

## **Economic, Pursuits of Professionalism and Motivational/Incentives Factors as Values of Sport Participation among Adolescents in Lagos State**

**Olumide Olusoga EZOMOH (Ph.D) & Stanley ALAUBI**

*Department of Human Kinetics & Health Education University of Port Harcourt, Nigeria*  
*Department of Human Kinetics and Health Education, Faculty of Education,*  
*University of Port Harcourt, Rivers State, Nigeria*

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**Abstract:** *The study attempted to investigate the economic, pursuits of professionalism and motivational/incentives factors as values of sport participation among adolescents in Lagos State. To achieve this, the descriptive survey research design was adopted, one thousand (1000) secondary school adolescents, were drawn using the convenient/accidental sampling technique from ten Local Government Areas of Lagos State. The research instrument for this study was the structured questionnaire, with a correlated co-efficient value of 0.84. The inferential statistics of Analysis of Variance (ANOVA) was used to test the hypotheses at 0.05 Alpha levels. The findings of the study revealed that adolescents expressed economic, pursuits of professionalism and motivational/incentives factors as values of sport participation among adolescents in Lagos State. Based on the results of the findings of the researchers, it was therefore concluded that: economic, pursuits of professionalism and motivational/incentives factors were values of sport participation among adolescents in Lagos State. The study therefore, recommended that adolescents should be more encouraged to participate in sports. Sports programmes should be frequently sponsored as this will not only provide opportunities for adolescents to participate in sports but will also help in advertising corporate businesses, government programmes and policies, as well as help in keeping the adolescents busy and as such reduce the rate of crimes, juvenile delinquencies and also enable the adolescents to make a wise use of their free time through their involvement in the sponsored wholesome and worthwhile sports programmes.*

**Keywords:** *Economic, Pursuits of Professionalism, Motivational/Incentives, Sport Participation, Adolescents*

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Date of Submission: 25-04-2020

Date of Acceptance: 08-05-2020

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### **I. Introduction**

Human beings are bound to play whether organized or unorganized, competitive or non-competitive sports. In traditional African Society, men and women do engage in various forms of sports during their leisure time. In Hausa (Sokoto state) culture, such activities for adolescents include traditional boxing (Dambe), wrestling, while children take part in play activities like swimming, running, dancing and the rest. The type of sports involvement referred to here could be either active or passive. Active in the sense of actual participation, while passive refers to the spectators and the promoters of sports.

Participation in sports is believed to depend to a large extent on various biological, psychological and cultural antecedents (Carlett & Mokgwathi, 2006). Many researchers hold the opinion that success in sports does not limit itself to performance alone, but also to the general life style of a people. Indeed, sports and games are a touchstone for understanding how people work, live, think, and may also serve as a barometer for depicting how a nation/society progresses in civilization (Coakley 1998); Cozens & Stempg, 1996). This concept has been clearly proven by the dominance of the two World's super-powers, United States of America and U.S.S.R., in modern Olympic games and other international competitions.

Participation in sports is in two dimensions; the competitive and recreational sports participation. According to Kane (2005), competition is any situation in which two or more individuals struggle for the complete or large share of a particular goal and in which the success of their performances is relative to each other. Church (2008) opined that, competitive sport apart from tactical and technical proficiency demands a strong fighting spirit in order to succeed.

Adolescence period is the one that begins when an individual attains sexual maturity until that individual is independent of adult authority. It is the period of transition from childhood to adulthood. When seen from the perspective of the life span, adolescence appears as the time when the wave/struggle of life reaches its highest peak. The adolescent's life is or might be full of opportunities to enter into new experiences, to explore new relationships, to feel new resources of inner strength and ability (Adams 2016).

Adedipe (2007) describes adolescence period as being a disturbing stage of life. He sees it as a period where there are conflicts with the individuals and between him and the adult world. At one movement, he has the wish to be independent and to establish himself as an adult and at another time he has the wish to retail all privileges of adulthood. Adolescence period is a stormy and stressful period to both the parents and the adolescents. Summarily, adolescence can be defined as the period of: chronological age, physiological changes, socio cultural phenomenon, cognitive development, decision-making, rapid and profound changes and a state of mind or a combination of these concepts.

Participation in sport all over the world has taken a new dimension and those who are involved in it have different motives. The motive of the early man was for survival. But today, participation in sports and physical activities are used not only for survival, which is mainly biological in nature, but for motives such as social, psychological, financial, intellectual, moral and spiritual (Eboh, 1994).

Many analyses have shown that the fun of sports is becoming less important than its seriousness. According to Coakley (1998), sports are viewed as becoming more serious than fun. He stressed that participation in sports is no longer a matter of personal interest, but rather, a venture that serves the goal of either creating products or meeting other goals, political inclusive.

Lagos State was created on May 27, 1967 by virtue of States’ decree No. 14 of 1967 which restructured Nigeria’s federation into 12 states administered by the federal government through the Federal Ministry of Lagos Affairs as the regional authority while Lagos City Council was governed by city of Lagos. Equally, the metropolitan areas of Ikeja, Agege, Mushin, Ikorodu, Epe and Badagry were administered by the Western region (Lawal 1997).

The state took off as an administrative entity on April 11, 1968 with Lagos Island serving the dual role of being the state and federal capital. However, with the creation of the Federal Capital Territory of Abuja in 1967, Lagos ceased to be the capital of the state, which was moved to Ikeja. Equally, with the formal relocation of the seat of the federal government to Abuja on 12 December 1991, Lagos ceased to be Nigeria’s political capital.

Nevertheless, Lagos remains the nation’s economic and commercial capital. Lagos State had 20 Local Government areas namely, Ikeja, Kosofe, Alimosho, Mushin, Oshodi/Isolo, Lagos Island, Surulere, Lagos Mainland, Ajeromi-Ifelodun, Ojo, Ibeju-Lekki, Eti-Osa, Ikorodu, Badagry, Ifako-Ijaiye, Agege, Amuwo Odofin, Apapa and Somolu (Odewunmi, 1997).

Lagos Sub-urban areas comprise of cities in Lagos that have no direct link with the capital city (Ikeja) or cities on the same axis with the capital city. Lagos Sub-urban areas are those areas that are not on the same axis with the capital city or those that can be referred to as sub-urban areas and these constitute about 15% of the state population. These areas are Badagry, Epe and Ikorodu. (Odewunmi, 1997).

**Methodology**

The participants for the study consisted of one thousand (1000) secondary school adolescents, drawn from ten Local Government Areas of Lagos State. The participants were drawn using the convenient/accidental sampling technique. The research instrument for this study was the structured questionnaire, with a correlated co-efficient value of 0.84. The inferential statistics of linear regression was used to test the hypotheses at 0.05 Alpha levels.

**II. Analysis And Discussion Of Findings**

**Hypothesis 1:** There is no significant difference on economic factors as sport values among adolescents in Lagos State.

**Table 1:** A summary of ANOVA analysis on mean scores of economic factors as sports values among adolescents in Lagos State.

ANOVA					
H01	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	1.956	2	.978	2.235	.108
Within Groups	436.244	997	.438		
Total	438.200	999			

The results in table 1 showed that the calculated F-value for the groups is 2.235 at degrees of freedom 2 and 999 and probability level 0.108 which is greater than the chosen probability level of 0.05 (F2, 999=2.235, p>0.05). Hypothesis 3 was accepted. This indicates that there is no significant difference on economic factors as sports values among adolescents in Lagos State. That is, economic factors are values of sport participation among adolescents in Lagos State.

Fain (2013) in line with his finding reported that, it is self-evident that work is an instrumental activity and work on a job implies profit-orientation of the employers. Innovations affecting workers’ productivity have always been of interest to management. In many countries, industrial concerns have started substantially, investing on workers recreation. It is of interest to know why these concerns spend money on employees’

recreation. Employers have recognized the fact that a healthy worker costs less and produces more. Absenteeism due to sickness is reduced, by providing recreation. Employers have recognized the fact that sickness is reduced by providing recreation through sports and physical activities. Exercise, according to Amusa and Onyewadume (1988) provides individuals with improved health. It helps to improve the working capacity of individuals as it helps to pump blood all over the body efficiently, whenever the heart finds it difficult to do so. The inability of the heart to pump blood all over the body leads to numerous debilitating conditions ranging from general weakness of the body to joint ache, since various system of the body have not been worked upon. But with active exercise or participation in physical activities, these conditions are avoided; and the individual is radiant, filled with vigour energy and strength. He therefore functions maximally and most importantly enjoys near optimal health and would seldom visit the hospital for treatment. As a result, less money would be spent on medical care of such individuals by the government, private, or public establishments, and by the individuals themselves. Hence, production rate of such individuals would increase.

In further support of this finding Ajayi, Ogundele and Hamafyelto (2000), submitted that sport has created for itself the labour market where they have employers and employees together with labour unions. They also have professional and amateur divisions. With the professionals, players and athletes are employed based on expertise or skill and experience as they do in other labour markets. Like in other profession, the employer of labour scouts for quality athletes who can provide unique services leading their teams to victory. This assertion can be corroborated with the victory of Enyimba Football Club of Aba, Abia State, where the state Governor, Orji Uzoh Kalu used the resources of the state to recruit skillful and able-bodied players that won for them the African Champions Cup on the 11<sup>th</sup> of December, 2003, at Egypt for the first time since 37 years.

According to Morakinyo (2002), sport is a social phenomenon that could no longer be ignored in the social, political and economic environment of any nation. Sport has continually occupied the prime place and space in the electronic media and continued to occupy the sub-conscious and conscious parts of man, either as athletes or spectators. Individuals, groups and even nations have gained privilege through sports. Odejide (1992) stated that sports provide experience that achieve purposeful living, it thus form an integral part of National Education Program. She went further to conclude that sports participation by youths is therefore, a factor of opportunity in terms of economic deposition.

Sports have transcended the purview of the early Greek philosophers who focused only on having a sound mind in a sound body, a non-negotiable variable that they demand from those desirous of stirring the delicate ship of government in the Greek city-states. The instrumentality of sports has an all-embracing macro status. It is globally employed as a potential political instrument, as well as a robust economic venture (Iheanacho, 2001).

According to Adesanya (2003), sports today are truly global in scope and consuming interest in many countries of the world. Sport today, is not just a viable public relations tool, but also a celebrated multimillion dollars spinning machine. Millions of dollars are now grossed by sportsmen and women all over the world, for example in sports like boxing, football, basketball, golf, tennis among others. Sport is one of the fastest and easiest ways of turning fortune around, considering the economic breakthrough sportsmen and women all over the world are making. It has turned the fortune of many athletes with poor financial background into celebrated multi-millionaires. Sport today is serving as an international passport for our young men and women.

Nigeria, in the eyes of her friends and foes, is a potential economic and sports giant. This supposedly gave rise to the approval of the right to host the FIFA/COCACOLA under 21 Senior World Cup of 1999 in Nigeria. Undoubtedly, Nigeria is a household name all over the world because of her reputation in sports; athletics and physical education are generally developing and expanding in a high frequency. There is therefore, the need and tendency to strive for efficiency and excellence in performance at all levels. Sport has permeated the Nigerian society just as it has in many other societies worldwide. Newspapers devote pages of their editions to sport (Igbanugo 2000).

In support of this view, Morakinyo (2000), stated that sport is a social phenomenon that has grown from its humble beginning of being an entertainment and recreation to become a visible and prominent business phenomenon that could no more be ignored in the social, political and economic environments of any nation.

Sport is now a major part of the business community that offers various players with specific services and opportunities for profit. Athletes are part and parcel of major business enterprises, where individuals and groups are involved in producing consumable products for the general public. The product they produce is generally known as sport entertainment where the athletes are prime actors, with a host of attendant supporting cast, ranging from marketers, spectators, facilities, personnel, stadium managers, coaches, trainers, masseurs, physiotherapists, doctors, biochemists, psychologists, nutritionists and cooks amongst others. All contribute their part to keep the wheel and the athletes performing at their optimum level (Obajimi, 1997)

Contemporary sport grew for the sake of excitement, amusement strength and physical fitness. Sport has also grown in economic and political dimensions and countries now use it as a legitimate of foreign policy and a vehicle to show a country's mood towards another. For instance, Nigeria boycotted the Edinburgh 1986

Commonwealth Games because of a British rugby team that went on a playing tour of apartheid South Africa. Nigeria used that to protest the apartheid policy perpetuated against the blacks of South Africa, who actually owned the land of South Africa.

Sport is used as an avenue for appreciation of the ethical clues in a country. Success in sport has some national impacts, such as; prestige, status and respectability. A country whose athletes performed well in any international sports would be granted an extensive media coverage, which normally throws such a country into world’s limelight particularly, if the country is relatively unknown. Nigeria experienced this prestige, status and respectability when her soccer team won the maiden edition of the Under- 16 World Junior Soccer Championship in China in 1985 (Onifade, 2003).

Sport has earned a lot a people a career of their choice. Included here are the coaches, sports administrators, and professional athletes. Some of these people are today a part of the highest paid human beings in the world. Kanu Nwankwo of Nigeria is one of such people. Some people too produce sports materials, distribute and sell them to earn living. The production of sports facilities, equipment, and supplies has contributed to industrial growth in a number of cities throughout the world. Several people are being employed to produce these items. The use of sports to promote several products is worthy of mention too. This has helped to improve the sales of such advertised products.

**Hypothesis 2:** There is no significant difference on pursuit of professionalism as a value of sport participation among adolescents in Lagos State.

**Table 2:** A summary of ANOVA analysis on mean scores of pursuit of professionalism as a value of sport participation among adolescents in Lagos State.

**ANOVA**

<b>HO2</b>					
	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	.963	2	.481	1.056	.348
Within Groups	454.589	997	.456		
Total	455.552	999			

The results in table 2 showed that the calculated F-value for the groups is 1.056 at degrees of freedom 2 and 999 and probability level 0.348 which is greater than the chosen probability level of 0.05 ( $F_{2, 999}=1.056, p>0.05$ ). Hypothesis four was accepted. This indicates that there is no significant difference on pursuit of professionalism as a value of sport participation among adolescents in Lagos State. That is pursuit of professionalism is a value of sport participation among adolescents in Lagos State.

Globally, sports have metamorphosed and become significant social institution with acceptable norms and distinct sub-culture. Invariably, today’s sport is the anti-theses of original nature of play-oriented contest, because sport at a corporate level has become a big spectacle, big business and a good example of power politics (Ajayi, 1999), suffice it to say, the fact that players can be “hired and fired” is a slogan that further accentuates the professional roles sports have attained. Salami (1998) also noted that the employment opportunities that are available in sport industry motivate some people into participating in sport. He stated further that, in sport one can be employed as athlete, coach, teacher, sport organizer, consultant for construction and installation of sport facilities.

According to Oyeniyi (2000), physical education being a school subject involving sport can only be taught successfully and effectively by specialist who is expected to teach both physical education knowledge and skills. Therefore, a physical education teacher who is expected to impart knowledge and skills of the subject to the learners should be knowledgeable about the legal aspects of sports, health, recreation and others which will help him in the teaching of the subject effectively.

Harding (2013) stated that physical education teachers as professionals have a reputation of being “men of action” with very few words spoken. Hansen (1989) postulated that practitioners by virtue of training have acquired techniques, which enable them to render specialized services to the community. Justifying the importance of physical education teachers as professionals in the teaching/learning process of physical education knowledge and skills, Iroegbu and Opara (1998) stated that there could be no sportsman or woman without teachers, and then the physical education teacher should see himself as an important person in the society.

Like the physical education teacher, according to Oyeniyi (2000), a coach is a person that is trained in the skills of specific sport, who later imparts the knowledge into athletes who have been initially introduced to sport. According to Fordhan and Leaf (2018), the coach is the one who handles the experienced athletes in order to improve their knowledge/skills and awareness. Miller (2014) described the coach as one who handles the after varsity sport programme.

Adedeji (1995) postulated that coaching transforms objective movements, which are supported by mental and moral attitude. Ajayi (1999) described coaching as the use of scientific method to impart skills

knowledge by a professional called coach to an individual or a group of person called athletes for the purpose of improving their skills. Opatola (1999) posited that coaching enables one to discover new talents, provides proper training, enhances the development of positive attitudes by the participants, and gives participants the required physical, mental, social and emotional conditioning. Furthermore, it is important to note that a coach should be professionally qualified, which is where professionalism comes in, and however, he must be conversant with recent changes in his professional career.

**Hypothesis 3:** There is no significant difference on incentives/motivational factors as sports values among adolescents in Lagos State.

**Table 3:** A summary of ANOVA analysis on mean scores of incentives/motivational factors as sports values among adolescents in Lagos State.

ANOVA

H03					
	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	1.353	2	.676	2.113	.121
Within Groups	319.141	997	.320		
Total	320.494	999			

The results in table 3 showed that the calculated F-value for the groups is 2.113 at degrees of freedom 2 and 999 and probability level 0.121 which is greater than the chosen probability level of 0.05 ( $F_{2, 999} = 2.113, p > 0.05$ ). Hypothesis five was accepted. This revealed that there is no significant difference on incentives/motivational factors as sports values among adolescents in Lagos State. That is, incentives/motivational factors are sports values among adolescents in Lagos State. Participants in competitive and recreational sports have different reasons for doing so, some participate because of the incentives associated with participation. Some participate in order to be gainfully employed, while some go into sports for ego boosting. Incentives, as what keep the young athletes to continually make efforts to improve their performance, come in different forms and types, and are virtually important and cannot be toyed with. Incentives consist of materials or symbolic objects given to an individual before and or after a good outing (Eboh 1994).

This finding goes in line with that of Orlick (2011), which stated that incentive motivation energizes and spurs one to action and at the same time, it is capable of sustaining high performance level, because it is contained in the process of striving to attain one's optimum level. Nixon (2008), noted that incentive theory of motivation emphasizes the importance of external conditions with a sign of motivation when motivating factors are properly put in place, while the sportsman and woman is spurred into action. Incentive could equally be given to spur action in cases of declining performance. It leads to better performance in sports. It is the drive prompting an individual to act in a certain way. It is an abstract part of learning and performance. Motivation cannot be seen, heard, tested or smelt, but everyone knows that it is present when the resultant behaviour is seen. Incentive consists of materials or symbolic objects given to an individual after a good outing.

There is a cliché in human development theory, which says that rewards bring about motivation for improved performance. This could be the essence of both federal and state governments, private and public organizations, schools, sports councils and colleges/universities in Nigeria organizing award nights and receptions for deserving sportsmen and women, past and present heroes and victorious contingents. Activities or events of this nature go a long way to motivate people into participating in sporting activities as well as attract future excellent performance in sports or other human endeavour (Iheanacho, 1998). Eboh (1994) opined that incentives are essential gadgets or the totality of the factors, which assist sportsmen and women to achieve their goals.

Obiyemi (1997), identified free accommodation, insurance, rent subsidy academic scholarship, car loan, transport allowance, camp allowance, feeding allowance, annual bonus, match bonus or playing bonus, free medical services winning allowance as common incentives given to players and coaches in Nigeria, and these incentives could encourage individuals to sports participation. While some educators argue that the joy in participation and the satisfaction derived from it was enough for the athletes in terms of incentives, others argue that incentives are symbolic for achievement in the field of sports and also have some roles to play in performance.

Kienka (2000) stated that, advanced nations of the world used incentives to improve the performance of their sportsmen and women. Bucher (1986) stressed that, apart from the provision of adequate food, good qualities, quality equipment, sport personnel and incentives are equally important in motivating athletes. Innih (1998), commenting further on the importance of incentives in the motivation of athletes, stated that unless rewards for competitions and making sacrifices are considered, athletes would find it difficult to compete. Just like everyone else, sportsman and woman enjoy receiving awards and rewards. Many athletes like something permanent to show for excellent performance. Of all types of incentives, motivations through adequate and timely provision of facilities and equipment are sure ways to inspire many people to participation and excellent

performance. In other words, the provision of incentives, if adequately and properly taken care of, will motivate individuals to excellent performance in sports.

According to Carron (2000), an athlete who is motivated intrinsically to participate in sports does so because he, or she, finds participation itself rewarding. Motivation consists of finding out what athletes really want to do and become, and then helping them to use sports to achieve the goal. However, incentive or motivation has to be individualized for the achievement of best result and it is the starting point for potential star athletes.

Sports incentives can either be in form of awards or rewards that are commonly used to energize athletes. Bucher (1986), postulated that awards and rewards stimulate interest, serve as encouragements for participation and recognize achievement. Salami (1998), stated that gifts vary from personal satisfaction to performing an act, as well as a host of others like trophies, plaque, medals, certificates and other general incentives which may include money. He stated further that award is educational device, method or symbolic token aimed at recognizing or appreciating the outstanding performance or success of an individual. In a competition, reward is the compensatory incentive obtained for a work done Daughtery and Lewis (2008) opined that award should always be differentiated from reward.

Reward and award could range from monetary and material gift to presidential handshake. Many athletes and those being initiated into sport usually clamour for monetary reward rather than presidential handshake. It has also been noted that many young developing stars go into sports due to cash and material gifts given to sportsmen and women in the past. Salami (1998), stressed that as each day passes and as cost increases, award becomes smaller and fewer in number, its demand on the budget increases, and therefore, it is necessary to seek creative and imaginative ideas of awards.

Also employment opportunities that are available in sports industry motivate some people into participating in sport. In sport, one can be employed as athlete, coach, teacher, sports organizer, sport consultant for construction and installation of sports facilities. Bucher (1986) stated that, apart from the provision of adequate funds, good quality facilities and sports personnel, incentives are equally important to motivate athletes. Orlick (1991) also noted that, incentives motivate, energize and spur one to action and it is capable of sustaining high performance level because, it is contained in the process of striving to attain one's optimum goal. Phillips (2012) opined that, to motivate is to move, impel, induce, and to stimulate interest through appeal to associated interest or special devices.

The term motivation refers to a psychological concept, which has been described as an urge, arousal, drive, energizer, motive or that which spurs a person to action (Eboh 1994). According to Enyeasu (2000), motivation is a powerful activator, for without it very little can take place. It plays an important role during the entire process of skills acquisition, practice periods and competition stage. Harter (2008), pointed that motivation is not a sweet given to learners, rather, it is an abstract psychological concept which cannot be seen, heard or touched, but whose effects are glaringly visible.

Motivation also refers to processes or conditions which may be physiological or psychological, innate or acquired, internal or external to the organism which determine or describe how, or in respect of what behaviour is initiated, maintained, guided, selected or terminated, it also refers to the fact that an individual will learn or remember or forget certain materials as well as to some of the processes or conditions which are responsible for this behaviour (Singer, 1992). Kirk-Patrick (1993) viewed motivation as incentives, which is concerned with the initiation that incites and encourages one to action. While Strache (2009) identified it as any stimuli, that can be material, leadership, or person that urges one into action.

When individuals have some final goals as either objective, they consciously or sub-consciously assess the incentive value attached to that activity (Carron, 2014). According to Weiner (2009), incentive is the provision of all essential gadgets or the totality of the factors, which should assist sportsman or woman to make the achievement of his goals obtainable.

The advanced nations of the world, according to Kienka (2000), used incentives to improve sportsmen and women's performance. It helps to assist and sustain the athletes to achieving their participation motive in sports competition. Alderman and Wood (1996) identified seven major incentives systems in sport participation and sport sustenance. They include the athletes' independence (doing things without the help of others); affiliation (making friends); power (controlling others); stress (seeking excitement); excellence (doing something very well); aggression (intimidating others) and success (seeking status, prestige, recognition). Pooley (2014) revealed that majority of young sports participants in American soccer sport continue with sports participation due to their affiliation, excitement, success and sport stress.

A fundamental assumption in education, industry and sport is that incentives can be used to influence behaviour by withholding or providing inducement to the individual. Martens (2007) opined that incentive can elicit, modify or eliminate specific behaviour. According to Harris (2014), token incentive can eliminate specific inappropriate behaviours or to increase one's livelihood.

### III. Summary

The study attempted to investigate the economic, pursuits of professionalism and motivational/incentives factors as values of sport participation among adolescents in Lagos State. To achieve this, the descriptive survey research design was adopted, one thousand (1000) secondary school adolescents, were drawn using the convenient/accidental sampling technique from ten Local Government Areas of Lagos State. The research instrument for this study was the structured questionnaire, with a correlated co-efficient value of 0.84. The inferential statistics of Analysis of Variance (ANOVA) was used to test the hypotheses at 0.05 Alpha levels. The findings of the study revealed that adolescents expressed economic, pursuits of professionalism and motivational/incentives factors as values of sport participation among adolescents in Lagos State.

### IV. Conclusion

Based on the results of the findings of the researchers, it was therefore concluded that:

1. There is no significant difference on economic factors as values of sport participation among adolescents in Lagos State. That means, economic factors are values of sport participation among adolescents in Lagos State.
2. There is no significant difference on pursuits of professionalism factors as values of sport participation among adolescents in Lagos State. That indicates that, patriotism/national pride factors are values of sport participation among adolescents in Lagos State.
3. There is no significant difference on motivational/incentives factors as values of sport participation among adolescents in Lagos State. That suggests that, motivational/incentives factors are values of sport participation among adolescents in Lagos State.

### V. Recommendations

The study therefore, recommended that adolescents should be more encouraged to participate in sports. Sports programmes should be frequently sponsored as this will not only provide opportunities for adolescents to participate in sports but will also help in advertising corporate businesses, government programmes and policies, as well as help in keeping the adolescents busy and as such reduce the rate of crimes, juvenile delinquencies and also enable the adolescents to make a wise use of their free time through their involvement in the sponsored wholesome and worthwhile sports programmes.

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Olumide Olusoga EZOMOH (Ph.D),etal. "Economic, Pursuits of Professionalism and Motivational/Incentives Factors as Values of Sport Participation among Adolescents in Lagos State." *IOSR Journal of Sports and Physical Education (IOSR-JSPE)*, 7(3) (2020): 07-14.