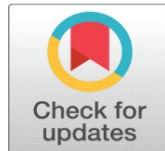
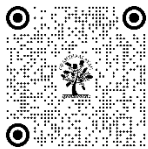


# ASSESSING THE INFLUENCE OF SPORTS PARTICIPATION ON ACADEMIC PERFORMANCE AND TIME MANAGEMENT SKILLS AMONG NON-SPORTS STUDENTS IN COLLEGES

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## ABSTRACT

The present research work aimed to study the influence of sports participation on the academic performance and time management skills of non-sports students in college. The present study has explored the association between sports engagement and academic achievements, as well as the potential impact on time management abilities. Among 105 samples of 56% male and 44% female of non-sports bonafied students from several colleges and from multiple academic disciplines such as: B.A., B.com, B.Sc. (Hons.) have responded to the survey questionnaire. Majority of non-sports students perceived the various possible advantages of sports participation which are: "Better physical health leading to improved cognitive function", Stress reduction and improved mental well-being, Increased discipline and self-motivation and Enhanced focus and concentration, Increased self-confidence and self-esteem. Whereas in response to the various challenges faced by non-sports student in management of both sports activities and academic responsibilities, as per majority of students, the biggest challenge is Time constraints for sports activities and also conflict between practice/game schedules and class schedule for execution of sports activities. Therefore, majority of college students are more willing in participating in programs or initiatives specifically designed to support non-sports students in managing their sports activities and academics. Hence, these findings have helped educators, policymakers and college administrators to formulate the new policies and programs or initiatives to overcome the challenges faced by non-sports students and to promote a healthy relation between sports participation and academics commitments and supporting non-sports students in their academic journey and enhancing their overall college experience.

**Keywords:** Sports Participation, Academic Performance, Time Management Skills And Non-Sports Students, Potential Benefits And Challenges

## 1. INTRODUCTION

Participation in Sports is a crucial part of college and University life and College students are encouraged to get engaged in participation of sports for a number of reasons, such as personal growth, socialization, and better physical fitness. In accordance with the US Department of Health and Human Services (2008), daily physical exercise and activity during adolescence and childhood increases strength and endurance, supports the growth of strong bones and muscles, aids in weight management, lowers stress and anxiousness, boosts self-esteem, and may lower blood pressure and cholesterol levels. Additionally, sports participation is constantly acknowledged by educational developmental professionals as one of the vital aspects in helping youths establish positive peer relationships and greater levels of self-esteem (Singleton, n.d.). According to Whitley et al. (2018), earlier research shows that sports have the ability to favorably affect young individuals. Sports can aid in the development of crucial traits like responsibility, work ethic, and time management in students (Whitley et al., 2018). Over the course of 16 years, and particularly in the most recent half-decade from 2015 to

2020, the research on the impacts of interscholastic sports participation on academic performance has shifted in emphasis (White, n.d.). A substantial portion of college students are non-sports students who might not regularly participate in organized sports. The main aim of the current research work was to assess the influence of participation of sports on academic performance and time management skills among non-sports students in college.

## 2. OBJECTIVES

1. To investigate how sports participation influences the academic performance of non-sports students in college.
2. To find out the relationship between sports participation and time management skills amongst non-sports college students.
3. Determining the potential benefits and challenges of sports participation in terms of academic performance and time management skills.
4. To offer suggestions, recommendations, develop initiatives and strategies to increase sports participation while improving academic performance and time management skills among non-sports students in college.

## 3. METHODOLOGY

*Sample:* In this study the sample size is 100 above females and males of non-sports bonafied students from different colleges, from different academic disciplines and levels of sports, has been selected. A purposive sampling technique has been used to ensure that the participants are representative of target population.

*Data Collection:* In this study to collect the quantitative data, a structured survey questionnaire has been developed to assess sports participation, academic performance, and time management skills including questions on frequency and intensity of sports participation, academic achievements, time management practices, and potential benefits and challenges and recommendations and strategies. The survey questionnaire has been administered through Google form to the selected non-sports students, for their feasibility and convenience.

*Data Analysis:* Through survey questionnaire, the collected data have been evaluated utilizing appropriate statistical techniques. Descriptive statistics has been applied to provide an outline of sports participation levels, academic performance and time management skills of non-sports student. Measures such as mean and standard deviation have been calculated to provide a clear understanding of data collected. Nominal data were evaluated and shown in percentages and graphs, such as: pie and bar graphs, for analysis of questionnaire-based data.

## 4. RESULTS AND DISCUSSION

Among 105 samples of 56% male and 44% female of non-sports bonafied students from different colleges, from different academic disciplines as B.A., B.com, B.Sc. (Hons.) has responded to the survey questionnaire. As per the data majority of students currently involved in sports activities in their college. Occasionally participate in Sports activities at moderate intensity. Majority of 62% of students believe that their sports participation has had a positive impact on their academic performance. Majority of 52% found that their ability to manage their time along with sports participation somewhat effects them. But majority of 50% students significantly admits that participating in sports activities has helped them to develop time management skills. Majority of non-sports students' emphasis on the subsequent potential benefits of participating in sports activities for academic performance which are: Majority of 76% students' emphasis on "Better physical health leading to improved cognitive function", Majority of 73% students on Stress reduction and improved mental well-being, 70% on both Increased discipline and self-motivation and Enhanced focus and concentration, 69% on Increased self-confidence and self-esteem. Whereas in response to the various challenges faced by student in management both sports activities and academic responsibilities, Majority of 58% students highlighted the challenge of Time constraints for sports activities and 45% students emphasizing on Conflict between practice/game schedules and class schedule for execution of sports activities. Majority of 52% students are interested in participating in programs or initiatives specifically designed to support non-sports students in managing their sports activities and academics. The Analysis of Questionnaires based Data and its Results are shown in the following table and illustrations vide pie and bar graphs:

**Table-1**

Descriptive Statistics of the Responses by the Non-Sports College Students to provide an overview of sports participation levels, academic performance and time management skills

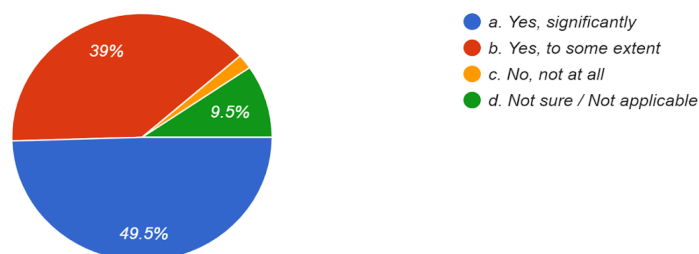
S.No	Code	Mean	S.D.
1.	Q-1	1.47	0.50
2.	Q-2	2.77	1.36
3.	Q-3	2.04	0.86
4.	Q-4	1.67	0.46
5.	Q-5	1.92	1.23
6.	Q-6	1.84	0.80
7.	Q-7	1.93	0.80
8.	Q-8	1.71	0.89
9.	Q-9	2.34	0.87
10.	Q-10	3.92	2.95
11.	Q-11	4.03	3.00
12.	Q-12	1.51	0.57

*S.D. = Standard Deviation; Q = Questions for non sports college students*

**Figure:1**

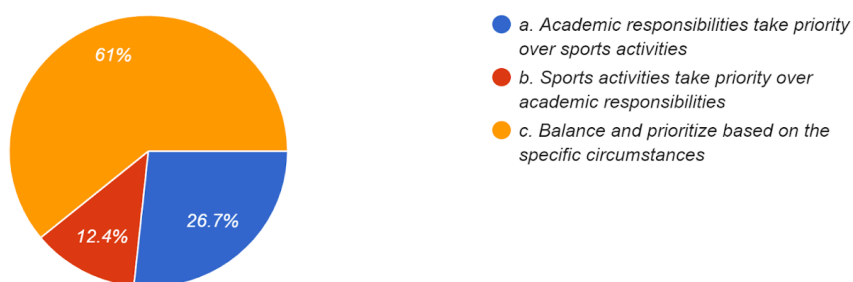
Do you believe that participating in sports activities has helped you develop time management skills?

105 responses

**Figure:2**

How do you typically prioritize your academic responsibilities and sports activities?

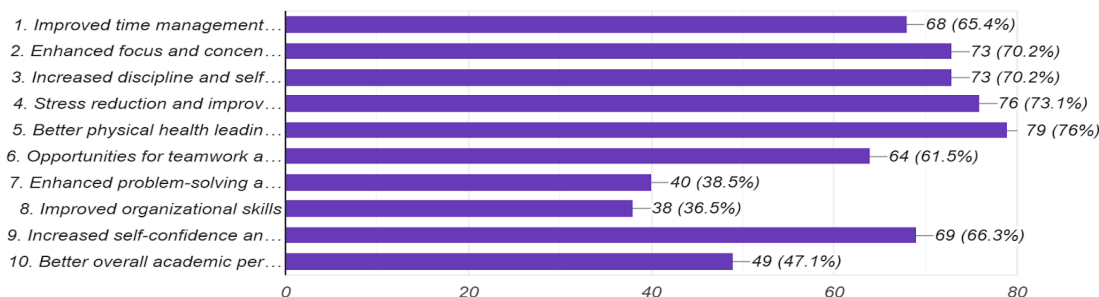
105 responses



**Figure:3**

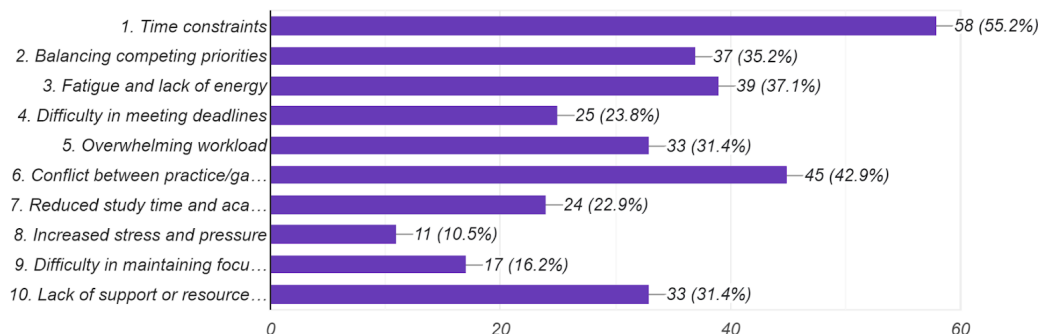
In your opinion, what are the potential benefits of participating in sports activities for academic performance? (select one or multiple options)

104 responses

**Figure:4**

What are the main challenges you face in managing both sports activities and academic responsibilities? ( select one or multiple options)

105 responses

**Figure:5**

Would you be interested in participating in programs or initiatives specifically designed to support non-sports students in managing their sports activities and academics?

103 responses



## 5. CONCLUSION

Based on the data analysis, it is concluded that by examining the connection between sports involvement and academic outcomes, as well as the impact on time management skills, the present study has offered beneficial perspectives into the possible advantages of sports engagement for non-sports students during their entire college careers. The main aim of this present study was to acquire and determining the potential benefits/advantages and disadvantages of participation in sports in terms of academic performance and time management skills. According to the data, majority of students agreed that their participation in sports has had a positive impact on their academic performance and further

the majority of students also significantly admits that participating in sports activities has really helped them to develop time management skills. Further, majority of non-sports students acknowledged that there are multiple potential advantages/benefits of sports participation such as: - sports participation facilitates in better physical health leading to improved cognitive function, it also reduces stress and improves mental well-being, it increases discipline and self-motivation in life and enhances focus and concentration of mind. Further, it increases self-confidence and self-esteem among the participant. Whereas, in response to the various challenges faced by student in management both sports activities and academic responsibilities, majority of students emphasized the challenge of time constraints for sports activities and also highlight conflict between practice/game schedules and class schedule for execution of sports activities and therefore majority of students are interested in participating in various programs or initiatives specifically designed to support non-sports students in managing their sports activities and academics. Hence, these findings have helped educators, policymakers and college administrators to formulate the new policies and programs or initiatives to overcome the various challenges faced by students and to promote a healthy relation between sports participation and academics commitments and supporting non-sports students in their academic journey and enhancing their overall college experience.

## CONFLICT OF INTERESTS

None

## ACKNOWLEDGMENTS

None

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