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ASSESSMENT OF THE INFLUENCE OF STANDARD SPORTS FACILITIES ON THE PERFORMANCE OF BASKETBALL PLAYERS IN NIGERIAN UNIVERSITY GAMES ASSOCIATION (NUGA) COMPETITIONS

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Abstract

This study assessed the influence of standard sports facilities on the performance of Basketball players in Nigeria University Games Association (NUGA) competitions. Three (3) purposes and their corresponding Research Questions and Hypotheses were formulated to guide the study. Ex-post-facto research design was employed in the study. The population for this study was one thousand seven hundred and twenty-eight (1,728). This consisted of 96 Directors of Sports 96 Deputy Directors of Sports of Universities, 96 Basketball coaches and 1440 Basketball Players in Federal and States Universities in Nigeria. The sample size for this study was five hundred and forty (540) drawn using simple random and purposive sampling techniques. The instrument used in this study was a self-developed questionnaire. The questionnaire consisted of three (3) sections A to C formed with (4) point modified Likert's rating scale. In deciding on the research questions, the decision mean score of 2.50 was used. To validate the instrument and establish its reliability, a pilot study was conducted using fifty (50) respondents from Michael Opkara University Umudike, Abia State (25) and Adamawa State University, Mubi (25) where a Cronbach Alpha reliability index of 0.833 was obtained which made the instrument reliable for the study. The researcher and twelve (12) research assistants administered and retrieved the questionnaire for the study within six (6) weeks. The data collected was analyzed using Statistical Package for Social Science (SPSS) version 26. Mean and standard deviation were used to answer the research questions, while Chi-Square statistic was used to test all the null hypotheses at 0.05 alpha level of significance. Findings from the study revealed that Standard sports facilities significantly influenced the motivation, training and safety of basketball players for effective performance in NUGA competitions ($p = 0.000$). It was concluded that adequate provision of standard sports facilities influenced the level of motivation, player training and safety for the effective performance of basketball players in NUGA competitions. The study thus recommended that there is a need to ensure continuous provision of sports facilities for Basketball among Universities involved in the NUGA games competitions to maintain the level of motivation of players for effective performance.

Keywords: Assessment, Influence, Standard Sports Facilities, Performance, Basketball Players, Nigerian University Games Association (NUGA), Competitions

Introduction

Sports performance is a multifaceted phenomenon influenced by various factors, including the quality of sports facilities, coaching, athlete motivation, and training regimens. In basketball, the availability and standard of sports facilities play a critical role in shaping the performance of players. Globally, the importance of standard sports facilities in enhancing athletic performance has been widely acknowledged. According to the International Association of Athletics Federations (IAAF), the quality of sports infrastructure directly affects the physical and psychological readiness of athletes (IAAF, 2020). A well-maintained basketball courts with proper flooring, lighting, and facilities reduce the risk of injuries and enhance player performance. Studies have shown that athletes training in substandard facilities are more prone to injuries and perform below their potential (Smith, Brown & Harris, 2019). In contrast, athletes with access to state-of-the-art facilities demonstrate improved skills, endurance, and overall performance (Jones & Green, 2021).

In Africa, the state of sports facilities remains a challenge, impacting the performance of athletes across various disciplines. Many African countries struggle with inadequate funding for sports infrastructure, leading to poorly maintained facilities and limited access to modern facilities (Adeyemo, 2018). For basketball players, this often translates to playing on uneven courts, using outdated facilities, and training in unsafe environments. These conditions not only hinder performance but also discourage young athletes from pursuing sports professionally (Mbang & Okon, 2020). Despite these challenges, some African nations, such as South Africa and Kenya, have made strides in improving sports facilities, resulting in notable improvements in athlete performance (Kipchumba, 2021). However, the majority of African countries, including Nigeria, still lag in this regard.

In Nigeria, the state of sports facilities is a pressing issue that has hindered the development of athletes across various sports, including basketball. Many universities and sports centres lack standard basketball courts, modern training facilities, and adequate lighting systems (Oluwatoyin, 2019). This has significantly impacted the performance of basketball players, particularly those participating in NUGA competitions. A study by Adeleke and Ojo (2020) revealed that Nigerian university basketball players often train in substandard facilities, which limits their ability to compete effectively at higher levels.

Furthermore, the lack of proper maintenance of existing facilities exacerbates the problem, leading to frequent injuries and reduced motivation among players (Eze & Onyema, 2021).

The Nigerian University Games Association (NUGA) competitions are a prestigious platform for university athletes to showcase their talents and compete at a national level. Established in 1966, NUGA has played a pivotal role in promoting sports among Nigerian universities and nurturing young athletes (NUGA, 2021). However, the quality of sports facilities available to participants has been a recurring concern. Many universities lack the infrastructure needed to support effective training and competition, particularly in basketball. This has raised questions about the extent to which NUGA competitions truly serve as a breeding ground for future basketball stars (Akinola, 2020).

Standard sports facilities are essential for optimizing athlete performance, particularly in a highly technical sport like basketball. These facilities include well-designed courts, modern training facilities, proper lighting, and safety measures such as padded flooring and first aid provisions (Johnson, Martinez & Lopez, 2020). The absence of such facilities can lead to suboptimal training conditions, increased injury rates, and diminished player morale. For basketball players, access to standard facilities ensures that they can practice essential skills such as dribbling, shooting, and defensive manoeuvres in a safe and conducive environment (Williams & Brown, 2019). Moreover, standard facilities contribute to the psychological well-being of athletes, as they feel valued and supported in their pursuit of excellence (Taylor, 2021).

The influence of standard sports facilities on the performance of basketball players cannot be overstated. Research has shown that athletes who train in high-quality facilities exhibit better technical skills, physical fitness, and tactical awareness (Martinez & Lopez, 2020). In NUGA competitions, the availability of standard basketball courts and training facilities can significantly enhance the performance of players. For instance, playing on a well-maintained court with proper markings and flooring allows players to execute movements with precision and confidence (Harris, 2021). Conversely, substandard facilities can lead to poor performance, as players struggle to adapt to uneven surfaces and inadequate facilities (Okafor, 2019). Therefore, investing in standard sports facilities is crucial for improving the performance of basketball players in NUGA competitions.

Standard sports facilities also play a vital role in motivating basketball players to perform at their best. When athletes have access to modern and well-maintained facilities, they are more likely to feel motivated and committed to their training (Smith & Jones, 2020). This is particularly important for university athletes, who often balance academic responsibilities with sports. The psychological impact of training in a conducive environment cannot be underestimated, as it fosters a sense of pride and belonging among players (Brown & Green, 2021). In contrast, the lack of standard facilities can lead to frustration and demotivation, ultimately affecting player performance (Adeyemi, 2019).

Adequate training is another critical aspect influenced by the availability of standard sports facilities. Basketball players require consistent and high-quality training to develop their skills and physical fitness. Standard facilities provide the necessary infrastructure for effective training, including access to modern facilities, proper court dimensions, and adequate lighting (Johnson, Martinez & Lopez, 2020). These elements enable players to engage in rigorous and structured training sessions, which are essential for improving performance. On the other hand, the absence of standard facilities limits the quality and intensity of training, as players are forced to adapt to suboptimal conditions (Oluwatoyin, 2019).

The safety of basketball players is another critical consideration influenced by the quality of sports facilities. Standard facilities are designed with safety in mind, incorporating features such as padded flooring, proper court markings, and first aid provisions (Harris, 2021). These measures reduce the risk of injuries and ensure that players can train and compete in a safe environment. In contrast, substandard facilities often lack these safety features, increasing the likelihood of accidents and injuries (Eze & Onyema, 2021). For basketball players in NUGA competitions, the availability of safe facilities is essential for minimizing the risk of injuries and ensuring their long-term well-being. This study therefore assessed the influence of standard sports facilities on the performance of Basketball players in NUGA competitions.

Purpose of the Study

The purpose of this study was to assess the influence of:

1. Standard sports facilities on the motivation of Basketball Players for effective performance in NUGA competitions.
2. Standard sports facilities on adequate training of Basketball skills for effective performance in NUGA competitions.
3. Standard sports facilities on the safety of Basketball Players for effective performance in NUGA competitions.

Research Questions

Based on the purpose of the study, the following research questions were raised:

1. To what extent would standard sports facilities influence the motivation of Basketball Players for effective performance in NUGA competitions?
2. To what extent would standard sports facilities influence adequate training of Basketball Players for effective performance in NUGA competitions?
3. To what extent would standard sports facilities influence the safety of Basketball Players for effective performance in NUGA competitions?

Hypotheses

1. Standard sports facilities do not significantly influence the motivation of Basketball Players for effective performance in NUGA competitions.
2. Standard sports facilities do not significantly influence the adequate training of Basketball Players for effective performance in NUGA competitions.
3. Standard Sports facilities do not significantly influence the safety of Basketball Players for effective performance in NUGA competitions.

Methodology

The research employed Ex-post-facto research design. According to Asenahabi (2019), this design allows for the collection of non-manipulable data, which is suitable for evaluating the influence of existing sports facilities on player performance. Data was gathered through a self-developed questionnaire, which was structured into three sections. A modified four-point Likert scale (Strongly Agree = 4, Agree = 3, Disagree = 2, Strongly Disagree = 1) was used to score responses, with a decision mean score of 2.50 set as the benchmark for interpreting results. The questionnaire was validated by five experts in sports management, and a pilot study involving 50 respondents from two universities (Michael Opkara University Umudike and Adamawa State University, Mubi) was conducted to establish reliability. The Cronbach's Alpha reliability index of 0.833 confirmed the instrument's reliability, as values closer to 1 indicate higher reliability (Zakariya, 2022).

The study population comprised 1,728 individuals, including 96 Directors of Sports, 96 Deputy Directors of Sports, 96 basketball coaches, and 1,440 basketball players from federal and state universities across Nigeria. The universities were categorized into 16 zones, with each zone represented by a mix of federal and state institutions. A sample size of 540 respondents was selected using a two-stage sampling procedure. In the first stage, simple random sampling was employed to select one federal and one state university from each of the 16 NUGA zones, ensuring equal representation. This was achieved by randomly picking two universities from each zone using a blindfolded selection process. In the second stage, purposive sampling was used to select Directors of Sports, Deputy Directors, coaches, and basketball players from the 30 sampled universities.

Data collection was conducted over six weeks, with the researchers and 12 trained research assistants administering the questionnaires. Before data collection, permission was obtained from the Head of the Department of Human Kinetics and Health Education at Ahmadu Bello University, Zaria, to facilitate access to the respondents. The collected data was analyzed using the Statistical Package for Social Sciences (SPSS) version 26. Descriptive statistics of mean and standard deviation were used to address the research questions, while Chi-Square statistics were employed to test the null hypotheses at a 0.05 level of significance.

Results

Research Question One: To what extent would standard sports facilities influence the motivation of basketball players for effective performance in NUGA competitions?

Table 1: Mean scores and Standard Deviation of Responses on the Influence of Standard Sports Facilities on the Performance of Basketball Players in NUGA Competitions

S/N	Items	Mean	Std. Dev.
1	My level of motivation improves when modern facilities are provided for effective performance in NUGA competitions	2.47	1.030
2	My confidence level improves when better facilities are provided for effective performance in NUGA competitions	2.71	1.079
3	My level of motivation improves when there are available Basketball facilities for effective performance in NUGA competitions	2.72	1.047
4	My performance level in Basketball improves when sports facilities are adequate for effective performance in NUGA competitions	2.62	1.042
5	My level of motivation improves when sports facilities are adequately maintained for effective performance in NUGA competitions	2.69	1.074
6	The provision of sports facilities for NUGA competitions has motivated me to improve my performance in Basketball for effective performance in NUGA competitions	2.63	1.055
7	My level of performance has improved with the provision of adequate modern sports facilities for effective performance in NUGA competitions	2.69	1.030
8	My level of performance in Basketball NUGA competitions has not improved as a result of inadequate sports facilities for effective performance in NUGA competitions	2.90	1.019
	Aggregate mean	**2.68**	**1.047**

(Benchmark = 2.50)

Table 1 indicated that the respondents were generally of the view that the provision of standard sports facilities influences the motivation of basketball players for effective performance in NUGA as indicated by their mean scores in Table 1. The respondents agreed that their level of motivation improved when modern facilities were provided and they had more confidence in effectiveness along with performance improvement. Respondents agreed that their performance levels improved when standard sports facilities were adequately maintained. The respondents agreed that the provision of sports facilities for NUGA competitions motivated them to improve their performances during the competitions and helped them to maintain improved performances in NUGA competitions. The respondents were therefore of the view that inadequacies in the provision of standard facilities would lead to a lack of improvement in the game during the competitions. The analysis reveals a mean aggregate of 2.68 which is greater than the benchmark of 2.50 (2.68 > 2.50). The result of the analysis implies that the respondents believed that the availability of standard sports facilities influences the motivation of basketball players for effective performance in NUGA competitions.

Research Question Two: To what extent would standard sports facilities influence adequate training of basketball players for effective performance in NUGA competitions?

Table 2: Mean scores and Standard Deviation of Responses on the Influence of Standard Sports Facilities on Adequate Training for Effective Performance of Basketball Players in NUGA Competitions

S/N	Items	Mean	Std. Dev.
1	My level of performance has improved due to the effective execution of Basketball skills for effective performance in NUGA Competitions	2.79	1.070
2	The provision of sports facilities has enhanced my effective execution of Basketball skills for effective performance in NUGA competitions	3.00	1.051
3	I will find it difficult to effectively execute Basketball skills as a result of outdated sports facilities for effective performance in NUGA competitions	2.88	1.114
4	My performance in basketball competition would have improved the execution of my basketball skills if defective sports facilities were used for effective performance in NUGA competitions	2.60	1.060
5	Partaking in basketball competitions has improved my skills as a result of the proper use of sports facilities	2.75	1.057
6	Regular participation in NUGA Basketball competitions with the availability of sports facilities has enhanced the proper execution of skills for effective performance in NUGA Competitions	2.81	1.102
7	I have good execution of Basketball skills due to proper maintenance of sports facilities for effective performance in NUGA Competitions	2.67	1.163
8	I regularly participate in Basketball competitions for effective execution of Skills for effective performance in NUGA Competitions	2.79	1.113
	Aggregate mean	**2.79**	**1.091**

(Benchmark = 2.50)

Respondents believed that standard sports facilities have a major influence on adequate training by basketball players for effective performance in NUGA competitions. It was the opinion of the respondents that their levels of performance improved due to the effective execution of basketball skills attributable to the availability of standard facilities during the competitions. Respondents were of the view that the available improved facilities enhanced the effective execution of basketball skills by them during the competitions and that they would find it difficult to effectively execute acquired basketball skills where outdated sports facilities were used in the competitions. Respondents were of the view that the improved execution of basketball skills would not be possible where defective sports facilities were involved in such competitions. The respondents believed that their partaking in the competition improved their skills as a result of proper use of the available standard sports facilities. The respondents agreed that regular participation in NUGA basketball competitions with the use of available standard sports facilities enhanced the proper execution of their acquired skills for effective performance in the competitions. This could explain their agreement with the suggestion that they have good execution of basketball skills due to proper maintenance of sports-provided facilities for effective performance in the competitions. In what could be described as a motivational strategy, the respondents agreed that they regularly participate in basketball competitions for the effective execution of acquired skills towards effective performance in NUGA competitions. The analysis reveals a mean aggregate of 2.79 which is greater than the benchmark of 2.50 (2.79 > 2.50). The result of the analysis implies that sports facilities influence adequate training of basketball players for effective performance in NUGA competitions.

Research Question Three: To what extent would standard sports facilities influence the safety of basketball players for effective performance in NUGA competitions?

Table 3: Mean opinions of Respondents on the Influence of Standard Sports Facilities on the Safety of Basketball Players for Effective Performance in Competitions

S/N	Items	Mean	Std. Dev.
1	Regular use of sports facilities in Basketball competitions has improved my safety for effective performance in NUGA competitions	2.79	1.100
2	Basketball Player's safety depends on the proper use of sports facilities for effective performance in NUGA Competitions	3.32	0.986
3	Players proper usage of sports facilities promotes their safety for effective performance in NUGA Competitions	3.27	0.969
4	Proper adherence to instructions promotes the safety of Basketball players for effective performance in NUGA Competitions	3.13	0.940
5	Warming up during competitions in Basketball promotes the safety of Basketball players for effective performance in NUGA Competitions	2.77	0.903
6	Educating Basketball players on the use of sports facilities promotes their safety Warming up during competitions in Basketball promotes the safety of Basketball players for effective performance in NUGA Competitions	2.85	0.941
7	Providing sufficient players rest during practice situations promotes the safety of Basketball players for effective performance in NUGA Competitions	3.13	0.951
8	I wear protective equipment for NUGA competitions to promote my safety for effective performance in NUGA Competitions	3.02	0.951
	Aggregate mean	**3.04**	**0.962**

(Benchmark = 2.50)

The respondents agreed that those standard sports facilities had a major influence on the safety of basketball players' effective performance in NUGA competitions. In the table, the respondents were of the view that regular use of sports facilities in basketball competitions improved their safety and enhanced their performances in the competitions. The respondents agreed that basketball players' safety depends on the proper use of sports facilities and that proper usage of sports facilities promotes the safety of players towards effective performance in competitions. Respondents were of the view that players have to adhere to instructions to promote safety and ensure effective performance in the game during competitions. The respondents therefore agreed that educating basketball players on the use of sports facilities could help in promoting their safety along with providing them sufficient time to rest during practices. Respondents were of the view that players wear protective equipment for safe and effective performance during the games. The analysis reveals a mean aggregate of 3.04 which is greater than the benchmark of 2.50 (3.04 > 2.50). The result of the analysis implies that standard sports facilities influence the safety of basketball players for effective performance in NUGA competitions.

Hypotheses Testing

Hypothesis I: Standard sports facilities do not significantly influence the motivation of basketball players for effective performance in NUGA competitions.

Table 4: Chi-square (χ^2) Analysis of the Influence of Standard Sports Facilities on the Motivation of Basketball Players for Effective Performance in NUGA Competitions

Variable	N	df	Cal. χ2 value	p-value	Decision
Facilities and motivation of players	540	21	156.668	0.000	Rejected

X^2 Crit =*32.7*, (df = 21) P < 0.05

Results in Table 4 above show that Standard sports facilities significantly influence the motivation of basketball players for effective performance in NUGA competitions. The reason is that the P-value of 0.000 is less than 0.05 level of significance, while the chi-square (χ2) Cal. value of 156.668 is greater than the chi-square critical value of 32.7 (X^2 Cal (156.668) > X^2 Crit (32.7), P < 0.05) at df 21. Therefore, the null hypothesis which states that "Standard sports facilities do not significantly influence the motivation of basketball players for effective performance in NUGA competitions' was rejected. Hence, the

result implies that Standard sports facilities significantly influence the motivation of basketball players for effective performance in NUGA competitions.

Hypothesis II: Standard sports facilities do not significantly influence adequate training of basketball players for effective performance in NUGA competitions

Table 5: Chi-square Analysis on the Influence of Adequate Training of Basketball Players for Effective Performance in NUGA Competitions

Variable	N	df	Cal. $\chi 2$ value	p-value	Decision
Facilities and Players' Training	540	21	97.398	0.000	Rejected

X^2 Crit =*32.7*, (df = 21) P < 0.05

Results in Table 5 above show that Standard sports facilities significantly influence the adequate training of basketball players for effective performance in NUGA competitions. The reason is that the P-value of 0.000 is less than 0.05 level of significance, while the chi-square ($\chi 2$) Cal. value of 97.398 is greater than the chi-square critical value of 32.7 (X^2 Cal (97.398) > X^2 Crit (32.7), P < 0.05) at df 21. Therefore, the null hypothesis which states that "Standard sports facilities do not significantly influence adequate training of basketball players for effective performance in NUGA competitions' was rejected. Hence, the result implies that Standard sports facilities significantly influence the adequate training of basketball players for effective performance in NUGA competitions.

Hypotheses III: Standard facilities do not significantly influence the safety of basketball players for effective performance in NUGA competitions.

Table 6: Chi-square Analysis of the Influence of Standard Sports Facilities on the Safety of Basketball Players for Effective Performance in NUGA Competitions

Variable	N	df	Cal. $\chi 2$ value	p-value	Decision
Facilities and Safety of the players	540	21	421.333	0.000	Rejected

X^2 Crit =*32.7*, (df = 21) P < 0.05

Results in Table 6 above show that Standard facilities significantly influence the safety of basketball players for effective performance in NUGA competitions. The reason is that the P-value of 0.000 is less than 0.05 level of significance, while the chi-square ($\chi 2$) Cal. value of 421.333 is greater than the chi-square critical value of 32.7 (X^2 Cal (421.333) > X^2 Crit (32.7), P < 0.05) at df 21. Therefore, the null hypothesis which states that "Standard facilities do not significantly influence the safety of basketball players for effective performance in NUGA competitions.' was rejected. Hence, the result implies that Standard facilities significantly influence the safety of basketball players for effective performance in NUGA competitions.

Discussion of Findings

Hypothesis One revealed that the provision of standard sports facilities significantly influences players' motivation towards effective performance of basketball during the NUGA competitions. It was revealed that respondents were of the view that their level of motivation improved when modern facilities were provided and that such provisions enhanced their confidence for performance improvement. The study revealed that respondents agreed that their performance levels improved when the sports facilities were standard and adequately maintained. The respondents were of the view that lack of such facilities does not motivate players in their performance and often leads to a lack of improvement in the game during the competitions. The test of the hypothesis revealed that the expressed opinion was significant. This finding is in line with Vealey and Chase (2016) who opined that some psychological factors may serve as barriers, blocking players from getting to this zone of optimal functioning which include the level of motivation and availability of Basketball facilities.

The finding of this study was also in line with that of Weiss and Wiese-Bjornstal (2009) who worked on Psychosocial Aspects of Sports Injury Rehabilitation and found that sports facilities influence an athlete's motivation and performance. Weiss and Wiese-Bjornstal (2009) argue that the quality of sports facilities plays an integral role in motivating athletes. When facilities are well-equipped, athletes can train more effectively, which enhances their physical and mental preparedness. Furthermore, quality facilities can boost athletes' morale by providing an environment that reflects the institution's commitment to their success. According to Weiss and Wiese-Bjornstal (2009), athletes feel more motivated to perform well when they have access to facilities that meet their training needs and competitive demands. This idea aligns with the finding from the study, where the availability of standard facilities led to enhanced motivation and performance during the NUGA competitions. This study also supported that of Schneider and Fortier (2012) who found that the availability of high-quality sports facilities is crucial for improving athletes' emotional and psychological states. They added that a positive environment in terms of well-equipped

gyms, courts, and other training areas can significantly enhance an athlete's motivation by fostering a sense of pride, belonging, and institutional support. When athletes feel that they have access to world-class facilities, they are more likely to feel confident in their training and competition, leading to improved performance. More so, the study supported that of Baker and Roberts (2016) who found that better sports infrastructure has a direct correlation with enhanced athlete performance. They argued that athletes who train in well-maintained, state-of-the-art facilities have a higher sense of self-efficacy, leading to improved motivation, better mental focus, and greater success in competition. Their study also, emphasized that sports infrastructure goes beyond just physical facilities to include the support systems that accompany them, such as coaching staff, medical support, and access to performance technology.

Hypothesis Two: the study revealed that the use of standard sports facilities significantly influences the adequate training of basketball players for effective performance in NUGA competitions. It was found that respondents believed that players' levels of performance improved due to the effective execution of basketball skills attributable to the availability of standard facilities during the competitions. It was found that available improved facilities enhanced the effective execution of basketball skills by players during the competitions and that players find it difficult to effectively execute acquired basketball skills where outdated sports facilities were used in the competitions. Respondents were of the view that the improved execution of basketball skills would not be possible when defective sports facilities were involved in such competitions. The study revealed partaking in the competition improved the skills of players as a result of proper use of the available standard sports facilities. The study revealed that the use of available standard sports facilities enhanced the proper execution of the acquired skills by players which was one of the reasons the players regularly participate in the games. The finding here supported a previous report by Oyilogwu (2017) in his study titled “The psychological effect of facilities on athletes’ who found that it would be impossible to achieve satisfactory results from basketball players whose training facilities are inadequate or substandard.

Hypothesis Three: revealed that the provision of standard sports facilities significantly influences the safety of basketball players for effective performance in NUGA competitions. The finding revealed that regular use of standard sports facilities for basketball competitions improved the safety and enhanced performances of players in the competitions. It was revealed that respondents agreed with the notion that basketball players' safety depends on the proper use of sports facilities and that proper usage of sports facilities promotes the safety of players towards effective performance in competitions. It was revealed that respondents held the opinion that players have to adhere to instructions to promote safety and ensure effective performance in the game during competitions. The respondents were therefore of the opinion that educating basketball players on the use of sports facilities could help in promoting their safety along with providing them with sufficient rest time during practices. The finding is consistent with the report of Ojeme (2020) who found that the realization of sustainable sports development in Nigeria to become a world-class sporting nation and that training facilities as well as frequent competitions are those major factors which place the United State-based basketball players in better standard than the home-based.

Conclusion

Based on the findings of the study, the study concluded that:

1. The provision of standard sports facilities significantly enhances the motivation of basketball players, contributing to their effective performance in NUGA competitions.
2. The availability of standard sports facilities plays a crucial role in ensuring adequate training for basketball players, which is essential for their effective performance in NUGA competitions.
3. The use of standard sports facilities positively influences the safety of basketball players, which is a critical factor for their effective performance in NUGA competitions.

Recommendations

The following recommendations are made based on the findings and conclusion reached in this study:

1. There is a need to ensure continuous provision of sports facilities for Basketball among Universities involved in the NUGA games competitions to maintain the level of motivation of players for effective performance.
2. There is a need to ensure continuous training with standard facilities for effective performance in NUGA competition.
3. There is a need to ensure continuous provision of sports facilities in universities involved in NUGA games competitions to maintain the level of safety of players for effective performance.

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