

PalArch's Journal of Archaeology  
of Egypt / Egyptology

EXISTING SPORTS FACILITIES AND THEIR INFLUENCES ON  
ATHLETE'S MOTIVATION TOWARD COLLEGES GAMES

*Palwasha<sup>1</sup>, Muhammad Haroon<sup>2</sup>, Tahmina Naz Khattak<sup>3</sup>, Muhammad Naeem<sup>4</sup>,  
Mehreen Saba<sup>5</sup>, Sohail Roman<sup>6</sup>, Jamil Ahmad<sup>7</sup>*

<sup>1</sup>Physical Education Teacher in Government Girls Middle School Kuladhand District  
Charsadda, Pakistan

<sup>2</sup>MS Scholar in DSSPE, Sarhad University of Science and IT, Peshawar, Pakistan

<sup>3</sup>Office Assistant at Government Girls Degree College Zaryab Colony Peshawar, Pakistan.

<sup>4</sup>Primary School Teacher in Government Primary School, Kheshgi Bala, Pakistan

<sup>5</sup>Lecturer in Sports Sciences, Bahauddin Zakariya University, Multan, Pakistan

<sup>6</sup>Lecturer in DSSPE, Sarhad University of Science and Information Technology, Peshawar,  
Pakistan

<sup>7</sup>MSc student in DSSPE, Sarhad University of Science and IT, Peshawar, Pakistan

**Palwasha, Muhammad Haroon, Tahmina Naz Khattak, Muhammad Naeem, Mehreen Saba, Sohail Roman, Jamil Ahmad. Existing Sports Facilities and Their Influences on Athlete's Motivation Toward Colleges Games, PalArch's Journal of Archaeology of Egypt/Egyptology 19(3), 836-848. ISSN 1567-214x.**

**Keywords: Motivation, Facilities, Athletes' Performance, Sports, Government, Girls, Degree, College, Mandan. District Bannu.**

**ABSTRACT**

This study sought to investigate existing sports facilities and their influences on athletes' motivation toward sports in Government Girls Degree College Mandan Bannu. Literature relevant to the study was reviewed. The survey research design was adopted for the study. Motivation and Availability of Facilities Questionnaire (MAFQ) were administered. The population of this particular research comprised all students of Government Girls Degree College Mandan Bannu, 2022. Gay (1987) suggested that 10% were from a large population and 20% sample from a small population. There was a total of 4597 students in 17 departments. Using a proportionate random sampling technique, the researcher takes 460 students (10% of the whole population). The test-retest reliability value obtained for the instrument using the Pearson Product Moment Correlation Co-efficient was 0.86. Data were analyzed using frequency counts and percentages while a simple mean was employed to determine the

significance level between the hypothesized and observed values at the 0.05 alpha level. The result of the data showed that equipment and facilities are not adequate while athletes are not well motivated in Government Girls Degree Colleges of District Bannu.

## INTRODUCTION

Sports activities have been gaining great momentum in Pakistan over the last couple of decades. Although cricket is the most passionately in Pakistan, other sports like track and field events, football, hockey, volleyball, basketball, badminton, kabaddi, kho-kho, and table tennis too are popular among the youth today. The performance of Pakistan in the Olympics has always been a pathetic one. One of the major reasons is the poor encouragement of sports at the school and college levels. The lack of facilities is a major detrimental factor in the development of sports culture in the colleges. The present study is an attempt to review the status of the sports facility and its impact on the girls' colleges of the Bannu, district.

During the last decades, researchers faced plenty of difficulties with facilities to the proper availability of sports facilities like infrastructure, equipment, and proper kit. In the current research work, the researcher would like to emphasize the financing, the structure of the institution, the location of the institution, the strength of the institution, the economic impact, and views of management in providing sports facilities to the students as compared to other activities. The researcher is of the opinion that facilities should be studied from three perspectives: Urban, rural, and students' involvement.

The ultimate goal of athletes preparing for competition is to attain peak performance for excellence. The Bannu district college games are not an exception to this rule of athletes achieving peak performance. Beauchamp, Kamis, and Stull, (2021) peak performance is the level of optimal functioning where athletes found themselves in the zone and things are just working out fine. Williams (2006), also submitted that peak performance is those magic moments when an athlete put it all together both physically and mentally, the performance is exceptional, seemingly transcending ordinary levels of play. Hallett (2011) further defined peak performance as behavior that exceeds one's average performance or an episode of superior functioning. There are some psychological factors that may serve as barriers, blocking athletes from getting to this zone of optimal functioning in girls' college games which include the level of motivation and availability of facilities (Vealey & Chase, 2016; Adeyeye & Kehinde, 2013). The provision of good organization and administration of sports programs in Bannu and in the higher institutions of learning, in particular, has been important which psychologically influences the participation and effective performance of athletes in Government Girls Degree College Mandan Bannu. Good organization and administration of sports as considered include the provision of adequate facilities and equipment, attractive incentives for the athletes, and sound human relations. Ogu and Umeasiegbu (2019) stated that "good sports programs can function effectively only when they are supported with sufficient equipment in good condition". Oyilogwu (2005) emphasizes that it would be impossible to achieve satisfactory results from athletes whose training facilities are inadequate or substandard.

The provision of adequate facilities and equipment is as important as providing adequate incentives for athletes. Awoyinfa (2008) stated that facilities are immovable or permanent structures that are used either for sport or other purposes depending on the structural designs. Examples of permanent facilities are football, cricket grounds, sports spectators stand, etc, while the equipment is considered as moveable objects which in some cases may be consumable. Examples of moveable equipment are football boots, jerseys, balls, rackets, etc. Motivation is a broad term and encompasses a wide array of behaviors. Like many other psychological constructs, motivation has been defined in a variety of ways, but in general, it refers to the intensity and direction of behavior. Motivation is a vital prerequisite to performance and it plays a vital role during the entire process of acquisition of skills. Mastery of physical skills is essential to succeed in Government Girls Degree College Mandan Bannu. However, without motivation optimum performance cannot result, in fact, there might be no interest to drive athletes to train effectively during practice sessions in preparation for the District Bannu girl's Games competition.

Keeping in view the justification of the study the researcher decided to conduct the study under the title "Survey of existing sports facilities and its influences upon athlete's motivation towards sports in Government Girls Degree College Mandan Bannu"

### ***Objectives of the Study***

1. To assess the existing sports facilities of Government Girls Degree College Mandan Bannu.
2. To determine the motivation of athletes towards sports participation in Government Girls Degree College Mandan Bannu.
3. To assess the influence of existing sports facilities upon the athlete's motivation at Government Girls Degree College Mandan Bannu.

### ***Research Questions of the Study***

1. Whether sports facilities are significantly provided to the students of Government Girls Degree College Mandan Bannu?
2. What is the athlete's motivation at Government Girls Degree College Mandan Bannu?
3. What is the influence of existing sports facilities upon the athlete's motivation at Government Girls Degree College Mandan Bannu?

### ***Significance of the Study***

1. The study discovered the existing sports facilities of Government Girls Degree College Mandan Bannu which enable the concerned authorities to overcome the sports facilities problems in Government Girls Degree College Mandan Bannu.
2. The study explored the athlete's motivation at Government Girls Degree College Mandan Bannu which enables the concerned persons to work on weaknesses and sustain the strong points.

3. The study explored the influence of existing sports facilities on the athlete's motivation toward Sports Activities at Government Girls Degree College Mandan Bannu. This enables the future researcher to conduct the studies upon the spaces that remain in this particular study

### *Limitations of the Study*

1. The return ratio of the questionnaire was the limitation of the study
2. Interest of the respondents was the limitation of the study
3. Cover all the sampled population was the limitation of the study

### *Delimitation of the Study*

1. The study was delimited to Government Girls Degree College Mandan Bannu only

## **MATERIALS AND METHODS**

### *Research Technique*

In quantitative research, the survey design is the best and most usually advised method for gathering primary data. Creating a questionnaire to gather primary data is typically how survey design is done. By providing a structured type questionnaire to the participants in this study, the researcher was able to gather primary data.

### *The Population of the Study*

Research refers to a complete set of people or things that have certain characteristics in common. The population of this particular research comprised all students of Government Girls Degree College Mandan Bannu, 2022. There was a total of 4597 students studying at Government Girls Degree College Mandan Bannu.

**Table # 1:** A detailed description of the population

<b>S. No</b>	<b>Name of Department</b>	<b>Total Students</b>
<b>1.</b>	Sports sciences and physical education	131
<b>2.</b>	Mathematics	169
<b>3.</b>	English	94
<b>4.</b>	Economics	85
<b>5.</b>	Electronics	18
<b>6.</b>	Political science	101
<b>7.</b>	Biological sciences	218
<b>8.</b>	Physics	449
<b>9.</b>	Chemistry	341
<b>10.</b>	Biotechnology	190
<b>11.</b>	Engineering	111

12.	Statistics	37
13.	Institute of computing and information technology	538
	<b>Total Departments = 17</b>	<b>Total Students = 4597</b>

**Source:** Administration of all respective departments

### *Sample and Selection of Sample*

The sample is a small portion of the whole population having the same characteristics. The researcher followed the formula of Dr. Khan (2014) and L.R. Gay (1987) and takes the sample from the population. Gay (1987) suggested that 10% are from a large population and 20% sample from a small population. There was a total of 4597 students in 17 departments. The researcher takes 460 students (10% of the whole population) using a proportionate random sampling technique.

**Table # 2:** A detailed description of the sample is as under

S. No	Name of Department	Total Students	10% sample
1.	Sports sciences and physical education	131	13
2.	Mathematics	Using a proportionate random sampling technique, the researcher takes 460 students (10% of the whole population)	17
3.	Business administration	Using a proportionate random sampling technique, the researcher takes 460 students (10% of the whole population)	66
4.	English	Using a proportionate random sampling technique, the researcher takes 460 students (10% of the whole population)	9
5.	Economics	Using a proportionate random sampling technique, the researcher takes 460 students (10% of the whole population)	9
6.	Electronics	Using a proportionate random sampling technique, the researcher takes 460 students (10% of the whole population)	2
7.	Political science	Using a proportionate random sampling technique, the researcher takes 460 students (10% of the whole population)	10

8.	Biological sciences	Using a proportionate random sampling technique, the researcher takes 460 students (10% of the whole population)	22
9.	Physics	449	45
10.	Chemistry	341	34
11.	Biotechnology	190	19
12.	Engineering	111	11
13.	Public administration	25	3
14.	Statistics	37	4
15.	Institute of computing and information technology	538	54
	<b>TOTAL DEPARTMENTS = 17</b>	<b>TOTAL = 4597</b>	<b>TOTAL =460</b>

**Source:** Administration of all respective departments

### ***Research Instrument and Instrumentation***

The quality of the research method plays a minor role in maintaining accurate information, and the resolution achieved is based on the evidence collected entirely by the device. The researcher initiated the following steps in the development of the instrument to collect the data needed for validation from the respondents. Additionally, there are hundreds of data collection tools such as questionnaires, surveys, observation, reviews, and discussions that are commonly used in data collection. The draft rating scale was planned according to the guidance of the research supervisor, the normal situation in the selected areas, and the evaluation of the text required to meet the research objectives. To confirm the rationality, this final draft will be distributed among experts in the field. Validity is the accuracy and validity of a rating scale designed to collect mandatory data, while reliability refers to the maturity of the methods achieved by professionals and how reliable they are for each person who takes part in the study (Kothari, 2004). The recommendations of physical education teachers (PETs) and the views of experts in sports science, physical education, and other disciplines will be reached to control the authenticity of the content of the device. The modifications made by professionals will be combined, and in conclusion, a questionnaire form (rating scale) containing fifty-two (52) statements. This final questionnaire will be subject to consistency testing. Internal consistency reliability will be achieved from end to end. Cronbach's alpha scale will be used. To develop the instrument, the researcher discussed it with the supervisor, and the initial draft of the rating scale was revised based on the supervisor's recommendation. As a traditional condition, the processes of individual items and a literature review are done, and the requirements face the agreed research objectives. The goal of validity is achieved; the final draft of the rating scale is distributed in the export field. Motivation and Availability of

Facilities Questionnaire (MAFQ) consisted of two variables to which the participants were asked to tick the options of their choice on a two-point rating scale of Yes, and No, and the test-retest method was used for the reliability of the instrument, a correlation coefficient value of 0.86 was obtained. 460 copies of the questionnaire were administered by the researcher through the assistance of two research assistants after approval from the institution's sports directors. The 460 copies of the questionnaire were correctly filled, returned, and coded for analysis.

### *The procedure of Data Collection*

For data collection, the researcher personally approaches the respondents and circulated the survey tool amongst all the students of Government Girls Degree College Mandan Bannu was received back on the spot. The researcher personally guides the respondents, on how to fill it, and the other respective teacher cooperates with the researcher in this regard.

### *Data Analysis*

For the purpose of testing the hypotheses of the study, the collected data was analyzed by tables and inferential statistical technique applied by the Statistical Packages for Social Sciences (SPSS) 20.0. The researcher used correlation, Cross tabulation, frequencies, and percentages to find out the relationship among all the variables of the study. The hypotheses were tested at significance levels of 0.01 and, 0.05.

## **RESULTS**

### *Research Question 1: Whether sports facilities are significantly provided to the students of Government Girls Degree College Mandan Bannu?*

**Table # 3:** Showing the satisfaction of the students regarding the sports facilities and their provision to the students.

S. No	Sports Facilities	Yes	%	No	%
1.	Grounds available for sports are satisfactory	376	81.74	84	18.26
2.	Coaches are available for sports are satisfactory	276	60	184	40
3.	All the facilities are easy to access for all	324	70.43	136	29.57
4.	Courts are available for sports and are satisfactory	378	82.17	82	17.83
5.	The swimming pool available for sports is satisfactory	410	89.13	50	10.87
6.	Sports lighting is available for sports, Ground, court, gymnasium	349	75.87	111	24.13
7.	Sports equipment is available for playing sports	423	91.96	37	8.043

8.	Sports equipment was easily accessible for each and every student	312	67.83	148	32.17
9.	The quality of sports facilities is satisfactory	243	52.83	217	47.17
10.	Sports facilities are easily available during off sports season	211	45.87	249	54.13
<b>Total</b>		<b>3302</b>	<b>71.78</b>	<b>1298</b>	<b>28.22</b>

The above table 3 shows that a total of 376 (81.74%) students replied yes and 84 (18.26%) students replied no against the statement that the grounds available for sports are satisfactory. A total of 276 (60%) students' responded yes and a total 184 (40%) students replied no against the statement coaches are available for sports are satisfactory. the total 324 (70.43%) students replied yes and 136 (29.57%) student replied no against the statement all the facilities are easy to access for all. The total 378 (82.17%) students replied yes and 82 (17.83%) replied no against the statement courts are available for sports are satisfactory. the total 410 (89.13%) students replied yes and 50 (10.87%) students replied no against the statement swimming pool are available for sports are satisfactory. the total 349 (75.87%) students replied yes and 111 (24.11%) students replied no against the statement sports lighting are available for sports, Ground, court, gymnasium. The total 423 (91.96%) students replied yes while 37 (8.04%) students replied no against the statement Sports equipment is available for playing sports. total 312 (67.83%) students replied yes and 148 (32.17%) replied no against the statement Sports equipment was easily accessible for each and every students. The total 243 (52.83%) students replied yes and 217 (47.17%) students replied no against the statement the quality of sports facilities are satisfactory. the total 211 (45.87%) students replied yes and 249 (54.13%) students replied no against the statement Sports facilities are easily available in off sports season. The total percentage regarding the students satisfaction about sports facilities yes was 71.78% and no was 28.22% which indicates that the sports facilities were available to the most of the department of main campus and students were satisfied with the existing sports facilities because the percentage of yes was greater than the percentage of no (71.78% > 28.22%).

***Research Question 2: Whether the physical education facilities are available according to the satisfaction level of the students of Government Girls Degree College Mandan Bannu?***

**Table # 4:** Showing the satisfaction of the students regarding the physical education facilities

S. No	Physical Education Facilities	Yes	%	No	%
1.	Does classrooms for physical education classes are available in your institution	60	13	400	86.96
2.	Does qualified experts are available for teaching physical education	50	10.9	410	89.13



3.	Does bio mechanics lab are available for teaching physical education	7	1.52	453	98.48
4.	Does sports medicine lab are available for teaching physical education	2	0.43	458	99.57
5.	Does exercise physiology lab are available for teaching physical education	3	0.65	457	99.35
6.	Does sports instructor are available for teaching physical education	151	32.8	309	67.17
7.	Does physical education syllabus available which fulfill the needs of students	154	33.5	306	66.52
8.	Does physical education books library is satisfactory	126	27.4	334	72.61
9.	Does the internet lab available and satisfactory where the students get information about physical education	130	28.3	330	71.74
10.	Does innovative teaching methodologies facilities for physical education are available in the institution	120	26.1	340	73.91
<b>Total</b>		<b>803</b>	<b>17.5</b>	<b>3797</b>	<b>82.54</b>

The above Table 4 showing the responses of total 460 students from the different department of Gomal university main campus. The students were asked about the physical education facilities at their department and university with special reference to their satisfaction. The data were collected through the questionnaire and summarized in the above table 4.1. The table depict that 60 (13%) students replied yes and 409 (87%) students replied no against the question Does classrooms for physical education classes are available in your institution. 50 (11%) students replied yes and 410 (89%) students replied no against the statement Does qualified experts are available for teaching physical education. 7 (2%) students replied yes and 453 (98%) students replied no against the statement Does bio mechanics lab are available for teaching physical education. 2 (0.43%) student replied yes and 458 (99.57%) replied no against the statement Does sports medicine lab are available for teaching physical education. 3 (0.65%) students replied yes and 457 (99.35%) student replied no against the statement Does exercise physiology lab are available for teaching physical education. 151 (32.8%) students replied yes and 309 (67.17%) replied no against the question Does sports instructor are available for teaching physical education. 154 (34%) students replied yes and 306 (66%) replied no against the question Does physical education syllabus available which fulfill the needs of students. 126 (27.4%) replied yes and 334 (72.61%) replied no against the question Does physical education books library is satisfactory. 130 (28.3%) students replied yes and 330 (71.74%) students replied no against the question Does the internet lab available and satisfactory where the students get

information about physical education. against the last question Does innovative teaching methodologies facilities for physical education are available in the institution, the total 120 (26.1%) students replied yes and 340 (73.91%) students replied no. the total percentage regarding the students satisfaction about physical education facilities yes was 17.5% and no was 82.54% which indicates that the physical education facilities were not available to the most of the department of main campus and students were not satisfied with the existing physical education facilities because the percentage of yes was less than the percentage of no ( $17.5\% < 82.54\%$ ).

**Research Question 3: Whether fitness facilities are satisfactory existing in Government Girls Degree College Mandan Bannu according to the student's satisfaction?**

**Table # 5:** Showing the satisfaction of the students regarding the existing fitness facilities in Government Girls Degree College Mandan Bannu.

S. No	Fitness Facilities	Yes	%	No	%
1.	Gymnasiums are available for sports	345	75	115	25
2.	Physical instructor is available in the gym	367	80	93	20
3.	Equipment for muscles building is available and satisfactory in the gym	324	70	136	30
4.	Treadmills are available in the gym	112	24	348	76
5.	Kickboxing is available in the gym	113	25	347	75
6.	The Bench press is available in the gym	110	24	350	76
7.	Medicine ball are available in the gym	112	24	348	76
8.	Smith machine is available in the gym	5	1	455	99
9.	Equipment for weight loss is available and satisfactory in the gym	347	75	113	25
10.	The equipment of the fitness center fulfills the needs of students	279	61	181	39
11.	Students are satisfied with the equipment and facilities of the fitness center	319	69	141	31
<b>Total</b>		<b>2433</b>	<b>48</b>	<b>2627</b>	<b>52</b>

The above Table 5 showing the responses of total 460 students from the different department of Government Girls Degree College Mandan Bannu. The students were asked about the fitness facilities at their department and university with special reference to their satisfaction. The data were collected through the questionnaire and summarized in the above table 4.3. The table depict that 75% students replied yes and 25% students replied no against the statement gymnasium are available for sports. 80% students replied yes and 20% students replied no against the statement physical instructor is available in gym. 70%

students replied yes and 30% students replied no against the statement Equipment for muscles building is available and satisfactory in the gym. 24% student replied yes and 76% replied no against the statement treadmill are available in gym. 25% students replied yes and 75% student replied no against the statement kickboxing are available in gym. 24% students replied yes and 76% replied no against statement bench press are available in gym. 24% students replied yes and 76% replied no against the statement medicine ball are available in gym. 1% replied yes and 99% replied no against the statement smith machine are available in gym. 75% students replied yes and 25% students replied no against the statement Equipment for weight loss are available and satisfactory in the gym. the total 61% students replied yes and 39% students replied no against the statement The equipment of fitness center is fulfill the needs of students. The total 69% students replied yes and 31% students replied no against the statement Students are satisfied with the equipment and facilities of fitness center. The total percentage regarding the students satisfaction about fitness facilities yes was 48% and no was 52% which indicates that the fitness facilities were not available to the most of the department of main campus and students were not satisfied with the existing fitness facilities because the percentage of yes was less than the percentage of no ( $48\% < 52\%$ ).

***Research Question 5: What is the influence of existing sports facilities upon the athlete's motivation at Government Girls Degree College Mandan Bannu?***

**Table 6:** Showing the mean differences

#	Testing Variable	Mean	SD
1.	Influence of Sports facilities on motivation	3.56	.342
2.	Influence of physical education facilities on motivation	3.77	.321
3.	Influence of fitness facilities on motivation	3.87	.333

There is a significant influence of sports facilities ( $3.56 > 3.00$ ), physical education facilities ( $3.77 > 3.00$ ), and fitness facilities ( $3.87 > 3$ students' motivation toward sports at Government Girls Degree College Mandan Bannu.

## **FINDINGS AND DISCUSSION**

The focus of this study was to investigate existing sports facilities and its influences upon athlete's motivation towards sports in Government Girls Degree College Mandan Bannu. Several studies have been conducted on various psychological factors influencing athletes' performance in colleges Games but little light has been shade in the area of motivation and facilities. Generally, the findings clearly disclosed that athletes were not well motivated when they go out to participate in girls colleges Games, which implies that nothing is spurring the athletes to dipping into their reserve to perform optimally in competitions. This corroborate the study of Honore (2009) that stated that motivation influences an individual's overall performances which come in form of praise, money, award or trophies. In the same vein, the responses that athletes were not well motivated after competition was corroborated by Adeyeye and Kehinde

(2013) who opined that motivation in form of incentives can maximally enhance athletes when it is given immediately after the task has been completed.

There is significant influence of sports facilities and fitness facilities on students' motivation towards sports at Government Girls Degree College Mandan Bannu. Contrary, Lumpkin, Stroll and Bellar (1999) stressed that making money is not immoral, when this act is encouraged though, athletes, coaches and sports managers may be tempted to let a normal value of money, success, or fame influence moral decisions.

Results gathered on the influence of facilities showed that the hypotheses of significance were rejected from the findings of this study, majority of the respondents agreed that there were no facilities and equipment to train before competitions which negatively affect their performance during colleges Games. Durand-Bush and Salmela, (2002); Balyi, Way and Higgs (2013); Adeyeye and Kehinde (2013); and Otte, Davids, Millar and Klatt (2020) this is supported by the work of the researchers which submitted that athletes' performance is decided by the quality of facilities they have been using for training and he said athletes who are used to quality training as a means of simulating themselves tend to perform optimally than their counterparts that are not exposed to the same facilities.

## **CONCLUSION**

The researcher concluded the following conclusions were drawn that there was no level of motivation on athletes' performance in Government Girls Degree College Mandan Bannu. There was also no level of facilities on athletes' performance in Government Girls Degree College Mandan Bannu in the attainment of optimal performance during competition as this may be one of the reasons why Bannu girls are not doing well in the sport since some of the country's contingents are recruited from different tertiary institutions. The facilities are not properly maintained which affects the athletes' performance in Government Girls Degree College at Bannu. On the basis of students' responses, the researcher assumed that the sports facilities were not available to most of the departments on the main campus and students were not satisfied with the existing sports facilities. It was concluded by the researcher that the fitness facilities were not available to most of the departments and students were not satisfied with the existing fitness facilities. The researcher concluded that there is a significant influence of sports facilities on students' motivation towards sports at Government Girls Degree College Mandan Bannu.

## **RECOMMENDATIONS**

1. The college authorities may provide the standard grounds and courts for the students to perform their sports activities. Trained coaches may be provided to the students as well as proper sports facilities may be available for each and every interested student in sport.
2. The authorities also make the swimming pool available to all students a proper schedule may be made for the use of the swimming pool for the students and the fees of the swimming pool may be collected at the time of admission to motivate the students towards swimming.

3. The concerned authorities may provide sports lighting on the Ground, court, and gymnasium to facilitate those students who are interested to perform their sports activities at night.
4. The concerned authorities may make sure the availability of all necessary equipment in the fitness center and gym to provide full support to those students who are interested to maintain their bodies and make their bodies fit.
5. Modern facilities should be bought for the development of sports in the Universities.
6. Funds should be made available for proper maintenance of equipment and facilities
7. College athletes should be well motivated before, during, and after competitions if optimal performance is to be achieved.

## REFERENCES

- Adeyeye, M., & Kehinde, A. (2013). The influence of motivation and facilities on athletes' performance in Nigeria University games (NUGA). *International Journal of Development and Sustainability*, 2(4), 2396-2401.
- Awoyinfa, J.O. (2008), *Modern trends in sport administration and management*, Regeneration book publication, Lagos.
- Balyi, I., Way, R., & Higgs, C. (2013). *Long-term athlete development*. Human Kinetics.
- Beauchamp, P., Kamis, D., & Stull, T. (2021). Achieving mental health and peak performance in elite athletes. *Psychiatric Clinics*, 44(3), 347-358.
- Durand-Bush, N., & Salmela, J. H. (2002). The development and maintenance of expert athletic performance: Perceptions of world and Olympic champions. *Journal of applied sport psychology*, 14(3), 154-171.
- Hallett, M. G. (2011). *Peak performance training*.
- Honore, J. (2009). EMPLOYEE MOTIVATION. *Consortium Journal of Hospitality & Tourism*, 14(1).
- Ogu, O. C., & Umeasiegbu, G. O (2019). A Survey of Leisure Time Physical Activity of Nnamdi Azikiwe.
- Otte, F. W., Davids, K., Millar, S. K., & Klatt, S. (2020). When and how to provide feedback and instructions to athletes?—How sport psychology and pedagogy insights can improve coaching interventions to enhance self-regulation in training. *Frontiers in Psychology*, 11, 1444.
- Oyilogwu, D.B. (2005), "The psychological effect of facilities on athletes", *Journal of Sport*, Vol. 4, pp. 23-26.
- Vealey, R. S., & Chase, M. A. (2016). *Best practice for youth sport*. Human Kinetics.
- Williams, A. (2006). *Tourism and hospitality marketing: fantasy, feeling and fun*. *International Journal of Contemporary Hospitality Management*.
- Williams, J.M. (Ed) (2006), *Applied sport psychology: Personal growth to peak performance* (5th ed). Mountain view, CA: Mayfield.