

Participation in sports activities and influence of perceived barriers on participation in sports activities among 1st year students in Jaffna campus of University of Jaffna

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Background: Participation in sports activities among the 1st year students of University of Jaffna students is being inadequate throughout the last decade according to the statistics. There is a steep decline in participation from School to University. The literatures suggests several factors that influence in decline. In this study main limiting factor for the decline in participation were perceived and studied.

Methods: Among 1st year students of University of Jaffna a total of 336 were selected randomly from all faculties and units in Jaffna district. Their participation in sports in University level and school level were assessed using the questionnaire. The academic work load of each student was calculated according to Sri Lanka Qualification Framework. The association between sports participation and academic workload was analysed using Chi-square.

Results: The participation of 1st year students in University level sports activities was 17% of total population. And the most participants were from Faculty of Management (40.4%) and least was from Siddha Medicine unit (0%). Considering the academic work load Faculty of Medicine had highest value (64.3%) in high work load category and Fine Arts unit had the least value. There was no statistically significant correlation between academic work load and sports participation.

Conclusion: Participation in sports activity was poor among 1st year students of University of Jaffna. Though there is vast deviation in academic workload among faculties and each individual student, there no association between sports participation and academic work load of a students. It suggests that academic workload is not the main limiting factor for sports participation and other factors should be studied in future.