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**Assessment of the attitude of female students towards participation in university sports – A case of Nagongera campus, Busitema University.**

**BY**

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**A research report submitted to the department of biology in partial fulfilment of the requirements for the award of the degree of bachelors of Science with Education (physical education) in the Faculty of Sciences and education, Busitema University.**

**DECLARATION**

I, ODONGO JESSE, hereby declare that this dissertation is my own original work and that it has never been presented to any University, College or Institution for any award of a diploma or degree.

Signature..... Date.....

Odongo Jesse

**APPROVAL**

This dissertation has been submitted for examination with the approval of my University  
Supervisor

Signature ..... Date.....

Mr. Muger Joseph

## **DEDICATION**

To my lovely parents; Etabu Peter and Akello Norah, my aunties Ingima Elizabeth, Aniko Melda and Alubo Grace, my brothers most especially Elakuna Joseph, Esiru Barnabas, Osule Deoratiuous, and my sisters Akello Catherine, and my friends Moro Daniel, Byomugabi Heezi, Oitalkol James, Sanya Sylus, Kiplimo Tonny, Ayeko Davies as being my inspiration and encouragement all the way through my undergraduate studies.

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## **LIST OF ABBREVIATIONS**

CDC-Center for Disease Control

U.S. DHHS-United States Department of Health and Human Services

UN- United Nations

I.O.C- International Olympic Committee.

W.H.O – World Health Organization

## **ABSTRACT**

The major Objectives of this study were to investigate the attitude of females towards participation in sports activities in Busitema University, a case study of Nagongera Campus. To achieve this, the descriptive survey method was used in number of hostels in Nagongera Town council where a majority of students reside; four hostels were used and 28 students were selected using multistage sampling method. Structured interview form for students was used as data collection instruments. The study therefore included a total of 28 female university students from Busitema University, Nagongera campus. In reporting and analyzing the results, the voices recorded were transcribed into words after thorough analysis. Most students said that they spare time for participating in sports activities and that campus football coach allows girls to train with gents if they wish, so this has enabled them to gain some skills and abilities to do well in sports. On contrary however, a few students reported not getting involved in sports activities mainly because they do not want to inflict pain to their bodies. The respondents gave possible strategies that can be used to improve girls' participation from now and the future, for example, majority of respondents suggested; sensitization, provision of equipment/facilities. In conclusion the major findings revealed that a greater number of female students actually take part in sports while a smaller number that does not involve in sports is constrained; leading to their inability to participate. It is therefore recommended that; female students' participation in sports activities sensitization should be emphasized.

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## CHAPTER ONE

### INTRODUCTION

#### 1.1 Background to the study

Despite the innumerable physical health benefits gained by being physically active (Eccles, 2015; Weintraub, et al., 2013) and social benefits such as providing opportunities to communicate with others, to improve motivation, self-concept, self-efficacy and well-being, (Bairly, 2012), many girls all over the world are not meeting the recommended daily standard for regular sports activities (CDC, 2013; U.S. DHHS, 2020). The perceived problem of girls' disengagement from sports activities is not unique to Uganda only but there has been world-wide gender disproportion in sports activities participation in which girls have been understated and discriminated against (UN, 2016, Bailey, Willard and Dismore, 2014). Sport is the umbrella that embraces all games ranging from teasing cots to high organized club athletics. Sport activities refer to game, dance and gymnastic unit taught in the curriculum, while fitness indicates an emphasis on the development of fitness concept. Also sport is a very high term and is very interesting and challenging.

In recent times, the concept of female participation in sport has been an emerging area of research as efforts have been and are being made in getting more females to participate in sports. However, a lot more effort is still required to generate greater female participation in the world of sport. (LeUnes & Nation, 2012). Female participation in sports has been a controversial issue all over the world and Uganda is not an exception. Involvement in sports has taken a new turn in which those who engage in sports have various reasons for participation. In the olden days, the reasons for participation in sports was for the sole purpose of survival but in the world today, those who engage in sports have various intrinsic and extrinsic motivation such as financial, satisfaction, social, psychological, and fulfillment. Participation in sports makes the participants and others fit for such activities that they might engage in. Females who participate in sports, recreation and physical activities are generally healthier, more confident and feel better than those who do not (New South Wales info Sheet, 2006, Orunaboka & Nathan, 2007). The emergence of women in sports is largely a twentieth century phenomenon. Women were not allowed as spectators in the first Olympics in 776 B.C. in Ancient particular time. Greece and when the Olympics was revived, women were not allowed to participate

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