate in sports and recreation activities is the use of right stuff (using proper equipment) [2].

During the growth spurt, adolescents are particularly vulnerable to injuries [3]. Studies in the early 1980s suggest that between 3 and 11% of school age children were injured each year while taking part in some form of sports activity [1,4,], with more recent studies suggesting a higher figure of 22%. As might be expected boys are more commonly affected than girls [5,6].

Significant of the Study

The researcher believed that the results of the study will have some contribution to the school. The following are among the significance of the study:

The management of the school who are responsible for making various strategic decisions to minimize or prevent the sport injuries related to not use of sport equipment's if they implement the result of the action research.

Teachers of the school compound may use the results of the action research to improve the use of sport equipment's of their students based on the factors identified.

Literature Review

School sport is not risk free. With considerable emphasis not just on the benefits of exercise, but on the potential improvement in sporting expertise, it is easy to forget the potential impact of injury in

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school sport. There are documented physical, psychological, and social benefits [7-9], but sport is also the largest contributing factor to injury at school [10,11]. Sports or performance injuries can be classified according to either the cause of the injury or the type of body tissue damaged. If injuries are classified according to cause, the three categories are direct injury, indirect injury and overuse injury. If injuries are classified according to the type of body tissue damaged, the two categories are soft-tissue injury and hard-tissue injury [12].

As many as 22% of 8-17 year olds may suffer sports injury [5], and the incidence of sports related injury ranges from 3% to 39% depending on the age group, sex, and the definitions used to categories participation, skill, and ability. School sport includes at least three categories of activity: formal physical education (PE) class, organized sports participation, and casual sports activity [13]. The increased use of protective equipment may help mitigate these injuries. Protective equipment probably affords the greatest potential for the prevention and mitigation of injury in these sports [14].

There is evidence that combined factors such as poor playing fields, inadequate protective equipment, and insufficient supervision by instructors with limited knowledge may contribute to the incidence of injury in school sport. Increasing participation in school sport is one of the 'health of the nation' targets, and, if a parallel increase in injuries is to be avoided, attention will have to be given to adequate facilities, equipment, and training for those supervising this activity [13].

Most injuries in school occur during sport. School sports injuries are important. They account for just over half of all injuries in secondary school children. They cause significant disruption to school and sport and have important implications for the wider family [15,16].

Objectives

General objective

To improve the use of sport equipment's by female students during in field sport period through awareness creation and close follow up.

Specific objective

- To assess factors affect their utilization of sport materials
- To create awareness on the importance of sport equipment's
- To assess attitude of students and their parents toward wearing sport materials
- To increase the use of sport materials by female students

Materials and Methods

Study design, area and period

A descriptive survey research design was conducted. Alem Berhan Primary School is found in Woreda, Akaki Kality sub-city, Addis Ababa. It was established in 2002. The school was established by the government as a result of establishing new village in the area. In the school, there are 18 sections and 725 students are registered

and enrolled in the school. Of the 725, 135 students were grade 8. A sample consisting of total 28 respondents were recruited. The sample units (participants) were selected according to the researcher convenience to follow the student there day to day activity. There are 3 classes of students in grade 8. Of them, almost all female students in grade 8, section "C" are not wear sport materials during in field sport period. That is why the researcher selects those students through convenience to address their problem. The study was done in 2016.

Data collection system

The data were collected using two primary data collection methods such as questionnaire and observation. Using questionnaire, the students feeling towards wearing recommended materials was assessed. Whereas through the use of observation, the students observed behavior was assessed.

Questionnaires: In order to acquire adequate information from respondent, a questionnaire which consists of both open and closed ended questions was designed and distributed to all considered target population to collect relevant information about the school in relation to the performance of students.

Action Taken (Intervention)

The intervention was given after collecting and analyzing the data. Before doing any intervention the author passes the following steps to solve the problem at its root. Then to improve the wearing of sport materials among female students, the following actions were taken.

Strategy 1 (pre-intervention)

At this stage, the researcher was critically reviewing the results obtained through questionnaire and observation. As a result the following major problems were identified.

- Students had feeling of shame while wearing sport materials.
- Students perceive that the material is not comfortable.
- Students report that teachers are not ready to understand their problems.
- Not encouraged by their parents to wear.
- The lack of strong rule to control and punish students who were frequently not wear sport materials.
- Most students did not purchase the materials needed for sport.

Strategy 2 (during intervention)

During this phase, a researcher arranged special program to communicate students, parents and teachers in order to solve the underlying case for not to wear sport cloth and shoes.

- Awareness creation program was given for students on the importance of wearing sport materials.
- Communicate with parents to know the reason not to wear sport materials.
- Communicate with their teacher regarding the behavior of students.

Strategy 3 (post intervention)

A questionnaire was prepared for the students in order to get feedback about the new methodology (strategy) used. Based on the feedback obtained some corrections were taken.

Results

Analysis and interpretation of data

Of the 28 students expected to fill the questionnaire (Table 1), 26 filled the questionnaire yielding the response rate of 93%. The reason for non-response was absent of two students due to illness during the study period (Figure 1).

Questionnaire response rate: All respondents were female students.

Questionnaires	Respondents	
	Frequency	Percent
Responded	26	93
Not responded	2	7
Total Distributed	28	100

Table 1. Shows the response rate of the students.

Age group of the students: The mean age of the students was 13.2 years. Majority of the students, 17 (65%) were in the age group of 14-16.

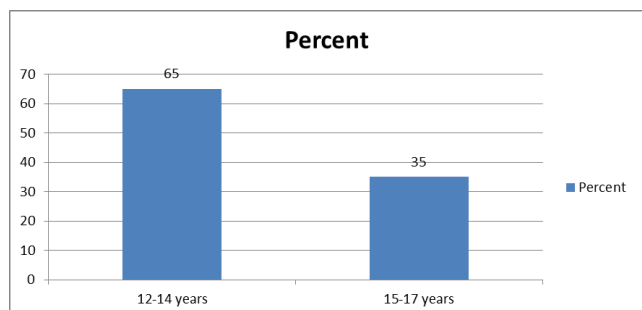


Figure 1. Shows the age distribution of the students.

Knowledge of injuries and their methods of prevention: More than four-fifths (84.6%) of the respondents had knowledge of sport injuries. Nearly three-fourths (76.9%) of the students think that sport injuries happen due to lack of necessary sport materials (Table 2). Eighteen (45%) of the respondents mentioned wearing proper sport materials are used to prevent sport injuries.

Variables	Categories	Frequency	Percent
Knowledge of sport injuries	Yes	22	84.6
	No	4	15.4
Do you think injuries happen due lack of sport materials?	Yes	20	76.9
	No	6	23.1
What are the methods to	Uses of proper technique	12	30

prevent sport injuries? (Multiple answer possible)	Avoid over activity	10	25
	have the proper sport materials	18	45

Table 2. Shows the knowledge of injuries and their methods of prevention.

Regarding wearing of sport materials: Based on the answer for “did you frequently wear sport materials at each in field sport period?” nearly two-thirds (65.4%) of the students had a history frequent wearing of sport materials at each in field sport period (Table 3 and Figure 2).

Variables	Categories	Frequency	Percent
Frequent wearing of sport materials at each in field sport period	Yes	9	34.6
	No	17	65.4

Table 3. Shows the status of frequent wearing sport materials.

Reasons not to wear sport materials: The major reason mentioned 6 (35.3%) was unable to purchase the materials due to economic problem followed by feeling of shame (17.7%), not feeling comfortable (15%) and not encouraged by parents (12%).

Figure 2. Shows the reasons for not wearing sport materials.

The attitude of parents toward wearing sport materials: The attitude of parents regarding use/wearing of sport materials by their female kids and more than two-thirds (69%) of the respondents had negative attitude toward wearing sport materials (Table 4).

Variables	Categories	Frequency	Percent
Attitude toward wearing sport materials	Positive	8	31
	Negative	18	69

Table 4. The attitude of parent’s toward female wearing of sport materials

The behavior of students witnessed from their teachers: Of the 26 students enrolled and asked their behavior from teachers. As a result, 7.7% of the students confirmed as bad behaviour (Table 5).

Variables	Categories	Frequency	Percent
Behavior of students	Good	20	76.9
	Moderate	4	15.4
	Bad	2	7.7

Table 5. The behavior of students witnessed from teachers.

During intervention: Awareness creation program was given for 26 students on the importance of wearing sport materials during sport period to prevent unwanted sport related injuries. Regarding the behavior of each student, one teacher providing health and physical education subject was asked and tried to advice those students who had bad behavior. Based on the finding in the pre intervention survey,

majority had negative attitude toward wearing sport materials. As a result education and behavioral change communication was conducted (for 34 parents) to change parent's attitude toward wearing sport materials.

Pre vs. post intervention results

Regarding wearing of sport materials: Based on the answer for "did you frequently wear sport materials at each in field sport period?" After doing intervention, the proportion of students who come with full sport materials during field sport activity was greatly increased. Only one student was not come after intervention, because of unable to purchase the necessary sport materials (Table 6).

Variables	Categories	Pre intervention		Post intervention	
		Frequency	Percent	Frequency	Percent
Frequent wearing of sport materials at each in field sport period	Yes	9	34.6	25	96.2
	No	17	65.4	1	3.8

Table 6. Shows the pre and post intervention comparison of results regarding the status of frequent wearing sport materials.

The attitude of parents toward wearing sport materials: After giving behavioral change communication, the positive attitude of parents regarding use/wearing of sport materials by their female kids was 92.3%. The result shows that the intervention greatly affects parent's attitude. But the remaining parents with negative attitude after intervention are change resistant/rigid (Figure 3).

Figure 3. Shows the pre and post intervention comparison of results regarding the attitude of parents toward wearing sport materials.

Discussion

The majority of students (65.4%) were not come with the necessary sport materials during filed sport activities.

The major reason not to wear sport materials was unable to purchase the materials due to economic problem (35.3%).

Students reported that the teachers are not ready to understand the problem of students of the respondents.

The school administration is very weak in following and taking action for students that frequently not wearing sport materials.

Conclusions

Based on the remarkable result obtained from the action taken, the researcher arrived to the following conclusions.

The problem of not to wear sport materials was a major problem. But, solving the problem through providing intervention at student level is impossible without the involvement of family and concerned bodies (teachers and school leaders).

The intervention done at students and their parents greatly increase the utilization of sport materials by 2.8 fold from 34.6 (pre intervention) to 96.2% (post intervention).

Recommendation

Based on the analysis and conclusions and result obtained from the action, the following recommendations were forwarded.

The school administrative should make series punishment for those students who didn't come with necessary sport materials.

Teacher need to good approaches and understanding student's problem and tries to solve their problems with their family, and concerned bodies.

The school administrative body should call up local and international NGO's to fulfill sport materials for those who can't purchase due to economic problem

Other research comparative research should be designed to know the real cause and to improve the student behavior and also to improve attitude toward to wearing sport materials.

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