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### The comparison of extracurricular sports activities effectiveness among female students in Razi University and Islamic Azad University of Kermanshah

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#### ABSTRACT

This study aimed to compare the extracurricular sports activities effectiveness among female students in Razi University and Islamic Azad University of Kermanshah in order to make effective the extracurricular sports activities, obtain customer satisfaction, and attract more customers (students). This was a descriptive study. The research tool was a researcher-made questionnaire with 36 items was developed according to the opinions of supervisor and advisor teachers; its content validity was confirmed by sports management experts and professors. Meanwhile, the reliability was calculated through alpha Cronbach (0.87). The population consisted of all undergraduate students in Islamic Azad University of Kermanshah and Razi University (N= 9066). Using random sampling method and Adeneski table, 237 subjects were selected as sample. The mean and standard deviation were the descriptive statistical methods were used in this study. Also, the Kolmogrouf-Smirnov test and U Mann-Whitney test were the inferential statistics were used to compare the effectiveness of extracurricular sports activities among female students in Razi University and Islamic Azad University of Kermanshah. The results showed that there is no significant difference in the effectiveness of extracurricular sports activities among female students in Razi University and Islamic Azad University.

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#### INTRODUCTION

The sports and physical education have always played an important role in leisure time and improving the quality of human life. The basis of today's sport activities is past experiences. The sport and educational activities are so important that have been explained from different philosophy schools and Islam perspectives.

The sport activities provide a good opportunity for all to fill their leisure time and improve their life quality. However, millions of people eagerly participate or visit various sports competitions. These people believe that in addition to being fun, these sport activities help them to develop their intellectual, physical, social, and neuromuscular activities [1,2].

The universities and colleges are the most effective and powerful social centers to achieve intellectual skills and necessary understanding and knowledge for rational decision making. The universities and colleges should pay attention to students' health and well-being in quest for a happy, rich, and talent flourishing life. As a manifestation of overall process of education, physical education helps people to meet these goals.

Due to the important role of extra-curricular sport activities of universities in the creation of a safe and enjoyable environment and increasing solidarity among students, provision of exciting programs, creation of unforgettable experiences, positive attitude towards the authorities and sports, its impact on academic achievement, satisfying their needs for movement, creation of exercise habit, satisfying the sense of superiority, and development of collective morality, the study of different aspects of extra-curricular sport activities is essential. Therefore, this question arises: whether students are satisfied from extracurricular sport activities? [3 and 4]

In a study was conducted in Oxford Brookes University (2004) in order to measure the satisfaction of students from university in terms of dormitory, learning and teaching, organizing courses, academic services and facilities, laboratories, sports facilities, computer and Web services, and etc., the students satisfaction was reported as 74.2 percent. The result of same research in 2005 reported the satisfaction level as 89 percent. Professor Bolatora (1999) in Ukraine studied the collegiate athletics. He stated that, many of Olympic athletes in Ukraine are students, teachers, and graduates.

Accordingly, it seems necessary to compare the effectiveness of extracurricular sport activities in Razi University and Islamic Azad University of Kermanshah. The researcher tries to study this issue in Kermanshah to provide the needed information to managers and practitioners of physical education for better planning.

#### *Research methodology:*

This was a field survey descriptive research was conducted using researcher-made questionnaire. The researcher used the questionnaire to obtain students' opinion on research subject. The appropriate factors and solutions were identified with emphasis on collected information. Also, the obtained results were generalized to population due to appropriate significance level.

#### *The research population:*

The population consisted of all female undergraduate students in Islamic Azad University of Kermanshah and Razi University in 2007-2008.

#### *Sample and sampling method:*

Using random sampling method and Adeneski table, 237 subjects were selected as sample from female students in Razi University and Azad university of Kermanshah.

#### *Tools and methods of data collection:*

The research tool was a researcher-made questionnaire with 36 items was developed according to the opinions of supervisor and advisor teachers.

#### *Validity and reliability of questionnaire:*

The content validity was confirmed by sports management experts and professors. Meanwhile, the reliability was calculated through alpha Cronbach (0.87).

#### *The data analysis methods:*

The mean and standard deviation were the descriptive statistical methods were used in this study. Also, the Kolmogrouf-Smirnov test and U Mann-Whitney test were the inferential statistics were used to compare the effectiveness of extracurricular sports activities among female students in Razi University and Islamic Azad University of Kermanshah.

#### *Research findings:*

Based on the table (1), Z value, and significance level, the null hypothesis cannot be rejected. Therefore, there is no significant difference in the effectiveness of extracurricular sport activities in Azad University of Kermanshah and Razi University.

**Table 1:** U Mann-Whitney test results to compare the effectiveness of extracurricular sport activities among female students in Islamic Azad University and Razi University

The distribution normality test			Standard deviation	Mean	Number	Statistical Indicators
Sig	Z	U Mann-Whitney				
/579	/554	6725	/45	2/29	116	Female students, Razi university
			52/	2/25	121	Female students, Islamic Azad university

#### *Discussion:*

This study aimed to compare the extracurricular sports activities effectiveness among female students in Razi University and Islamic Azad University of Kermanshah. Considering the hypothesis (there is significant difference in the effectiveness of extracurricular sport activities in Azad University of Kermanshah and Razi University), the U Mann-Whitney test results showed that there is no significant difference in the effectiveness of extracurricular sport activities in Azad University of Kermanshah and Razi University.

*Conclusion:*

In summary, based on the findings of this study, there is no significant difference in the effectiveness of extracurricular sport activities in Azad University of Kermanshah and Razi University. All evidence suggests that the students' participation in extracurricular sport activities can be very widespread. It is suggested that the managers of extracurricular sport activities continuously benefit from students' opinion on extracurricular sport activities. The discussion meetings, suggestion boxes, complaints management, and etc. are the recommended measures to make effective university sports activities.

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